



SnowMageddon 2017: Lest we forget as we prepare for another ski season

By Meghan Ochs

Every skier and rider dreams of the perfect powder day. Epic turns, huge face shots and endless smiles as gravity floats you down the mountain. Once or twice in a lifetime, those dream powder days become dream seasons, full of seemingly limitless, constant snowfall. This was the case during the past winter in Tahoe and the Sierra Nevada Mountains.

SnowMageddon 2017, as many called it, dumped white-out joy on almost every single resort in the Sierra Nevada range. Our local hill, Mt. Rose Ski Tahoe, ended the season with a record breaking 768" of snowfall. As we prepare for the 2017-2018 season, it's time to acknowledge unseen work that takes place at a ski area whenever it snows, especially when it snows heavily.

While the well-above average annual snowfall numbers sound glamorous, a lot of not-so-glitzzy, behind-the-scenes action takes place to get a ski area ready to operate. Unless it falls on the slopes, snow needs to be moved or removed completely. Snow removal and control is not easy work. It can be grueling and dangerous, requires a lot of human labor and is also quite taxing on equipment. This effort is often made more difficult when power goes out in a storm or if employees can't even gain access to the resort due to road closures.

In 2017, for instance, most residents of Tahoe lost count of how often the major highways and state routes to and from resorts closed. Multiple

times, avalanche danger or the risk of mudslides at lower elevations kept ski resorts and transportation departments struggling to keep up. For the first time in decades, many Tahoe ski resorts closed a record number of days and had many delayed openings.

When the resorts closed, and the powder hounds were at home itching to gain access to the monumental powder, most never realized all the work that was taking place on the hill to operate. It is easy to take some of the things that need to happen after any snowfall for granted. When the feet of accumulated snow exceed the number of days that have passed, the amount of work escalates quickly.

Parking lots need to be plowed so guests can park. Lifts need to be dug out and cleaned off. Cable lines need to be de-iced and checked, stairways, decks, transformers, propane tanks, buildings and ski racks need to be snow blown, shoveled and dug out. Vital equipment, used daily on the mountain by ski patrol and race teams, such as rope lines, bamboo, timing equipment, and signs, all need to be unburied. Snow needs to be pushed around, packed down and moved out. Avalanche routes, a huge component in resort safety, both in and out of bounds, need to be run. Additionally, with massive amounts of snow in little time, the precious and expensive real estate that most ski resorts operate on becomes scarce. All this work demands early hours and late nights.

Surely though, beyond marathon



(Photos provided by: M. Ochs)



Many hours of behind-the-scenes preparation went into making Mt. Rose Ski Tahoe safe after heavy snowfall last winter. The resort is gearing up for another epic year.

powder days, there are other benefits to record snowfall; the drought that much of California and the Sierras had been experiencing the last few years has waned immensely, and in many places this summer, replaced by a concern about flooding. Reservoirs, lakes and recreational opportunities experienced an abundance of water.

Snow is what diehards live for; however, too much of it, can be

dangerous, daunting and expensive. A shut-down ski resort incurs expensive overhead costs in labor, equipment, and supplies while losing revenue. May guests, both experienced and novice, remember and appreciate that a quality and safe resort experience takes time and effort and is always worth the wait. Here's to another epic year.

Meghan Ochs works in the ski industry and lived in Galena for two years.

Letter From the Publisher

Here comes winter again and it looks like it'll be another good one.

I'm sure everybody will be more prepared after last winter's experience. The change of seasons in Northern Nevada is one of the things that makes this place very special. Winter sports have already started with many of the ski areas open and ready to go for the holidays. If you've never tried skiing, I'd recommend giving it a go. Fresh air, fantastic views and fun with family and friends are all part of a good ski day. We're lucky to have real winters here so we can experience all true winter sports. It's part of the Northern Nevada lifestyle.

As the holidays approach, remember all your local merchants and how important they are to the fabric of our community. Just like every year, I want to thank all of our readers, advertisers and the Galena Times staff for all their support. Next year, will bring new challenges and exciting opportunities.

For us here at the Galena Times, we hope to continue to spread the word in a positive manner and provide information that enhances our community. If anyone would like

to submit an article or advertisements, please contact me directly. To view archived editions of the Galena Times, you can visit our website at GalenaTimes.com. You will also find local merchant links and other community information.

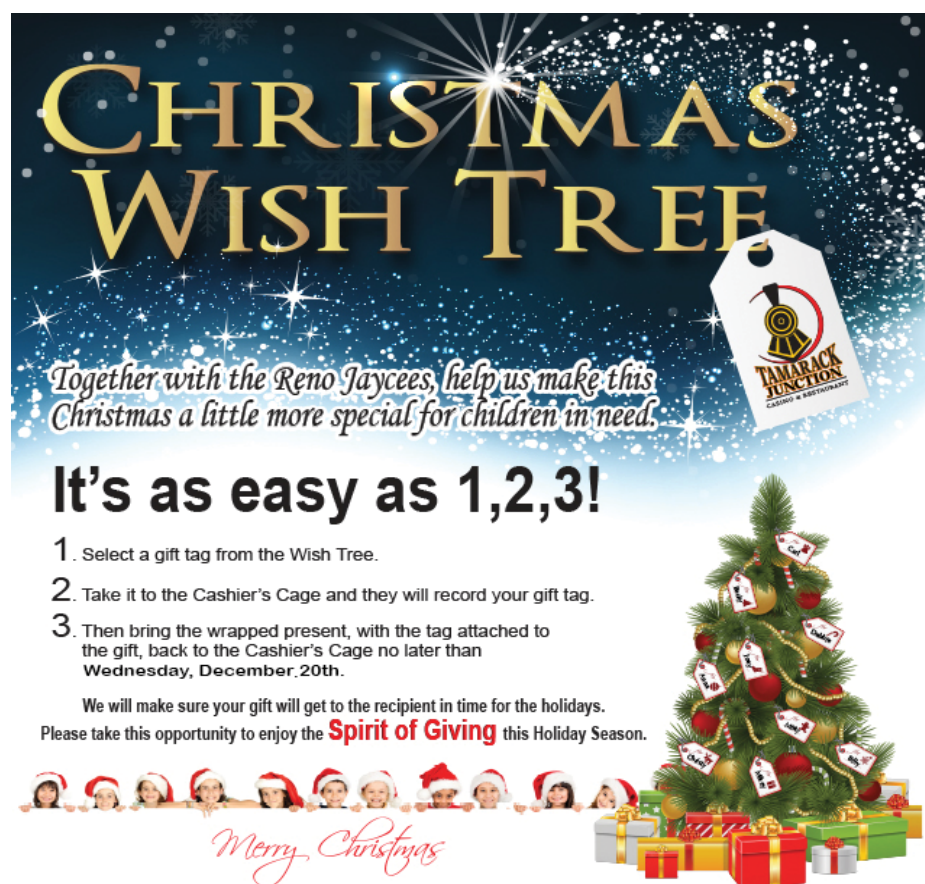
From all of us at the GT, we wish everybody a happy and healthy New Year.

Happy, snowy trails, Richard Keillor



Richard Keillor enjoys all the seasons a Sierra Nevada lifestyle affords.

Cheer for charitable giving with Christmas Wish Tree



CHRISTMAS WISH TREE

Together with the Reno Jaycees, help us make this Christmas a little more special for children in need.

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We will make sure your gift will get to the recipient in time for the holidays.
Please take this opportunity to enjoy the **Spirit of Giving** this Holiday Season.

Merry Christmas

By Corey Lawrence

"From what we get, we can make a living; what we give, however, makes a life." Arthur Ashe said that and he is right. When we share small acts of compassion, we are giving back more than we realize. Not only are we lifting the spirits of others, but we are also elevating our own moods. Through these acts we inspire more giving and kindness.

If you are looking for a way to give back to our community this holiday season, you might be interested in participating in the Christmas Wish Tree at the Tamarack Junction. Together with the Reno Jaycees, the Tamarack Junction has been involved in the Christmas Wish Tree for over 15 years. Every year the Tamarack's Christmas Wish Tree provides over 200 "Wishes" or gifts to local children in need. The children's ages range anywhere from infants to 17 years old, and wishes include all types of gifts like clothing necessities, toys, books, and games.

We have found this annual event to be highly rewarding and enjoyable for all involved. It really warms our hearts to see our local community come together for such an uplifting cause. Our Christmas Wish Trees will be available this year beginning the day after Thanksgiving until December 20th.

Looking for other ways to give throughout the year? Here are some great ideas:

Leave a note of cheer on someone's windshield.

Give a genuine compliment every day.

Write a note or send an email of appreciation to someone who has positively impacted your life.

Call a friend or family member you haven't talked to all year.

Spread good news about someone.

Corey Lawrence is casino marketing manager at the Tamarack Junction. When Corey is not working she loves playing volleyball, tennis, softball, and golf. She cherishes spending time with her loving husband, Matthew, and their beautiful daughter Zoe.

