



Tahoe watershed health depends on citizen involvement

By Dagmar Bohlmann

The Lake Tahoe Basin is home to more than 290 bird, animal and fish species and more than a thousand different plant species, says the California Tahoe Conservancy. The problem is that some of them are invasive, non-native species that threaten existing biodiversity and lake clarity. The League to Save Lake Tahoe organizes a volunteer program Eyes on the Lake that aims to keep invasive plants from spreading to new locations.

In its fourth season, Eyes on the Lake is a citizen science program in which League scientists and staff train community members on how to identify and report the presence of aquatic plants while out enjoying the lake. So when sailing, swimming or paddling, trained volunteers can discover and document non-native Eurasian watermilfoil and curly leaf pondweed that are changing the lake's ecosystem.

According to League report "The AIS Challenge at Lake Tahoe," these aquatic species concentrate nutrients and cause algae blooms responsible for clarity loss. They also create a hospitable habitat for more invasives like goldfish and bass. These warm water fish alter the food web by preying on and outcompeting the native fish population. Invasive species grow rapidly and spread easily, forming dense vegetation mats.

Originating on the south shore of Lake Tahoe, Eurasian watermilfoil was identified at 13 sites around the lake in 1995, increasing to 18 sites in 2012. Curlyleaf pondweed was first noted at two sites in 2003 and in 2012 occupied eight places. Both aquatic invasive plants spread through fragments transported

by currents and boats as well as by root structures.

As part of the plan to control the infestation, six acres of Eurasian watermilfoil were successfully removed in Emerald Bay. In a multi-year strategy, bottom barriers blocked out sunlight, and SCUBA divers assisted in suction and hand removal. But long term success depends on continued monitoring of the sites.

Identifying and controlling infestations is a task that requires both, public awareness and assistance. The new Eyes on the Lake season kicks off in June, with free trainings twice a month through August.

"The effort to gather this data helps us better understand and protect Lake Tahoe," said Savannah Rudroff, the League's natural resources associate.

Protecting the lake has been an ongoing effort. With the threat of invasion by zebra and quagga mussels in 2008, Lake Tahoe watershed partners launched the nation's most comprehensive boat inspection program. Now eight years later, and with no new infestation, the program in a national success story and serves as a model for how to keep invasive species out of a water body.

Often staff at Tahoe marinas are the last set of eyes before a boat enters the water. Last year, League experts trained marina staff from four marinas that are currently weed-free to push the number of trained volunteers to 244.

For 2016, the League's deputy director Jesse Patterson plans to train 100 additional volunteers to continue the Eyes on the Lake program success.

For more information and to register email protect@keptahoeblue.org or visit www.keptahoeblue.org.

Protect while at Play

Eyes on the Lake is a citizen science program designed to help prevent the spread of aquatic invasive species in Tahoe's waters. Learn how to identify and report aquatic invasive plants found in Tahoe's lakes and streams and help to Keep Tahoe Blue. Food will be provided. Each training is free and no experience is needed. RSVP for specific location.

For more information and to register email protect@keptahoeblue.org or visit www.keptahoeblue.org

Training Schedule for Eyes on the Lake

- Tuesday, June 21, 5:30 pm – 8 pm, South Lake Tahoe
- Wednesday, June 29, 5:30 pm – 8 pm, Tahoe City
- Saturday, July 16, 10 am – 12:30 pm, South Lake Tahoe
- Wednesday, July 27, 5:30 pm – 8 pm, Tahoe City
- Wednesday, August 10, 5:30 pm – 8 pm, South Lake Tahoe
- Saturday, August 20, 10 am – 12:30 pm, Tahoe City

Letter From the Publisher

Summer will be kicking in soon together with many enjoyable, outdoor adventures. Kids will have plenty of opportunities to get away from their computers, cell phones and iPads. This edition of the Galena Times highlights many reasons for kids and young adults to engage with nature. Several programs and events are on tap, so pick one or two for outdoor family fun. After all, the best way to get your kids involved is to lead by example. Make this the summer to take advantage of everything this area provides just beyond your doorsteps.

Once again, we have many new writers in this issue. Check out all our local sponsors who would appreciate your support. If you're interested in writing or advertising for the Galena Times, please contact me directly. You can visit our website at Galenatimes.com

for information.

Finally, Galena Fest will be back this September with the mountain bike and trail running events we all joyfully anticipate. I hope to see everybody there.

Let's get outside and make it a memorable summer!

Happy Trails, Richard Keillor



Richard Keillor enjoys wide, open views. To see the ocean he hikes in Maui, to view the Sierras he bikes up Mt. Rose.

UNR camps sharpen skills during school breaks



Jodi Herzik

By Jodi Herzik

K I D S University was first held on the University of Nevada, Reno campus during the summer of 1997.

It was designed to provide exposure of the university campus and its areas of study to kids between the ages of 7 and 14, or students entering second through eighth grades. Fast forward to the summer of 2016, and Kids U is offering seven weeks of programming that covers 54 different session topics including science, math, history, English, writing and sports.

Educationally based KIDS U sessions cover topics such as CSI: "The Science of Justice" where kids in grades 5-8 delve into real-world forensic

science — the application of science to criminal law — to investigate and solve the fictitious murder of the victim Beulah Belvedere. In Mischievous Math, younger grades go on a campus scavenger hunt to discover how math makes up our world. They'll learn about polyhedra, tessellations, tangrams and origami. Health Care Heroes for grades 5-8 is perfect for kids who dream of becoming a doctor, nurse, social worker, dentist, dietitian, physical therapist or emergency medical technician.

Kids U non-competitive sports programs include KIDS U Spirit Squad for grades 2-4 and grades 5-8 and participants can jump, yell and dance at the KIDS University's very own cheerleading camp. Sports minded kids will also enjoy learning to play soccer, golf and football or even take dance lessons.

In 2015, KIDS University had



Kids U students learn about science in their week-long Earth-Shakin' Science class.



(Photos: J. Herzik)

Students in the University of Nevada, Reno Kids University summer program hug UNR mascot Wolfie.

2016 SUMMER Kids University

Registration fees are \$215 for full day, \$155 for half day; some classes may have additional lab fees such as computer classes. Fee includes one t-shirt per child per summer, class supplies, field trip admissions, and transportation. An afternoon drink is also provided during the recreation portion of the camp.

Kids U summer programs are one week in length and can be taken on a full-day (8am– 5pm or half-day (8am – noon) basis. The full-day program includes a half-day academic/themed morning class plus a half-day recreational component (KIDS U Games) in the afternoon.

www.kidsuniversity.unr.edu

www.BREAKCAMPS.unr.edu

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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.

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

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

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over 1,750 student enrollments in our summer program. In fact, the program is so popular, in 2015 Kids University Break Camps offered programs during shorter Washoe County School District breaks. In March 2015, students in grades 5-12 could selected from four themed, weeklong camps all designed to incorporate the academic STEAM components —Science, Technology, Engineering, Arts and Math—and lot of fun thrown in too.

Break Camp topics include Totally Drones: All About Aerial Robotics for grades 9-12. Students learn the anatomy of aerial robotics devices and the industrial applications for this new industry and then build a fixed-wing radio-controlled model and fly small, multi-rotor drones using flight

simulators. In Like a Pro: Web Design and Computer Logic, students in grades 5-8 design and build their own website using a simple web creator to conceptualize and design complex websites. They also learn how video games and computer logic relate, and using Minecraft as one example, they learn how it all connects. As a team, the class works together to build a computer from scratch.

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. For Kids U or Break Camp details, contact Teri Jones-Rodrigues at terir@unr.edu or (775) 784-6685 or Crystal Adams at crystal@unr.edu or (775) 682-7554.

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New online resources at Washoe County Library

By Julie Ullman

The Washoe County Library System has two new digital resources that everyone will love.

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Go the Washoe County Library's digital collections at www.washoecountylibrary.us/downloads. Under the Popular Online Services tab, click on "Go to Lynda.com." Log in to

Lynda.com using your WCLS library card number and PIN (usually the last four digits of your phone number).

If you aren't already familiar with Lynda.com and want to learn some basics about how to get the most from Lynda.com, type in "Learning with Lynda.com" in the search box and watch a few video chapters from the Lynda.com staff.

