



PGA tour returning to Northern Nevada with Barracuda Championship



By Chris Hoff

The 2015 Barracuda Championship (formerly the Reno-Tahoe Open) is fast approaching with 132 of the best golfers in the world descending on Montreux Golf & Country Club August 3-9. Current PGA TOUR stars such as Adam Scott, Luke Donald, Jason Day, Bubba Watson, Matt Kuchar and Jimmy Walker have all teed it up in Northern Nevada in the 16 year history of the tournament.

Mark your calendars for the
Galena Fest on September 27th

In those 16 years, over \$3 million has been generated for charity as a result of great support from the community. Children’s Cabinet, Big Brothers Big Sisters, Veterans Guest House, Boys & Girls Club and First Tee are just a few of the more than 100 charities that have benefited from the tournament.

There is still time to sign up to volunteer for this year’s Barracuda Championship. Whether you are interested in walking the course as a walking scorer or standard bearer, or if you’d like to stay in one spot and assist with gallery control through our marshals or assist with statistics through our laser operators, there is a job and a committee for everyone.

In addition to a commemorative shirt and hat, all volunteers receive tournament tickets, food and beverages while they work. The unforgettable volunteer appreciation day is Saturday, August 8.

For more information on volunteering, visit BarracudaChampionship.com where you can sign up online.

Tickets are also on sale and we are



Volunteers are still being recruited for the the Barracuda Championship at Montreux Golf & Country Club. In 2014, volunteers met champion Geoff Ogilvy (far left), served refreshments and kept score.

proud to have on board Raley’s as our official ticket outlet. You can now purchase your daily grounds tickets at any local participating Raley’s including the newly remodeled location on Wedge Parkway. Plus, be on the lookout this summer for discounts on tickets from some of our

great partners like New West Distributing and Miller/Coors.

Chris Hoff is the executive director of the Barracuda Championship. For more information on this year’s event, visit BarracudaChampionship.com or contact the tournament office at (775) 322-3900.

Letter From the Publisher

Summertime is here, or let’s say it will be here by July – this is Northern Nevada after all. Soon we will get out and enjoy all of the fun things we can do outside. Perhaps a trip to Sand Harbor or a mountain bike ride along the Flume Trail? Or a hike up Mount Rose? How about a round of golf?

If you have time for volunteering, check out the story on the Barracuda Championship at Montreux Golf Course. They’re looking for volunteers and it sounds like a great event to support.

If you’re into something a little more adventurous, consider soaring in a motorless airplane. Ken Focht from the Silverado Soaring Club took me on a flight. It was both exciting and relaxing. I can’t wait to do it again. We will be featuring a series of articles describing this exhilarating activity.

As always, we have a wide variety of new stories in this issue and welcome the input from our community. We have a lot of positive things going on around the Mt. Rose corridor, and we are happy to help spread the word.

Lastly, keep in mind that Galena Fest will return for its eighth time this fall



Richard Keillor got a new perspective on the Sierra Nevada as he soared above its peaks in a motorless glider.

on September 27th. All of your favorite events are coming back with plenty of food and entertainment to enjoy. Galena Fest is for all of us and the financial support it brings to kids’ programs and our local trail systems is vital.

I hope everybody has a great summer!
*Happy trails,
Richard Keillor*

Galena Creek Visitor Center celebrates five years of connecting community with nature

By Gwen Bourne

This July will mark the fifth year anniversary of the Galena Creek Visitor Center, and we have much to celebrate!

When the Great Basin Institute, US Forest Service, Washoe County and community members convened for strategic planning, the resounding message was that we were to be unique. While we function very much as a traditional visitor center, we have found our “niche,” and it turns out that niche rests with the bugs in the dirt, the birds in the trees, and everything in between—we connect our community with nature.

Since 2010, when the Great Basin Institute entered into a partnership with Washoe County and the US Forest Service to operate the new Galena Creek Visitor Center, we have capitalized on the unique natural environment of Galena Creek, providing quality outdoor, nature-based education to over 16,000 local youth, from preschool to high school. Collectively known as Great Basin Naturalists at Galena, our programs have been recognized with a Nevada Recreation and Park Society Program Excellence Award. Community support for science education in the outdoors has been extremely positive, as reflected in Nell J. Redfield Foundation’s multi-year support of the Scholarships for Nature Discovery program, and support this year from the Community Foundation of Western Nevada, the Pennington Foundation, and individual community donors. This support has provided full tuition scholarships to local youth, many of whom had never ventured into the outdoors for such an extended period of time. Our programs are serving the community, increasing diversity in our outdoor classrooms, and enriching the collective youth



With innovative, award-winning programming, Great Basin Naturalists at Galena provide nature-based, outdoor education to local children and teens.

and community experience in our region.

Great Basin Exploration Summer Camp 2015 begins with weekly day and residential camps on June 15 through the first week of August. In addition to the 8-12 year old camp, new this year is the Teen Science and Service Learning Camp, where teens spend time on public lands with researchers and land managers.



(Photos by G. Bourne)

Teens will go on extended day field trips and overnight adventures to Indian Creek, spend a day at Lake Tahoe, and gain leadership experience.

2015 marks the eighth year of operation of Galena Fest on Sunday, September 27, 2015, and the first year of management by the Great Basin Institute. Bikers have the opportunity of challenging themselves with the renowned Bloody Rose course, runners do the 7.25 mile Wicked Thorn trail run, and new this year is a three mile walk for families.

Gwen Bourne is the associate director of Galena Creek Visitor Center. Please call (775) 849-4948 for more information or visit the website at www.GalenaCreekVisitorCenter.org.

Galena
TIMES

Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

Advertising Manager: Richard Keillor: richardk@cbivr.com

Contributors:

Paul Andrew, Gwen Bourne, Lori and Rob Burks, Trevor DeRuisse, Ken Focht, Jodi Herzig, Chris Hoff, Amanda Horn, Janice Keillor, Sophie Kim, Timothy Kinsinger, Will McDonald, Andy Pasternak, Linda Petrini, Mary Sattler, Matt Schmitt, Kerstin Tracy, Gilbert Trujillo, Julie Ullman

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 inquiries regarding the Galena Times at richardk@cbivr.com or visit our website: www.galenatimes.com

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Super Summer Reading programs await at South Valleys Library

By Julie Ullman

Every summer, Washoe County Libraries look forward to our Summer Reading Program when kids, teens, and adults can read, or listen to books to earn prizes and free books. When kids do not participate in regular learning activities during the summer away from school, they lose knowledge and skills. Evidence points to a so-called Summer Slide, a loss of up to two months of reading achievement.

The Summer Reading Program is a fun way to help prevent the Summer Slide. It's free, it's for all ages, and participants can track their daily reading to earn free books and enter prize drawings. This year, the theme is Every Hero Has a Story and the reading program runs from May 1st-July 31st.

All you have to do is sign up and start reading to earn free books and be eligible for the grand prize drawing at the end of the program. You can sign up online at www.washoecountylibrary.us/summerreading.

Fabulous and Free Summer Programs

Every year, we get to present great FREE programs to our community thanks to a grant from The Friends of Washoe County Library. This summer, you'll enjoy Bernie Beauchamp's Marionettes on Saturday, June 6th at 2 pm. Bernie uses his unique art form to share songs, stories, and dances of the early 20th century.

Don't miss the Superhero Academy on Saturday, June 13th at 2pm. What is your super power? Are you a hero or a sidekick? Have fun making your superhero costume and trying out the fun



(Photo provided by J. Ullman)

Bernie Beauchamps and his marionettes share songs, stories and dances during South Valley Library's free summer programs.



superhero activities. Storyteller Jim Cogan is here on Saturday, June 20 at 4pm to entertain you with some rip-roaring Superhero Tales.

Have fun at a Baseball Story Time with Archie from the Reno Aces on Saturday, July 11th at 2pm.

Reno Little Theater will be offering a free production of The Great Alphabet Adventure on Wednesday, July 22nd at 6pm.

Meet some fascinating wild animals on Saturday, July 25th at 4 p.m. when the Wild Animal Heroes of Wildthings, Inc. visit the library. Get here early if you want a good seat!

Wear your superhero costume for Superhero Family Bingo on Wednesday, July 29th at 6pm.

