Velo Cult is (was!) the best of Portland, and the Pacific Northwest – a friendly community gathering space replete with suspended bicycles, welcoming velocipedal experts, rich coffee, and a rotating tap list of superlative, flavorful beers!
And brains, too!
And ART, like the pipe cleaner neurons created by area high school students which dangled above graduate students describing their research on drugs, memory, pain, ADHD, peri-neuronal nets, adolescent brain development, hearing loss, stress...
And artists – including musicians, visual artists, painters, sculptural metal artists, graphic designers – who collaborated with graduate students on accessible public presentations of their cutting edge work...
Artist and NW Noggin Art Coordinator Jeff Leake created some eye (and brain!)-catching posters, highlighting area advances in neuroscience research and art...
His posters for NW Noggin outreach events at Velo Cult attracted many to free, collaborative science/art presentations in Portland, and informed and excited the public about current research and artwork in the Pacific Northwest...
Velo Cult & NWNOGGIN
Presents
Drugs, genes, and waltzing mice:
tales from genetic research.

Friday
November
7th
6-8 pm

Kelsey Holland-Rayle
PNCA
Illustration

With
Amanda Barkley-Levenson
PhD Candidate
Department of Behavioral Neuroscience
Oregon Health & Science University

at

VELO CULT
1969 NE 42ND AVE
PORTLAND OREGON 97213
503.922.2012
WWW.VELOCULT.COM

nwnoggin.org

WASHINGTON STATE UNIVERSITY
VANCOUVER
NWNOGGIN & Velo Cult
Presents
Your memories lie
and how you can lie right back

What role does memory play in drug addiction, and PTSD? Learn about the unreliable nature of memory through neuroscience and the visual arts...

With OHSU Graduate student
Christie Pizzimenti and Artist
Shyla Villaneuva

Join us for an evening of science and art at Velo Cult March 19th
6-8 pm

For more information go to nwnogggin.org

VELO CULT
1969 NE 42nd Ave
Portland, Oregon 97213
503.922.2012
www.velocult.com

I FEEL YOUR PAIN

With
Monique L. Smith
PhD Candidate in Behavioral Neuroscience at OHSU

&
Marieka Glenn
an educator and art student at PNCA

VELO CULT
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503.922.2012
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For more information go to nwnogggin.org
Pictures of the brain in action are everywhere these days, but what do these fMRI images really represent? How are they acquired, and what do they tell us about how the brain works.

NWNOGGIN & Velo Cult Present
Phil Uribe from the Coffin lab at WSU Vancouver and Kimberly Cordray from Art Practices at PSU in
One Fish
Two Fish
Red Fish
Deaf Fish
What fish can tell us about hearing loss

Join us for an evening of art and science at Velo Cult, Thursday October 29th from 6-8 pm

For more information go to nwnoggin.org
NWN OGGIN & VeloCult present

Remembering is who we become:
How neurogenetics influence our preferences, memories, and personalities.

International artist Kindra Critch and Dr. John Harkness from the Jorg lab at WSU Vancouver illuminate the mysteries of who we are through art and neuroscience.

Join us for an evening of art and science at Velo Cult. Wednesday January 27th from 6-8 pm

NWN OGGIN & VeloCult Present

Traumatic Brain Injury: Comedy Communication Community

Speech-language pathology graduate student Lauren Ficker and media artist Cheryl Green take you on a multi-media tour of the brain and examine ways the community can better support peers with traumatic brain injury.

Join us for an evening of art and science at Velo Cult. Thursday March 10th from 6-8 pm

For more information visit nwnoggin.org
NWNOGGIN & Velo Cult

Present

THE UNPREDICTABLE SCIENCE OF DRINKING TOO MUCH

Professor of behavioral neurosciences at OHSU
Andrey Ryabinin (aka "crazy Russian scientist") and Rob Oberdorfer & the Neutral Spirits (members of Ages and Ages) explore mechanisms of alcohol addiction through science and song.

Join us for an evening of art and science at Velo Cult, Thursday July 7th from 6-8 pm

For more information visit nwnoggin.org
NWNOGGIN & Velo Cult Present

DREADD decisions: Patterns, fractals and drugs

Join us for an evening of art and science as Jordan Blacktop, Ph.D. (a.k.a., “the DREADDpool Dude”), a postdoctoral neuroscience researcher at WSU Vancouver, introduces DREADDs, a powerful chemogenetic technique for switching brain areas on, or off, and altering how networks of brain areas function.

Sara McCormick, a Northwest artist fascinated by fractals, discusses these compelling, evolving patterns in nature and design, and presents visually striking consequences of change to the underlying networks and algorithms that drive their developing form, and behavior.

October 27 6:00 pm - 8:00 pm
at Velo Cult

For more information visit nwnoggin.org
NWNOGGIN AND VELO CULT PRESENT

March For Science at Velo Cult

Support research, education, and outreach by making colorful pipe cleaner neurons for the march for science on April 22nd

Enjoy an evening of science and art while learning about the cells that make us who we are

March 29th 6-8 pm at Velo Cult

For more information go to nwnoggin.org
Changing the Brain Waves of Depression

What do the brain waves of a depressed person look like? How can they be changed?

