

Weight gain possibly tied to later bedtimes

By Nicholas Bakalar, New York Times

There may be a link between later bedtimes and weight gain, new research suggests.

Researchers studied 3,342 adolescents starting in 1996, following them through 2009. At three points over the years, all reported their normal bedtimes, as well as information on fast food consumption, exercise and television time. The scientists calculated body mass index at each interview.

After controlling for age, sex, race, ethnicity and socioeconomic status, the researchers found that each hour later bedtime during the school or workweek was associated with about a two-point increase in B.M.I.

[Read the whole story](#)

Road beat: AWD best choice with Highlander



The Highlander comes close to perfection. Photos/Larry Weitzman

By Larry Weitzman

Now in the second year of its third generation, the Highlander remains a midsize crossover SUV based on the Toyota Camry chassis. While it is about 3-inches wider (76 inches) than the Camry, it rides on a similar 110-inch wheelbase and it is a Camry like 191-inches long. It uses the V-6 engine and transmissions as well. The Highlander does get a slightly bigger 2.7 L inline four. About the only similarity in their appearance is the huge wide-mouth frown grill that seems to be a Toyota and Lexus theme in most of its vehicle.

Outside the Highlander has great proportions with a sleek window line hiding its boxiness and its shelf lights. Both tail lights and the head lights are finished with a flat chromed shelf. You can find this treatment also in the tail lights of the RAV 4.



Specifications

Price \$29,675 to about \$46,000

Engine

2.7L DOHC 16 valve inline four 185 hp 5,600 rpm

184 lb-ft of torque @ 4,200 rpm

3.5L DOHC 24 valve V-6 270 hp @ 6,200 rpm

248 lb-ft of torque @ 4,700 rpm

Transmission

Six speed torque converter automatic

Configuration

Transverse mounted front engine/FWD/4WD

Dimensions

Wheelbase 109.8 inches

Length 191.1 inches

Width 75.8 inches

Height 68.1 inches (add two inches for the shark fin antenna)

Ground clearance 8.0 inches

Track (f/r) 64.4/64.2 inches

Fuel capacity 19.2 gallons

Passenger volume (moon roof)

154.0 cubic feet
Cargo volume behind 1st row/
2nd row/ 3rd row
82.6/42.0/13.8 cubic feet
Weight (FWD/AWD) 4,354/4,508
Max Tow 5,000 pounds
Steering lock to lock 2.74
turns
Turning circle 38.7 feet
Performance
0-60 mph 6.69 seconds
50-70 mph 3.65 seconds
50-70 mph uphill 5.28
seconds
Top Speed Well into triple
digits
Fuel economy EPA rated
19/25/21 mpg city/highway/
combined. Expect 28-29 mpg
on the highway at legal
speeds 22-23 mpg overall in
suburban driving.

Powering my test vehicle was Toyota's ubiquitous DOHC 24 valve V-6 which also powers the Camry, Sienna, Avalon, Lexus RX, IS, ES, RC and GS and maybe a couple of other models. It cranks out 270 hp at 6,200 rpm and 248 pounds of twist at 4,700 rpm which equates to 222 hp at 4,700 rpm. There is another option, a big stroking inline four that makes 185 hp at 5,600 rpm and 184 pounds of twist at 4,200 rpm. Both engines use the same six-speed torque converter auto cog swapper. If you want AWD, it only comes with the V-6 for a reasonable \$1,460 and the mileage penalty is one mpg over the FWD. Forget the four as it only offers one mpg over the V-6 and no AWD. Later you will see another huge reason for AWD.

Performance is excellent, posting excellent numbers and more

than that, it feels powerful. Zero-60 mph takes just 6.69 seconds. Passing performance runs from 50-70 mph on the level is just 3.65 seconds and up a steep grade only slows that time to 5.28 seconds. Highlander absolutely rocks. As this was an FWD car and with that much power there is significant torque steer. If you stab the throttle too quickly, even with the traction control engaged, it will still smoke the tires. That is why AWD will improve the Highlander as it will reduce the tendency for both issues. That alone is reason enough to go for AWD, never mind the better traction and utility it offers.