KIDS U engages community through new programs



Jodi Herzik

By Jodi Herzik

If you grew up in Reno or have children, you are no doubt familiar with our KIDS University summer camps held each summer

on the University of Nevada, Reno campus. KIDS U hosts a wide-range of youth camps during school breaks throughout the year. Weeklong camps are designed to incorporate the academic STEAM components — science, technology, engineering, arts and math.

KIDS University programs provide a great opportunity for youth to continue to learn and to experience the beautiful UNR campus. Inspired by the University's mission statement "to provide outstanding learning, discovery,

and engagement programs that serve the economic, social, environmental, and cultural needs of the citizens of Nevada," KIDS U staff developed a new KIDS University Volunteer Program.

Staff will donate their time to support this free-to-kids program designed to engage, volunteer and give back to the community. Volunteering teaches kids compassion, empathy, tolerance, gratitude and community responsibility. And children who volunteer are more likely to continue doing so as adults.

The first volunteer event will be in February to support Ronald McDonald House Charities in Northern Nevada. The house lodges families living more than 30 miles away with a child receiving treatment at an area hospital. KIDS U campers will have the opportunity to bake cookies for families staying in the house.

To create more community involvement, KIDS U also invites students on campus for some tailgating fun. During KIDS University Wolf Pup Pack Parties kids can enjoy a UNR pre-game pizza party with their friends, followed by a meet and greet with some

of the players before the game.

Jodi Herzik is the Executive Director of the Professional Development Programs at the University of Nevada, Reno and a graduate UNR with a Masters of Public Administration. If you have questions, email her at jodim@unr.edu.



Wolf Pup Pack Party
Wolf Pack Men's Basketball vs. New Mexico
Saturday, December 30, noon-4:30 pm
Register at <http://bit.ly/2yuro2b>.



KIDS University
Spring Break Camp
April 2-6, 2018
www.KIDSU.unr.edu

KIDS University
Volunteer Day
Saturday, February 18, 9-11am
Become a KIDS U volunteer
and bake "Valentine treats" at
the Ronald McDonald House

To learn more or to sign-up,
visit www.KIDSU.unr.edu,
contact Crystal Adams at
crystala@unr.edu or (775) 682-7554.



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

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

Please contact Richard with all inquires regarding the Galena Times:
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Embrace winter with programs at South Valleys Library



By Julie Ullman

I often hear people say they love living in Northern Nevada because we get four seasons. I certainly agree with those thoughts...until I'm shoveling snow or scraping ice off my car window. Some of us may think of winter as a bit tedious, something to be gotten through like a prison sentence, others are out snowshoeing, skiing, and reveling in the incredible seasonal change all around them. No matter which kind of winter person you are, the South Valleys Library invites you to bundle up and drop in for some fun activities.

Winter Reading Program

Washoe County Libraries will be launching a Winter Reading Program aimed at young readers. "Chill Out & Read" is the theme and the program runs for one month, December 15, 2017-January 15, 2018. Ages 0-18.

Winter Break Art Week

Looking for something to do during the three-week break from school? Mark your calendar for January 8th-12th. Every day from 11am-3pm, families can drop in anytime and enjoy fun art activities such as string art, mobiles, origami and other art activities. All ages welcome.

All Day Story Time

On Wednesday, January 10th enjoy All Day Story Time with different story times presented throughout the day (10.30am, 12pm, 1.30pm, 3pm, 4.30pm and 6pm). Come to one or come to all. All ages welcome.

Mind-Body Wellness Workshops for Adults

Come to all the workshops, or just the ones that interest you the most. All events will begin at 6pm on 1/3, 1/10, 1/17, 1/24, 1/31.

Fitness Recovery Techniques – January 3rd

Learn how to train smart and prevent injuries with Ryan Fizio, owner of Fizio fitness center in Reno. Fizio incorporates recovery equipment such as compression boots, infrared sauna, and ice compression into their facility. Ryan is an ACE Certified Personal Trainer and USATF Level 1 Coach.

Wellness Topic to Be Announced – January 10th

Please check our Calendar of Events at www.events.washoecountylibrary.us for more information about tonight's program, or call the library at (775) 851-5190.

Mindfulness – January 17th

Instructor Colleen Camische leads this one-hour workshop that will help attendees understand what Mindfulness is and how it can be cultivated. Includes

guided meditation practice and group discussion on using mindfulness in dealing with stress.

Tai Chi Yoga – January 24th

Instructor Juliana Aneiros leads a combination of Tai Chi and Yoga exercises incorporating controlled breathing and concentration in a series of stretches, moves, and poses all choreographed to music to create a holistic workout that brings the mind and body into a state of harmony and balance. Please wear comfortable clothing and bring a towel or yoga mat.

Laughter Yoga – January 31st

Laughter Yoga (Hasyayoga) is a practice that will engage participants in voluntary laughter while stretching in various yoga poses. Laughter is good for your health. Join Instructor Rebecca Brown for a fun-filled session of stretching and laughing. Please wear comfortable clothing and bring a towel or yoga mat.

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 jullman@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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How new pain medication laws will affect you



Andrew Pasternak, MD

By Andy Pasternak

As most people are aware, there has been an epidemic of deaths due to narcotic pain medications both in the USA and Nevada. To change this, the Nevada legislature and Governor Brian Sandoval signed Assembly Bill 474 which will add several new regulations into effect starting

January 1. Because of these laws, and the penalties which physicians face if they don't comply, patients who get pain medications for both acute and chronic pain may notice some changes in their care.

First off, before anyone is prescribed an initial narcotic pain medication for any reason, your physician will need to run a report on you checking the state database to look up your history of using controlled medications. Your

physician will also need to have you sign an informed consent form that should include information on risks of taking narcotics, proper use of the medication and other options to control your pain. Finally, your physician will also need to evaluate your risk of addiction or dependency. Initial prescriptions for acute pain can only be prescribed for 14 days.

If you require pain medications for more than 30 days, your doctor will need to then have you sign a Prescription Medication Agreement. The agreement should include the goals of using your controlled medication and discuss other rules your physician will have for your prescriptions meds. Rules will likely include using a single pharmacy, no sharing of your medications with others and use of other prescribed controlled substances, marijuana and illegal drugs amongst others.

Finally, if you continue to need medications after 90 days, your doctor will likely have you come back to

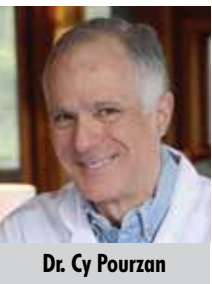
the office for additional evaluation and assessment for abuse risk.

In my practice, we've been starting to gear up for these laws. In some cases, this is helping me re-evaluate many of my patients, including getting additional testing and referring patients to specialists to discuss alternative treatment options.

While the focus of these laws has been on narcotic pain meds, many of these new regulations also apply to other controlled prescriptions. These include medications such as Xanax, valium, and stimulants for ADHD (Adderall, Ritalin). If you are a patient on these meds, you will likely have to work with your doctor on many of these same agreements and risk of abuse assessments.

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. Their office is currently accepting new patients.

Vitamin C for Cancer



Dr. Cy Pourzan

By Cy Pourzan

Vitamin C is a nutrient found in food and dietary supplements. It is an antioxidant and also plays a key role in making collagen. High-dose vitamin C may be given by intravenous infusion (through a vein into the bloodstream) or orally, taken by mouth. When taken by intravenous infusion, vitamin C can reach much higher levels in the blood than when the same amount is taken by mouth.

High-dose vitamin C has been studied as a treatment for patients with cancer since the 1970s. Laboratory studies have shown that high doses of vitamin C may slow the growth and spread of prostate, pancreatic,

liver, colon, and other types of cancer cells.

Some laboratory and animal studies have shown that combining vitamin C with anticancer therapies may be helpful, while other studies have shown that certain forms of vitamin C may make chemotherapy less effective. Animal studies have shown that high-dose vitamin C treatment blocks tumor growth in certain models of pancreatic, liver, prostate, and ovarian cancers, sarcoma, and malignant mesothelioma.

Some human studies of high-dose IV vitamin C in patients with cancer have shown improved quality of life, as well as improvements in physical, mental, and emotional functions, symptoms of fatigue, nausea and vomiting, pain, and appetite loss.

Intravenous high-dose ascorbic acid has caused

very few side effects in clinical trials. While generally approved as a dietary supplement, the U.S. Food and Drug Administration has not approved the use of IV high-dose vitamin C as a treatment for cancer or any other medical condition.

The National Cancer Institute is a branch of the National Institute of Health, a branch of the government that distributes medical information to the public. Not all doctors offer Vitamin C as a treatment and even fewer are aware of the vast amount of medical research on the medical uses of this remarkable substance.

Dr. Cy Pourzan, MD, is a UCLA trained physician with a Concierge Medical Practice serving South Reno. For more information go to www.cancer.gov/about-cancer/treatment/cam/patient/vitamin-c-pdq#section/_3



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Childhood and adolescent obesity 10 times higher than in 1975



Dr. Max Coppes

By Max Coppes

A recent study led by Imperial College London and the World Health Organization suggests that in the next 5 years there will be more children and adolescents who are obese in this world than those that are moderately or severely underweight. If this is not alarming as a pediatrician, I am not sure what is. In Nevada, 12 percent of 2-4 year olds are obese (we rank 45/51 states) and 30.5 percent of 10-17 year olds (28/51 states).

Why is this a big issue, you may ask? Well, obesity leads to several serious illnesses, including an increased need to replace hips and knees, diabetes, heart disease, high blood pressure, arthritis, and cancer. Yes, obesity contributes to the development of cancer; extra fat in the body can have harmful effects, like producing hormones and growth factors that affect the way our cells work. About 1 in 20 cancers are attributed to obesity.

Obviously, many of these illnesses will manifest themselves long after the child is seen by a pediatrician, so 'some other doctor's problem' really. That is

not how pediatrics works in this country. Pediatricians are an integral part of the healthcare system. And while in the past, our focus may have primarily been on curing childhood diseases, over the past decades pediatricians have realized their role in promoting childhood health, most notably in providing lifesaving vaccinations.

This role of disease prevention and health promotion is taken very seriously by pediatricians and has led us to insights that I had not considered when training to become a pediatrician in the 80s. It is only more recently that we have evidence of the critical role of socioeconomic factors and literacy on the health and well being of children. As a result, pediatricians have taken on roles as health advocates for children, realizing the enormous impact of the right policies.

The role of pediatricians in managing obesity is so important because the longer a person is obese, the higher the probability of them getting the above-mentioned, obesity-related diseases. Moreover, since treating obesity is quite challenging, prevention is a much better the way to go. And data suggest that early prevention is critical.

The likelihood of an obese child becoming an obese adult is about 20 percent, but the likelihood of an obese teenager becoming an obese adult is 80 percent. So how can we prevent obesity?

First, we need to be clear about definitions. Obesity is determined by calculating one's body mass index (BMI). Our BMI is calculated by dividing our weight in kilograms by the square of height in meters. For children and teens, the BMI is age- and gender-specific, so we do not use the BMI categories used for adults. BMI levels among children and teens need to be expressed relative to other children of the same age and sex. Obesity exists when the child's BMI is ≥ 95 th percentile for children (or teens) of the same age and gender. If a child's BMI is ≥ 85 th percentile but < 95 th percentile, that child is overweight and at risk for becoming obese.

So my first question to you is: Do

you know your child's BMI? If you do, do you know whether it has changed over the past few years? A child does not become obese overnight. As parents we have the responsibility to monitor our child's health and given the long-term ramifications of obesity, knowing your child's BMI may one of the most important contributions to the health and well being of you child that you as a parent can make. Early recognition provides the best hope for prevention of an alarming trend in our community.

Dr Max J. Coppes, MD, PhD, MBA, is professor and Nell J. Redfield chair of pediatrics at University of Nevada, Reno School of Medicine. He is also physician-in-chief at Renown Children's Hospital.



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Renown Children's Hospital nurses Mary and Denise with patient.

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Good bye botox, hello cranberries?

By Dagmar Bohlmann

A youthful appearance is a coveted price – in fact, many people willingly spend millions of dollars on beauty products, facials, and even surgery. Yet, a solution to age-related wrinkles might be as close as your fridge and as cheap as a bag of cranberries. Cranberries – high in antioxidants and antimicrobial and anti-inflammatory anthocyanidine – can be used inside and out to help your skin look as young as you feel.

According to a leading skin physiologist those anthocyanidines, which give berries their color, can assist in reducing the risk of skin cancer. Dr. Peter Pugliese, author of the textbook *Advanced Professional Skin Care Medical Edition*, attributes the power of cranberries to their possible ability to inhibit the action of an enzyme that breaks down collagen, a key support structure of firm looking skin. In addition, cranberries are mildly acidic and offer a gentle exfoliation when used topically.

So why not grind up some frozen food and slather on a mask? Reno dermatologist Dr. Frank Stadler says the skin is really good at keeping things out.

“Everybody wants a cream that stops aging,” he said. “But the skin is actually made from the bottom

up. The cells are multiplying in the skin’s bottom layer. What we see on the outside are dead cells.”

To get to where the action is, Stadler recommends a healthy, balanced diet, rich in vitamins, minerals and anti-oxidants. Cranberries, like blueberries, grapes, and even red wine are considered great sources for antioxidants, agents that can defend against damaging effects free radicals have on skin cells. But the first step should be prevention.

“Use sunscreen, stop smoking, and avoid tanning,” Stadler said.

Altitude increases the sun’s ultraviolet rays. Exposure to ultraviolet light, UVA or UVB, from sunlight accounts for 90 percent of the symptoms of premature skin aging. So the best wrinkle protection is a hat and a broad-spectrum sunscreen.

“For every 1000 feet, UVB increases by 4 percent,” Stadler said. “In Reno, we are exposed to 20 percent more UVB than people in the Bay Area.” He recommends the daily, generous use of a SPF 30+ sunscreen.

Like Stadler, Reno aesthetician Naaz Regoub, owner of La Petite Retreat, says that skin reflects diet and lifestyle.

“Skin reveals the toxicity of your body and your



soul,” she said. “If you have a lot of toxins in your body and you are totally stressed out, your skin will show that.”

Upon filling out a questionnaire that addresses nutritional choices, lifestyle, and skin care, Regoub prescribes a holistic, detoxifying, balancing program that focuses on balancing emotions and bringing harmony into her clients’ lives.

“It’s not a quick fix,” she said.

While she is not grinding and mixing her salves and solutions herself, she uses a botanical and organic skin care line that is made of flowers and plants.

“Cranberries and pomegranates are great,” she said. “They cleanse not only the skin but also the kidneys and liver.”

Releasing psoas muscles is important for everyone



By Kerstin Tracy

Winter is upon us. A beautiful time to gather with friends and family. Also, a period of increased sitting and standing when traveling to see

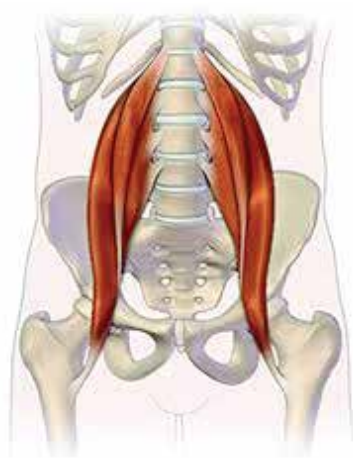
relatives or sitting together with friends. For many, it might also be a time of increased back problems.

When standing, sitting or walking many muscles are involved, but one is a particularly important core muscle that can influence many other muscles and structures: the psoas muscle, also known as hip flexor. No other muscle has mystified bodyworkers more than the very deep-seated psoas muscle. It seems to be stubbornly tight and often so hard to release.

That’s because the psoas muscle has more functions than generally known and described. It not only stabilizes the spine, it also transfers weight through the trunk into the legs and feet. It creates a shelf that supports organs and influences the stability of the pelvis because its length and suppleness determine whether there is sufficient space in the pelvis for organs to rest comfortably.

A shortened psoas muscle can lead to hyperextension in the lower back or an increased forward rounding (kyphosis) around the rib cage and even scoliosis, a lateral twisting curve to the thoracic and cervical spine. It is easy to foresee that future issues to the neck and head may occur with all the changes in alignment in the rest of the body.

Even food absorption can be compromised due to decreased space



in the abdominal cavity and nutritional exchanges may suffer as well as basic elimination. Some important nerves reside close to the psoas, like the lumbar plexus that may also suffer from compression. Even the sciatic nerve can be involved and reproductive problems may occur due to the limited space in the pelvis.

How does the psoas muscle get so tight? Postural reasons, too much sitting, too much standing, pregnancy, injuries to the leg, and most importantly the fear reflex. There is only one distinctive fear, a fear that has nothing to do with personal experiences, it is the fear of falling. That’s when the body reacts immediately with strong flexion including the psoas muscle.

How can we help release the tight grip of the psoas that can change nerve supply? CranioSacral Therapy offers very gentle and non-threatening techniques that help the nervous system feel safe. And easy, postural releases can be practiced at home (or after a long car ride) while lying on the floor with the feet on the ground and hips elevated to a shoulder bridge or kneeling on one leg and the other stepped forward in a 90

degree angle.

Kerstin Tracy, owner at Ready2Heal LLC, helps humans and horses suffering from complex structural and neurological problems regain their optimal health. She holds an MS in Sports Science from the German Sport University in Cologne and a degree in holistic health in Germany and is a licensed massage

therapist. She has studied CranioSacral Therapy at the Upledger Institute in Florida and has over 13 years practical experience. Kerstin works with all ages and is specialized in pediatric CranioSacral Therapy and Equine Craniosacral Bodywork. To find out more, email Kerstin@ready2heal.net or visit www.ready2heal.net.



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Carson Tahoe Health now offering latest robotic surgery technology

Carson Tahoe Health (CTH) is pleased to announce that the most advanced industry-leading robotic surgical system, the da Vinci Xi, is now available at the Regional Medical Center in North Carson City. CTH is currently offering robot-assisted gynecological surgeries for qualifying patients, and will soon expand to minimally-invasive urology procedures within the next year. As the field of robotics has gained momentum and evolved as a medical school staple nationwide, obtaining this revolutionary technology also provides Carson Tahoe new recruitment opportunities and aids in securing future healthcare experts.