Meet the Community Heroes of the Washoe County Sheriff's Office on Saturday, August 1st at 2pm.

Munch on some popcorn during two Superhero Movie Marathons on Saturday, July 18th and Saturday, August 15th from 10 am-4 pm. See You at the library!

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. For complete information about programs for kids, teens and adults at all Washoe County Libraries visit the library's website at: www.washoecountylibrary.us.

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Local family hosts international equestrian event

By Will McDonald

Set against the beautiful Sierra Nevada mountains, the Franktown Meadows Hunter Derby, hosted by the MacLean Family and Franktown Meadows Equestrian Facility, is a charitable event showcasing equestrian excellence. This premier competition is the only one of its kind on the West Coast. In its sixth year, the Hunter Derby invites spectators to a weekend of beautiful horses, sunshine, food, shopping, and family fun.

The derby weekend begins on June 27, 2015, at 10am with a \$500 Welcome Stake sponsored by Breakaway Farms. Following the Welcome Stake is the \$2,500 National Hunter Derby sponsored by Maplewood Stables, Inc.

On Sunday, June 28, 2015, at 10.30am is the main event featuring the \$25,000 International Hunter Derby sponsored by the MacLean Family and Franktown Meadows. The entire derby weekend takes place at the Franktown Meadows Equestrian Facility located in Carson City, Nevada.

The MacLean Family has ties to the Northern Nevada area that date back to the 1860's. Over the course of this time, the MacLeans have become deeply rooted in the community, engaging in numerous philanthropic endeavors. In line with this tradition, the MacLean Family, through Water & Rails, is hosting this event out of a passion for the skill and elegance of the sport and a desire to support the Food Bank



(Photo provided by H. McLean)

Franktown Meadows will be host to the Hunter Derby on June 28.

of Northern Nevada. The MacLeans' mission is to end hunger in the Northern

Nevada region through direct services, advocacy, outreach and education.

Redfield Campus is bringing university education closer

By Jodi Herzik

Earlier this year, the workforce development arm of the University of Nevada, Reno's Division of Extended Studies relocated to the Redfield Campus. EXS has provided innovative educational training and personal enrichment opportunities for students, businesses and our community partners in Northern Nevada for more than forty years. Extended Studies plays a major role in community service and outreach for the University, including economic and workforce development, as well

as enhancing the quality of life for all ages from K-12 to seniors. Admission to UNR is not required for continuing education classes.

EXS programs and courses now offered at the university's Redfield Campus include non-credit professional courses, certificates and custom training to meet a wide range of career goals. Students attend class with other professionals. Training is offered in human resources, project management, leadership and management, paralegal and other professions. Many courses

meet the requirements for professional development units or certifications.

The programs offered at the Redfield Campus are rigorous and engaging. Responsive to the needs of our community, we continuously develop exciting new programs. It is our role at EXS to develop programs that help students advance in their careers—we enjoy working with our students, and the University is proud to contribute to the economic development in our region as we continue to grow.

In addition to the dozens of classes offered at the University's Redfield Campus, Extended Studies partners with companies in Nevada and beyond to offer customized training tailored to the specific needs of business and industry.

The Redfield Campus also hosts many Osher's learning courses. OLLI@UNR is a member-driven program that offers intellectually stimulating learning opportunities geared for a community of adults 50+. OLLI@UNR is 1800 members strong and growing.

Over two thousand students of all ages and backgrounds enroll in Extended Studies certificate programs

and courses each year to gain new skills in industry-specific areas, to experiment with new career directions, or for personal achievement. The enthusiasm, professionalism and diversity of our students, combined with the caliber and dedication of our faculty, make Extended Studies a great option for anyone looking to continue their educational journey.

Whether you are a professional looking to enhance your skills, a community member interested in taking classes or you are seeking personal enrichment, we can help you to achieve your goals.

I encourage you stop by the Redfield Campus—we'd love to meet you.

Jodi Herzik is the executive director of Professional Development Programs at the University of Nevada, Reno and has over 20 years of leadership experience in higher education. She has a master's degrees in policy administration from the University of Nevada, Reno. Jodi is passionate about providing educational opportunities, proving that quality matters and creating lasting relationships with people who care about our community.

Extended Education serves over 1,500 learners enrolled in non-credit certificate programs and courses.

The University of Nevada, Reno is recognized worldwide as the leader in high quality certificate programs and courses.

Professional Development Programs offers 20+ certificate programs and close to a hundred professional development courses to assist adults studying to meet their professional and personal goals.

Contract Training offers businesses the opportunity to work with University of Nevada, Reno Extended Studies faculty and staff to design customized training programs designed to meet your needs. Our team is a gateway to help your employees gain the managerial and leadership skills necessary to implement your mission.

Gaming Management Programs offer executive level and management training to gaming professionals from around the world.

Academic Credit Options (ACO) offers a variety of academic courses that take students to locations abroad. They also work with degree-seeking students looking for flexibility in the time and place of their studies.

Osher Lifelong Learning Center (OLLI) Sponsored by Extended Studies at the University of Nevada, Reno, OLLI is a member-directed organization offering a distinctive array of courses and activities for adults age 50 and over interested in learning for the joy of learning.

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Soar like an eagle in a motor-less glider



(Photo by K. Focht)

Ken Focht is a board member of the Silverado Soaring Club. The former airline captain loves watching birds of prey soar alongside his glider.

By Ken Focht

Did you know the Reno/Carson Valley area is to soaring, what Hawaii is to surfing?

Pilots gliding through the air in modern, motor-less sailplanes love the dry air, warm days, majestic mountains and prevailing winds. Year-round, world

class conditions attract novice to expert pilots from around the world. Their silent gliders are towed to a release altitude and then stay aloft for hours, travelling for hundreds of miles on air currents before safely returning for the landing.

At a recent five-day "wave camp" held

by Soaring NV, pilots came from Israel, South Africa and Germany to experience the best of what Minden/Reno soaring has to offer. The participants were not disappointed. During two of the five days, conditions allowed pilots to soar well over the 18,000 foot limit and travel several hundred miles using only the energy generated by wind and/or thermal heating of the earth.

How does a glider fly without an engine? Basically the wings support the weight of the glider allowing it to glide. With the right conditions, you can fly as long as you can find lift and the Truckee/Minden area is a utopia for soaring like a bird.

When flying in the Carson Valley and Tahoe Valley you are often able to fly to heights on average of 5-10,000 feet above the terrain and at times, you are sharing a thermal with those best equipped to soar in the world – hawks and eagles. Watching these birds of prey soar with you brings you that much closer to nature.

That's exactly what a group of pilots of the Silverado Soaring Club do. This group of 20 or so gets a real thrill flying their gliders over Lake Tahoe and the Truckee basin and participating in regular soaring camp expos.

A lot of people think it's difficult and expensive to learn how to fly gliders, not so. The FAA minimum age to fly solo is just 14 and a license can be earned in around 15 to 20 instructional flights. After you solo you can get your license to carry passengers in another 20 or so flights, depending on your abilities.

If you think this sport is for you, several clubs and commercial glider operators in the Reno/Tahoe area offer the opportunity to take lessons and learn the skills to attain your license.

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

Thunderbolts and lightning – very, very frightening



Andrew Pasternak, MD

By Andy Pasternak

Being in nature not only makes you feel better emotionally, it contributes to your physical wellbeing. However, staying safe on the trails is paramount. You don't want to get caught on the top of Mt. Rose or another exposed area in a thunderstorm.

Follow this advice to safely enjoy the majesty of our rugged landscape up close and personal.

The first rule with lightning is to stay away from it. Be aware of weather patterns and avoid being outside when lightning might strike. Here in the mountains, typically mornings are calm. Before you go out, check the weather reports and find out what the day might bring. Building cumulonimbus clouds, increasing winds and darkening skies in the afternoons are harbingers of

developing thunderstorms and should encourage you to seek safe areas and/or cutting your day's adventures a bit short.

