

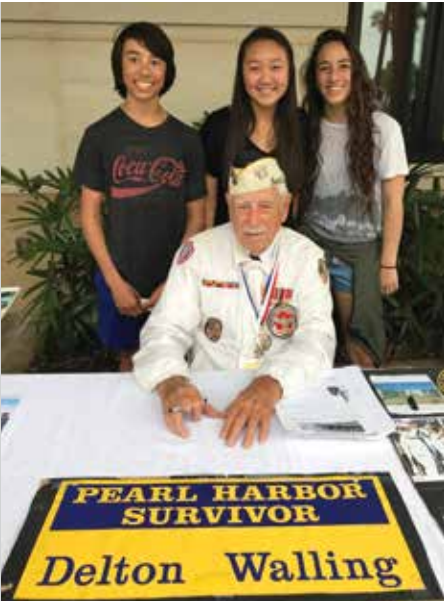
Galena marching band makes lifetime memories



Lulu Bretell, Sam Marines,, Trevor Brockelsby, Emily Wischer, Ishika Kirshnan, Kaili Nakamura, Morgan Louie, Mark Yost and Issac Riley (left to right) take a break in front of the USS Missouri where in 1941 General MacArthur declared the war over: “Let us pray that peace be now restored to the world and that God will preserve it always. These proceedings are closed!”



The Galena High School Grizzly Marching Band participated in the Pearl Harbor Memorial Parade lead by band director Kevin Sady. Together with five ROTC students they honored veterans as part of the 75th anniversary celebration of Pearl Harbor.



Nick Montella, Annie Yan and Paloma Conley (left to right) met Navy veteran and Pearl Harbor survivor Delton Walling who was only 19 years old when he was assigned to the USS Pennsylvania as a communications person in 1941.

By Dagmar Bohlmann

The Galena High School Marching Band put a little Aloha into their step as they performed at the 75th anniversary celebration of Pearl Harbor in early December. Representing the State of Nevada, they marched in the Pearl Harbor Memorial Parade, played with American and Japanese marching bands in the Tribute Performance at the USS Missouri, and met World War II veterans.

55 band members made the four-day trip to Hawaii with band director Kevin Sady.

“I like to give students an opportunity to travel,” Sady said. “Some of them might never get this opportunity otherwise.”

A big fundraising effort had made the trip a reality. To help pay for plane tickets, hotel rooms, and baggage fees for the instruments, students raised money with donation-based concerts and a door-to-door campaign in the Galena community. Together with their parents, they worked concession stands at several Reno Aces baseball games and created a website to collect donations, according to chaperone Tina Montella. They also found corporate sponsors and received a generous gift from the Washoe County Commission and Commissioner Bob Lucey.

Leading up to the trip, band members had to practice intensely every day. They dedicated the last two weeks prior to departure to marching in

parade formation and memorizing music. Commitment and preparation paid off.

“This trip was a big, once-in-a-

lifetime opportunity,” said Jamie Cohen, a junior and drum major at Galena High

continued on page 4

Letter From Publisher's Wife

Welcome to winter! For all of you involved in local “Pray for Snow” parties, thank you! It seems to be working. It’s always nice to get some early snow to generate excitement for a great winter sport season. A lot of ski resorts already have lifts open and a decent snow base, and if the forecast is accurate, it will only get better.

The Galena Times strives to be a positive and informative resource for our local community. Every issue features unique stories specific to our region, from recreation, health, and business, to history, food, and entertainment. It’s always exciting for me to open up a new issue and see what’s happening around me.

As the Galena Times wraps up another busy year, we’d like to thank all of our writers, readers, and advertisers for their enthusiasm and support of our local community newspaper. We couldn’t do this without you, and your involvement helps to spread our community spirit.

Take some time during this holiday season to get outside and enjoy the

exquisite beauty of our northern Nevada landscape. Spend time with family and friends. Enjoy some down time. Rejuvenate yourself. And above all, have a wonderful winter!

Happy Trails, Janice Keillor



Janice Keillor enjoys skiing in Mt. Rose’s back country for the first time.

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By Julie Ullman

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Tech Café at the Downtown Reno Library: Thursdays at 10am.

Tech Café at the South Valleys Library: Fridays at 3pm.

To explore even more digital resources such as Lynda.com, Mango Languages, Learning Express, and Reference USA, visit the Research Database page through the library's website.

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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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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LIDAR Technology assists with reconstruction of V&T Railroad Tunnel



Janice Keillor

By Janice Keillor

It's cool to see in 3-D. My previous exposure to 3-D has mostly been in movies, but as 3-D technology improves, so do its uses which now include 3-D

printing, photography, and scanning. One 3-D technology that is increasing in popularity is LIDAR. Also called 3D scanning or "light detection and ranging", LIDAR is a surveying method that measures the distance to a target by illuminating the target with a laser light. The result is a very precise, high resolution image.

Locally, LIDAR was used for the reconstruction of the Virginia and Truckee railroad. When NDOT and the BLM needed help re-opening the collapsed American Flat tunnel between Gold Hill and Moundhouse, they used a ground-based LIDAR scanner to document existing conditions. The tunnel was a shambles, having been damaged by fire multiple times, abandoned in 1941, and then purposely collapsed with dynamite in 1969 after it had been deemed a public hazard.

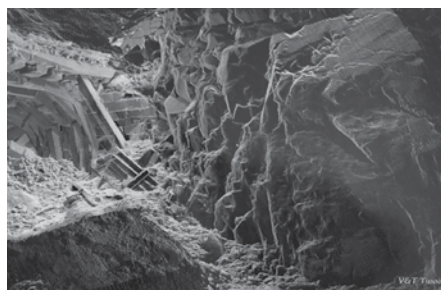
At the time of investigation, the tunnel was in an unknown condition and

potentially unsafe for crews to enter. But in order for the V & T railroad line to be revived, the American Flat tunnel had to be re-opened. There was literally no way around it. It was a crucial yet difficult task, and LIDAR technology was an important tool to completing the job.

LIDAR works by using rotating mirrors to take millions of measurements, creating a point cloud. A simple way to think of a point cloud is as a collection of multiple points that are brought together into a single feature. When enough points are brought together, they start to show some new qualities not usually seen with your standard photograph. It's kind of like a modern, 3-D version of a Georges Seurat painting.

When the tunnel restoration project began, timbers were found piled up by the entrance. Using a ground-based Leica C10 LIDAR scanner, the tunnel was scanned from the east and west portals to determine the condition it was in. The point cloud created showed the inner structure and was much more detailed than any image taken with a camera. It turned out that only the ends of the tunnel had been closed and the majority of the interior was still intact.

LIDAR images helped the crew to determine the extent of the



(Photos: J. Keillor)

LIDAR's high resolution and accuracy can assist in road, building and vegetation mapping. The 3D aspect of LiDAR makes it especially suitable for mapping terrain models, including the collapsed American Flat tunnel near Carson City.

reconstruction and to create a plan of attack. The work was difficult and costly, but the tunnel was completed in 2008, and the tourist line has been up and running since 2009.

As 3-D technology continues to advance, the uses for LIDAR seem to be endless. Self-driving cars use high-resolution 3-D LIDAR maps in order to navigate in the dark. Forest fire managers employ LIDAR to monitor the possible fire areas. In planning park and tourism areas, LIDAR can aid finding the best spot to have a playground and walking trail. Archeologists use LIDAR to detect micro topography that is hidden by vegetation. Law

enforcement use ground-based LIDAR to capture an accident and crime scene. Geologists utilize LIDAR to find faults and measure uplift. In the exploration of Mars, LIDAR created a topographic map of the red planet. And in the study of tsunamis, LIDAR technology can help scientists understand the area that will be covered when a tsunami occurs.

LIDAR is a fascinating technology that will continue to improve and benefit our society. I only wish I could put on my old 3-D glasses and see in "LIDAR".

Janice Keillor is the new Park and Recreation Program Manager at the Nevada Division of State Parks.

marching band *continued from cover*

School. "It was special to go with the band and be with the veterans; their war stories are very interesting."

Steve Cohen, one of five chaperones who accompanied the band, five ROTC students with Command Sergeant Major Suzanne Albin and assistant principal Teresa Burrows, said the students realized the historical significance of their trip.

"We came full circle with the kids," he said. "We saw at Pearl Harbor Memorial the beginning of America's entrance into World War II and on the USS Missouri we saw the spot where Japan surrendered."

The group also watched a documentary and visited the USS Arizona Memorial where 1,102 of the 1,177 sailors and Marines killed on the ship are still buried 75 years after the attack. The night before the Pearl Harbor

attacks, bands from each ship held a band competition. A few hours later, many of the band members were dead, and their names are etched on the memorial.

"It was a very emotional and educational time for the students," Cohen said.

Aside from somber lessons in history, the students also spend half a day exploring the rich heritage of the Pacific Islands. Wandering through 42 acres of tropical splendor at the Polynesian Cultural Village, they enjoyed the adventure of traditional hands-on activities from six Pacific cultures. The band's trip to Oahu also included a hike through drizzling rain to the volcano Diamond Head and an afternoon at the beach without which a trip to Hawaii would not have been complete.

With help from chaperone Tina Montella.



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Clean designs weave together local artisans and global sources

By Dominic Martin and Debby Bullentini

Have you heard? A new neighbor moved into an iconic, downtown Reno location. The Brooklyn-based home décor company west elm, a branch of Williams-Sonoma, has occupied the historical downtown Reno Post Office.

Sitting alongside the Truckee River, Fifty South Virginia is a reimagined retail and business space originally designed in Art Deco Modern style by Nevada's preeminent architect, Frederic J. DeLongchamps in 1933. This marriage between the past and present makes it the perfect location for west elm.

west elm focuses on the intersection of modern design, affordability and community. From sofas



and tables, to bedding and vases, west elm's clean designs and simple products for modern living are made to help customers express their personal style at home and in the world.

About 90% of products are designed in-house using a selection of organic, handcrafted,

sustainably sourced and Fair Trade Certified products. west elm is bringing "impact sourcing" to Northern Nevada. That means that a living wage is ensured for each and every producer in west elm's global network of artisans from hand-crafted mirrors created in Peru, to hand-loomed pillows from India.

west elm has a firm belief in the power of community, bringing collaborative initiatives and local products to each of its locations. The store has teamed up with several local artists, and sells their beautiful products in the LOCAL Maker section. Thereby, west elm can tailor its inventory and improve the lives of local, handcrafting artisans.

Next time you're in the downtown Reno neighborhood, make sure you stop in to say hello, and bring a little of west elm's home into yours.

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December 25

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Snowshoes get kids to appreciate winter

By Sue Jacox

What is snow science? How can we stay safe in the snow? How are some animals adapted to even the harshest winters?

