

Art exhibit benefits CR Johnson Healing Center

Riverside Studios in downtown Truckee will host the 4th annual Lion Heart Art Show – a fundraiser for the CR Johnson Healing Center – on Feb. 6.

The show will feature local artists using 12-inch by 12-inch panels of wood to create pieces in any medium. From 5-8pm local artisans will be display their artwork on the walls of Riverside Studios. Each piece will be available for purchase for \$100 per panel on a first come, first serve basis.

Proceeds from panels sold will benefit the CR Johnson Healing Center – a program service of the High Fives Foundation that provides resources for athletes in recovery from sport related injuries. Resources include: physical therapy, Pilates, massage, personal training and more.

Along with the art being displayed, the Lion Heart Art Show will feature beats from 101.5 FM Truckee Tahoe Radio's own DJ Treez along with drinks and refreshments.

Riverside Studios is at 10060 Donner Pass Road, Truckee.

2 storytellers to share stage at LTCC

Diane Ferlatte, world famous storyteller, and Kealoha, poet laurette of Hawaii, come together for a night of slam poetry, storytelling and prose.

The event, sponsored by Tahoe Arts Project, is Jan. 30 at 7m at Lake Tahoe Community College's Duke Theater.

General admission seating will begin at 6:30. Tickets are \$12 for adults, \$5 for children and \$10 for seniors and can be purchased in advance at the at the South Shore visitors centers. To charge tickets by phone, call 530.542.3632. Tickets will also be available at the door.

Ferlatte is an internationally renowned storyteller, who has traveled the globe, from Europe to Singapore and Malaysia, from Australia and New Zealand to Colombia and Senegal, Kenya, South Africa, and all over the United States. She believes that telling and listening to each other's stories not only enables us to learn about each other, but also to understand each other better. She views storytelling as a traditional art form that can promote literacy, imagination, and values in the young.

Shewill be performing in the South Shore elementary schools Jan. 26-30.

Kealoha is the first poet laureate of Hawaii. He has performed throughout the world – from the White House to the `Iolani Palace, from Brazil to Switzerland. He is the first poet in Hawaii's history to perform at a governor's inauguration, and in 2010 he was selected as a master artist for a National Endowment for the Arts program. He has represented Hawaii at the National Poetry Slam, and was ranked in the top 10 of the nation's best poets in 2007 and was honored as a National Slam Legend in 2010.

Kealoha will perform at South Tahoe Middle School and South Tahoe High School on Jan. 29 and 30.

Terrie Q. Sayre – 1960-2015



Terrie Q. Sayre

Terrie Q. Sayre, a longtime radio personality in Lake Tahoe and Carson City, died Jan. 22. She was 54.

Ms. Sayre was born Dec. 1, 1960.

For the past seven years she and husband Skip, a former executive with Sahara, High Sierra, Harrah's, and past Lake Tahoe Visitors Authority executive director, had been living in New Mexico.

News reports from New Mexico say she died from flu complications.

The former Miss Nevada helped put on pageants for youngsters in South Lake Tahoe and hosted the Miss Albuquerque pageants.

Most recently she was the host of a morning radio show.

She had worked at KTHO and KOWL in South Lake Tahoe. She was the co-host of "Reno's Morning News Saturday" on KOH-AM. She also worked in television.

Ms. Sayre was a longtime animal supporter, having supported causes in the Tahoe area such as Douglas Animal Welfare Group and continued that type of work in her adopted home of New Mexico.

Ms. Sayre received a bachelor's of arts in theater arts from UNR and was a master graduate of Rapport Leadership International. While in the Tahoe-Carson area she belonged to Carson Valley Chamber of Commerce and Visitors Authority, Skin Cancer Awareness Foundation, and Tahoe Douglas Rotary.

Services are pending.

Hibernation might provide Alzheimer's clues

By Carolyn Gregoire, Huffington Post

What does animal hibernation have to do with Alzheimer's? More than you might think. According to new research, the way that critters wake up from a long winter's rest could help scientists devise new treatments for dementia.

