

Own a piece of 'The Godfather' estate at Tahoe

By Johnathan L. Wright, Reno Gazette-Journal

Welcome to the family.

Fleur du Lac, the estate on the West Shore of Lake Tahoe made famous by "The Godfather Part II," has only 22 residences. One of them, residence 13, is for sale for \$3,749,000. Sierra Sotheby's International Realty has the listing.

In the movie, Fleur du Lac served as the family compound where mobster Michael Corleone threw a party to celebrate his son's first communion. Later, as Corleone watches from the estate, one of his soldiers shoots brother Fredo as they fish on the lake.

Read the whole story

Humor to be the subject of talk in Incline

The psychology of humor will be the topic of an April 26 talk in Incline Village.

From mockery (the Darwin awards) to sarcasm (National Sarcasm Society – like we need your support), comedy can be viewed as a diagnostic tool for the investigation of enduring questions about the human condition.

Kim Bateman, executive dean of the Tahoe-Truckee Campus of

Sierra College, is known for her engaging and entertaining presenting style. Her research interests include organizational psychology, bereavement, and humor.

The program will begin at 6pm, with refreshments and no-host bar from 5:30-6pm at the Tahoe Environmental Research Center on the campus of Sierra Nevada College. Seating is open at 5:30pm to guests who have **preregistered**, open seating starts at 5:50pm.

Cost is \$5.

When treating sports injuries, does the West do it best?

By Nate Newman, The Conversation

Every two years, billions of people watch athletes at the Olympics compete to be crowned world champion.

What the viewer doesn't see are the athletes' behind-the-scenes preparation, which includes trying to figure out new ways to give them an edge in the biggest event of their career.

Different treatment methods that may provide an edge always seem to be en vogue. During the Beijing Summer Olympics, volleyballer Kerri Walsh-Jennings introduced viewers to kinesio tape – sticky strips applied to the body that may improve blood flow. At Rio, the large purple dots on the shoulders of swimmer Michael Phelps had fans Googling cupping, an ancient Chinese healing therapy.

Both examples indicate a willingness among athletes to incorporate Eastern treatments with traditional Western training and treatment methods.

As an athletic trainer who has worked with college athletes, I've used many Western training techniques to aid injured athletes. But during my 15 years of practice, I've started to wonder if many of the techniques I've used are truly effective.

With this year's Winter Olympics taking place in PyeongChang, South Korea, it wouldn't be surprising to see athletes talking about other Eastern treatment methods – acupuncture, herbal treatments and Chuna manual therapy – that have become increasingly popular around the world.

Going after the pain

In Western cultures, athletic trainers and therapists who treat injuries have traditionally focused on controlling pain and inflammation.

A common treatment for acute injuries is the RICE method: rest, ice, compression and elevation. The RICE method works by preventing the development of inflammation. With less inflammation present, less pain is felt and less swelling develops, and the athlete will return to normal function more quickly.

Ice, of course, has been used for decades. It is one of the most commonly prescribed treatment methods for acute and chronic injuries in the United States. But the use of frigid temperatures to treat injuries now includes whole body cryotherapy – chambers that expose the entire body to temperatures ranging from minus 100 to 140 degrees Celsius, with the idea that treating pain and swelling throughout the entire body works better than paying attention to a localized spot.

But even though most Americans probably use ice as their go-to method for controlling pain and swelling, current research doesn't fully back its effectiveness.

Evidence is often mixed or lacking for many other common Western sports medicine treatments. Transcutaneous electrical nerve stimulation (TENS) is a form of electrical stimulation therapy that can help reduce pain following an injury. In this treatment, currents are used to stimulate nerves and decrease pain. While some research suggests that it's effective, it, too, needs additional support to truly strengthen this conclusion. Meanwhile, therapeutic ultrasound uses sound waves to generate heat, which is supposed to quicken healing. But again, the research on its effectiveness is inconclusive.

Create more pain?

Korean athletic trainers, on the other hand, tend to utilize traditional Chinese medicine (TCM), though they'll also incorporate treatments from their own culture and from Western medicine.