In the SnowSchool outdoor classroom of Galena Creek and Mt. Rose, students get to explore these questions on snowshoes. Great Basin Outdoor School and the Galena Creek Visitor Center team up to share the hands-on lessons with local 4th-8th graders. Classes meet at the Galena Creek Visitor Center where students learn about the Sierra snowpack as the source of our water, winter safety, winter adaptations, and Leave No Trace principles. After some activities at the Visitor Center, students re-board their school bus to go eight miles higher up the Mt. Rose Highway for the perfect snowshoe destination. The program runs weekdays 10am-1pm, January 30-February 10. Snowshoes and warm clothing can be borrowed free of charge.

Winter Break Day Camp at River School—For parents seeking active educational opportunities for children during winter break, kids will snowshoe, learn about local wildlife, and do hands-on science during Great Basin Outdoor School's Winter Break Day Camp, January 2-6. It will be held at the River School Farm in Reno near Patagonia from 9am-4pm daily with an option for before and after care. Children will fill their days exploring and learning with visits from local scientists and natural resource professionals. Children in grades 1-6 are welcome.

Overnight Winter Science Camp at Tahoe—For a more in-depth winter curriculum plus astronomy, teachers may bring classes to winter overnight science camp in cozy heated cabins at Lake Tahoe.



Above: Class celebrates a perfect winter day on snowshoes.

Right: Girls enjoy picnic lunch on fresh-fallen snow during Snow School, an outdoor ecology program run by the Great Basin Outdoor School and Galena Creek Visitor Center.



The last available session is February 21-22. Students will track Tahoe wildlife on snowshoes on Day 2.

Programs provide students with a safe and fun environment in which to study winter ecology. Through education about the natural ecosystems of our region, students gain an understanding of our environment and their responsibility to pursue outdoor winter activities in a safe and respectful manner.

Parents may register children for Winter Break Day Camp and teachers may register classes for SnowSchool and Winter Science Camp at Tahoe by contacting Leilani Konyshov at Great Basin Outdoor School at (775) 324-0936 or education@greatbasin-os.org. For more info, visit www.greatbasin-os.org.

YOU CAN HELP!

Have some unused snowshoes or winter equipment sitting in the garage?

Consider a donation! Your used snowshoes, waterproof gloves, snow boots, or contribution to scholarship funds help service more local children and larger groups.

Great Basin Outdoor School is a 501(c)(3) nonprofit based at 1000 Bible Way #53 Reno, Nevada 89502.

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Winter fun and scenic solitude around Washoe Lake

By Dan Fleischman

During the winter months, I frequently travel to Washoe Lake. The hills on the east and south side of the lake offer easy access and solitude for winter hiking. Numerous dirt roads venture up into these hills and most of them are within federal lands, so you won't have to be concerned about angry, private landowners.

There are plenty of places to hike around Washoe Lake. Many people are aware of Jumbo Grade Way on the east side of East Lake Blvd across from New Washoe City. This road leads into the hills, and actually crosses the Virginia Range, going all the way to Virginia City. However, there are other hiking areas on the east side of Washoe Lake. Right across from the entrance to Little Washoe Lake, a dirt road leads to round-topped Pt. 6023. You can also access federal lands from Skinner Drive, East Guffrey Drive, and Cottontail Lane. All three are access points to Cottontail Mountain (6,073').

Perhaps the best trail system in this area is located south of Washoe Lake, where two trailheads offer excellent access to two conical mountains: Nine Hill (6,077') and Peak 6105.

First, there is a Ranger station



Cottontail Mountain is easily accessed from a dirt road near Little Washoe Lake.



Managing fresh snow, hikers enjoy views across the saddle toward Nine Hill seen from the slopes of Peak 6105 on January 1, 2016.



Peak 6105 can be seen from the south in North Carson City near Goni Road in January 2016.

situated at the southeast corner of the Washoe Valley. From Reno, take Old 395 to East Lake Blvd. Head south on East Lake Blvd for about 7 miles where the road turns sharply west. At this corner is the Ranger Station. If coming from the south, the Ranger Station is about three and a half miles from the East Lake Blvd exit of the 580 freeway.

Another trailhead is located three-quarters of a mile to the west of the Ranger Station. There is a trail sign and space for only a few cars.

Both starting points lead up to the same place: an old dirt road weaving between the hills. Regardless of where you start, you will reach the base of the

two peaks in a little less than one and a half miles. Nine Hill and Peak 6105 share a saddle, and each towers above its respective side. Nine Hill is over 300' above the saddle, and Peak 6105 is about 340' above the saddle. Hiking either is a lung-busting, calf-busting endeavor. But the views are worth the effort.

You can also reach these peaks from Goni Road in North Carson City. That is fairly straight-forward, since Goni Road runs right by the road to the saddle. The turn-off for the saddle road is less than three miles up Goni Road from Arrowhead Drive.

You can explore several other summits within this area, including Duck

Hill (5,875') and Sugarloaf (5,933') which hosts an electric tower. When my friends and I explored this area on January 1, 2016 we were walking on heavy snow and still managed to reach six summits that day.

I recommend hiking these hills in less snowy conditions, and on days when it isn't too windy. But regardless, this is an excellent winter destination that is close to home.

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

Whites Creek trails get a facelift

By Jerry Keir

The Nevada Conservation Corps improved mountain biking conditions in the Galena area this fall by supporting the US Forest Service's efforts toward realizing a sustainable network of trails. NCC crews worked along Whites Creek, widening a significant portion of the trail that washed out along a steep and perilous section. As a federally-funded AmeriCorps program, the NCC serves public lands through deploying trail, forestry, and restoration crews throughout the state. In addition to constructing and maintaining local trails, volunteers also thin forests to reduce fuels at a time when woodlands are at risk of catastrophic wildfire. Other statewide projects include treating public lands for exotic species at a time when



Nevada Conservation Corps widened and stabilized portions of a trail near Whites Creek.

invasive plants threaten the ecological balance of rivers, lakes, deserts, and rangelands.

In Galena, the NCC successfully completed a short trail reroute along a stream crossing, heavily benching in the trail, using boulders to stabilize the outslope while also decommissioning older, unstable stream crossing points.

They maintained approximately 2 miles of trail. These upgrades improve the quality and safety of the recreationist experience in the Galena area.

The NCC is supported by the State of Nevada's Recreational Trails Program and AmeriCorps' Nevada Volunteers.

Jerry Keir is executive director of the Great Basin Institute. The Great Basin Institute is an interdisciplinary field studies organization that promotes environmental research, education, and conservation throughout the West.

What's the big deal about Gliders?

By David Ravetti

I used to live in Reno. Wish I still did. Why you ask? Well, I'm a glider pilot and I fly sailplanes, those gliders with long and slender wings, which ride the air currents not unlike a sail boat using the wind to go places.

So what's that have to do with Reno? Just so happens that some of the best soaring conditions in the world for sailplanes is right here around Reno. Reno is in the middle of a big triangle of three world renowned glider ports. Most know of Minden to the south, maybe Truckee to the west and just to the north is Air Sailing. All provide everything a student through the most experienced of glider pilots could ask for. And they're all within an hour drive of Reno.

So what's it like to soar with birds? And yes, it's not uncommon to fly in circles with hawks and eagles in warm rising air. These columns of warm rising air are called thermals. Glider pilots use them to gain altitude which they can then use to travel great distances. An example would be my last flight out of Truckee. Returning back from Mono Lake, I climbed to almost

17,000' over the southern side of Heavenly Valley and then glided right over the middle of Lake Tahoe back to Truckee. Spectacular to say the least! But that's not the point of this article. It's something better!

Back in 1970, I was a young kid in high school. An average "C" grade student. No ambition per se, but I did like making and flying model airplanes. By happenstance I was offered my first lesson in a glider. And by the way, did you know you can solo a glider at age 14? Two years sooner than powered aircraft. Anyway, I was enthralled! I became focused on learning to fly gliders. I focused on earning money (you want fries with that) to pay for lessons. By the time my senior year started, I had soloed, and by the time I finished college, I was a commercial pilot and flight instructor. I've amassed over 20,000 hours in the last 45 years, the best hours being in gliders.

It was those glider lessons in high school that gave me purpose and promise. I didn't realize it at the time because it was just so fun flying gliders and soaring with the birds. My parents supported my endeavor. I



Wave flying 27,000' south of Minden, Nevada. Carson Valley visible on right.

could never thank them enough when I got older. So if you have a teen looking for purpose in life, take them out for a glider lesson. Don't tell them about how it will improve their life. Just tell 'em it's fun and leave it at that!

David Ravetti has flown anything from gliders to jets over his career and spends most of his free time soaring over the Eastern Sierras. He and his wife Linda, also a pilot, enjoy summers camping and soaring at the glider port on the Truckee Airport with Silverado Soaring Club (SilveradoSoaring.org), a non-profit organization.

Can teenagers learn grace and courtesy?



(Photos by S. Kent)

Nevada Junior Cotillion teaches teens ballroom dance to instill confidence and social grace. Courtesy and respect are soft skills rarely taught in schools, but practiced at Junior Cotillion.

Submitted to Galena Times

What parent wouldn't want their child to get a competitive edge heading into adulthood? Certainly that soccer goal last weekend was impressive and a stellar report card doesn't hurt—but is that enough these days? The simple answer is 'No'.

Unfortunately, social graces, otherwise known as "soft skills", are rarely taught in school anymore. As your adolescents head into the brave new world, they're going to need them for important things like school dances, dating and the all-important job interview.

