

FREE

Galena
TIMES

www.galenatimes.com

Fall 2017

“Serving Northern Nevada”

BLOODY ROSE
GALENA FEST
RUN • RIDE • FESTIVAL
WICKED THORN

Galena Fest – promoting outdoor education through fun competition

By Tanner Forbes

Are you looking to spend an afternoon in a vibrant, family-friendly atmosphere with food, drinks, live music, and friends? Do you want to challenge yourself with the rest of Reno’s outdoor recreation community? Are you simply looking for a chance to get outdoors and support a worthy cause? Then look no further, because Galena Fest has something for everyone. On Sunday, September 24th, the 9th annual Galena Fest is returning to the Galena Creek Regional Park, and is going to be bigger than ever.

This year, the Great Basin Institute

has assembled a festival that combines the competitive spirit with community togetherness. Events include the vigorous Bloody Rose Mountain Bike Climb and the Wicked Thorn Trail Run. For those looking for a less challenging day, the scenic Wicked Thorn Trail Walk and the Kids’ Run provide plenty of fun and the chance to improve our community. All proceeds go to funding outdoor education and recreation opportunities for the Reno-Tahoe community.

The Bloody Rose

The Bloody Rose Mountain Bike Climb kicks off in the crisp, early



(Photos: T. Forbes)



Trail runners and mountain bikers join other friends of Galena Fest on September 24. Proceeds go towards outdoor education and recreation in the Reno-Tahoe community.

morning. Riders will fight through a 4000+ foot elevation gain over 12.2 miles, all the while pedaling through the most scenic views that Reno can offer. This combination of beauty and burn gives the Bloody Rose its

fitting name. Competitors finish atop Relay Peak and are rewarded with breathtaking views of Lake Tahoe. This year’s Bloody Rose will be the last time racers can beat course records on

continued on page 3

Spectacular Tamarack Lake Trail will link Galena to Mount Rose summit



(Photo: J. Keillor)

Richard Keillor-Galena Fest and Galena Times founder, Janice Keillor-State Trails Administrator, Kevin Joell-TAMBA Trails Director, Bill Dunkleberger-Humboldt-Toiyabe Forest Supervisor, Randy Collins-Trail Volunteer, Diane Taliaferro-Acting Deputy Forest Supervisor, Kevin Dose-GBI Deputy Director, and Dan Morris-Carson Ranger District Trails Staff Officer.

By Janice Keillor

After many years of planning, collaboration and clearances, the Tamarack Lake trail is becoming

a reality. First envisioned by local resident Richard Keillor as a way to connect Galena to the Mount Rose summit, the Tamarack Lake Trail will

parallel the Mount Rose Highway on the north side and will connect the Sky Tavern property to Relay Peak Road and Tahoe Meadows, passing beautiful Tamarack Lake along the way. The new trail will treat outdoor enthusiasts to spectacular views and unique geologic features in one of the most scenic locations in Nevada.

With many stakeholders at the planning table, it took patience and

perseverance to make the Tamarack Lake Trail come to fruition. The project was approved earlier this year by the US Forest Service and funded by the Recreational Trails Program in the 2017 round of grants. Crews will construct approximately five miles of new or improved non-motorized, multi-use trail and two wooden bridges, as well as restore a route through a riparian

continued on page 3

Letter From the Publisher

Fall will be here soon and so will Galena Fest. I hope to see you all there to celebrate our community, outdoor education and new trails. The completion of the Tamarack Lake Trail is great news for our area. We’ll have more exciting reports concerning trails and outdoor activities in future issues.

A lot of things are going on that will be changing our communities in Northern Nevada. People are moving in from everywhere to take advantage of our vibrant job market. I give tours to many clients who have never been to Reno before. They all pretty much say the same thing: “I had no idea Reno was like this. I had no idea Northern Nevada was so beautiful.” So, for those of you who have lived here for many years, don’t take for granted this wonderful place and how the outdoors has such a great influence on many of us. We are truly lucky.

Take advantage of getting out this fall. Trails will finally be clear of snow and aspen trees will be glowing golden. With

numerous trails to explore, it is easy to have some fun. If you see me out there, say hello.

I recently rode my mountain bike up Whites Creek Canyon on the Dry Pond loop trail. I’m happy to report the fire earlier this month only burned along a small area of the trail. For the most part, only brush was destroyed and the large Jeffrey pines were mostly spared. We really dodged a bullet. A big thanks to all brave firefighters for nailing it down so quickly.

Happy Trails, Richard Keillor



Richard Keillor hikes along Angel Falls near Bass Lake, CA.

GALENA FEST THANKS THE BUSINESS SPONSORS



AND THE VOLUNTEERS

Gwen Bourne – Great Basin Institute
 Jerry Keir – Great Basin Institute
 Richard Keillor – Galena Fest Founder
 David Gentry – South Reno Athletic Club
 Jennifer Cope – South Reno Athletic Club
 Karl Toth – South Reno Athletic Club
 Randy Collins – College Cyclery
 Kevin Joell – TAMBA
 Mike Pierce – Mt. Rose
 Siani Nau – Mt. Rose
 Monica Palmer – Reno Ski & Rec Club
 Mary Kelly – Reno Ski & Rec Club
 Pat Deenihan – Reno Ski & Rec Club
 Jeff Langeway – Reno Ski & Rec Club
 Jim Strickland – Reno Ski & Rec Club
 Marga Strickland – Reno Ski & Rec Club
 Michelle Davis – Western Title
 Kevin Weintz
 Janice Keillor
 Grant Keillor

GALENA CREEK VISITOR CENTER VOLUNTEERS:

Emma Wynn
 Mary McDonald
 Tanner Forbes
 Elise Levy
 Max Light-Pacheco
 Cari Blomquist
 Christy Duckworth
 Kim Maya

GREAT BASIN INSTITUTE AT GALENA COMMUNITY BOARD MEMBERS:

Mary Burnham
 Cari Blomquist
 Christy Duckworth

2017 Galena Fest Schedule of Events

Sunday, September 24, 2017 — Galena Creek Regional Park

7:30-8 am	Bloody Rose MTB Climb Registration/Check-In
8:30 am	The Bloody Rose Competitive MTB Climb Start
8-9 am	Wicked Thorn Trail Run, Walk, and Kid's Run Registration/Check-In
9:30 am	The Wicked Thorn Trail Run Race Start
9:30 am	The Wicked Thorn Trail Walk Start
9 am-2 pm	Art-in-the-Park and Kids' Expo
10 am-2 pm	Galena Fest with live music, food, vendors
10:30-2 pm	Live Music: Mescalito
11 am	Kids' Run Start
12:15 pm	Wicked Thorn Trail Run Awards
12:30 pm	Bloody Rose MTB Climb Awards and Special Thanks

Schedule subject to change.

For up-to-date information regarding Galena Fest and to register,
visit www.renogalenafest.com.

This event would not be possible without the generous support of Fox Sports, Mt. Rose Ski Resort, Washoe County, Galena Times, Coldwell Banker, Dolan Auto Group, Redpath, Silver Sage Center, South Reno Athletic Club, and Anytime Fitness. Both returning sponsors and new additions are contributing to kids' outdoor education and recreation in Galena Creek Park. If you wish to become a sponsor, please call (775) 849-4948 or e-mail visitorcenter@thegreatbasininstitute.org

Galena Fest *continued from cover*

the original course, as next year's race will include a trail extension around Tamarack Peak. The grand prize of \$1,000 each for the best male and female athlete will motivate all to test themselves on one off the Great Basin's most difficult mountain bike course.

The Wicked Thorn

Trail enthusiasts of all levels also have the chance to push themselves on the 7.25-mile Wicked Thorn Trail Run, whose course snakes through the Jeffrey pines, along the babbling creeks, and

atop the scenic ridges of Galena Creek Park. With 1,400 feet of elevation change, the Wicked Thorn packs a punch for runners of all levels, and promises incredible sights. Top finishers can look forward to the cheering crowds and music of the festival, recognition as top competitors, Mount Rose ski passes for four, membership to the expanding Anytime Fitness of Galena, and more.

The Walk and Kids Run

For those with a less competitive nature, the Trail Walk and Kids Run

provide entertainment for all ages. The 3-mile Trail Walk allows participants to enjoy the forest alongside family, friends, or businesses while the Kids' Run gives the younger ones competition and a chance to enjoy the outdoors. In addition, the expanded Kids' Expo provides children with engaging and educational activities throughout the day.

The Festival

Finally, no festival is complete without music. Tahoe favorite Mescalito will be providing entertainment as festival-

goers enjoy an atmosphere of food, beer, vendors, and the prize raffle. Lucky attendees will be taking home a \$260 Dinner & Show package at El Dorado Resorts, \$126 worth of fine wines courtesy of Spruce Foods, and more.

Tanner Forbes is an AmeriCorps intern at Galena Creek Visitor Center. For more information or to register for an event, visit www.RenoGalenaFest.com or call the Galena Creek Visitor Center at (775) 849-4948 or e-mail visitorcenter@thegreatbasininstitute.org.

Tamarack Lake Trail *continued from cover*

meadow. The trail was designed to not only be sustainable, but to pass unique natural features and vistas to allow for a truly epic experience. Once at the top, a spectacular view of Lake Tahoe will be a sweet reward for those making the long trek.

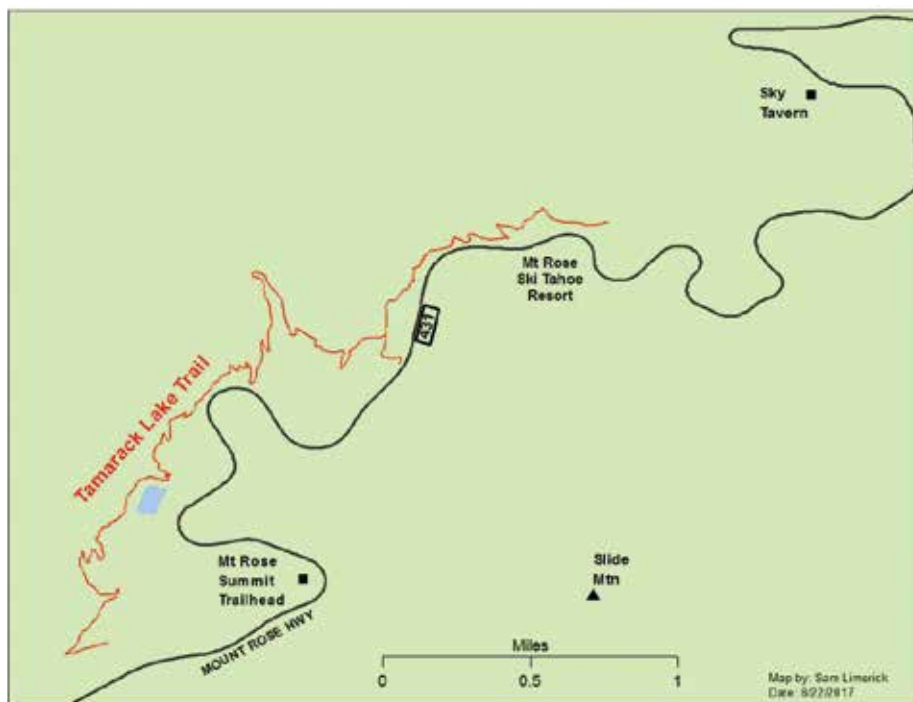
Construction is expected to take two to three seasons and will be built through a partnership between the Tahoe Area Mountain Biking Association, Sierra Trail Works, and the Great Basin Institute's Nevada Conservation Corps. Once complete, it will be one more link in the chain to connect regional trail networks, a major goal of the Eastern Sierra Trails Coalition and an important component in the effort to develop recreational tourism in Nevada.

Most people don't know yet that

Tamarack Lake exists because it can't be seen from the road and currently has no formalized access. But soon, the hidden treasure will be accessible, and mountain bikers, hikers, skiers and equestrians can enjoy even more of the Mount Rose backcountry. Completion is just a couple years away.

Thanks go out to many people and organizations for their efforts in making this trail a reality: Kevin Joell, Dale Beesmer, Randy Collins, Dan Morris and the rest of the local USFS staff, the Great Basin Institute, Mount Rose Ski Tahoe, Sky Tavern Ski Area, and all of the Galena Fest volunteers, sponsors and participants.

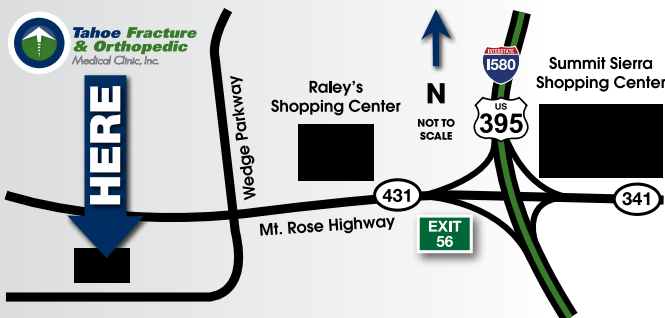
Janice Keillor is a park and recreation program manager for Nevada State Parks. She loves riding her mountain bike on local trails.



**Tahoe Fracture
& Orthopedic**
Medical Clinic, Inc.

We're in your neighborhood!

Tahoe Fracture is a Team of Orthopedic Specialists that Provides State-of-the-Art Treatment, Sports Medicine, and Spine Care. Tahoe Fracture has been keeping Northern Nevada active for over 60 years around Lake Tahoe, Carson City, Gardnerville, and now South Reno! Visit our New Office on Wedge Parkway in the Saint Mary's Galena Facility.



David Eisenhauer, DO
Hand and Upper Extremity Surgery
General Orthopedics



David Jones, MD
Back, Neck and Spine Surgery



Robin Tomita, MD
Physical Medicine and Rehabilitation



Jeromy Dyer, PA
Upper Extremity
General Orthopedics



Dan McCoy, APRN
Back, Neck and Spine



Kelly Roetman, APRN
General Orthopedics

Restore...

Function. Mobility. Quality of Life.

www.TahoeFracture.com

Call today [775] 783-6123

18653 Wedge Parkway Reno, Nevada 89511

Give the Gift of Reading to raise school readiness



Washoe County Library is fundraising to support its 1,000 Books Before Kindergarten initiative. A \$20 donation will help give children in our community an early start on reading and learning.

By Andrea Tavener

The days are getting shorter as we all get ready for the chilly winter months ahead. Whether it's holiday presents or end-of-year charitable donations, giving is on everyone's minds this season. Across Washoe County Library System, giving is part of our daily lives, and the gift we share year-round is the gift of reading.

Reading to children from an early age helps close the vocabulary gap and prepares children to enter kindergarten with needed skills. In fact, research shows that the most reliable predictor of school success is being read to during early childhood. Even better, sharing books with children promotes a lifelong love of books and reading.

Spending just 20 minutes a day reading with young children can make the difference for years to come. To help our youngest patrons reach that

goal, we offer 1,000 Books Before Kindergarten, a program to give parents an easy tool to track their children's reading. Just one picture book each day adds up to 1,095 books finished in three years, and kids will be excited to track and look back on their progress.

For most families, the library plays an important role by providing access to many books that would be difficult to purchase individually. You can help the library meet this need by contributing to this year's Give the Gift of Reading campaign through the Friends of Washoe County Library, beginning on November 17, 2017.

Give the Gift of Reading is an annual fundraising initiative during which we hope to raise \$20,000 – enough to purchase 1,000 new children's books in support of 1,000 Books Before Kindergarten. A commitment to

sponsor at least one book with a \$20 donation will help give children in our community an early start on reading and learning.

Serving as a vital center for the free exchange of ideas and information, your library is more important than ever. Year-round you can help Give the Gift of Reading by becoming a member of the Friends of Washoe County Library. Founded in 1980, FWCL raises money and advocates in the community to ensure a first-class public library for Washoe County residents.

See you at the library!

Andrea Tavener is public information and development officer for the Washoe County Library System. For more information regarding the Give the Gift of Reading campaign or the Friends of Washoe County Library, please contact Andrea Tavener, at atavener@washoecounty.us or (775) 327-8360.

Inaugural Fiesta Latin@ helps celebrate Reno's cultural diversity

Submitted to the Galena Times

As part of Reno's year-long 150th birthday celebration, the City of Reno will host the inaugural Fiesta Latin@ on Saturday, September 23, 2017 from 2 to 7 p.m. at Reno City Plaza. The next 15 recipients of the Reno People Project will be announced during Fiesta Latin@ at 5:30pm. Ultimately, 150 people will be recognized by May 9, 2018.

"This is a great opportunity for Reno to celebrate

the cultural diversity that makes it such a wonderful place to live," said Reno City Councilmember Oscar Delgado. "We invite everyone to come out for some great food, wonderful music and lots of family-oriented activities."

The City of Reno is looking for interested vendors to join Fiesta Latina. For more information about the event, visit Reno.gov/Espanol.

Reno 1868 FC, Reno's professional soccer team, is also celebrating Hispanic Heritage Day during its

continued on page 5



Galena TIMES

Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

Editorial Board: Dan Matteson **Art Director:** Kelly Matteson

Advertising Manager: Richard Keillor: richardk@cbivr.com

Contributors:

David Bobzien, Don Bounds, Max Coppes, Dan Fleischmann, Ken Focht, Tanner Forbes, Ryan Gearhardt, Amanda Horn, Sue Jacox, Janice Keillor, Noelle Kim, Andy Pasternak, Mike Pierce, Cy Pourzan, Mary Sattler, Matt Schmitt, Andrea Tavener, Kerstin Tracy

The Galena Times is dedicated to providing the Mount Rose corridor and parts of Incline Village and Carson City with a neighborhood paper that informs and connects local businesses and residents.

The Galena Times is distributed for free, quarterly. Approximately 9000 are direct mailed and 1000 are distributed to select business locations.

The Galena Times encourages everyone to write and express opinions about the community or the paper. We welcome your stories and photos, but reserve the right to edit submissions.

Please contact Richard with all inquires regarding the Galena Times: richardk@cbivr.com or visit our website: www.galenatimes.com

Copyright (c) 2017. All rights reserved.

Your Child Deserves a Specialist



GROWING SMILES
PEDIATRIC DENTISTRY
Jade Miller, DDS & Gilbert A. Trujillo, DDS

775.824.2323

RenoKidsDentist.com

517 Hammill Lane
Reno, Nevada 89511

Join us in celebrating Reno's sesquicentennial



David Bobzien

By David Bobzien

While we as a community grapple with the challenges of our fast-paced, modern-day lives, it's important for us to take time to reflect and remember the past and how far we have come. It is my pleasure to inform citizens about Reno 150 on behalf of my fellow

Council Members and the City of Reno.

Reno 150 is an ongoing, year-long series of events organized by the City of Reno to celebrate its 150th birthday, or sesquicentennial. If you didn't already know, Reno was officially established on May 9, 1868. On that date, Myron Lake sold property to the Central Pacific Railroad for a depot and town. Thus, Reno was born.

We are a proud community, and this is a chance to honor our heritage. There are so many ways for everyone in Reno to get involved in the festivities.

The City of Reno is encouraging businesses, community groups, nonprofits and other entities to host an official Reno 150 event of their own. To submit your Reno 150 event, visit Reno.gov/Reno150. Event organizers and residents are also encouraged to join the conversation on



social media by using the hashtag #Reno150.

The community also can get involved in the Reno People Project, which recognizes individuals, past or present, who have made positive impacts on our city. The City of Reno is looking for people who have helped make our community the best place to live, work and play. To nominate individuals and their contributions, visit Reno.gov/Reno150.

Finally, I urge everyone to show their pride by purchasing the Reno license plate as we prepare for our city's 150th birthday. For more information, visit Reno.gov/Plate.

David Bobzien is the At-Large Reno City Council Member.

Reno 150 events hosted by the City of Reno

September 23, 2017 - Fiesta Latin@ on the City Plaza

November 11, 2017 - Veteran's Day Parade in downtown Reno

December 2017 - Tree Lighting on the City Plaza

May 9, 2018 - Sesquicentennial Celebration (150th birthday) at Greater Nevada Field.

To find out more about these events, visit Reno.Gov/Reno150.

Fiesta Latin@ continued from page 4

September 23, 2017 match at Greater Nevada Field, which starts at 7pm. Before the match, select Reno 1868 FC players will be available for autographs and pictures at Reno City Plaza from 3-4pm.

"We are a proud community, and this is another chance to honor our heritage," said At-Large Councilmember David Bobzien. "There are so many ways for everyone in Reno to get involved in

our sesquicentennial celebration, and I encourage the community to submit their nominations for the Reno People Project."

Anyone can submit a nomination for a past/present Reno citizen who has made a positive impact on the City of Reno's history. Nominations must include a short (250-word maximum) biography of the nominee, their efforts

and the reasons you'd like their story included. Including a photograph of the nominee is recommended.

Visit Reno.gov/Reno150 for more information. A total of 30 Reno people have been honored so far. Learn more about the honorees.

The City of Reno plans to host multiple Reno 150 events during the year-long sesquicentennial celebration

and is encouraging businesses, community groups, nonprofits and other entities to host an official Reno 150 event of their own.

To submit your Reno 150 event, visit Reno.gov/Reno150. Approved events will be published on Reno.gov/Reno150. Event organizers and residents are also encouraged to join the conversation on social media by using the hashtag #Reno150.

THE
STEAK HOUSE
LOUNGE
SOCIAL
HOUR

THE STEAK HOUSE LOUNGE
THURSDAY & FRIDAY
4:30PM - 6:30PM

HALF OFF
WINES & SPECIALLY
PRICED SMALL
GOURMET PLATES

LIVE MUSIC
SMOOTH JAZZ BY
JOHN PONZO

SIGNATURE STEAKS • HAND-CRAFTED COCKTAILS
WORLD CLASS WINES

FOR RESERVATIONS GO TO
WWW.TAMARACKJUNCTION.COM/RESERVE OR CALL 775-384-3630.

TAMARACK JUNCTION
STEAK•HOUSE
AND LOUNGE

JUST NORTH OF THE SUMMIT MALL | 775.852.3600

Experience art that redefines the West beyond traditional views

By Amanda Horn

Upend your preconceived notions and challenge your understanding of the West at the Nevada Museum of Art. When asked to conjure an image of this area, many among us corral images of horses, cowboys, and vast expanses of land. While wide-open space undeniably helps to define the West, so too do rich natural resources, diverse indigenous peoples, colonialism, and the ongoing conflicts that inevitably arise when these factors coexist.

Enter Unsettled, the fall/winter feature exhibition at the Donald W. Reynolds Center for the Visual Arts, E.L. Wiegand Gallery that amasses 200 artworks by 80 artists spanning 2,000 years. Through this broad selection of art and artifacts, the story of what we call the Greater West unfolds as a super-region stretching from Alaska to Patagonia, and from Australia to the American West. Curated by Nevada Museum of Art curatorial director and curator of contemporary art JoAnne Northrup in collaboration with legendary artist Ed Ruscha, Unsettled is on view now through January 21, 2018. Upon closing, the show will travel to

the Anchorage Museum, followed by the Palm Springs Art Museum. How's that for a little ol' museum in Reno making serious waves on the national stage?

The artists and artworks chosen to tell the compelling narrative revealed through Unsettled span time, place, gender, and race, challenging the definitions of the latter. The show is divided into five thematic areas, which overlap and reinforce each other: Shifting Ground, Colliding Cultures, Colonizing Resources, The Sublime Open, and Experimental Diversity. As a touchstone, each thematic area includes work by Ruscha, whose singular perspective on the world and experiences in the ever-changing West have informed the content of the exhibition, as well as shaped the selection of artworks for it. Eight works by Ruscha will be shown, including his iconic Chocolate Room which debuted at the 1970 Venice Biennale.

A major publication accompanies the Unsettled exhibition, containing 224 pages and 110 color images. The book will be available for purchase in the Museum Shop, and at both the Anchorage Museum and Palm Springs Art Museum. Guess what else you can purchase as an exhibition memento? A specially-



Ana Teresa Fernández, *Erasing the Border (Borrando la Frontera)*, 2013, Oil on canvas, 48 x 72 inches. The Bedford Cherubino Collection

commissioned perfume. Tantalizing the olfactory sense, San Francisco-based artist Bruno Fazzolari has created a unique scent specifically for the show. Pick yours up in the Shop and strut proudly in wearable art.

Amanda Horn is director of communications at The Nevada Museum of Art. The museum is open Wednesday through Sunday. To learn more about these and other exhibitions, visit NevadaArt.org.

Sierra School of Performing Arts creates fun education in theater experiences

Submitted to the Galena Times

Each year, Sierra School of Performing Arts puts on camps and classes to develop and train aspiring actors and theater personnel. Camps are designed for kids in grades 4 through 9 and offer electives ranging from improvisation to movement, auditioning techniques to musical theater. Each session concentrates on developing various skills and performance techniques.

Research demonstrates that the arts are vital to a well-rounded education. They promote critical thinking, enhance spatial and temporal perception, foster positive social skills, and provide powerful motivation for students to excel in school. Such

education calls for students to process information verbally, aurally, kinesthetically—so that every child can succeed in the classroom and in life. Theater especially captures all the above skills and learning styles in one art form – and it's fun.

Sierra School of Performing Arts is excited to announce the second year of classes for kids and adults.

Curtain Up! Intro to Acting for Preteens

This exciting and entertaining class will teach your preteen the fine art of creating believable characters that will enthrall and captivate the audience. Designed for the beginning or “still



(Photo submitted by SSPA)

Sierra School of Performing Arts promotes critical thinking, spatial perception and most of all having fun with theater in summer camps, classes and during birthday parties (pictured).

New & Customer Owned Tanks 100 FREE Gallons of Gas!!!!*

INCLUDES:

ALL PARTS, FITTINGS & LABOR
(for standard installation)

FREE YEAR TANK RENTAL!

FREE SAFETY CHECK!

FREE LEAK CHECK!

FIRST FILL AT **\$0.99** PER GALLON

Call Us Today for an **AMAZING**

* While Supplies Last, Restrictions apply.



**FIXED PRICE
UNTIL MAY 31, 2019! ***

BI-STATE PROPANE

24/7 Emergency Service • Automatic Delivery
Full Service Department • Industry Led Safety Standards
** New and Customer Owned Tanks **

1410 Greg St., #401-403A • Sparks, NV 89431 • GIVE US A CALL TODAY 775-331-3100

learning” acting student, this class focuses on team-building and improving confidence through a variety of acting exercises, voice and body work, and improvisation. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends. Class is designed to be taken more than once.

Age 9-12 (or by consent of instructor)

Tuesdays beginning September 5, 5.45 – 6.40pm

\$150 for 10 weeks | Drop-ins \$20 per class - first 2 weeks only

Acting Fundamentals: Acting for Teens

This class teaches the basics of acting and performance with a focus on character development, team-building and improving confidence through a variety of acting exercises, voice and body work, and improvisation. Students will work on monologues and scenes with partners, enhance their imagination as it relates to character, and get to the heart of great acting. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends. Class is designed to be taken more than once.