Research from Leicester University have isolated a cold-activated protein, RBM3, which helps restore brain activity of animals that are coming out of long hibernation periods. Though the protein also exists in humans, it's been found to be missing among Alzheimer's patients, whose brains also commonly have a reduced number of synapses.

Here's how it works: When animals go into hibernation, their number of brain synapses decreases so as to allow them to enter a prolonged state of inactivity. Then, the cold-activated protein RBM3 rebuilds the synapses when the animal wakes up, thereby restoring normal brain activity. The research believe that a drug that mimics the effect of this protein may have the potential to restore lost brain function among individuals suffering from neurodegenerative disorders.

Read the whole story

Road beat: Cadenza – best Kia on the market



The Kia Cadenza elevates the carmaker's choices to a higher level. Photos/Larry Weitzman

By Larry Weitzman

When Kia came to the United States about 20 years ago, its only product was a no frills compact called the Sephia priced for thousands less than brand T or H. Now they have gone not just one better, but perhaps infinitely better with the all new Cadenza, and no I am not talking about a piece of office

furniture to hold supplies.

Kia makes some great cars such as its highly rated and great looking Optima or its Sorento crossover, but this new Cadenza is their best effort yet and it's no wonder why Kia has become one of the fastest growing car brands in the United States. Although its very shapely body is only a 195 inches long and only 73 inches wide (that's 5 inches longer and an inch wider than your average midsize), it meets the EPA's definition of a large car with a total interior volume of 123 cubic feet including 16 cubes of trunk.

And what an interior it is. Done in soft nappa leather, the front seats are simply sublime with enough rear seat room to handle the front line of the Sacramento Kings. Even the outboard rear seats are heated with the luxury package or in the limited model. Everything you touch is either soft touch or wood and it exudes luxury. In the tested limited model, there are no options, everything is standard including blind spot detection, lane warning departure, adaptive xenon HID headlights and the best laser (smart) cruise control ever encountered by the Road Beat. It is so quiet and noises are so muted, it feels more like a well-appointed bank vault.



Specifications

Price (with destination)

\$35,900 to about \$43,200

Engine

3.3L DOHC, 24 valve V-6 293

hp A 6,400 rpm

255 ft.-lbs. of torque @
5,200 rpm

Transmission

Six speed torque converter
automatic with paddle
shifters

Configuration

Transversely mounted front
engine/front wheel drive

Dimensions

Wheelbase 112.0 inches

Length 195.5 inches

Width 72.8 inches

Height 58.1 inches

Track (f/r) 63.0/63.0 inches

Weight (18"/19" wheels)
3,668/3792 pounds

Ground clearance 5.4 inches

Fuel Capacity 18.5 gallons

Cabin interior volume 106.8
cubic feet

Trunk volume 15.9 cubic feet

Turning circle 36.5 feet

Steering lock to lock 2.9
turns

Wheels (std/opt)
18X7.5/19X8.5 inch alloys

Tires (std/opt)
245/45X18/245/40X19 inch
radials

Performance

0-60 mph 6.34 seconds

50-70 mph 3.20 seconds

50-70 mph uphill 4.42
seconds

Top speed Way beyond sanity

Fuel economy EPA rated at
19/28/22 mpg
city/highway/combined.
Expect 33 mpg in highway
driving at legal speeds and
25-26 mpg overall in
suburban/rural driving.

The exterior is also strikingly beautiful with, soft well proportioned shapes and lines. Perhaps the only improvement could be made to the rear quarter window line that has an upsweep to it. A more level lower line might look better.