Designed with the latest robotic, computer, and optical innovations, the da Vinci Xi features a high-



and its movements are programmed to be entirely controlled by a surgeon, which translates into smaller, more defined hand movements for optimal results.

Consequently, patients benefit from a quicker procedure time, shorter hospital stay, faster recovery, minimal scarring, and less need for narcotic pain medications.

Acquiring the latest generation of robotic technology aligns directly with our commitment to advancing healthcare and investing in the future of our community," said Michelle Joy, Chief Operating Officer at Carson Tahoe Health. "Upon evaluating the newest research surrounding robotics and improved patient outcomes, we felt that now was the best time for us to invest in the da Vinci Xi."

To learn more about Carson Tahoe Health's surgical services, including the da Vinci Robot Xi, visit www.carsontahoe.com.

Keep your kids smiling through candy-filled holiday time



By Gilbert Trujillo

The holiday season is always a busy time – especially for families. With kids out of school and a steady stream of festivities, the rhythm of everyday life gets put on hold. Sometimes that means good oral health routines and habits get missed.

Diet is the foundation for a child's overall health and well-being and is also vital to their oral health. Here are my recommendations to stay healthy over the Holidays:

Sugary candy, food and drinks are part of the Holidays. With this, the risk of cavities and poor

dental health also increases. Parents should try to moderate sugar intake, and watch out for carbonated drinks, which erode teeth more than sweetened drinks.

Separate out all your chocolate/milk chocolate candy from everything else. This is the best selection to let kids have as it has milk (calcium) and it melts quickly with no gooey residue on the teeth.

Eliminate all gummy, sour (acid powder), sticky and gooey candies.

Keep an eye on snacking – ideally children should snack on foods like cheese or leftovers.

Starches can lead to cavities just as sugars can. In fact, starches such as breads, crackers, pasta, pretzels and potato chips frequently take longer to clear the mouth than sugars.

Limit sugar intake by checking labels and buying sugar-free varieties of food options, if available.

Cheeses such as Aged Cheddar, Swiss, Mozzarella and Monterey Jack are great as a snack or to eat after a meal because they clear the mouth of food and neutralize the acids that attack teeth.

Tooth decay is largely preventable. Here are some of my general recommendations:

A child's first visit to a pediatric dentist should be by the age of one or when the first tooth appears.

Parents should help their children brush their teeth twice daily – after breakfast and before bedtime are ideal. I recommend that parents/caregivers supervise the brushing for school-age children until they are seven or eight years of age.

The best toothbrushes for children have soft, round-ended (polished) bristles that clean while being gentle on the gums. The handle should be proportional to the

continued on page 14



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Winter wonderland camps get kids outside

By Sue Jacox

Children learn to enjoy our Sierra snowpack safely and are introduced to the healthful recreation of snowshoeing during Great Basin Outdoor School's day and overnight winter programs. Parents and grandparents can send elementary school students to day camp at the River School Farm Jan. 8-12, and teachers can bring classes for day SnowSchool outings at the Galena Creek Visitor Center or overnight winter ecology and snowshoe trips at Lake Tahoe.

Day Camp—Make the final week of winter break the best week for your child with nonstop fun, exploration, science, crafts, and new friends. The River School Farm in west Reno provides the perfect rural indoor/outdoor venue with trails and native plants and animals.

Online registration is available at <https://www.greatbasin-os.org/day-camp-registration>.

SnowSchool—Teaming up with the Galena Creek Visitor Center, Great Basin Outdoor School gives teachers the chance to share snow science, snow safety, winter plant and animal adaptations, and snowshoeing with their classes weekdays 10 am-1 pm Jan. 29-Feb. 9. Snowshoes and warm clothing to borrow are provided, and groups snowshoe either at the Galena Creek Visitor Center or a few miles higher depending on snow conditions.

Winter Science Camp at Tahoe—For a more in-depth winter curriculum plus astronomy, teachers may bring classes to 2-day and 3-day winter overnight science camps in cozy, heated cabins at Lake Tahoe. Students will track Tahoe



(Photo: S. Jacox)

Everybody can learn how to snowshoe.

Great Basin Outdoor School's Winter Break Day Camp

Date: January 8-12, 2018
Grades: 1st - 6th
Location: River School Farm at 7777 White Fir St., Reno, Nevada
Cost: \$195 for 9:00 - 4:00, before and after care options available for an additional fee.

Learn about snow science, winter safety, snowshoeing, and more!

Contact: education@greatbasin-os.org or call 775-324-0926

YOU CAN HELP!

Donation of used snowshoes, waterproof gloves, snow boots, and scholarships help us serve more local children. Great Basin Outdoor School can accept your tax-deductible contributions as a 501c3 educational nonprofit.

wildlife on snowshoes on Day 2. A few sessions are still available between mid-January and early March. Activities support curriculum standards, especially in science.

See more information on the Great Basin Outdoor School website. Openings are limited, so check with Education Director Leilani Konyshyev

right away at Education@greatbasin-os.org or 775-324-0936.

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



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Just beyond superstores, find solace in Voltaire Canyon

By Dan Flesichmann

Before you hang up your hiking shoes for the winter...STOP! Read the article below. Plenty of hiking spots quietly await you in your own backyard. Within the city limits of Carson City is a wonderful hiking area referred to as the Voltaire Canyon. Pretty much devoid of development, yet accessible through plenty of dirt roads and trails, you won't meet any crowds there, because the area is virtually unknown as a hiking destination.

The entrance to the canyon is less than a mile from a Walmart, a Costco, and quite a few car dealerships. A road cuts into the canyon with various parking locations alongside. However, there is also an entrance into the area from the parking lot at the Fandango Casino. That's a perfectly appropriate "trailhead" for Nevada.

The hills above Voltaire Canyon are the foothills to the Carson Range; the mountain range rising to the east of Lake Tahoe. Voltaire Canyon offers wonderful views of snow-covered mountains in winter time. It is easy to access with or without snow.

Most of the Voltaire Canyon area is on lands

managed by the U.S. Forest Service. Some private land is well-marked and doesn't obstruct access to any of the primary destinations.

To enter the Voltaire Canyon, simply take Clearview Drive heading west, and turn right onto Voltaire Street. After a tenth of a mile, take a left on Voltaire Canyon Road, which is a well-graded dirt road that turns into rough pavement and then back into dirt. Parking is available by the water tower a half mile up the road.

Depending on your time and determination, Voltaire Canyon is a perfect area to do a short hike, a moderate hike, or even a long hike up into the forest. If you continue all the way west, you'll end up on Kings Canyon Road. If you head all the way north, you'll end up on the back side of C-Hill – the rounded rocky mountain with a "C" on its east face. Voltaire Canyon is just one of many hiking areas to enjoy in the winter time.

Daniel Fleischmann is a contributor to Summitpost.org where you can learn about more hikes in the area. Just type "Voltaire Canyon" in the search box and click on "Nearby Mountains & Rocks".



Hikers are walking up the roads in the Voltaire Canyon area in February.



(Photos: D. Fleischmann)

Rocky outcroppings like the back side of C-Hill invite some fun scrambling.

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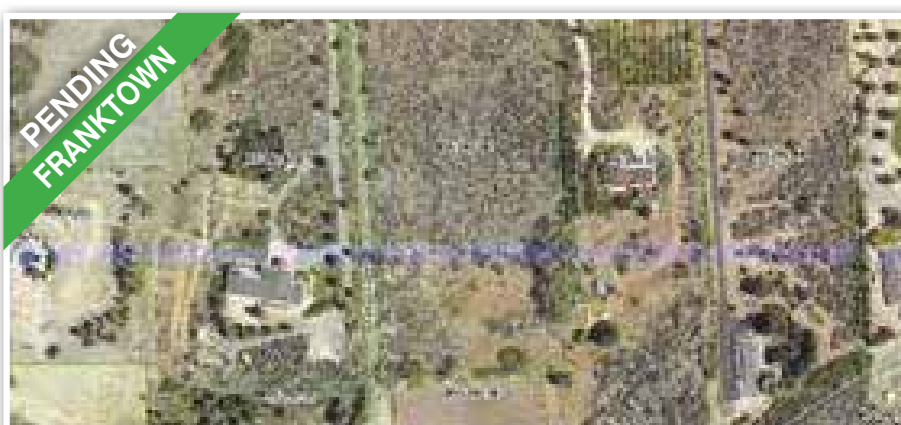
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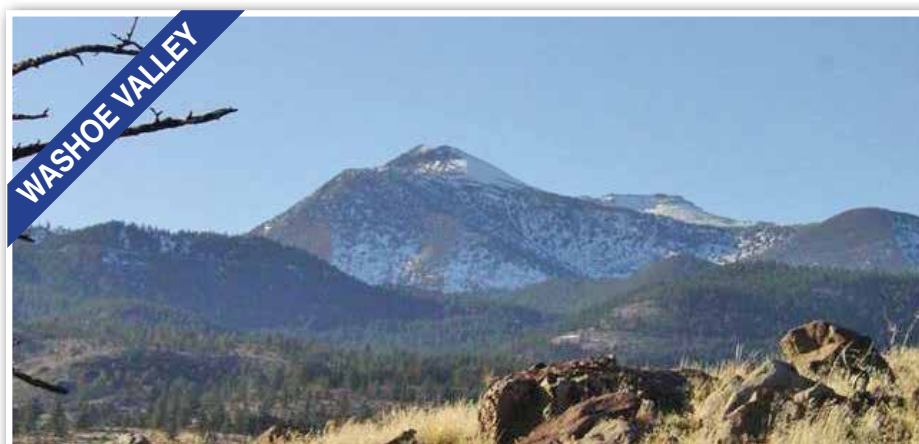
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Galena Forest home that backs to Galena Creek Trail and green belt. Home to be sold in "as is" condition. This home is a fixer upper with real potential. Close to skiing at Mt. Rose, Lake Tahoe and shopping at the Summit Sierra Mall. **\$749,000.**