If you are caught in a thunderstorm, realize there is no absolutely safe place to be. Some places, however, are safer than others. If possible, find an enclosed building and stay away from doors and windows. An automobile with a metal top and doors and windows closed is

continued on page 9

Great Basin Naturalists at Galena Summer Exploration Camps June 15-August 8, 2015



Summer Camps provide fun, educational, hands-on discovery of the natural and cultural wonders of the forest, creeks and pond at Galena Creek Recreation Area. Quality outdoor day and residential camps emphasize environmental science, physical activity, creativity, and friendship. Field trips, guest presenters, healthy meals, arts and crafts, outdoor recreation and overnight campouts enhance camp experiences.

For More Information and To Register

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www.GalenaCreekVisitorCenter.org

Campers age 8-12

- June 15-19: Destination Wilderness
- June 22-26: Destination Wilderness
- June 29-July 2: Forest Adventurers
 - July 6-10: The Art of Nature
- July 13-16: Wild West Homesteaders
- July 20-24: The Flyers: Birds, Bats & Bugs
 - July 27-31: Galena Rocks!
 - August 3-7: Water Journeys

**Cost: \$210/week for Day Camps
\$450/week for full residential Camps
Scholarships Available**



Surf's up at Sand Harbor



Paul Andrew

By Paul Andrew

If you happen to be sitting in a Tahoe coffee shop, and hear “Yo, Dude, surf’s up!” you don’t have to un-clog your ears, or question what was put in your latte. Surfing waves in Lake Tahoe has become a recent Tahoe phenomenon that is catching on.

On a blustery morning this past winter, I stopped to talk to local surfer Greg Eiman, a carpenter from Truckee, who was unloading his board to “hit the waves” as he said while climbing down to the rocks between Incline Village and Sand Harbor. The wind was howling, while waves crashed against shoreline. The wind-chill had to be somewhere in the 20’s.

“Winds of 50 to 60 miles per hours or more provide the best conditions,” Eiman shouted over the raging gusts. Not wanting to limit his enjoyment, I got his number and said I’d call him later, before retreating into my warm car.

“That day couldn’t have been better,” Eiman said when I contacted him recently. “I caught a lot of great



When winds reach 50 miles an hour, surfers zip up their wet-suits to surf Lake Tahoe’s waves.

waves.” Reports were that gusts hit over 70 miles per hour that day.

The Beach Boys may need to change the word to one of their popular ballads: From Tahoe City to Incline... Surfin’ U.S.A.

When I asked about the advantages and challenges of lake surfing versus the ocean, Greg’s first replay was, “There are no sharks!” I guess our crawdads don’t offer much of a threat.

“It is cold,” Greg responded. “You definitely need a

thick wetsuit, 4mm or more, which can prohibit paddling easily.”

As far as quality of surf, Greg mentioned Tahoe Vista and Kings Beach having the best waves, though people can be seen unloading boards all around the lake.

During one of the huge storms last winter, surfing at Tahoe was given a segment on CBS News, was written up in the USA Today, and received mention in Time Magazine.

Eiman didn’t know of any local surf clubs, but said the local surfers are always friendly.

“They always smile, and try to help each other,” Eiman said. “When conditions are good, word gets around.”

Reports are that waves can get as high as seven feet. If you have any doubts, and think that lake surfing can be wimpy, search “Surf Lake Tahoe” on YouTube to see the thrills. As Eiman also added, crashing down on the slimy rocks can also be hazardous if you aren’t careful.

Is there anywhere else on the planet where you can ski a few black diamond runs, then surf some waves within the same hour? This phenomenon is just another example of why Tahoe is one of the most extraordinary places on earth.

lightening *continued from page 8*

second best. If neither of those options are available, seeking shelter in a dense forest, deep ravine or far inside a deep cave is safer than being in an open exposed area.

So now let’s assume a worst case scenario. You are up on an exposed area with no chance of getting anywhere safe when the thunderheads move in. Signs of an imminent lightening strike include feeling static electricity over your hair and skin, crackling sounds, the smell of ozone and a blue haze around people and objects, a phenomenon known as St. Elmo’s Fire. If you’re in this situation a few things may still help you out.

First, learn to assume the lightening position. The lightening position involves sitting or crouching with knees and feet close together to create only one point of contact with the ground. The idea is to have as small of an area of contact as possible with the ground so that if lightening does strike, you minimize the electrical impulse you get. If you are standing, have your feet touching and if you are sitting, raise your legs off the ground. If you have a sleeping pad or backpack, standing or sitting on it might help insulate you from the ground.

Finally, if you are in a group of people, spread out by at least 20 feet; lightening strikes can jump between objects up to 15 feet. Spreading out helps to make sure that if one person does get hit, other people will be less likely to also get shocked and can help care for the downed person.

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.

Great Basin Naturalists at Galena Teen Environmental Science and Service Learning Summer Camp



Youth ages 13-17 will explore science with real-world field scientists, outdoor educators and land managers with this inaugural Science and Service Learning Camp.

Campers will go on extended day and overnight adventures to the Indian Creek Recreation Area, Lake Tahoe, and public land areas in partnership with the Bureau of Land Management, the U.S. Forest Service, Washoe County, Nevada Bugs and Butterflies, Wildlife and other non-profit and public land entities for science, service learning, leadership and recreation.

- June 15-19: Destination Wilderness
- June 22-26: Destination Wilderness
- June 29-July 2: Forest Adventurers
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- July 13-16: Wild West Homesteaders
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**Cost: \$210/week for Day Camps
\$300/week for full residential Camps
Scholarships Available**

5 Steps to a lighter, brighter and happier life



Kerstin Tracy

By Kerstin Tracy

Summer time is synonymous with fun, ease, lightness and lots of laughter. What if you find yourself feeling overwhelmed, stressed, stuck,

empty or confused?

You need to make changes instead of waiting for the outside world to change. It is time to take charge of your life.

Changing your life takes enormous courage and willpower. For our

brains staying stuck in discomfort is still preferable over change and the unpredictable.

There is help for you. Just know that if you apply just the slightest change to your life's path, your life will be different six months from now.

If you are ready to feel more joy in your life, inner peace and clarity – here are some powerful tips that can change your life for the better:

1. Set the intention to change. This has to be a powerful statement – a decision that shows you really mean it.

2. Breathe deeply: Inhale on the count of 6, hold your breath for 3 counts

and exhale on the count of 8. Empty your lungs. Do this three times.

3. Visualize your life the way you would like it to be. Look at all aspects of life like relationships, health, profession and more.

4. Enjoy the moment and as soon as your brain kicks in and starts doubting your vision, let it go and take a break. Best times to visualize are right after waking up and right before you go to sleep.

5. Declutter your life. Let go of things, people, circumstances that do not make you feel good.

Lighten your life by decluttering it from the inside out.

Kerstin Tracy, holds an MS In Sports Science from the German Sport University in Cologne and a degree in holistic health in Germany. She has studied CranioSacral Therapy at the Upledger Institute in Florida and has over 10 years practical experience. Kerstin supplemented her practice with Equine CranioSacral Bodywork to help horses and humans with the beautiful energy that emanates when the two are combined. She studied under Maureen Rogers, the original founder of this modality. Kerstin offers CranioSacral Therapy for humans and horses and Holistic Health Coaching Programs. For more information, email Kerstin@ready2heal.net or visit www.ready2heal.net.

Youth cycling is revving up, winning silver in NorCal



Trevor DeRuisé

By Trevor DeRuisé

The most exciting thing about cycling is the direct relationship between hard work and success. After four years of growing and

developing Reno Tahoe Junior Cycling, we're starting to see the effects of that same relationship on both a personal level for our athletes as well as on an organizational level. As the program grows and the kids continue to reach their goals within the sport, it's clear

that this is a very special time for youth cycling in our community.

The 2015 race season kicked off for our high school Race Development Team athletes with the NorCal High School Mountain Bike League. This is the largest youth mountain bike race series in the world and we've had the privilege of being the first and only composite team to contend it from Northern Nevada.

From the first round in Monterey, we saw a handful of RTJC riders atop the podium. This included Tate Meintjes who wore the leader's jersey for several rounds, and then Camille Syben who chose a NorCal event as her



Reno Tahoe junior mountain bikers show grit and determination as they earn a silver medal for the team at NorCal High School Mountain Bike League.

very first mountain bike race ever, and won in convincing fashion.