Do they know how to make a proper handshake, feel comfortable making introductions, or know which fork to use at a restaurant? Junior Cotillion helps teach this material to kids in a fun way. And you can bet that your child's participation in Cotillion may just be the

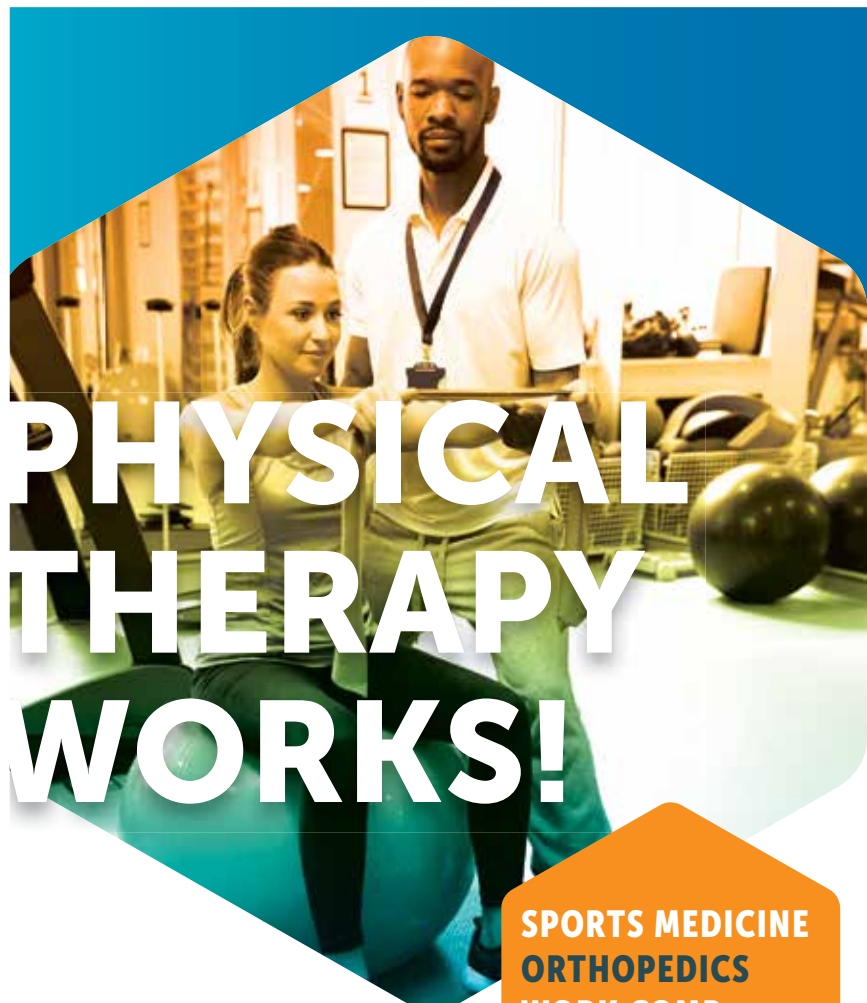
difference in getting that perfect job, or just feeling comfortable in all things social. Nice manners mean that you are pleasant to be around and liked by all.

You might be saying, "Great sales pitch, but this program seems stuffy and my child will never like it." Don't be fooled, the secret behind Nevada Junior Cotillion's unique program is that these classes are fun. Learning to ballroom dance instills unbelievable confidence in a child making them want to come back for more. By the final dance, the students discover all of what they've learned is actually fun and exciting because now they're comfortable with their social skills.

Major excitement occurs when each child gets to show off at the 50s Sock Hop or Masquerade Ball. Because it's so much fun, many students easily repeat the class or move to the next level. Nevada Junior

Cotillion's Facebook page or YouTube Channel feature dance videos from last year in which 100 children demonstrate how much fun they are having. Another course begins in February and it just might be the most important program your soon-to-be adult will ever take.

Nevada Junior Cotillion is a 6-class program for \$150, held at the California Building in Idlewild Park on Friday nights from February 3rd to March 10th. Level 1 (Informal) is for 5th&6th graders at 5.45 PM, and Level 2 (Semi-Formal) is for 7th- 8th graders at 7 PM. No prior dance experience is required but dress code is required (see website for details). To register your child, click "Registration" at NevadaJuniorCotillion.com. For further inquiries, email NevadaJuniorCotillion@gmail.com or call (775) 622-8550. Sign up early, space is limited.



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Galena celebrates inaugural high school mountain bike season

By Paul Miers

The Galena Mountain Bike Team, composed of area athletes grades 6-12, wrapped up its first season competing in the interscholastic Nevada League. The league consisted of 13 teams from Truckee, North Tahoe, Reno-Sparks, Carson City, Minden and Mammoth Lakes. Over 200 athletes competed.

Galena High School had over 35 kids committed to the team. They participated in weekly practices and challenged themselves in the four league races. Many of the students also competed in other fall sports in addition to mountain biking.

Races were contested starting late August at North Tahoe High School, followed by competitions at Hidden Valley Regional Park, Mammoth Mountain and the league championship October 23 at Tahoe Donner. The Galena team tied North Tahoe for the overall league championship with the tie breaker going to North Tahoe.

Great results for the first season. Riders cannot wait for the next Nevada League season that starts next July. In the meantime, they will all take a break from riding to enjoy some winter sports

before returning to the dirt in the spring.

For additional mountain biking opportunity, Reno Tahoe Junior Cycling is excited to start its sixth season of spring-summer mountain bike racing. The race development team is called RENO DEVO. Athletes ages 10 to 18 are introduced to the science of cycling and coached to develop their skills on the mountain bike. Athletes use structured training plans, delivered to them weekly, to develop their cycling fitness. Under the instruction of USA Cycling licensed coaches, athletes meet 2 to 3 times per week for training sessions while training on their own several other days each week. The team has grown from 8 athletes in the beginning to over 30 for the upcoming season.

Coaches Kyle Dixon and Paul Miers recently attended a 4-day national coaching summit at the USA Cycling headquarters in Colorado Springs, with one day devoted to youth cycling. The collaboration with other successful junior teams was an invaluable experience.

Signups for the RenoDevo season are already under way.

For more information on either team please visit galenamtb.org or renotahoejuniorcycling.com or contact Paul Miers at p.miers@yahoo.com.



Top 3 Galena High School athletes for the overall season standings

Varsity Boys: Austin Smith 1st

JV Girls: Madison White 2nd, Veronica Gardella 3rd

JV Boys: Matt Nugent 1st, Jackson Miers 3rd

Sophomore Girls: Mikaela Echo 1st

Freshman Girls: Mya Dixon 1st, Emma Herschbach 2nd

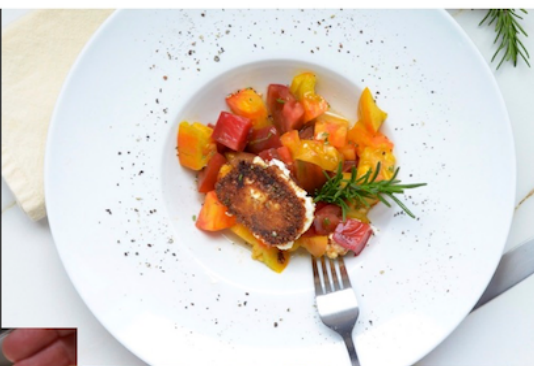
Freshman Boys: Sam Ouzounian 1st, Arturo Oti 2nd

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Do school dress codes offer unity and identity?



Noelle Kim

By Noelle Kim

The implementation of school uniforms has become a worldwide phenomenon within the past few decades in both private and public educational institutions. Many educators view uniforms as an effective form of social control that promotes increased academic excellence, focus, and inclusion within the student body. Despite the many benefits of donning uniforms, at Sage Ridge School students have mixed opinions regarding the effectiveness of this policy. They are required to wear khaki bottoms with collared polo shirts in maroon or black four days a week. Dress Wednesdays mandate khaki bottoms, dress shirts and blazers.

Vivian Tao, a senior at Sage Ridge School who has been attending since sixth grade, believes uniform policies provides students with many benefits.

"Wearing uniforms minimizes possible sources of

bullying," Tao said. "Many students' clothing reflects their culture or certain personality traits that may become easy targets for defamation."

She asserts that uniforms minimize distraction and allow students to save time that would have been otherwise devoted to selecting an outfit in the morning. Although some believe uniforms lead to a loss of personal expression, Tao uses her creativity in the way she accessorizes.

"Sage Ridge allows students to freely choose their accessories so students can showcase their personal style while still limiting other social issues caused by not having a uniform," Tao said.

She feels that uniforms have allowed her life to be easier and freer of social stress.

In contrast, Jasmine Brazelton, a junior who has been attending since seventh grade, stands in firm opposition to the school's uniform policy.

"Uniforms enforce a culture of conformity and suppress students' individualism in a place where they spend most of their day," Brazelton said.

She believes that people use their clothes to communicate their personality. Uniforms strip that method of self-expression.

"I see no difference in the quality of my education or academic performance from wearing a school uniform," she said. "If students are distracted by someone's outfit, the problem extends beyond clothing."

She further claims that there is enough variation in school uniforms that students still find ways to judge others. Although Brazelton appreciates the time she saves in the morning from wearing a uniform, she feels like a part of her personality is gone when she wears prescribed outfits.

John Sloyan, an upper school English teacher at Sage Ridge School, admits there is a time and place for unhindered self-expression, but he prefers the current uniform system.

"It's good to give students as much choice as possible," he said. "But a little hindrance is not a bad thing."

Noelle Kim is a junior at Sage Ridge School.

Every child can be successful in math

Submitted to Galena Times

Some kids struggle in math and need to catch up. Others simply want to keep up. And then there are some who want to get ahead. Regardless of where on the spectrum a student might fall, Mathnasium in South Reno offers instruction to elementary, middle and high school students who fit into any of the three categories.

"Our goal is to help children develop confidence, understanding and a lifelong love of math," said Neetha Govind,

center director of Mathnasium.

A comprehensive assessment identifies a student's knowledge gaps. Based on the results, a personalized learning program is developed, which is unique for each child's needs.

"If a student has fallen behind, we work to fill in those educational gaps," Govind said.

Since math concepts build upon one another, it is important to have a strong foundation.

"We feel math skills are essential in

life and everyone can do math," Govind added. "Because of this, our approach goes beyond tutoring for the next test. We want to teach students to do more than follow a mathematical process, we want them to understand the concepts supporting the process so that math becomes a tool they can use in any aspect of life."

Mathnasium also provides customized test prep services for SAT and ACT exams.

Mathnasium is located at 734 South



(Photo provided by Mathnasium)

Mathnasium teachers help students who want to catch up or get ahead in math.