Unlike ice treatments, most Eastern techniques involve stimulating the body's normal responses to injuries in order to promote natural healing. For example, traditional Chinese acupuncture is based on the idea of stimulating the body's "qi," or energy, to restore balance within the body (what's called the "yin and yang"). Studies have shown that following the insertion of a needle, neurotransmitters do get activated that help alleviate pain.

Meanwhile, cupping therapy – a practice that may be 3,000 years old – involves placing heated cups on the skin, which creates a strong suction force that leads to bruising. The increased blood flow to the affected areas is thought to stimulate healing and muscle relaxation.

Only in the 1990s did researchers start to evaluate the effectiveness of South Korean sports medicine treatments.

However, as with studies of Western treatments, their reviews didn't arrive at any definitive conclusions.

This was the dilemma I faced many times in my own practice. The field of sports medicine often incorporates emerging treatments that aren't proven to work. But the fact that Olympic athletes are willing to try them shows that they're willing to tinker with their bodies and take risks that could give them the slightest advantage, physical or mental.

As for the larger question of which treatments – Eastern or Western – are most effective, the research might not be crystal clear, but the medal counts might offer some clues.

Nate Newman is an associate professor of athletic training, director of the masters in Athletic Training Program, College of Pharmacy and Health Sciences at Drake University.

Donner Park adds 2 historical videos to visitor center

Donner Memorial State Park will explore the history of Donner Summit through two videos being shown at the visitor center.

“Chinese Story, Artifacts from the Camps” focuses on the artifacts uncovered and left behind by the Chinese community during the construction of the transcontinental railroad. The second video – “On the Road with the Green Book Guide, African-American Travel” – highlights the challenges African-Americans faced while traveling on the road.

Both videos are the product of collaboration between California State Parks and Recreation and CSU Sacramento,

Creative Services Department. They join the previously released video of the "Washoe Cooking Hearth."

Donner Memorial State Park is within the town of Truckee.

For more information, go **online**.

Dancing with Tahoe Stars returning to Stateline

Tahoe Arts Project's 6th annual Dancing with the Tahoe Stars will be March 3 at 6:30 pm at MontBleu in Stateline.

The dances will be cha cha, tango, salsa, merengue, swing, disco, fox trot, bachata, hip hop and Musical Theater.

Locals will be paired with professionals. The pairings are as follows, with the Tahoe person listed first: Melinda Choy and Gerzon Chaves, Michelle Feeney and Adrian Escobedo, Lauren Lindley and Spencer Spanton, Stacy Noyes and Dino Elias, Paula Peterson and Alex Kaskie, Shawn Butler and Catherine Arens, Bob Grant and Robyn Lindner, Dusty LaChapelle and Becca Lincoln, Leon Malmed and Alejandra Quirarte, and Neil Powell and Jodi Patton.

Judges will be Marcia Sarosik, Don Bosson and Paul Middlebrook.

There will also be performances by the South Tahoe High School Dance Team, Marcia Sarosik Dance Studio, Forever Dance, and previous stars.

The audience will have the opportunity to vote by text for their favorite couple and by donating to that couple. This can be done anytime through TAP's **website**.

Tickets range from \$10-\$60 and are available **online** or by calling 530.541.0353.

Cannabis tourism will take root in 2018 – slowly

By David Downs, San Francisco Chronicle

Cannabis is legal in our great state, and maybe you're ready to scope out the new landscape of cannabis-related tourism. The floodgates have opened, you think, and there's now a wellspring of pro-marijuana activities, events and venues to frolic through and explore, right?

Well, not exactly.

While cannabis promises to be a \$10 billion economy here, the Golden State is still years away from fielding a well-oiled canna-tourism industry that's on par with main attractions like wine tasting or outdoor recreation. Heck, it's tough to find a legal place to even smoke the stuff.

Read the whole story

Dental care – lessons for every grade level



Kim Pevenage shows Rosie Klym and Kash Hendrick how to properly brush. Photo/Kathryn Reed

By Kathryn Reed

Rotting teeth fill the screen. Some are black from nicotine; some are decaying from drug use. Gums that have never been brushed reveal teeth that have seen better days and likely can't be saved.

