



## Room to roam – Wilderness Act is turning 50

By Daniel Morris

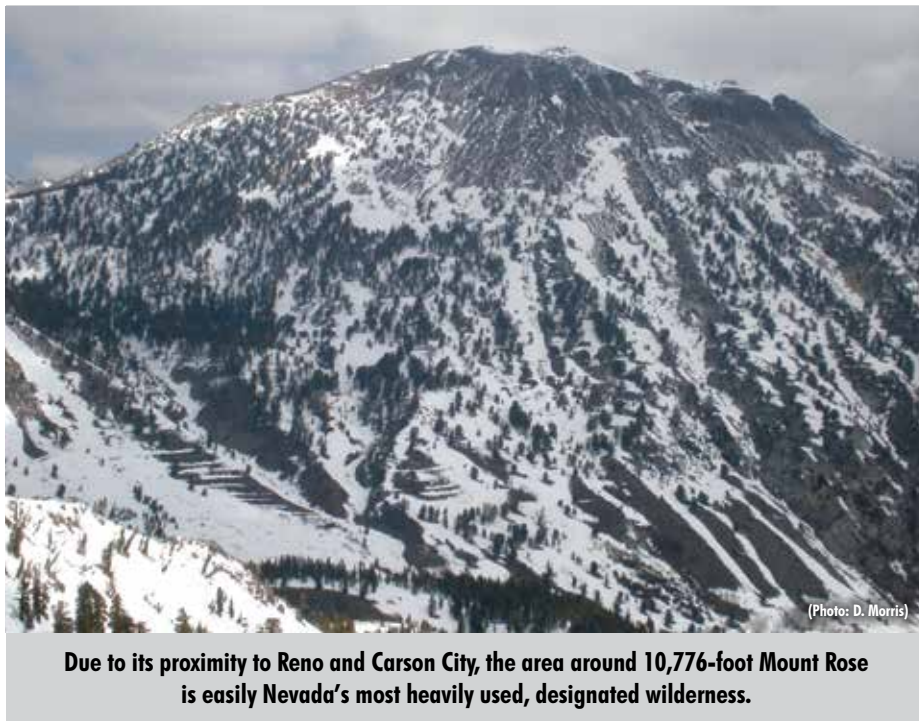
From vast arctic reaches to sweeping desert, from soaring alpine mountains to remote coastal islands, Americans will celebrate the 50th anniversary of the Wilderness Act this year. Signed into law by President Lyndon B. Johnson on September 3, 1964, the act created the National Wilderness Preservation System and set aside 54 areas, totaling 9.1 million acres of federal land across the nation as wilderness.

The Act defines wilderness as a place where “the earth and its community of life are untrammelled by man.” Untrammelled means left wild and free from human control. Since the initial Wilderness Act, over 100 million acres have been added to the National Wilderness system.

Many events are planned locally, regionally, and nationally to celebrate the anniversary of this special legislation. Friends of Nevada Wilderness, along with the Sierra Club, Great Old Broads for Wilderness, the U.S. Forest Service, and the Bureau of Land Management are planning educational events, projects, and programs to raise awareness of wilderness in Nevada during the 50th anniversary year.

In Nevada, the Forest Service, Bureau of Land Management, and National Park Service manage 68 wilderness areas. The U.S. Fish and Wildlife Services also manage some wilderness areas. The Humboldt – Toiyabe National Forest manages 23 wilderness areas in Nevada and California, including the Mount Rose Wilderness in Reno’s back yard. Friends of Nevada Wilderness help the Forest Service with stewardship of the Mt. Rose Wilderness and other wilderness areas in Nevada.

Nestled between Lake Tahoe and



Reno, Nevada, the Mt. Rose Wilderness encompasses most of the high country of the Carson Range. The Hunter Lake jeep road splits the area into two distinct sections: the 5,000-acre northern section and the 23,000-acre southern section, which contains 10,776-foot Mt. Rose and most of the major canyons and ridges.

Due to its proximity to urban centers – almost sharing a border with Reno – Mt. Rose is a very heavily visited wilderness area. But portions of the interior hide small meadows and lakes seldom seen by humans. The Wilderness contains many maintained trails that provide access to this beautiful area including the newly constructed Rim to Reno Trail.

When finding healing, meaning and significance in the breathtaking Nevada wilderness, reflect on the benefits these

specially protected, wild areas provide to plants, wildlife, and humans. And on your next hike, bike ride or picnic, remember you are a visitor and pack out all you brought in and strive to leave no trace of your visit.

### Letter From the Publisher

The Mount Rose Wilderness inspires. Many of our Reno, Carson City and Tahoe neighbors enjoy its benefits directly as recreation or education. Others appreciate a sense of freedom and adventure through the simple knowledge of its existence, even if they never set foot on any of the trails. For me, it’s a local playground where I spend a lot of my free time every year during all seasons. I can’t imagine looking to the west and not seeing the peak that is the wilderness area’s name sake. If you’ve never taken the time to hike Mt Rose or any of the other area trails, make this the year to start. We are truly blessed with nature’s beauty just beyond our door steps.

The Galena Times has been a part of this community for many years, and it’s all thanks to the support of our advertisers, writers and neighbors like you. I appreciate all positive comments we continue to receive. If you have something you would like to have published concerning a local event or any other information that benefits our community, please send it our way. Should you happen to be interested in advertising, you can

### FOR MORE INFORMATION AND RESOURCES:

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**Galena Times publisher Richard Keillor enjoys exploring life on the wild side.**

find our media kit at [www.Galenatimes.com](http://www.Galenatimes.com). While you’re there, sign up to get our monthly e-newspaper sent out the second Wednesday each month. The more community involvement we create, the more enjoyable the Galena Times will become for all of us.

*Happy Trails, Richard Keillor.*



# OLLI is offering exciting classes at the Redfield Campus

By Julia Berg

If you are over fifty and interested in nature, chess, film or simply the love of lifelong learning, Osher Lifelong Learning Institute (OLLI) might be for you. Sponsored by Extended Studies at the University of Nevada, Reno, the member-directed organization brings diverse education and social opportunities to active older adult learners. OLLI offers short-term education experiences and leadership and volunteer opportunities for adults 50 and over. OLLI also seeks to foster intellectual stimulation, new interest and personal development through academic pursuits and to provide community in which to gather.

OLLI just received its second \$1 Million Endowment gift from The Bernard Osher Foundation which will provide about \$100,000 a year income to

help ensure the institute will be available for generations of lifelong learners. OLLI is a 100% volunteer organization except for one office staff person. This keeps the membership cost the best value in Reno. All classes are FREE to members.

Although most classes are at the Warren Nelson Building (401 W Second St, Suite 235, Reno) this Spring, over 70 classes are being held at the Redfield Campus (18600 Wedge Parkway, Reno). Some of the classes offered at Redfield are Nature Lovers Book Group, More Forgotten Films to Remember, Chess Club, various computer classes, TED Talk, Round the Table at Redfield, Star Gazing, Opera, Survey Searches, Geology, Easter Island, Chautauqua – Phineas Taylor Barnum, Stanford system for Diabetes Self Management, Dustin Huffman. Classes normally run

about 90 minutes.

Membership is \$45 a year from August to August per person. Scholarship memberships are available. Currently

there are 1,500 members.

Julia Berg is the OLLI Redfield Coordinator. For more information go to the [www.ollu.unr.edu](http://www.ollu.unr.edu) or call (775) 784-8053.



(Photos submitted by J. Berg)



Jim Bonar is presenting his historical lecture "Building the Pacific Railroad" at Osher Lifelong Learning Institute at the University of Nevada, Reno, Redfield campus off Mt. Rose Highway.



(Photos submitted by J. Berg)



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# Get connected with the Washoe County Library System



By Jennifer Oliver

Despite the mild winter, spring is always a time for renewed spirits. We prepare for the warmer weather with glad anticipation. The Washoe County Library is no different; we are marching through winter with eyes toward spring and summer and embrace the mission to connect people with information, ideas and experiences. Whether you are using our internet branch or one of our 12 libraries, get connected this spring and check out some upcoming

financial and cultural programs.

**Wednesdays, March 19-April 30, 1-2:30 p.m. It's Your Estate** - the financial education series returns to the South Valleys Library in March. Learn how to take charge of your money and estate. Experts will help you navigate the areas of advanced health care directives; charitable income and tax planning; IRA, 401k, 403b and 457 plan distributions; being a trustee and executor; and more. Underwritten by KNPB Channel 5 and the Community Foundation of Western Nevada. You can reserve your seat by calling (775) 333-5499.

**Saturday, March 22, 1-3 p.m. Try Your Hand at Hand Weaving** at the South Valleys Library. The Reno Fiber Guild invites you to try your hand at hand weaving on a variety of looms. Find out how to get involved in the weaving and textile arts with this local group that has

been promoting weaving, spinning and other fiber techniques since 1972. All ages invited.

**Through April 12 Tax Help** at the Library continues. IRS Certified Tax Preparers from AARP and the Volunteer Tax Assistance Programs make this valuable service possible. Preparers are at the South Valleys Library on Wednesdays from 3 -6 pm and Saturdays 10 am - 1 pm. Appointments are recommended, so call to save your spot (775) 851-5190.

As a library supports literacy through Story Times, programs, homework and resume help, computer classes, research tools and more, both the community and individuals benefit. With the recent release of the Washoe County Library System's Annual Report, we see how many people

are coming through our doors, using the internet branch and attending programs and classes. For a copy of the annual report or for information on library hours and programs, please visit us online at [www.washoecountylibrary.us](http://www.washoecountylibrary.us) or stop by any of our libraries in Washoe County.

The South Valleys Library is open Tuesdays and Wednesdays from 11 am - 7 pm; Thursdays and Fridays from 10 am - 6 pm; and Saturdays 10 am - 5 pm at 15650A Wedge Parkway in Reno.

*Jennifer Oliver is the Public Information and Development Officer for the Washoe County Library System. She is a Nevada native who enjoys spending time exploring the wild corners of the state. She also feels privileged to not only work for the library, but also benefits from using it—especially for studying.*



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# Great Basin Naturalists lead camps at Galena

By Gwen Bourne

Icy trails and freezing temperatures did not deter local campers from exploring Galena Creek Recreation Area during Galena Winter Skills Camp. The week-long outdoor camp was devoted to campers learning environmental stewardship and winter wilderness recreation skills. Twenty-three campers gained skills in geocaching with GPS, shelter building, improvising snowshoes, identifying animal tracks, and cooking over a winter campfire. Each day, the hardy group of campers braved icy trails while looking for signs of wildlife, listening for birds, and breathing the forest air. Campers discovered what owls eat by dissecting their regurgitated pellets, hiked with Dr. Church and measured snow density, and

learned about avalanche preparedness. Each camper earned his Junior Snow Ranger patch, kerchief and card.

Guest presenters made nature and history come alive: Steve Hale as Dr. Church, Michelle Hunt of U.S. Fish and Wildlife Services with reptile adventures, the Mt. Rose Ski Resort Ski Patrol, Washoe County Ranger John Keese, and Kristen Ferrall of Lake Tahoe TV.

Wendy Carhart had just moved to Galena Forest over the holiday season. She commented on her son Evan loving every minute of the camp.

"I thought it would be a great opportunity for him to learn about the area, meet some new people and just keep him busy," Carhart said. "It turned out to be more than a great idea. He was so excited

every day about what he was learning. Thank you to all of the camp counselors for their positive attitudes and all of the attention they clearly gave my son."

Great Basin Naturalists at Galena will offer two weeks of Spring Break Camp (March 31-April 11, 2014), eight weeks of Summer Camp (June 16-Aug 8, 2014) and a week of Fall Break Camp (October 6-10, 2014).

Five weeks of summer camp offer the choice of residential camp at the beautiful WeChMe Lodge, including night hikes in the forest, campfires, healthy meals, and making lasting friendships.

Registration for the camps is now open, and you can register or find more information about weekly activities by visiting [www.galenacreekvisitorcenter.org](http://www.galenacreekvisitorcenter.org)

or calling (775) 849-4948.

To make hands-on environmental education available to all students, regardless of socioeconomic conditions, scholarships are offered in partnership with the Redfield Foundation and Galena Fest Inc. Please e-mail [visitorcenter@gbinstitute.org](mailto:visitorcenter@gbinstitute.org) for an application.

Galena Creek Visitor Center is operated through a partnership between the Great Basin Institute, Washoe County Parks and Open Spaces, and the U.S. Department of Agriculture, Forest Service. Additional support is gratefully received from Washoe County Air Quality Management Division and individual gifts and donations.

*Gwen Bourne is the associate director of Great Basin Institute.*



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

The Galena Times is distributed for free, quarterly. Approximately 9000 are direct mailed and 1000 are distributed to select business locations.

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

Please contact Richard with all inquiries regarding the Galena Times: [richardk@cbivr.com](mailto:richardk@cbivr.com) or visit our website: [www.galenatimes.com](http://www.galenatimes.com)

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# Pet adoptions enrich lives

By Lori Dotterweich and Robert Burks

Sheltered dogs and cats are the most loving pets as they truly appreciate being rescued from their situation. In return, they will be loyal and loving to their owners.

We adopted Deni in 2003. She is a bit mischievous, hence her full name, Dennis the Menace. She's named for a boy even though she's sweet girl. She was dumped on the side of the highway by someone who didn't have the courage to bring her to a rescue organization and she came to us shortly afterward from our local Humane Society. We always knew she was a sweet dog that loved people but when we brought home our adopted baby girl, we knew this was a dog that had a kind spirit like no other. Deni allows our daughter to bounce on her and even allow her to put stickers all over her fur. Deni with her sweet soul only loves our daughter more.

A year later we adopted Guinness. He was pre-named but we thought it fit him perfect. He was given up by a man at age 4 and came to us with skin scabs and hot spots which we later learned were mostly from his food allergies – good thing we own a natural dog food store! He wasn't given many walks in his former life, so his favorite thing to do now is hike on the Tahoe and Reno trails. He is also very sweet natured and super goofy.

Then six years ago, we adopted Bear who incidentally looks just like a bear cub. He was a severely abused and neglected. Bear was left on a short chain for several months and was so matted with his own feces that they had to shave him bald. Since he was a senior pooch, the fur didn't grow back right away and looked a bit ruff for a few months. He also never had a walk and he would love his long hikes with us, sometimes up to 8 miles. He lagged behind because his back end was atrophied from lack of exercise in his last life but he would always have the biggest grin on his face – pure joy. Despite the human neglect he received, he loved people and had the most inspirational spirit. Bear was only with us 1 ½



(Photos: L. Dotterweich)

When Lori Dotterweich adopted Bear, she had to shave the rescue dog because he was so matted. He turned out to be the happiest, most appreciate dog they ever had.

years but he was the most appreciative and happy dog we have rescued.

If our stories inspire you to bring home a rescue pet, visit Natural Paws at the Raley's Shopping Center on Saturdays. Each Saturday from 10am to 1pm, Natural Paws is hosting an adoption event. Each adoptee will receive a gift basket of goodies donated by Natural Paws

when adopted. Please consider adoption when you add a new member to your family – you will think you are rescuing a pet but they might actually be rescuing you.

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

**WHAT: Pet Rescue Adoptions WHEN: every Saturday, 10am- 1pm, April thru June**  
**WHERE: Natural Paws, Raley's Center at Galena Junction in South Reno**

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## 3rd Saturdays:

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## 4th Saturdays:

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# Discovering the Sierra Foothills one sip at a time

By Janice Brod

Usually, I spend winters wearing my down coat, counting the days until I can take my mountain bike out of hibernation. But it's a new year, so I thought I should turn over a leaf by learning to ski better. Well, since the weather was not cooperating with my plans, I've discovered another activity to enjoy during snowless days in the Sierras: wine tasting.

For avid skiers, wine tasting is a relaxing way to take your mind off the fact that there's no snow. Plus, you can discover some great wine to drink while celebrating the snowfall once it does come. A short drive southwest of Reno and Carson City, wineries abound in both El Dorado and Amador Counties. Winter and spring are great times to go on an easy day or weekend trip because it's neither crowded nor hot.

The Sierra foothill wine country is a beautiful, quaint, area with many small, bustling towns sprinkled throughout rolling hills. Many picturesque wine tasting areas make it difficult to narrow down a favorite. Amador County wineries are located in the Shenandoah Valley and range in elevation from 1,200-2,000 feet. El Dorado County is home to Fair Play wineries which are at 2,000-3,000 feet elevation. Both areas are made up of volcanic, decomposed granite soils which retain the rain and allow growers to "dry farm" their vineyards using only water that is provided by nature. Because the weather and soil are so conducive to growing



(Photo: J. Brod)  
Janice Brod admires Barbera wines with vintner Mike Roser at Cooper Vineyard in Plymouth, California.

grapes, the area offers diverse varieties. The wines of the Sierra foothills have earned international acclaim and unlike Napa, most wineries let you taste for free.

A couple of wineries stood out during my visit. In the Fairplay region, Single Leaf Vineyards and Winery in Somerset, California is owned by former Carson City residents Scott and Pam Miller. Originally a Zinfandel vineyard, the Millers added more varietals such as Barbera, Merlot, Cabernet Sauvignon, Cabernet Franc, and Petite Sirah. Their winery has been a labor of love for 20 years and it shows in their wine. Single Leaf winery has a reputation for producing unique Zinfandels, up to five different styles, using the dry farming

technique to create intense, vibrant flavors. Scott's background in biology and his fascination with fermentation science contributed to his early interest in wine making. Scott and Pam were excellent hosts, both pouring wine and telling stories about their time in Nevada. Every wine was excellent, but my favorite turned out to be the Zinfandel.

In Amador County, Cooper Vineyards in Plymouth, California had exceptional wines in all varieties. Their Petite Sirah and Port were notable standouts, but my choice was definitely the Barbera for its low tannins, a ruby red color, and flavors of berry. The Barbera grape originated in Italy and is now successfully grown in the Sierra foothills because of the warm, sunny days and cool nights.

Cooper Vineyard winemaker Mike Roser obviously has a knack with that grape because I did not taste a better Barbera than his. Cooper Vineyards takes part in the Barbera festival in Amador County in June, so I may have to take a "special" mountain biking trip there this summer.

So as you wile away the days wishing for the snow to come, consider taking a trip down to the Sierra foothill wine country. If you're not a wine drinker, there's plenty of beautiful scenery, hiking, biking, and interesting mining history to enjoy until the next snow storm comes.

Janice Brod is a Grant Analyst for Carson City Planning. She lives in Carson City with her 5 children and enjoys mountain biking, triathlons, and the Northern Nevada lifestyle.

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**About Dr. Matt Schmitt**

Matt Schmitt, VMD, has been practicing veterinary medicine in the Reno/Sparks area since graduating from the University of Pennsylvania School of Veterinary Medicine in 2001.

He opened South Reno Veterinary Hospital in August 2004.

Dr. Schmitt's accreditation is VMD, as awarded by the University of Pennsylvania, so named because their School of Veterinary Medicine is actually the Veterinary Department of their Medical School, indicating that his studies were overseen by MD's as well as VMD's.

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# Sierra School of Performing Arts offers camps, performances and fundraisers

By Judy Davis Rounds

**Hunger Games Theater Camp: March 31-April 4**  
How did Katniss, Peeta and Gale make all those incredible stunts look so easy? How can actors apply the same techniques to live theater? Students can get in on the act with Sierra School of Performing Art's Spring Break camp.

Using the Hunger Games theme, this one-week camp will teach students stage combat, stage movement, acting techniques, and prop making.

"This camp is going to be very energetic with lots of movement techniques and fun 'combat' situations," says camp director Stephanie McMullin.

Students will get to show their new skills in a cast show on Friday, April 4th at 2pm. The camp is open to students in grades 4-9 and costs \$195.

**Summer Musical Theater Camp: June 23-27**

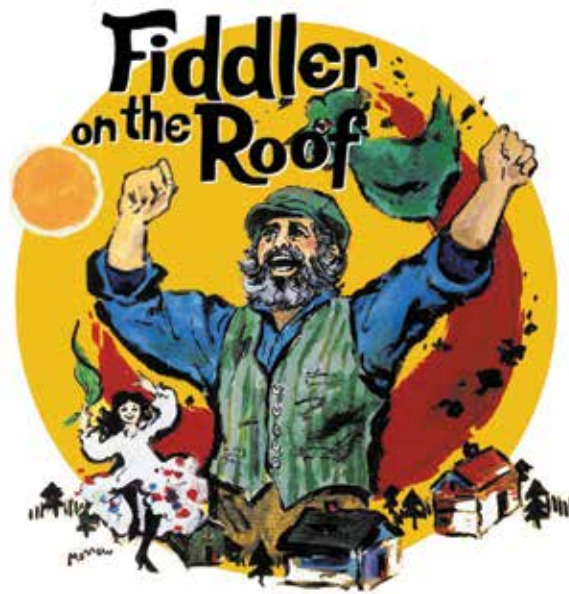
Get ready for fun musical theater! This camp will teach students voice, dance and acting techniques for musical theater. The \$225, week-long learning experience will culminate with a musical performance at 2pm on Friday, June 27th.

All camps are Monday-Friday, 9am-3pm at Galena High School, 3600 Butch Cassidy Way, Reno. Register online at [www.sierraschoolofperformingarts.org](http://www.sierraschoolofperformingarts.org)

**Fiddler on the Roof presented on two weekends, August 15-24**

Hailed as one of the best musical productions on Broadway, Sierra School of Performing Arts will present Fiddler on the Roof at the Robert Z. Hawkins Outdoor Amphitheater in Bartley Ranch.

FIDDLER on the ROOF is set in 1905, Tzarist Russia, in the little, peasant, village of Anetevka. The story revolves around Tevye, a poor dairyman



and father of five daughters. Tevye struggles with the challenge of his love and dedication to his family and his love and dedication to Jewish traditions. The songs are as well-known as the play. "Tradition," "Matchmaker, Matchmaker," and "If I Were a Rich Man" have become popular standards.

This show is open to actors ages 10 and up. Auditions will be held in the music room of Bishop Manogue High School on May 18, 1-4pm and May 22, 5:30-8:30pm. Those interested in auditioning should download and fill out the audition packet at [www.sierraschoolofperformingarts.org](http://www.sierraschoolofperformingarts.org), prepare a one minute monologue and 16 bars of a Broadway musical song. Bring the packet, a headshot, emergency contact info and photo release form to



Sierra School of Performing Arts students celebrate on stage. Sign up for theater camps, audition for musicals and fundraisers, or simply attend the performances to support the arts in South Reno.

audition. Choose only one day.

**Spotlight on Talent fundraiser: May 9**

Back by popular demand, SSPA will hold the annual fundraiser "Spotlight on Talent" to showcase extraordinary talent in northern Nevada. This entertaining evening will include appetizers, no host bar, a silent auction and raffle along with a spectacular night of singing, dancing, and music. Doors open at 6pm, show starts at 7pm on May 9, at the Atlantis Casino Resort Spa in Reno.

To audition for our fundraiser, please prepare a song, dance or act of what you will be performing. Open to talent of all ages. Auditions are held at Bishop Manogue High School's music room on April 13, 1-4pm.



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## How can I possibly be sixty?



Paul Andrew

**By Paul Andrew**

Every age milestone that I've reached previous to turning sixty, hasn't seemed very monumental. "It's only a number," I would say. Ages thirty, forty, and fifty all seemed to come and go with little affect as life proceeded at the normal frantic pace.

Becoming sixty is different. "How did that happen?" The realization of life changes can be frightening, but also exciting in many ways. This can be the decade of reaping benefits of the previous years of hard work and perseverance.

Prior years all seemed to be mapped out; work, pay bills, work, raise kids, work, send kids to college, etc. Because of so many obligations, there weren't the monumental choices

that people can face going into their seventieth decade of life. Now it is different!

Many in our generation seriously consider relocation after years in the same place. Whether it is for a warmer climate, simpler lifestyle or downsizing home and payments, I sure won't miss dealing with snow if I change locale to enter the next stage of life.

The need to simplify is also important. Do we still want an old, high maintenance house in need constant repairs, a garden with sprinklers that break all the time? Leaving the home and location with so many memories is a difficult one, though can be rewarding if the timing is right.

Finding activities to keep busy will be another choice. Life was so slammed during the "child rearing" years, with school functions, sports, and music that many don't know how to adjust when the last one leaves the home, and that era comes to a crashing halt. It is so important to find

stimulating activities that suit this new stage of life.

Fitting in a healthy workout regiment is more important than ever once we reach these years. Though sitting on the couch, snacking on cookies while channel surfing sometimes sounds like how we should reward ourselves for years of hard work, it is too easy at this age to lose the battle to the waistline.

Whether it is hiking, swimming, bike riding, or just a regular routine at the gym, taking care of one's body will not only make these years more enjoyable, but hopefully prolong a healthy life well into the 70's, 80's and beyond.

Though many of us suffer anxiety, denial and disbelief that after a few blinks we are suddenly sixty years old, it can also be looked at as a new beginning, and the most satisfying decade of our lives.

*Paul Andrew is Sales and Marketing manager for Menath Insurance in Incline Village. He can be reached at (775) 762-8204.*

## Pre-trip vaccinations: routine, required or recommended



Andrew Pasternak, MD

**By Andy Pasternak**

Spring and Summer are peak times for travel. If your destination is somewhere local or if you are jetting off to a remote country, it's good to think ahead about any travel vaccines you may need. In some cases, you may not need any shots. Other times, it's essential to get a head start to ensure you minimize your risk of getting sick whilst on holiday.

Vaccines work by exposing your immune system to a germ it hasn't been exposed to before. The vaccine contains an inactivated virus or bacteria or part of a virus or bacteria. Your immune system then "sees" the bacteria or virus and produces antibodies. In the case of a real exposure, these antibodies will help fight off the infection. With some vaccinations, you may

need two or three shots to get full immunity.

When I think about vaccines for travelers, I think of them in three different categories: Routine, recommended, and required vaccines:

Routine vaccines are the standard immunizations recommended for the general U.S. population. A good example is the tetanus diphtheria, pertussis vaccination. We sometimes focus on the "special" vaccines but pre-travel planning to any location is a great time to make sure you are caught up on these.

Recommended vaccines are travel vaccinations that can protect you in areas where there is a higher risk for contracting certain illnesses. Often times, you may not have gotten these vaccinations because the diseases are relatively uncommon in the United States. Some of the recommended vaccines include: hepatitis A, hepatitis B, typhoid, meningococcal disease and encephalitis.

Required vaccines depend on where and when you are

traveling. Immunizations for diseases such as meningitis and for yellow fever may be required for you to enter the country.

A number of factors goes into what vaccines you ultimately need. Considerations beside your destination include what you are going to be doing in the country, how long you are going to be there and if you are in more rural or urban areas. A great resource for travelers is the Centers for Disease Control website (cdc.gov). There you can look up where you are traveling and get a sense of what you may need. Along with vaccines, discussing this with your physician will also give you a chance to review what prescription medications you may want to bring with you in addition to getting your vaccines.

*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 at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.*

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# Growing junior mountain bike team is fundraising

By Andre Meintjes

What started out as a small group of kids meeting every Monday evening to enjoy Northern Nevada trails together while learning a few new mountain biking skills, has now evolved into a full-on youth cycling movement.

Trevor Deruise started the original troupe two years ago as the GetReal Junior Mountain Biking Team. A handful of kids were riding on Monday evenings under his direction. Young riders learned about training, bike handling skills, trail etiquette and sportsmanship. Fast forward to 2014 and the organization is now formalized as Reno-Tahoe Junior Cycling Inc., a 501(c)3 non-profit and has a growing Race Development Team as well as a large Club Team.

The Club Team is for recreational mountain bike riders, ages 8 to 18 and skill levels from novice to expert. All are welcome to check out weekly club rides on Monday evenings.

"With the Club Team, we focus on fundamental skills, basic health/fitness and nutrition education, and trail etiquette," DeRuisse said. "With close to 30 participating kids, the Club Team has been proof of the potential for youth cycling in the Reno-Tahoe area."

The Race Development Team presently consists of eight talented young men and women who have shown particular interest in racing mountain bikes. The young athletes all love mountain biking, their mentors and the active lifestyles they have learned through this program.



**Podium finish for Austin Smith (left) and Tate Meintjes (right) in January 2014.**



**Aubrey Milner has raced with the team for two years and routinely wins her class.**

## Donation Request

*With the growth of the mountain bike program come increased expenses. The race schedule of 10 races brings the cost per youth racer to about \$400, excluding travelling expenses. As a board member, I am asking for a donation from you. Please would you send us any size donation to keep us on track giving kids the opportunity to be part of a very positive organization. As you can see, your donation is put to great use right here in the Reno-Tahoe area. Your donation will be much appreciated.*

*For questions about junior mountain biking in Reno, contact Trevor Deruise at (775) 342-3209. For financial support, please mail your check to Reno-Tahoe Junior Cycling, Attention: Treasurer – Paul Miers, C.P.A., 6560 S. McCarran Blvd, Suite B, Reno, NV 89509. Check out these incredible kids and what the organization is doing for the community's children at [www.RenoTahoeJuniorCycling.com](http://www.RenoTahoeJuniorCycling.com). Follow and "like" the Development Team members on the Facebook page [rjtcycling](https://www.facebook.com/rjtcycling).*

*Thanks for your support, Andre Meintjes*

An incredible experience awaits these youngsters in 2014. They will be following a rigorous racing schedule which includes traveling to California to race in the Norcal High School Cycling League, a series of six races in the Monterey, Petaluma, and Folsom areas culminating in the State Championships on May 11 in Laguna Seca. In addition, the team will be racing in the Subaru Sea Otter Classic, largest

mountain bike race in the country. Also on their race calendar are the Downieville Classic, the Tamarancho Dirt Classic and the Mammoth Kamikaze Games.

To enable each team member to be competitive, the local, nationally certified coach Kyle Dixon donates his expertise developing individualized training programs for each Development Team racer. Yes, that's right; each child gets a

customized, heart rate specific training program for the entire race season.

Team members are responsible for completing a heart rate directed training session each day of the week. They document each training session's description and heart rate in a training log which is reviewed by DeRuisse and Dixon. Although they have to grind through leg numbing, lung burning, and heart pumping, coach-directed training sessions twice a week, these kids still love their coaches.

It is not all about "self improvement," though. Members of the Reno-Tahoe Junior Cycling are expected to give back to the community through a cycling clinic each year, free to all area kids. This year, they will be donating their time and expertise by giving back at the Spring into Motion Outdoor Expo on Saturday, April 19th 2014 at Hidden Valley Park.

The event will include a family trail run/Easter egg hunt with a course option of up to 10k in length; a junior cycling clinic with some of the top professional mountain bike racers in the world; a junior mountain bike race; and a BBQ in the park. Kids participate for free and all proceeds benefit Reno-Tahoe Junior Cycling.

*Andre Meintjes is the Secretary of the Board for Reno-Tahoe Junior Cycling. His sons have been part of the organization from its inception and have grown both as cyclists and young men under Trevor and Kyle's tutoring. Feel free to contact him at (775) 813-2332 or [takechargehealthspeaker@gmail.com](mailto:takechargehealthspeaker@gmail.com) with comments or questions.*




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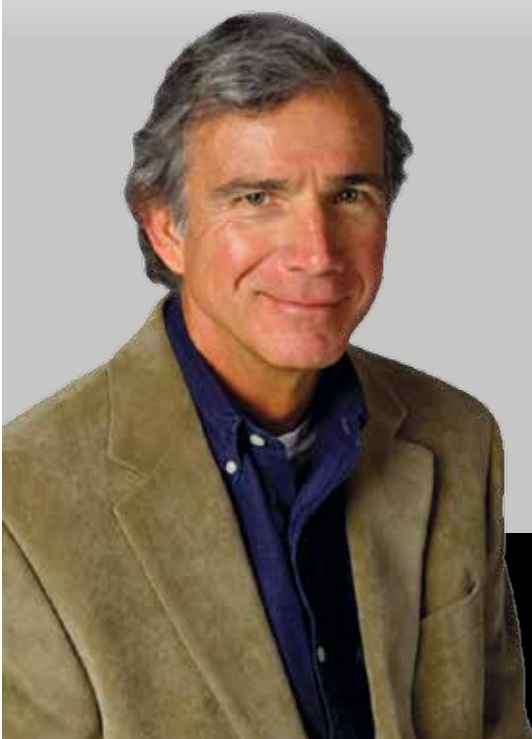
Enjoy the luxury of St. James Village and the privacy of Galena Forest in this spacious home. Spectacular views of the mountains and valley can be seen from every eastern window. 4 BR, 5 BA, 4714 sq. ft. **\$999,000.**



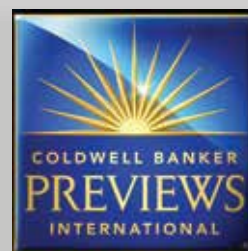
This spacious and charming Mountain Victorian style home has room for everything. The kitchen features vintage look appliances with a breakfast nook and sitting area with gas fireplace. An office close to the kitchen and a study nook, too! 5 BR, 4.5 BA, 5578 sq. ft. **\$1,290,000**



This exquisite contemporary home was awarded Northern Nevada's home of the year in 2007. It's accolades include Crestron Total Smart house, green and energy efficient home with passive solar design and photovoltaic solar and electric system. 4301 Sq. ft. **\$1,460,000.**



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## Three steps to keep teeth sparkling



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Many of us adults wish we had taken better care of our teeth when we were younger. I know I do! Dental treatment can be expensive, take time out of our busy days, and no one likes having his or her teeth fixed.

The good news is that we know how to escape dental problems such as cavities, root canal treatments, gum disease and other dental maladies. The other good news is that it is really simple!

Every day in my practice we try to help our patients understand what causes these problems and what we can do as parents to ensure our children don't have to go through what many of us experience.

The first step is to understand what actually causes cavities. To keep it simple, the cause is every simple carbohydrate. That list is huge, but here are some common, cavity causing foods that many of us feed our children:

Fruit roll-ups, raisins, dried fruit  
Smoothies and yogurt drinks  
Sweetened yogurt  
Cereal including sweetened oatmeal  
Granola, granola bars, breakfast bars  
Fruit juice and sport drinks  
Crackers, cookies, pita chips and chips  
Popcorn, candy and other treats

The foods that don't cause cavities are meat, cheese, eggs, and vegetables. Water is by far the best drink.

If you try to feed your children the foods that don't cause cavities more than the foods that cause cavities, then you children should have fewer cavities. For instance, string cheese for a snack instead of chips or cookies. Or have them drink water instead of juice.

Second, is simple brushing and flossing. I recommend a parent assist their child in brushing and flossing until about 9-10 years of age. Most young children are not able to properly brush and floss themselves, or they do not do a thorough job. Brushing and flossing after breakfast and dinner is the minimum to help prevent cavities. More is

needed if your kids snack a lot.

Third, are regular dental checkups and cleanings. Dentists are able to see if your child is maintaining their teeth or we can see problems while they are small instead of waiting until they are big problems that cost much more. Preventative procedures like sealants can really help prevent cavities.

Remember, the goal is a cavity free mouth. Many of our patients have accomplished this and their dental experience is straightforward and inexpensive.

So, keep it simple! Watch what your child eats and brush and floss their teeth regularly. If you do this, your child should not have the dental problems that many of us adults have.

*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.*

## Take the risk of failure to succeed in life



Dr. Andy Drymalski

By Andy Drymalski

According to basketball legend Michael Jordan success is related to risking failure. "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over again in my life. And that is why I succeed," he famously said.

When we think about our growth as people—whether in the sphere of athletics, career, parenting, or as spiritual

beings—we tend to think in terms of successes. We often imagine a steady ascent, climbing a ladder two rungs at a time rather than slipping down to the rung below. We know intellectually that failures are a part of life, yet we try to avoid them like the plague.

Many people are afraid to fail. They put themselves down for coming up short and believe everyone else does as well. Some of us decide that the best way to not fail is to not try in the first place. Other people, including some professional athletes and politicians, are so attached to not failing that they cheat or lie in order to best their opponent. They may "win" the contest, but lose at the game of life.

To truly live and grow as a person, you've got to put yourself out there, take the risk of failure, and be proud of yourself for trying. Fear of failure leads to a fear of life. This leads to staleness, boredom, and mediocrity. Living life fully means pushing boundaries and going over your edges. You never really succeed, nor do you ever really discover all that God created you to be, if you don't take the risk of failing. Not just once, but, like Michael Jordan, over and over again.

*Dr. Andy Drymalski is a licensed psychologist in Reno and Carson City, specializing in psychotherapy for depression and dream analysis. For more information call (775) 786-3818 or visit [www.renocarsonpsychologist.com](http://www.renocarsonpsychologist.com).*

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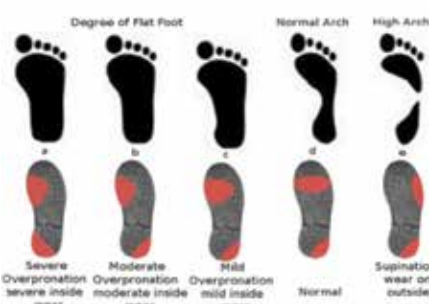
# Accurate running shoe selection hinges on foot motion

By Jennifer Barrett

Picking the right running shoe can be an overwhelming and confusing task for the typical consumer. The proper running shoe can enhance performance and reduce the risk of injury. Running shoe selection is an individualized process based on one's foot type and running mechanics.

First and foremost, look at one of your old running shoes and determine the wear pattern. If the outer edge of your shoe is worn then your foot is most likely rigid and stays supinated. If the inner edge of the shoe is worn there is a chance you over-pronate and need additional foot support.

If you over-pronate you will need a shoe that offers more stability. When you run you may feel like your foot slaps down with each step with no control. Look for a shoe with a thicker inside foam layer. This type of shoe



will be a little heavier. It is designed to lock your heel in place to reduce the amount of foot pronation.

If you have high arches you should look for a neutral or cushioning shoe. This type of shoe typically has air or gel pockets on the inner layer and is less bulky. This kind of shoe provides cushioning and shock absorption.

Another type of shoe which has recently



been increasing in popularity is a minimalist shoe. This shoe is only appropriate for the neutral foot. The midsole of offers little or no support. The belief is that this type of shoe forces you to work the small muscles in your foot. Some foot types do not tolerate this extreme shoe type and can have detrimental effects. If you decide to choose a minimalist shoe, gradually build up your training. I recommend only running 10 minutes in the shoes at first and building up your pain free

tolerance.

Lastly, ignore shoe color and appearance. Buy a shoe based on how it feels and not how it looks. Make sure you walk and/or run in the store. Your shoe should feel comfortable from the moment you put it on.

Jennifer Barrett is the director and owner of Galena Sport Physical Therapy. She graduated at the top of her class with a Masters in Physical Therapy from Chapman University. She is also a Certified Pilates Instructor and a Certified Strength and Conditioning Specialist and concentrate on sports medicine and post surgical rehabilitation with an emphasis on biomechanics behind an injury. If you have any further questions about your running mechanics or foot pattern please schedule a complementary injury assessment, visit 16560 Wedge Parkway, Suite 200A (775) 384-1400 or Midtown at 1561 S. Virginia Street (775) 322-4555.

## Take charge of your health, keep active while travelling

Are you a travelling executive or someone who travels because you love the experience? How do you keep on track with your fitness? The 20-Minute Travel Workout™ concept, just published through Amazon, was born from multiple requests by fellow travelers who had difficulty maintaining their vitality and health while on the road.

Business travelers are often pressured for time and engulfed in long periods of sitting motionless on planes. