

FREE

Galena Fest 2016 Special Edition

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# Galena TIMES

Fall 2016

"Serving Northern Nevada"



## Galena Fest benefits trails and outdoor education

By Jamey Wilcher

If you're looking for a fun-filled outdoor event for the whole family, look no further than the eighth annual Galena Fest. On Sunday, September 25, you are invited to come and experience the thrill of competition, the creativity of art in the forest, and the groove of live music and scrumptious food under the towering Jeffrey pines in Galena Creek Park.

Organized by the Great Basin Institute at Galena, the festival offers something for everyone and promises to be bigger and better than ever before. Attractions range from the notoriously challenging Bloody Rose Mountain Bike Race and Wicked Thorn Trail Run for the competitive adventurers, to a Trail Walk, Kids Run, crafts, and music for those looking to just have fun in the forest and support a good cause.

The day will kick off with the Bloody Rose Mountain Bike Race bright and early Sunday morning. The race is aptly named, invoking both the beauty and the burn riders experience as they fight their way up the mountainside, to

be rewarded with stunning views of Lake Tahoe and Washoe Valley at the finish line. Although the scenery itself may be motivation enough for some, the intrepid racers who come out on top can also look forward to a season pass to Mount Rose Ski Tahoe and bragging rights for winning one of the most difficult mountain bike challenges in the Great Basin.

Season passes go to first male and female bike and trail run winners and winners in each age category earn a day pass. Exciting raffle prizes include \$640 worth of tickets to Disneyland and \$1,750 of services from Posh Salon and Med Spa. Food trucks, beer, and live music by the band Escalade will round out the fun. All proceeds from go toward funding outdoor recreation and education opportunities in this area.

Runners of all levels will also have a chance to test themselves and compete with other outdoor enthusiasts on a 7.25 mile course that loops through some of the most scenic trails in Galena Creek Park. Over the foothills and through the woods, 1,400 feet of elevation change promise challenging uphill climbs and thrilling down-slope sprints toward prizes and local renown.



The thrill of competition meshes with the chill of tunes at Galena Fest, a festival at Galena Creek Park that benefits trails and outdoor education.

The kids' run will be entertaining for young and old alike, and together with the Trail Walk it provides opportunities for the less competitive nature lovers among us to enjoy the forest, learn, and cheer on the young ones. All are welcome to enjoy this special day in the park, whether you're competing or

just hanging out, crafting, feasting, or enjoying time with friends and family.

Jamey Wilcher is an Americorps summer intern at Galena Creek Visitor Center. For more information or to register for a race, visit [www.RenoGalenaFest.com](http://www.RenoGalenaFest.com) or call the Galena Creek Visitor Center at (775) 849-4948.

This event would not be possible without the generous support of St. Mary's Health Network, Fox Sports, Washoe County, Galena Times, Coldwell Banker, Mt. Rose Ski Resort, Dolan Auto Group, Silver Sage Center, Redpath, UPS Wedge Parkway, and South Reno Athletic Club. 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](mailto:visitorcenter@thegreatbasininstitute.org).

## Letter From the Publisher

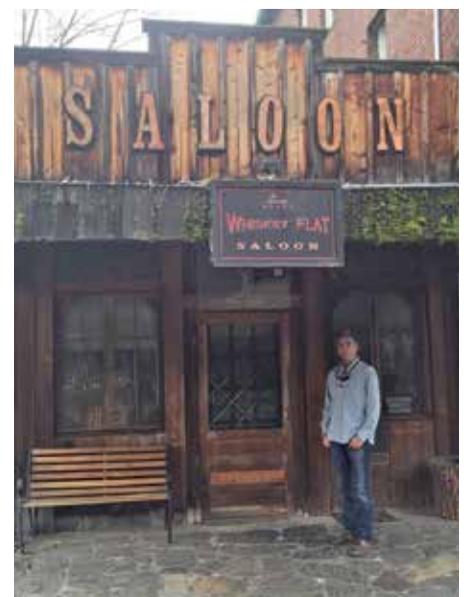
For those of us who enjoy the fall, the best time of year is here. Fall doesn't only mean crisp mornings and crunchy leaves, it also signals the return of Galena Fest and I hope to see all of you there to help me and the staff of the Galena Times celebrate our community and where we live.

If you've never attended Galena Fest, give it a try this year. It's lots of fun to meet local athletes, neighbors and vendors, plus it's a great excuse to get outdoors and enjoy good food and music. Like every year, I want to thank all the sponsors and volunteers for stepping up and helping out. Their generosity has exceeded my expectations as always.

Speaking of celebrating community, many of you may know that Galena Times reaches the Mt. Rose corridor and other South Reno neighborhoods. But did you realize we also cover parts of Incline Village, West Washoe Valley and North West Carson City? Anyone interested in writing for or advertising

in the Galena Times it is always welcome to contact me directly.

Happy Trails, Richard Keillor



Richard Keillor appreciates all things Wild West, including the old Whiskey Flat saloon in Volcano, CA.

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*We also want to thank Washoe County Parks and the US Forest Service for being very supportive and so easy to work with.*

## 2016 Galena Fest Schedule of Events

Sunday, September 25, 2016 — Galena Creek Regional Park

- 7:30-8 am** Bloody Rose MTB Race Registration/Check-In
- 8:30am** The Bloody Rose Competitive Mountain Bike Climb Start
- 8-9 am** Wicked Thorn Trail Run, Walk, and Kid's Run Registration/Check-In
- 9:30am** The Wicked Thorn Trail Run Race Start
- 9:30am** The Wicked Thorn Trail Walk Start
- 9 am-1 pm** Art-in-the-Park
- 10 am-2 pm** Galena Fest with live music, food, vendors
- 10:30-2 pm** Live band: Escalade
- 11 am** Kid's Run Start
- 12:15pm** Wicked Thorn Trail Run Awards
- 12:30pm** Bloody Rose MTB Race Awards and Special Thanks

*Schedule subject to change.*

*For up-to-date information regarding Galena Fest and to register, visit [www.renogalenafest.com](http://www.renogalenafest.com).*



(Photos submitted by D. Gentry)



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# One thread at a time – learn how to weave at the library

By Julie Ullman and the Reno Fiber Guild

As days get shorter and nights colder, we naturally spend more time indoors. It's the perfect time to be creative and maybe even try a new hobby. There's no better place to learn new things than the South Valleys Library.

On Saturday, September 24 from 11am to 2pm the Reno Fiber Guild invites you to try your hand at hand weaving. All ages are welcome to sit down at a loom and throw a shuttle. It's your chance to talk with guild members about their projects and participate in hands-on demonstrations. Mentors will be on hand to assist and you can even make something to take home using the cardboard looms.

A variety of looms and weaving stations will fill the library. Rigid Heddle weaving, Inkle loom weaving, floor loom weaving, Kumihimo braiding (also known as marudai) and cardboard loom weaving.

Find out what it means when you are "winding a warp," "dressing a loom," or "threading the heddles." Interested in learning more about weaving, but aren't ready to make an investment in a floor or table loom? No worries, you can find out how to make your own inexpensive cardboard loom.

The Reno Fiber Guild is a local group that has been promoting weaving, spinning, and other fiber techniques since 1972. If you decide you are interested in becoming a Guild member,



(Photos: J. Ullman)

The Reno Fiber Guild will shuttle participants through each step, from preparing the loom to putting the finishing touches on your handwoven cloth during a weaving workshop at South Valleys Library.

the annual membership is just \$30 with special rates for full-time students and families. Membership entitles you to use the guild library, receive their newsletter, participate in the Conference of Northern California Handweavers, attend Sage Weavers meetings, study groups, and workshops, and enjoy the company of others sharing an interest in fiber.

Past workshops included a Kumihimo workshop on Japanese braiding, and a Shibori dye workshop. Upcoming workshops include a mini workshop on Sashiko embroidery, a form of decorative reinforcement stitching from Japan; demonstrations on the Cavandoli knotting technique used as an edge finish for handwovens; and Swedish Weaving, an embroidery technique done

on monk's cloth.

As you can tell, the range of textile arts is immense, with something to appeal to everyone. From spinning and dyeing your own wool, to weaving towels, scarves and guitar straps, you can be as creative as you want to be. To find out even more about activities and events with the Reno Fiber Guild visit their blog at <http://renofiberguild.blogspot.com/>

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or [jlullman@washoecounty.us](mailto:jlullman@washoecounty.us). For complete information about programs for kids, teens and adults at all Washoe County Libraries visit the library's website at [www.washoecountylibrary.us](http://www.washoecountylibrary.us).



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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](mailto:richardk@cbivr.com) or visit our website: [www.galenatimes.com](http://www.galenatimes.com)

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# Sky Tavern primed for 2017—Get your passes now

Submitted to the Galena Times

Now that fall is in the air, it is easy to start looking ahead to the upcoming ski season and begin hoping for another wet winter. After a few years of less than stellar snowfall, Sky Tavern was open for its entire eight-weekend program last season and looks to continue the momentum as it heads into 2017.

The non-profit learning center plans to add to its already strong and devoted membership. In 2016, over 2,400 members participated in the junior ski program with volunteers donating nearly 15,000 hours of service. This valuable contribution enabled Sky Tavern to continue its mission of getting kids outside, teaching them important lessons and skills, keeping them active, and making the experience accessible and affordable to all. Additionally, membership helped provide season pass scholarships, ski and snowboarding gear, and transportation to the resort for groups that included Reno Housing Authority children and the families of disabled Veterans.

Over the summer, the United States Ski and Snowboard Association also awarded Sky Tavern with a Bronze Podium Certification, making it one of only four area resorts certified. It recognizes that programing, attention to coaches, instructor education, facilities, and success in introducing snow sports best serves athletes,



(Photo submitted by Sky Tavern)

**Sky Tavern's volunteer-based weekend learn-to-ski and snowboard opens registration through the end of September.**

the community, and supports the mission.

Season passes are on sale now through the end of September and will include a membership as part of the all-inclusive pricing for 2017. Registration for the kids programs, starting at age 3, is \$135 for the eight-weekend program. All kids take a two-hour morning lesson and can choose to participate on Saturday, Sunday,

or both weekend days. Passes for children, ages 9 and up, wishing to ride the bus to Sky Tavern from an area drop-off location are \$230 and include transportation for one day of each program weekend, in addition to morning lessons and membership. Adult passes are \$115 and require volunteering for two-hours each weekend. Membership for volunteers and supporters who do not wish to ski can be purchased independently for \$25.

Since Sky Tavern does not have a staff, it is only able to exist through the efforts of its volunteers. Thanks to tremendous contributions from the community, Sky Tavern has been able to keep program fees affordable for all families to participate each year. With a vision that includes year-round training and recreation, a mountain biking park, camps, and events—it is an exciting time to get involved and help build an even stronger organization for the kids and families of Reno.

*Sky Tavern is a non-profit 501(c)(3) regional center providing exceptional summer and winter sports training, competitions, recreation, and events—which are aimed at children, families, and accessible to all. Since 1948, the volunteer-based program has taught over 100,000 kids to ski and snowboard. More recently, Sky Tavern has become a year-round location for mountain biking, camps, and its popular summer music series.*

# Fun and creativity combine in new theater classes

By Beth Honebein

Aspiring actors will learn skills worth clapping about at Sierra School of Performing Arts' new series of classes and camps. Acting wiz Ali Beltramo, veteran theater director Janet Lazarus, and practiced musician Bill Quinby team up to create fun, active performance experiences for children ages 5-15.

At the "Triple Threat" Theater Camp, offered during Washoe County School District's fall break, October 3-7, students will enhance their acting, singing and dancing skills to become a "triple threat." The five-day camp teaches acting techniques, vocal control and movement. A showcase performance on Friday afternoon will give campers an



(Photo submitted by B. Honebein)

**Students at Sierra School of Performing Art present their acting skills as they pose for the camera.**

opportunity to display their new skills for friends and family. The camp is open to students in grades 4 through 9. Hours are 9am to 3pm; before-and-after care offered from 7.30am to 5.30pm. The location is Sierra School of Performing Arts, 1380 Greg Street, Suite 225, in Sparks. Cost is \$225, with a discounted price for additional students from the same family of \$200.

Two classes being offered this fall cater to students new to the theater. For children 5-7 years old, the Mini-Munchkins Playhouse teaches new ways children can use their voices and bodies expressively, creating bold characters, and discovering the fundamentals of storytelling. The class focuses on each child's natural sense of play, using pantomime, games, and skits. Children will learn how to use their voice, body, natural expressions and imagination to discover the exciting experience of performance. The 10-week class will culminate in a presentation of short group monologues or scenes for parents and friends at the last class. This class meets Tuesdays from 4.30 to 5.20pm. Cost is \$15 per class.

Curtain Up! Intro to Acting for Preteens is designed for beginning students, ages 8-11. Using acting exercises, voice and body work, and improvisation, students will learn the fine art of creating believable characters that enthrall and captivate an audience. The class will also teach team building and help students gain confidence in front of a group. The final class will feature a presentation of scenes and monologues for family and friends. Class hours are 5.30 to 7pm on Tuesdays. Cost is \$20 per class.

Classes started September 6, but one-time drop-ins or late sign-ups are welcome. Register at the next class period or at [www.sierraschoolofperformingarts.org/campsclassesworkshops](http://www.sierraschoolofperformingarts.org/campsclassesworkshops). No classes October 4 during Washoe County School District's fall break. All camps and classes are held at Sierra School of Performing Arts, 1380 Greg Street, Suite 225, in Sparks.

*Beth Honebein is also Grant Director for Sierra School of Performing Arts. She is the owner of AuntieA's, a local company making bed warmers, ski boot warmers and other cozy gift products.*

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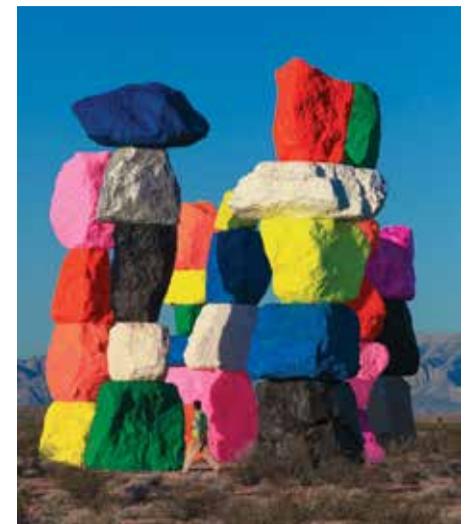
# Fall into an art adventure



**Leiko Ikemura, *Lying in Blue Dress*, 2007. Oil on jute. Collection of Karen and Robert Duncan**



**Leiko Ikemura, *Mare e Monti*, 2010/11, oil on burlap, 160 x 120 x 4.7 cm**



**Ugo Rondinone: *Seven Magic Mountains*, Las Vegas, Nevada, 2016. Photo by Gianfranco Gorgoni. Courtesy of Art Production Fund and Nevada Museum of Art.**

By Amanda Horn

Reno visitors and residents alike are often surprised to learn of the rich cultural fabric enveloping the Biggest Little City. Stitched at the center of this tapestry sits the Nevada Museum of Art, Donald W. Reynolds Center for the Visual Arts, E. L. Wiegand Gallery, the state's only art museum accredited by the American Alliance of Museums.

A recent feature article penned by Randy Kennedy in The New York Times states the Nevada Museum of Art "has increasingly staked its future on becoming known for its expertise and holdings in materials related to art and the land, not just in the United States but around the world." That quote not only

helps paint a picture of the significance of this mid-sized museum, but it also summarizes the Nevada Museum of Art's collecting focus. And, at risk of stating the obvious, if The New York Times considers a journey to the Nevada Museum of Art worth the trip from the East Coast, you shouldn't think twice about venturing out from the south end of town to spend a few hours at Reno's cultural gem.

The article referenced above was instigated by a recent exhibition co-produced by Nevada Museum of Art and Art Production Fund: Ugo Rondinone's *Seven Magic Mountains*, a large-scale, site-specific public artwork comprised of seven individual, towering, fluorescent

sculptures made of locally-sourced limestone boulders. The internationally-renowned public artwork is situated on the far southern end of Las Vegas Boulevard along Interstate 15, approximately a half hour from downtown Las Vegas. However, you can learn how this incredible sensation came to fruition by stopping on the second floor of the Museum here in Reno to view the must-see archive exhibition in the CA+E Gallery that serves as the northern Nevada interpretive center for the project.

Farther down the second floor in the Contemporary Gallery sits another internationally-significant exhibition. Accomplished Japanese-born artist Leiko Ikemura's *Poetics of Form*

consists of paintings and sculptures that address aspects of the natural world, like landscape and the female figures and animal creatures that inhabit it. Ikemura's works describe conditions of loneliness, longing, and existential searching. Leiko Ikemura: *Poetics of Form* remains on view through January 15, 2017. While the acclaimed artist has shown extensively worldwide, this is her first solo exhibition in the United States.

Amanda Horn is director of communications at The Nevada Museum of Art. Located at 160 West Liberty Street, the Museum is open 10 am to 6 pm Wednesday and Friday through Sunday. Thursdays the institution stays open until 8 pm. Learn more at [nevadaart.org](http://nevadaart.org).

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# America's Most Beautiful Bikeway making progress at Lake Tahoe



By Paul Andrew

Twice a year, cyclists from across the US meet at Lake Tahoe to pedal in a century ride around the lake. Mostly, they share the roads with traffic. Soon, bicyclists will have an alternative. America's Most Beautiful Bikeway is a recreational path set to circle

Lake Tahoe's shoreline.

The idea of a recreational bike trail around Lake Tahoe was initialized in the early 2000's by several people living in the Basin, including Douglas County Community Services Director, Scott Morgan. With the help of many partner organizations such as N-Dot, Caltrans, Nevada Division of Lands, US Forest Service and others, this project is making great strides.

"It's a Labor of Love, between many people and organizations," Morgan said. "To make this successful, we need people with collaboration and patience."

With an ever increasing number of full-time residents and visitors to the Lake Tahoe area, it is imperative to our economy that alternatives to fuel emitting vehicles be utilized. Especially on the Nevada side of the Lake, many beaches and trails are currently only accessible by car. Anyone who has driven the East Shore recently in the summer, realizes the traffic and parking nightmare that is getting worse every year.

On the California side of the lake, many existing bike trails will need to be linked. The most amount of



(Photo submitted by P. Andrews)

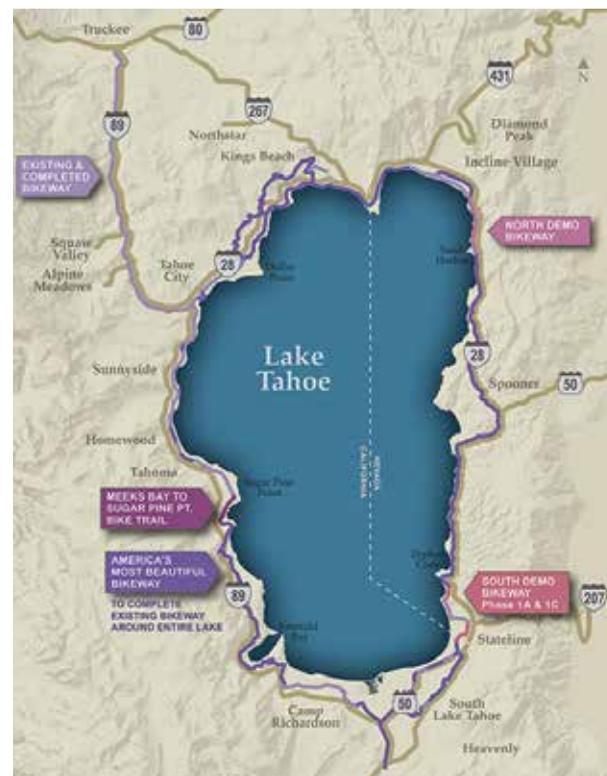
**A biker enjoys a ride on the recently completed bike path between Elks Point Road and Round Hill Pines Resort.**

construction will have to be on the Nevada side.

The project will be completed in multiple steps.

"The entire bikeway may be complete in our children's lifetime," Morgan said. "There are challenges concerning public and private property, difficult terrain and access to the lake. We want this to be a recreational path for people of all levels to be able to enjoy."

In fall of 2011, the South Demonstration Project, linking Kahle Drive in Stateline to Elks Point Road was completed. This flat, paved trail meanders through meadows and forests, ending just outside the entrance to Nevada Beach. The next year, the path from Elks Point Road to Round Hills Pines Resort was finished, giving bikers an access to that beautiful resort. An additional link from Kahle Drive to the



east side of Edgewood was finalized the year after.

In August of this year, the two-year North Demonstration Project, linking Incline Village to Sand Harbor broke ground. This scenic pathway, hugging the lake shore, will give walkers and bike riders easy access to popular Sand Harbor, one of the most spectacular spots on the Lake.

*Details and progress on this dynamic project can be viewed on the Tahoe Transportation District website; [www.tahoetransportation.org](http://www.tahoetransportation.org). Many future generations will benefit from the hard work by those making America's Most Beautiful Bikeway a reality.*

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# Improved trail to bring Slide Bowl online earlier

By Dagmar Bohlmann

Mt. Rose-Ski Tahoe continues to invest significant funds into capital improvement projects for the 2016/17 season. Committed to providing Lake Tahoe skiers and snowboarders with the best early season conditions, the ski resort plans to be one of the first resorts open in Lake Tahoe.

“With north facing slopes combined with the highest base elevation, we should continue to open more terrain rapidly as conditions allow,” said Mike Pierce, marketing manager at Mt. Rose-Ski Tahoe. “We’ve continued to invest in snowmaking upgrades, and have made improvements to our trail network that will allow us to open more terrain even earlier than we have in the past.”

Often an obstacle to energizing the slopes of the Slide Bowl in lower snow conditions, the once problematic main lodge return trail has been given the green light to be graded and contoured into a more functional ski run.

According to Pierce, in the past this return trail had to be completely created from snow – from unloading at the Blazing Zephyr 6 chairlift to the upper section of the Northwest Passage trail on the north side of the mountain. During lean snow years, the trail building effort could significantly delay the opening

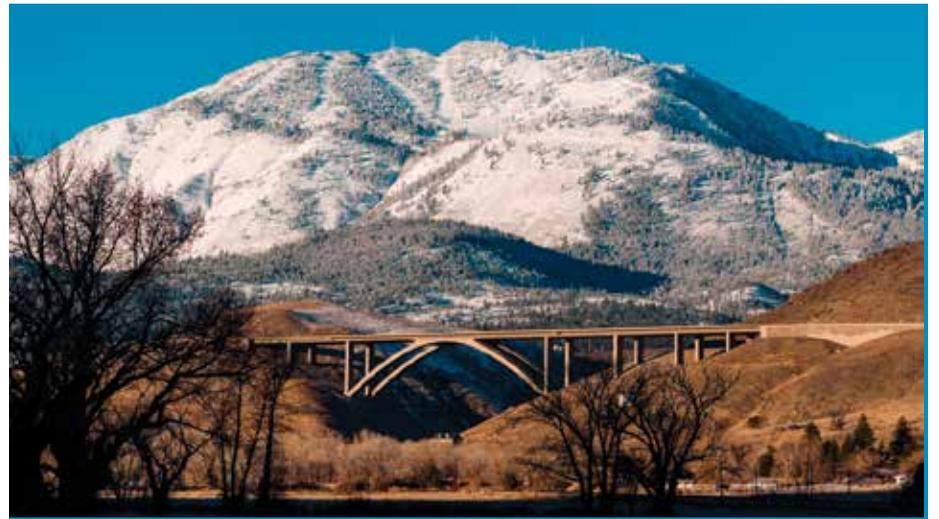
of this favored side of the resort. Now this run will become an engineered trail which should be fully operational with minimal snowmaking should the natural snow be stingy.

Upgrades to snowmaking systems underline Mt. Rose’s commitment to providing resort guests with the highest quality, early season snow conditions in the region, and some of the best snow surfaces all season long. A greatly increased pumping capacity will help the output of the nine Polecat tower-mounted snow machines from 2015, effectively doubling the amount of snow they can produce.

The resort’s ability to efficiently make snow over more of the mountain will allow terrain to be opened quickly. Weather and conditions permitting, Mt. Rose’s projected opening date for the 2016-17 winter season is late October.

If you didn’t renew your pass in the spring, or you are new to the area, or you’ve simply been putting off the inevitable, the best rates on Mt. Rose season passes are before September 30. Purchasing options include buying online at [skirose.com](http://skirose.com) or in person at the Mt. Rose Main Lodge Mon-Sat, 9am-5pm.

Season passes come loaded with Value Saving Perks including BLAZING



## Mt. Rose Key Events

**Dec 10 Santa Ski Day** – leads right into the Notorious Reno Santa Beer Crawl

**Dec 31** – New Year’s Fireworks Spectacular

**March 25** – Pink Fest Tahoe – Women’s Ski & Snowboard Festival

**March 2017** – Tahoe Junior Freeride Series

**Local BrewSki** – TBD (featuring over 12 local craft breweries)

ZEPHYR 6 – 8.30am Early Load for first tracks every day. Two “Bring a Friend” discount lift tickets, discounted Rosebuds kids lessons, \$39 non-transferable private lessons (9AM or 12PM, non-holiday, valid for ages 16 & over), \$2.50 off draft beer & house wine, 25% off on all mountain dining and clothing at 431 Sports, 50% off on equipment repair in

the Rental Repair Shop and free Silver Ski and Ladies Clinics.

Implemented last season, Mt. Rose Ski Tahoe increased its minimum wage for all positions that were previously below, to the now standard minimum of \$11 an hour. The raise represents a 33 percent increase over the standard \$8.25 mandated minimum wage in Nevada.

# Banff Mountain Film Festival films bring high adrenaline to Reno

By Dagmar Bohlmann

Jaw-dropping bike jumps, nail-biting kayak drops, and mind-blowing powder. According to a Snowlands Network press release, there is no better way to get stoked about skiing, biking, riding, or paddling than by seeing the 2016 edition of the Radical Reels Tour in Reno on September 18. Presented by The Banff Centre, The Radical Reels Tour continues to push boundaries with the best action sports films from the annual Banff Mountain Film Festival.

Experience more than half a dozen wild action sports through the eyes of some of today’s top athletes and most talented adventure sport filmmakers. When on a quest for a new biking adventure, Namibia’s Burning Mountains – Spitzkoppe might have what you’re looking for. Those afraid of heights might not want to try VIA FERRATA on a Mountainbike.

If climbing in Yosemite intrigues you, one of the world’s toughest climbers takes on the big wall route Golden Gate at El Capitan. Kayakers challenge water and gravity in Rey del Rio, a new kind of kayaking competition.

If you prefer to stay on solid ground, watch a freerunning and

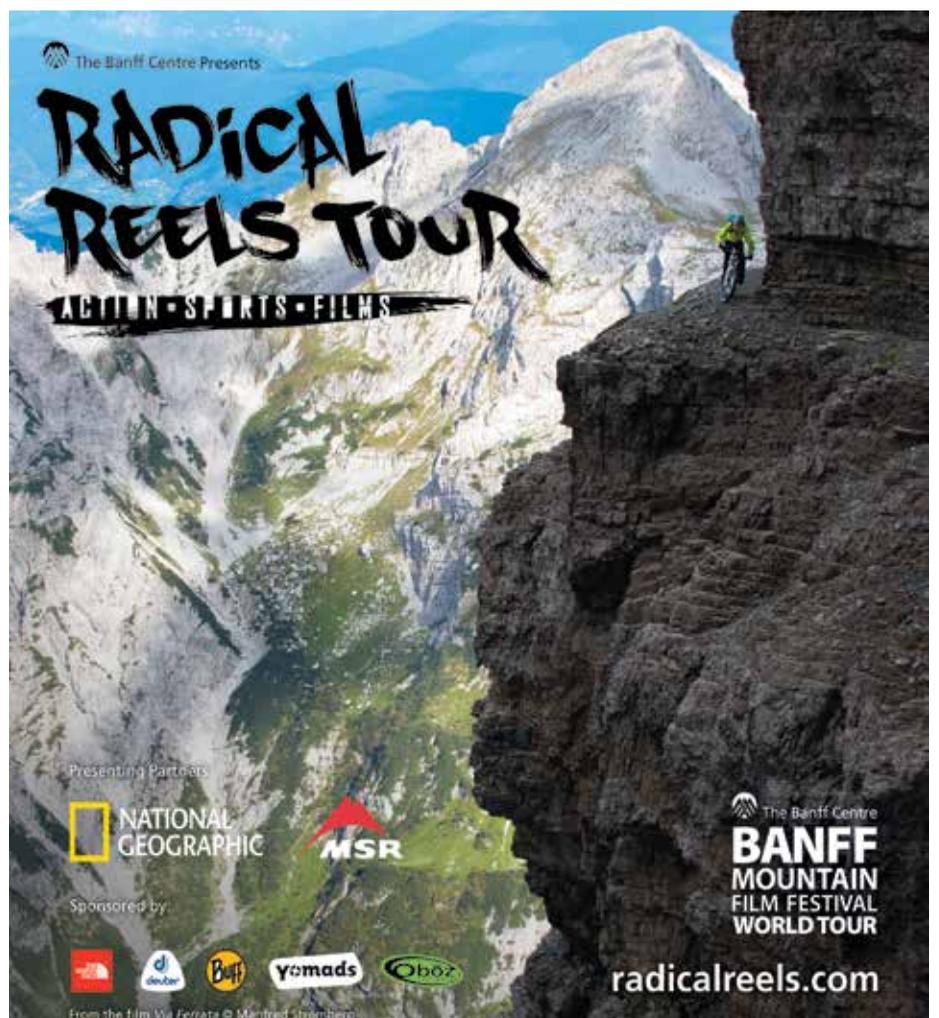
parkour athlete as he goes on a unique journey in Will Sutton: Homefree.

Creativity is needed when you run out of terrain to ski and the best lines are inaccessible. Find out how the search for new adventures leads to the invention of the new sport Balloonskiing. Alternatively, you could explore Japan by Van in a powder movie that might make you envious.

According to Snowlands Network, the following films suggest parental guidance. What began as a dream one night led adventure photographer Krystle Wright down an unexpected journey in The Mysteries. Alex Honnold takes on a pair of unlikely heroes in a climbing competition for the ages in Reel Rock 10: Showdown at Horseshoe Hell. Friendship and skiing abilities are tested when a team takes paragliders up to reach the best lines in Degrees North. And in a race to the bottom in Moab it doesn’t take much to get Beat Down.

Radical Reels Tour supports a good cause. Profits of the film festival go to Snowlands network, a non-profit organization for sustainable winter recreation.

Hosted by Snowlands Network, the Radical Reels Tour screens in Reno, Nevada on Sunday September 18. Doors open at



6.15pm. Films start at 7pm at the Atlantis Casino Resort Spa, 3800 South Virginia Street, Reno. For tickets, information, and

on-line purchase visit [www.snowlands.org](http://www.snowlands.org) or in-person at REI Reno, 2225 Harvard Way, Reno, NV 89502.

# Lean Thinking is a smart choice for any business



By Jodi Herzik

If you are in the manufacturing business, I'd bet you have heard of Lean and Six Sigma. If not, and regardless of the business you are in, Lean is a word you need to know. The core concept of Lean is the elimination of waste; in this case, waste is anything that does not add value to customers, both internal and external. This elimination can be accomplished through Lean strategies that will ultimately lead to improved customer service, improved efficiencies, increased revenue, decreased costs, and possibly a moral boost as company perspective shifts.

While it was Henry Ford who first integrated an entire production process with the assembly line in 1913, it wasn't until Toyota factory employees Kiichiro Toyoda and Taiichi Ohno reworked Henry Ford's idea in the late 1930s and discovered a series of simple innovations that made it possible to provide a continuity in the process flow, thus the Toyota Production System was born. This system of "Lean thinking" shifted the focus from individual machines, to the flow of a product through the total process.

Toyota concluded that by right-sizing machines for the actual volume needed, introducing self-monitoring machines to ensure quality, lining the machines up in process sequence, pioneering quick setups so each machine could make small volumes of many part numbers, it would be possible to obtain low cost, high variety, high quality, and very rapid throughput times to respond to changing customer desires. Also, information management could be made much simpler and more accurate."

Businesses of all types including government agencies and hospitals, are using lean strategies to improve customer service, improve efficiencies and save money. Lean thinking includes more than just the operations piece; it also includes the administration processes such as human resources, IT, and finance



University of Nevada, Reno's Redfield Campus offers a new Lean Six Sigma Green Belt Program.

and accounting functions. In every business and every department there are opportunities to improve service to external and internal customers.

In fact, according to lean instructors, the root of Lean is in manufacturing, but over the years the majority of opportunities for process improvement, cost reduction, and customer service improvement actually reside in the support areas.

Imagine a training program that allows employees to say things like, "We cut order processing time by 45%" or "We saved \$100k by designing consistent reports for accounting" or even "We are able to hire new employees 15 days sooner, because we streamlined our hiring process."

Lean focuses on evaluating every step of a process and asking "why" and always measuring bottom-line impact.

*Jodi Herzik is the Executive Director of the Professional Development Programs at the University of Nevada, Reno and a graduate UNR with a Masters of Public Administration. If you have questions please send me an email at [jodim@unr.edu](mailto:jodim@unr.edu). For information about the University of Nevada Reno's new Lean Six Sigma Green Belt Program at the Redfield Campus, contact Amy Ginder at [aginder@unr.edu](mailto:aginder@unr.edu) or (775) 784-4759*

## NEW! Lean Six Sigma Green Belt Program (classroom-based)

Thinking Lean helps manufacturing as well as other sectors of the company to increase quality, service, and productivity, which is paramount to bringing more jobs back to the U.S. Lean Six Sigma techniques can deliver real benefits to any organization's bottom line in industries such as manufacturing, healthcare, government services, IT, and more.

### What can Lean Six Sigma training do for you and your organization?

- Increase revenue
- Decrease costs
- Improve efficiency
- Build trust and transparency within an organization

You may have established company goals and identified who shares your mission and vision. You may even have established Key Performance Indicators (KPIs) and tied them to specific metrics. But understanding what is meant by a Lean Enterprise to minimize waste and improve the bottom line – in any company and in any area – can be a nebulous concept.

The new Lean Six Sigma Green Belt program demystifies Lean and Six Sigma to help you understand the benefits of Lean, the components that drive a Lean or Kaizen culture, the role of Kaizen events and Continuous Improvement (CI), and the role of leadership in introducing Lean and Six Sigma concepts.