Age 13-17 (or by consent of instructor)

Tuesdays beginning September 5, 6.45 – 7.45pm

\$150 for 10 weeks | Drop-ins \$20 per class - first 2 weeks only

continued on page 21

Concierge Doctor

Integrative Medicine

35 Years Experience

UCLA trained

Limited to 200 Clients

No-Rush Extended Visits

Avoid Costly ER Visits

24/7 Access to your MD

Same Day and Next Day
Appointments

House Calls

775-831-9600

HighSierraMedical.com

Pyramid Lake fishing forecast looks promising



Don Rounds

By Don Bounds

Remnants of an ancient lake with an ancient predator lie in our backyard. Pyramid Lake has become a world class fishery with anglers coming from all over the world in pursuit of Lahontan Cutthroat Trout; yet, we only need to drive 45 minutes north of Reno

to access this high desert angler's oasis. Excitement has already begun as the 2017/2018 fishing season at Pyramid prepares to open on October 1st. What can be expected after an epic winter in our watershed?

Record-setting snow pack and subsequent warmer, rainy days led to high flows and flooding of the Truckee River. Even the mountains and beaches surrounding Pyramid Lake had two to three feet of snow which led to localized flooding up and down the shores of the lake. An instant geological change took place producing eroded beaches, cliff-sides, and impassible roadways. Sustained river flows near 5,000 cubic feet per second poured into the south end of the lake for weeks bringing debris and silt that turned the entire south end of the lake into chocolate milk. Anglers will forever remember this past year because Pyramid Lake closed down for nearly two long and excruciating months.

Sierra lakes and reservoirs are now full and the



Winter fishing at Pyramid Lake yields three to five pound cutthroats on a daily basis, and fish over ten pounds are also quite common.



(Photos: D. Rounds)

Truckee River flows have stabilized, continuing to bring fresh water and food source into Pyramid Lake. The lake is now over seven vertical feet higher than it was a year ago. For some gradually sloping beaches like South Nets, this equates to nearly 40 horizontal feet of shoreline that is now under water. The forecast is quite simple. More fresh water equals more food source that leads to more bait fish and bigger cutthroats. The result is a food chain supported by a healthy bio-diverse ecosystem that is in tremendous shape.

Expect continued limited recreational access as the road to Monument Rock is still closed. Thankfully, Pyramid Lake is big enough to provide solitude for an

angler somewhere on miles of shoreline on the west side. Things have certainly changed, so be prepared to explore and prospect for ledges and drop-offs keeping in mind that debris may cause hang-ups on previously smooth sandy bottoms. A replica of the world record cutthroat weighing in at 41 pounds is on display at Crosby's Lodge in Sutcliffe. The conditions are set for catching fish that could challenge that record.

Raised in Reno and a veteran of the U.S. Navy, Don Bounds is now a teacher at Donner Springs Elementary School and a part-time fishing associate at Orvis Reno. His time off is spent on any fly fishing adventure that he can dream up.

Tahoe science camp offers overnight choices

By Sue Jacox

Only one fall week still has openings for teachers or homeschool parents to bring students to Tahoe science camps this fall with Great Basin Outdoor

School. Hurry to reserve space for a once-in-a-lifetime experience for your students. The week of October 16 is available for two-day, three-day, or four-day overnight programs right



Students love their Great Basin Outdoor School T-shirts made possible by sponsors who show their support of outdoor learning with their logo on the back.



Fifth and sixth graders learn about groundwater from a Nevada Division of Environmental Protection engineer during a four-day science camp.

Your home away from home...

A weekly rental in Galena Forest -16805 Mt Rose Hwy



The entire building has been completely renovated and newly furnished with furniture and art primarily from San Francisco. There are beautiful views of the mountains as the property backs up to the national forest.

Contact: Tom Burkhardt
Call or text: 775-870-7202

Email: tburkhardt1938@gmail.com | www.16805mtrosehwy.org

on the Nevada shore of Lake Tahoe.

Students stay in heated cabins or tipis in the Jeffrey pine forest, enjoy delicious family-style meals, and learn responsibility, respect, and cooperation through hands-on discovery in the outdoor classroom. They start with cooperative team-building challenges, and they become more comfortable and confident in the outdoors as they learn local ecology and how they can use science to help make the world a better place. Learning activities fill every waking hour including songs, skits, and astronomy in the evening. The program site can accommodate groups of about 45-60 students.

Teachers and homeschool groups may reach Program Director Kayla Alm at Director@greatbasin-os.org or (775) 324-0936 and can see more at greatbasin-os.org.

Businesses and organizations can be a part by sponsoring T-shirts

for science campers by getting their logo on the backs of over 1000 T-shirts. The children wear the shirts proudly long after their science camp experience.

For sponsorship details, contact Leilani Konyshov at Education@greatbasin-os.org

or (775) 324-0936.

Great Basin Outdoor School is a 501c3 nonprofit offering overnight science camps at Tahoe in the spring and fall with hiking and lessons aboard a research boat and in the winter with snowshoeing. Day field studies are offered at Galena Creek, Spooner Lake, and other local sites. Contributions can be tax deductible and help ensure that children in need don't miss the opportunity.

Sue Jacox is board resident and founding member of Great Basin Outdoor School and had a long teaching career with Washoe County School District. For further information, please contact (775) 250-1894 or sue@greatbasin-os.org.



Fall presents perfect time to hike in Squaw Valley

By Daniel Fleischmann

Although fall is upon us, the weather at Squaw Valley tends to stay warm and inviting through the middle of October. This is the off-season at Squaw and some resort features are shut down, but the crowds are gone and the mountains and trails are wide open. Squaw Valley is really a perfect hiking destination. From easy hikes to epic adventures, natural beauty is visible at nearly every step.

For beginners

The Shirley Canyon Trail is accessed off Squaw Peak Way. Waterfalls are plentiful on this hike, and you won't have to walk far to see them. The trail is blessed with waterfall after waterfall – and that's just the first mile.



Waterfalls abound along the Shirley Canyon trail.

The Granite Chief Trail is accessed from a parking area next to the Olympic Village Inn. It elevates gradually through the forest for two miles until opening into a marvelous mountainside.

For intermediate hikers

For those wanting a little more exercise, take the Shirley Canyon Trail further up to Shirley Lake or continue up the Granite Chief Trail to the rock

slabs and/or all the way to Granite Chief; the highest mountain in the area.



Hikers can marvel at breathtaking view from the rock slabs on the Granite Chief Trail.

For hikers who prefer wider paths, roads lead up to High Camp on the west side of Squaw Valley, and up towards KT-22 on the south side of Squaw Valley.



Views of KT-22 from Squaw might look differently than in years past.

For advanced hikers

Silver Peak is a pyramid-shaped mountain accessed via a trail that starts below the water towers above Sandy Way. It is not well marked, so consult Google Earth™ to find it. The very steep trail gains over 2,000 feet all the way to the summit.

Silver Peak West and Entin Peak are two summits accessed via the Granite Chief Trail. Bushwhacking up the forest is required to reach them.

A classic hike is the Sugar Bowl to Squaw shuttle hike on the Pacific Crest Trail. Hikers would need to take two cars. Leave one at Squaw at the start of the Granite Chief Trail, and then drive to the PCT parking area near Lake Mary and the Sugar Bowl Resort off Donner Pass Road. This glorious hike is 15 miles long and allows side trips to Anderson Peak and Tinker Knob. When you are finished, just drive back to Sugar Bowl.



Hikers enjoy the PCT en route to Squaw in September 2016.

Daniel Fleischmann is a contributor to Summitpost.org and trip planner for the Reno Hiking Meetup Group. Check out www.meetup.com/Reno-Hiking if you are interested in good company during your outdoor adventures.

Construction Rate-Lock offered by U.S. Bank Home Mortgage



ROBB KELLEY
Mortgage Loan Originator
923 Tahoe Blvd.
Incline Village, NV 89451
Cell: 775-771-2987
robb.kelley@usbank.com
NMLS# 502175

During the home building process, interest rates can change greatly. U.S. Bank lets you lock-in your interest rate. If interest rates decrease before you close on your loan, you can re-lock your loan to a better interest rate during the original lock period.¹

Firstlock highlights include:

- Lock-in periods on new construction loans for 60, 120, 180, 270 and 360 days
- Fixed and adjustable interest rate options with a FirstLock
- Conventional and FHA mortgage products are allowed
- Depending on the county limits JUMBO loans up to \$3,000,000 are available²

For more information give me a call today!

All of **us** serving you® **usbank**

usbank.com/mortgage

1. Float down option may be exercised up to 30 (but not less than 5) days prior to closing at then current 60 day prices. The expiration date then becomes the earlier of the original expiration date or 30 days from exercising the float down. An example is if a borrower takes a 120 day Firstlock, the maximum total lock period is 120 days. If the market interest rate declines you can re-lock at the lower interest rate, but only within the 120 day period. Market interest rates may climb during the 120 period which means the interest rate may be higher than the capped rate and there would be no "float down" opportunity to a lower interest rate. 2. Jumbo loans over \$2,000,001 are available in the state of California only. Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank. 3086

Vacant Lot Loan Financing



ROBB KELLEY
Mortgage Loan Originator
13949 S. Virginia Street
Reno, NV 89511
Direct: 775.785.5474
Cell: 775.771.2987
robb.kelley@usbank.com
NMLS #: 502175

U.S. Bank Home Mortgage offers financing for vacant residential property that may be a perfect solution for you if you are planning to build in the near future. The Vacant Lot loan is an adjustable interest rate mortgage, which means the payments amortize over the life of the loan, but the interest rate is variable.

We offer many advantages for both your purchase and refinancing needs!

Eligible Properties

- Single family residential lot.
- Standard maximum of ten acres; however parcels not exceeding twenty acres may be considered if typical for the area and value marketability is supported with appraisal comparables of similar acreage.
- Loans are not allowed to be made for purpose of speculation.

Call me today and let's discuss more about our Vacant Lot financing!

All of **us** serving you® **usbank**

usbank.com/mortgage

Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank. 3086

Mt. Rose principal improvements for 2017-2018

By Mike Pierce

As the weather is starting to show the first signs of fall, Mt. Rose is deep into important, off-season capital improvement projects that cost upwards of \$2 million.

The Flying Jenny surface lift is being replaced with a modern, dual conveyor lift in an enclosed gallery. This new conveyor lift is extremely important to Mt. Rose as it is the preferred method for beginners and children to have a positive first experience on the snow. Utilizing a new two-belt system doubles the uphill capacity and creates more teaching terrain with an adjusted alignment. To allow for a more enjoyable experience during stormy conditions as well as aid in providing a more consistent operation of this key learning area, the lift will be fully enclosed. This past winter's tremendous amount of snow highlighted the challenging task of operating the Flying Jenny in an open, non-covered environment.



Mt. Rose Ski Tahoe's off-season improvement projects include a facelift for the skier services building.

Mt. Rose is again expanding its snowmaking system. With the goal to make the projected opening date of October 28 – as well as always being the first resort open in Lake Tahoe, snowmaking is being improved in several ways. Infrastructure will be added to the top of the Zephyr chair from top of Northwest chair and will enable snowmaking down the "Return to Rose Trail" from the unload station



(Photos: M. Pierce)

Before installing a new, covered conveyor lift at Mt. Rose Ski Tahoe, the beloved Flying Jenny needs to be dismantled.

of the Blazing Zephyr 6 Chair back to upper Northwest. The Enchanted Forest Area will be enhanced with snowmaking infrastructure on Merlin energizing the access from the top of the Wizard chair. A tower-mounted Pole Cat will be installed just above Wizard loading station to assist with coverage for the lift loading stations. A second tower-mounted snow maker will be added to lower Lakeview to provide quicker coverage and to energize

that trail in the early season.

The grooming fleet will receive a new Winch Groomer which is cable assisted when crawling back up steeper slopes. This type of snow cat is essential for terrain like Bonanza, Silver Dollar Northwest Waterfall which allows grooming both on the way down, and then back up which is the most efficient method of grooming this terrain.

Other larger projects before the winter include a fresh look for the Winters Creek Lodge and skier services building including new siding and trim. Last season's storm created the need for lots of clean up including damaged trees, bent railings, and damaged facilities.

The snow will be flying soon and Mt. Rose will be ready to provide the best turns all season long. Have your season pass ready and aim for another 6+-month season up here at 8260'.

Mike Pierce is director of marketing for Mt. Rose Ski Tahoe. For more information, contact deepsnow@skirose.com.

Put your arms into it – Nordic Walking takes a simple stride to the next level

By Dagmar Bohlmann

While some Sierra Nevada skiers took a brief summer break, others might never have put their poles down. A Finnish fitness movement called Nordic Walking is getting athletes and average neighbors alike excited about turning a

walk into an efficient, low-impact aerobic activity. Year-round, Nordic Walking is fitness walking with specially designed poles, that promises to use more muscles and burn more calories than a simple walk while providing relief for back pain and lower limb issues.

"The greatest thing is, everybody can do it," said Reinhild "Reiny" Moeller who teaches Nordic Walking. "First, it doesn't cost much. The poles help you engage in the technique of your stride. It doesn't hurt your joints. And it is great for your posture and your back especially

if you sit a lot in your job."

A native of Germany, Moeller competed in seven Winter Paralympics and two Summer Paralympics, winning a total of 19 Paralympic gold medals. Moeller first saw people walking with

continued on page 11

SLOPESTYLE SPORTS

Bike sales & bike service on all makes and models.

BIKE AND SKI SHOP

11331 S Virginia St #4
Reno, NV 89511

775 686.6696

SLOPESTYLESPTS.COM

Map showing location: South Virginia, 580, Domonte Ranch Pkwy.

Logos: NORCO, PIVOT, ROCKY MOUNTAIN

ORVIS

TROUT BUM DRESS CODE

Before you go out there, come in here. Outdoor apparel with the three things you want: performance, comfort, and looks for the trout bum in all of us.