Brittany Alperin, a behavioral neuroscience graduate student at OHSU, and Sienna Morris, an artist and science enthusiast, will talk about how mindfulness meditation and self-care can not only decrease depressive symptoms, but can also produce measurable change in your brain! Join us for a discussion of Sienna's journey through mindfulness practice, take a look at how her depressive symptoms and brain waves changed over time, and see the art that this experience inspired.

Join us for an evening of art and science at Velo Cult
May 17th 6-8 pm

For more information go to nwnoggin.org

DRUNK MICE ON ESPRESSO
WHAT COULD GO WRONG?

Irish coffee, Spanish coffee, Red Bull & vodka...

How do caffeine and alcohol affect your brain? How do these two popular chemicals swirl into your synapses to jointly affect your mood, memory, and behavior?

With

Alfredo Zuñiga a Graduate student at OHSU Behavioral Neuroscience who studies how caffeine, the most widely used substance in the world, encourages alcohol drinking.

&

Kim Engel, a photographer and student at Reed & WSU Vancouver, a barista and a bartender, who is no stranger to the synergistic effects of liquor and caffeine. She has created a collection of photos comparing facial expressions after shots of each drug, and how expressions change after consuming both at once.

Join us for a stimulating (and bacchusically activating) evening from 6-8 pm April 19th at Velo Cult - a renowned provider of BOTH house-brewed coffee and excellent beer!

For more information go to nwnoggin.org
Drink together, stay together: Alcohol's effects on social relationships

Does drinking keep a relationship healthy or split couples apart? Do you drink more, or less, than your partner? What if one person drinks and the other doesn't? What can prairie voles teach us about drugs and relationships, and can portraits of people under the influence reveal subtle aspects of connection, strengthened or frayed connections illuminated by analysis of behavior and structures in our brains?

Discover the art and neuroscience of drugs and social relationships with Andre Walcott (OHsu) and Artist Bryn Harding at Velo Cult Thursday (9/21) from 6-8pm!

For more go to nwnoggin.
NWNoggin & Velo Cult Present
Sleep, School & Surrealism

With
Emily Weiss (PSU) & Jamaali Roberts
How critical is sleep for young brains? How do racial/ethnic/socioeconomic inequities relate to how well, and how long kids sleep? Learn from Emily about research on sleep for low-income, African-American kindergarteners, and join Jamaali in art making, storytelling and meditation for a better understanding of how sleep and art can better all our lives.

Thursday, March 1, 6-8pm
Velo Cult, 1969 NE 42nd Ave

VELO CULT & NWNOGGIN PRESENT
YOU CAN'T CONTROL ART:
RACE, BIAS & BRAIN

Binyam Nardos (OHSU) & Teresa Raiford (Don't Shoot Portland) create collage and discuss the neuroscience, art and advocacy surrounding race disparities in law enforcement, and how brain research and community history, art and education widen our field of vision and get more of us seen.

Join us
Wednesday, January 24, 6-8pm
@ Velo Cult, 1969 NE 42nd Ave, Portland

For more go to nwnoggin.org
NWNoggin & Velo Cult Present

What do mistakes teach us?
The Secrets of Parkinson’s & Dance

Mistakes are essential to learning. Discover the role of error in acquiring skills, and advancing both science and art with Rebecca Hood of OHSU and brilliant performers from the Kukatónon African Children’s Dance Troupe!

Wednesday, May 2, 6 - 8pm
Velo Cult, 1969 NE 42nd Ave, Portland

NWNoggin & Velo Cult Present

Spinning Wheels: What we can learn about anorexia nervosa from rodents on running wheels

Tara Chowdhury (OHSU)
&
Kayla Townsley (PSU/OHSU)

Research aims to uncover the neurobiological basis of the disease, and art helps uncover the complex emotional and physical relationship between the human figure and our perception of self.

Join us at Velo Cult Wednesday, May 30, 6-8pm!

For more information go to nwnoggin.org
HOW DOES METHAMPHETAMINE AFFECT GENES, BEHAVIOR, AND DEVELOPMENT? HOW DOES THE ADOLESCENT BRAIN RESPOND TO STIMULANTS?

EMILY EASTWOOD FROM OHSU, AND TARA WILLIAMS FROM PNCA, DISCUSS THE SCIENCE — AND ART — OF DEVELOPMENT AND DRUGS...

JOIN US FOR AN EVENING OF SCIENCE AND ART AT VELO-CULT ON WEDNESDAY MAY 27TH 6-8 PM

For more information go to nwnoggin.org
Benefits of bicycling

- **New neurons!** ("neurogenesis")
  - "levels of adult hippocampal neurogenesis are increased by interventions that are associated with beneficial effects on cognition and mood, such as learning, environmental enrichment, exercise... (Sahay et al (2011))

- **Cardiovascular fitness** (supports brain health)
  - "Physical exercise, particularly aerobic exercise, is documented as providing a low cost regimen to counter well-documented cognitive declines including memory, executive function, visuospatial skills, and processing speed in normally aging adults" (Chapman et al (2013))

- **Options** (Exercise after Parkinson’s?)
  - [http://youtu.be/aaY3gz5tJSk](http://youtu.be/aaY3gz5tJSk)

- **Community connection**