A Little Help from Your Friends

Library staff are available to help you learn how to access Zinio or Lynda.com using a library computer. Just drop by during open hours and ask for a brief introduction to either resource. 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.



Dine al fresco at the Tamarack Junction

By Lisa Johnson

What better way to soak in beautiful days and longer, warm nights than by enjoying the fine atmosphere and a gorgeous view of Mount Rose at TJ's Patio? When you dine at TJ's Patio you'll be offered the full Dining Car menu plus a delectable selection of specials crafted by executive chef Frank Gibson, plus special seasonal drinks like the famous Mojito that completes your peaceful visit to TJ's Patio.

There's no better place to relax on a warm, sunny day than under the shaded patio seats while sipping on a cool drink

with good friends. Weather permitting, TJ's Patio is open all spring and summer so when you go to the Dining Car, be sure to ask for patio seating.

Tamarack Junction Steak House Lounge is kicking off a new "Social Hour" event every Thursday and Friday night from 4.30pm-6.30pm. This is a great opportunity for guests to enjoy half-priced wines and small gourmet plates from the Steak House, all the while listening to wonderful live music by John Ponzo. If you haven't had the opportunity to hear John play, he is a very talented guitarist who plays a wide variety of songs. His acoustic versions of songs range from artists like Norah Jones and Santana, to Led Zeppelin and Paul McCartney. The social hour in the lounge is the perfect venue to unwind at the end of week with your friends or loved ones.



(Photo by L. Johnson)

Tamarack Junction offers patio seating with stunning views of Mount Rose and live music on Thursday and Friday evenings.

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Get on your bikes and ride for the Nevada Cycling League



Janice Keillor

By Janice Keillor

High school mountain biking has finally arrived in Northern Nevada and the season is about to begin. Coaches are busy developing the training schedule, recruiting student athletes, and organizing volunteers in preparation for the July 1 season start. The Nevada Interscholastic Cycling League has been a long time coming, but thanks to the dedication of a handful of individuals, the dream has become a reality.

The Nevada League is one of about twenty leagues registered under the National Interscholastic Cycling Association and has been gradually gaining momentum as more and more people commit to participating in the program. Many who are volunteering as coaches, ride leaders, and course marshals share fond memories of their childhood when going outside and riding



(Photo by J. Keillor)

Certified NICA coaches line up after attending the Nevada Leader's Summit in Incline Village.

a bike was the norm. A bike was not only a form of transportation, but a ticket to freedom. These volunteers are now passing on their life-long enjoyment of bicycling to a younger generation with the goal of getting more kids on bikes.

One of the great things about joining a NICA sponsored, high school mountain biking club is the focus on safety and enjoyment. Kids can participate and achieve both competitive and non-competitive cross

country mountain biking goals in a safe and enjoyable manner. They do not have to race, but can participate in training, learn new skills and discipline, and promote the value of cycling. NICA's mission and core principles have laid the groundwork for creating a fantastic experience for young riders of all abilities.

Northern Nevada has more mountain biking opportunities than ever, with outstanding new trails being built every

year. If you have middle school and high school aged kids, now is the time to introduce them to mountain biking. If you don't have a mountain bike or can't afford one, NICA coaches will be happy to work with you to make sure your kids have an opportunity to participate.

Janice Keillor is a Grants Administrator for the Carson City Department of Finance. For information on joining a league in Nevada or volunteering, contact league director Doug Bedient at doug@nevadamtb.org.

NICA Tentative Event Schedule

August 28th – Tahoe City, CA
North Tahoe HS/Tahoe XC

September 18th – Mammoth Lake, CA Mammoth Mountain

October 2nd – Sparks, NV
Hidden Valley Regional Park

October 16th – Truckee, CA
Tahoe Donner XC

Proper hydration keeps summer fun

By John Sagebiel

We all love the long, hot days of summer. What better time to be out enjoying our amazing region whether hiking, running, biking, or any of a number of fun activities. The one thing

all these activities share is that they make us sweat.

The challenge with sweating is making sure we replace not only the water lost but also the electrolytes. Electrolytes are ions like sodium, potassium, calcium

and magnesium. These are all important for the normal function of our bodies and also are lost through sweating. The amount you lose and how much this impacts how you feel are highly individual, but everyone sweats, everyone

loses electrolytes through sweat, and everyone would be better off replacing them.

If you sweat a lot, you'll know it. Salt stains will show on your clothes

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Outdoor education explores science beyond textbooks

By Erin Reaney

It's my first time doing a field study, and I am extremely nervous about not knowing the curriculum like the back of my hand, that the kids will be able to see right through the attempts to hide my insecurity and judge my lack of PhD level scientific knowledge. I am running through the lessons in my head and triple-checking that I have all the materials I need to present a clear and effective lesson for these students. Convinced that once we get out in the forest, I will forget everything about bio mimicry, macro invertebrates, and dissolved oxygen, I fear the kids will return to school having gained nothing from the trip.

So, here I am about to lead a group of third graders out on the trail, when I hear behind me, "This is the first time, I have ever been in a forest," followed by several exclamations of, "Me, too!" Rendered momentarily speechless, I find myself confused about how these 9 and 10 year-old kids had yet to step foot in a forest. For me, it just was a part of growing up, going on a hike or camping was a weekly activity. The forest is my second home. In that moment, I realized that while I was worrying about how to teach them about decomposition, they were just filled with the simple wonder of being in this new



Great Basin Naturalists at Galena offer eight weeks of Summer Exploration Camps with various topics as residential and day camps for kids 8-17.

and beautiful place. As I began to realize that while the education was important, I relaxed into knowing that these kids were learning something perhaps just as if not more valuable – the amazing and unique world of nature.

Excitement overcame nervousness, as I got ready to share this place that I love so much with these youngsters. Hoping that between testing for water quality, teaching animal adaptations, and searching the trees for pitch tubes, I might also be able to impart on them the inner peace and joy that nature and the wilderness can bring. I wanted to not only give them the empirical and scientific knowledge they came for but also the bigger picture of why forests are so important for life and why we need to

do our part to keep them healthy and thriving.

On my first day, I realized that while it is indeed important for these kids to be able to apply what they have learned in the classroom to this natural setting, it is also just as important for them to be in the forest, to experience something new and different, to foster their curiosity to keep exploring and learning beyond the walls of the classroom.

Erin Reaney graduated from UNR and is an educator with Great Basin Naturalists at Galena. To sign up your child (ages 8-17) for summer camp, call (775) 849-4948, e-mail visitorcenter@gbinstitute.org, or visit the website at www.GalenaCreekVisitorCenter.org.

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or the place I notice it the most is on the chinstrap of my bike helmet. Even if you don't see these things, you can benefit greatly from drinking proper hydration solutions, rather than just water.

The problem with drinking just water is that your body's fluids are more than water. Thus the body has to try and replace the electrolytes you've lost and are not taking in. This can, in extreme cases, result in real

physiological problems from loss of electrolytes (principally sodium) even if you are drinking plenty of water.

Most replacement solutions targeting athletes are physiologically balanced mixes of electrolytes plus a small amount of sugar and are designed to be mixed up in specific ratios. That way when it enters your stomach you have the correct blend to be absorbed quickly and easily. The most common

response I get from people who use these for the first time is, "This doesn't sit in my stomach like water does." Water actually takes longer to be absorbed than a proper solution.

Even if you think you are not an athlete, you are sweating like they are and will benefit from these replacements. You have many choices, the one I use is from Skratch Labs and can be found at a lot of local retailers

or online stores and skratchlabs.com. I generally steer away from the premixed stuff you can get at convenience stores – those are generally not the right mixture.

So, go out, sweat, enjoy the outdoors and replace your electrolytes. Your body will thank you.

John Sagebiel is an avid cyclist, riding as much as he can and competing in mountain bike races around the US and internationally.

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Various cardinal shrubs flaunt flashy foliage

By Mary Sattler

Weigela, also known as cardinal shrub and a member of the honeysuckle family, is a showy deciduous, perennial shrub appreciated for its abundant late-spring, early summer bell shaped flowers. Now there are cultivars that will bloom all summer long, without dead-heading, until the first frost.