Fuel economy is also better than advertised, even better than the four banger's EPA numbers. The V-6 EPA numbers are 19/25/21 mpg city/highway/combined. For the AWD it drops one mpg with numbers of 18/24/20. The four cylinder returns 20/25/22, but here are the numbers attained during this test during a highway run at 70 mph the Highlander averaged 28.9 mpg and overall the average was 22 mpg. With the exact same gearing the AWD might lose one mpg with its 154-pound weight penalty (4,354 vs. 4,508 pounds). Buy the V-6 AWD.

Handling by the numbers should be good, but it's a bit soft, so when pushed hard body roll is an issue. Steering is very quick at 2.74 turns lock to lock, 7.5 x 19 alloys and 245/55 x 19 rubber which should mean great handling doesn't always work all that well. Understand in normal driving it is a luxury ride with easy handling, but high speed (.8-.9) in the twisties the Highlander becomes a lowlander. I would prefer a slight retuning of the state of the art suspension system. Rapidly oscillating the steering wheel approximately 1-inch left and right on the highway had little effect on the vehicle. It doesn't require constant correction on the highway, but it does reduce on center feel.

Ride quality on the other hand is superb. Suspension is state of the art with MacPherson struts up front and a trailing arm double wishbone out back. It comes with front and rear stab bars. It has the set up and the ride reflects that. Not only

is it extremely smooth, it is anechoic chamber quiet. So for 99 percent of the people out there it would be hard to find a better ride. The engine spins a low 2,000 rpm at 70 mph which helps highway mileage.

Braking with large four-wheel (front ventilated) discs and all the acronyms is very good arresting forward progress from 40 mph in 41 feet. In addition to great brakes, it features about every safety acronym known including hill start assist, downhill assist, blind spot monitor and rear parking assist and I am only warming up here. The V-6 is rated to tow a substantial 5,000 pounds with the tow package.



Plenty of room for family and friends.

Inside is an interior that could be mistaken for a Lexus. Lots of leather, super seats, up to eight passengers, all the electronic wizardry and most everything you can touch is soft-touch materials. Even the front seats are heated and cooled while the second row has its own heat system in the Platinum edition. Third row seating is three place with a 60/40 split and they fold flat into the floor. Its massive interior is also impressive. Total interior volume is 154 cubic feet with the standard panoramic moon roof that comes with the Platinum. The second and third row seats folding cargo volume is 82.6 cubic feet. The third row up it still has nearly 14 cubes of cargo volume, or the size of your average mid-size sedan. Don't go to Home Depot without a spending limit.

Its instrument panel has all the gauges including a big tach and a complete trip computer. There was nothing left wanting. Even the sound system did a great imitation of Carnegie Hall.

OK, so you think it will take 50 large to buy one. My fully loaded FWD Limited Platinum stickered for (2016) \$42,680 plus \$885 for the train from Princeton, Ind. Running boards, mud guards, tow package, mats and a couple of other small items brought the total to \$45,718. AWD, which I recommend highly, adds \$1,460. But a Limited AWD with the tow package should come in at about \$45 large and that is a smoking deal for a near luxury loaded crossover do all vehicle. It's not perfect, but it's darn close.

Larry Weitzman has been into cars since he was 5 years old. At 8 he could recite from memory the hp of every car made in the U.S. He has put in thousands of laps on racetracks all over the Western United States.

TOCCATA sets dates for 'Messiah' performances

Tahoe Symphony Orchestra and Chorus announces its annual production of Handel's "Messiah", with performances in five locations.

"Messiah" was first performed in Dublin, Ireland, on March 23, 1742, and was conducted by its composer. The TOCCATA production is a celebration of the holidays and includes not only favorite selections from "Messiah Parts One and Three", but also seasonal carols that the audience will be welcome to join in singing.