5 acres located on Franktown Road **\$325,000.**



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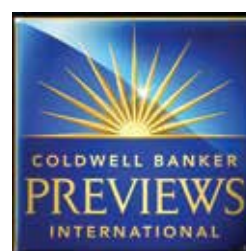
If you like the outdoors this property is perfect. Approximately 1 acre, 5200 +/- square feet, 4 bedroom, 5 baths and a separate nice office space plus much more. A 10 car garage with RV access, beautiful outdoor covered patio with hot tub. **\$639,000.**



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~ Dan & Kelly, Galena Residents

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All Area Home Sales September 5 - December 4, 2017

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
655 Yellow Pine Road	\$525,000	\$525,000	233.75	233.75	2246	0.73	9/29/2017
16645 Snow Flower	\$699,900	\$699,900	254.23	254.23	2753	1.11	10/11/2017
25 Golden Currant Circle	\$735,000	\$702,500	270.82	258.84	2714	0.63	11/3/2017
17195 Mountain Bluebird Drive	\$799,000	\$785,000	313.95	308.45	2545	0.68	11/15/2017
4975 Nadia	\$799,900	\$789,000	238.78	235.52	3350	1.7	10/26/2017
755 Blue Spruce Road	\$849,000	\$825,000	271.42	263.75	3128	1.07	9/25/2017
360 Scotch Pine Circle	\$834,000	\$832,000	275.07	274.41	3032	0.61	9/11/2017
1850 Joy Lake Road	\$847,000	\$835,000	265.02	261.26	3196	1.06	9/8/2017
6340 Fleur Court	\$875,000	\$835,000	369.82	352.92	2366	0.2	10/31/2017
6435 Dubrou Court	\$895,000	\$895,000	395.67	395.67	2262	0.19	9/5/2017
17155 Snow Berry Dr	\$1,050,000	\$980,000	250	233.33	4200	0.6	11/21/2017
5965 Gauguin	\$1,075,000	\$1,050,000	249.83	244.02	4303	0.89	11/17/2017
244 E Jeffrey Pine	\$1,350,000	\$1,275,000	207.66	196.12	6501	1.1	11/14/2017
5745 Dijon Circle	\$1,449,872	\$1,300,000	359.23	322.1	4036	0.53	11/21/2017
5665 Lausanne Drive	\$1,400,000	\$1,300,000	409.72	380.45	3417	0.54	11/1/2017
6495 Montreux Lane	\$1,395,000	\$1,330,000	382.09	364.28	3651	0.23	9/28/2017
1555 Blue Spruce Road	\$1,495,000	\$1,395,000	259.77	242.4	5755	1.04	10/6/2017
5690 Alpinista Circle	\$1,495,000	\$1,425,000	338.77	322.91	4413	0.41	10/18/2017
5615 Alpinista Circle	\$1,798,000	\$1,650,000	419.11	384.62	4290	0.43	11/7/2017
120 W Willis	\$1,949,500	\$1,800,000	366.79	338.66	5315	1.05	11/15/2017
5820 Lausanne Drive	\$2,495,000	\$2,420,000	377	365.67	6618	0.84	10/25/2017
SADDLEHORN/MONTE ROSA							
14305 Domingo Court	\$599,000	\$599,000	209.95	209.95	2853	0.39	10/20/2017
4005 Quail Rock Drive	\$624,500	\$609,500	183.35	178.95	3406	0.4	10/13/2017
14250 Bandolier Court	\$669,000	\$650,000	219.49	213.25	3048	0.39	11/20/2017
14600 S Quiet Meadow Drive	\$749,900	\$700,000	221.86	207.1	3380	0.82	11/21/2017
13230 W Saddlebow	\$1,100,000	\$1,048,000	251.03	239.16	4382	1	11/14/2017
14522 Quail Rock Court	\$1,150,000	\$1,095,000	307.9	293.17	3735	0.44	11/27/2017
ROLLING HILLS/GALENA COUNTRY ESTATES							
1955 Campfire Place	\$379,900	\$377,000	260.21	258.22	1460	0.21	10/20/2017
4085 Twin Falls Drive	\$499,900	\$475,000	193.53	183.89	2583	0.29	11/28/2017
3886 Bellingham Drive	\$484,900	\$475,000	240.05	235.15	2020	0.31	10/13/2017
2220 Snowmass Drive	\$489,000	\$479,000	184.67	180.89	2648	0.35	10/2/2017
486 Corvallis Court	\$535,000	\$525,000	190.59	187.03	2807	0.34	11/28/2017
4665 Edmonton Drive	\$599,000	\$569,800	201.96	192.11	2966	0.33	9/15/2017
4435 Great Falls Loop	\$624,900	\$620,000	182.93	181.5	3416	0.44	11/14/2017
ARROWCREEK							
2719 Wind Feather	\$549,500	\$538,000	247.52	242.34	2220	0.41	9/15/2017
3512 Painted Vista	\$617,000	\$595,000	221.07	213.19	2791	0.31	11/16/2017
2772 Sky Horse Trail	\$609,500	\$595,000	252.49	246.48	2414	0.53	9/19/2017
613 Rabbit Ridge Court	\$605,000	\$600,000	232.78	230.86	2599	0.3	11/9/2017
2728 Spirit Rock Trail	\$649,900	\$660,000	258.2	262.22	2517	0.54	11/28/2017
3417 Forest View	\$668,899	\$673,000	212.55	213.85	3147	0.45	9/7/2017
6160 Sierra Mesa	\$650,000	\$680,000	257.12	268.99	2528	0.49	10/31/2017
6225 Sierra Mesa Drive	\$754,900	\$750,000	234.51	232.99	3219	0.35	11/1/2017
2956 Flint Ridge Court	\$759,000	\$752,000	247.63	245.35	3065	0.41	10/17/2017
6190 Sierra Mesa Drive	\$809,000	\$800,000	186.88	184.8	4329	0.32	9/14/2017
1219 Broken Feather Court	\$890,000	\$850,000	197.95	189.06	4496	0.58	9/19/2017
6929 Rabbit Brush Court	\$1,190,000	\$1,050,000	225.04	198.56	5288	0.66	9/6/2017
6155 S Featherstone Circle	\$1,149,000	\$1,085,000	287.97	271.93	3990	1.07	11/16/2017
5555 Flowering Sage Trail	\$1,579,000	\$1,500,000	317.71	301.81	4970	0.72	9/29/2017
6672 Masters Drive	\$1,899,000	\$1,805,000	261.61	248.66	7259	1.57	10/23/2017
10047 Tailside Court	\$1,950,000	\$1,950,000	223.04	223.04	8743	0.56	9/13/2017
CALLAHAN RANCH							
15347 Brushwood	\$310,000	\$309,000	241.06	240.28	1286	1.01	10/2/2017
14825 Corsica Court	\$719,900	\$655,000	163.24	148.53	4410	1.7	12/1/2017
5385 Wilmington Court	\$808,000	\$800,000	273.53	270.82	2954	1.1	11/28/2017
15080 Napoleon Drive	\$840,000	\$805,000	269.06	257.85	3122	1.1	10/10/2017
14880 Redmond Drive	\$839,000	\$820,000	268.74	262.65	3122	1.16	10/9/2017
15380 Redmond Loop	\$975,000	\$980,000	251.03	252.32	3884	1.36	9/15/2017
OTHER AREAS OF SOUTH RENO							
25 Cassas Court	\$1,080,000	\$1,000,000	275.58	255.17	3919	3.5	9/28/2017
250 Timbercreek Court	\$1,095,000	\$1,090,000	291.46	290.13	3757	1.11	10/5/2017
2430 Faretto Lane	\$1,285,000	\$1,185,000	325.23	299.92	3951	2.5	9/19/2017
10350 Dryden Drive	\$1,190,000	\$1,190,000	185.73	185.73	6407	2.47	10/6/2017
5410 Ventana Parkway	\$1,255,000	\$1,200,000	344.78	329.67	3640	2.51	9/14/2017
505 Genovese	\$1,295,000	\$1,295,000	300.67	300.67	4307	0.83	9/27/2017
1120 Zolezzi	\$1,485,000	\$1,485,000	340.91	340.91	4356	1	9/8/2017
NW CARSON CITY							
1608 Evergreen Drive	\$445,000	\$450,000	206.4	208.72	2156	0.18	11/6/2017
4140 Weise Road	\$499,500	\$460,000	234.29	215.76	2132	1.64	11/30/2017
1832 Calash Drive	\$467,000	\$467,000	166.67	166.67	2802	0.23	10/4/2017
4731 Fox Creek	\$485,000	\$475,000	202.42	198.25	2396	1	11/2/2017
2012 Evergreen Drive	\$495,000	\$486,000	178.96	175.7	2766	0.39	10/25/2017
3233 Harvard Drive	\$500,000	\$495,000	151.1	149.59	3309	0.42	10/5/2017
10 Canyon Drive	\$499,000	\$499,000	196.77	196.77	2536	1.28	10/30/2017
2364 Bristol Place	\$510,000	\$500,000	200.55	196.62	2543	0.25	9/26/2017
1572 Evergreen Drive	\$519,000	\$500,000	213.05	205.25	2436	0.17	11/15/2017
679 Derby Court	\$510,000	\$505,000	200.55	198.58	2543	0.25	10/6/2017
2518 Waterford Place	\$510,000	\$510,000	200.55	200.55	2543	0.24	11/15/2017
4001 Lakeview Road	\$525,000	\$515,000	199.39	195.59	2633	1.08	10/5/2017
2148 Homann Way	\$520,000	\$520,000	169.05	169.05	3076	0.28	10/18/2017
4750 W Reds Grade	\$519,900	\$520,000	196.93	196.97	2640	2.37	11/30/2017
3612 Lakeview	\$524,900	\$530,000	199.2	201.14	2635	2.43	9/22/2017
2578 Fern Meadow Circle	\$569,000	\$557,000	196.61	192.47	2894	0.28	10/6/2017
3949 Kings Canyon	\$679,000	\$640,000	220.74	208.06	3076	2.3	9/20/2017
4661 Wagon Wheel Road	\$759,000	\$675,000	175.74	156.29	4319	1.05	10/3/2017
2490 Ash Canyon Road	\$995,000	\$900,000	330.45	298.9	3011	2.16	11/10/2017