ORVIS RENO

THE SUMMIT RENO | 13945 S VIRGINIA ST. | RENO, NV 89511
775-850-2272 | visit orvis.com

Why you should enthusiastically support your child's desire to learn to fly

By Ken Focht

Suppose I told you, I could get your child to enthusiastically study geography, math, physics, chemistry, and psychology. Would you be interested? Oh, and as a bonus I can get him or her to hang out with highly motivated, well educated older people who are good role models because they don't do drugs, graffiti, or tattoos, and they have a great work ethic.

Research says that a teenager's peer group has as much influence on the development of that individual's values as the parents. For this reason alone, it's reasonable to consider that flight training might confer a powerful developmental advantage on any young adult with an interest in airplanes. Most of the individuals your child encounters during flight training are highly motivated, educated and dedicated people, and most of them will be older and more mature than your child, too.

If there's any chance that flight training will trigger a passion for learning in your child, then you owe it to him or her to explore the idea. It may just

change the way they look at the world.

I understand your concerns. I'm a parent too and I have a son who is a pilot. So, whether you are feeling confusion, disbelief or even fear, I want to assure you that becoming a pilot is one of the wisest choices a teenager could make. Why?

Being a pilot teaches discipline.

Being a pilot requires study.

Being a pilot enhances a teen's knowledge of math and science.

Being a pilot gives your teen a credential that will make them stand out from the crowd – his or her whole life through – whether in a college application or a job application.

Being a pilot opens a world to your teen of places he or she may never see otherwise.

Being a pilot brings your teen in contact with other like-minded individuals – experienced pilots and teenagers alike who are living purposeful, successful lives. Finally, being a pilot is fun.

Being a pilot is a lifelong accomplishment. Unlike a driver's license, a pilot's license never expires.



Think of the pride you'll feel if you can look up at an airplane overhead and say, "My daughter (or my son) is flying that airplane."

Give your child a chance to learn and experience something new by introducing him or her to aviation.

Ken Focht is a retired airline captain with a major airline and a board member of Silverado Soaring Club, a non-profit corporation. For more information, check out the Silverado Club website www.silveradosoaring.com.

nordic walking *continued from page 10*

poles on a trip to Germany and initially believed that the Germans just must overdo everything. But upon trying the technique on an outing with her ski club, the Incline Village resident was fully convinced of the potential of this sport beyond athletic cross training.

"Nordic Walking could be the next

big hit not only for the sports industry, but most of all for the American people," she said.

The European fitness trend is slow to gain footing in the United States. Moeller cites the need for key people in key areas to start teaching and educating about the benefits of Nordic Walking.

"When Oprah started talking about walking, everybody started walking. It just needs one celebrity to endorse the sport," Moeller said.

The benefits of Nordic Walking are proven. Studies by the Cooper Institute, Dallas, showed that compared to normal walking, Nordic Walking burned almost 20 percent more calories and increased oxygen consumption by more than 20 percent.

Compared to regular walking, Nordic walking may result in increased heart rate, oxygen use and caloric expenditure, without necessarily increasing perceived exertion, per research published in the International Journal of Exercise Science. It also increases balance and stability and spreads weight distribution through the arms and torso, sparing loading of the spine, hips, knees and ankles. In fact, several studies have demonstrated reduced pain in persons with lower back pain over six-week and eight-week periods of Nordic walking.

Nordic poles may be a means of reducing pain ratings during walking and therefore may provide a tool to help encourage a person with lower back pain to exercise regularly. Nordic walking is like brisk walking except the specially designed poles actively involve the upper body and arms in a manner similar to cross-country skiing using the diagonal technique.

Nordic Walking is great for weight loss. Whether uphill or downhill, on city street or mountain trails, using the poles automatically engages the chest, back, shoulders, arms and core. With the poles, you automatically have a better stride, better balance and better rhythm and more muscular

recruitment.

Walking with poles might require a little practice. To learn the technique, Moeller suggests to start by walking normally, simply carrying the poles and swinging your arms freely in the same diagonal move (opposite the feet), as in a normal walk. Every step begins with the heel touching the ground first and then rolling forward to the ball of the foot and toes. Once you decide to use the poles, push off the opposite pole to propel yourself forward. As the hand passes the hip, you need to open the fingers to maximize the push and length of the pole. The push will stop when the arm is completely extended straight back. Then let it swing forward to do it again.

The basics of Nordic walking technique are:

Diagonal strides with legs and arms in a counter swing motion.

The upper body leaning slightly forward.

Longer strides with feet rolling from heel to toe.

Hands maintaining a "grip 'n' go" motion.

As with any new activity, having the right equipment and instruction is crucial. Carbon or aluminum Nordic Walking poles have been specifically designed with rubber tips, safety grips and adjustable lengths. Skiing, hiking or trekking poles are designed for different purposes.

Finally, the best part of Nordic Walking might simply be to have a further reason to be out in nature and get in shape for another impressive ski season.

For more information, check out <https://www.americannordicwalking.com>.

MAKE THIS SCHOOL YEAR GREATER THAN LAST YEAR!

A new school year brings a fresh start—and Mathnasium is here to help set the stage for success!

Together, we can make this school year **greater than** last year!

Risk-Free Assessment

Math Help and Enrichment | Test Prep | Homework Help

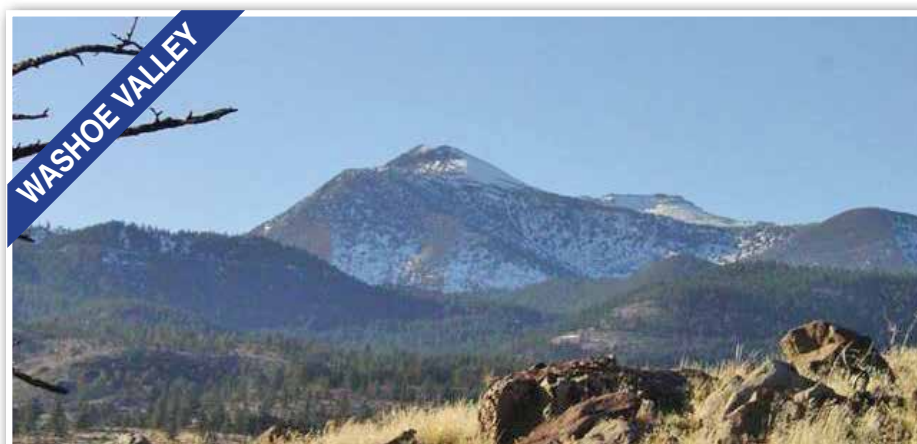
MATHNASIUM
The Math Learning Centre

Mathnasium of South Reno-Diamond
(775)800-7457
mathnasium.com/diamond
734 S. Meadows Pkwy
Reno, NV 89521

See All Area Home Sales for the **LAST 3 MONTHS** on →



Overlooking the 1st hole at Montreux Golf & Country Club with unobstructed views of Mt. Rose and ski area. Details of this mountain modern, 4 bedroom, 2.5 bath home are nothing short of impressive! Montreux CCR'S with no HOA fees or dues. **\$1,399,000.**



26.92 private acres with potential for 4 home sites. Water rights included for subdivision. Spectacular views of Washoe Lake, Mt. Rose, Slide Mt., adjacent to Steamboat Creek. Owner may carry with 20% down payment. Perc approval for 4 lots. **\$400,000.**



2560 acres of pristine and private land. The largest acreage available near Reno/Sparks. Fantastic views that are a must see. Property is potentially sub dividable. **\$1,500,000.**



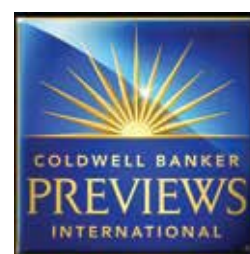
Large, private 12.84 +/- acre parcel. Views of valley from upper part of lot. Paved road access to lower portion of property and dirt road access to upper part of property. Lot potentially sub dividable. **\$650,000.**



Private 3.5 acre ranch property with pastoral views and water rights tucked away in a private location with plenty of room. Newer, in-ground pool and spa. Country living 10-15 minutes from town. Lovely one story, 3919 sq. ft. home. **\$1,080,000.**



Select Real Estate
16750 Mt. Rose Hwy, Reno, NV 89511



Richard Keillor, ABR® 775-813-7136 RichardK@cbivr.com

To view all MLS listings, not just mine...visit my website today.

www.richardkeillor.com

The most trusted name in Northern Nevada Real Estate . . .

*Information deemed reliable, however not guaranteed *Information obtained through the MLS

www.GalenaTimes.com → Click REAL ESTATE → RECENTLY SOLD



Beautiful home at end of cul de sac with fantastic views of Mt. Rose and Slide Mtn. Hardwood floors, custom built in cabinetry. Kitchen has stainless appliances, 6-burner range and granite counter tops. **\$849,000.**



Single story three-bedroom two-and-a-half-bath home with a 3-car garage. 1 acre of land with no HOA. A level lot with nicely landscaped front yard and horse corral. Elaborate evaporative cooling system and baseboard heat. **\$612,000.**



Private location in Galena Forest, home located on 1.38 acres. Great room design with 20' + high ceilings open to large inviting kitchen with all stainless appliances. Hardwood flooring w/stone and tile finishes throughout home. **\$1,419,000.**



Spectacular 1.42 acre St. James lot. Truly one of the nicest lots in the St. James/Galena/Montreux area. Amazing views with good southern exposure. Backs to open space and close to hiking/biking trails. **\$250,000.**



Enjoy expansive mountain and valley views from this unique, A-frame mountain lodge on 1.25 acres, which backs to national forest (on two sides). This custom home with open-beam construction has an updated kitchen and bathrooms. **\$395,000.**



Welcome to "Tranquility" in the pines. Located in Carson City's beautiful Lake View Estates, this spectacular Tahoe-styled residence is situated on 2+ acres of privacy with lake and mountain views. Ponderosa pines and natural landscaping. **\$769,000.**

"Richard, Thank you for all of your hard work. You found the perfect property for me. Your diligence, experience and professionalism made all the difference in making sure that I got the property at the right price and that the transaction closed on time. Thanks for helping make my dream of owning property in Galena come true."

~ Patrick, Galena Resident



Private custom home located in NW Carson City on 1 acre. 3 bedrooms, 2.5 baths, den and 3 car garage. Large living room with fireplace and a very high ceiling. Newer kitchen appliance and newer roof. Expansive backyard with patio and built in BBQ. **\$560,000.**

All Area Home Sales May 24 - September 4, 2017

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
16744 Dry Creek	\$593,000	\$578,000	263.32	256.66	2252	1.09	8/23/2017
35 Winterberry Court	\$665,000	\$642,000	298.21	287.89	2230	0.51	8/15/2017
425 Piney Creek Road	\$680,000	\$655,000	283.57	273.14	2398	0.71	8/15/2017
30 Austrian Pine Circle	\$750,000	\$725,000	278.6	269.32	2692	0.69	8/23/2017
650 Douglas Fir	\$814,000	\$775,000	204.93	195.12	3972	1.12	8/15/2017
1665 Green Ash	\$799,900	\$799,900	205.63	205.63	3890	1.13	7/26/2017
193 N Argyle Court	\$895,000	\$877,000	272.7	267.22	3282	1	6/6/2017
181 W Marchmont	\$899,900	\$880,000	234.11	228.93	3844	1.01	7/3/2017
220 N Earlham	\$895,000	\$889,500	293.25	291.45	3052	1.18	8/9/2017
1250 Douglas Fir Drive	\$895,000	\$900,000	279.34	280.9	3204	1.2	7/25/2017
227 S Earlham Court	\$944,888	\$925,000	265.05	259.47	3565	1	6/2/2017
16900 Delacroix	\$950,000	\$930,000	271.43	265.71	3500	0.64	7/28/2017
243 E Jeffrey Pine Road	\$1,069,000	\$999,000	234.64	219.27	4556	1.07	6/15/2017
135 Cliffrose Circle	\$1,135,000	\$1,075,000	246.63	233.59	4602	1.76	6/20/2017
6000 Gauguin Drive	\$1,189,000	\$1,175,000	341.47	337.45	3482	0.78	8/4/2017
20665 Parc Foret Drive	\$1,220,000	\$1,180,000	278.41	269.28	4382	0.35	5/25/2017
16965 Rue Du Parc	\$1,199,000	\$1,215,000	312.4	316.57	3838	0.72	8/17/2017
630 Piney Creek Rd	\$1,419,000	\$1,219,000	321.55	276.23	4413	1.38	7/25/2017
5860 Cartier	\$1,329,000	\$1,282,500	346.27	334.16	3838	1.13	8/18/2017
20685 Parc Foret Drive	\$1,349,000	\$1,300,000	346.34	333.76	3895	0.4	8/30/2017
115 W Jeffrey Pine Road	\$1,395,000	\$1,360,000	299.55	292.03	4657	8.42	6/15/2017
20636 Chanson Way	\$1,599,000	\$1,525,000	368.6	351.54	4338	0.41	8/30/2017
6175 Lake Geneva Drive	\$1,750,000	\$1,550,000	551.53	488.5	3173	0.78	7/3/2017
20588 Chanson Way	\$1,620,000	\$1,600,000	382.17	377.45	4239	0.32	6/19/2017
6037 Breithorn	\$1,789,000	\$1,658,000	442.06	409.69	4047	0.54	6/21/2017
20563 Chanson Way	\$1,775,000	\$1,756,000	399.15	394.87	4447	0.38	6/12/2017
20162 Bordeaux Drive	\$2,295,000	\$2,295,000	361.65	361.65	6346	0.7	7/14/2017
5915 Lausanne	\$2,675,000	\$2,450,000	525.64	481.43	5089	0.81	7/25/2017
20282 Bordeaux	\$3,600,000	\$3,400,000	419.09	395.81	8590	0.75	6/21/2017