Under the hood is a silky, advanced 3.3L liter DOHC 24 valve V-6 that pumps out 293 hp at 6,400 rpm and peak torque of 255 pounds at 5,200 rpm meaning it is also making about 255 hp at that same rpm (one pound of torque equals one hp at 5,252 rpm). Even with a stratospheric 12:1 compression ratio, because of its advanced direct cylinder fuel injection and other design features it runs fine on regular gasoline. That power gets to the front wheels through a very smooth six speed auto cog swapper and it provides superb performance. Zero to 60 mph arrives in a near world class time of 6.34 seconds. And that was with having to modulate the throttle to prevent too much wheel spin (traction control was switched off). Passing times show the same moxie with a simulated 50-70 mph acceleration time of 3.20 seconds and the same run up a six percent grade only slowing that time to 4.42 seconds. And because of its quiet and unruffled nature, it goes about its business almost unfettered.

Fuel economy is another bonus. While the EPA rates the Cadenza at 19/28/22 mpg city/highway/combined, it averaged 26 mpg overall and achieved 33 mpg on a level highway at 70 mph. Even during performance testing it never averaged below 21 mpg. You can call it guiltless luxury. Another positive is the Cadenza's large 18.5 gallon fuel tank which equates to an over

500 mile cruising range.

All four corners are suspended independently, MacPherson struts up front and a multilink set up in the rear with coils all around and stab bars at both ends. A quick electric rack (2.9 turns lock to lock) performs the direction changes and the whole set up is well balanced and provides responsive, powerful cornering. Helping in the direction changes are 245/40 series rubber mounted on wide 19 x 8.5 inch alloys. Standard rubber is 245/45 x 18 on 18 x 7.5 inch alloys that will also provide good cornering power. What I found surprising was how the Cadenza's cornering attitude remained flat when pushed hard in the twisties despite of a curb weight of nearly 3,800 pounds. Turn in is crisp and understeer is mild. It is a pleasure to drive aggressively. Turning circle is a tight 36 feet.

While the handling is very good, so is the ride quality and it is exceedingly quiet, so quiet you have to think in a whisper. There is little to no float while remaining supple and very compliant even over the smallest imperfections. On the highway it is solid like the aforementioned bank vault. At 70 mph there is no wind or road noise with the engine spinning an inaudible, low 2,000 rpm.

Braking is done by large four-wheel discs (front ventilated) that can arrest forward progress from 40 mph in a short 42 feet under perfect control. Besides all the safety acronyms you would expect such as ESC (electronic stability control), TCS (traction control), ABS, EBD, HAC (hill-start assist control), TPMS (tire pressure monitoring system), BAC (brake assist control), Kia adds a second stability control called VSM also know as vehicle stability management. It is a veritable alphabet soup of safety. Special mention needs to be made for the excellent high and low beam xenon HID active front lighting system that turns night into day which is especially appreciated when driving on dark rural roads. And if that doesn't float your boat, the eight air bags will.



The Cadenza is roomy.

Inside besides the wonderful luxurious interior which would be fit for cars costing thousands more in design, fit, finish and materials, is a superb dash with a seven inch TFT screen which appears as a large, centered analog speedo and data information center. The left flanking tach and right side ancillary gauges are analog with actual dials. But it is the way the information panel changes screens which is so cool like they are real pages flipping up and down. Then there is the gear indicator that acts like a rotating barrel indicator and appears to rotate horizontally and vertically depending whether going from park to drive (vertically) or going from sixth gear to fifth gear using the paddle shifter (horizontally). It is fun to see it work and it is the slickest system I have ever seen.

The standard sound/nav system is one of the best and easiest to use. Even the HVAC is controlled by separate large stylish buttons while the sound system has electronic knobs for tuning and volume although the knobs could be a bit larger.

Cargo volume is a very large 16 cubic feet, but while the trunk hinges are protected, they do intrude a bit. Rear seats do fold to expand the cargo space.

Pricing starts at \$35,100 for the premium model plus \$800 for the boat ride from Korea. There is only one option package called the Luxury package which stickers at \$3,150. My limited (denoted by SXL on the trunk deck) comes with no options, or

in other words, everything is standard, lists for \$42,400 plus the destination. My vote would be for the premium plus the luxury package. It's a lot of car for under \$40 large. Even the standard premium car, which leaves little to be desired, is a bargain in this class of cars.