Joining the TOCCATA Orchestra and Chorus for this production are soloists Maria Arrigotti, Joy Strotz, Anna Helwing, sopranos; Michael Dwayne and Sherman Modeste, tenors, and Brad Perry, Chris Langdon and Chris Nelson, baritones. The TOCCATA Chamber Orchestra features Brian Fox and Jeff Lyndhurst as concertmasters; Katie Lauder, Nick Haines as continuo; and Josh Dunlap, and John Beckman on baroque trumpets. All performances will be conducted by Maestro James Rawie.

Shows are:

- Dec. 12 7pm, Cornerstone Church, Incline Village
- Dec. 13 3pm, Corpus Christi Church, Carson City
- Dec. 16 7pm, Good Shepherd Lutheran, Reno
- Dec. 18 7pm, St. Theresa Church, South Lake Tahoe
- Dec. 20 3pm, St. Rose of Lima Church, Reno.

Tickets are available at the door 30 minutes prior to the concert, or **online**. General admission to all concerts is \$30 adults, \$25 seniors, \$5 students aged 19 to 23 with valid ID, free for those younger than 19. Preferred seating is \$40 and \$15 for youth/students.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Airlee

Airlee is a sweet and gentle Sheltie mixed with Dachshund. She weighs about 15 pounds. She is 7 years old, and her fur had to be shaved because she was matted; it will be typical of a Sheltie.

Airlee had terrible teeth and they all had to be removed, but she will never require any other dental work and she can eat dry food just fine. She came to Tahoe from Contra Costa County to find a better home than she's had in the past.

Airlee is spayed, microchipped, heart worm negative, and vaccinated. She is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes. Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

Call 530.573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go **online**.

– Karen Kuentz

Film about ultra running legend coming to TC

The Donner Party Mountain Runners and Alpenglow Sports are partnering to bring “Run Free – The True Story of Caballo Blanco” to the Tahoe Art Haus and Cinema in Tahoe City on Oct. 27 at 7pm.

“Run Free” chronicles the life of American ultra running legend Micah True (Caballo Blanco, or the White Horse) and his quest to create an ultra marathon in Mexico’s Copper Canyon to promote and preserve Tarahumara running tradition. True was a main character in Christopher McDougall’s best-selling book “Born to Run – A Hidden Tribe, Super Athletes and the Greatest Race the World Has Never Seen.”

True was a gifted athlete who ran long distances in the trails around his hometown of Boulder. He lived simply, had very few material possessions and delivered furniture in an old pickup to make ends meet. In 1994, he ran with the Tarahumara at the Leadville 100. Following this encounter, True began traveling to Mexico each winter to live and run among the Tarahumara.

Shortly after the 2012 race Micah True disappeared while trail running in the Gila Wilderness of New Mexico. Runners from around North America came to the Gila to join the search for True. Four days later, his body was found and recovered. He died of natural causes doing what he loved to do best – running alone in the wilderness.

Tickets are \$5 and may be purchased **online**. The film studio donates 20 percent of all proceeds from the film to Norawas.org, a nonprofit supporting the Raramuri people of the Copper Canyons of Mexico.

Child actors needed for 'Peter and Wendy'

"Peter and Wendy" is production the Missoula Children's Theatre is putting on this fall.

Auditions for children 5-17 are Nov. 2 from 4-6pm at South Tahoe Middle School's multipurpose room. There are more than 60 roles.

Rehearsals are Nov. 3-6, with the performance Nov. 7 at 3pm and 6pm.

Auditions are free, with a \$50 charge per child to participate.

For more information, contact Peggy Blowney with Tahoe Arts Project at 530.542.3632.

'Northern Grease' to air 3 times around Tahoe

"Northern Grease", an independent documentary that tells a story of snowboarders and surfers learning the social and environmental impacts of resource extraction in Northern Canada, will be shown at three Lake Tahoe locations this fall.

Local Freshies in association with Beyond Boarding created the film. The Tahoe showings are fundraisers for Beyond Boarding

and the League to Save Lake Tahoe.

Longtime snowboarder and environmentalist Mike Basich will be presenting how he got involved, living off the grid and the topic of the tiny house.