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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. **\$400,000**



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



Newer single story home in showroom condition with open and very functional floor plan. Many upgrades throughout to appreciate (see extended remarks). 3441 sq. ft. with 4 bedrooms, 3.5 baths, separate office area and a 4 car garage. 1.50 acres. A short walk to White's Creek Trail with fabulous views of Mt. Rose. **\$955,000.**



2560 acres of pristine and private land. The largest acreage available near Reno/Sparks. Fantastic views that are a must see. Property is potentially sub dividable. **\$1,790,000.**



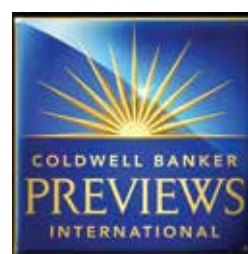
Nice Galena Forest home near creek trails and backs to Forest Service land. 4 bedrooms, 3 bathrooms, newer kitchen and great deck and patio in back. 4th bedroom makes for a converted office space. Close to skiing at Mount Rose, Lake Tahoe and shopping at The Sierra Summit Mall. 1.12 acres of land. **\$597,000.**



Large private 12.84 +/- acre parcel. Views of valley from upper part of lot. Paved road access to lower portion of property and dirt road access to upper part of property. Close to skiing, Mount Rose, Lake Tahoe and shopping at Summit Sierra Mall. Lot potentially sub dividable. **\$650,000.**



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Private location in Galena Forest, home located on 1.38 acres. No CC&R's with natural gas and county sewer system. Great room design with 20' + high ceilings open to large inviting kitchen with all stainless appliances. Hardwood flooring w/stone and tile finishes throughout home. Cavernous 5 car garage totaling 1,643 sq. ft. Loft, separate office, media/bonus room. Approximately 2000 sq. ft. stamped cement patio. **\$1,219,000.**

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~ Brooke and Mike Houghton

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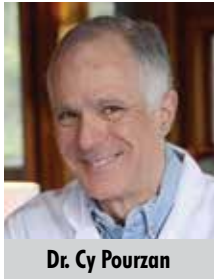
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All Area Home Sales September 2 - December 9, 2016

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
250 Yellow Pine Road	\$625,000	\$590,000	151.66	143.17	4121	0.50	10/4/2016
250 Douglas Fir Circle	\$639,900	\$635,000	224.92	223.20	2845	0.51	9/13/2016
3990 Joy Lake Road	\$729,000	\$650,000	243.00	216.67	3000	4.38	10/26/2016
1000 Douglas Fir Drive	\$789,999	\$720,000	255.42	232.78	3093	1.16	11/14/2016
45 Golden Currant	\$799,000	\$735,000	216.59	199.24	3689	0.69	11/18/2016
360 Scotch Pine Circle	\$760,000	\$741,000	247.07	240.90	3076	0.63	10/3/2016
17225 Snow Berry Drive	\$799,000	\$760,000	211.04	200.74	3786	1.20	10/3/2016
16920 Delacroix	\$949,000	\$905,000	245.35	233.97	3868	0.73	9/16/2016
175 W Jeffrey Pine Road	\$999,000	\$962,500	244.13	235.22	4092	1.04	9/12/2016
6022 Monte Rosa Court	\$1,149,000	\$1,000,000	338.84	294.90	3391	0.43	11/23/2016
208 N Big Sage	\$1,099,000	\$1,009,000	243.95	223.97	4505	1.00	9/22/2016
16470 Snow Flower Drive	\$1,097,000	\$1,015,000	287.62	266.12	3814	1.01	10/5/2016
270 Abies Road	\$1,179,000	\$1,050,000	269.61	240.11	4373	1.00	12/5/2016
6614 Gebser Court	\$1,100,000	\$1,100,000	247.86	247.86	4438	0.96	10/28/2016
20542 Parc Foret - Lot 527	\$995,000	\$1,140,948	346.33	397.13	2873	0.37	11/30/2016
16880 Salut	\$1,199,000	\$1,150,000	309.82	297.16	3870	0.47	9/14/2016
20685 Margaux Road	\$1,299,000	\$1,200,000	351.18	324.41	3699	0.42	11/11/2016
20525 Latour Way	\$1,350,000	\$1,275,000	338.43	319.63	3989	0.32	11/29/2016
4640 Alpes	\$1,395,000	\$1,300,000	415.18	386.90	3360	0.58	9/9/2016
20575 Chanson Way	\$1,350,000	\$1,362,000	429.94	433.76	3140	0.37	11/22/2016
20587 Chanson Way - Lot 522	\$1,358,000	\$1,499,332	309.90	342.16	4382	0.46	9/16/2016
6042 Breithorn Circle	\$1,562,500	\$1,562,000	343.63	329.40	4742	0.47	11/3/2016
SADDLEHORN/MONTE ROSA							
4625 Saddlehorn Drive	\$800,000	\$800,000	225.54	225.54	3547	0.69	11/3/2016
14235 Prairie Flower Court	\$825,000	\$804,000	249.02	242.68	3313	1.08	9/30/2016
3800 Boulder Patch	\$1,199,000	\$1,100,000	304.16	279.05	3942	0.67	9/16/2016
13295 W Saddlebow	\$1,280,000	\$1,150,000	334.03	300.10	3832	0.87	10/3/2016
14235 Sorrel Lane	\$1,250,000	\$1,150,000	200.10	184.09	6247	0.92	9/27/2016
ROLLING HILLS/GALENA COUNTRY ESTATES							
1768 Kodiak Circle	\$429,000	\$405,000	144.44	136.36	2970	0.27	9/28/2016
3811 Bellingham Drive	\$409,000	\$405,000	202.48	200.50	2020	0.29	10/13/2016
3710 Medford Drive	\$449,900	\$425,000	222.72	210.40	2020	0.33	12/5/2016
14435 Lasso Drive	\$439,900	\$433,000	179.40	176.59	2452	0.22	11/10/2016
14545 Ghost Rider Drive	\$439,000	\$435,000	247.46	245.21	1774	0.41	10/7/2016
4145 Twin Falls Drive	\$498,000	\$472,500	167.90	159.31	2966	0.28	12/7/2016
335 Winter Park Court	\$479,900	\$474,000	161.80	159.81	2966	0.37	9/28/2016
4454 White Fish Drive	\$474,000	\$474,000	181.68	181.68	2609	0.30	9/27/2016
40 Telluride Court	\$475,000	\$480,000	189.02	191.01	2513	0.36	9/12/2016
454 Bend Court	\$499,900	\$495,000	169.11	167.46	2956	0.39	10/11/2016
3806 Bellingham Drive	\$599,000	\$595,000	175.35	174.18	3416	0.45	11/8/2016
ARROWCREEK							
3441 Forest View Lane	\$499,900	\$499,900	208.64	208.64	2396	0.39	11/30/2016
2758 Shadow Dancer Trail	\$625,000	\$610,000	248.31	242.35	2517	0.42	9/29/2016
578 Echo Ridge	\$629,900	\$629,900	250.26	250.26	2517	0.39	11/9/2016
2964 Stonebridge Trail	\$675,000	\$650,000	162.26	156.25	4160	0.25	9/14/2016
3457 White Mountain Court	\$659,000	\$660,000	209.07	209.39	3152	0.29	10/12/2016
10170 Via Como	\$699,500	\$670,000	204.71	196.08	3417	0.35	9/16/2016
2988 Stonebridge	\$719,000	\$709,000	206.91	204.03	3475	0.51	10/17/2016
3315 Forest View Lane	\$749,000	\$720,000	238.00	228.79	3147	0.29	10/3/2016
2976 Granite Pointe Drive	\$739,950	\$732,000	241.42	238.83	3065	0.60	10/3/2016
5660 Rue St Tropez	\$755,000	\$735,000	207.19	201.70	3644	0.33	9/20/2016
10100 Via Verona	\$769,000	\$769,000	155.83	155.83	4935	0.41	11/16/2016
10294 Via Bianca	\$800,000	\$775,000	198.12	191.93	4038	0.61	11/29/2016
6080 Cour Saint Michelle	\$859,000	\$805,000	170.78	160.04	5030	0.31	10/24/2016
10016 Via Solano	\$1,095,000	\$1,050,000	219.35	210.34	4992	0.57	9/23/2016
10105 Indian Ridge Drive	\$1,149,000	\$1,065,000	295.37	273.78	3890	0.73	10/12/2016
5935 Sunset Ridge Court	\$1,400,000	\$1,350,000	270.06	260.42	5184	1.46	9/14/2016
10156 Indian Ridge Drive	\$1,490,000	\$1,450,000	288.54	280.79	5164	0.84	9/30/2016
CALLAHAN RANCH							
15349 Brushwood Way	\$459,988	\$300,000	255.27	166.48	1802	1.00	10/7/2016
15860 Coyote Rose Lane	\$474,900	\$465,000	181.81	178.02	2612	1.43	9/16/2016
15900 Coyote Rose	\$600,000	\$608,000	230.06	233.13	2608	1.00	9/13/2016
4750 Townsite Road	\$779,900	\$770,000	259.71	256.41	3003	1.24	9/2/2016
15020 Redmond Loop	\$838,000	\$800,000	228.65	218.28	3665	1.17	9/20/2016
OTHER AREAS ON SOUTH RENO							
488 Sierra Leaf Circle	\$315,000	\$315,000	242.49	242.49	1299	0.12	11/23/2016
12590 Overbrook Drive	\$395,000	\$380,000	223.16	214.69	1770	0.44	10/27/2016
13482 Rick Circle	\$390,000	\$380,000	188.31	183.49	2071	0.36	11/8/2016
12525 Fieldcreek Lane	\$529,900	\$490,000	189.86	175.56	2791	0.63	10/27/2016
498 S Elk River Court	\$549,900	\$530,000	288.06	277.63	1909	0.40	9/16/2016
1400 Monte Vista Drive	\$579,450	\$550,000	305.13	289.63	1899	1.18	11/29/2016
16060 Edmands Drive	\$589,900	\$589,900	224.55	224.55	2627	0.96	11/22/2016
750 Sierra Manor Drive	\$599,000	\$610,000	279.51	284.65	2143	1.28	10/12/2016
6889 Marble Canyon	\$639,000	\$634,000	203.05	201.46	3147	0.51	10/7/2016
795 Anasazzi Court	\$674,900	\$660,000	284.05	277.78	2376	0.45	9/22/2016
2000 Foothill	\$725,000	\$675,000	242.07	225.38	2995	2.53	11/10/2016
935 Flanders Road	\$725,000	\$710,000	251.13	245.93	2887	0.87	9/15/2016
4980 Ventana	\$738,000	\$740,000	281.57	282.33	2621	2.50	10/3/2016
3405 Quilici Lane	\$850,000	\$750,000	222.69	196.49	3817	2.97	12/1/2016
2104 S Tesuque	\$789,900	\$780,000	251.00	247.86	3147	0.47	9/23/2016
1237 Mesa Circle	\$920,000	\$850,000	252.75	233.52	3640	0.83	9/16/2016
12570 Thomas Creek	\$969,000	\$955,000	266.36	262.51	3638	1.05	11/21/2016
3405 Lunsford Court	\$1,195,000	\$1,105,000	380.33	351.69	3142	2.51	11/17/2016
2600 Kinney Lane	\$1,845,000	\$1,612,500	399.26	348.95	4621	5.27	10/25/2016
NW CARSON CITY							
2214 Snowflake Drive	\$250,000	\$275,000	125.06	137.57	1999	0.20	11/30/2016
1009 Saratoga Way	\$279,500	\$279,500	199.79	199.79	1399	0.18	10/31/2016
1841 Pyrenees Street	\$285,000	\$285,000	190.00	190.00	1500	0.16	11/30/2016
1820 Pyrenees Street	\$299,900	\$299,900	176.93	176.93	1695	0.16	9/9/2016
1356 Alberta Court	\$324,000	\$315,000	234.61	228.10	1381	0.10	9/13/2016
1288 Flintwood Drive	\$339,900	\$330,000	190.42	184.87	1785	0.19	9/29/2016
1112 Flintwood Drive	\$344,000	\$334,500	192.72	187.39	1785	0.11	10/3/2016
1841 Alpine St.	\$375,500	\$360,000	163.69	156.93	2294	0.16	11/15/2016
1337 Flintwood Drive	\$369,900	\$369,900	207.23	207.23	1785	0.12	11/7/2016
2138 Shadow Brook Ct	\$389,000	\$375,000	180.18	173.69	2159	0.24	12/6/2016
2226 Oakridge Drive	\$379,900	\$378,000	169.30	168.45	2244	0.17	9/19/2016
3497 Dartmouth Drive	\$379,900	\$379,900	132.55	132.55	2866	0.29	10/6/2016
1621 Bolero Drive	\$400,000	\$390,000	161.62	157.58	2475	0.26	9/23/2016
2154 Canterbury	\$425,000	\$399,000	157.41	147.78	2700	0.18	9/27/2016
2575 Fern Meadow Circle	\$415,000	\$415,000	199.42	199.42	2081	0.28	11/4/2016
1960 Newman Place	\$420,000	\$420,000	172.41	172.41	2436	0.28	10/25/2016
4395 Combs Canyon Road	\$464,900	\$458,000	152.78	150.51	3043	1.00	11/22/2016
2475 Simons Court	\$475,000	\$475,000	143.50	143.50	3310	0.36	11/18/2016
1887 Ash Canyon Road	\$485,500	\$475,000	170.29	166.61	2851	0.56	11/9/2016
15 Woodridge Circle	\$515,000	\$510,000	172.41	170.74	2987	0.40	10/22/2016
1505 Malaga Drive	\$539,000	\$519,000	170.73	164.40	3157	0.25	10/7/2016
1839 Walnut	\$544,900	\$525,000	185.03	178.27	2945	0.23	10/21/2016
2292 St. George Way	\$560,000	\$530,000	168.57	159.54	3322	0.26	12/5/2016
2910 Silver Stream	\$544,000	\$540,000	207.40	205.87	2623	0.32	11/29/2016
2751 Manhattan Drive	\$699,000	\$635,000	157.36	142.95	4442	1.02	9/2/2016
2707 Ash Canyon	\$650,000	\$650,000	169.31	169.31	3839	1.00	10/24/2016
3691 Lakeview Road	\$695,000	\$650,000	157.45	147.26	4414	1.20	10/14/2016
2877 Pinewood Place	\$665,000	\$660,000	194.05	192.59	3427	2.20	9/23/2016
2501 Kensington Place	\$969,000	\$940,000	150.75	146.24	6428	1.01	11/17/2016