SADDLEHORN/MONTE ROSA

4365 Wild Eagle Terrace	\$690,000	\$672,000	250.09	243.57	2759	1.01	8/22/2017
14501 Quail Rock Court	\$795,000	\$785,000	225.02	222.19	3533	0.49	7/13/2017
14265 Sorrel Lane	\$799,000	\$787,500	201.51	198.61	3965	0.78	7/6/2017
4720 Saddlehorn	\$875,000	\$790,000	177.27	160.05	4936	0.88	8/4/2017
14312 Quail Ravine Court	\$915,000	\$910,000	260.61	259.19	3511	0.99	8/31/2017
14307 Swift Creek Court	\$995,785	\$970,000	223.57	217.78	4454	0.82	5/25/2017
14295 Table Rock Court	\$1,100,000	\$1,200,000	211.78	231.04	5194	0.84	7/3/2017
14285 Quail Springs	\$1,689,000	\$1,650,000	310.42	303.25	5441	1.02	7/21/2017

ROLLING HILLS/GALENA COUNTRY ESTATES

1940 Summer Star Road	\$379,000	\$370,000	213.64	208.57	1774	0.2	7/26/2017
14495 Ghost Rider Drive	\$405,000	\$405,000	228.3	228.3	1774	0.34	8/22/2017
3716 Calgary	\$467,000	\$445,000	231.19	220.3	2020	0.38	8/16/2017
2235 Snowmass Drive	\$454,500	\$447,000	192.18	189.01	2365	0.37	6/26/2017
609 Moab Court	\$467,000	\$465,000	231.19	230.2	2020	0.3	8/4/2017
613 Moab Court	\$469,000	\$466,000	181.57	180.41	2583	0.34	6/30/2017
14435 Ghost Rider	\$472,000	\$472,000	192.42	192.42	2453	0.34	6/20/2017
3800 Vancouver Drive	\$489,900	\$485,000	187.77	185.89	2609	0.33	6/29/2017
522 Kirkland Court	\$489,900	\$489,900	189.66	189.66	2583	0.34	5/25/2017
4385 Great Falls Loop	\$529,000	\$510,000	204.8	197.44	2583	0.28	8/30/2017
2425 Telluride	\$547,000	\$530,000	199.34	193.15	2744	0.35	6/26/2017
4340 Great Falls Loop	\$570,000	\$575,000	192.18	193.86	2966	0.32	7/14/2017
14315 Mount Snow Drive	\$569,900	\$577,000	204.49	207.03	2787	0.41	7/14/2017
340 Kyle Court	\$600,000	\$585,000	189.27	184.54	3170	0.32	6/16/2017
3772 Portland Drive	\$640,000	\$595,000	187.35	174.18	3416	0.33	6/2/2017
3723 Calgary	\$654,999	\$640,000	191.74	187.35	3416	0.43	8/18/2017
155 Bugaboo Court	\$650,000	\$650,000	170.16	170.16	3820	0.39	6/23/2017

ARROWCREEK

2778 Shadow Dancer Trail	\$570,000	\$560,000	254.69	250.22	2238	0.41	7/18/2017
605 Rabbit Ridge Court	\$569,900	\$569,900	253.63	253.63	2247	0.34	8/22/2017
3401 Forest View Lane	\$619,000	\$619,000	258.35	258.35	2396	0.35	6/30/2017
3271 Forest View Lane	\$595,000	\$620,000	248.33	258.76	2396	0.28	6/1/2017
6925 Cour Saint Michelle	\$695,000	\$695,000	229.37	229.37	3030	0.48	6/22/2017
2975 Stonebridge Trail	\$749,900	\$743,000	244.67	242.41	3065	0.35	6/9/2017
2967 Eagle Rock Court	\$775,000	\$760,000	223.02	218.71	3475	0.47	6/20/2017
2978 Eagle Rock Court	\$785,000	\$775,000	225.9	223.02	3475	0.39	6/29/2017
3365 Forest View Lane	\$799,900	\$799,900	254.18	254.18	3147	0.33	8/3/2017
2879 Granite Pointe Court	\$869,000	\$850,000	224.66	219.75	3868	0.7	8/4/2017
3001 Granite Pointe Drive	\$899,000	\$920,000	218.15	223.25	4121	0.46	7/21/2017
10212 Via Verona	\$989,000	\$950,000	255.49	245.41	3871	0.38	5/30/2017
6145 S Featherstone Circle	\$975,000	\$960,000	307.86	303.13	3167	1.02	7/13/2017
5747 Muirfield Court	\$1,009,000	\$979,000	323.4	313.78	3120	0.48	8/8/2017
10129 Indian Ridge	\$1,049,000	\$1,049,000	259.08	259.08	4049	0.87	7/31/2017
5746 River Birch Drive	\$1,149,000	\$1,057,000	279.7	257.3	4108	1	7/7/2017
2897 Granite Pointe Court	\$1,075,000	\$1,075,000	222.29	222.29	4836	0.67	8/22/2017
5705 Winged Foot Court	\$1,145,000	\$1,100,000	292.84	281.33	3910	0.62	5/30/2017
449 Socorro	\$1,200,000	\$1,150,000	263.68	252.69	4551	0.64	7/17/2017
5741 Indigo Run Drive	\$1,325,000	\$1,291,875	275.75	268.86	4805	1.27	5/31/2017
394 Questa Court	\$1,499,950	\$1,389,999	359.18	332.85	4176	1.34	7/12/2017
5764 Indigo Run Drive	\$1,495,000	\$1,412,000	256.17	241.95	5836	1.04	7/6/2017
11035 Montano Ranch Court	\$1,530,000	\$1,420,000	251.44	233.36	6085	0.54	6/27/2017
1180 Eagle Vista Court	\$1,685,000	\$1,685,000	256.9	256.9	6559	0.54	6/30/2017
1012 Taos Ranch Court	\$1,795,000	\$1,725,000	381.02	366.16	4711	0.65	7/6/2017
10043 E Desert Canyon Drive	\$1,895,000	\$1,800,000	295.49	280.68	6413	0.79	6/30/2017

WEST WASHOE VALLEY

53 Bellevue	\$365,000	\$305,000	81.11	67.78	4500	5	8/11/2017
4780 Franktown Road	\$850,000	\$840,000	288.04	284.65	2951	1.03	6/30/2017
1 Lake Meadow Lane	\$997,800	\$920,000	175.48	161.8	5686	1.03	7/31/2017

*Information deemed reliable, however not guaranteed *Information obtained through the MLS

All Area Home Sales May 24 - September 4, 2017

CALLAHAN RANCH	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
5345 Tannerwood Drive	\$430,000	\$411,975	246.98	236.63	1741	1.07	8/25/2017
15660 Fawn Lane	\$425,000	\$414,000	249.41	242.96	1704	1.12	8/10/2017
5245 Cedarwood Drive	\$489,900	\$492,000	254.1	255.19	1928	1	8/11/2017
15245 Callahan Road	\$530,000	\$530,000	257.78	257.78	2056	1.03	8/16/2017
15645 Cherrywood Drive	\$649,000	\$650,000	283.78	284.22	2287	2.78	5/24/2017
5350 Cross Creek Lane	\$850,000	\$785,000	302.6	279.46	2809	1.31	7/26/2017
5320 Cognac Court	\$849,000	\$800,000	271.94	256.25	3122	1.74	7/18/2017
15080 Redmond Loop	\$889,000	\$840,000	284.75	269.06	3122	1.11	8/31/2017
15325 Redmond Loop	\$862,000	\$851,000	267.95	264.53	3217	1.15	5/31/2017
5400 Moulin Rouge Court	\$884,000	\$880,000	227.6	226.57	3884	1.03	7/31/2017
5375 Double Creek Court	\$995,000	\$995,000	257.51	257.51	3864	2.59	7/17/2017
OTHER AREAS ON SOUTH RENO							
13000 Stoney Brook Drive	\$364,500	\$355,000	251.73	245.17	1448	0.36	5/25/2017
12280 Brentfield	\$405,000	\$390,000	187.85	180.89	2156	0.35	8/21/2017
12480 Clearwater Drive	\$389,900	\$395,000	220.28	223.16	1770	0.45	7/27/2017
464 Sierra Leaf Circle	\$419,900	\$410,000	243.14	237.41	1727	0.14	6/29/2017
12550 Stillwater Way	\$419,000	\$419,000	227.72	227.72	1840	0.31	7/6/2017
12305 South Hills Drive	\$415,000	\$420,800	166.33	168.66	2495	0.33	6/30/2017
12570 Overbrook	\$429,000	\$424,000	219.1	216.55	1958	0.35	6/23/2017
13486 Rick Circle	\$429,000	\$425,000	194.21	192.39	2209	0.4	6/30/2017
12540 Overbrook Drive	\$424,900	\$430,000	217.01	219.61	1958	0.36	6/16/2017
12295 Brentfield Drive	\$459,900	\$445,000	195.95	189.6	2347	0.31	7/26/2017
12060 Stoney Brook	\$497,900	\$490,000	220.11	216.62	2262	0.36	8/8/2017
455 Vera Drive	\$499,000	\$499,000	213.25	213.25	2340	1	8/2/2017
13425 South Hills Drive	\$515,000	\$500,000	170.81	165.84	3015	0.34	6/16/2017
487 Octate Circle	\$549,900	\$535,000	288.06	280.25	1909	0.43	6/13/2017
5742 N White Sands Road	\$539,900	\$541,000	282.82	283.39	1909	0.38	6/2/2017
5027 E Albuquerque	\$565,000	\$550,000	227.73	221.68	2481	0.37	6/20/2017
1225 La Guardia	\$612,000	\$565,000	242.47	223.85	2524	1	8/25/2017
5848 N White Sands Road	\$585,000	\$570,000	306.44	298.59	1909	0.38	6/30/2017
5862 N White Sands Road	\$619,000	\$610,000	260.52	256.73	2376	0.36	5/25/2017
12575 Thomas Creek Road	\$649,900	\$615,000	148.79	140.8	4368	1.13	7/11/2017
12550 Oak Glen	\$629,900	\$620,000	234.16	230.48	2690	1.3	7/21/2017
580 Dancing Cloud Court	\$649,000	\$630,000	273.15	265.15	2376	0.43	7/18/2017
15220 Broili	\$675,000	\$635,000	226.59	213.16	2979	1.43	7/10/2017
5630 N White Sands Road	\$649,900	\$649,900	273.53	273.53	2376	0.47	6/14/2017
800 Anasazzi Court	\$665,000	\$650,000	249.91	244.27	2661	0.43	6/16/2017
12585 Oak Glen Drive	\$684,900	\$680,000	190.04	188.68	3604	1	7/14/2017
7000 Sierra Vista Way	\$750,000	\$685,000	312.11	285.06	2403	2.14	7/25/2017
2165 Kingman Court	\$699,900	\$690,000	267.04	263.26	2621	0.6	6/30/2017
4935 Gila Bend Road	\$779,000	\$737,000	297.21	281.19	2621	0.79	8/28/2017
2200 S Tesuque Road	\$795,000	\$780,000	303.32	297.6	2621	0.42	6/28/2017
1635 Monte Vista Drive	\$785,680	\$780,000	230	228.34	3416	1.3	8/25/2017
425 Sierra Manor Drive	\$780,000	\$785,000	411.61	414.25	1895	2.35	7/21/2017
12625 Water Lily	\$799,900	\$785,000	249.58	244.93	3205	0.54	8/15/2017
245 Snow Creek	\$875,000	\$860,000	239.99	235.87	3646	0.83	7/10/2017
12655 Silver Wolf Road	\$895,000	\$870,000	284.58	276.63	3145	0.73	6/30/2017
11180 Vincent Lane	\$879,000	\$900,000	308.2	315.57	2852	2.7	5/30/2017
4890 Gallup Road	\$990,000	\$931,200	222.72	209.49	4445	0.95	8/22/2017
3445 Quilici Road	\$1,049,000	\$950,000	289.7	262.36	3621	2.53	7/14/2017
1820 Catalpa	\$995,000	\$995,000	194.07	194.07	5127	3.5	5/31/2017
1155 W Huffaker Lane	\$1,200,000	\$1,085,000	331.49	299.72	3620	2.96	6/15/2017
1460 W Huffaker Lane	\$1,395,000	\$1,350,000	375.81	363.69	3712	3.52	6/23/2017
3465 Kinney Lane	\$1,350,000	\$1,350,000	306.96	306.96	4398	2.56	8/15/2017
11215 Boulder Heights Court	\$1,550,000	\$1,550,000	187.11	187.11	8284	2	7/31/2017
440 Anitra Drive	\$1,995,000	\$1,900,000	291.28	277.41	6849	6.56	6/20/2017
11155 Boulder Glen Way	\$2,180,000	\$1,998,000	362.97	332.67	6006	2.17	6/9/2017
8395 Panorama Drive	\$2,851,300	\$2,330,000	429.74	351.17	6635	4.68	7/31/2017
20 Lurie Lane	\$2,650,000	\$2,650,000	370.37	370.37	7155	7.5	7/12/2017
NW CARSON CITY							
1117 Chaparral Drive	\$412,000	\$409,000	173.91	172.65	2369	0.22	7/10/2017
401 N Richmond Avenue	\$410,000	\$410,000	156.19	156.19	2625	0.22	6/30/2017
4 Woodstock Circle	\$415,000	\$415,000	206.47	206.47	2010	0.4	7/12/2017
1847 Chaise Drive	\$439,000	\$430,000	140.35	137.47	3128	0.24	7/30/2017
2214 Snowflake	\$430,000	\$430,000	215.11	215.11	1999	0.2	8/16/2017
601 N Richmond	\$454,900	\$440,000	149.34	144.45	3046	0.27	8/25/2017
1538 Robb Drive	\$449,500	\$440,000	178.02	174.26	2525	0.19	8/7/2017
2058 Columbine Court	\$460,000	\$445,000	195.66	189.28	2351	0.25	6/12/2017
1521 Valencia Court	\$464,900	\$450,000	167.71	162.34	2772	0.25	5/26/2017
1811 Amberwood Drive	\$450,000	\$450,000	212.97	212.97	2113	0.23	8/25/2017
4161 Weise Road	\$465,000	\$450,000	219.96	212.87	2114	1.03	6/14/2017
4137 Kings Canyon	\$439,000	\$453,300	118.42	122.28	3707	3.06	6/30/2017
2910 Esser Court	\$460,000	\$460,000	220.62	220.62	2085	0.21	6/20/2017
628 Chelsea	\$475,000	\$475,000	186.79	186.79	2543	0.36	9/1/2017
3264 Upland Court	\$475,000	\$475,000	150.6	150.6	3154	0.45	6/23/2017
2086 Rapids Court	\$495,000	\$485,000	178.19	174.59	2778	0.23	6/13/2017
11 Canyon Drive	\$510,000	\$490,000	163.62	157.2	3117	1.02	8/8/2017
4401 Meadow Wood Road	\$505,000	\$505,000	163.38	163.38	3091	1.19	6/8/2017
2287 Waterford Place	\$509,000	\$509,000	200.16	200.16	2543	0.25	7/21/2017
582 Derby Court	\$509,000	\$509,000	200.16	200.16	2543	0.23	5/30/2017
3789 Meadow Wood Road	\$550,000	\$530,000	166.87	160.8	3296	1.01	8/28/2017
1685 Turner Court	\$545,000	\$535,000	214.48	210.55	2541	0.19	6/26/2017
1725 Chaise Drive	\$550,000	\$542,000	169.39	166.92	3247	0.4	7/25/2017
2011 Maison Way	\$549,900	\$545,000	193.49	191.77	2842	0.32	7/17/2017
1041 Longview Way	\$560,000	\$560,000	185.31	185.31	3022	1	6/23/2017
1645 Turner Court	\$575,000	\$575,000	226.47	226.47	2539	0.2	5/31/2017
1006 Spencer Street	\$590,000	\$586,777	207.09	205.96	2849	1	8/9/2017
1855 Wellington East	\$610,000	\$610,000	168.42	168.42	3622	1	6/16/2017
4751 Reds Grade	\$769,000	\$748,000	200.57	195.1	3834	2.24	6/22/2017
1761 Brush Drive	\$895,000	\$868,000	252.75	245.13	3541	2.8	6/1/2017