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.

Writing your way to happiness

By Tara Parker-Pope, New York Times

The scientific research on the benefits of so-called expressive writing is surprisingly vast. Studies have shown that writing about oneself and personal experiences can improve mood disorders, help reduce symptoms among cancer patients, improve a person's health after a heart attack, reduce doctor visits and even boost memory.

Now researchers are studying whether the power of writing – and then rewriting – your personal story can lead to behavioral changes and improve happiness.

The concept is based on the idea that we all have a personal narrative that shapes our view of the world and ourselves. But sometimes our inner voice doesn't get it completely right. Some researchers believe that by writing and then editing our own stories, we can change our perceptions of ourselves and identify obstacles that stand in the way of better health.

It may sound like self-help nonsense, but research suggests

the effects are real.

Read the whole story

Carson City film fest grows to 3 days

Carson City's film fest is expanding this year to be a multi-venue, free three-day event. The festival was started last year by five local women. This year's event is Feb. 5-7.

The Carson City Community Center and Western Nevada College will be venues for viewing three foreign feature-length films, three independently produced films, and several Brewery Arts Center contest-winning short films. International screenings include "Boy" on Feb. 5, followed by "Himalaya" on Feb. 6, and "Obaba" Feb. 7. All three films will be shown at 7pm in the Bob Boldrick Theater at the Carson City Community Center, 851 E. William St.

With an eye toward encouraging local youth and independent filmmakers in Nevada, the Carson City partners will also offer work by three local filmmakers. The award-winning documentary, "Baking Alaska," produced by Kari Barber, an assistant professor at the UNR's Reynolds School of Journalism, follows the adventures of a woman who leaves the security of her office job in Oklahoma to open a bakery in Homer, Alaska, with the help of her mother and sister. This 30-minute film will show at 3pm Feb. 5 at WNC's Cedar Building in Marlette Hall.

A short film on Native American culture by Gabriel Lopez Shaw, a Pyramid Lake Paiute Tribe member and a past Sundance Film Festival contributor, is also scheduled for viewing on the

opening day of the film weekend. "Nevada Stories: Great Basin Pipemakers" captures master artist Hillman Tobey, a Northern Paiute living at the Reno-Sparks Indian Colony, teaching pipe-making skills to apprentice Norman Zuniga. Tobey, who recently celebrated his 100th birthday, talks about the materials and tools used to make pipes as well as the origins and uses of ceremonial pipes in prayer.

To cap two days of independent film presentations, "Rockin' at the Red Dog – The Dawn of Psychedelic Rock," directed by Mary Works, will be shown in Marlette Hall at 3pm Feb. 6. The film is 99 minutes. Works, who grew up in Silver City, Nev., examines the role that the Virginia City saloon played in the counterculture of the 1960s, and the psychedelic dancehalls that contributed to the popularity of rock n' roll heavyweights such as the Grateful Dead, Jefferson Airplane and Quicksilver Messenger Service. Works' father, Don, co-founded the unconventional saloon and through Works' memories, interviews, music, art, and a 25-year reunion in 1991, shows the Red Dog's impact on history. Works and Barber will be on hand to discuss their films.

Several winning mini-films from the Brewery Arts Center's Citywide Short Film Competition will also be shown Feb. 5. Each film will be preceded by a brief introduction and followed by an optional, open forum discussion after viewing. Refreshments will be available in the lobby of the Carson City Community Center. All film events are free to the public.