Small molecules may explain why some cannot stomach gluten



By Cyrus Pourzan

Gluten free diets have recently been all the rage. Professional athletes are going gluten free in hopes of better performance. Soccer moms are hoping to lose a few pounds. But what does the science say about gluten?

Gluten is a protein found in wheat, barley, spelt, kamut and rye. Its appeal is that it is an organic type of glue holding baked products together and improving their texture. Without gluten, baked products would crumble very easily. Although it is a protein, gluten has a low biological and nutritional value. Aside from baked goods, gluten is found in many processed food products and is hidden (not labeled) in

such staples as ketchup and ice cream.

Although gluten seems just a small component in foods, a number of recognized medical disorders are related to gluten. These include celiac disease, non-celiac gluten sensitivity, wheat allergy, gluten ataxia and dermatitis herpetiformis.

Celiac disease is a serious disease caused by an immune reaction to gluten. Although the immune response is initiated in the gut, the response spreads throughout the whole body. Most cases of celiac disease are never recognized. It is estimated that 1% of the population has celiac disease. Furthermore, that 1% only represents the most severe manifestation of celiac disease. For every one person with severe celiac disease there are 99 with milder versions of the same disease. Even those with weaker forms of the disease are much more likely to die early as a result of consuming gluten. Symptoms involve the digestive system, as well as impaired growth, shorter lifespan, osteoporosis,

lymphomas and many autoimmune disorders. The symptoms can be so diverse that doctors have great difficulty in diagnosing the cause. Which is why the vast majority of these people go unrecognized.

Gluten-sensitive individuals may harbor high levels of a molecule called zonulin that is linked to inflammation. Zonulin is produced in the gut when humans are exposed to gluten, gliadin (the other protein found in wheat) or cholera toxin. Yes, cholera toxin. The effect of gluten on the intestinal lining is the same as cholera.

Zonulin opens up the spaces between the cells of the intestinal lining. This makes the intestines permeable to nasty feces in the gut. Without the intestinal cells filtering out the bad stuff, it goes directly into the bloodstream. The liver may not be able to detoxify the blood which then is circulated throughout the body.

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

Curling – An Olympic sport we all can play



By Paul Andrew

Every four years during the Winter Olympics, in between downhill skiing, luge, hockey and slopestyle snowboarding, viewers are



exposed to the unusual sport of curling. Compared to traveling eighty miles an hour down a sheet of packed snow, or being smashed into the boards by a Czechoslovakian, it seems like an analytical a precision sport. Soon, the network switches to ice dancing, and curling is easily forgotten.

Now, thanks to two brothers in South Lake Tahoe, curling is catching on in our area, and can be played by anybody. Larry and Ray Sidney of Zephyr Cove, recently started a curling league at the South Lake Tahoe Ice Arena, so there are opportunities for anyone interested in trying the sport to see how it works.

"My brother attended an intro-

to-curling evening in 2010, and was hooked," Larry Sidney said. "When I moved to Tahoe in 2012, I jumped on board. We then founded Lake Tahoe Epic Curling (LTEC) in January 2013."

Curling was founded much earlier, namely in medieval Scotland back in 1541 with rolling rocks sliding at targets across the ice. Apparently, there wasn't a lot of entertainment during the frozen winters in the hinterland.

Curling today is a lot like shuffleboard on ice. The curling stone, complete with a curved handle on top for grabbing, weighs between 38 and 44 pounds. The object is to get your "stones" closest to the "house", a target painted 120 feet

down the ice. The curler roller slides the stone, while his teammate sweepers slick the ice in front of the projective to help it get closest to the center. The skip standing behind the target, instructs the sweepers whether to sweep or not.

"We would like to grow to the point where we have several leagues going on several different days of the week," Sidney said. "Also, as our club grows, we would like to offer youth curling programs."

Since I am decades past thinking I could compete in the men's slalom, or be the runner in the bobsled, I thought I'd

give it a try. It really is fun, very technical in how one slides the rock down the ice, and sweeping in front of the moving projectile is a workout. After learning the techniques, we divided into teams, then the competitive juices started to flow. Though I know curling isn't my Olympic calling, we did shut the other team out, so I can claim to be undefeated in my curling career.

Paul Andrew is a long-time resident of Zephyr Cove. For information on Lake Tahoe Epic Curling, contact the Sidney Brothers at www.laketahoeurling.com, or e-mail info@laketahoeurling.com.

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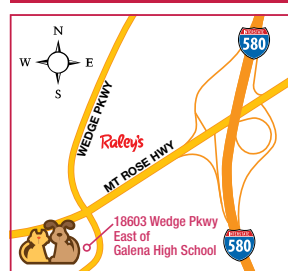


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CranioSacral Therapy can help heal concussions



By Kerstin Tracy

I take head injuries and concussions very seriously. Having worked with clients who a long time ago had head injuries or concussions and still suffer from

related problems, I cannot emphasize enough the importance of injury prevention and right treatment such as CranioSacral Therapy.

Winter means skiing, skating, or snowboarding and these activities bring great joy, but they also increase the risk of falls and collisions. Concussions, meaning the head hitting an object or an object hitting the head with or without a whiplash injury, can lead to cumulative symptoms over time. Depending on the forces put on



the head, vascular bleedings can occur as well as damages to the neurons and glia cells, tissues that support the brain.

PCS, or post-concussion syndrome, describes the unresolved, chronic continuation of a group of physical, emotional and mental symptoms. Symptoms of PCS include headaches, dizziness, fatigue, irritability, insomnia, altered endocrine function and concentration or memory difficulty for more than three weeks after the

injury, according to the World Health Organization.

These symptoms can occur for years after the injury. It is estimated that 7-33% of those diagnosed with concussion suffer from PCS. They can find a path to healing through CranioSacral Therapy, a manual technique capable of accessing and addressing the vascular, structural and neurological tissues in the brain. CranioSacral Therapy is a gentle and very precise, hands-on healing modality with its origin in osteopathy.

The cranosacral system is the deepest layer of the fascial system, a continuous network of tissue that surrounds every structure of the body. It refers to three layers of membranes that cover the brain and spinal cord. The membranes are attached to the entire skull, the opening at the bottom of the skull, the first vertebrae and the

first sacral vertebra. One of the layers covers the spinal nerves as well.

These anatomical attachments help point out the important role of the fascia in head injuries and show why CranioSacral Therapy has such a far reaching effect. It is never too late to support the body in healing head injuries and it is never too early. Children greatly benefit from this modality as well. Their growing and very sensitive tissues do not recover as fast as previously assumed.

Kerstin S. Tracy holds a Master's Degree in Sports Science and is an advanced practitioner in Upledger CranioSacral Therapy and Equine Craniosacral Bodywork as well as a Master Certified Holistic Manifestation Method Coach. To find out more about CranioSacral Therapy in general or if you have had head injuries or know anyone who did, visit www.ready2heal.net or email with any questions.

Why vaccinating your child is important



By Max Coppes

As a parent of three, now adult children, I know we parents want to do what is best for our children. That includes asking questions,

challenging recommendations and sometimes making decisions that go

against the grain.

The decision whether or not to vaccinate (or immunize) children for some of the most common vaccine preventable diseases used to be a no brainer for most parents; it certainly was for us. More recently, however, we find that parents are asking questions before providing consent. I welcome this development; it certainly shows how serious parents take their responsibilities.

Being a parent is a privilege. But with this privilege come some serious obligations: to care, support, nurture, and mentor fellow human beings. No wonder parenting often turns out so much more difficult than it looked like before having children.

Most parents provide consent, some give permission but still challenge the recommendations, and some decide to go against the grain. To be clear, all parents want to do what is best for their children. But do they when they refuse vaccinations?

Some believe in the notion that voluntary exposure to an infectious agent could benefit a person by stimulating his/her immune system. The idea is over a thousand years old and goes back to China and India. It wasn't introduced in Europe and America until the mid-1700s. Initially, healthy people were exposed to agents capable of infecting them, carrying a very real risk that they would actually develop the full-blown disease rather than a milder form that might help build immunity against it.

In the 19th century, Louis Pasteur led the way in developing techniques that resulted in vaccines that lost the ability to infect. This important development revolutionized our capability to develop immunity to several serious infections that used to kill thousands and cause serious complications in even greater numbers. As a result of the advances made over the past decades, children neither have to get measles, mumps, rubella, hepatitis, polio, tetanus, or diphtheria, nor suffer from the sometimes serious consequences these infections carry, including death.

Before the measles vaccine was introduced in 1963, 500 Americans died annually of this viral infection.

It actually is therefore true that vaccinations save lives. According to the Centers for Disease Control and Prevention, vaccines given to infants and young children over the past two decades will prevent 322 million illnesses, 21 million hospitalizations and 732,000 deaths over the course of their lifetimes.

Some parents express concerns including real and debunked side effects. There is no question that vaccinations result in side effects in some children. Common side effects (about one in four) include pain, redness, and tenderness at the injection site, and flue like symptoms. Very rarely serious side effects occur: allergic reaction (or anaphylaxis), seizures, high fever, joint pain or stiffness, pneumonia. However, it is not true that the Measles, Mumps, Rubella or MMR vaccine causes autism as initially reported in 1998. The physician responsible for the fraudulent article that suggested such link, Dr. Andrew Wakefield, lost his medical license in the UK for having falsified data.

I encourage every parent to discuss openly any concerns you may have about vaccinating your child; that is your job. In some rare cases (allergies, defective immune system) vaccinations may not be on your child's best interest. But as you do think about this, you may wonder why I know of no pediatrician in Reno who has skipped one single vaccine for their own children. If it is the best for their children, would it not be the best for yours?

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

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Carson Tahoe Cancer Center celebrates 10 years of caring, healing, and improving

Submitted to Galena Times

It began as a vision. An idea of how Carson Tahoe could change the way our community thinks about cancer care. Understanding the importance of having treatment, intervention, support, and after-care – all under one roof – Carson Tahoe Regional Healthcare Foundation embarked on an ambitious capital campaign to raise funds for a state-of-the-art Cancer Center.

In November 2006, the dream became reality and Northern Nevada's first freestanding, comprehensive cancer center opened to patients and the community. Also, the acclaimed Cancer Resource Center – previously located in the historic Adams House – re-opened within the new Cancer Center, providing much needed resources and support to local cancer patients. In the following years many more accomplishments would be realized:

The Merriner Cottages opened just a month after the Cancer Center, thanks to a generous \$2 million

donation from the Merriner Family Trust. These cozy bungalows provide temporary housing for those who travel a significant distance or have transportation difficulties, which would otherwise impair their ability to receive treatment.

From the moment Carson Tahoe opened its doors, staff and administrators have worked hard to redefine healthcare excellence in Northern Nevada. The 35,000-square-foot facility includes full-time medical and radiation oncology practices, an ambulatory infusion center with stunning views of the Eagle Valley, and extensive support services.

For those who need additional healing and medical support, Carson Tahoe Regional Medical Center is right on campus with a broad safety net of critical care services.

From diagnosis to treatment to recovery, Carson Tahoe Cancer Center has been here for the community every step of the way throughout its 10-year evolution.



CARSON TAHOE CANCER CENTER MILESTONES

2007 – Cancer Center received recognition for “Outstanding Achievement” by the Commission on Cancer.

2009 – Over 100,000 patient visits.

2013 – Cancer Center became the first in Nevada to receive gold level accreditation by the American College of Surgeons’ Commission on Cancer.

2015 – Affiliation with one of the top academic cancer research institutions in the country, Huntsman Cancer Institute at the University of Utah.

Teens and bad breath



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Although bad breath can strike at any age, it is often more noticeable in teenagers. Most of the time, a lack of oral hygiene is the root of the problem, however, there can be other causes as well. Many think that mouth rinses and gum will take away bad breath. But most of the time those products

will just mask the odor and often it will return within minutes. So what can be done?

First, it is important to find the primary cause of bad breath. Millions of bacteria live in the mouth, particularly on the back of the tongue which is an ideal place for bacteria to grow due to its moist environment. The best way to rid your teen's bad breath is to have them brush and floss regularly. Yes, that means twice daily, two minutes each time, with a fluoridate toothpaste followed by

flossing once daily. Also, brushing the tongue with a toothbrush or using an instrument like a tongue scraper can be essential in ridding the unpleasant odor.

If you notice your teen has bad breath in the morning, rest assure this is fairly normal and not usually a health concern. But regular checkups and cleanings are instrumental in keeping the mouth clean which in turn reduces bad breath. If your teen is diligent about his or her homecare and is seeing the dentist on their recommended intervals,

you may need to look into other causes.

These causes include, but are not limited to infections in the mouth, respiratory tract infections, or external agents such as garlic, onions, coffee, chewing tobacco and cigarette smoking. Other reasons might be dry mouth caused by salivary gland problems, mouth breathing due to allergies or other conditions or medications that dry the mouth. Systemic illnesses such as diabetes, liver

continued on page 21

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Hellebores bring color into late winter garden blues

By Mary Sattler

Hellebores, commonly referred to as the Christmas Rose and the Lenten Rose, are neither roses nor are they even closely related to the rose family. But at a time of year when nothing else is blooming, hellebores provide a splash of colors ranging from white, cream, green, pink, red, purple to even black. These evergreen flowers bloom in late winter, heralding the coming of spring with lovely, nodding, cup-shaped flowers.

Hellebores are a member of the Ranunculaceae family and while their blooms can be quite lovely, they miss the fragrance factor associated with roses. However, they couple spectacular colors with a mounding green-grey to dark green foliage and handsome leather-like, pedate-shaped leaves. Mass plantings of hellebores work well as a ground cover, in beds, as borders and as container plantings. Often profuse blooms last between 6 to 8 weeks.

Since they are propagated from seed strains, each flower is unique and all exhibit slight variations. Hellebores are perfect flowering plants for Northern Nevada because they tolerate a wide range of soil and pH conditions and are rated cold hardy for zones 5-8. When they are blooming, diseases and pests are not usually an issue and while they do like shade, they will tolerate morning sun usually until 11am to 12pm. Best of all, Hellebores are deer and rabbit resistant. The only disadvantage is, they are poisonous to people and pets.

The Christmas rose is an old-fashioned favorite which bears its pure white flowers in the depths of



In late winter and early spring, Hellebores bring a variety of attention grabbing colors and shapes into a rather bare garden.

winter. Hellebore niger got its common name from an old legend that mentions it sprouted in the snow as a result of a young girl's tears because she had no gift for the Christ child in Bethlehem.

Modern cultivars exhibit larger flowers, pink flowered and double-flowered selections. The Skagit Gardens Gold collection includes Love Bug, Joseph Lemper, and Ice Breaker Fancy. Love Bug features single cream flowers with a rose blush. Joseph Lemper

has a single pure white flower which turn to a light green. Ice Breaker exhibits single cream and green blooms.

Currently the most popular hellebores are the H. orientalis and its hybrids which flower in the early spring around the period of Lent. Thus they are often referred to as the Lenten Rose.

Monrovia plants are divided into Winter Jewels and Winter Dreams series. Winter Jewels series bears irresistible names such as Ruby Wine, Red Sapphire, Sparkling Diamond, Painted and Golden Sunrise. These hybrids feature large, double cup-shaped blossoms in a variety of colors, including picote edges, contrast veining and splotching that looks like it was applied with a paint brush.

The Winter Dreams series features two beauties, Double Fantasy and Winter Dreams. The Winter Dreams hybrid has flowers that actually mature to a slate black.

In the dark and dreary days of late winter and early spring add some pizzazz and life to a winter yard that can often look pretty bleak by choosing some hellebores to add to your year-round landscape.

Mary Sattler is the events and class/workshop manager at Greenhouse Garden Center with 19 years of experience. She is Nevada Nursery Worker certified as well as Master Nursery certified. For more information, visit Greenhouse Garden Center at 2450 S Curry Street in Carson City or call (775)882-8600. Every hellebore mentioned and many more are available at Greenhouse Garden Center.

8 tips to put some health in your pet's stocking



By Matt Schmitt

'Tis the season for spoiling pets with treats and toys and a good time to ensure their happiness and health for the coming year. Just follow these steps

to make 2017 the best year yet for your pet.

- Keep pets moving. Glucosamine supports healthy mobility as your dog ages. Interestingly, cats do not seem to have joint issues associated with aging. Lucky them! Glucosamine can come in many forms, from supplement tablets and treats to convenient Ficox Chews, available over the counter from your veterinarian.

- Keep up appearances. Omega Fatty Acid supplements, such as that found in fish oil, not only helps joints but also improves and maintains the appearance of coat, skin and nails. Pets like to look good, too!

- Provide a Vitamin Boost. Pet vitamins augment the vitamins and minerals contained in food, assuring a healthy intake. Vitamin supplements are especially important if you home cook your pet's food.

- Protect from the inside out. Probiotics are for pets, too. Probiotic microorganisms provide intestinal balance that not only boosts the immune system, but can also help relieve diarrhea and ease gas. Healthy functioning organs make for happy, playful pets.

- Help the hairballs. A cat's fastidious



grooming produces hairballs. Not only are they unpleasant, but they can also cause intestinal blockages. There are gels, food blends and even treats that can help ease the elimination of hairballs, so the whole process is easier on your cat, and on you.

- Maintain healthy habits. Get outside and play. Regular exercise is the best gift you can give your pet. Develop (and keep) a routine, as pets rely on a consistent schedule. No excuses! Keep teeth clean and gums healthy with rawhides and dental chews, bully sticks and chew toys. Get crunchy treats for cats, too. Unless you enjoy the prospect of trying to brush your cat's teeth.

- Schedule annual exams. Regular check-ups with blood work keep pet health and wellness on track. And if you do sense an issue, get it checked out sooner rather than later. Have you scheduled a dental cleaning and exam lately? A healthy mouth is the gateway to wellbeing.

- Holiday treats not worth the weight. Keep pets away from food scraps that quickly add pounds. And be vigilant about holiday hazards like chocolate, poinsettias and holly, ribbons, light strands and Uncle Ned who keeps slipping that sweet dog of yours one treat after another.

Wishing you and your pets a happy

and healthy 2017.

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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Sneak more nutrition into the holidays and beyond



By Marni Bistany

By Marni Bistany

As an organic private chef and caterer, food is my life. I don't take shortcuts when it comes to nutrition because there are so many easy ways to get extra nutrients into food.

Spinach is one of the most nutritious all-around sneaky food fixes there are. It should be lightly cooked to best access nutrients and reduce oxalic acid content, and when sautéed it preserves more nutrients than boiled. Super packed with vitamins A, C, K, B2, carotenoids, magnesium, folic acid and iron, spinach can be disguised as herbs and pairs well with garlic, nutmeg, thyme, parsley or basil. A couple of handfuls or cups a day is plenty. Try "batchprocessing" spinach by buying in bulk and precooking and freezing or putting in glass containers in the fridge, best used within 4 days. Check out these simple spinach ideas to get more nutrition into your everyday:

- cooked, chopped and added to whipped eggs for an easy frittata or breakfast burritos for holiday sleepover company
- cooked or raw chopped in smoothies
- cooked, chopped and added to vegetarian or meat chili, tacos, burritos and curries for those winter weekend football gatherings
- cooked, chopped and added to bread stuffing for turkey, with feta and parmesan for stuffed mushroom hors d'oeuvres, as a crostini with goat cheese, pizza topping, or simply sautéed with garlic and shredded carrots for a simple accompaniment to fish and meat
- spinach-stuffed rolled pork loins or breast of veal are wonderful for more formal holiday gatherings.

Carrots are almost as versatile as spinach. Recent research shows that carrots, part of the orange-yellow vegetable group, are most beneficial for cardiovascular health. Packed with Vitamins A, K, C, Bs, potassium,



Sneaking more nutrition into your food is easy if you follow a few tricks, like adding spinach to whipped eggs or pureed carrots to mashed potatoes.



(Photos by M. Bistany)

fiber, and betacarotene as antioxidants, a cup of sliced or shredded carrots a day can be snuck into just about anything. Carrots pair well with honey, coriander, dill, basil or cinnamon.

Try these ideas to enhance your food with carrots:

- shred or slice and add raw to salads, slaws, wraps, sandwiches and spring rolls
- shred and add to pumpkin and bran muffins or holiday sweet breads
- add to homemade or store bought pasta sauce, lasagnas, turkey or beef meat loaf, bolognese, chili, tacos and veggie burritos, risottos
- add to spinach dip, ranch dip, guacamole, artichoke dip or replace garbanzo beans with roasted carrots for a yummiier hummus
- add cooked and pureed carrots to mashed potatoes or potato pancakes or fold into a butternut squash and apple soup to add texture and depth

Parsley may seem like an afterthought, but this versatile plant adds more than just the ubiquitous garnish to the plate and it's the third food that I sneak into just about everything I cook – except for desserts!

If you're able to add a handful of parsley a day to your food, you're also getting vitamins K, C, A, iron, flavonoids (antioxidants), volatile oils (these are good

for protecting against tumor formation and are anti-carcinogenic therefore excellent to add to marinades when grilling).

Add raw parsley to:

- homemade juices (roll up in a kale leaf to extract the most juice) and smoothies
- homemade marinades and salad dressings with garlic and olive oil, tomato basil salad, tabouli, pestos, every hummus and dip
- holiday vegetable casseroles: green bean and mushroom, spinach, broccoli-cheese, a make-ahead cauliflower mash with nutmeg, homemade cranberry relish and chutney
- appetizers: crab cakes, crab dip, add to any soft cheese like goat or blue and stuff into cherry tomatoes or endive leaves, Swedish meatballs, tomato parmesan crostini.

Marni Bistany has been a private chef and caterer for over twenty years and is the creative force of ChefOrganic while writing a food blog, www.fiveminutemeals.net in her spare time. She's garnered rave reviews cooking for VIP clients and their families in the Hamptons, Aspen, the Bay Area and Lake Tahoe and is bringing her special brand of cooking to the Reno area this season. Connect with her at www.cheforganic.net to plan your next event.

Top Holiday lighting trends include color

By Tim Scott

It's that magical time of the year when you start untangling your lights and getting in a festive spirit. So, are you going to stick with putting your lights up the same way you did last year (and the year before that)? I'd like to encourage you to make your house merry and bright with this year's top trend – color.

Colored bulbs, do you remember those? Over the past several years white (well, technically clear) lights

have been the go-to lighting design, but we're seeing a throwback to traditional multi-colored lights.

Run multicolored lights along your home's fascia or roof edge. Spruce up shrubs with color blocks of all red or green. Illuminate walkways and paths with colorful ground lighting.

If you're not ready to go with an all-color lighting scheme; just add a pop of color to a tree or shrub. You'll find that colored bulbs are more festive and give your home a

custom look.

Another lighting option we're starting to see is lighting projectors and spotlights. This is an easy way to shine holiday cheer on your home.

Finally, give your home extra holiday character with lighted wreaths and ornamentals. Illuminated, large-scale décor adds more dimension to your holiday motif. Still, I recommend keeping the overall design simple and classy.

You don't need to go full Griswold

to prove that you're committed to the Christmas spirit. A tasteful design that incorporates some of this year's lighting trends will perfectly delight everyone, including Santa.

Remember to follow proper holiday lighting etiquette and take your lights down after January 1, but before January 30. Don't be those neighbors!

Tim Scott is a professional holiday light installer and oversees the Christmas Décor division of Signature Landscapes.

4 Holiday decorating tips

1. For do-it-yourselfers, here's a time-saver: Test your lights before you hang them. Seems simple, but with all of the holiday to-dos on your mind you may forget this simple, first step.
2. String your lights at dusk so you can keep an eye on your design and watch for gaps or any bulbs that are out.
3. Never put nails in your trees.
4. Get help. If you don't want to deal with holiday lighting, but still want a jolly home, enlist a professional holiday lighting company. It's kind of like having elves of your own.



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Cultivate empathy with a dose of art

By Amanda Horn

Winter brings the holiday season, a time to focus on family and friends, to practice gratitude and generosity. One of best ways to pass moments with loved ones is to share an empathy-boosting experience that inspires healthy dialogue and stirs emotion. In short? Engage art.

A soul laid bare on a canvas, or wrapped in a sculpture, reveals humanity. Confronting a contemporary artwork by someone who may not subscribe to your cultural paradigm allows you to share space with the unknown, possibly the uncomfortable. On the tail of a tumultuous political year, we have a special mandate to bolster our empathy quotient. Reflecting on historical works lends insight into the human condition, the struggles and successes of those who have come before us.

The Nevada Museum of Art offers numerous opportunities for engagement and reflection. A Shared Legacy: Folk Art in America, this season's feature show, examines how nineteenth-century makers, craftspeople, and painters created fine objects that exemplified the breadth of American creative expression during a period of enormous change in the United States.



Vivid colors and textures of Still Life with Basket of Fruit by an unidentified artist (1830-1850) invite a sense of abundance and luxury.

Folk art does not attempt to emulate works made in urban centers by classically-trained artists. Rather, the genre reflects the tastes, social practices, economics, and cultural values of the rural places and people for whom it was made. Consisting of more than 60 works and on view November 19 through January 22, *A Shared Legacy: Folk Art in*

America showcases rare and fine portraits; vivid still life and landscapes; figurative and animal sculptures; whimsical trade signs; furniture and other household objects from artists living across New England, the Midwest, the Mid-Atlantic and the South between 1800 and 1925.

Around the corner, encounter another cultural narrative in *A Place in the Country: Aboriginal Australian Paintings* on view through June 5, 2017. The Indigenous people of Australia are inextricably bound to their land. Although the artists in this exhibition span diverse communities across Australia, each shares a commitment and responsibility to country: the land, sea, sky, and everything contained therein. The artists paint the natural features of their country in a non-representational style that enables them to keep secret and sacred elements hidden from uninitiated viewers.

This winter, gift kindness to yourself and others by sharing an art experience.

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

Get in the act! Sierra school of performing arts offers new classes

Submitted to Galena Times

Education in the performing arts provides young people with lasting life skills and personal attributes, such as discipline, self-esteem, focus and a sense of teamwork, as well as superior communication and social skills. Sierra School of Performing Arts is proud to announce its 2017 class offerings for beginners to the advanced, young to adult. Experienced and professional teachers are committed to helping each student develop better communication, listening and focus skills to create a well rounded performer. Each student will be encouraged to find their inner self-confidence so they can make strong and powerful choices in class and on stage.

Curtain Up! (Level 1) Intro to Acting for Preteens
Designed for the beginning student, this exciting and entertaining class will teach your preteen the fine art of creating believable characters that will enthrall and captivate your audience. This class focuses on team-building and confidence through a variety of acting exercises, voice and body work, and improvisation. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends.

Age 8-11, Tuesdays beginning January 10 5:45 – 6:40pm, \$150 for 10 weeks, Drop-ins \$20 per class - first 2 weeks only.

Curtain Up! (Level 2) Intro to Acting for Preteens
For the more experienced beginning student who has taken level 1 or by instructor approval, this exciting and entertaining class will develop the fine art of creating believable characters that will enthrall and captivate your audience. This class focuses on team-building and confidence through a variety of acting exercises, voice and body work, and improvisation. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends.

Age 8-12, Tuesdays beginning January 10 6:45 – 7:40pm, \$150 for 10 weeks, Drop-ins \$20 per class - first 2 weeks only.

Intro to Acting for Teens

This 10-week class is a follow-up to our preteen Intro to Acting course, and focuses on scene study and



Students of Sierra School for Performing Arts learn more than singing and acting. They develop communication, listening and focus skills.



character development. Students will work on scenes with partners, enhance their imagination as it relates to character, and get to the heart of great acting. After taking this class, students will be able to call upon their advanced techniques in any future production they may be a part of and have complete confidence to audition for any role. The class will culminate in a performance of scenes or monologues for parents and friends.

Age 12-17, Saturdays beginning February 4, 4 - 5:15 pm, \$175 for 10 weeks.

Improvisation

Experience improvisational games and exercises that are the foundation of acting and performance. By participating in activities that focus on saying "Yes and", listening, and ensemble, this class is designed to enhance student's ability to communicate with others, develop confidence in their own creativity as well as teach students to respect the ideas of others. Class culminates with a brief demonstration performance.

Age 11 and up, Saturdays beginning January 14, 10 - 11am or Tuesdays beginning January 17, 4:30 – 5:30pm, \$125 for 8 weeks.

From Script to Stage – Let's Create a Play!

Are you a would-be writer, performer, costumer, set designer, director or "techie"? Students in this class will have fun while creating their own musical or play – they will develop a performance from the bones up, act it out while writing it in class. Through various games and exercises, the participants will be able to

visualize the setting, and by seeing what they can do in the setting, they make the scenes they see. They will end up with a fully realized production including script, music, and lyrics. The class will culminate in a performance of the work created in the class.

Ages 11 and up, Tuesdays beginning January 10, 6-7:30pm, \$175 for 10 weeks.

Sing Out! Introduction to Group Singing

The basic techniques of singing will be introduced, including breath support, pitch matching, rhythm, and music reading skills. A variety of music will be taught from pop to show tunes.

Age 7-9, Wednesdays starting January 11, 4 – 4:45pm, \$125 for 8 weeks.

Sing Out and Move! An introduction to Musical Theater Performance

Singers in this class will work on being able to sing and dance simultaneously, and practice learning simple choreography or movement. More advanced techniques of singing will be introduced, including harmonizing, rhythms, and music reading skills. This is great preparation for musical theater auditions.