*Information deemed reliable, however not guaranteed *Information obtained through the MLS

Plan to get your body ready for the winter



Andrew Pasternak, MD

By Andy Pasternak

As fall approaches, the time comes to start thinking about the best ways to prepare for winter sports. Every year, I see patients who get injured after their first few days on the slopes. Most them haven't done anything to get ready for winter. After last year's epic snow year, I'm already starting to think about what I need to do to "get in shape so that I can get in shape."

During the summer, for many of our athletes, the focus is on endurance sports like cycling, mountain biking, running and hiking. If that's the

case for you, typically the summer months have provided you ample opportunity to work on your cardiovascular fitness. Fall is when you want to start adding in some functional strength workouts.

Why? Snow and ice are fun because you can glide over the surfaces. They are also inherently unstable surfaces where if you haven't prepared properly, you are more likely to slip and fall. Doing functional strength workouts help you improve your core strength and proprioceptive strength that results in better balance and less risk of injury.

What exercises are good for this? Typically in the fall, when I get to the gym, I try to do as many exercises balancing on one leg. If you want to crank up the difficulty, using a balance board or bosu ball helps train your balance and proprioceptive muscles

responses even more. Exercises should work on both leg strength and upper body strength. If you don't like the gym, yoga and Pilates are ways of getting the same exercise benefits in a different way.

Finally, when the snow does start to stick, take it easy for the first 3-5 times out on the snow and build up both your time and intensity.

The bottom line? Starting thinking now about how your will get ready to enjoy our winter in the Sierra as soon as the snow flies.

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.

Is salt Public Enemy #1?



Dr. Cy Pourzan

By Cy Pourzan

Salt restriction has long been advocated by the medical profession to reduce the death rate from heart disease. Recently, several research studies seem to contradict the "conventional wisdom". Let's examine some facts about salt

(aka sodium chloride).

Sodium is what is actually being referred to when the topic of salt comes up. Sodium is an essential electrolyte, life would be impossible without it. It allows virtually every cell to communicate with the body. Every day we lose sodium and it must be replaced through the diet. People in countries with highest sodium diets (Japan, Korea and France) are living longer and have lower rates of heart disease.

In the USA, high sodium intake has been correlated with an increase in heart disease. Other studies have revealed an even more dangerous and very common situation, low sodium. What we do know medically, is that high sodium intake will take decades to kill you but low sodium can kill you in 48 hours. Low sodium levels expose you to the risk of death, illness and disability. Low sodium may cause more heart disease deaths than high sodium. Paradoxically, restricting sodium may reduce heart disease but increase deaths due to low sodium (hyponatremia).

Legal sodium restriction in processed foods is not a bad idea but voluntary sodium/salt restriction when no medical condition is present may be a very bad idea. When we voluntarily restrict or avoid salt, gradually the balance between intake and losses turn negative. This process occurs quickly in those who sweat, exercise and live in hot, dry environments. If

we have normal kidney function, excess sodium is eliminated naturally.

Symptoms may include dry mouth, frequent or urgent urination, poor appetite, nausea, poor concentration, headache, confusion, lethargy and agitation. This may be followed by seizures and coma, which represent a terminal condition.

So what is a person to do? Well, try to maintain a sodium level of 139-143. Avoid processed and fast foods. Salt your food to taste. Most types (55%) of high blood pressure are not affected by sodium. If you are taking medication, have a conversation with your doctor.

In conclusion, sodium is only bad when there is too much or too little in your diet. Processed sugar is the white substance that is truly harmful to human health and should be restricted, even though it is so sweet.

Dr. Cy Pourzan, MD, is a UCLA trained physician with a Concierge Medical Practice serving South Reno.



Come visit our showroom and browse an array of top of the line fireplaces and accessories, outdoor products, window treatments and draperies, custom closet design and solar lighting.

Discover all that Sierra Hearth & Home has to offer.



2350 South Carson St. Suite A, Carson City, NV 89701
www.sierrahearth.com | 775-882-1522



It's cool to live large.

JUMBO HOME LOANS

For when you need a little more home.



John Roussel
NMLS #374204
Branch Manager
9498-b Double R Blvd.
Reno, NV 89521
P: (775) 843-5989
E: jroussel@iservelending.com
W: Reno.iservelending.com

- Loan amounts up to \$3,000,000*
- Minimum 680 FICO score
- For primary residence, second/ vacation homes
- Big bank jumbo financing with a hometown lending mentality
- Top-class service from a trusted, local loan originator
- Pre-qualifications within 48 hours
- A commitment to close loans on time

*In certain geographic areas



Programs, terms and guidelines subject to change without notice. Not all borrowers may qualify. All loans subject to underwriter and investor approval. Nevada Mortgage Banker License #3488 (www.nmlsconsumeraccess.org)

Feeling even tempered made possible through craniosacral therapy



Kerstin Tracy

By Kerstin Tracy

Whether I work with horses or humans, I often come across the complaint of anger or behavioral issues. It is rarely the immediate complaint but rather in addition to other health challenges. But, who can really blame anyone with chronic headaches, back pains, neurological challenges or draining inflammatory issues about being moody and cranky? And then there are children with temperaments difficult to gage for those around them. What is age appropriate and what is not? Most people have tried many approaches and are at their wits' end. Craniosacral Therapy offers a very different perspective on irritability.

What if changes in and around certain cranial bones could lead to changes in behavior or even personality? Dr. William Garner Sutherland (1873-1954), an osteopath, was taught that all cranial bones fuse in the adolescent years. But as he continued studying the 22 cranial bones, he realized that according to their anatomy they should accommodate movement.

To challenge his belief, he started an experiment. He created a helmet that could restrict one individual cranial bone at a time. His point was that he should simply feel the same per what he was taught. He then enlisted his wife to keep a running protocol of his

behaviors and he himself carried a notebook as well.

In his first experiment, he almost lost consciousness and had to reduce the pressure. Once he did that, he felt a warmth and fluid movement along his spine and he noticed some movement in his sacrum, the base of his spine. Out of curiosity he retested several times and each time he came to the same conclusion.

He realized that not only do the cranial bones move but the sacrum as well. Both areas are connected via membranes and these membranes are part of the craniosacral system which consists of the brain and spiral cord. Dr. Sutherland continued his research and expanded it to children, particularly to newborn babies and the restrictions imposed by the birthing process.

Dr. John E. Upledger advanced the research over 40 years ago, and today new insights into neuroscience and brain function can tell us more about the activities and purposes in the lobes underneath or adjacent to the various cranial bones. When it comes to sensory integration issues, anger issues, restlessness or lack of attention span, it has been observed by many practitioners that restrictions around the temporal bones are involved. Sometimes restrictions started as early as in utero or birth.

Craniosacral therapy is a gentle, light touch method that releases restrictions in the craniosacral system to improve the functioning of the central nervous

cra·ni·o·sa·cral ther·a·py

1: a light-touch, whole-body treatment technique developed by John E. Upledger, DO, OMM; works with the body's craniosacral system to support and nourish the central nervous system — improving overall health and well-being.

2: a complementary method of hands-on bodywork; works with the natural and unique rhythms of the different body systems to pinpoint and address problem sources.

3: helps to alleviate the aches, pains and strains of life; improves coping mechanisms to allow for better management of stress.

4: improves the body's ability to self-care; can produce profound, positive changes.



CranioSacral Therapy (Origin: 1970s)
Coined by John E. Upledger, DO, OMM
to describe the treatment modality
that he developed during his research
at Michigan State University

system and can help you and your child move toward equanimity.

Kerstin S. Tracy holds a Master's Degree in Sports Science and is an advanced practitioner in Upledger CranioSacral Therapy and Equine Craniosacral Bodywork as well as a Master Certified Holistic Manifestation Method Coach. To find out more about Craniosacral Therapy, visit www.ready2heal.net.

Puberty can impact oral health



Gilbert A. Trujillo, DDS

By Gilbert A. Trujillo

We have many patients in the puberty stage at our office. There are some changes to the mouth that the child entering puberty may encounter. This is especially true for females.

The main change in the pubescent female is due to the surge of female hormones, primarily estrogen and progesterone. These hormones cause a change in the mouth's bacterial flora, which can lead to inflamed gums. This inflammation can cause irritation and sometimes bleeding.

The solution to the irritation, inflammation and bleeding is to stick to the basics of good oral hygiene. These include thorough brushing and flossing, especially

at the gum lines. I recommend a good electric toothbrush, such as a Sonicare or Oral B. These toothbrushes are very effective in cleaning at the gum lines.

Flossing is very important too, as it cleans the gums between the teeth, which the toothbrush misses.

Diet is also central to healthy teeth and gums, as the simple carbohydrates many young teens consume are the perfect food for bacteria. If a child eats a lot of sugary foods, there will be a significant increase in the amount of bacteria present in the mouth. These bacteria cause unhealthy gums and cavities.

The key to sustained oral health is to keep heavy bacteria at bay, which leads to healthy gums and teeth. The cleaner the teeth and gums are, the healthier they will be.

Keep it simple, just brush and floss 2-3 times per day and the gums and teeth will stay healthy, even in the puberty years.

Dr. Gilbert Trujillo, a Reno native,

received his D.D.S. from the University of the Pacific and his Certificate in Pediatric Dentistry from Baylor College of Dentistry, Texas A&M. He received his Certificate of Resident of Pediatric Dentistry from

Children's Medical Center, Dallas. Dr. Trujillo belongs to many dental organizations and is active in organized dentistry on the local level. He can be reached at (775) 824-2323 or at RenoKidsDentist.com.

The Harder Your Money Works, The Easier Your Retirement Becomes.

Call us for a complimentary review of your portfolio.
888-397-3094



www.bowerswealth.com

Independent Advisory Services
From A South Reno Firm
Specializing in Fidelity Mutual Funds

Bowers Wealth Management (BWM) is a Registered Investment Advisor. Advisory services are only offered to clients or prospective clients where BWM and its representatives are properly licensed. Past performance is no guarantee of future returns. Investing involves risk and possible loss of principal. No advice may be rendered by BWM unless a client service agreement is in place.



ProTechnical
Performance IT Solutions

**We Fix Business
Computers & Networks**

Reno/Sparks
775.525.2000

Las Vegas
702.608.0898

www.protechnical.com

Think Pink – Carson Tahoe advances cancer care and detection

Submitted to the Galena Times

Cancer continues to be one of the leading causes of death nationwide and therefore diagnostic and treatment options are continually evolving with new technologies and research. Carson Tahoe, a local health system dedicated to advancing technology and investing in the future, has committed to bringing the latest state-of-the-art care and lifesaving programs to our region. In keeping with this commitment, and to educate, empower, and encourage the community to take charge of their health, Carson Tahoe has recently launched several new advancements to complement existing cancer prevention, screening, diagnostic and treatment services.

New Blood & Bone Marrow Transplant Clinic

Carson Tahoe Cancer Center recently opened a new blood and bone marrow transplant (BMT) care clinic, previously not available locally. In collaboration with Huntsman Cancer Institute (HCI) at the University of Utah, this clinic provides services to patients who are preparing for or recovering from a bone marrow transplant. As part of this program, a BMT physician and nurse from HCI travel to Carson City once a month to treat patients at the Carson Tahoe Cancer Center.

Prior to the clinic opening, patients in Northern Nevada who needed a

transplant would have to travel outside the area for treatment. Through this model, patients still receive their transplant at HCI in Salt Lake City, but they are now able to receive pre- and post-care at the Carson Tahoe clinic, including follow-up appointments which typically occur every month for a year following transplant.