For more information, contact Amy Ginder at [aginder@unr.edu](mailto:aginder@unr.edu).

# High school students stress out over performance expectations

By Noelle Lee

"School, homework, extracurricular activities, sleep, repeat — that's what it can be for some of these students," says Noelle Leonard, a senior scientist at New York University, conducting a study on stress levels of high school students. According to this research, almost 50% of high school students feel high levels of stress on a daily basis.

Both Ilona Coote and Sanjana Dhindsa, juniors at Sage Ridge School, agree that pressure can be seemingly unavoidable.

"Not only do students pressure themselves, striving to do their best on the next biology test, but they also feel stress to perform well in extracurriculars, competition from peers, and thoughts of future college admissions," says Ilona.

Students can also feel stress from parents.

"Parents always want the best for their children and many times they push students into doing well for a better future," Sanjana says. "However, sometimes the pressure put on by parents can be overwhelming because although

they want the best for you, it can be stressful to achieve that high bar."

Sage Ridge School recognizes the sometimes heavy burden of being a successful student. The school strives to encourage students to achieve academic excellence while offering support and alleviating their stresses.

In a recent weekly note to parents, Sage Ridge headmaster Norman Colb shared how Sage Ridge fosters an environment of support by minimizing competition, rankings, and a focus on grades rather than learning and to offer lots of opportunities for students to explore new interests.

"The school has high standards that ready students for success in college," he said. "At the same time, faculty pay attention to our students' social and emotional well-being, offering a great deal of support and individual attention."

Ilona believes that Sage Ridge lessens the pressure on students by not pushing students to work more than is possible in an allocated time period.

"Sage Ridge limits the amount of homework given per night and provides study hall periods for the students to work through some of their homework load," she said. "Sage Ridge provides a

supportive environment where teachers are encouraging rather than critical."

Sanjana agrees.

"Although Sage Ridge puts academic pressure on students, they feel secure, knowing that the faculty is receptive and willing to listen to or address any of their concerns," she said. "Teachers meet students one-on-one if they see them struggling in any situation, helping them to achieve their true academic potential."

Sanjana also enjoys how Sage Ridge offers a variety of fun clubs from art to

community service that help distract students from the constant pressure and give them contentment doing the activity they enjoy best.

With national acceptance rates to top colleges dipping below the 5% mark and a new application system that can microscopically scrutinize every part of a student's life, pressures on high school students will likely not subside anytime soon.

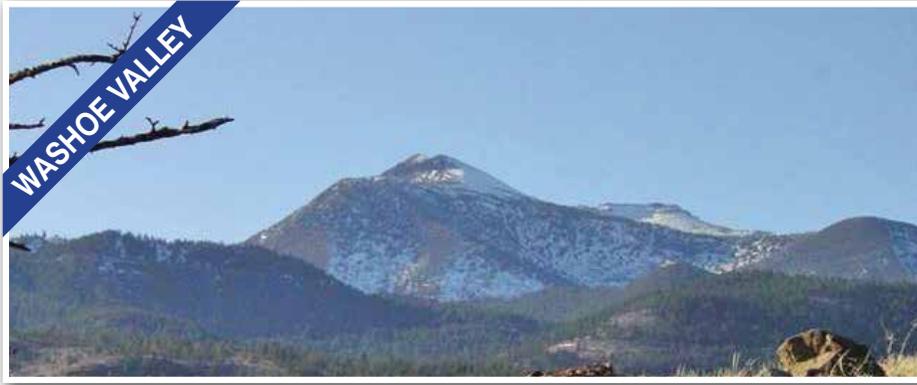
*Noelle Lee is a sophomore at Sage Ridge School.*

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Great 1/2 acre lot in Galena Forest Estates. Surrounded by custom homes on a gentle sloping parcel. Close to Sierra Summit Mall, Lake Tahoe and Mt. Rose **\$148,500**



Very private, 2.5 acre, creek side residence five minutes off the Mt. Rose Hwy. One of the nicest settings anyone could wish for. Newer low maintenance home with stucco siding and metal roofing. Open floor plan facing south, Pella wood casement windows. Potential to expand to 4 bedrooms. **\$1,200,000.**



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. 4 bedrooms, 3 baths, separate formal living and dining room plus family room and sun room. **\$985,000.**



Nice Galena Forest home near creek trails and backs to Forest Service land. 4 bedrooms, 3 bathrooms, newer kitchen and great deck and patio in back. 4th bedroom makes for a converted office space. Close to skiing at Mount Rose, Lake Tahoe and shopping at The Sierra Summit Mall. 1.12 acres of land. **\$597,000.**



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. Close to skiing, Mount Rose, Lake Tahoe and shopping at Summit Sierra Mall. Lot potentially sub dividable. **\$650,000.**



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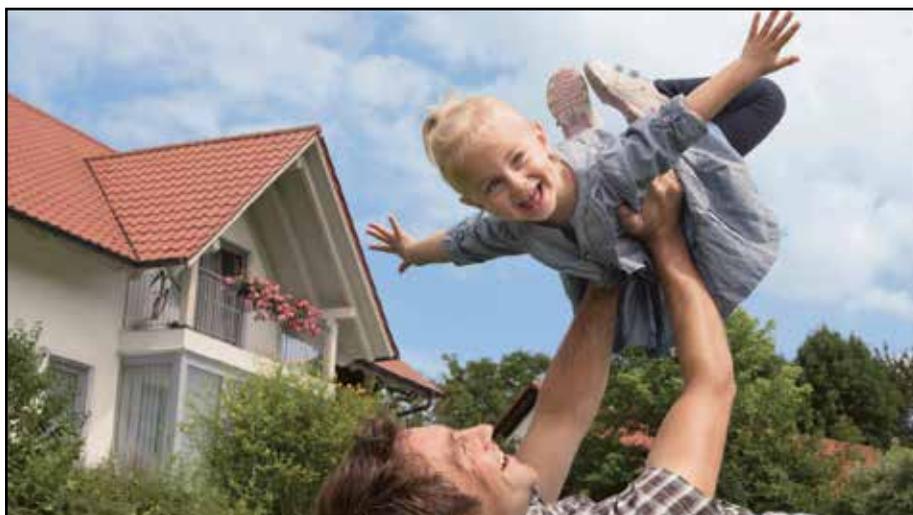
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Highly upgraded kitchen and flooring in this single-story ArrowCreek semi-custom home on the golf course with a large private rear yard. Superb views from this bright & airy open floor plan perfect for entertaining family and friends. Countless windows flood this home with natural light. Walking distance to the Clubhouse and Residence Center. **\$649,500**



Nestled on over 1.5 acres in Galena Forest Estates which is located at the base of the Sierras and world renown Lake Tahoe, the outside of this property is surrounded by large fir trees creating a hidden mountain retreat. This spacious home is spread out over 6165 square feet with a 900 SF heated workshop that is not included in the SF. **\$1,625,000.**



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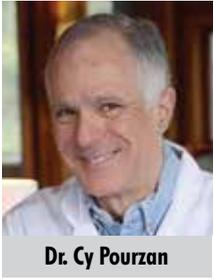
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# All Area Home Sales June 1 - September 1, 2016

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
905 Yellow Pine	\$649,000	\$640,000	243.89	240.51	2661	0.52	7/11/2016
1555 Joy Lake Road	\$765,000	\$745,000	154.73	150.69	4944	1.01	7/29/2016
375 Douglas Fir Drive	\$765,000	\$765,000	196.46	196.46	3894	0.62	6/10/2016
1530 Austrian Pine Road	\$799,000	\$775,000	226.73	219.92	3524	1.01	7/7/2016
570 Piney Creek Road	\$815,000	\$810,000	229	227.59	3559	1.24	6/10/2016
6025 Gauguin	\$950,000	\$913,000	298.18	286.57	3186	0.83	6/13/2016
5705 Nordend Way	\$1,150,000	\$1,065,000	362.32	335.54	3174	0.3	6/30/2016
5550 Lausanne	\$1,250,000	\$1,100,000	201.65	177.45	6199	0.62	6/30/2016
4640 Alpes Way	\$1,300,000	\$1,100,000	386.9	327.38	3360	0.58	6/30/2016
3250 Joy Lake	\$1,197,000	\$1,150,000	346.35	332.75	3456	0.62	7/12/2016
5795 Clarens	\$1,295,000	\$1,160,000	318.81	285.57	4062	0.51	8/18/2016
1670 Green Ash	\$1,625,000	\$1,532,500	263.58	248.58	6165	1.67	8/12/2016
<b>SADDLEHORN/MONTE ROSA</b>							
14390 E Windriver Lane	\$598,880	\$555,000	235.78	218.5	2540	0.41	8/5/2016
1475 Taos Lane	\$580,000	\$570,000	194.96	191.6	2975	0.56	7/29/2016
14562 Grey Rock Court	\$599,000	\$600,000	207.63	207.97	2885	0.48	8/12/2016
3760 Boulder Patch	\$835,000	\$800,000	279.26	267.56	2990	0.41	8/31/2016
3810 Nature Trail	\$875,000	\$875,000	225.57	225.57	3879	0.48	6/30/2016
14273 Quail Springs Court	\$948,000	\$925,000	213.13	207.96	4448	0.95	7/15/2016
4435 Desatoya Drive	\$1,099,000	\$1,025,000	213.56	199.18	5146	2.5	7/14/2016
1605 Taos Lane	\$1,149,900	\$1,100,000	275.43	263.47	4175	1.26	8/29/2016
14090 Saddlebow	\$1,349,000	\$1,275,000	222.09	209.91	6074	0.8	8/3/2016
<b>ARROWCREEK</b>							
557 Spirit Ridge Court	\$577,000	\$540,000	257.82	241.29	2238	0.36	6/17/2016
3491 Painted Vista Drive	\$639,900	\$605,000	285.92	270.33	2238	0.45	6/1/2016
554 Echo Ridge Court	\$620,000	\$620,000	246.32	246.32	2517	0.35	7/8/2016
2732 Spirit Rock Trail	\$649,500	\$645,000	258.05	256.26	2517	0.66	6/15/2016
2937 Flint Ridge Court	\$664,000	\$650,000	191.08	187.05	3475	0.47	8/29/2016
3458 Forest View Court	\$659,700	\$659,700	209.63	209.63	3147	0.44	7/22/2016
6240 Elk Ivory Drive	\$719,900	\$675,000	179.3	168.12	4015	0.29	6/7/2016
5620 Rue St Tropez	\$699,900	\$682,500	192.12	187.35	3643	0.32	7/8/2016
10322 Via Bianca	\$749,900	\$714,000	244.51	232.8	3067	0.32	8/23/2016
10310 Via Como	\$785,000	\$775,000	170.47	168.3	4605	0.31	8/31/2016
10184 Via Verona	\$785,000	\$779,000	237.81	235.99	3301	0.31	6/27/2016
2927 Granite Pointe Drive	\$789,000	\$780,000	214.64	212.19	3676	0.32	6/10/2016
6180 Sierra Mesa Drive	\$885,000	\$850,000	198.47	190.63	4459	0.38	7/29/2016
10123 Indian Ridge Drive	\$925,000	\$925,000	235.91	235.91	3921	0.83	6/7/2016
10705 Harbottle Drive	\$979,900	\$969,000	305.07	301.68	3212	0.6	8/10/2016
5722 Indigo Run Drive	\$1,252,000	\$1,175,000	234.85	220.41	5331	1.13	7/8/2016
1188 Eagle Vista Court	\$1,398,500	\$1,325,000	234.57	222.24	5962	0.56	8/26/2016
3550 Alpine Frost Court	\$1,425,000	\$1,331,000	269.27	251.51	5292	2.09	8/2/2016
6436 Morman Tea Way	\$1,988,000	\$1,850,000	454.92	423.34	4370	1.08	7/1/2016
6832 Masters Drive	\$1,995,000	\$1,850,000	269.49	249.9	7403	1.01	7/14/2016
<b>CALLAHAN RANCH</b>							
5585 Wintergreen Lane	\$488,880	\$488,880	240	240	2037	1	7/7/2016
5220 Cedarwood	\$525,000	\$500,000	191.75	182.62	2738	1.27	7/22/2016
15866 Fawn Lane	\$565,000	\$565,100	236.4	236.44	2390	1.19	7/1/2016
5814 Tannerwood Drive	\$729,900	\$711,000	290.1	282.59	2516	1.01	6/30/2016
5400 Moulin Rouge	\$775,000	\$775,000	199.54	199.54	3884	1.03	6/17/2016
14720 Chateau Court	\$879,000	\$885,000	214.29	215.75	4102	1.51	7/15/2016
5440 Menagerie Avenue	\$949,000	\$910,000	215.24	206.4	4409	1.3	8/10/2016
15000 Napoleon	\$1,019,000	\$985,000	278.04	268.76	3665	1.2	8/15/2016
<b>ROLLING HILL/GALENA COUNTRY ESTATES</b>							
335 Winter Park Court	\$420,000	\$365,000	141.6	123.06	2966	0.37	6/7/2016
2270 Stowe Drive	\$375,000	\$393,200	167.19	175.3	2243	0.35	6/30/2016
14460 Lasso Drive	\$400,000	\$400,000	190.66	190.66	2098	0.21	6/23/2016
3765 Vancouver Drive	\$395,000	\$403,500	195.54	199.75	2020	0.32	8/25/2016
4020 Corvallis Drive	\$435,000	\$436,000	215.35	215.84	2020	0.31	6/30/2016
2465 Solitued Drive	\$479,900	\$470,000	192.11	188.15	2498	0.47	8/25/2016
1824 Kodiak Circle	\$489,000	\$474,000	181.85	176.27	2689	0.31	6/30/2016
3906 Bellingham	\$515,500	\$507,000	199.57	196.28	2583	0.34	7/19/2016
14215 Ghost Rider	\$584,900	\$555,000	224.96	213.46	2600	0.54	7/29/2016
4475 Great Falls Loop	\$565,000	\$560,000	165.4	163.93	3416	0.28	7/29/2016
<b>OTHER AREAS OF SOUTH RENO</b>							
480 Sierra Leaf Circle	\$359,000	\$359,000	236.03	236.03	1521	0.09	7/14/2016
12240 Brentfield Drive	\$299,900	\$365,000	159.35	193.94	1882	0.3	8/8/2016
315 Bondshire	\$385,000	\$391,000	199.38	202.49	1931	0.34	8/29/2016
40 Black Pool Court	\$413,888	\$400,000	217.84	210.53	1900	0.67	8/31/2016
12530 Overbrook Drive	\$439,000	\$439,000	212.39	212.39	2067	0.36	7/6/2016
15230 Broilli Drive	\$465,900	\$445,000	241.52	230.69	1929	1.39	6/23/2016
905 Lampe	\$469,000	\$480,000	200.17	204.87	2343	0.98	7/21/2016
12985 Broilli Drive	\$569,000	\$535,000	249.56	234.65	2280	0.57	7/8/2016
7835 Meadow Vista Drive	\$550,000	\$550,000	184.25	184.25	2985	0.35	8/29/2016
12855 Thunderbolt Drive	\$620,000	\$600,000	253.37	245.2	2447	1	6/3/2016
5011 W. Albuquerque Road	\$638,000	\$630,000	279.46	275.95	2283	0.37	8/17/2016
850 Zolezzi Lane	\$635,000	\$635,000	148.23	148.23	4284	1.07	7/29/2016
12695 Silver Wolf Road	\$645,000	\$637,500	180.12	178.02	3581	0.74	8/19/2016
14025 Edmands Drive	\$695,000	\$695,000	265.47	265.47	2618	0.98	6/28/2016
6680 Marble Canyon Road	\$725,000	\$715,000	274.21	270.42	2644	0.87	6/3/2016
15020 Edmands Drive	\$749,900	\$735,000	246.52	241.62	3042	0.97	8/18/2016
11080 Dryden Drive	\$849,000	\$850,500	236.16	236.58	3595	2.5	7/8/2016
9570 Passa Tempo Drive	\$964,500	\$900,000	231.35	215.88	4169	1	8/12/2016
1420 Eli Drive	\$985,000	\$940,000	201.14	191.95	4897	2.43	6/29/2016
333 Sierra Manor Drive	\$975,000	\$975,000	260.28	260.28	3746	2.75	7/22/2016
1725 Holcomb Ranch Lane	\$1,885,000	\$1,725,000	235.27	215.3	8012	2.51	8/19/2016
300 Davis Lane	\$3,485,000	\$2,500,000	474.34	340.27	7347	8.37	6/9/2016
<b>NW CARSON CITY</b>							
1871 Walnut Court	\$419,000	\$395,000	167	157.43	2509	0.25	8/5/2016
2227 St George Way	\$413,000	\$410,000	214.32	212.77	1927	0.25	8/9/2016
2721 Snowflake Drive - Family Home	\$448,000	\$415,000	188.87	174.96	2372	0.3	7/29/2016
2271 St. George Way	\$415,000	\$415,000	190.89	190.89	2174	0.25	7/8/2016
2408 Roxbury Way	\$425,000	\$415,000	195.49	190.89	2174	0.24	6/17/2016
2653 Bedford Way	\$410,000	\$420,000	189.2	193.82	2167	0.25	6/30/2016
2253 Oak Ridge	\$425,000	\$425,000	156.65	156.65	2713	0.23	8/5/2016
3766 Timberline	\$439,000	\$430,000	188.09	184.23	2334	0.38	8/15/2016
2545 Fern Meadow	\$435,000	\$435,000	140.65	146.02	2979	0.24	8/8/2016
3656 Lakeview	\$459,000	\$449,500	215.9	211.43	2126	1.11	6/6/2016
2089 Ash Canyon	\$465,000	\$455,000	210.31	205.79	2211	0.55	6/3/2016
11 Woodstock Circle	\$499,000	\$475,000	181.72	172.98	2746	0.48	8/15/2016
159 St. Albans Place	\$484,900	\$479,900	179.73	177.87	2698	0.25	7/22/2016
1622 Robb	\$485,000	\$485,000	172.05	172.05	2819	0.19	7/7/2016
1465 Turner Court	\$495,000	\$485,000	198.48	194.47	2494	0.2	7/15/2016
572 Chelsea Place	\$485,000	\$487,000	190.72	191.51	2543	0.24	7/15/2016
582 Derby Court	\$489,000	\$489,000	192.29	192.29	2543	0.23	8/3/2016
2026 St George Way	\$529,000	\$490,000	208.02	192.69	2543	0.4	7/22/2016
2910 Dominic Court	\$495,000	\$495,000	196.51	196.51	2519	0.23	6/9/2016
4200 Levi Gulch	\$575,000	\$500,000	200.84	174.64	2863	1.08	7/8/2016
4760 Fox Creek Road	\$539,900	\$539,900	139.47	139.47	3871	1.1	7/29/2016
151 Plantation	\$595,000	\$605,000	237.43	241.42	2506	1	8/5/2016
1525 Turner Court	\$649,999	\$625,000	160.18	154.02	4058	0.19	6/17/2016
1717 Wellington East	\$689,000	\$665,000	185.46	179	3715	1.07	8/12/2016
3757 County Line Road	\$725,000	\$725,000	204.98	204.98	3537	2	8/17/2016

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

# Beware of rogue stem cell therapies



By Cyrus Pourzan

Public awareness of the medical potential of stem cell research is growing. However, public understanding of the science behind stem cell therapy is minimal. There are generally two types of stem cells, embryonic and adult. The debate on the use of embryonic stem cells will not be discussed.

Adult stem cells exist in all adults and are widely distributed throughout the body. The function of adult stem cells is to participate in the repair and maintenance of various parts of the body. In the event of an injury, these stem cells transform into whatever specific cells are needed to complete the repair. Stem cells age just like all the other cells in our body. Therefore, if you are 60 years old, so are your stem cells.

Rogue stem cell therapy is a treatment provided by a person outside of the scientific research community who has minimal training and experience in the field of stem cells. They do not make their methods or results public and avoid scrutiny by experts in the field. They often charge large amounts of money (\$15,000-70,000) and do not guarantee their results. Often they promise to cure the incurable. If it sounds too good to be true it probably is.

Unethical practitioners are using loopholes in our laws to prey on vulnerable people's expectations and misinformation that the stem cell revolution is already here and curing all diseases. Nothing could be further from the truth.

Irving Weissman, a professor at Stanford University in California who discovered human blood stem cells in 1992, is a pioneer in the field warns of the dangers of the quackery that he believes has invaded stem cell

therapy more than almost any other area of medicine.

In 2012, Nobel laureate Shinya Yamanaka warned the public about unproven "stem cell therapies" offered at clinics and hospitals in a number of countries, saying they were highly risky. The internet is full of advertisements touting stem cell cures for just about any disease -- from diabetes, multiple sclerosis, arthritis, eye problems, Alzheimer's and Parkinson's to spinal cord injuries -- often in countries such as China, Mexico, India, Turkey and Russia. Unfortunately, the evidence proving benefit is entirely lacking. Even testimonials cannot be trusted because they are impossible to verify scientifically.

Before risking your money and your health, verify your provider's training and certification.

So, if it sounds too good to be true.....beware!

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

# Research busts breast cancer myths

Submitted by Carson Tahoe Health

Plenty of rumors about what causes breast cancer float around on the internet and in emails from friends, but be careful what you believe. Check out these common myths about breast cancer and the truth behind them.

Myth: Most breast lumps are cancerous.

Truth: Actually almost 80 percent of lumps are found to be benign (non-cancerous). However, breast cancer can be present without a lump.

Kinsey Pillsbury is a board-certified radiologist with fellowship training in breast imaging and intervention at Tahoe Carson Radiology.

"Aside from feeling a lump, women should look for other changes in their breasts, such as skin dimpling, nipple retraction, redness or scaling of the nipple, bloody or clear nipple discharge or pinpoint breast pain,"

she says. "Even if a patient has had a recent screening mammogram, she should contact her physician if she notices any of these changes. Additional specialized mammographic views or an ultrasound may be needed to evaluate these signs."

Myth: Breast cancer is something only older women have to think about.

Truth: While the American Cancer Society recommends annual mammograms begin at age 40, younger women need to be aware of signs and symptoms, particularly if family history indicates they could be at greater risk.

"If a first-degree relative had premenopausal breast cancer, you should have a mammogram 10 years prior to the age that relative was diagnosed," recommends Dr. Pillsbury.

If a close female relative has had breast or ovarian cancer, younger women may want to speak with a physician about being tested for a BRCA-1 or BRCA-2 gene mutation, which could indicate up to an 8% risk for these cancers. If the genes are discovered before cancer develops, options are available to better mitigate cancer risk.

Myth: Women with dense breast tissue do NOT have an increased risk of breast cancer.

Truth: About 40% of women in the U.S. have dense breasts, meaning they have more glandular/fibrous tissue than fatty tissue. Women with dense breast tissue may have an increased risk of breast cancer, and it can also be more challenging to identify certain types of breast cancer through traditional 2-D mammography.

*continued on page 16*

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# To floss or not to floss?



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Getting patients to floss has been one of the hardest jobs of the dental professional. As a patient, we've all had "the talk" from our hygienists and dentist, over and over. Along comes the latest version of the Dietary Guidelines of Americans issues by the US

Department of Health and Human Services telling us that flossing is no longer necessary.

You could almost hear a collective "Hallelujah" echo across the country with this announcement. Finally, something that we hate to do is no longer necessary – the government said so.

But wait...what is really going on here? An AP journalist was studying the research on flossing and basically could not find studies meeting the criteria to ascertain if flossing was effective. Since there wasn't enough evidence present in research, the government decided to not include flossing in the guidelines.

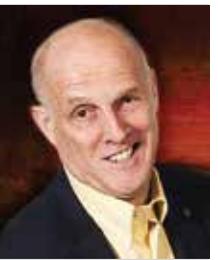
Now that we know the research is nonexistent or weak, it is up to the individual to decide if flossing is worth it or not. I, for one, will keep flossing. Common sense says that removing plaque and food from our teeth daily is essential for keeping our teeth healthy. Common sense also says that a toothbrush cannot reach in between our teeth in the tight spaces where our teeth touch. That is where flossing comes in. Flossing also helps in the

prevention of periodontal disease.

There are no studies comparing the use of a parachute in skydiving vs. not using a parachute to have a safe landing. However, I would always wear a parachute should I decide to jump out of a plane, even if the research is weak. Many times in life, our common sense outweighs what our government deems what should be important or not.

*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.*

# Zika virus and children



Dr. Max Coppes

By Max Coppes

By now, most of us know the potential dangers that the Zika virus poses for pregnant women and their (un)born babies. But what about its effects on children?

While few medical facts have been published, available evidence suggests that children who are infected by Zika through mosquito bites either show no symptoms at all or if they do, they undergo a mild illness. If symptoms occur in infants and children, they include fever, a skin rash, mild joint pains, and/or

a pinkeye. In very few children, vomiting and diarrhea have been reported. Overall, these symptoms are typical for many viral illnesses in children. Therefore neither you nor your family physician or pediatrician would specifically think of a Zika virus infection if your child would develop these symptoms, especially not if the child has not travelled outside Northern Nevada.

Why would we consider children who live in Northern Nevada safe from Zika virus infection? Because Zika virus is primarily transmitted to humans through the bite of a specific family of mosquitoes, the Aedes mosquito family. The Center for Disease Control and Prevention provide maps that

show in which areas of the country certain mosquito families tend to live. Current knowledge suggests that the Aedes mosquito family will not be found in Northern Nevada. Since they prefer living in tropical, subtropical, and occasionally in temperate climates, they are found in other areas of the US, including southern California, Arizona, New Mexico, Texas, and most states in the south east, from Virginia to Florida. In short, Zika infection is not a concern for children who are bitten by mosquitos here at home in Reno.

Nevertheless, I recommend that we protect our children from mosquito bites, given the very remote chance that they get infected by West Nile virus. Less than 1% of mosquitos in our area carry the West Nile virus, and less than 1% people bitten and infected become seriously ill.

How do we best protect our children? Keep them indoor at dusk and dawn, have them wear long sleeves and pants, and dispose of any stagnant water around the house. With regard to repellents containing DEET, they have been tested and approved as safe for children over the age of 2 months. Generally, it is recommended to use a repellent with no more than 10-30% concentration of DEET, once a day. Use the lower concentration (10%) if children will be outside for less than 1 hour, the higher (30%) concentration if they are outside longer.

*Max Coppes, M.D., Ph.D., MBA has accepted the joint leadership role as the Nell J. Redfield Chair of Pediatrics at the University of Nevada School of Medicine and pediatrician-in-chief at Renown Children's Hospital. Photo provided by Renown Health earlier this year.*

## Vain or Vein?

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## breast cancer myths *continued from page 15*

"Research shows that getting regular 3-D mammograms is the best way to detect cancer early, especially for women with dense breast tissue," says Dr. Pillsbury.

One out of eight women will be diagnosed with breast cancer in her lifetime. Annual mammograms are the best protection against breast cancer; studies show that 76% percent of

Nevada women age 40 and older had a mammogram within the last two years. Carson Tahoe's goal is to educate and empower women to take charge of their health through early breast cancer detection.

*To learn more about breast health services, visit [www.CarsonTahoe.com/Breast-Center](http://www.CarsonTahoe.com/Breast-Center). To schedule your mammogram, call (775) 445-5500.*

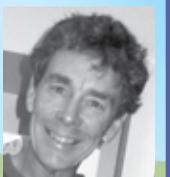
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# End of life care requires early planning



Andrew Pasternak, MD

By Andy Pasternak

The most difficult part of my job as a doctor is when I have to give bad news to patients, especially ones I've known for years. I had to have that discussion recently with a patient who is a retired physician. He knows he has cancer but we've discovered the cancer has spread more quickly than expected. He is going to talk with a cancer specialist, but he's reluctant to go to extreme measures and has been talking to his family about his end of life plan.

Several studies have shed light on why health care professionals want fewer medical tests and procedures done for them when faced with end-of-life decisions. One study showed that 88% of doctors chose to be "do-not-resuscitate". Why is this?

Anyone who has worked in a hospital can tell you stories about the amount of seemingly futile care that's provided for patients. Most of this care is done not to help the patient but to appease the family. People with no chance of recovery are left to suffer instead of dying peacefully.

We have a tendency in our country to want to "fight to the end" and "do everything possible." In part, medical TV shows feed into this. An interesting study showed that 75% of the characters on TV shows who received CPR survive when in reality the percentage is somewhere between 4-19%. A follow up study showed that when patients over the age of 60 learned about these differences, the number of people who desired CPR dropped from 41 to 22%.

When you or your family are faced with an end-of-life situation, hopefully your physicians will talk to you about all your options, including palliative care or hospice care. If they don't, you might need to bring it

up to them as some physicians are hesitant to suggest your condition is terminal. If you have friends or family members who elect to enter hospice care, don't feel like they are "giving up"; they are really just taking control of their care and how they wish to die.

Finally, please talk to your doctors or nurses about filling out POLST forms (Physician Orders for Life-Sustaining Treatment). These bright pink forms are to be filled out with your providers to make sure you can control the end-of-life care you receive should you not be able to communicate with your physicians. In most situations, it's also nice to have a friend or family member there when you fill out the forms to make sure they are involved in this discussion.

*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.*

# 3 simple ways to avoid diseases of aging



Kerstin Tracy

By Kerstin Tracy

A 12-week research study demonstrated the effectiveness of CranioSacral Therapy on individuals with dementia published in the Journal of Gerontological Nursing. Halfway through the program, about two-thirds of the patients started improving; they became more interactive, more cognizant, and their verbal and social behavior improved.

Those are promising results for what amounted to a few minutes of light-touch therapy every day. So why did CranioSacral Therapy work so well? That answer may be found in the patients' earlier medical conditions.

Their histories showed a pattern of diabetes, arthritis, and a host of other problems that had built up over the years. Yet all their issues pointed to one major culprit: inflammation. Add to that the medications they took that unintentionally suppressed their immune systems, and over time

their bodies' ability to counteract the inflammation failed. That set the stage for toxins to pass into the brain and create or irritate the classic diseases of aging.

The Alzheimer's Association claims that more than 5.2 million Americans 65 years and older have Alzheimer's, the most common form of dementia. Those are daunting statistics. Fortunately, there's good news for you.

Your body creates a fluid that nourishes the brain and naturally washes away toxins. When you strengthen the flow of this cerebrospinal fluid, you give your body a fighting chance to relieve itself before a chronic disease can take hold.

**Here are 3 simple ways to keep your cerebrospinal fluid flowing:**

- Drink half your weight in water.

As we age, the cells in our bodies begin to lose the ability to retain fluid. That's why drinking more water is so important. And make sure it's pure unadulterated water, with no extra flavor thrown in. Your body processes flavored water like food, which doesn't bring the same hydrating benefits.

- Try traditional Chinese exercises

like Tai Chi and Qigong.

With their slow, rhythmic movements, traditional Chinese exercises give your internal organs a nice massage. They're also known for balancing the body, including your cerebrospinal fluid.

- **Get a CranioSacral Therapy session before you think you need it.**

CranioSacral Therapy gently strengthens the flow of cerebrospinal fluid. So getting regular sessions becomes even more critical as we age. But don't wait until you think you've

got a problem before getting a session. When it comes to relieving diseases of aging, prevention is the medicine.

*Kerstin S. Tracy helps transform the lives of humans and horses using powerful tools and techniques that help them break through blocks and get unstuck so they can transform their lives, energy and spirit. She holds a Master's Degree in Sports Science, is an advanced practitioner in Upledger CranioSacral Therapy and Equine Craniosacral Bodywork as well as a Master Certified Holistic Manifestation Method Coach.*



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# Carson High Mountain Bike Team inaugural season underway



Janice Keillor

By Janice Keillor

With the first National Interscholastic Cycling Association race under their belts, the Carson High Mountain Bike team has proven to be one tough bunch of kids. After only two months of training, they pulled off a third place overall finish in Tahoe City in August.

It was a challenging race for all of the athletes and an impressive start to the inaugural season.

Carson City is lucky to have such hard-working, positive kids on the team. Even though much of the training has been in the intense afternoon heat and wind, with miles of climbing, there is nary a complaint to be heard. It seems that Head Coach Brent Ruybalid has gotten it into their heads that suffering is a good thing. Great job, coach!

Although some of the athletes have raced before, many on the team are new to mountain bike racing. Seventh grader Julian Dale had only ridden a mountain bike a few times before joining the team. But thanks

to his BMX background he is already tearing up the trails on the heels of coach Nate Harrison. Mountain biking has quickly become Julian's passion because it makes him feel amazing. For his birthday he wanted nothing more than to ride the Ash to Kings trail. Sounds like a cyclist for life.

Two other athletes, seniors Mallory and Molly Otto, BMX racers since age 6, recently started cross country mountain biking after their teacher and now mountain bike coach Gary Casselman told them about the new team. Now instead of just crushing the North Star downhill races, Mallory and Molly have acquired their climbing legs and are giving the cross country mountain bikers a run for their money. They're a great example of how the sky's the limit.

After experiencing the first race, the athletes have begun to define their goals and expectations for themselves. Some want the winner's jersey, some want to finish on the podium, and some just want to finish strong. But the common goal throughout is to have fun and be part of the team.

Thanks to all of the coaches, ride leaders, volunteers, and parents who have helped the athletes



Carson High Mountain Bike Team competitors and coaches at the North Tahoe Challenge.

## Notable finishes at the North Tahoe Challenge

Tobin McRae – 2nd place Sophomore boys

Mallory Otto – 3rd place Junior Varsity girls

Taylor Jenkins – 3rd place Sophomore girls

Connor McRae – 4th place Varsity boys

get to the starting line. And to all of the kids participating, if you don't have dirt on your teeth, you're not smiling enough.



Connor McRae-12th grade, Carson High



Adam Flaten-12th grade, Carson High



Elsa Harrison-6th grade, Carson Middle



Julian Dale-7th grade, Carson Middle



Riley Dunn-9th grade, Carson High



Owen Lieder, 9th grade, Carson High



Tobin McRae-10th grade, Carson High



Jale Kordonowy-11th grade, Carson High



Gavin Bakkedahl-11th grade, Carson High



Isaac Harrison-8th grade, Carson Middle



Cameron Rice-8th grade, Carson Middle



Mallory Otto-12th grade, Carson High



Molly Otto-12th grade, Carson High



Alex Robison-7th grade, Carson Middle



Taylor Jenkins-10th grade, Carson Middle



Jens Robison-9th grade, Carson High



Jarod Butler-12th grade, Carson High



Alex Pugh-9th grade, Carson High

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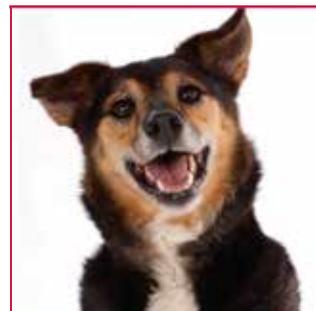


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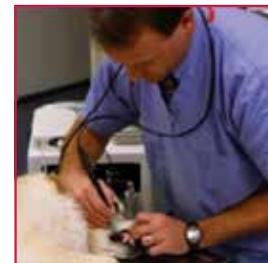


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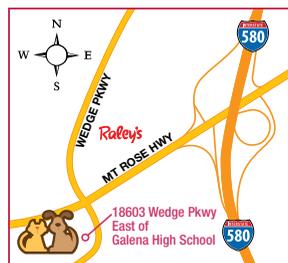


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# Fall nature camp at Galena involves inquisitive kids in environmental science

By Kenny Haack-Damon

The summer campers have all gone back to school for now, but Galena Creek naturalists are gearing up for another season of day and residential school field studies and the upcoming Fall Break Exploration Camp, October 3rd-7th. Students get outside, into the forest and actively engage in the learning process that centers on exploration and creating more environmentally aware community members.

Great Basin Naturalist Camps in the Galena Creek Recreation Area teach students the value of the natural world through the use of experiential education practices. In its simplest form, that means

learning by doing - where mistakes become new learning experiences and without being judged or evaluated, campers can reflect on successes and mistakes to increase knowledge.

All educational programs at Galena Creek encourage exploration. Naturalists don't give students answers, but help them learn ways to arrive at an answer themselves. Experimental learning is an important way for kids to explore at their own pace and learn from one another.

The wildly successful Summer Exploration camps were filled with natural exploration, friendships, hiking, camping, swimming, games, campfires

and much more. In eight weeks, Galena Creek served 440 campers, hosted by four amazing naturalist from all over the United States, three incredible international counselors, and four local counselors from Reno. Campers learned wilderness skills, and explored rocks, ponds, streams, animals, plants, natural art and the relationship between predator and prey species. Campers may come for the fun and games but they return year after year for the knowledge they gain and the natural beauty that serves as a backdrop to Great Basin Naturalist Camps.

Load up your backpack, lace up your sneakers, and get ready to explore

Nevada's unique natural wonders. Fall Break Camp is a fun, educational, hands-on discovery of the Galena Creek Forest. Great Basin Institute provides quality, outdoor experiences that emphasize environmental science, physical activity, and an inquisitive spirit. Camp runs October 3-7 for ages 8-12.

*Kenny Haack-Damon, director of education and field studies with Great Basin Institute at Galena, brings his experience, education, and passion for experiential education to benefit Washoe County students. For more information and to register, contact the Visitor Center at [visitorcenter@thegreatbasininstitute.org](mailto:visitorcenter@thegreatbasininstitute.org) or (775) 849-4948.*

# How do you make a teenager smile?

By Paul Miers

You introduce them to a mountain bike. How do you get a teenager to spend less time on Snapchat, Instagram, YouTube or Minecraft? You introduce them to a mountain bike - a parent's dream.

Get ready to see a lot more kids on local trails this fall. The Nevada League, a 6th-12th grade mountain biking league, started its inaugural season on July 1 with the very first race held on August 28 on incredible trails above North Tahoe High School. The Nevada League is affiliated with National

Interscholastic Cycling Association which was founded in 2009 to create youth mountain biking opportunities across the country.

The Galena Mountain bike team was organized by students at the high school this spring. They held their first practice in July and have been hitting the local trails three times a week ever since. Practices consist of teaching trail etiquette, bike handling skills, and having fun exploring the trails that exist in the Galena/Tahoe area.

The riders' skills and endurance have all increased significantly in the



The Galena Mountain Bike team started its inaugural season in July.

eight weeks they have been riding together. While the team and league are organized around a four-race season from August to October, the riders are not required to race. The primary goal is to expose them to an activity that will become a lifelong passion of enjoying the outdoors.

What really makes this team a success is the 35 students and 10 volunteers having fun shredding local dirt. You will know who these riders are when you see them; they are the ones with big smiles on their faces unless they are climbing a big hill.

It is not too late to get involved with the Galena team or other local teams or the Nevada League as a student rider, volunteer or financial supporter.

If you know of anyone in Northern Nevada interested in participating or supporting the team or league send an email to [info@galenamtb.org](mailto:info@galenamtb.org). All skill levels and grades 6th-12th are welcome.

Financial contributions to the Galena Team can be made at [Renotahoejuniorcycling.com](http://Renotahoejuniorcycling.com). Contributions for the Nevada League can be made at [Nevadamtb.org](http://Nevadamtb.org). It is a tremendous undertaking to establish mountain biking activities for students and no donation is too small, or too big for that matter.

*Paul Miers volunteers to coach the Galena Mountain Bike Team. He couldn't be happier sharing his passion for this sport with young riders. More info is available at [Galenamtb.org](http://Galenamtb.org) or [Nevadamtb.org](http://Nevadamtb.org).*

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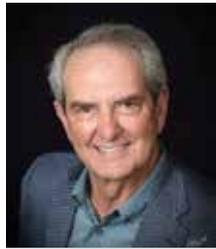
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# Five reasons to start and not to start your own business



Carl Gearhart

By Carl Gearhart

Is owning your own business really for you? Many of us think it is but we may have not considered some critical questions that need to be asked and answered before any decision making.

Five reasons to start your own business

- People need or want it. Are you filling a void? Do people really want what you're selling? How cool is it to provide something that makes people feel better, sleep better, learn better, live better etc.

- You'll be better off. This spans a wide range of situations, from making more money, to sharing home and child time, to living in a better place.

- You'll be happier. Looking back, one of my main drivers was wanting to do things my way, wanting to spend my time on tasks that interested me. I wasn't sure I'd make more money, but I was pretty sure I would be happier.

- You'll control your own destiny. When you build your own business, success or failure depends on you, not your boss, your company, and much less politics or being a team player.

- Change the world for the better. Build a business, employ people, give them something meaningful to do, and you make the world a little better.

On the other hand, once again suspending the critical point of whether or not it's going to be successful, here are five reasons not to start that business:

- It takes a lot of work. I've been dealing with entrepreneurs for more than 30 years. I've never seen even one of them who worked less while building a business than when he or she was an employee.

- It causes a lot of worry. You don't know the future, you live in uncertainty, and, if you grow, people depend on you. If you're Zen enough, maybe you don't worry; but most people do worry.

- Failure can cost you big time. Businesses do fail, and not always through the fault of the owner. If you can't deal with the possibility, don't go there.

- You won't be your own boss. It's funny how often we equate owning your own business with being your own boss. But consider this: you're not your own boss; your customers are your boss.

- You will make mistakes. If you can't live with mistakes, keep your day job. You can't go through this forest without making some wrong turns.

It's not for everybody. Is it for you? In today's environment, controlling your own destiny by owning your own business often gives more security than working in the corporate environment. Many people choose to buy a franchise and take out some of the risk and worry.

*Carl Gearhart is a 30 year veteran of entrepreneurship and is retired Chairman of Alliance Franchise Brands. He is currently a consultant with FranNet a company that matches individuals wanting to own their own business with franchise opportunities. Carl is also a volunteer with SCORE offering free counseling for small business entrepreneurs. For more info, contact him at cgerhardt@franet.com*

## Is Tesla already impacting business owners?



Ryan Gearhart

By Ryan Gearhart

It has become difficult to navigate any business exchange without mention of the Tesla Effect. Just how this may affect local businesses in our area is truly anybody's guess.

While a recent local study showed that only 5% of homebuyers are from out of state moving for vocational reasons, we see large companies such as Switch surface from the wake of this phenomenon. We are all excited as we anticipate what brave new world we may enter as these developments unfold; however, what impact has it had already and in which other industries are we seeing the Tesla Effect?

Small businesses are noticeably jumping onto the internet's "need for speed" bandwagon – and for good reason, too. A resilient and fast internet connection in a business environment provides many benefits.

Customer rapport, productivity, efficiency, ROI and more can be impacted by this digital resource.

The internet serves as a necessity to practically everyone – especially businesses. Everyone is using it in some aspect of their lives, and creating a market of endless users for businesses is an essential factor to their growth. In reciprocation to these bigger fish swimming into town, current Internet Service Providers have begun to diligently acquire as much of the market as possible. Currently, the ISP market more closely resembles something akin to an oligopoly where a small number of agencies hold a vast majority of the market share.

What does this all translate into? The focal point has shifted away from the needs of the consumer, putting them in a tenuous position. Leaving the keys of your business with another agency can understandably become risky. Promotions and packages yield extremely competitive prices at the expense of poorer service and hardware issues. What once seemed like

an apt financial decision has now become a nightmare of intermittent issues and glitches. Without a guide, this decision may become the Achilles's heel of your business. Luckily for the savvy business owner, there are experts at local IT companies that can be consulted. As denizens of this realm, we have become quite accustomed to the hidden pitfalls.

Before closing, I must make clear that this article in no way is taking a jab at our local ISP's. In fact, the truth is quite the opposite. Many individuals within the industry still cater to the needs of their customers. But the company-wide paradigm has begun to shift. When this happens it becomes more difficult for the consumer to find those hidden gems that consistently go above and beyond in the call of duty. They are out there, and I want to make sure customers in need find the right people.

*Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. For more information, contact (775) 525-2000 or visit [www.protechnical.com](http://www.protechnical.com).*

## Could you be required to provide financial support to your parents?

Provided by Hawley MacLean

Imagine your parents outliving their money. A terrible thought, right? Should this occur, there will be one of two outcomes. Either your parents will move in with you (or someone else), or your parents will become indigent.

Hopefully, your parents have saved, invested, and managed their money well enough to avoid such a plight, whether they live together or separately. If either or both of your parents do end up in such dire financial straits, the burden of rescuing them could fall on your shoulders. That is because 29 states have filial responsibility laws.

Imagine drawing down your retirement savings to pay for nursing home care. Thanks to these obscure, but enforceable, state laws, this scenario is not unimaginable.

Nursing homes may turn to these statutes to demand payment of eldercare bills. These laws can be challenged in court, but sons and daughters may have little recourse. In 2012, the Superior Court of Pennsylvania upheld a lower court ruling requiring



a man to pay off a \$93,000 long-term care bill owed by his mother to a nursing home. In August 2015, the same state court upheld a ruling that a man had to pay his mother \$400 a month in filial support.

In the future, will assisted living facilities and nursing homes cleverly exploit such laws (and legal precedents) to file claims or lawsuits against the children of patients? Baby boomers, Gen Xers, and millennials may face that risk.

Some filial laws do offer loopholes. In Pennsylvania,

for example, children cannot be held legally responsible under the state filial law if their parent abandoned them for a decade or longer during their childhood or if the parent's immediate family is incapable of paying the debt.

How easily can a nursing home saddle you with your mom or dad's eldercare bill? Not that easily. In order to cite filial responsibility laws, the nursing home or assisted living facility usually has to provide proof that the resident cannot pay the cost of care.

That hurdle may not deter eldercare providers as baby boomers enter their sixties, seventies, and eighties. Providers may be forced to explore every possible avenue to collect the payments that will keep them in business.

Will Medicaid pay for eldercare if a parent runs out of money? It often will. If the applicant is already eligible for Medicaid prior to requesting coverage, that coverage can be retroactive up to three months from its starting date.

Medicaid does have its potential downside. By law, state Medicaid programs must try to collect reimbursement for coverage of eldercare costs after a Medicaid recipient passes away. While the value of a

*continued on page 21*

# Let the games begin...and again!



By Linda Petrini

At the 2016 Rio Olympic Games, Team USA athletes stepped on the podium holding up their medals, making the nation proud. To give you a sense of my gold medal winners, I have listed a number of my favorite varietals and a list of popular

food items. I have also included a few suggestions for recommended producers.

Now you get to match them up! Let the Games begin answers can be found below the recipe.

## BLUSH/WHITE WINES

- 1) Rochioli Rose of Pinot Noir (Sonoma)
- 2) Berghold Viognier (Lodi)
- 3) Pomelo Sauvignon Blanc (Napa)
- 4) Patz & Hall Chardonnay (Sonoma)
- 5) Schramsberg Champagne (Napa)

## RED WINES

- 6) Vino Noceto Sangiovese (Amador)
- 7) Biale Petite Sirah (Napa)
- 8) Morlet Pinot Noir (Napa)
- 9) Orin Swift Grenache (Napa)
- 10) Hunnicutt Merlot (Napa)
- 11) Turley Zinfandel (Amador)
- 12) Alpha Omega Cabernet Sauvignon (Napa)



- A) Mac and Cheese with Bacon
- B) Grilled Portobello Mushrooms
- C) Shrimp and Avocado Salsa in Pita Toasts
- D) Turkey Pumpkin Chile and Corned Bread
- E) Sushi
- F) Roast Pork Tenderloin with Rosemary
- G) Goat Cheese Rolled in Blueberries with Sliced Pears
- H) Smoked Trout / Smoked Almonds
- I) Moroccan Short Ribs with Garlic Mashed Potatoes
- J) Pasta with Mussels and Tomato Sauce
- K) Lemony Risotto with Asparagus and Shrimp
- L) Prime Rib with Yorkshire Pudding

Now match up these pairing with the games coming in the fall via the NFL and NBA.

Linda Petrini has been a "Virtual Sommelier" for 20 years, specializing in California boutique wines. She is now expanding her business to include customized Wine and Food Pairing Events for family/friends, corporate dinners, business marketing and fundraisers of any size. She will also design a customized wine tour for any California region. She can be reached at [Linda@WineFoodLaughter.com](mailto:Linda@WineFoodLaughter.com) or by calling (775) 203-8798.



## financial support continued from page 20

car and a home have no effect on someone's eligibility for Medicaid, that home and car can be claimed by the state as it seeks to recoup its costs. An estate is usually spared from this effort if the deceased person leaves behind a surviving spouse, children under 21, or disabled or blind children of any age. Property held in a trust should also be exempt.

If you and your parent(s) jointly own assets or accounts, that could be a problem. As an example, say you and your parent jointly own a townhome. If you attempt to sell it after your parent's death while the state is trying to recoup Medicaid costs, the state may place a lien on it. You will have to give up some of the sale proceeds to settle the lien.

Here is a "what if" worth considering: if your parents become destitute, how much financial responsibility will you be willing to assume on their behalf? Given the presence of filial laws and the possibility of Medicaid liens, you may end up more involved in their financial affairs or estate than you expect.

For the record, filial laws remain in place in Alaska, Arkansas, California, Connecticut, Delaware, Georgia, Indiana, Iowa, Kentucky, Louisiana, Maryland, Massachusetts, Mississippi, Montana, Nevada, New Hampshire, New Jersey, North Carolina, North Dakota, Ohio, Oregon, Pennsylvania, Rhode Island, South Dakota, Tennessee, Utah, Vermont, Virginia, West Virginia, and Puerto Rico.

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## Turkey Pumpkin Chili

By Linda Petrini and Whole Foods



- 1 tsp ground cumin (or 1 Tbsp)
- ½ tsp salt
- Ground black pepper to taste
- 1 15 oz can kidney beans, rinsed and drained
- Sweet, white corn
- Sour cream
- Cilantro

### Directions

1. Heat oil in a large pot over medium high heat.
2. Add onion, pepper, jalapenos and garlic and cook, stirring frequently, until tender, about 5 minutes.
3. Add turkey and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt, and pepper and bring to boil.
5. Reduce heat to medium low and add beans.
6. Cover and simmer, stirring occasionally, for 30 minutes more.
7. Ladle chili into bowls and serve with sour cream and chopped cilantro.

I served with a berry-ful zinfandel. Cheers!

### Answer Key

1G, 2C, 3H, 4K, 5E, 6J, 7L, 8F, 9I, 10A, 11D, 12B

### Ingredients

- 2 Tbsp extra virgin olive oil
- 1 small yellow onion, chopped
- 1 green bell pepper, cored, seeded and chopped (or 1/2 yellow, 1/3 red, 1/3 orange)
- 2 jalapenos, seeded and finely chopped
- 2 cloves garlic, finely chopped
- 1 lb. ground white or dark meat turkey (white)
- 1 14.5 oz can diced tomatoes with liquid (fire roasted)
- 1 15 oz can pumpkin puree
- 1 c water (or 1 ½)
- 1 Tbsp chili powder

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## Not all lumps and bumps on your pet are scary



Dr. Matt Schmitt



By Matt Schmitt

Sometimes the simple act of petting or brushing your pet can lead to discovery of a lump that wasn't there before. Rather than jump to conclusions, know the types of lumps and bumps that are common.

**Lipoma** – Usually present just under the skin, and generally benign, lipomas vary in size and firmness. They can be soft and moveable or hard when entrapped in muscle fibers or sheath.

**Sebaceous Cyst** – This is a superficial bump, typically due to plugged oil glands in the skin. Sebaceous Cysts often rupture and form again. Sometimes they become irritated or infected, and can develop into

tumors, requiring removal and examination by a veterinary pathologist.

**Cancerous Lump** – Benign lumps tend not to spread, but can grow to an uncomfortable size. Cells from malignant lumps can spread rapidly and can metastasize to other areas of the body. It's these lumps that need immediate attention for both mass removal and post-surgical treatment.

Knowledge is power – go check it out! Ignorance is not bliss, but instead can cause stress and fear of diagnosis. Veterinarians can investigate the cause of lumps and bumps in several ways:

**Impression Smear** is done by pressing the skin mass surface, collecting cells on a microscopic slide.

**Aspiration Smear** involves inserting a needle into the lump and “vacuuming” cells that are then smeared on a microscopic slide.

**Incisional Biopsy** is the removal of a small sample of the lump while under sedation. The sample is then sent to a veterinary pathologist for examination.

**Surgical Removal** of the mass along with surrounding skin and tissue allows for more extensive evaluation by a veterinary pathologist.

X-Ray is usually reserved for detection of internal masses and metastasis to vital organs.

Treatment options are much like those for humans: Surgery subsequently followed by continual monitoring for recurrence.

Chemotherapy / Radiation are also potential post-surgery adjunctive treatments.

As always, a vigilant and informed owner is your pet's best wellness ally!

10 Symptoms worth attention:

Lumps and bumps, lethargy or depression, evidence of pain, abnormal odors, abnormal discharge, non-healing wounds, change in appetite, weight loss, coughing or difficulty breathing, changes in urination or defecation. Knowing is better than not knowing. Lumps and bumps should be examined and treated for wellness and peace of mind. That goes for both people and pets.

*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.*

## Small maples fit for home landscapes

By Mary Sattler

Let's go back to the “olden” days when a modest home was defined by a single large tree in the front yard that shaded the front porch in the summer and provided a gloriously festive autumn display of yellows, reds and oranges reminding of us of jumping into leave piles and evenings around the fire place. For many of us, lot sizes have gotten smaller sparing no room for a large tree in the front yard. But you can still create that look by defining the size limit of the tree's width. If limiting the diameter to 25 feet, you have three good choices of colorful maple trees.

The smallest maple is the Vine Maple. This North West native is a quick grower with an average height of 10'-15' and width of 20'. Vine Maple is a durable and flexible tree available as a single stem or a multi stemmed large shrub. It flowers white in the spring with double winged



Some smaller maple trees create an amazing color display in your yard while maintaining a footprint to suit smaller lot sizes.

samaras. This maple will benefit from all day or afternoon shade but can tolerate dry conditions very well. You may notice some marginal leaf burn because our humidity is so low. Vine Maple puts on the best autumn color changing show of all the maples. The colors change from green to yellow, red, and orange in the fall.

The Crimson Sentry is a slow grower with an average height of 25' and 15'

width. It paints a brush of color onto your landscape, emerging bright crimson and morphing into a deep maroon in the summer. It has a dense upright growth habit. In a narrow side yard this tree can be a very good screen from the neighbors. Because the summer leaf is such a deep color the fall color isn't as spectacular as other maples, changing into more bronze tones before falling off.

Drumondi is a variegated Silver Maple, a moderate grower with an average height of 30'-40' and 20' width. Green and white foliage changes to yellow with an unusual tinge of pink in the fall. In the spring yellow-green flower clusters appear before the leaves open. It has a round, upright growth habit. This tree tolerates dry conditions after it is established and grows well in full sun. Over time, this maple may revert to a solid green leaf color. Slow this process by pruning out the branches that produce solid-color leaves as soon as they appear.

*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.*

## In landscaping fall is the perfect time to think spring

By Tim Scott

Fall is the best time to do some lawn care prep for a lush, green spring. So whether you are looking to enjoy a green lawn for yourself, or if you want to really impress the neighbors, get to work right about now.

Timing is key. Start your fall lawn care regimen when it starts to cool down by mid to end of September. Your last chance to get it in is usually by November or before you winterize your irrigation. Northern Nevada's weather can be interesting, so just keep an eye on the weather to get your timing right.

**Break up thatched grass.** Thatch in your lawn is a build up of old grass clippings, dead roots and other lawn debris. Thatching your lawn can help speed up the spring process by getting

the old dead grass out of there; otherwise, it takes longer for fertilizer to get down to the roots.

Thatch can be a good or bad thing for your turf grass depending on the amount present. An inch or more thatch can keep water and nutrients from reaching roots. It can also lead to pest or fungal problems.

To break up thatch, you'll need a good thatcher. A thatcher has blades that run perpendicular to the surface. The blades rotate and slice into thatch breaking up the compacted debris. The blades can be adjusted to make sure you remove just the right amount of thatch. Then, you can help prevent thatch with proper aeration.

**Aerate.** A core aerator removes small cylinders of turf from your

lawn and leaves them on the surface. This helps decompact soil and allows oxygen, water and fertilizer to get deep into the root system. It also encourages deep root growth that will help grass weather the winter and pop up green and healthy around March or April. Healthier, stronger roots are better able to tolerate drought. Aerating twice a year is ideal, especially in the fall.

**Don't forget the fertilizer.** Fall fertilizer assists with root development before winter sets in and can help your grass better survive rough weather conditions and become more resistant to disease and drought. Be sure to apply fertilizer according to the instructions. “Too much of a good thing” applies to fertilizer, too. You don't want to over fertilize or you may burn your grass.

Once you've applied your fertilizer, be sure to water it in so that it gets down to the roots. Including your fall fertilizer application, five fertilizations a year support a healthy lawn.

Don't mow your grass too short for the final mow of the season. At this time, grass is taking in nutrients to store in its roots to survive the winter and come back healthy and green in the spring.

Turn your irrigation system back on in the spring – late March at lower elevations and April at higher elevations.

*Tim Scott is a landscaping professional and is an Owner/Partner and Residential Division Manager of Signature Landscapes. For more information on how to ready your lawn for a green spring, talk to a landscape professional at [www.SigLands.com](http://www.SigLands.com).*



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