This shrub, USDA zoned for 4-8, is a great choice for a low maintenance, deer resistant shrub. Also, for those of us who sneeze and weep during the growing season, Weigela causes little or no allergies to people. It is very tolerant of a wide range of soil types. When looking at the plant label it always says that this is a full sun shrub. However, this plant performs best here in Northern Nevada with afternoon shade and protection from our drying Washoe zephyrs. An eastern spot against a fence or the house would

be a perfect location. Butterflies and hummingbirds are attracted to Weigela.

Weigela florida 'Alexandra' Wine and Roses is a personal favorite with reddish, pink flowers. The main bloom occurs in late-spring, early summer. Sporadic repeat blooms occur on new growth as the summer progresses which contrasts nicely with the burgundy-purple leaves. This densely-rounded deciduous shrub typically grows 4-5 feet tall with a slightly larger spread.

The next generation of this Weigela florida is Fine Wine. This Weigela is characterized by bright pink flowers that rebloom through the summer. As a lower grower with a height of 24-48 inches, it spreads to 24-30 inches. Fine Wine has lovely dark purple foliage all season.

The dwarf variety of this cultivar is Midnight Wine. It grows 10-12 inches

high with a spread of 18-24 inches. Fine Wine retains the beautiful pink flowers and purple foliage. Finally, Weigela florida "Verweig" My Monet is a dwarf, rounded shrub that typically grows to only 12-18 inches tall and wide. It has soft pink flowers and variegated leaves featuring green centers surrounded by creamy white with pink on the margins.

To maintain the mounding shape of this shrub, prune out canes that are two or more years older since flowers bloom on new growth. An all-purpose, organic fertilizer is recommended. Once again, Weigela cannot tolerate our full sun conditions here in Northern Nevada. Afternoon shade is a must. Greenhouse Garden Center has a nice selection of showy Weigela shrubs.

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



The Weigela shrub produces masses of trumpet shaped flowers in colors ranging between pink, red, white, and rose.

as Master Nursery certified. For more information, visit Greenhouse Garden Center at 2450 S Curry Street in Carson City or call (775)882-8600.

Figure out fertilizer for a green lawn this summer

By Jay Graham

Picking the right fertilizer for your lawn is as simple as looking at the three numbers printed on the packaging such as 16-6-8 or 24-0-0. These numbers indicate the percentages of each primary N-P-K nutrient. The first number indicates the amount of nitrogen (N), the second the amount of phosphorus (P) and third shows the potassium (K).

Quite a few products are available and it can seem overwhelming trying to pick the right one. The easiest way to choose a fertilizer is to understand



what the numbers indicate and what the ingredients do for your turf.

The first number targets the part of the grass you see, the second number is for the roots and the third number is for overall health. If you plan to use a very common fertilizer like 24-0-0 for instance, you will get a very green yard quickly, but you're not doing much for the root growth or the disease resistance capability of the turf. You should also look for additional ingredients like 2% iron for a green yard.

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Hike for Hounds gets you and your dog out for a walk

By Lori Dotterweich and Robert Burks

Hiking in the Sierras not only elevates your mood and burns calories, but the fresh mountain air invigorates your day. On the last Sunday in June, Natural Paws hosts Hike for Hounds, a guided hike at Galena Regional Park. This isn't your typical dog walk around the block; on the trails up in the mountains you are surrounded by beautiful pines and stunning vistas.

The hike will take about 60 minutes and leaves at 10.30am. Signups start at 9.30am on Sunday, June 26th.

Make sure to linger afterwards with your pooch to soak up all the gorgeous scenery, relax and enjoy the many unique vendors, yummy food

from Blue Elephant food truck and great music. Your dog will delight in their very own, after-hike ice cream – bacon and peanut butter flavored non-fat yogurt.

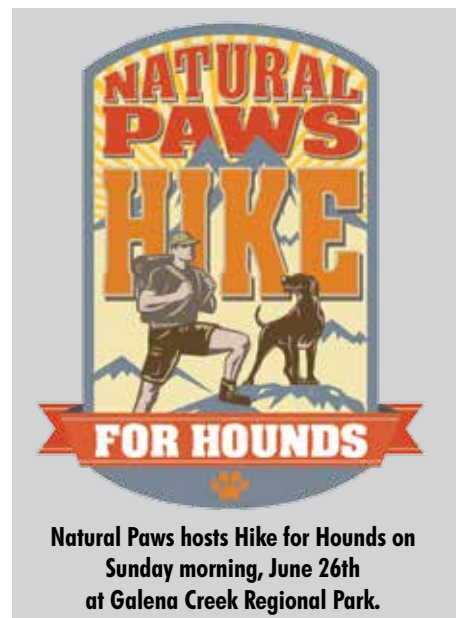
Lots of pooches will be up for adoption if you're looking for a new member for your family. The Hike for Hounds entire event runs until 1pm.

Just \$25 includes a very cool event t-shirt as well as an impressive gift bag with \$20 worth of dog goodies. Not to mention the yummy ice cream and two free raffle tickets. All proceeds benefit Dog Town Rescue and Canine Rehabilitation Center & Sanctuary. CRCS is dedicated to rehabilitating dogs until they are adoptable to loving homes. Dog Town

Rescue depends on the generosity of animal lovers to save lives through a combination of adoption and spay/neuter services.

Dogs must be on leash at all times, current on vaccinations and cleaned up after.

Lori and Robert Burks co-own Natural Paws at the Galena Junction Center. Natural Paws, a competitively priced natural pet food and supply store, is located in the Raley's Center at Galena Junction in South Reno and is committed to pet rescue. For more information visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call (775) 853-3533.



fertilizer *continued from page 8*

Keep in mind a few pointers when it comes to successfully fertilizing your turf. First of all, make sure your irrigation system is on and running properly. Then, carefully follow the instructions on the label when applying any fertilizer, whether it is organic or non-organic. Lastly, make sure you use a blower on your driveway or on any of your hardscape areas after applying fertilizer. The iron in fertilizer can leave rust stains

on concrete if it is not blown off of the driveway and walkways.

If you are still not quite sure about what fertilizer is the right one to keep your grass green this summer, reach out to a professional landscaper.

Jay Graham is a professional landscaper with Signature Landscapes. For more information, you can reach them at (775) 857-4333 or visit www.siglands.com.

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Carson Tahoe launches construction of one-stop destination for breast health

Submitted to the Galena Times

Coming summer 2016, gaining access to complete breast imaging services in Carson City will be easier and more convenient than ever before. Michelle Joy, Chief Operating Officer of Carson Tahoe Health, announced plans for a comprehensive Breast Center at Sierra Surgery, located on the Carson Tahoe Medical Campus.

This new center will offer complete breast imaging technology, expertise, and outpatient services in support of the early detection of breast cancer. From brand new 3-D mammography to ultrasound-guided biopsies and MRIs, the center will enable patients to experience seamless integration of preventive and diagnostic services, all under one roof. Previously, many patients would need to access two or more imaging locations to receive additional breast diagnostic procedures.

"Comfort, convenience, and state-of-the-art technology are hallmarks of the Carson Tahoe Breast Center," said Joy. "Through an innovative model of care, our goal is to provide the best possible patient experiences, outcomes, and quality of life for people in our community."

Every mammogram performed at Carson Tahoe Health, including Minden Medical Center, will be utilizing 3-D Mammography also known as tomosynthesis technology, which is one of the most advanced forms of diagnostic tests available for the screening of breast



(Photo: Carson Tahoe Health)

Featuring all-new state-of-the-art technology and 3-D Mammography, the Carson Tahoe Breast Center provides convenient access to diagnostics and care in an ultra-modern healing environment.

cancer. Studies show that early detection of breast cancer increase and false positives decrease substantially when 3-D imaging is used. The exam is also covered by most insurance plans including Medicare and Medicaid.

"Carson Tahoe has been fortunate in the last several years to acquire the latest imaging technologies, assuring easy access to high quality care close to home," said Joy. "This is another opportunity for us to bring imaging services in our region to the next level."

Understanding that breast imaging and procedures can be an anxious experience for patients and family members, the center is also designed to foster a nurturing environment, which

can be seen, heard, and felt at every touch point. In addition to Carson Tahoe's team of compassionate experts, the center will offer a serene water feature and original and local artwork that promote a peaceful and uplifting vision of the natural world.

"The breast center combines art and science through a patient-centered approach, one that embraces a tranquil healing environment and the most advanced diagnostic services," Joy added.

The Carson Tahoe Breast Center, located at 1400 Medical Parkway in Carson City, is scheduled to be open in August 2016, and the new 3-D technology at Minden Medical Center will be offered beginning in June 2016.

Community contributions are

encouraged through the Carson Tahoe Health Foundation. Exclusive naming opportunities are currently available for donors to support a critical need in our community while leaving their legacy for generations to come.

Carson Tahoe Health is a local, not-for-profit healthcare system with 240 licensed acute care beds. Serving a population of over 250,000, CTH features two hospitals, two urgent cares, an emergent care center, outpatient services and a provider network with 19 regional locations. The system is headquartered on a beautiful master planned 80-acre medical campus nestled among the foothills of the Sierra Nevada in North Carson City. For more information about donating to the CTH Foundation, please call (775) 445-5165.

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Pain pills may hurt more than help



Andrew Pasternak, MD

By Andy Pasternak

Prescription narcotic medications like hydrocodone, oxycodone, and morphine have been a major topic in the news, both nationally and locally. Even prior to the death of Prince and the recent arrests in Reno, providers have been encouraged to change their approach to treating pain with their patients.

Since the Veterans Health Administration launched the "Pain as the 5th Vital Sign" initiative in 1999, physicians have been asked to be more attentive in assessing pain and also to be aggressive in prescribing narcotic pain medications to eliminate pain completely.

Unfortunately, partially because of this approach,

the number of deaths due to narcotic pain medications has since quadrupled. Half of these deaths involve medications prescribed by a physician. In 2014, over 14,000 people died from prescription narcotics in the US. Nevada had the fourth highest drug overdose mortality rate in the country.

Because of these statistics, the Centers for Disease Control has recently issued new guidelines for health care providers regarding the prescription of narcotic pain medications. The State of Nevada has also implemented new laws to help combat this troubling epidemic. Physicians are now encouraged to provide more counseling for their patients about the risks of chronic narcotic use. This may include having patients sign a contract on the appropriate use of these meds.

Physicians are also now required to run a drug utilization report on patients before prescribing narcotic pain medications. In addition, these new

laws should also improve the availability of naloxone, a medication used to treat narcotic overdoses, for patients who are taking narcotic medications.

In general, the new guidelines recommend trying non-narcotic pain medications first and incorporating other modalities like physical therapy, pain management procedures, and referrals to chronic pain therapists for treating pain.

Pain is a very subjective and complex issue. Narcotic pain medications can be helpful with short term pain and help in patients with cancer pain. But whether the use of high dose narcotics is beneficial in patients with long term pain remains controversial.

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.

Keep pacifiers safe with simple precautions

By Jade Miller

Is pacifier use safe for a child's teeth? Pacifiers can contribute to tooth decay and affect the growth of children's mouths and teeth, but these problems only occur when used incorrectly.

Sucking is a normal part of development that is comforting to infants and toddlers to calm themselves. The American Academy of Pediatric Dentistry suggests using a pacifier is preferable to thumb-sucking. Toddlers need to stop excessive sucking to prevent future problems in mouth and teeth development, and it is easier to wean a young child from a pacifier than from thumb-sucking habit.

If used incorrectly, pacifiers do have their downside. The bacteria that cause tooth decay don't occur naturally in children's mouths; they are passed on by their

caregivers. Therefore, putting a pacifier in your mouth before giving it to your baby introduces the possibility of bacteria being exchanged and possibly causing tooth decay. Parents can also end up encouraging tooth decay by dipping the pacifier in a sugary liquid, such as honey or corn syrup, before giving it to their baby.

Keep in mind that prolonged use can create crooked teeth, bite problems, upper front teeth that tip forward, changes in jaw alignment and imperfect tooth position, according to the AAPD.

In situations when the pacifier bulb became separated it risked serious airway issues in infants. Here are some tips to make sure your pacifier is safe to use.

It is key to check it each time before use. Make sure you look at the age recommendation for the pacifier and that it matches the age of your baby. Always use a

pacifier that has a shield wider than your baby's mouth. Discard pacifiers that have become discolored, cracked, swollen or sticky. Replace older or worn pacifiers.

Check the pacifier often with the pull test. All you need to do is grab the nipple of the pacifier and make sure it's not broken or torn. When it comes to keeping the pacifier clean, wash it often in water, don't use soap or harsh cleaning products.

Lastly, check for recalled pacifiers or those with reports of harm at SaferProducts.gov.

Dr. Jade Miller, DDS, is the president of the American Academy of Pediatric Specialists. He is board certified in Pediatric Dentistry, a diplomat and fellow of the American Board of Pediatric Dentistry. Visit his office at 517 Hammill Lane, check out RenoKidsDentist.com or call (775) 824-2323.



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All Area Home Sales March 9th - May 31st, 2016

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
1700 Joy Lake Road	\$440,000	\$445,000	236.56	239.25	1860	0.51	4/12/2016
1155 Blue Spruce	\$579,000	\$556,500	234.89	225.76	2465	0.48	4/13/2016
17000 Evergreen Hills Drive	\$725,000	\$670,000	173.78	160.59	4172	1.01	4/25/2016
204 Paddington	\$818,000	\$762,000	285.42	265.88	2866	1	3/29/2016
4967 Nadia Court	\$767,000	\$767,000	269.12	269.12	2850	2.43	4/27/2016
142 Kingswood	\$896,000	\$855,000	240.73	229.72	3722	1.17	4/15/2016
5845 Philoree	\$1,295,000	\$1,250,000	462.5	446.43	2800	1.44	3/14/2016
6845 De Chardin Lane	\$1,595,000	\$1,510,000	230.52	218.24	6919	1.56	3/9/2016
20122 Bordeaux Drive	\$2,595,000	\$2,450,000	482.52	455.56	5378	0.75	3/10/2016
SADDLEHORN/MONTE ROSA							
14185 Saddlebow Drive	\$848,000	\$827,000	205.93	200.83	4118	1.05	5/9/2016
14210 Eagle Springs	\$1,375,000	\$1,300,000	315.58	298.37	4357	0.85	4/28/2016
ARROWCREEK							
524 Spirit Ridge Court	\$528,000	\$518,000	189.45	185.86	2787	0.41	3/24/2016
2768 Sky Horse Trail	\$569,000	\$569,000	254.24	254.24	2238	0.53	5/11/2016
2977 Roundrock Court	\$735,000	\$705,000	178.35	171.07	4121	0.54	4/29/2016
10296 Via Verona	\$759,950	\$744,500	165.03	161.67	4605	0.38	3/31/2016
9974 Via Solano	\$775,000	\$775,000	234.78	234.78	3301	0.33	5/26/2016
3669 Spirit Bluff Court	\$825,000	\$785,000	233.91	222.57	3527	0.66	3/25/2016
6177 N Featherstone	\$819,900	\$807,000	158.74	156.24	5165	1	4/27/2016
1340 Sinagua Court	\$879,000	\$850,000	225.79	218.34	3893	0.51	5/27/2016
6195 Storyteller Court	\$1,195,000	\$1,150,000	300.4	289.09	3978	1	4/29/2016
398 Questa Court	\$1,245,000	\$1,175,000	235.57	222.33	5285	1.56	5/6/2016
1150 Eagle Vista	\$1,249,000	\$1,200,000	289.25	277.91	4318	0.6	3/25/2016
6500 Masters Drive	\$1,347,700	\$1,328,000	266.03	262.14	5066	1.38	4/29/2016
3364 Nambe Drive	\$1,995,000	\$1,750,000	235.12	206.25	8485	2.43	3/18/2016
CALLAHAN RANCH							
5300 Tannerwood Drive	\$389,900	\$390,000	219.17	219.22	1779	1.02	5/13/2016
5465 Wintergreen Lane	\$425,000	\$425,000	227.15	227.15	1871	1.02	4/13/2016
15245 Callahan Road	\$449,000	\$465,000	218.39	226.17	2056	1.03	5/20/2016
6000 Larrea Lane	\$569,000	\$555,000	211.52	206.32	2690	1.04	4/25/2016
5340 Mistral Court	\$845,000	\$825,000	230.56	225.1	3665	1.7	4/27/2016
ROLLING HILLS/GALENA COUNTRY ESTATES							
14605 Sundance Drive	\$360,000	\$350,000	189.77	184.5	1897	0.43	4/12/2016
3716 Calgary Drive	\$399,000	\$400,000	197.52	198.02	2020	0.38	5/23/2016
1770 Kodiak Circle	\$399,000	\$405,000	148.38	150.61	2689	0.29	4/1/2016
4480 Great Falls Loop	\$495,000	\$472,500	191.64	182.93	2583	0.34	3/16/2016
2230 Stowe Drive	\$479,000	\$480,000	222.17	222.63	2156	0.35	5/6/2016
4275 Great Falls Loop	\$490,000	\$485,000	187.81	185.89	2609	0.28	5/23/2016
4180 Twin Falls	\$485,000	\$497,100	187.77	192.45	2583	0.28	3/23/2016
4446 White Fish	\$559,000	\$546,000	163.64	159.84	3416	0.35	5/22/2016
OTHER SOUTH RENO							
365 Vera Drive	\$269,900	\$286,000	227.76	241.35	1185	1.42	3/23/2016
870 Zolezzi Lane	\$274,900	\$311,000	218.17	246.83	1260	1.13	3/18/2016
11095 Broken Hill Road	\$339,000	\$332,500	199.29	195.47	1701	0.34	3/31/2016
13486 Rick Circle	\$325,000	\$336,000	147.13	152.11	2209	0.4	4/21/2016
100 Mankato Drive	\$321,900	\$337,000	167.83	175.7	1918	0.37	5/16/2016
13100 Stoney Brook Drive	\$359,900	\$350,000	230.12	223.79	1564	0.33	5/18/2016
125 Mankato Drive	\$399,000	\$380,000	134.3	127.9	2971	0.31	5/2/2016
13100 South Hills Drive	\$444,900	\$435,000	131.9	128.97	3373	0.36	3/10/2016
1325 Celese Way	\$480,000	\$480,000	185.76	185.76	2584	0.99	3/28/2016
12975 Broilli Court	\$585,000	\$560,000	239.85	229.6	2439	0.65	4/20/2016
12600 Water Lily	\$565,000	\$565,000	216.64	216.64	2608	0.58	5/11/2016
1105 Lampe	\$585,000	\$580,000	224.57	222.65	2605	1	5/16/2016
16009 Edmands	\$619,990	\$619,900	190.24	190.21	3259	1.09	5/25/2016
1105 Cottonwood Road	\$635,000	\$620,000	228.25	222.86	2782	1.07	5/18/2016
855 Flanders Road	\$659,900	\$645,000	228.81	223.65	2884	1	5/12/2016
12550 Broilli Drive	\$697,000	\$665,000	204.52	195.13	3408	1	4/1/2016
2110 Green Tree Lane	\$640,000	\$677,520	357.94	378.93	1788	2.5	5/25/2016
1050 Lampe	\$900,000	\$850,000	217.08	205.02	4146	0.98	5/17/2016
2150 Holcomb Ranch Lane	\$985,000	\$955,000	471.74	457.38	2088	2.51	5/6/2016
1425 Eli Drive	\$1,289,000	\$1,075,000	362.89	302.65	3552	2.5	5/18/2016
45 Llama Court	\$1,200,000	\$1,100,000	284.02	260.36	4225	0.62	4/22/2016
2135 Green Tree Lane	\$1,750,000	\$1,700,000	306.16	297.41	5716	2.28	4/8/2016
NW CARSON CITY							
1805 Alpine Street	\$198,000	\$200,000	159.16	160.77	1244	0.16	5/27/2016
822 Washington	\$273,000	\$266,000	189.32	184.47	1442	0.23	3/30/2016
1105 West Sunset Way	\$287,500	\$270,000	171.13	160.71	1680	0.22	3/11/2016
1416 Flintwood Drive	\$280,000	\$280,000	202.75	202.75	1381	0.13	5/11/2016
999 W Musser Street	\$309,900	\$301,500	187.59	182.51	1652	0.17	3/22/2016
386 Sussex Place	\$324,500	\$324,500	173.34	173.34	1872	0.18	5/6/2016
1384 Flintwood Drive	\$354,500	\$340,000	192.77	184.88	1839	0.2	4/8/2016
1809 Pyrenees Street	\$399,950	\$375,000	115.96	108.73	3449	0.25	5/4/2016
505 Derby Court	\$369,900	\$380,000	191.96	197.2	1927	0.25	4/11/2016
3496 Harvard Drive	\$398,000	\$394,000	154.5	152.95	2576	0.29	4/18/2016
2621 Simons Court	\$413,900	\$395,000	169.84	162.08	2437	0.2	4/15/2016
3 Woodstock Circle	\$419,000	\$410,000	164.44	160.91	2548	0.44	3/25/2016
3570 Harvard Drive	\$429,900	\$419,000	140.67	137.11	3056	0.28	5/17/2016
107 Lotus	\$420,000	\$420,000	185.19	185.19	2268	0.45	4/29/2016
1700 Malaga	\$439,000	\$420,000	153.93	147.27	2852	0.28	4/29/2016
2945 Silver Stream Drive	\$485,000	\$445,000	218.86	200.81	2216	0.21	3/15/2016
2291 Oak Ridge Drive	\$450,000	\$446,500	149.35	148.19	3013	0.24	4/29/2016
1804 Ash Canyon Road	\$450,000	\$450,000	183.82	183.82	2448	3.21	5/24/2016
594 Chelsea	\$469,900	\$458,000	184.78	180.1	2543	0.26	3/29/2016
2135 Bristol Place	\$469,900	\$459,900	184.78	180.85	2543	0.23	4/15/2016
2204 W Washington Street	\$589,000	\$568,000	157.36	151.75	3743	1	4/29/2016
1211 Cordero	\$615,000	\$615,000	140.12	140.12	4389	0.27	5/4/2016

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

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Dr. André Meintjes

By Andre Meintjes

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At my practice and through observing people in our community, I see many people who are so functionally weak that they are at risk for injury. Some were injured while doing their basic activities of daily living. In fact, I have treated people who injured themselves by



(Photo by S. Davies)

Ian Meintjes demonstrates a squat that strengthens gluteals, quadriceps, hamstrings and calves.

catching a falling banana (true story) or torn ligaments in their knee by simply stepping out of a pickup bed. Had they been functionally strong and flexible, they may not have been injured.

The challenging part of any exercise program is fitting it into your day and sticking with it to reap the benefits. For me, if I don't get it done first thing in the morning I know it just will not happen. For you, it may be at the end of the day or at lunch time. All you need to do is commit to 20 minutes, 5 days a week and stick with it for 3 months. You will feel functionally so much stronger.

Check out the videos of the exercises on our YouTube channel by googling for "20 Minute Workout 1" or "20 Minute workout 2." If you really get into this, you will find seven programs in "The Twenty Minute Travel Workout", a book I published that is available through Amazon. Or you can swing by any of our three Custom Physical Therapy locations for a copy.

André Meintjes opened Custom Physical Therapy in 2002. He has a Ph.D. in Physiology, a Masters in Physical Therapy and is a Certified Functional Evaluator. For more information, visit www.custom-pt.com or check out his blog at www.customphysicaltherapy.wordpress.com.

Varicose veins are more than a skin deep problem



Dr. Kevin Halow

By Kevin Halow

If I were to mention "varicose veins", most people would likely conjure up images of large rope-like veins or unsightly bluish-red, spider-shaped veins that appear on the legs. That is not surprising because an estimated 5 to 30 percent of adults have varicose veins. Varicose veins are really a manifestation of an underlying process called

Chronic Venous Insufficiency; a process that is not simply a "cosmetic problem", but a significant cause of morbidity. However, in order to understand what CVI is, you first need to know a bit of anatomy.

Your heart is a very powerful pump that drives oxygenated blood to the tissues via the arteries. The veins bring blood back to the heart; however, the heart only pumps blood out, it does not pump it back. Blood in the veins is propelled back by changes in pressure such as breathing, muscle motion, and gravity. If you don't believe me, raise your hand above your head and

watch the veins in your hand disappear.

The veins have valves that force the blood to go back towards the heart. Dysfunction in those valves results in blood going in the wrong direction and pooling in the veins. This is CVI and it leads to increased pressure in the veins, known as venous hypertension. Over time, this venous hypertension causes many of the problems associated with CVI.

CVI is a progressive process; it always gets worse over time. It is also insidious; the symptoms progress

continued on page 16

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Access the power of gratitude



Kerstin Tracy

By Kerstin Tracy

The practice of gratitude as a tool for happiness has been in the mainstream for years. Long-term studies support gratitude's effectiveness, suggesting that a positive, appreciative attitude contributes to greater success in work, greater health, peak performance in sports and

business, a higher sense of well-being, and a faster rate of recovery from surgery.

But while we may acknowledge gratitude's many benefits, it still can be difficult to sustain. So many of us are trained to notice what is broken, undone or lacking in our lives. And for gratitude to meet its full healing potential, it needs to become more than just a Thanksgiving word. We have to learn a new way of looking at things, a new habit. And that can take some time.

That's why practicing gratitude makes so much sense. When we practice giving thanks for all we

have, instead of complaining about what we lack, we give ourselves the chance to see all of life as an opportunity and a blessing.

Remember that gratitude isn't a blindly optimistic approach in which the bad things in life are whitewashed or ignored. It's more a matter of where we put our focus and attention. Pain and injustice exist, but when we focus on the gifts of life, we gain a feeling of well-being. Gratitude balances us and gives us hope.

Many things inspire gratefulness: a cooling summer breeze, legs that work, friends who listen and really hear, chocolate, fresh eggs, time spent at the lake, fresh fruits, the ability to read, roses, our health, butterflies. What's on your list?

As you practice gratitude, an inner shift begins to occur and you may be delighted to discover how content and hopeful you are feeling. That sense of fulfillment is gratitude at work.

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

varicose veins *continued from page 15*

slowly such that the patient does not realize that he or she has a problem. Finally, because it is not well understood or recognized, many people suffer with the disease.

CVI symptoms include aching tired legs, heaviness, and itching and burning. In its later stages, patients develop skin color changes like dark, flaking, or tense skin and even ulcers. An estimated approximately 1 percent of the adult population has either an active or healed venous ulcer. Even more shocking is the fact that around \$1 billion is spent annually on the treatment of

chronic venous ulcers in the United States.

Fortunately, CVI is a process that can be easily and effectively treated, even in its later stages. While it is not a life threatening condition, it is a best a significant nuisance and, at worse, a major cause of morbidity for a large portion of the population. What it is not is simply a cosmetic problem.

Dr. Kevin Halow is a board-certified surgeon and registered vascular technologist at Carson Surgical Group, with locations in Carson, Minden, and Reno. For more information, visit www.carsonsurgical.com.

6 Ways to Practice Gratitude

- Keep a gratitude journal to list things for which you are thankful. You can make daily, weekly or monthly lists. Greater frequency may be better for creating a new habit, but just keeping that journal where you can see it will remind you to think in a grateful way.

- Make a gratitude collage by drawing or pasting pictures.

- Practice gratitude around the dinner table or make it part of your nighttime routine.

- Make a game of finding the hidden blessing in a challenging situation.

- When you feel like complaining, make a gratitude list instead. You may be amazed by how much better you feel.

- Notice how gratitude is impacting your life. Write about it, sing about it, express thanks for gratitude.

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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Own your tomorrow.

Project Discovery unveils new adventure summer camps

By Mike Selby

Good news for kids in South Reno: Project Discovery headquartered at Sky Tavern Ski Area has teamed up with Move Mountains of Incline Village to host a full five weeks of Summer Adventure Camps this year.

The most popular adventure camp, Rocks, Ropes and Boats is back for three weeks in July this season serving ages 7 through 11. Rocks, Ropes and Boats Camp includes high adventure pursuits like the ropes challenge programs, rock climbing, rappelling, mountain climbing and kayaking.

Heavy-duty, more experienced and older campers that really want a high octane adventure may want to try the High Adventure Camp serving ages 12 through 16 consisting of a weeklong overnight experience. Canyoneering is the star of the show that features waterfall climbing, rock climbing, bouldering,



South Reno Summer Campers enjoy an adventure canyoneering.
L-R: Canon Brown, Cody Hamm, Matty Casey, Miles Hardacor and Noa Selby



Miles Hardacor rappelled to begin a 100 foot rappel into water.

caving, swimming and cliff jumping. This is not a camp for the faint of heart.

A new addition to the camp menu is the Tahoe Leadership Academy that will serve senior campers from ages 12 through 16. The Tahoe Leadership Academy focus on providing young adults with the opportunity to learn more about leadership and then practice and hone their own personal leadership style.

Campers will learn how to safely manage and lead high adventure activities under the adult supervision of camp staff. Those who successfully complete the Tahoe Leadership Academy will be selected to assist with other high adventure camps throughout the year.

Project Discovery also addresses the need of younger campers. At Kamp Kindness, children ages 5 through 7 focus

on taking better care of one another, our community and our planet. The campers meet at Sageridge School.

Summer camp experiences have had a very beneficial impact on the lives of prior campers.

"Project Discovery Camp has helped me develop more confidence in myself and I have been to places and done things I would have never had a chance to experience," Caleb DeKay (14) said. "I have also made a lot of great friends along the way."

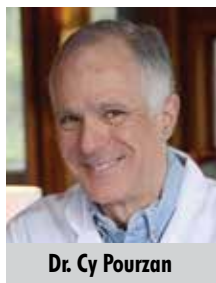
Because of camp Illona Coote (15) said that she learned how to speak up and share her thoughts.

"I have really become a better leader from all my camp experiences," she said. Most campers want to return.

"I wouldn't miss it for anything," Miles Hardacor (14) said. "Camp is the best!"

For more info on Tahoe Adventure Camps call (775) 849-3393 or visiting the Tahoe Adventure Camps website www.tahoeadventurecamps.com.

Is memory loss reversible?



By Cy Pourzan

Memory loss is a major concern for aging adults. It is predicted that the number of Americans with dementia will triple by 2050.

Over the past 100 years, no new drugs have been effective at reversing memory

loss. There have been hundreds of clinical trials and over \$1 billion spent on research without a breakthrough. However, a recent study from UCLA/Buck Institute may offer hope to those who are in the early stages of memory loss.

This new approach takes issue with the common belief that dementia, Alzheimers and memory loss are due to a single cause. Rather, it may be due

to many abnormalities that ultimately degrade memory and brain function over time. The full program has 36 steps that are individualized for each person. That these brain changes can be reversed in a short time is revelatory. This more holistic approach had two major side effects, improved health and weight loss.

Below is a simplified summary of the program.

- eliminating all simple carbohydrates,

gluten and processed food from the diet, and eating more vegetables, fruits and non-farmed fish

- meditating twice a day and beginning yoga to reduce stress

- sleeping seven to eight hours per night, up from four to five

- taking melatonin, methylcobalamin, vitamin D3, fish oil and coenzyme Q10 each day

continued on page 20

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Tell your beneficiaries about your accounts and policies

Provided by Hawley MacLean

Will your heirs receive a fair share of your wealth? Will your invested assets go where you want them to when you die? If you have a proper will or estate plan in place, you will likely answer "yes" to both of those questions. The beneficiary forms you filled out years ago for your IRA, your workplace retirement plan, and your life insurance policy may give you even more confidence about the eventual transfer of your wealth.

One concern still remains, though. You have to tell your heirs that these documents exist.

That does not mean sharing all the details. If you have decided that some of your heirs will one day get more of your wealth than others, you can keep quiet about that decision as long as you live. You do want to tell your heirs the essential details; they should know that you have a will and/or an estate plan, and they should understand that you have named beneficiaries for your retirement accounts, your investment accounts, and your insurance policies.

Over time, you must review your beneficiary decisions. In fact, you may want to revisit them. As an example, say you opened an IRA in 1997. Your life has probably changed quite a bit since 1997. Were you single then, and are you married now? Were you married then, and are you single now? Have you become a parent since then? If you can answer "yes" to any of those three questions, then you need to look at that IRA beneficiary form now. Your choices may need to change.

Here is a quick look at how beneficiary decisions play out for a few of the most popular retirement accounts.

Employer-sponsored retirement plans. These are governed by the Employee Retirement Income Security Act, which rules that if the late accountholder was married, the surviving spouse is entitled to at least



50% of the account assets. That applies even if another person has been designated as the primary beneficiary. In such a case, the spouse and the primary beneficiary may split the assets 50/50. (The spouse can actually waive his or her right to that 50% of the invested assets through a Spousal Waiver form. A spouse usually has to be older than 35 for this to be allowed.) These rules also apply for other types of ERISA-governed retirement assets, such as pension plan accounts and corporate-owned life insurance.

The Supreme Court has decided that these rules take priority over state laws and divorce agreements.

If a participant in one of these retirement accounts remarries, the new husband or wife is entitled to 50% of those assets at death. While a plan participant may name a child as the beneficiary of a retirement account after a divorce, remarriage will leave only 50% of those assets with that child when the accountholder dies, rather than 100%, unless the new spouse waives his or her right to receiving 50% of the assets. The new spouse will be in line to receive that 50% of the account even if unnamed on the beneficiary form.

IRAs. Unlike an employer-sponsored retirement plan, a spouse does not have automatic beneficiary rights with an IRA. That is because IRAs are governed under

state laws rather than ERISA. One interesting estate planning aspect of an IRA rollover is that the owner of the new IRA has the freedom to name anyone as the primary beneficiary.

Life insurance policies. The death proceeds go to the named beneficiary; occasionally, a beneficiary may not know a policy exists.

Recently, 60 Minutes did an expose on the insurance industry. Major insurers had withheld more than \$7.5 billion in life insurance death proceeds from beneficiaries. They had a contractual reason for doing so: the beneficiaries had never stepped forward to file claims.

While many of the policies involved were valued at \$10,000 or less, others were worth over \$1 million. The deceased policyholders had either failed to tell their heirs about the policies or misplaced the copies and the paperwork. Their heirs did not know (or know how) to claim the money. As a result, the insurance proceeds lay unclaimed for years, and the insurers only now feel pressure to pay out the benefits.

Update your beneficiaries; let your heirs know how vital these forms are. Make sure that your beneficiary decisions on retirement, brokerage and bank accounts, college savings plans, and life insurance policies suit your wealth transfer objectives.

Hawley MacLean may be reached at 775-329-3041 or hawley@macleanfinancialgroup.com or by visiting www.maclefinancialgroup.com.

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Assess routine choices to gain better efficiency



Ryan Gearhart

By Ryan Gearhart

We live in a shifting and dynamic world that proliferates information. Just purchasing a blender now entails the process of scanning through hundreds of reviews before executing a decision. We find ourselves multi-tasking and quantifying such a volume of information that

sometimes even simple decisions suddenly get bogged down. Soon we enter autopilot mode simply supplying answers instead of asking follow-up questions and thus perhaps arriving at a better result.

When we are bogged down in minutia, we may lose sight of the bigger picture and supply a short-term

solution to a long-term problem. If we were to catch a breath and ask a few more follow-up questions, we may find our initial answer lacked the scope to rectify the predicament. Let's look at a work scenario a friend shared with me.

At a previous job, the IT department would occasionally send emails informing employees to delete unnecessary files from the shared folders. It was an innocuous request to conserve space, and the employees would each take 10 minutes to dutifully delete superfluous files. This ritual continued for years. Additional storage space was perceived to be more expensive than the employees' time. Rather than spend a few hundred dollars quickly to expand storage space, thousands of dollars were lost slowly via wasted employee time.

Unfortunately, this type of flawed logic happens all of the time. We heap more and more upon our shoulders and become swept up in the hustle and bustle of our daily lives. We lose sight of the big picture and exchange the macro for the micro, the unknown for the known. The lesson to be found here is to evaluate our daily choices.

Just once today, spare a few minutes to question a decision. Explore alternative solutions. This type of habit helps us grow and become more productive. Perhaps you will see a problem that can be solved today instead of sacrificing time or money later.

Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. For more information, contact (775) 525-2000 or visit www.protechnical.com. Mention this article for a free network assessment.



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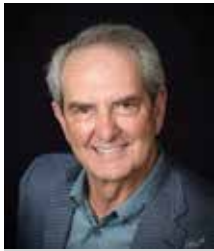
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Franchises are targeting Reno for expansion



Carl Gearhart

By Carl Gerhardt

As opportunities increase with the growth of our Northern Nevada community, starting a business is a something that many are considering. National media coverage is causing several franchise companies to target Reno for expansion. This is creating a natural opportunity for many entrepreneurs to open their own business.

You cannot enter a store, buy a hamburger or lube your car without buying from a franchise. For those who are unfamiliar with the concept, the fundamentals start with an individual buying into a franchise opportunity. The franchisee, the individual buyer, pays an ongoing fee, out of its sales, to the franchise corporation. The franchisor provides the business concept and sales, marketing and operating systems and processes. A franchise is not a business in a box, either. The processes exist, but the franchise owner must still be involved to run the business and execute the business plan to

be successful.

Owning a franchise provides advantages and disadvantages. Franchise startups have over 80 percent success rate after five years and there is much less risk than in opening a non-franchised business. The systems and processes are tested and proven to be successful. A strong, developed brand is a tremendous advantage, as well as a marketing assistance for attracting new business. The franchise's training programs can bring you up to speed quickly and include all items to successfully open the business. The purchasing power of a good franchise can't be beat. However, all this support does come at a cost. You will be buying into the opportunity for this support. There is no free lunch.

With over 3000 franchises, the question is not finding one, but which one is right for you. Consider the track record of the franchise, how long they have been in business, is the right territory available for your market and can you reach your financial and personal goals with this particular franchise. Answers to these questions and more will help you narrow down your search for the right franchise.

From the very beginning of your search, it is

important to consider not only the reputation and finances of the franchise but the emotional bond you develop. Owning a franchise is emotional and, after all, you are in business for yourself but not by yourself. The support structure can make things much easier down the road.

Another avenue to use might be FranNet, a national network of franchise consultants to help match you with the right franchise for sale. FranNet only works with franchises it has thoroughly vetted and researched for each market. Now, the mission of owning a franchise becomes more manageable. Remember, a franchise is not a business in a box, although much of the processes are vetted. If you do not put in the time and hard work, you will not succeed.

Carl Gerhardt is a 30-year veteran of entrepreneurship and a 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. He volunteers with Northern Nevada SCORE offering free counseling for small business entrepreneurs. Connect with him at cgerhardt@franet.com.

memory loss continued from page 17

- optimizing oral hygiene using an electric flosser and electric toothbrush
- reinstating hormone replacement therapy, which had previously been discontinued
- fasting for a minimum of 12 hours between dinner and breakfast, and for a minimum of three hours between dinner and bedtime
- exercising for a minimum of 30 minutes, four to six days per week

The main criticism of the study is that it is small group, only 10 patients. The only person in the study with advanced Alzheimer's disease did not show improvement. However, the good news is that all nine persons with early memory loss were able to return to their jobs and function normally within 3-6 months.

This small UCLA study is the first to demonstrate that the early stages of memory

loss can be reversed — and improvement maintained — using a holistic, 36-point therapeutic program that involves comprehensive diet changes, brain stimulation, exercise, sleep optimization, specific pharmaceuticals and vitamins, that improves brain function, promotes weight loss and benefits overall health.

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



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Baseball, food and wine— really?



Linda Petrini

By Linda Petrini

The Greater Nevada Field and the Reno Aces are well into the 2016 season. What if you love baseball and food but you are not a fan of beer? Here are some wine pairings to go with some of the food offerings at the Freight House District.

Duffy's has a Chicken Flatbread made with roasted chicken, sweet chili sauces, brie, arugula, and red wine vinaigrette. I would pair this appetizer with a buttery Chardonnay from the Russian River Valley/Sonoma area. They also offer a Philly Cheesesteak sandwich made with grilled cheesesteak, sautéed peppers and onions, and cheddar cheese sauce. A full-bodied Napa Merlot would be my choice here.

Bugsy's prepares their Smokehouse Nachos with smoked pork, ranch beans, jalapeno cheese sauce, cilantro crema, Pico de Gallo, sliced jalapenos and BBQ sauce. The apricot/peach flavors of an Amador County Viognier would marry well with this hot dish. I suspect a crowd favorite would be the Aces's Burger which is 1/3 lb. grilled cheeseburger, house secret sauce, lettuce, tomato and onion. Don't hesitate to enjoy a yummy Cabernet Sauvignon with this delicious entrée.

Arroyo Mexican Grill has a number of offerings, which sound wonderful for a baseball game. One of which is the Ensalada Tropical. They make this with mixed greens, scallops, halibut and shrimp tossed in passion fruit dressing with avocados, jicama, red onion, mango and tomatoes. I would find a bright, fruity Rose of Pinot Noir to enjoy with this summer salad.



For vegetarians an attractive entrée is the Rajas Con Queso. It is prepared with two soft tacos with grilled pasilla chiles and onions, topped with Monterey jack and queso fresco cheeses on handmade corn tortillas served with rice and black beans. I would not think twice about pairing this dish with a Lodi Zinfandel.

And if you didn't like baseball, perhaps you would enjoy the Freight House District just for the cuisine. Go Aces!

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 by calling (775) 203-8798.

Follow the yellow brick road to Bartley Ranch this August



Submitted to the Galena Times

Take your family on an enchanted trip from Kansas to the magical Land of Oz this August, without ever leaving Reno. The Wizard of Oz whirls onto the stage of the Robert Z. Hawkins Amphitheater on Friday, Saturday and Sunday nights from August 12 to 21.

The talented team that brought you Cinderella in 2015 and Fiddler on the Roof in 2014 presents this family-oriented classic based on the 1939 Oscar-winning movie. Director Janet Lazarus, together with musical director Terry Thompson and choreographer Amanda Albert have created a spectacular show featuring all the iconic characters you remember: Dorothy, her faithful dog Toto, her traveling companions the Scarecrow, Tin Man, and Cowardly Lion, and of course the Wicked Witch of the West. This adaptation was developed by the Royal Shakespeare Company. The music includes favorites such as "Somewhere over the Rainbow," "If I Only Had a Heart" and "We're Off to See the Wizard."

"This musical pays homage to an iconic film with beloved characters and story - a film that has truly stood

the test of time," says Lazarus. "The audience knows these songs, and how the characters should look. They expect to hear Dorothy say 'There's no place like home.' And that's what this live version of The Wizard of Oz delivers."

Sierra School of Performing Arts is producing the musical which includes more than 50 cast members ages 10 to 70, a live band, and a production team of 10-15 people.

"The talent in this cast is beyond amazing," says musical director Thompson. "A few of our cast members have appeared in big time shows, including the TV shows Glee and American Idol."

The one who may steal the show, however, is Chewy...as Toto. Rescued by the SPCA and taken in by trainer JR Johns, the performing pup will astound the audience with his amazing obedience and calm, happy-go-lucky demeanor.

The Wizard of Oz shows for two weekends Friday, Saturday, and Sunday, August 12-14, and 19-21. Tickets are available at www.sierraschoolofperformingarts.org/tickets. To complete the evening, there will be food and beverage trucks on site for your dining pleasure. A portion of the proceeds will go back to SSPA, which is a 501 (c) (3) non-profit organization dedicated to providing quality performing arts in our area.

The Hawkins Outdoor Amphitheater is a beautiful venue to watch a Broadway musical like The Wizard of Oz. The experience will be about memory, tradition and continuity. Look around, and you'll see family groups with elders, thirty-somethings, and young children attending the show together.

Warrior's Nachos By Linda Petrini

Canola/vegetable oil

1 lb. ground turkey breast (MUST be white meat - I prefer the Jenni-O brand, if you have it available)

McCormick Taco Seasoning (Costco has large containers - I use a generous portion, probably more than a package envelope)

2 cups frozen corn (roasted from Trader Joe's is best) warmed in microwave

1 cup diced sweet onion (Maui if available)

1 small jar diced chiles

1 small jar diced jalapenos (I use 2/3 of the jar)

Shredded cheddar cheese

- Brown turkey in oil. Sprinkle generous amount of seasoning on turkey and cover with water. Simmer approximately 15 minutes.
- Drain turkey and put in large bowl. Add corn, onion, chiles, jalapenos and a generous handful of shredded cheese. Mix.
- Place desired helping of turkey on 1/2 side of a plate. Cover with additional cheese. Melt cheese in microwave for 90 seconds. Serve with other half of plate with corn chips of choice.
- Enjoy with large helpings of Zinfandel!

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College-bound seniors share insights into decisions



Noelle Kim

By Noelle Kim

On May 1st, after months of hard work on applications, anxiety while waiting for responses, and speculations on what would be the best choice, Sage Ridge seniors, along with the President's daughter Malia, clicked the "I will attend" icon to lock in their final college

decisions. They have all gained valuable insights through the process and cannot wait for the new experiences their college of choice will offer.

Lexi de Montfort Shepherd is excited to attend the University of Texas, Dallas as a Eugene McDermott Scholar. She believes that she will have the best opportunities and receive the most fulfilling and well-rounded college education with this program and the university. Lexi is looking forward to becoming a part of a close group of scholars who will push her to succeed and support her in her endeavors. From her

experience with the application process, Lexi has one important advice to younger students.

"Start early making lists of colleges, way before you even begin writing your applications," she said.

Elyse Olesinski also has made her final decision to attend the Kilachand Honors College at Boston University. She says that BU's strategic location and size, coupled with a serious focus on biological sciences are the college's most attractive features. She is glad that she will pursue a degree more central to her interests versus just a general biology degree. She looks forward to her college experience since it will allow her the freedom and ability to seriously follow her own interests and spend time in a vastly different culture and city-size than what she is used to.

"You will be successful no matter where they go," Elyse said, explaining her own ultimate conclusions. "You define your success, not your college."

Although Lexi and Elyse are both eager to live in a new city, they are also anxious about being so far away from their families who have acted as their support for

so long. But they recognize that this new experience will be good for building their skills as responsible adults.

Robert Lamb is Sage Ridge School's college admissions counselor. He encourages students to take on a reasonable load of college applications and to find a balance to their list with what he categorizes as "likely", "possible", and "reach" schools to see fewer surprises in the process. He emphasizes how vital it is to research every aspect of each school to hone your perspective.

"There are surprises each year with acceptances, denials and/or where students choose to enroll," he said.

In making the final call, he advises students to not rush this very personal decision.

"Following one's heart and instinct is okay," he said. "No college is perfect. So give yourself time to settle into a new educational setting and take advantage of the rich resources on campus related to your academic, emotional, and physical well-being."

Noelle Kim is a sophomore at Sage Ridge School.

Historic schoolhouses afford a glimpse into past



Paul Andrew

By Paul and Pat Andrew

If you are looking for a bit of history, check out several nearby one-room schoolhouses. Filled with charm and nostalgia, the original Old

Huffaker Schoolhouse was built in 1867. Now located in Bartley Ranch

in Reno, it is beautifully preserved and available for special events. Once inside, ring the school bell and imagine a time long before yellow school buses. Be sure to notice the outhouses behind the schoolhouse.

The Glendale School is currently situated in Victorian Square, Sparks. It was moved to this location in 1976. Constructed in 1864, it is the oldest remaining school building in Nevada. It has been in continuous use until 1958.

Managed by the City of Sparks, it now opens to the public during special events.

The Dayton Grammar School, which is now the Dayton Museum, was built in 1865. It is the oldest school in Nevada located on its original site. The museum houses many exhibits and artifacts, but the building itself is a true step-back in time.

The Lyon County Museum in Yerington holds three original schoolhouse buildings. The East Walker School No. 9 has been preserved as a schoolhouse, complete with an authentic lunch pail collection. This school was originally a building that was moved from the Pine Grove Mine to a site 24 miles south of Yerington on the bank of the East Walker River. It was remodeled as a school about 1896. The school was permanently closed in 1953. Today, it sits on the museum site with books on the desks and lessons on the board. It appears as if students have just gone home for the day.

Last, but not least, you won't want to miss the Markleeville Schoolhouse. Otherwise known as the Old Webster Schoolhouse, it is located in Markleeville, CA in Alpine County. The school exists as it might have in 1882 when it was first built. Original chalk drawings on the front wall date back to the 1800's. A bullet hole in the chalkboard remains from days past



The interior of the Old Webster Schoolhouse in Markleeville, displays original chalk drawings from the 1800's.

when a disgruntled student returned after school and shot into the building. Authenticity abounds.

Paul Andrew spends his new retirement researching Nevada's history together with his wife, a retired school teacher. For further information on these schoolhouses, search their individual websites.



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