

## GO! STAFF

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## SUBMIT NEWS

Submit your event information by Monday for publication the following week (two weeks in advance is even better!).

Go! Magazine is published Wednesdays in the Wallowa County Chieftain and Blue Mountain Eagle. It publishes Thursdays in The Observer, Baker City Herald and East Oregonian.

## ADVERTISING AND SUBSCRIPTIONS

## Baker City Herald

541-523-3673

## The Observer

541-963-3161

## East Oregonian

541-276-2211

## Wallowa County Chieftain

541-426-4567

## Blue Mountain Eagle

541-575-0710

## Hermiston Herald

541-567-6457

## What we're into

## HUBERMAN LAB PODCAST

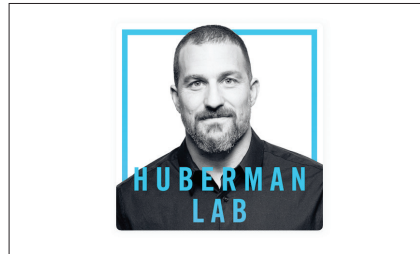
I never loved science as a kid. During my pre- and post-secondary education, not one teacher explained science in a way that engaged my curiosity and got me excited. Yes, I left academia with a full appreciation of the scientific method and an understanding of the orderly progression of scientific understanding from hypothesis to experimentation to analysis to — if you're lucky — a conclusion.

But it wasn't my thing. Until now.

A few months ago, I stumbled onto the Huberman Lab Podcast. The podcaster is a neuroscientist named Andrew Huberman who is a professor of neurology and ophthalmology at the Stanford University School of Medicine, and he heads the Huberman Laboratory.

Huberman, an engaging and articulate 46-year-old, makes neuroscience more accessible to the general public.

The researcher takes information from peer-reviewed scientific studies in reputable journals and gives his listeners (and YouTube viewers)



podcasts.apple.com

tools they can use to improve their brain function.

From Huberman, I've learned science-backed ways to learn faster and better, improve my sleep and ward off mental fatigue. He doesn't just open the toolbox and hand out tools — he talks about the mechanisms that allow the tools to work. I'm now fascinated by such things as circadian rhythm, autonomic arousal, brain plasticity and a host of other topics.

Huberman was also a latecomer into the world of science. He says he didn't take school seriously until after his first year of college. An encounter with a phenomenal professor kickstarted his fascination with neuroscience.

Now Huberman is passing that fascination on to the rest of us.

— KATHY ANEY, PHOTOGRAPHER AND REPORTER, EAST OREGONIAN

## New releases

## 'CARRY ME HOME,' MAVIS STAPLES AND LEVON HELM

Some efforts to bring musical legends together feel contrived, like they were cooked up for a between-albums payoff. Occasionally, though, when the convergence isn't calculated, the moment just needs to be preserved.

Such is the case with "Carry Me Home," a newly released recording of a memorable encounter between Mavis Staples and Levon Helm during the summer of 2011. In front of an audience at Helm's Woodstock, New York, studio, the pair rocked their way through a 12-song set of soul, gospel and roadhouse blues that pulsates with gusto and joy.

It's reminiscent of Helm's Grammy-winning "Ramble at the Ryman," a live recording of a 2008 Nashville concert, but with

one of the world's great singers sitting in.

Not that Helm and Staples were at the peak of their powers. Helms would die within a year after a long struggle with cancer, and Staples turned 72 that summer.

Still, on this night they laid it all out there. Staples' voice is full and strong, her approach typically fearless and downright sassy. Helm chimes in on a raucous version of "The Weight," but he hangs back for the most part.

There's an overtly political cover of Curtis Mayfield's classic "This Is My Country" that includes complaints about Tea Partiers who want to take the country back to the 1950s or '60s. The politics won't be for everybody, and things have changed considerably since, but the sentiments are delivered with conviction.

— THE ASSOCIATED PRESS

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## Brian Purnell

Inside Out:  
Recent Portraits & Landscapes  
JUNE 2-30, 2022

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for the ARTS

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