It was like a science project gone bad unfolding before the students' eyes. Only this was real life. The images were all things Kim Pevenage sees on the job as a dental hygienist.

Two minutes twice a day and flossing at night. That's the difference between healthy teeth and unhealthy teeth, she told Heather Hart's fifth-grade class at Sierra House Elementary

School. And that flossing – it should occur before the brushing in order to loosen any particles between the teeth.

“If you saw what I saw all day, you’d floss every day,” Pevenage told the students. She pointed out that healthy gums don’t bleed.



Students at Sierra House choose a toothbrush package. Photo/Kathryn Reed

Kash Hendrick and Alex Budd were eager to demonstrate they are good brushers. A tablet that turns teeth purple where there is plaque would prove otherwise. Smiling, it was like the boys had eaten a carton of purple popsicles. Brushing removed the colored evidence.

“After seeing the purple, I’m going to brush better,” Alex said.

Pevenage explains the importance of X-rays, how it gives dental professionals a better idea of what is going on in a

person's mouth.

"I need to be able to see in between the teeth, and to see the bone that holds your teeth," she said. "Nicotine causes you to loose bone. Toxins in the nicotine eat away at the bone."



Heather Hart's class shows appreciation for Kim Pevenage, back center, for teaching them about dental care. Photo/Kathryn Reed

Each grade level receives a little different talk from Pevenage. The younger kids are shielded from the disturbing photos. High school kids can get an actual cleaning. All are given a pouch that has a tooth brush and small tube of paste.

Pevenage has been giving dental presentations in local schools since 2006 when her oldest daughter was in preschool at St. Theresa's. From there it grew into doing talks for both daughters' and each class of the respective grade level. In 2010, Pevenage started going into classrooms in Lake Tahoe Unified schools, with it growing from there.

Now she visits schools every other year, with the thought that

this will better reinforce her message and the kids won't get burned out on the talk.

Pevenage does this all on her own time. Her full time job is working as a hygienist for dentist Nicole Gordon in South Lake Tahoe.

Grants from Lake Tahoe Educational Foundation and Barton Health have allowed her to purchase some of the props she uses to help demonstrate her message, as well the giveaways for the kids, and tools for Pevenage to use in the dental lab at South Tahoe High School.

Pevenage has been working with dentist April Westfall since 2016 to bring care to South Tahoe High School students at the dental lab on campus. It means students not having to miss school, getting care that they might not otherwise have gotten, with any further work being done at Westfall's office.

Mountainfilm tour coming to North Shore

Alpenglow Sports kicks off the 2018 Winter Mountain Festival with Mountainfilm on Tour, presented by FlyLow Gear.

This series of documentary films curated from the Mountainfilm Festival in Telluride, Colo., will be shown at the Olympic Village Inn on Feb. 17 at 7pm.

Mountainfilm's mission is to use the power of film, art, and ideas to inspire audiences to create a better world.

Tickets are \$10 and can be purchased in advance **online**. Doors open at 6:15pm.

Mountainfilm began in 1979 and is one of America's longest-running film festivals.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Squibbles

Squibbles is a beautiful German shepherd mix puppy who is about 6 months old. She is sweet and full of puppy energy and wriggles. Squibbles would love to go to training classes.

Squibbles is spayed, microchipped, tested for heart worm, and vaccinated. She is at the El Dorado County Animal Services shelter in Meyers, along with 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

Author to talk about 1960 Squaw Olympics

Author David Antonucci on Feb. 13 will share the story of how in 1960 the eyes of the world focused on Squaw Valley and Lake Tahoe as the Winter Olympics played out on a world stage.

At the Lake Tahoe Historical Society's first Fireside Chat of the year, guests will hear about and see vignettes that describe the individual stories of enigma and invention, written off underdogs that ultimately came out on top, and a promise to win gold made to a terminally ill loved one. The presentation is based on Antonucci's book, "Snowball's Chance: The Story of the 1960 Olympic Winter Games," which will be available for purchase and signing.

The event will begin at 7pm at Camp Richardson's Historic Hotel. Cost is \$3 to attend, free for LTHS members.