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

Viburnums – Queens of the shrub world

By Mary Sattler

Few landscape shrubs are as lovely and versatile as Viburnum species and cultivars. Viburnum shrubs are landscaper and homeowner's dream plant variety favored for their showy, usually white flowers in mid to late spring, layered structure, colorful berry-like drupes and spectacular fall coloring foliage. Over 150 varieties are each unique in presentation of interesting leaf variations including round, lobed, lance-shaped, smooth, velvety or rough. Some are evergreen.

Viburnums are a low maintenance, easy-to-grow shrub that can tolerate a wide range of sun, soil, and moisture conditions. However, Northern Nevada can be a difficult area to garden in. Gardeners will always stress the importance of the addition of organics to the soil to achieve the very best results.

Depending on the cultivar, sizes can range from a compact 2' by 2' Viburnum trilobum 'Nana' to a large tree form like Nannyberry (Viburnum lentago) which can get 20' tall and 10' wide. If a backyard bird sanctuary is important then this is a must-have shrub because the berries provide a winter bounty for wild birds that haven't left for warmer climates. If grazing deer are a



Easy-to-grow Viburnums create interest in garden landscapes and provide a winter berry bounty for birds.

problem, many viburnums are a good deer resistant choice. For the Viburnum family in Northern Nevada, really no other pests are a concern, not even insects.

Viburnum nudum 'Brandywine' is a newer cultivar with a breathtaking fall display of red and blue berry-like drupes. The drupes remain to attract the birds long after the spectacular fall display of foliage (red into dark maroon) has gone by. This late spring bloomer gets 5'-6' tall and wide. It shines as a hedge plant in mass plantings or as a single specimen plant. Not all viburnums have a scent when in bloom. Exceptions

include the Asian varieties.

Viburnum bodnantense 'Pink Dawn' is a late winter, early spring bloomer and is one of the few that blooms light pink. It has a very nice spicy fragrance. With a rounded, dense growth habit this shrub will get 6'-10' tall and 6'-8' wide. The fall color is jewel-like in a bold display of reddish purple. The drupes mature from red to black in the fall.

Let's not leave out Viburnum plicatum f. tomentosum 'Mariesii'. Its claim to fame is its stunning layered horizontal branching. In the spring, the lace-cap double file flowers lay above the foliage like snow caps making for a stunning display. This viburnum will get quite large, 10'-12' tall and 12' to 15' wide. It lends itself well as a specimen plant and a stunning focal point to any 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, call (775)882-8600 or visit Greenhouse Garden Center at 2450 S Curry Street in Carson City for help in selecting the right Viburnum for your landscape.

9 tips to manage mobility in pets with arthritis



By Matt Schmitt

Creaky joints, stiffness, pain. Dogs and even cats get arthritis. Intermittent limping, reluctance to exercise or jump, stiffness upon rising, and even licking painful joints can be signs of arthritis. Most often it's age-related, however joint ailments, infection and immune diseases can all

hasten the onset or worsening of arthritis.


While no amount of ingested nutrients can correct structural joint damage, adding supplements, medications and therapy can offset discomfort and even debilitation caused by the onset of arthritis.

Natural Supplements. Glucosamine naturally occurs in joint cartilage, and is a major component in the formation of lubricants critical to maintenance and restoration of healthy joints. Because of decreased Chondroitin production as bodies age, supplementation with Chondroitin Sulfate can be especially helpful in older dogs with arthritis by helping repair damaged cartilage

and connective tissue. Omega Fatty Acids, Vitamin E, Selenium, and MSM are other natural supplements that can help to decrease inflammation while improving the body's ability to repair and strengthen tissues.

Prescribed Medications. Prescribed anti-inflammatory drugs can effectively relieve inflammation and pain associated with arthritis. Non-steroidal anti-inflammatory drugs (NSAID) specific to pets are effective and produce few side effects. These can be given long-term with regular blood panel screenings.

continued on page 18



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How to make and keep New Year's resolutions



By Jane Holman

You're not alone. 92 percent of Americans who made New Year's resolutions for 2017 failed to accomplish them. Either through dread or determination, resolutions are made by roughly 41 percent of Americans. According to StatisticBrain.com, every fifth wanted to lose weight. That's 68 million Americans who woke up on January 1 with the intent of dropping a few pounds. By December 31, roughly 62 million will have quit their pursuit of that goal.

Planning for the 2018 New Year's resolutions started early. In October, monthly searches on Google for fitness programs topped more than 2.7 million; searches for travel numbered over 1 million, and for money-saving strategies topped 110,000. An additional 74,000 Google searches for healthy diet plans occurred in October.

Whether the collective goal is personal improvement (12%), better financial decisions (8%), quitting smoking (7%), doing more exciting things (6%), or spending more time with family and friends (6%), most Americans fail to achieve their resolutions. Is it because we focus on a negative rather than a strength, we dislike the term "resolution", or we are distracted by the complexities in our lives?

Dr. Erin Olivo is an assistant clinical professor of Medical Psychology at Columbia University. She presumes our shortfalls relate to a lack of specificity in our resolutions. In Psychology Today, Olivo suggests setting achievable goals which align with a life plan. A life plan addresses all sectors and

domains of our lives, including physical, mental, spiritual, emotional, intellectual and experiential wellness.

Sample Life Plan			
Goal/Outcome	Objective/ by 12/31/2018	Strategies/ Programs	Tactics/ Tasks
Health	Get fit; meditate; study emotional intelligence	Find a diet; learn to cook; take classes; read self improvement books	Weight Watchers; Atkins; hire a coach; take yoga; hike; find subject experts
Finances	Save \$10k; buy a house; sell boat	Hire advisor; hire RE agent; research boat brokers	401k; stocks; MLS; post boat details on free & social platforms
Bucket List	Summit Mt. Rose; attend Burning Man; backpack Adams Wilderness Area	Join TRT Assoc.; find a BM camp to join; hire adventure firm	Hike in Sept.; buy tickets & join Reno BM FB group; buy equipment
Family & Friends	Host 3 family gatherings; select 3 new friends	Host Thanksgiving; start Interest FB page; share objectives	Invite; plan activities; administer Page; send 1 note/month

A goal (outcome) is achieved through detailed objectives (the desired effect we wish to achieve within a specific period), actionable strategies (programs), and through specific tactics (tasks). The key to successful life plans is to develop a plan which maps to your life-long value system and to your lifestyle choices.

Create a Successful Life Plan

Apps/Accountability:

Community & Support:

- Interest groups
- Place of spiritual learning
- facebook
- LinkedIn
- Pinterest
- Library

Template/ Journal:

A bucket list is an appropriate goal in your life plan. The term bucket list is believed to have

been coined when screenwriter Justin Zackham wrote his screenplay Bucket List. A bucket list is a longer-term list of activities and achievements you wish to complete, frankly, before they pass on. Bucket list goals are specific and generally pertain to experiential adventure, learning and personal development. Bucket List goals stoke our egos and excite our senses, an excellent value system from which to start a life plan.

Jane Holman, MBA/APR, is Chief Strategist at M | Partners. She brings a keenly focused, systems-centric approach to solving problems, and a revenue-driven acumen to marketing and communications. She also leads The Tasteful Kitchen, a local firm which helps individuals become healthier and happier lifestyle cooks through menu strategies, sourcing options, guidance and preparation assistance. Contact Jane at MJHolman@icloud.com and (775) 815-4121.

dental continued from page 7

size of the child's hand.

Parents can begin flossing for their children when two teeth are touching. Children can begin flossing on their own around age seven.

Use ACT fluoride rinse to help protect form all the sugar and acid once a child can spit it out.

Dr. Gilbert Trujillo, a Reno native, received his D.D.S. from the University of the Pacific and his Certificate in Pediatric Dentistry from Baylor College of Dentistry, Texas A&M. He received his Certificate of Resident of Pediatric Dentistry from Children's Medical Center, Dallas. Dr. Trujillo belongs to many dental organizations and is active in organized dentistry on the local level. He can be reached at (775) 824-2323 or at RenoKidsDentist.com.



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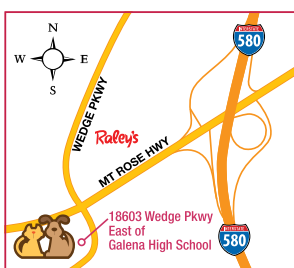
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Theater classes teach creativity and more



(Photos provided by: SSPA)

Sierra School of Performing Arts empowers kids and adults to find the performer within.
Public speaking, confidence and creative expression can be learned in a variety of workshops beginning in January.

Submitted to the Galena Times

The benefits of training in the arts go far beyond developing theater skills. Research demonstrates that the arts are vital to a well-rounded education. They promote critical thinking, enhance spatial and temporal perception, foster positive social skills, and provide powerful motivation for students to excel in school.

Sierra School of Performing Arts has been empowering kids and teens since 2005. Offering a full range of theatrical and educational opportunities, SSPA teaches theater arts to students as young as age 5. For kids, teens, and adults that have never been on stage, classes can provide the tools and confidence to take that next step and audition for a show. Aspiring performers, can prepare for college or professional auditions. Former students have gone on to study theater at conservatory and professional programs, appear in regional professional theater, and star in off-Broadway productions. One even appeared as a finalist on The Voice.

(New!) Little Sprouts! Adventures in Creative Drama

Does your child love to act out and pretend? Harnessing that wonderful world of imagination can be a powerful tool for building skills in many essential developmental areas. In this fun class, your child will practice social skills, concentration, and problem solving while diving into games designed to encourage exploration and imagination. Children will express themselves through performance, music, movement, and acting out stories, familiar and new. The kiddos will have the opportunity to perform for parents on the last day of class.

Age 5-8

Saturdays starting January 20

10.15–11am

\$150 for 10 weeks (Parents must be on premises during class first three weeks or by request)

Curtain Up! Intro to Acting for Preteens

This exciting and entertaining class will teach your preteen the fine art of creating believable characters that will enthrall and captivate the audience. Designed for the beginning or “still learning” acting student, this class focuses on team-building and improving confidence through a variety of acting exercises, voice and body work, and improvisation. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends. Class is designed to be taken more than once.

Age 9-12 (8-year-olds may participate by discretion of the instructor)

Mondays starting January 22

5.45-6.45pm

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

Acting Fundamentals: Acting for Teens

With a focus on character development, team-building and improving confidence, this class will teach the basics of acting and performance through a variety of acting exercises, voice and body work, and improvisation. Students will work on monologues and scenes with partners, enhance their imagination as it relates to character, and

get to the heart of great acting. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends. Class is designed to be taken more than once.

Age 13-17 (or by consent of instructor)

Tuesdays starting January 23

6.45–7.45pm

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

Curtain Up! Intro to Acting for Preteens

This exciting and entertaining class will teach your preteen the fine art of creating believable characters that will enthrall and captivate the audience. Designed for the beginning or “still learning” acting student, this class focuses on team-building and improving confidence through a variety of acting exercises, voice and body work, and improvisation. The 10-week class will culminate in a presentation of monologues or scenes for parents and friends. Class is designed to be taken more than once.

Age 9-12 (or by consent of instructor)

(New!) Vocal Performance and Acting for Musical Theater

Taught by Jesse Briggs (Maria in The Sound of Music), this group class will focus on the fundamentals of vocal technique, ear training, reading music, and harmonizing, as well as stage presence. Students will work on both solo and group numbers, exploring a variety of music genres including pop/musical (like “Legally Blonde”) to standard Broadway style to prepare them for musical theater auditions, or to just get comfortable singing. Singers will be coached in performance and “acting the song” from director and acting teacher Janet Lazarus. An end-of-semester presentation will give our aspiring singers a chance to showcase their talents. This class is especially recommended for actors and dancers who “think” they cannot sing. No previous experience necessary. Please prepare one Broadway song of your choosing for the first class.

Age 10 and up (or by consent of instructor; adults welcome)

Tuesdays starting January 23

5.45–6.40pm

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

(New!) Broadway Dance and Movement for Musical Theater

Designed with “non-dancing” actors and singers in mind, this class, taught by SSPA’s musical choreographer Amanda Albert will prepare students to perform in and audition for musical theater productions. The ability to pick up basic steps, choreography, and the skills needed for musicals or plays will be the focus. This class is highly recommended when preparing for auditions for “dance heavy” shows like Legally Blonde, auditions for which will be held in the spring of 2018. A dance performance will conclude the class. Jazz or character shoes may be required.

Age 12 and up (or by consent of instructor; adults welcome)

Mondays starting January 22

7–8pm

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

Broadway Song and Dance! An introduction to Musical Theater Performance

This fun class is a venture into the world of Broadway musical theater. Singers will improve their skills at singing and dancing,

dancing while singing, and will practice learning simple choreography or movement. More advanced techniques of singing will be introduced, including harmonizing, rhythm, ear training, and how to “act a song”. This is great preparation for musical theater auditions. No experience necessary. Parents and friends will be treated to an end-of-semester presentation of - you guessed it - song and dance.

Age 9 and up (or by consent of instructor)

Thursdays starting January 25

5.30–6.30pm

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

Acting for Adults

Have you always wanted to be in a play? Maybe you’ve done theater in the past but you’re feeling a bit rusty. This class will teach (or review) the basics of acting, stage movement and character development in a non-competitive, low-pressure environment with a focus on developing and expanding the actor’s imagination. Through acting exercises, improvisation, monologue and scene work, you will discover (or re-discover) the performer in you. Coaching will be individual to the level of the student. Students will perform only in and for the class, in order to give and get feedback. What is gained may be applied to stage or screen acting.

Class may be taken continuously.

Adults (older teens may take this class by consent of instructor)

Thursdays starting January 25

6.45–8.30pm

\$175 for 10 weeks; this class may be taken on a drop-in basis (\$20/class)

Audition Basics

Everything you wanted to know about auditioning for plays and musicals but were afraid to ask. If you are new to theater and the audition process, or just a bit intimidated by the whole idea, this workshop may be just the ticket to decreasing anxiety and helping you prepare for auditions. You will learn how to best choose audition material, what the director looks for, what to wear, and what NEVER to do in an audition. Of course, we encourage you to take one of our musical theater, singing, dancing or acting classes, which is the best way to get prepared and build your confidence, but if you just can’t, this is the next best thing.

Two sessions:

Saturday, January 20

11.30–1.30pm or

Sunday, March 3

11.30–1.30pm

By donation (but you must register in advance to hold your spot – space is limited)

DRUM ROLL PLEASE

Sierra School of Performing Arts is pleased to announce the 2018 Broadway musical will be Legally Blonde – The Musical! Performances will be August 17 to September 2, 2018 in the Hawkins Outdoor Amphitheater at Bartley Ranch. Look for auditions coming this Spring.

Go to www.sierraschoolofperformingarts.org for more information.

Multi-sensory art experience for eyes, ears and noses



Emily Carr, *Vanquished*, 1930, Oil on canvas, 36 1/4 x 50 3/4 inches. Collection of the Vancouver Art Gallery, Emily Carr Trust, VAG 42.3.6. Photo: Trevor Mills, Vancouver Art Gallery



Bruce Conner, *CROSSROADS*, 1976, digitally restored 2013, 35mm, black and white, sound, Duration: 37 minutes (converted to video). Original music composed and performed by Patrick Gleeson and Terry Riley, Restored by UCLA Film & Television Archive. Courtesy Conner Family Trust and Kohn Gallery. © Conner Family Trust



Sonia Falcone, *Campo de Color (Color Field)*, 2012, Installation, dimensions variable. Courtesy of the artist. © Sonia Falcone Art.

By Amanda Horn

A journey into the Nevada Museum of Art this winter reveals myriad unexpected—and unsettling—surprises. The exhibitions on view are designed to challenge your notions about art, upend your conceptions about the West, and lead you outside your comfort zone.

The multi-sensory, multimedia experience that defines the Museum this season begins at the front desk, where a video artwork by Sitka, Alaska-based artist Nicholas Galanin greets visitors. The two-part video uses the traditional Tlingit song *Tsu Heidei Shugaxtutaan*, which translates to “We Will Again Open This Container of Wisdom That Has Been Left in Our Care,” as a point of departure. In the first part, a contemporary dancer performs to the traditional song in a studio setting. In the second part, a Native Alaskan dancer performs a traditional Raven dance to contemporary electronic music.

This entry sets the stage for the cavalcade of color,

scent, beauty and intensity that awaits in the galleries beyond. Galanin’s video appears as part of *Unsettled*, the museum’s feature exhibition that amasses 200 artworks by 80 artists spanning 2,000 years. The show explores the geography of frontiers characterized by vast expanses of open land, rich natural resources, diverse indigenous peoples, colonialism, and the ongoing conflicts that inevitably arise when these factors coexist. Through a broad selection of art and artifacts, unfolds the story of the Greater West – a super-region bounded from Alaska to Patagonia, and from Australia to the American West.

Another sensory surprise is Ed Ruscha’s *Chocolate Room*, where the artist “painted” tiles of paper with a chocolate mixture and installed them across the gallery walls to create an unforgettable olfactory experience. Elsewhere on the third floor, artist Sonia Falcone has

created a colorful, fragrant artwork comprised of terra cotta plates, dry pigments, spices, and salts found throughout the super-region. Think chili and cinnamon.

On the second floor, artist and perfumer Bruno Fazzolari displays a signature scent that represents the Greater West. *Unsettled Eau de Parfum*, uses sandalwood oil from the South Pacific and is displayed in a custom decanter in the form of a mushroom cloud that alludes to Nevada’s legacy of nuclear testing. Visitors can sample the perfume with scenting strips in the gallery and purchase a bottle in the Museum Shop. Also for sale in the Shop is the *Unsettled* catalogue, a breathtaking publication with a gold foil spine, consisting of 224 pages and featuring 110 color images. *Unsettled* will be on view at the Nevada Museum of Art through January 21.

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.

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Happiness is a (clothing) choice

By Dagmar Bohlmann

By spending time outside, Heidi Scott finds happiness and clarity. With her new, eye-catching clothing line, the expert skier aims to inspire others to do the same. After 30 years of leading regional sales teams for high-end BCBG Max Azria, Guess and Limited Express, the Galena resident is finally resting her carry-on under her bed. Gone are the times of commuting all week to the Bay Area and Las Vegas. Her new venture, HL6Activewear, started at home and includes her retired husband David Bouchard and their four adult daughters who all love wearing clothes that mix function and fashion.

"I left the corporate world in June

and launched the HL6 Activewear website in November," Scott said about leveraging industry know-how and acknowledging her daughters' involvement in marketing, social media and modelling. Danielle and Cathryn Bouchard and Haley and Madison Scott also contribute to design decisions.

Driven by the idea to mix function and fashion, Scott creates unexpected clothes that women can confidently wear from the gym to the street, or from the lounging at home to hiking the trails. And instead of following traditions and playing it safe, Scott boldly uses patterns and colors chosen by women who inspire her. That includes poised, 14-year-old Aly Bledsoe, a professional snowmobile racer from

Montana and daughter of a family friend who preferred partnering with HL6 over clothing contracts with her sponsor.

"Designers are banging their heads because there no longer are any trends," Scott says. "Everything goes. Fashion is about the person who wears it."

While most larger athleisurewear companies stay in neutral color palettes, Scott's vivid blues and lavenders hint at Tahoe sunrises. Her next featured collaborator is an IBM executive who loves white and purple. With HL6, Scott happily breaks with tradition while still blending style and functionality for an everyday look.

"I am trying to stay open and understand all women who inspire me to do nothing by



Galena resident Heidi Scott wants women to be happy when they wear her new athleisure label HL6Activewear.

the book," she says. "This brand will not be predictable. It will jump all over the place. And I don't care. I just want women to be happy when they wear it."

For more information, visit www.hl6activewear.com.

Retirement plan contribution limits rise for 2018

Provided by MacLean Financial Group

You will be able to put a little more into your workplace retirement account in 2018. The federal government has boosted the annual contribution limit on some of the popular qualified retirement plans thanks to inflation and made other adjustments worth noting. Contribution limits for 401(k)s are rising by \$500. This is the first increase seen in three years. In 2018, you can direct up to \$18,500 into one of these accounts; \$24,500, if you are age 50 or older.

This \$500 increase also applies for three other types of retirement plans – the 403(b) plans in place at schools and non-profit organizations, the Thrift Savings Plan for federal employees, and most 457 plans sponsored by state and local governments. The total contribution limit for a defined contribution

plan increases. A defined contribution plan is a retirement plan to which both an employer and employee can contribute. If your company has such a plan, the annual limitation on total employer/employee contributions improves by \$1,000 in 2018, to \$55,000.

Contribution limits for Health Savings Accounts increase by \$50/\$150. You must be enrolled in a high-deductible health plan (HDHP) to have one of these accounts. The yearly contribution limit for those enrolled in individual plans rises \$50 to \$3,450; the yearly limit for those enrolled in qualifying family plans goes up \$150 to \$6,900. Correspondingly, the respective catch-up limits, which people 55 and older can take advantage of, are also heading north to \$4,450 and \$7,900.

The phase-out ranges on IRA contributions are

also rising. The annual IRA contribution limits are unchanged for next year (\$5,500 for those under 50, \$6,500 for those 50 and older), but the adjusted gross income limitations that reduce your eligibility to make IRA contributions are adjusted for inflation.

If you are single and participate in an employer-sponsored retirement plan such as a 401(k), your new phase-out range is \$1,000 higher: \$63,000-\$73,000. Joint filers who also contribute to workplace plans have a phase-out range of \$101,000-\$121,000, a \$2,000 increase. If you want to contribute to an IRA and do not contribute to a workplace retirement plan, yet your spouse does, your phase-out range is \$3,000 higher: \$189,000-\$199,000.

MacLean Financial Group may be reached at (775) 329-3041 or MacLeanFinancialGroup.com

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Sports teach essential life lessons, learning to lose



Noelle Kim

By Noelle Kim

It is no secret that skills learned from high school athletics span beyond learning the game itself. These skills can be powerful and have a tremendous impact on kids' lives. At Sage Ridge School, students are not only free, but encouraged to take part in all sports, reaping the benefits they offer.

Ilona Coote is a current senior at Sage Ridge. She has been a part of the Cross Country and Track team every year throughout her high school career. Ilona claims that participating in athletics has not only been very physically rewarding in terms of health but also has helped her to relieve stress.

"I have learned a lot about commitment and gained a strong sense of school spirit and community," she says. "Plus participating in sports has made me mentally stronger and more well-rounded as a person."

Ilona has enjoyed participating in athletics because Sage Ridge athletes compete with good sportsmanship and integrity and are not overly competitive.

David Kuehn, the head coach for upper school cross country, gives further insight into the importance of athletics at school. Mr. Kuehn is in his second year coaching cross country.

"Exercise is an amazing stress reliever and helps both, students and teachers find balance with their heavy workloads," he says. "Athletics help relax the mind and help a person focus on upcoming tasks."

Mr. Kuehn believes that students who

participate in these extracurricular activities learn the value of finding a balance between what they need to do and what they want to do.

"Athletics can push a person beyond their comfort zone and open them up to embracing new experiences," he says.

This year, students from all grade levels have participated on cross country, including a student from Croatia. Mr. Kuehn believes that sports are important for teaching the essential life skill of learning to lose.

"People are too afraid to fail and that fear prevents them from trying new things," he says. "But they must realize that they can fail and the world will not end."

Participation in athletics can teach kids life lessons that they cannot easily learn from books.

Noelle Kim is a senior at Sage Ridge School.

pet mobility *continued from page 13*

Surgery, stem cells. In advanced cases, surgery, and even stem cell treatment may be options.

Some helpful steps to provide arthritis relief:

Schedule Regular Wellness Exams. Your vet can track arthritis progression while providing beneficial modifications to treatment regimen.

Maintain Optimum Weight. Carrying too much weight can lead to hastening or worsening of arthritis by increasing joint load.

Encourage Low Impact Exercise. Along with proper diet, adopt a routine of controlled exercise, like swimming and low impact walks.

Keep Them Comfy. Arthritic dogs need to be kept warm and dry, since cold and damp conditions aggravate arthritis. Invest in a dog bed with orthopedic



support and keep blankets handy.

Make Life Easier. Adjust your home to allow for easier movement. Secure rugs to establish a non-slip floor surface. Place steps at bedside. And invest in a

portable ramp for car access.

Exercise Patience. Your dog may be moving slowly, but remains young at heart, with a desire to continue activities that have been a lifelong joy. Take a little more time and appreciate the happy diversion that your pet is experiencing.

Most of all - Mix special care with a big dose of love as arthritis sets in, and your pet will breathe a grateful sigh of relief.

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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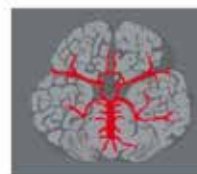
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