The shows are:

- Oct. 23 at Himmel Haus (3819 Saddle Road, South Lake Tahoe). Doors open at 7pm and show starts at 8pm. No cost.
 - Oct. 24 at the Chateau (955 Fairway Blvd., Incline Village). Doors open at 6pm and the show starts at 7pm. No cost.
 - Nov. 4 at the Tahoe Art Haus (475 N. Lake Blvd., Tahoe City). Doors open at 7pm and show starts at 7:45pm. Cost – \$12.
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Safety documentary ‘Choices’ coming to Truckee

The premiere of the High Fives Foundation’s safety education documentary “Choices” will be Oct. 23. Also to be shown that night are two other local films: Grant Korgan’s “Full Circle” and “Call of the Mild” by JonBob productions.

“Choices” is a documentary-style film highlighting safety education and the smart decisions any athlete can make to enjoy a lifetime of activities in the mountains and on the snow. This documentary is the fifth installment of the BASICS Program Service. BASICS is an acronym standing for Being Aware Safe In Critical Situations.

Each year High Fives produces a film on a safety topic and tours the film with an educational presentation across the country for schools, ski clubs, and industry professionals. The goal is to instill safety as a priority when on the mountain.

The event is from 6-10pm at CA89 Apparel Store, 10156 Donner Pass Road, Truckee.

Donations will be accepted at the door. Food and beverages will be available.

Sierra Nevada Ballet putting on ‘Peanutcracker’

The traditional holiday story of Clara, the Nutcracker and seven headed Rat King, and the Kingdom of Sweets will be brought to the stage in Sierra Nevada Ballet’s “Peanutcracker – The Story in a Nutshell”.

It is a shorter, 45-minute narrated version that is “designed for families with younger children to introduce them to the wonderful world of ballet,” noted Rosine Bena, artistic director of the Sierra Nevada Ballet. Bena wrote and choreographed this traditional holiday show .

It will be performed Dec. 5 at 2pm and 7pm at the Carson City Community Center. School performances are scheduled throughout Northern Nevada.

Ticket prices start at \$6 for youth under 15; all other tickets are \$11. They may be reserved by calling Cara Zamora at 775.636.5266 or emailing

Development@SierraNevadaBallet.org. Tickets are also available the day of the show.

Tahoe musician inducted into R&B Hall of Fame



South Lake Tahoe musician Trey Stone on Oct. 4 is inducted into the R&B Hall of Fame. Photos/Lisa Quick

By Susan Wood

For all the focus on the blues and funk, South Lake Tahoe musician Trey Stone was inspired by a musician who may

surprise most – Jimi Hendrix. The psychedelic rock and roll artist that made his claim to fame at the renowned Woodstock concert is known for becoming one with his guitar. Hendrix's "Little Wing" is one of Stone's favorite songs to play because "it's all about the electric guitar."

"He was my first concert," Stone recalled a show he attended in high school near San Bernardino. The experience prompted him to forget all about the trombone he played in school. Plus, the guitar worked better at getting the interest of girls.

Stone isn't just a Tahoe musician.

Earlier this month he was inducted into the R&B Hall of Fame next to the likes of notable rhythm and blues artists Aretha Franklin, Ray Charles, Martha Reeves, the Miracles and the Spinners.

Stone was honored for his work with the Fabulous Peps, a soul trio led by Joe Harris and other collaborators who inevitably would end up working together or recommending each other at other points in their careers. Call it six degrees, or rather six notes, of separation for those who put the music first in their lives.



Trey Stone's honor as

an R&B hall of famer.

To hear Stone tell it, his music world has been fulfilling and rewarding – despite moving away from the hip, busy Los Angeles scene for the small mountain town of South Lake Tahoe. After all, Lafayette Trey Stone, now 62, has learned to embrace this modest town with its roots embedded in entertainment. The lake fits the personality of Stone – a man of few words unless one puts a microphone in front of him.

“I’m very proud,” he said with that signature, calm-and-collected grin, while lounging on one recent warm fall afternoon at Alpina Café.

He wasn’t alone. Upon hearing the news of his honor, Stone called his mother.

“She was really happy,” he said in a matter-of-fact manner.

The magnitude of the honor hit him, prompting the longtime vocalist, keyboardist and guitarist of more than 30 years to reflect back on his career.