To find out more about the BMT clinic, call (775) 445-7500.

Carson Tahoe Breast Center celebrates one-year anniversary

One in eight women will develop breast cancer within their lifetime. Research has shown that the best way to fight breast cancer is early detection. Unfortunately, according to the 2016 Community Health Needs Assessment performed by Carson Tahoe Health, breast cancer mortality in our region has increased over the past few years, while the number of women who receive annual mammograms has fallen. In general, the rule of thumb is that all women starting at age 40 should get a mammogram every year.

In an effort to address this vital health statistic, Carson Tahoe opened a comprehensive breast center in 2016 featuring preventative, diagnostic, imaging, and surgery services, including 3D mammography, in one convenient location. In its first year, over 10,000 women utilized the new breast center for advanced diagnostics and treatment, improving the odds of detecting breast

cancer at an earlier stage and increasing positive outcomes.

'Think Pink' this October

Carson Tahoe Health's 16th annual Think Pink breast cancer awareness and education campaign kicks off Monday, October 2. Red's Old 395 Grill in Carson City will once again host the event from 5-7 pm. Think Pink is free for all and individuals wearing a Carson Tahoe Think Pink T-shirt will receive free

appetizers courtesy of Red's. T-shirts can be purchased for a \$10 donation at various locations and at the event. 100% of proceeds from all Think Pink T-shirts, specialty drinks, and raffle sales will go to the Carson Tahoe Cancer Resource Center for cancer education and support.

For more information on Think Pink or for a list of T-shirt locations, please call Carson Tahoe Cancer Services at (775) 445-7500.



3D mammography FAQ

What makes 3D mammography different than conventional 2D mammography?

A 3D mammogram consists of a 2D digital mammogram and 3D digital tomosynthesis mammogram. Rather than viewing several 2D pictures, 3D provides additional depth of image, with improved visibility through the numerous layers of breast tissue. The improved views of breast images allow radiologists to better visualize suspicious areas of the breast. In over 100+ studies, 3D mammography has proven to decrease recalls (call-backs for additional testing) by 15-40% and increase the detection of invasive breast cancer by 41%.

Why choose a 3D mammogram?

In a word – accuracy. 3D technology allows doctors to see masses and distortions associated with cancers significantly more clearly than via conventional 2D mammography.

How does 3D mammography benefit women with dense breast tissue?

About 40% of women in the U.S. have dense breast tissue. The difficulty in screening dense breast tissue is that there is less fatty tissue present, making it harder to detect cancerous tumors. Dense breast tissue and cancer both show up as white on a standard mammogram, but 3D images reveal hidden tumors by providing numerous images to study.

3D mammography is available at the new Carson Tahoe Breast Center (1400 Medical Parkway, Carson City) as well as Carson Tahoe Minden Medical Center (925 Ironwood Drive, Minden).

To schedule your mammogram, call (775) 445-5500.

MacLean Adventures

SKI Austria WITH FELLOW GALENA TIMES FRIENDS



Join MacLean Adventures for the ski trip of a lifetime! Local residents Hawley MacLean and Olympic Gold Medalist Jill Savery are planning another ski trip to the heart of Austria, Salzburg, and Vienna, and they invite you to join them on this amazing adventure. Highlights on this adventure include 12 nights of luxury and ultra-luxury hotels, six days of fabulous skiing, lift tickets, high performance skis/ poles, and much more. This trip represents the best skiing that Austria has to offer along with the vibrant resort night life that is world famous.

\$6,850

Per Person
Double Occupancy

Known for its traditions in music, rich architecture, fantastic skiing, and breath taking scenery, it's no wonder why Austria is common on most people's bucket list! Through your trip you will visit some of the best sight-seeing locations in the country, top notch skiing in the Alps, and a long stay at the famous Mooser Hotel! When the lifts close, MooserWirt goes into full-tilt party mode and it's time to party like a rock star!

For over 70 years, the MacLean family has been putting together world class ski tours. Regardless of your skiing abilities, our adventures are designed to fit your individual needs and provide wonderful camaraderie among the whole group. To reserve your spot, please send us a \$2,500 deposit upon committing to the trip. Ask about the \$250 discount when paid in full!

This trip includes:

- Spanish Riding School Lipizzaner Horse Performance
- White Ring Ski Tour
- Walking Tour of Salzburg
- Après Ski Party and more!

For more information
contact Hawley at

775.742.1999

hawley@macleanadventures.com

Ready2Heal
Holistic Health Coaching

CONNECTING HUMANS
AND HORSES WITH
THEIR TRUE POTENTIAL

Kerstin Tracy, MS, LMT

775.400.0058

www.Ready2Heal.net

6121 Lakeside Drive, Suite 110, Reno, NV 89511



Depression in children can frequently start early



Dr. Max Coppes

By Max Coppes

A new study of over 100,000 children demonstrated that by the time they reach 17 years of age, more than a third of girls and over 1 in 8 boys have experienced depression with an onset as early as age 11. These numbers are much higher than previously estimated and provide a somewhat alarming insight in the state of children's mental health in the United States. Understanding what is going on and how best to approach this condition is essential as depression is linked with school performance, relationship development, and suicide.

Over the past decades, suicide has in fact become the leading cause of death for youth ages 10-24 year of age. Similar to discussions of cancer many years ago, we seem to be reluctant to openly talk about depression, especially if it affects our children. Whether we are ashamed that our own kids might be affected or whether we feel guilty about possibly having contributed to their depression, it doesn't really matter: hoping it will soon pass or assessing "it is not that

serious" is not a real solution. As with many conditions that can lead to very serious problems over time, the sooner we try to address depression professionally, the better the chances of managing or curing depression altogether. In fact, between 80-90% of people with depression eventually respond to treatment.

What is depression? Medically, it falls under the category of mood disorders. It is an illness that negatively affects how one feels, thinks, acts and experiences life. Importantly, depression is different from simply feeling or being sad. The end of a relationship, losing friends after relocation, the death of a grandparent may well lead to profound sadness, but this is a normal part of grieving. Unlike with depression, a grieving, sad child will usually fluctuate between normal and sad and his/her self-esteem will be maintained. Therefore, just because a child may seem sad does not necessarily mean that he/she is depressed.

However, if sadness becomes persistent or is accompanied by disruptive behavior or thoughts of suicide, one should consider a depressive episode. Other symptoms that should trigger concern may include irritability, anger, vocal outcries, changes in appetite (either

increase or decrease), social withdrawal, continued feeling of sadness/helplessness, difficulty concentrating, feelings of worthlessness or guilt, and sleeplessness. Unfortunately, many of these symptoms accompany the transition from childhood to adulthood and are often passed off as normal emotional changes 'typical for puberty'.

In general, if children continue to function reasonably well, it likely is related to puberty. If, however, the symptoms persist, hamper normal teenage functioning, lead to poor academic performance, and/or are accompanied by a sudden change in

appearance, contact your pediatrician or family physician for a more formal assessment, because other conditions (like thyroid problems or vitamin deficiencies amongst others) need to be ruled out. Once the diagnosis of depression has been made, treatments are available and can mitigate or avoid potentially serious or life-threatening consequences.

Dr. Max J. Coppes (MD, PhD, MBA) is physician-in-chief at Renown Children's Hospital and Professor and Nell J. Redfield Chair of Pediatrics at the University of Nevada, Reno School of Medicine.



Interested in advertising with the Galena Times?

Distribution areas include:

Galena Forest, St. James's Village, Montreux, Estates at Mt. Rose, Timberline, Saddlehorn, Callahan Ranch, Galena Country Estates, Legend Trails, Rolling Hills, West Washoe Valley, ArrowCreek, Incline Village, Northwest Carson City and growing

APPROXIMATELY 9,000 PAPERS ARE DIRECT MAILED AND 1,000 ARE DISTRIBUTED AT SELECT BUSINESS LOCATIONS.

Contact Richard at (775) 813-7136

Richardk@cbivr.com or visit www.galenatimes.com

Promoting health and wellness in our community.

Cutting-edge sports science for every athlete.

Andrew Pasternak, MD, MS

Teresa Angermann, DO

Darin Olde, APN

Julie Young, Fitness Director



Silver Sage
CENTER FOR FAMILY MEDICINE
SPORTS AND FITNESS LAB



775.853.9394 | silversagecenter.com

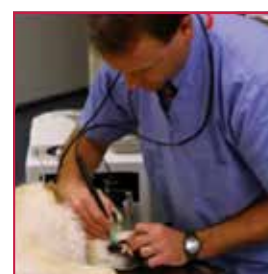


What Makes a Pet Vet a Great Vet –

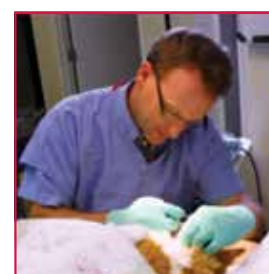
Dental that's Pet Gentle



Extra Monitoring

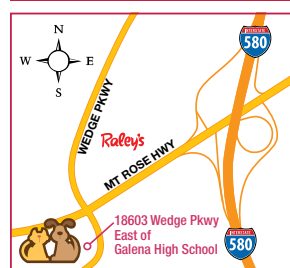


Ultrasonic Cleaning



Gentle Anesthesia

Schedule a Dental Appointment for your Pet Today
775.852.2244



SOUTH RENO VETERINARY HOSPITAL

Matt Schmitt, VMD
18603 Wedge Pkwy • Reno • 775.852.2244 • SouthRenoVet.com

Exams & Vaccines • Diagnostics • Surgery • Dentistry • Pharmacy

Hours **House Calls Available**

Monday, Wednesday, Friday
7am - 5pm
Early Morning Hours!

Tuesday, Thursday
7:30am - 7pm
Evening Hours!

Healthy teeth make happy, healthy pets



Dr. Matt Schmitt

By Matt Schmitt
Even the most caring pet owner can overlook dental care, and not even realize that good dental habits apply to cats as well as dogs. Good dental health not only gets to the root of oral health, but also supports overall pet wellness, because oral care is about more than teeth. Bacteria can enter the bloodstream and travel to lungs, heart, kidneys and liver, causing serious illness. Symptoms of dental problems can be easily missed and often aren't evident until an issue has reached an advanced stage. Dental and periodontal disease are among the most common and most preventable diseases for cats and dogs. Bear in mind that toy breeds tend to

have more frequent dental issues, given the cramped spacing of their teeth.

3 Stages of Dental Disease.
Plaque builds on teeth that are not regularly brushed.
Gingivitis allows for tartar to grow and calculus to form, spreading to underlying gums to create pockets that harbor bacteria.
Periodontal Disease results with the breakdown of tissue and bone supporting teeth. As bone dissolves, pets experience advancing discomfort and pain.
Telltale signs of oral distress are difficulty chewing, dropping food from mouth, failure to eat, pawing at the mouth or rubbing the face on the ground. Bad breath can also be a symptom.
Deteriorating dental conditions can be prevented.
Schedule regular dental exams and routine cleanings that include:

- Gum probing
 - Dental X-rays
 - Scaling and polishing
 - Periodontal treatments, when required
 - Thorough oral exam, including examination of lymph nodes, tonsils and tongue
- Along with regularly scheduled dental exams and cleanings, plaque buildup can be helped by daily brushing, providing dental chew toys that are durable, but not so strong as to fracture teeth, and feeding hard kibble vs. soft food.
- As always, a vigilant owner is a pet's best friend.**
Check regularly for the following signs of dental distress:
- Red, inflamed or bleeding gums
 - Loose teeth
 - Bad breath
 - Difficulty chewing
 - Pawing or sensitivity at the mouth



- Discolored teeth
 - Change in eating habits
- Good oral health produces a lifetime of results.
Dr. Matt Schmitt is a graduate of the School of Veterinary Medicine at the University of Pennsylvania and owns South Reno Veterinary Hospital. Appointments can be scheduled by calling (775) 852-2244. Dr. Schmitt is also on call for after-hours emergencies. Learn more at SouthRenoVet.com.

Rockin' garden design with pebbles or boulders

By Mary Sattler

Landscaping serves two main goals: to increase the marketability of the property and to enhance its looks. This can be done using plants, fencing, lighting, water features, walkways and terracing with retaining walls. Landscaping techniques that include rocks can also cut down on blowing dirt, aid in weed suppression, work on erosion control, act as a fire barrier, and generally improve the quality of soil where plants are used.
Rocks have become a popular, low maintenance and inexpensive choice for the homeowner to incorporate into the landscape. They can be used to highlight an interesting spot or special plant, divert water, define a pathway and to hide flaws in the landscape. Best of all, rocks come in a large variety of shapes, colors and sizes.
Rocks may be used in virtually every application of the landscape. Accent boulders can be used as a focal point. Bury the boulder about 1/3 of its

height for a more natural effect. Plants and pebbles or gravel at the base of the boulder will soften the look of the boulder and create a more natural effect.
Ground cover rocks range in size from ¼" to 1-1/4" and come in a variety of colors. This kind of application offers a low maintenance, water conserving option to the landscape. Flower bed borders can be outlined with medium-size rocks and boulders. River rock and flagstone in a vertical arrangement work well for these types of borders. For walkways gravel or DG are good options. DG 2" deep is a very effective weed barrier. Rocks are excellent as an edging material for your garden pond. Apart from offering a natural look, rocks can hide the edges of the pond liner.
Rock gardens and humans have a long history. Rocks were used extensively in early Chinese and Japanese landscapes as both a decorative and symbolic element. In 1909, Reginald Farrer published his two-volume book, "The English Rock Garden" and intense interest resulted. In

America, probably the most famous use of rocks in landscape and rock gardens exists in Central Park in Manhattan, New York.
Not just any plants are suited to rock gardens. Rock gardens tend to share certain characteristics which make plant selection important. The following characteristics should be considered: drought resistant, a need for good drainage, and a compact growth habit.