When the dust settled at the end of the six-round series, Reno Tahoe Junior Cycling was awarded second place in the overall team classification. Competing against teams that are twice as big with significantly larger budgets, the award was not only a first for any Nevada cycling program, but a genuine nod to the cycling talent in our community.

Beyond the Race Development success, our Club Team has more than doubled in size since 2014. This program is completely free and open to any and all youth riders in the area. We welcome and encourage everyone from beginners to experts to come out and ride with the club on our Tuesday evening rides, led by me. To sign up, all you have to do

is visit RenoTahoeJuniorCycling.com and click "Join" to get in the loop on all things youth cycling.

These programs would not be possible without the support of our Reno-Tahoe community. I'd like to say a special thanks to Silver Sage Sports and Fitness Lab for all of the support they've provided to our young riders, and of course Kevin Joell for leading the way in building and developing our local trail systems.

Hope to see you at our next club ride!

Trevor DeRuisé is a professional mountain bike racer. To stay in touch, visit him at Twitter: @TrevorDeRuisse, Instagram: @TrevorDeRuisse, or Facebook: com/DeRuisse633. His book "Project VanLife" is available at ProjectVanLife.com, Amazon.com, and at The Hub on Riverside.



(Photos provided by T. DeRuisé)

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Swim in clearest, cleanest lakes in High Sierra



(Photos submitted by J. Keillor)

By Janice Keillor

Are you tired of staring at your pool's a lane line? Bored with swimming in circles? Are chlorinated pools making your hair look like straw? Well, then it's time to mix it up and get into some open water. With the sun shining and the temperatures rising, there's nothing more invigorating than swimming outdoors in fresh water.

This summer, Big Blue Adventure, the creator of a multitude of exciting outdoor events, is offering an open water swim series in two of the clearest lakes in the country: Lake Tahoe and Donner Lake. It's the perfect opportunity for triathletes, master swimmers, swim teams, and recreational swimmers alike to test their swimming prowess and have some fun while doing it.

With three different distances, ½ mile, 1.2 miles, and 2.4 miles, and both wetsuit and non-wetsuit categories, the



Open Water Swim Series

June 13: Sand Harbor Open Water Swim

July 25: Truckee Open Water Swim

August 22: Lake Tahoe Open Water Swim

October 10: South Shore Open Water Swim

swim series has options for swimmers of all levels. Awards go to the top finishers in each age group and category and post-race refreshments are provided to all participants.

So skip your Saturday swim at the pool and head to the lake. There's no better time than now to take your training outdoors.

Janice Keillor is a grant analyst for the Carson City Planning Division. For more information and to register, visit www.tahoerwimming.com.

7 tips for open water swimming

By Dagmar Bohlmann

Leaving the safety of a pool lane for choppy waters can be very intimidating for first timers. Here are some tips to make the experience pleasurable:

- Stay warm. Consider wearing a wetsuit and double up your swim cap to avoid energy loss in 60 degree water of Sierra lakes.
- Breathe in both directions. Breathing every third stroke will likely keep you going in a straighter line.
- Swim along the shoreline. Stay out of the areas frequented by boats and other watercraft.
- Look up regularly. Learn to use landmarks to keep your orientation.
- Find a relaxed rhythm. Leave technique training for the pool. In open water, try matching the rhythm of the water.
- Anticipate a mouthful. Inevitably, you'll inhale a wave of water. Relax and keep going.
- Enjoy nature. Lighten up and marvel at your surroundings. Become one with the lake and the mountains.

Know what to do with a knocked out tooth



By Gilbert Trujillo

Welcome to summer. Kids are out of school and many of us are travelling. Dental emergencies can happen anywhere, at home or while travelling. Knowing how to handle a dental emergency can mean the difference between saving and losing your child's tooth. Here are some tips to help you cope quickly

and calmly with a dental crisis.

Knocked-out tooth

Baby tooth – If a baby tooth is completely knocked out, contact your pediatric specialist. Do not try to put it back into the tooth socket. Although it is normal for children to lose primary teeth, an accident that damages a primary tooth could also harm the permanent (adult) tooth underneath.

Adult tooth – Unlike a baby tooth that is knocked out, an adult tooth should be put back into the socket.

Hold the tooth by the crown (top), not the root. If the tooth looks dirty, rinse briefly with water. Do not scrub the tooth or remove any attached bits of tissue.

If possible, gently insert and hold the tooth in its socket with a clean washcloth or gauze pad. When putting the tooth back in, make sure you have the tooth facing the front and that it matches the other front tooth. Also, make sure the tooth is pushed all the way up, where it originally was.

If this is not possible, see if the child can hold the tooth under his or her tongue. If that does not work either, put the tooth in a container with milk. Time is critical. The longer the tooth stays out of the tooth socket, the worse the prognosis gets.

Broken or cracked tooth

Rinse the mouth with warm water to keep the area clean. Put a cold compress (like an ice pack or a washcloth with ice wrapped inside) on the face to reduce swelling. Contact your pediatric dentist right away. If you can find the broken tooth piece, bring it with you to the dentist.

Wrap it in some wet gauze or a wet towel if possible.

If a dental emergency happens while you are traveling Go to American Academy of Pediatric Dentistry website www.aapd.org to find a local pediatric specialist.

Ask a hotel concierge or other hotel staff to refer you to a pediatric specialist.

If you are out of the country, contact the U.S. Embassy. Many embassies and consulates keep lists of local medical and dental staff, which may also be available online at www.usembassy.gov. After clicking on the country you are visiting, medical listings are usually found under the heading "U.S. Citizen Services."

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.

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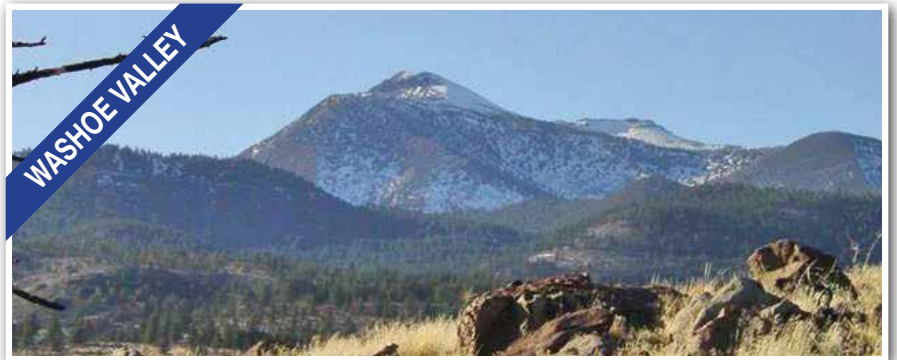
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MARY KAY

See All Area Home Sales for the Last 3 Months on www.GalenaTimes.com.



Large picture windows to scenic forest views greet you upon entering this meticulously maintained home. Wood floors, beautiful fireplaces and master bedroom with walk in closet on the main floor. Master bedroom opens with double doors to the expansive deck. Stainless appliances, granite counter tops, walk in pantry and breakfast plus breakfast bar in a user friendly kitchen. **\$935,000.**



26.92 private acres with potential for 4 home sites. Water rights included for subdivision. Spectacular views of Washoe Lake, Mt Rose, Slide Mt., adjacent to Steamboat Creek. Owner may carry with 20% down payment. Perc approval for 4 lots. Barbed wire fencing south property line. **\$350,000**



Very private St. James lot located on Bennington Court. This 1.6 acre lot is one of the best lots still available. Live in the trees and enjoy the views this property offers. Close to skiing at Mt. Rose ski area, shopping at the new Summit Sierra Mall and beautiful Lake Tahoe. **\$175,000.**



Located at the end of the cul de sac, this charming mountain home offers privacy, forest views and is one of the few homes in Galena Forest with no HOA or fees. Well maintained with a great floor plan, cathedral ceilings and floor to ceiling windows in the great room. Exposed beams and wood flooring add to the charm. **\$885,000**



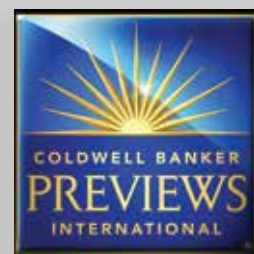
Nestled in the pines of Galena Forest Estates this single level floor plan encompasses 2860 sq. ft. of very convenient living space. Floor plan utilizes the popular "great room" concept with 3 BR and a separate office off of the main entry. The living room overlooks the large rear deck. **\$627,000.**