Age 10 and up, Wednesdays starting January 11, 5-6pm, \$125 for 8 weeks.

Dress the Part -- An Intro to Theatrical Costuming and Makeup

Learn the role of the Costumer in a theatrical production, and try your hand at some basic costume and makeup design. Through a series of hands-

continued on page 21

Helicopter Money – Should America consider this radical economic stimulus tactic?

Provided by Hawley MacLean

Imagine cash falling from the sky into the hands of grateful consumers. Fleets of helicopters hover over cities, dispensing massive flurries of \$100 bills. Everyone gets their fair share of the money. Presto, economic stimulus.

This is pure fantasy, of course, but some economists think that the Federal Reserve should consider its figurative equivalent. Picture the Fed and other components of the federal government agreeing to boost the money supply in a radical, spectacular way – either by cutting taxes across the board or handing out cash to all Americans with no strings attached.

This idea has been around for years. Noted economist Milton Friedman introduced it in an essay in 1969, coining the phrase “helicopter money.” Former Fed chair Ben Bernanke is a fan of the concept, and even legendary bond fund manager Bill Gross has called for it.

“It is something that one might legitimately consider,” current Fed chair Janet Yellen noted earlier this year.

Wouldn’t the economy have to

crumble for the Fed to propose such a program? Maybe not. Some people think the economy is ready for helicopter money right now.

Central banks, such as the Federal Reserve, only have so many tools to stimulate economic growth. They are especially challenged when GDP is subpar and interest rates are close to zero. Proponents of helicopter money see those conditions in place today and argue that this is not an option of last resort.

Has this idea ever been tried before? Yes. Argentina and Venezuela have given their citizens free money. In both cases, the gifts bred runaway inflation. That might not occur in the U.S., but consumer prices could rise as an effect of such unprecedented central bank intervention.

Recently, some central banks have gone in for quantitative easing (“QE”), also an exceptional form of monetary policy. QE is an indirect economic stimulus that basically amounts to asset swapping. The Fed authorized three rounds of QE under Ben Bernanke: buying bonds and mortgage-linked securities, and

adding credit to the reserve accounts of banks in the process.

So much QE has occurred around the world since the Great Recession that its positive effects have subsided, and central banks can only cut interest rates so much. Is it time for an established-market economy to make a “helicopter drop?”

In theory, Japan is ripe for such a move. Its economy has been plagued by many years of deflation and slow or no growth; its central bank has taken interest rates into negative territory on more than one occasion. While current Bank of Japan governor Haruhiko Kuroda continues to favor “extremely accommodative” monetary policy, he has rejected helicopter money entirely, calling the idea “impossible” and illegal.

What if people don’t spend their helicopter money? Then the idea fails miserably. This is the second of two possible problems that could stem from helicopter money (accelerated inflation being the first). This year, Dutch banking giant ING polled approximately 12,000 people within the European Union to see what they would do if they were just given an extra €200 per month, tax-free, for a year. Only 26% of the respondents said that they would spend the

majority of that cash. You could argue that Europeans and Americans have different spending habits and financial outlooks, but what if Americans were to receive helicopter money and merely built their emergency funds with it?

The helicopter money concept may never be used to boost U.S. economic growth. Regularly handing out cash, or permanently cutting taxes solely to boost the economy, seems an unlikely prospect at best, given the potential downsides.

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new classes *continued from page 20*

on activities you’ll learn how to dress an actor (or yourself!) to communicate character, style, personality, social status and more. You’ll also learn to read a script from a technical perspective and become a member of the backstage team that makes the actors onstage shine.

Ages 12 and up, no previous theater or sewing experience required, Tuesdays beginning January 10 3:15 – 4:30pm, \$100 and \$25 materials fee for 6 weeks.

Play Production Class

In this class, the emphasis is on rehearsal and production of a play, from start to finish. After auditions and casting, the class will meet to rehearse and perform the play. Actors, as well as techies can take this class. If you want to act, or work on the

production in costuming, stage management, directing or stage crew, this class is for you! Class will meet two times per week, but the bulk of rehearsal time will be on Saturdays. Rehearsals will begin in late February or early March, and the play will be performed in May. Watch our website for audition and production dates.

Age 9 and up (by audition only), times TBD.

Sierra School of Performing Arts is a 501c3 non-profit organization that was founded in 2005 by a group of parents from the Galena/Callahan/Saddlehorn neighborhoods. All classes will be held at Sierra School of Performing Arts; 1380 Greg Street, Ste. 225, Sparks, NV 89431. For a full class schedule or to register go to www.sierraschoolofperformingarts.org.

bad breath *continued from page 17*

disease, lung disease, kidney disease, sinus disease, acid reflux or psychiatric illness can also cause bad breath.

Sometimes people perceive they have bad breath, when in fact it is not noticed by others or oral-health care professionals. If your teens’ bad breath is an ongoing concern, be sure to consult your dentist or physician. The duration of bad breath is dependent on its cause. Once the cause is found, it can be prevented easily. Stay on top of your teens’ oral hygiene routine. They may state they are brushing and flossing regularly,

however it is important to check in often on their oral hygiene habits just to make sure.

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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Auto Home Life Retirement

Strip away fat from your inbox



By Ryan Gearhart

One of the greatest aspects of my job is that I get to meet many people from all walks of life. Different skills, different philosophies, and different personalities. But despite this broad variety of individuals, they all share one common burden in their daily lives. This

mutual oppressor is so insidious that it can consume hundreds to thousands of hours of our lives. It is most commonly known as email.

According to a survey done by Adobe Systems, the average U.S. worker spends 6.5 hours each day checking for new emails. This epidemic has spiraled so out of control it is becoming its own full-time job. To combat this email scourge I have researched several methods or tactics.

The first common strategy is to archive all emails older than 30 days. Imagine any email older than 30 days has gone 'bad.' Responding to it by this point yields little value; if it were a more important issue, additional contact would have been made through email (again) or other channels. By archiving them, you still retain the information for any purpose but strip away the fat from your inbox.

Now that we have the integral email at our



hands, we have to start working on throttling the flow that continues to pour in. This deluge can be contained in a two-fold process. Part one is to block or unsubscribe to as much irrelevant email as possible. Honestly, consider the value obtained from reading any newsletter or recurring email. It may be more efficient to delegate it this to someone else or block it altogether.

The second part is to evaluate how you respond and react to email. Consider an email to be like a boomerang; there is a high chance that when you throw one, it will come back. As such, there is a significant likelihood that many emails you send will come flying back in the form of replies. To reduce this ricochet effect use the three D's: Delete, Defer,

or Delegate.

Delete is when the information of value was already communicated. Sometimes a reply is no longer necessary and wastes both your own as well as the recipient's time. Other times the email is the reply. Delete is the action for these emails.

Defer is when an email will break your current workflow. Put it on a to-do list or schedule it on your calendar. This way, you do not have to stop your current progress completely, but will also not forget about it.

Lastly, delegate. Delegating may initially seem a bit counter-intuitive, but when done right it can save hundreds of hours, so you can work on more important issues. It may involve an initial time investment of training an existing or new employee on the front end, but the payoff will almost always yield greater results. An alternative method of delegating is to invest in an automation process of some kind.

These tricks are just the tip of the iceberg, but consider them tools in your kit, so you can start to liberate yourself from email tyranny today.

Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. For more information, contact (775) 525-2000 or visit www.protechnical.com. Ryan is always happy to share more secrets to those curious; if interested feel free to reach out by, ironically, sending him an email.

Don't let money stress you out during the holidays



By Jim Marren

If you are like most people, you probably stress out at least a little when it comes to the holidays and your money. Holidays can be difficult enough with the pressures of things to do and entertaining family and friends without the added pressure of worrying about your finances.

We believe that some people make the holidays harder than they have to be due to one major reason, lack of planning. How much money do you plan to spend on gifts this year? Who are you buying presents for? Will you be traveling during the holidays? If so, will you drive or fly? How much will that cost?

Another reason people get into financial trouble during the holiday season is because they use credit cards to finance their gifts and travel. It is easy to get caught up in the moment and buy gifts you cannot afford when all you have to do is "swipe". Come January, reality sets in. You spent money you couldn't afford to pay back immediately. For most people, this leads to emotional stress which could have been avoided if they had followed these steps when planning for the holiday season and beyond.

Step 1: Set a budget for gift giving

We recommend sitting down with a pencil and paper (the old fashioned way) to determine how much money you can afford to allocate toward gifts. You may consider reviewing your online bank account and credit card records from last year to determine how much you spent previously. Once you have your budget you should write down the name of each person you plan to give a gift to this year. We would suggest writing down what you would like to buy for each person on your list. Many people don't realize how many people they buy gifts for each year. Don't forget people such as your hairstylist, the newspaper

delivery man, the garbage man and your children's teachers. Little by little, the additional gifts add up.

The next step is to assign a dollar value to each person on your list. The total amount should not exceed your overall budget. If so, make adjustments. We would recommend gift cards for acquaintances. This will allow you to lock in the value for each gift without having to worry about taxes and shipping costs. Staying within your budget, although sometimes difficult, will be well worth it.

Step 2: Create a holiday account

Christmas Clubs were accounts introduced by some banks during the Great Depression. Banks allowed customers the ability to deposit funds into a separate account specifically earmarked for Christmas purchases. These accounts usually paid a higher interest rate than a normal savings account but typically restricted withdrawals to the holiday season. These accounts are still available at some financial institutions but every year they become less available. We recommend opening a separate savings account at your current financial institution that you can make automatic monthly systematic additions. Many financial institutions wave account fees if you make such additions.

The million dollar question you may be asking is: "So where does the money come from?" Once again, budgeting is usually the answer. You should probably start saving for the holiday season in January! By doing this, you spread the expense over twelve months versus two or three. This sounds overly simplistic but you would be surprised how much you can accomplish if you give yourself enough time. This simple planning will help you avoid a financial holiday hangover.

Jim Marren is a CERTIFIED FINANCIAL PLANNER™ professional. Reno Wealth Advisors is an independent firm with securities offered through Raymond James Financial Services Inc., Member FINRA/SIPC. He is located at 401 Flint Street in Reno, NV. Contact

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Events 2016-2017

December 31

New Year's Ski Party

March 24-26

Tahoe Junior Freeride Series

March 25

Bobo's Pink Fest – Women's focused Ski Day

TBD

German Beer Garden (Typically January)

TBD

Local BrewSki (Typically Feb / March)

TBD

Sunset Wine & Ski (Typically Spring)

Many events are Season Pass holder focused and are announced on short notice when we see an opportunity of nice weather. These include additional theme days, deck parties, fun races, poker runs, etc.

Please visit skirose.com for the latest updates

*All events / dates subject to change / cancellation without notice.



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