For more information, phone 775.445.3222 or email internationalfilmweekend@gmail.com.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Hemi

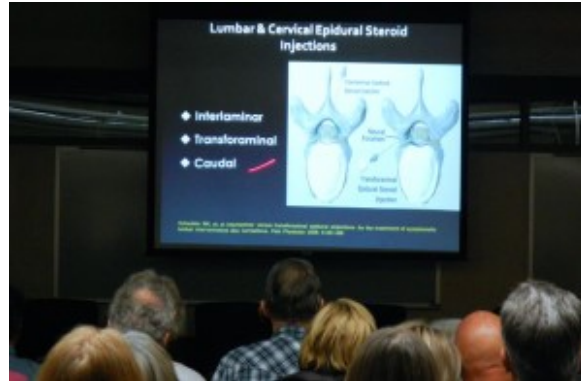
Hemi is a very sweet 3-year-old Chihuahua who is outgoing and playful. He is very affectionate, loves to give kisses, and likes children. He did quite well with the Daisy Girl Scout troop on Saturday.

Hemi is neutered, microchipped, tested for heart worm, and vaccinated. He 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

Docs dissect remedies for low back pain



Barton doctors talk about different low back pain treatment. Photos/LTN

By Kathryn Reed

Surgery isn't going to always relieve back pain nor is surgery always the best option.

That is what doctors Mike Fry with Tahoe Fracture and Orthopedic Clinic and Alison Ganong with Tahoe Orthopedics and Sports Medicine told a group of more than 60 people last week.

Fry's approach is more traditional – with drugs and surgery the main course of action.

Ganong takes a more holistic approach, where drugs might be a component, but the whole person and what their lifestyle is like is considered.

While most people at some point in their life will have low back pain, there are different types of lumbar diseases. Lumbar stenosis is what the doctors focused on.

Fry said people 50 and older are more often afflicted and can also have other issues going on like diabetes. Some people are born with it, while others acquire it over time.

Pain can be in the back, legs and glutes. Usually pain is most severe when sitting or lying down. More than half of back patients have numbness and less than half have weakness.

Fry explained that how people describe pain running down their leg could help narrow which of the five vertebrae is being affected.



Screws used in back surgery.

“Surgery treats the symptoms of the disease, not the disease,” Fry said. “The degenerative process is still an ongoing problem with the spine after the operation.”

For Ganong, it’s a team approach to finding a remedy for the pain.

“It’s important to find out what causes the pain,” she said.

She likes physical therapy to be used early on because staying active is critical. Gone are the days when people with back pain are confined to bed.

Ganong is a proponent of the whole body being strong, especially deep muscles and the core. She pointed out how so much physical activity requires a strong core – like serving in tennis and pitching in baseball.

She works with patients on distinguishing between pain and function. When the pain limits ones ability to do something, that is much worse than being able to play-work through the pain.

When asked about the use of braces, both doctors said it is not a tool they favor except for possibly in post-operative situations. The no to braces is because the muscles become reliant on it.

As for whether a certain mattress can help people with back issues, a firm one is all they would say.

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Notes:

- The next Barton Wellness Lecture is Feb. 12 from 6-7m on Sleep Apnea & Cardiovascular Disease. David Young with Barton Cardiology will be giving the talk at Lake Tahoe Community College.

Breakthrough therapies helping athletes recover

By Kelly Bastone, Outdoor

In January 2013, 24-year-old Laura Fraser hit a tree while snowboarding at Fernie, British Columbia. Afterward, she felt

a ringing in her ears that doctors attributed to a mild concussion, and within a few days she felt fine.

But then she had another, less traumatic fall in March 2014. That's when her life changed. Fraser became irritable, had difficulty concentrating, and experienced headaches that worsened with exertion. "It took me three times as long to do the things I used to do," she recalls. Her local Nova Scotia doctors told her to avoid anything that provoked symptoms, but she didn't recover. Instead, her mental focus became so poor that she had to drop out of school.

For decades, doctors have told concussed athletes like Fraser to rest, avoid bright lights, and limit activity. Having had one concussion places you at greater risk for another, they thought. But emerging science says that's bunk: You can recover from a concussion, with active treatments that recondition the injured parts of your brain.

Read the whole story