Beautiful open beam ceilings and huge fireplace in the great room warm this charming mountain home. Great floor plan, end of cul-de-sac and large lot in Galena Estates. Close to great schools, shopping and minutes from Mt. Rose ski area. Newer appliances and upgraded master bath, lots of storage all in a peaceful setting. **\$412,000.**



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Located at the end of the cul-de-sac, this charming mountain home offers privacy, forest views and is one of the few homes in Galena Forest with no HOA or fees. Well maintained with a great floor plan, cathedral ceilings and floor-to-ceiling windows in the great room. Exposed beams and wood flooring add to the charm. **\$535,000**



Nice single story Galena Forest home. Two BR and a large office/loft area that can easily be converted into a 3rd BR. Separate large shop area. Beautifully landscaped with private court yard and low maintenance. Close to skiing, shopping and Lake Tahoe. **\$649,000.**



Imagine living in a forest in the mountains yet only minutes to shopping, the airport, hospitals, tech businesses and many outdoor activities, then take a look at this beautiful home in Galena Forest Estates. Features include free form slate flooring throughout the living areas, vaulted wood-beamed ceilings, large kitchen, open floorplan, private 4th bedroom & bonus room, huge workshop/storage area. **\$575,000**



This contemporary style home is located in the upper part of Callahan Ranch and has been remodeled from the ground up. It has an open floor plan with 4 bedrooms, 3 bathrooms, 3 car garage and 1 acre of land. The kitchen is large and opens to the main living area. Minutes to skiing at Mt. Rose, Lake Tahoe and shopping at the Summit Sierra Mall. **\$598,000.**



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~ David & Janet Jones, New Galena Forest Residents

Water & Rails pond & garden railroad tour celebrates 10 years benefiting ALS

By Will McDonald

Water & Rails Pond and Garden Tour is proud to announce its tenth year hosting Nevada's most unique backyard adventure. The tour has grown tremendously over the past ten years, during which time it has managed to raise over \$300,000 for ALS research and support. Organized by MacLean Financial Group and Rail City Garden Center, this family-oriented event offers self-guided tours of serene gardens, Koi-filled ponds and model trains that travel more than 1,000 feet of track, under tunnels, over bridges and through miniature towns.

Come view some of the best outdoor garden features for the 2015 season during this year's tour on June 20th and June 21st. Many of the innovations on the tour are do-it-yourself projects that the homeowners love to share. Tour goers can expect to see more than 25 of northern Nevada's most spectacular



In about 25 gardens, model trains have become part of the landscape. Watch the caboose disappear into a tunnel during Water & Rails Pond and Garden tour June 20-21.



ponds and garden railroads during this two-day event. The self-paced tour allows visitors to see as many of the ponds and gardens as they like. Children under age 12 are free, so it's a fun day for all ages!

Proceeds from the event benefit ALS of Nevada, an independent nonprofit organization serving ALS patients and their families in the Silver State. Amyotrophic Lateral Sclerosis, or ALS, is a fatal motor neuron disease often

called Lou Gehrig's disease after the New York Yankees baseball icon that was diagnosed with it in 1939 and died two years later. ALS affects the cells in the central nervous system that control voluntary muscle movement, progressively decreasing physical function.

Tickets for this charitable tour are \$20 per person, \$30 for two people. Tickets are available for purchase at MacLean Financial Group, 1325



(Photos submitted by W. McDonald)

Airmotive Way, Suite 390 in Reno and at Rail City Garden Center, 1720 Brierley Way in Sparks.

Visit www.waterandrails.org for more information and a full list of Water & Rails Tour ticket outlets. For additional information, please call (775) 329-3041, extension 125.

Some like it hot...but many pets do not!



Dr. Matt Schmitt

By Matt Schmitt

As the mercury rises, it's time to think about how to keep pets comfortable. Remember, they still have to live in their fur coats. Hot weather can be uncomfortable,

and dangerous, for pets.

Time to Trim

One of the first and easiest steps to warm weather comfort is a good trim that includes around the ears and between the toes. Fur is not only a heat source, but also grabs onto stray material during summer outings. Be especially mindful of foxtails, sharp shrubs and cacti, and gravel surfaces.

Plan Walks for Cooler Times of Day

Walk early in the day and later in the evening, avoiding hot midday sun that can lead to exhaustion and circulatory complications. Adjust duration and intensity of exercise as needed, and always carry water. Walk on soft surfaces, avoiding hot asphalt and concrete that can burn paw pads.

Watch for Overheating

Symptoms include excessive panting or difficulty breathing, increased heart and breathing rate, drooling, lethargy and even collapsing. Time to take it easy!

Swim Safely

The river can look inviting, but be mindful of currents, floating debris and rocks. If your pet is a swimmer, be alert

for trapped water in the ears that can be a breeding ground for bacterial and fungal infections. Watch for scratching, head shaking and unusual buildup in ears after water contact.

When Nature Attacks

If you notice any swelling of the face with no apparent cause, chances are your pet has been stung or bitten by anything from an insect to a snake. This condition should be quickly examined, as swelling can spread to other vital parts of the body, like the larynx, which can cause breathing difficulties. Bear in mind that home remedies such as Tylenol and Advil are toxic to pets.

Never Leave Pets in a Parked Car

It's easy to underestimate how quickly car temperatures can rise to dangerous levels. In just minutes, enclosed pets can suffer irreversible organ damage due to suffocating temperatures.

Make a Cool Treat

Try making Peanut Butter Pops with peanut butter, banana and water. Mix together and freeze in an ice cube tray lined with wax paper. Cool!

These tips, along with providing pets plenty of shade and water while lounging in the yard, will help keep Summer Fun Time Summer Safe Time!

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.



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How to deal with a picky pet eater

By Lori and Rob Burks

If you own a Labrador, you probably don't have this problem, but picky eaters are one of the biggest issues we deal with in our store. How do you get your fussy eater to eat? First of all, don't be concerned if your dog eats every other day – remember dogs derive from wolves and they are used to skipping a day of nourishment

here and there. But if he is underweight this could definitely be an issue. Always, make sure your dog or cat doesn't have any health issues that might be causing his pooch pickiness or feline finickiness. So you have ruled out health issues but are still frustrated that your pet won't eat at regularly scheduled meals. Here are some great tips to help.

1. Add a topping! Canned food works great – just add a tablespoon or two to give a little extra flavor. Another great source for toppings is freeze dried foods like Stella & Chewys and Primal. Your dogs will love the flavor and it also adds a little raw into their diet for added nourishment.

2. Mix it up! Would you like to eat the

continued on page 18



Create your own drought-tolerant garden

By Mary Sattler

The hot days of summer are fast approaching and gardeners in the desert environment realize that the need to conserve water should influence our landscape design. Now is a great time to plan and plant a Great Basin drought-tolerant garden. Plant selection will have to be based around plants that like full sun and are classified as low water use plants and best of all are native to the Great Basin. Here are a few suggestions:

SINGLE-LEAF PINION PINE.

There is no better plant to anchor your Great Basin garden with, but these trees are difficult to come by partly because they are so hard to germinate in a nursery setting. The gray-green color and neat/bold growth habit of this pine will provide a rustic backdrop to the garden. The Pinion Pine is a slow growing tree with an average height of 8'-15' and a width of 4'-8'. The cones are typically 4.5-8 cm long and are the source of the pine nuts that we all enjoy eating and

cooking with.

APACHE PLUME. Apache Plume is an evergreen shrub which thrives on gravelly and rocky slopes, roadsides and dry washes. This shrub is a member of the rose family and in late spring/early summer it will bloom a round, white flower with yellow centers. It develops a puffy fruit head which can range in color from white to pink. The leaves are small, downy and grey and slightly curved downward. Typically this shrub gets 4'-8' tall.

MOUNTAIN MAHOGANY.

Mountain Mahogany is an aromatic evergreen shrub or multi-stemmed tree ranging in height from 5'-12' tall and wide. It does well in dry, coarse soil and will tolerate some shade. Once again, this plant can be hard to come by because it is difficult to germinate in a nursery setting. Even though it will flower from May to July, the blossom is very unremarkable. Leaves are lance-shaped with rolled margins and dark green

tops and white bottoms. The Curl-leaf Mountain Mahogany is very good forage of all classes of browsing animals in all seasons.