His high points are notable.

Stone met the king of the blues B.B. King long enough to share the name of his guitar “Shenene,” since King calls his “Lucille.” The two blues men shared moments that will last forever for Stone.

Career wise, Stone collaborated for years with the Undisputed Truth, which brought the haunting hit “Smiling Faces Sometimes.” Even more recognizable, the soul-funk artist who embraced the 1970s era was lead guitarist on “Car Wash” by Rose Royce. (Sitting still to that song would mean you may be 6 feet under.) He earned a Grammy nomination for Keith Washington’s romantic ballad “Kissing You.” He also played with smooth jazz performer George Clinton. More recently, he performed with the Reno Jazz Orchestra.

Stone toured for more than 40 shows with Tower of Power. The timeless jazz-funk, horn-induced mega band wrote the book on songs that tug at your “easy-to-fall-in-love-with” heart. Who can forget “So Very Hard to Go” or “Still a Young Man.”

“It’s a musician’s dream to play with Tower of Power. (It’s) like a people’s band, like a musician’s band,” Stone told *Lake Tahoe News*.

For fully dedicated blues, jazz-funk musicians like Stone the honor goes without saying to play with band members who invented genres.

“There are a bunch of groups that are true Motown, before Motown (Records),” he said, referring to bands in the trenches unless swept up by record executive Berry Gordy. Think the Jackson 5 and Diana Ross.



Trey Stone, second from right, with other inductees into the hall of fame.

Stone, who grew up in Riverside, thinks of himself as a “musician who sings,” and one who composes as well. Thus, the reputation goes a long way in gaining respect for his dedication to the music itself, instead of worrying about how a certain behavior will play out in an artist’s star power quotient.

Like the difference between being a traveler versus a tourist – Stone is a diversified musician instead of a celebrity. He

seems to excel at “sitting in” with groups like Blues Traveler – mixing and mingling.

When asked if he could play with any one artist, who would it be? Hands down, the answer was Prince.

“He’s from the James Brown school,” Stone said. Prince will often emulate Brown’s memorable dance moves on stage. Different generations who listen to the soulful beats don’t seem to miss a step at keeping the timeless tunes alive.

Stone can vouch for that in his personal life. He’s found himself in a 17-year, committed relationship with his greatest supporter, Lisa Quick, who doesn’t bat an eyelash at filling in the blanks when the soft-spoken Stone gets shy. The family includes two cats, a dog and two teenage boys at home who don’t hesitate at sharing their music prowess and likes with the patriarch Stone.

Family means more and more to Stone, who got a wakeup call to what’s meaningful when he had a stroke in 2007. Quick found him and acted quickly.

“She saved my life,” he said in a poignant tone.

Then there was the pivotal watershed moment in 1994 when he met his father for the first time. A fan saw his show and recognized Stone’s name.

“He said: ‘I know your father’,” Stone recounted.

His father, who retired from the military, came to many of Stone’s shows once they connected. He was the president of the For Love of Jazz club.

“He was really proud of me,” a sentimental Stone said.

And the pride of Stone’s accomplishment goes beyond family.

“He’s so thrilled and honored about this,” longtime

collaborator John Shipley told *Lake Tahoe News*, while driving to the Atlantis Casino to perform with Stone.

Shipley worked with Stone in the band the Funk Brothers and has learned to love Stone's consistency and ability as a musician.

"He's somebody I enjoy being around and being a friend to," he said. "What's great about working with Trey is all the songs we do, I know."

Shipley, who teaches intro to keyboards, songwriting and audio recording as well as the history of rock and roll at Western Nevada College in Carson City, also enjoys how Stone never appears to be in a bad mood, even if it's obvious he is. He commends Stone for his resilience in staying true to making a living playing music.

"We used to be able to work at it every day," he said, adding; "Now it's weekend work."

Stone's ability to stay with the music as a line of work is a sheer testament to how highly regarded he is, Shipley pointed out.

"Getting his honor of being inducted into the hall of fame is another 'thank you very much'," he said. "He definitely earned that."