Group plants with similar growing requirements together.
Mary Sattler is the events and class/workshop manager at Greenhouse Garden Center with 19 years of experience. She is Nevada Nursery Worker certified as well as Master Nursery certified. For more information, visit Greenhouse Garden Center at 2450 S Curry Street in Carson City or call (775)882-8600 for qualified staff who can help you design your rock garden.

Perfect plants for sunny rock gardens

Small plants	Medium-size plants	Large plants
Basket of Gold Alyssum	Moonbeam Coreopsis	Mugo Pine
Purple Ice Plant	Lavender	Russian Sage
Angelina Stonecrop	Yarrow	Cotoneaster
Hens and Chicks	Autumn Joy Sedum	Lambs Ear
Creeping Thyme	Speedwell	
Blue Fescue	Columbine	Source: Wikimedia
Snow-In-Summer	Blue Rug Juniper	
Candytuft	Shasta Daisy	
Ajuga	Black-Eyed Susan	
Creeping Phlox	Perennial Salvia	
Pasque Flower	Six Hills Giant Catmint	
Iris	Wood Spurge	

your plants, our passion

Be impressed and delighted by the largest selection of unique and distinctive plants, flowers, trees and shrubs in our area. If you can't find it at Greenhouse...nobody has it! Let our expert staff of gardeners help you select high quality and specimen plants that will thrive in our area. Expand your landscape beyond your wildest imagination with our large selection of incredible plants, fountains, bronzes, statuary and ceramic pottery. Stop by to get started.

David Ruf
Greenhouse Garden Center Owner

775.882.8600
2450 S. Curry Street, Carson City
Open Mon-Sat 9-5:30, Sundays 10-5

www.greenhousegardencenter.com

Computers are racing for quantum supremacy



By Ryan Gearhart

While they may be a far cry from our conception of regular computers, quantum computers will soon impact artificial intelligence and security before you know it. In fact, they already have. IBM just recently built the first 20-qubit quantum computer chip, and now Google is working on having a 49-qubit computer chip by the end of the year.

What does this mean? To put it in perspective, a quantum computer of 50 qubits is estimated to surpass the capabilities of any of our current computers. Unlike a standard bit, which can either be a 0 or a 1, qubits can be 0, 1 or both at the same time. This increased functionality means that qubits can harmoniously operate simultaneously at two different levels, where the machine is processing both

possibilities concurrently.

Simply put, they are powerful devices. So powerful that most encryption that we know of will be rendered pointless. Encryption is based on the idea that there are mathematical questions that can easily be asked, yet incredibly complex to solve. Because these problems can be so difficult to solve, this logic has been utilized as the shield to block computers from cracking encryptions.

Unsurprisingly, encryption has been an invaluable tool in this age to protect financial information, health information, and all sorts of other intellectual properties. At the current pace of development, we may see some exciting changes in security and encryption a few years down the road.

It wouldn't end there either. Quantum computers would be able to extrapolate very complex models such as the economy, chemical reactions, or what goes on inside a black hole. Sophisticated ad algorithms to better target customers or better techniques to

diagnose and treat patients would also be very viable.

Quantum computers are already commercially available, providing you have a significant amount of money to spend. However, they still have many obstacles to overcome before we see them in mass production. For one thing, these systems require very specific environments like incredibly low temperatures and vacuum chambers.

We won't see full fledged quantum computers for quite some time; yet, we may see some of the first rumblings soon. Stay tuned as we see the race for quantum supremacy continue to unfold.

Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. Ranked one of the top 1% of managed service providers throughout the world, ProTechnical had its humble beginnings right here in Reno, NV. Specialists in computers, networks, information assurance and security continue to convert technology headaches into measurable and predictable ROI for clients. Interested in ditching those nasty problems for revenue? Call (775) 525-2000!

Sierra School of Performing Arts *continued from page 6*

Broadway Song and Dance! An introduction to Musical Theater Performance

This fun class is a venture into the world of Broadway musical theater performance. Students will improve their skills in auditioning for and performing in musical theater, with an emphasis on dance, and practice learning a group song and simple choreography or movement. You will learn how to move in character and "act a song" (even if you are not a singer). This is great preparation for musical theater auditions. Class is designed to be taken more than once.

*Age 10 and up (or with instructor approval)
Mondays beginning September 11, 6-7pm
\$150 for 10 weeks*

Acting for Adults

Have you always wanted to be in a play? Maybe you've done theater in the past but you're feeling a bit rusty. This class will teach (or review) the basics of acting, stage movement and character development in a non-competitive, low-pressure environment with a focus on developing and expanding the actor's imagination. Through improvisation, monologue

and scene work, you will discover (or re-discover) the performer in you. Coaching will be individual to the level of the student. What is gained may be applied to stage or screen acting. Class is designed to be taken more than once.

*Mondays beginning September 11, 7-9pm
\$175 for 10 weeks*

All classes will be held at 1380 Greg Street, Suite 225, Sparks. For more information and to register go to www.sieraschoolofperformingarts.org or call (775) 852-7740.

Reno Tahoe Dental
590 Hammill Lane, Reno, NV 89511 - (775) 825-3922

WE OFFER:
Early morning and lunch time appointments.
Nitrous oxide
Care Credit financing
Digital x-rays, minimizing radiation

Implants *Cosmetic* *Dentures*

*Reno Tahoe Dental provides implant restorations, partial dentures, full dentures, ceramic crowns, restorative dentistry, bridges and more. Always with individual patient needs and comfort in mind.
Reno Tahoe Dental has a mission to provide clinical excellence in a caring, warm, comfortable and professional environment.*

Debra Lynn Markoff, D.D.S. has been practicing dentistry for over 25 years and has enjoys the advances in technology that have improved treatment options and patient comfort. She says "I love working with my hands and people so dentistry is a good fit for me."

Debra Lynn Markoff, D.D.S.
www.renotahoedental.com
(775) 825-3922

Western Title company
Since 1902

OUR STRENGTH IS OUR PEOPLE

Since 1902. Over one hundred years of experience serving the title insurance & escrow needs of our community
We are Northern Nevadans building a strong Northern Nevada

To get the latest industry news, follow us on Facebook & Twitter
facebook.com/westerntitleco
twitter.com/westerntitleco

775.332.7100
westerntitle.net
5390 Kietzke Ln, Ste 101
Reno, NV 89511

Do high schools really prepare for college?



Noelle Kim

By Noelle Kim

Only half of the students in America feel their high school has supplied them with the knowledge and skills necessary for thriving in a college environment, according to a recent survey by Youth Truth. The foundation instituted by the Center for Effective Philanthropy and the Bill and Melinda Gates Foundation notes that high school curriculums are often far below the level of college courses, leaving students to be unprepared and shocked when they begin their first year at a university.

Sage Ridge School recognizes that to be successful in college, kids need to be prepped with more than a rigorous curriculum. They also need life skills essential to balance out academic and social

expectations of college. Graduates of Sage Ridge School share their thoughts on how their high school experience prepared them to enter an uncharted college environment.

Lexi de Montfort Shepherd graduated from Sage Ridge School in 2016 and will be a sophomore this year at the University of Texas, Dallas as a Eugene McDermott Scholar. Lexi feels that her time at Sage Ridge prepared her well for college life.

"Through a combination of its stimulating courses and opportunities for diverse extracurricular activities, Sage Ridge allowed for me to develop great self-management skills," Lexi said.

The union of challenging Honors and AP courses with engaging extracurriculars such as debate, armed Lexi with the knowledge and study skills for excelling in college.

Sophie Kim, a rising sophomore at Stanford University, graduated from Sage Ridge School in

2016. Sophie agrees that the transition from high school to university can be quite stressful. But prepared with the skills cultivated throughout her years at Sage Ridge, she was able to take on the demands of college with much success.

"Sage Ridge prepared us for the depth and breadth of college academics by providing an environment that encouraged us to pursue excellence in academics, while nurturing our passion for learning," Sophie said.

But more importantly, she said that Sage Ridge helped to foster a strong sense of self-discipline and time management skills which equipped her to smoothly balance the greater academic and social demands at a university.

Moving from high school to college will always be a great leap, but by providing students with opportunities to challenge their limits, Sage Ridge eases this frightening transition.

Noelle Kim is a senior at Sage Ridge School.

Mathnasium of Diamond's customized programs help students remain on pace for math success



Students adjust to the rigors of their math curriculum with a tutor after having taken a summer off from studying.

Submitted to the Galena Times

The new school year will bring many challenges for children as they get used to more difficult work in all their classes. Few subjects build on concepts and skills learned in years prior as much as math does. Many children simply aren't ready to pick up where they left off.

"The start of a new school year comes with an adjustment period as students bid summer a fond farewell and ease back into their academic routines," said Neetha Govind, center director of Mathnasium of Diamond. "Unfortunately, this often comes with the realization that they're a bit rusty in certain subjects—none more so than math. Kids who spent the summer without engaging in math activities may need some extra time and help to build their math muscles back up. For many, this can result in poor performance in the early part

of the academic year. Left unchecked, these setbacks do add up."

Fortunately, the beginning of the school year and the early fall months present a valuable opportunity for students to start working toward this year's math goals before they feel the full brunt of academic pressures and deadlines.

"This is an ideal time for parents to understand where their kids stand in math," said Govind. "For children, incorporating additional math work sooner rather than later helps warm up their math muscles and recall important concepts from the prior year."

Mathnasium, for example, provides students with customized programs that, with two or three hours per week of study, can shake off the fog of summer and prepare kids for the challenges that lie ahead. Mathnasium students have shown

significant increases in performance on standards-based tests in 20 sessions or fewer, the equivalent of a few months' work.

"Some students can keep up with their math classes by reviewing older material and practicing math on their own. But in our experience, many kids struggle. Starting a program of structured study at Mathnasium of Diamond or elsewhere can make all

the difference between starting off well or having a difficult year," Govind says. "Pinpointing problem areas before math struggles get out of hand can help set the tone for students to develop a more positive relationship with math and embrace opportunities for learning that lie ahead."

For more information or to enroll in classes, visit www.mathnasium.com/diamond.

all fixx garage door

25 Years of Experience

RESIDENTIAL GARAGE DOOR SERVICES

FREE ESTIMATES

- BROKEN TORSION SPRINGS
- BROKEN CABLES OR DRUMS
- RESTORATION
- RE-BUILDS ON DOOR HARDWARE
- OPERATOR INSTALLATIONS
- NEW DOOR INSTALLATIONS
- EMERGENCIES
- WARRANTY SERVICE
- CONTRACTOR GRADE PRODUCTS

We are reliable, on-time, OSHA approved, and licensed.

We're here for you.

EMERGENCY SERVICES

CALL 775.240.3309

www.allfixxgarage.com

*Kerry &
Cainin
Peterson*



Happy Anniversary Carson Tahoe Breast Center



Over the past year, we've provided access to high-end 3D Mammography and advanced breast imaging diagnostics to over 10,000 women, serving Carson, Minden, Gardnerville, and Dayton.

At Carson Tahoe, we've revolutionized breast care in our community, thanks to the latest and most advanced technology. Our healing environment provides the comfort and care you want, while our state-of-the-art services help improve your physical, mental and emotional well-being.

Carson Tahoe Breast Center offers a seamless transition of preventive, diagnostic, imaging and surgery services all in one, convenient location.

- 3D + 2D Mammography
- DEXA Bone Density Scans
- Breast MRI
- Breast Biopsy
- Breast Ultrasound
- Surgery

Best of all, the incredible 3D technology detects smaller tumors at an earlier stage for women of all ages and breast tissue type.

Schedule your 2D+3D Mammogram today by calling (775) 445-5500.



Carson Tahoe Breast Center 1400 Medical Parkway | Carson City, NV
Minden Medical Center 925 Ironwood Dr. | Minden, NV | www.CarsonTahoe.com

Baby-Friendly Designated Hospital | CoC Accredited Cancer Center | Acclaimed Open Heart Surgery Program | *One System of Complete Care*

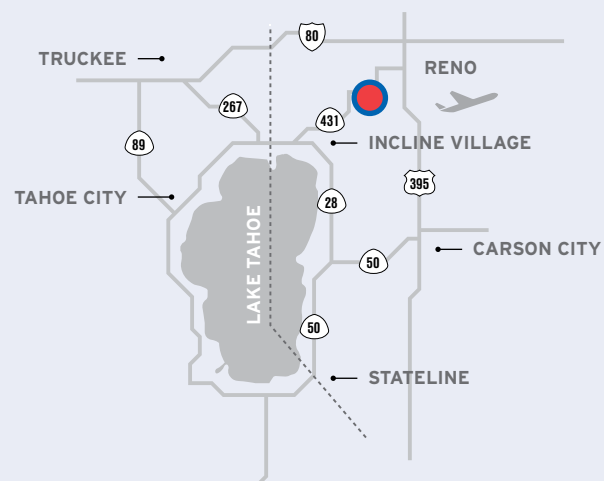
DO THE MATH

MT. ROSE = MORE



Mt. Rose is only a 25-minute drive from Reno and features over 2000 slopeside parking spots. We also have the highest base elevation of any Tahoe resort and boast 350-450" annual snowfall. A Mt. Rose season pass equals more powder and days skiing with WAY less time sitting in traffic. It's that simple.

Isn't it time you got more actual skiing from your season pass?



SEASON PASSES START AT \$349

NOW OFFERING EASY PAYMENT PLANS | CURRENT SALE RATES GO UP OCT 1

BUY ONLINE AT [SKIROSE.COM](https://www.skirose.com) OR CALL 775.849.0704



Mt. Rose
SKI TAHOE