BURR OAK. For a little shade in your Great Basin garden consider the Burr Oak. Unlike some of the other plants mentioned you should have no trouble finding this tree. The Burr Oak is very tolerant of poor and alkali soil conditions. It has a deep tap root system which penetrates to lowered water tables in dry periods. It can have a shrubby look and is a slow grower averaging maybe a foot a year. A mature Burr Oak will get 100 feet tall but probably not in your life time so consider purchasing a larger, more mature tree. This deciduous tree has a bloom time in mid-spring and will start producing acorns early on.

RUSSIAN SAGE. Russian Sage is a delightful perennial flower choice for your Great Basin garden. Russian Sage will give the garden color from mid-summer into early fall. It has wispy

lavender flowers on long stalks with silvery foliage. It can get 3'-5' tall and 3' wide. Best of all, it is deer resistant.

PENSTEMONS. Penstemons come in a variety of colors ranging through the blues and reds, pinks and red and white and bloom all season long. These flowers are very drought tolerant as well as being perfect hummingbird food. The flower spikes can range in height from 1'-4' tall.

As you plan your Great Basin garden we hope you will consider all of these plants as well as many more plant ideas that our qualified staff can direct you to. All of these plants are available at Greenhouse Garden Center for this season.

Mary Sattler is the events and classes manager at Greenhouse Garden Center with 18 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.

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Drought reveals Washoe causeway



(Photos submitted by J. Kiellor)

Like in this 1976 Nevada Historical Society picture, remnants of the Ophir Causeway, a wood piling shortcut from Virginia City to Ophir Mill, are visible during drought conditions at Washoe Lake.

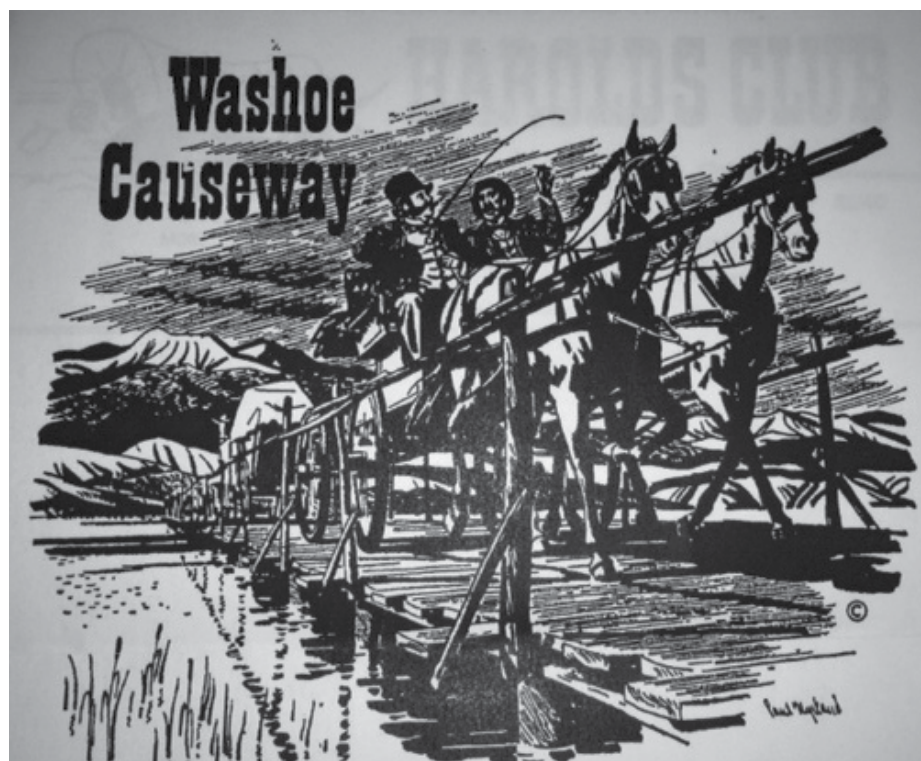
By Janice Keillor

One of the most telltale signs of the on-going drought conditions in Northern Nevada is the disappearance of Washoe Lake. With a typical depth of 12 feet, the lake is nothing more than a small pond now, leaving little water for wildlife and recreation. It's an understandably disturbing site, but it has opened my eyes to something I've never noticed before – the Washoe Causeway.

Also referred to as the Ophir

Causeway by the Nevada Historical Society, this elevated wood piling bridge was built in 1861 to shorten the trip from Virginia City to Ophir Mill. The causeway traversed about a half mile of marsh on the lake's north shore where the water was shallower. At a cost of \$75,000, the bright red causeway was designed to withstand heavy wagons and mules as ore was delivered from the mine to the mill.

On the west side of the marsh, Ophir Mill, also built in 1861, provided



the first large scale quartz milling operation for the Comstock Lode. Virginia City did not have sufficient water and wood fuel to mill the ore in town, so the Ophir Mill was constructed to provide a closer alternative than the California mills. The causeway came shortly thereafter to shorten the trip around Washoe Lake.

As a result of Ophir Mill and the Washoe causeway, the town of Ophir City began to take shape as residences, a post office, and support buildings were constructed around the mill, accommodating a population of about 1200 people. It quickly became the second largest town in Washoe County. And thanks to the immense profits from mining, a mansion for the mill superintendent was built for a staggering \$500,000, or about \$10 million in today's dollars.

According to some accounts, the home of the superintendent was the site of extravagant parties for managers, stockholders and tycoons of the mine, with elaborate banquets and considerable revelry. It was a relatively short journey to the Ophir Mill from Virginia City via Ophir Grade and the

causeway, and a welcome break from the dusty mines.

With the success of the mill and associated causeway, an idea was discussed to build a railroad from Virginia City directly to Ophir Mill. But in 1870, before the idea came to fruition, the Virginia and Truckee Railroad was completed and it became more economical to haul the ore to mills along the Carson River. The Ophir Mill, at one time the largest quartz mill in the country, was eventually abandoned and the city around it quickly declined. Like so many boom towns in the west, Ophir City became a ghost town shortly after being built.

All that remains of the Ophir Mill is a pile of rocks next to Highway 395. The Washoe Causeway is a barely discernible line of wood piling stubs across the marsh on the northern end of the lake, more visible now with the lack of water. Although recreation is limited on Washoe Lake for the time being, it's still worth a visit to get a glimpse of the remnants of Nevada's mining history, without which most of our cities wouldn't exist today.

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Planning is critical if retiring within the next 5 years

Provided by Hawley MacLean

You can prepare for your retirement transition years before it occurs. In doing so, you can do your best to avoid the kind of financial surprises that tend to upset an unsuspecting new retiree.

How much monthly income will you need? Look at your monthly expenses and add them up. (Consider also the trips, adventures and pursuits you have in mind in the near term.) You may end up living on less; that may be acceptable, as your monthly expenses may decline. If your retirement income strategy was conceived a few years ago, revisit it to see if it needs adjusting. As a test, you can even try living on your projected monthly income for 2-3 months prior to retiring.

Should you try to go Roth? Many pre-retirees have amassed substantial retirement savings in tax-deferred retirement accounts such as 401(k)s, 403(b)s and traditional IRAs. Distributions from these accounts are taxed as ordinary income. This reality makes some pre-retirees weigh the pros and cons of a Roth IRA or Roth 401(k) conversion for some or all of those assets. You may want to consider the "Roth tradeoff" – being taxed on the amount of retirement savings you convert today in exchange for the ability to take tax-free withdrawals from the Roth IRA or 401(k) tomorrow. (You must be 59½ and have owned that Roth account for at least five years to take tax-free distributions.)

Should you downsize or relocate? Moving to another state may lessen your tax burden. Moving into a smaller home may reduce your monthly expenses. In a perfect world, you would retire without any mortgage debt. If you will still be paying off your home loan in retirement, realize that your monthly income might be lower as you do so. You may want to investigate a refi, but consider that the cost of a refi can offset the potential savings down the line.

How conservative should your portfolio be? Even

if your retirement savings are substantial, growth investing gives your portfolio the potential to keep pace with or keep ahead of rising consumer prices. Mere gradual inflation has the capability to erode your purchasing power over time. As an example, at 3% inflation what costs \$10,000 today will cost more than \$24,000 in 2045.

In planning for retirement, the top priority is to build savings; within retirement, the top priority is generating consistent, sufficient income. With that in mind, portfolio assets may be adjusted or reallocated with respect to time: It may be wise to have some risk-averse investments that can provide income in the next few years as well as growth investments geared to income or savings objectives on the long-term horizon. How will you live? There are people who wrap up their careers without much idea of what their day-to-day life will be like once they retire. Some picture an endless Saturday. Others wonder if they will lose their sense of purpose (and self) away from work. Remember that retirement is a beginning. Ask yourself what you would like to begin doing. Think about how to structure your days to do it, and how your day-to-day life could change for the better with the gift of more free time.

Many retirees find that their expenses "out of the gate" are larger than they anticipated – more travel and leisure means more money spent. Even so, no business owner or professional wants to enter retirement pinching pennies. If you want to live it up a little yet are worried about drawing down your retirement savings too fast, consider slimming transportation costs (car and gasoline expenses; maybe you could even live car-free), landscaping costs, or other monthly costs that amount to discretionary spending better suited to youth or mid-life.

How will you take care of yourself? What kind of health insurance do you have right now? If your

company sponsors a group health plan, you may as well get the most out of it (in terms of doctor, dentist and optometrist visits) before you leave the office.

If you retire prior to age 65, Medicare will not be there for you. Check and see if your group health plan will extend certain benefits to you when you retire; it may or may not. If you can stay enrolled in it, great; if not, you may have to find new coverage at presumably higher premiums.

Even if you retire at 65 or later, Medicare is no panacea. Your out-of-pocket health care expenses could still be substantial with Medicare in place. Long term care is another consideration – if you think you (or your spouse) will need it, should it be funded through existing assets or some form of LTC insurance?

Give your retirement strategy a second look as the transition approaches. Review it in the company of the financial professional who helped you create and refine it. An adjustment or two before retirement may be necessary due to life or financial events.

Hawley MacLean may be reached at 775-329-3041 or via hawley@macleanfinancialgroup.com.

www.maclefinancialgroup.com

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Take a page from Warren Buffett



Timothy Kinsinger

By Timothy Kinsinger

A well-designed plan is necessary for successful investing, but you must also have the discipline to stay on course, rebalance, and tax-manage, as needed. Unfortunately, most investors do not have a written plan. And, emotions such as greed and envy in bull markets, and fear and panic in bear markets, can cause investors to discard even well-designed plans.

Here are some of the best quotes by Warren Buffett, arguably the best investor of our generation, from Thoughts of Chairman Buffett: Thirty Years of Unconventional Wisdom from the Sage of Omaha by Simon Reynolds.

On hiring: "Somebody once said that in looking for people to hire, you look for the three qualities: integrity, intelligence, and energy. And, if they don't have the first, the other two will kill you."

On market predictions: "I have never met a man who could forecast the market."

On choosing investments: "It's like when you marry a girl. Is it her eyes? Her personality? It's a

whole bunch of things you can't separate."

On giving your kids a big inheritance: "The idea that you get a lifetime supply of food stamps based on coming out of the right womb strikes at my idea of fairness."

On stocks with good histories: "The investor of today does not profit from yesterday's growth."

On how to view stocks: "Look at stocks as businesses. Look for businesses you understand, run by people you trust and are comfortable with, and leave them alone for a long time."

On ethical investment management: "The investment manager must put his client first in everything he does."

On thinking long term: "I wouldn't buy any stocks I would not be happy owning if they stopped trading it for three years."

On predicting markets: "The fact that people will be full of greed, fear, or folly is predictable. The sequence is not predictable."

On the limitations of wealth: "Money, to some extent, sometimes lets you be in more interesting environments. But, it can't change how many people love you or how healthy you are."

On the ideal investor personality: "The most

important quality for an investor is temperament, not intellect. You don't need tons of IQ in this business. You don't have to be able to play three-dimensional chess or duplicate bridge. You need a temperament that derives great pleasure neither from being with the crowd nor against the crowd. You know you're right, not because of the position of others, but because your facts and your reasoning are right."

On inheritance: "Children should be given enough to do what they want to do, but not enough to be idle."

On risk: "Risk is not knowing what you're doing."

On long-term thinking: "Our favorite holding period is forever."

All of these thoughts are good places to start when developing your investing plan. Use what you've read, create an approach which fits your needs, and execute. This disciplined process will guide you to make sound decisions.

Timothy Kinsinger, CFP®, is a wealth manager and owner of Nevada Investment Management on Wedge Parkway. He has worked with retirees for over 30 years and currently manages over \$130,000,000 in retirement plans for hundreds of Northern Nevadans. Securities offered through LPL Financial. Member FINRA/SIPC.

picky eaters *continued from page 15*

same kibble every day? Boring! Neither does your dog. Also, your dog will benefit from receiving more nutrients from varied protein sources. Another interesting fact: your dog can also create an allergy to a protein if you keep them on one food too long. So keep it interesting and rotate your dog's or cat's foods and proteins.

3. Add more calories! If they won't

eat enough food, give them a food with more calories. Did you know that the higher quality foods can have almost double the calories per cup of the less expensive brands because they are more nutrient dense and have no fillers? Another good way to add more calories is to add a little goat's milk to their food. It's a natural pro-biotic and also is high

caloric and they love it, too!

4. Spay & Neuter! Along with helping with pet overpopulation, this can help with preventing your pooch from becoming a picky eater before the problem arises.

5. Exercise! Keeping your dog fit will help with restlessness, separation anxiety and also make him hungrier. Have you

ever finished a workout famished? Well, your dog is the same so take advantage of the beautiful trails in the Galena area and enjoy the scenery, too!

Lori and Robert Burks co-own Natural Paws at the Galena Junction Center. For more information, visit www.naturalpawsreno.com, Facebook.com/NaturalPawsReno, email naturalpawsreno@yahoo.com or call (775) 853-3533.

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Nevada Museum of Art creates new rooftop event space

By Amanda Horn

The Nevada Museum of Art rooftop is a popular destination, with stunning mountain and city views that remind us why we love the Biggest Little City. The Museum uses the space for events like First Thursdays, where visitors dance, enjoy a beverage, and rock through the galleries. Many have chosen to celebrate a special occasion on the roof as well. But if one thing remains uncertain in Reno, it's the weather. When the wind picks up, or snow falls, the rooftop is off limits.

Recently, the Nevada Museum of Art, Donald W. Reynolds Center for the Visual Arts, E. L. Wiegand Gallery set out to remedy that issue. The state's only accredited art museum began looking skyward and is getting ready to turn the rooftop into an all-seasons event space.

"We're bringing back a cherished piece of Reno history: a vibrant new version of the beloved Sky Room that once stood atop the elegant Mapes Hotel in downtown Reno," said David B. Walker, Nevada Museum of Art CEO. "We're building a Sky Room for the 21st century."

The entire fourth floor, known as the Fred W. Smith Penthouse in honor of the chairman of the board of trustees of the Donald W. Reynolds Foundation, will include the 4,800 square-foot Nightingale Sky Room featuring a banquet kitchen and retractable floor-to-ceiling glass walls that allow for the creation of an open-air environment.



(Photos submitted by A. Horn)

The Sky Room will accommodate 260 attendees for formal dinners, and up to 397 for concerts, parties, lectures, conferences, workshops, programs for children and other special events. The space will feature state-of-the-art acoustics to flexibly accommodate a variety of programs. The outdoor Stacie Mathewson Sky Plaza will complement the Sky Room with nearly 5,000 square feet of patio space, accentuated by glass parapets on the building that block the wind while enabling a view of the Sierras.

To accommodate construction, the rooftop will be closed until February 2016. Third Floor Galleries closed May 3; the Second Floor Galleries close July 26. All galleries will reopen August 22 with the Museum feature exhibition, Tahoe: A Visual History, a breathtaking museum-wide show.

The expansion will significantly



Nevada Museum of Art is converting its rooftop into a rentable all-seasons event space. Architectural plans feature an outdoor plaza and a state-of-the-art Sky Room that accommodates up to 260 dinner guests or 400 concert goers.



boost Museum revenue, resulting in more opportunities for people to enjoy a diversity of art experiences. If you want to be among the first to host your special event in the Sky Room, Special Events Director Nisha Hallert is accepting

reservations. Rent the sky!

Amanda Horn is director of communications at The Nevada Museum of Art. The museum is open Wednesday through Sunday. Visit NevadaArt.org for complete details.

Theater camp returns to Galena with Into the Woods

Submitted to the Galena Times

Acting, dancing, singing and more, created around the Broadway musical "Into the Woods," is the foundation for Sierra School of Performing Arts' upcoming Summer Musical Theater camp June 22-26, 2015 at Galena High School in Reno.

Under the talented choreography direction of Stephanie McMullin and musical direction of Bill Quinby, this one-week camp exposes students to stage movement, acting techniques, voice and dance. The camp is open to students in grades 4 to 9 and will culminate with a cast show on Friday, June 26th at 2pm.

McMullin promises an exciting, jam-packed week of performing arts. The local instructor of drama, music and dance, McMullin has been teaching for the past five years. She studied vocal performance and technique at the University of Nevada, Reno and starred in Sierra School of Performing Arts' Broadway musical "Bye Bye Birdie" as Rose Alvarez.

Local vocal and music instructor Bill Quinby also brings years of experience to the camp. Quinby has offered a full spectrum of musical services including

live performance, recording on multiple instruments, arranging, conducting, composing, and music direction throughout his career.

For the past seven years, Sierra School of Performing Arts has offered camps for students.

"It's so rewarding to watch these students reach beyond their comfort level and build self-confidence," said Sierra School of Performing Arts' Artistic Director Janet Lazarus. "This summer musical theater camp will encourage students to really tap into their creative side."

The camp will be held from 9am-3pm Monday-Friday, June 22-26, 2015 at Galena High School, 3600 Butch Cassidy Way in Reno. New this year, SSPA is offering before and after day care from 7:30am to 5:30pm to help working parents. Cost is \$225 per student. Register at www.sierraschoolofperformingarts.org.

Sierra School of the Performing Arts is a Nevada-based 501(c)(3) non-profit organization which aims to provide performing arts to all ages in northern Nevada. The Board of Directors of SSPA is composed of volunteers from the arts, public safety, medical, business and media professions.



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"Let's Go Into The Woods"

June 22-26, 2015

This exciting camp will help your student to become a "triple threat" by focusing on singing, dancing, and acting. A mini performance of "Into the Woods" will be showcased on Friday, June 26th at 2:00 pm.



Camps are open to students in grades 4-9. Space is limited.

Theater camp runs 9:00 am-3:00 pm. Before & after care available 7:30 am-5:30 pm.

Galena High School, 3600 Butch Cassidy Way, Reno 89511 Price: \$225.

To register, go to: www.sierraschoolofperformingarts.org

PERFORM!

Pair wine and appetizers with picnics and pool parties



Linda Petrini

By Linda Petrini

Although it may be premature to blow up the beach balls, it is time to start filling out the summer party calendar.

Many people think summer and beer. I get that....but what if you are not a beer drinker, like me? I would like to make some wine and appetizer pairing suggestions to

complement your picnics and pool parties.

Even wine drinkers shy away from rosés for all the wrong reasons. They think rosé and then immediately think white zinfandel. Technically, white zinfandel is a rosé but made in a much sweeter style than your classic, dry rosé.

Rosés are red wines with minimal contact with the skins. The skins are what give red wine its color. Rosés are produced in various shades of pink,

depending on the amount of time with the skins. The lighter the color, the lighter the wine. Rosés are made with a variety of red grapes including grenache (my favorite), pinot noir, syrah, blends (a real winemaker's commitment) and zinfandel (my least favorite). Choose a well-chilled rosé and serve with a platter of fruits, nuts and goat cheese. Now your table is looking festive!

If you are looking for a refreshing glass of lemonade with some punch, I recommend a pinot gris/grigio. California has some beautiful offerings with plenty of lemon and plenty of body. I like my pinot gris/grigio with olive tapenade and slices of ciabatta bread.

Are you thinking of having a Chinese picnic? Sounds kinda fun, actually! If you are so inclined to "order out" as you are relaxing poolside, I would recommend a riesling or gewürztraminer. Combine the spicy hot food and the ripe fruit of the wine - cheers!

For those of you who prefer red wines, put a

little chill or "cellar temperature" on the bottle (20-30 minutes in the refrigerator) and you are good to go. I like pinot noir and gamay (little brother to pinot noir). Both are light enough to enjoy with a variety of appetizers and have those lovely, summer berry-full flavors. They are also nice for entrées such as grilled salmon or pulled pork sandwiches.

I have included a recipe for what has become my "King's Beach" salad. It is my go-to summer salad because everyone loves it and it pairs nicely with any of the summer picnic wines above. Cheers!

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 or (775) 203-8798.

King's Beach Picnic Salad - Orzo with tomatoes, feta and green onions

By Linda Petrini

8 servings

1/4 c red wine vinegar
2 tbsp fresh lemon juice
1 tsp honey
1/2 cup olive oil
6 cup chicken broth
1 lb orzo (or riso)
2 cups red and yellow teardrop
or grape tomatoes, halved
1 7oz package feta cheese,
cut into 1/2 in cubes (about 1 1/2 cups)
1 cup chopped fresh basil
1 cup chopped green onions

1 cup sweet, white corn
2-3 poached, lemon chicken breast chopped
1/2 cup pine nuts, roasted

Whisk vinegar, lemon juice, and honey in small bowl. Gradually whisk in oil. Season vinaigrette with salt and pepper. (Can be made two days ahead. Cover and chill.

Bring broth to boil in large heavy saucepan. Stir in orzo, reduce heat to medium, cover partially, and boil until tender but still firm to bite, stirring occasionally. Drain. Transfer to large wide bowl, tossing frequently to cool.

Mix tomatoes, feta, basil, green onions, corn and chicken into orzo. Add vinaigrette, toss to coat. Season



with salt and pepper. (Can be made two hours ahead. Let stand at room temperature.) Add pine nuts; toss. Serve at room temperature.



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Sage Ridge students demonstrate college readiness in senior thesis

By Sophie Kim

Sage Ridge School strives to prepare students for lifelong success in a global economy. Students are encouraged to not only think critically and creatively but to learn to communicate these ideas as well. While core subjects and test taking skills are still as important as elsewhere, Sage Ridge seniors have to write a thesis that requires them to weave together independent research and writing skills and to demonstrate college readiness.

Each year, senior theses cover a wide spectrum of fields and topics from Shakespeare to software. This year, Lauren Becker investigated US Imperialism and the Systematic Degradation of Latin America. Tyler Becker took a look at Java: A General Solution to Issues Arising From the Continuously Increasing Need for Software to Run Across Platforms. Benjamin Stevenson summed up his findings about "Love is merely a madness:" A Shakespearian and Neuro-Scientific Analysis of Romantic Love.

Stanford-bound Senior Persiana Saffari undertook the task of trying to uncover the significant potential of nanomedicine in fighting various cancers.

"Ever since tenth grade, I have become more and more interested in

the field of nanoscience," she said. "The senior thesis allowed me to explore that interest outside of the lab in an equally meaningful, documented way."

The thesis is also an opportunity to hone research skills, argumentation, and inform others as well.

"The skills that are gained from writing such a thesis are immeasurable on two fronts," Saffari said. "First, seniors gain a very valuable skill of crafting an individual argument and backing it up extensively. Second, whatever your topic may be, the senior thesis is enlightening for you and all of your committee members."

Headmaster Norm Colb agrees on the great value of the senior thesis and sees it as a unique and vital element of the Sage Ridge experience.

"The selection of the topics as well as the depth of the student research is really quite remarkable," he said. "It is unusual for high school students to be willing to tackle such complex, interesting topics. So much of education is about giving kids the skills in anticipation of doing some sophisticated work. But so many high schools are just happy when their kids do well on tests."

Sophie Kim is a rising senior at Sage Ridge School.

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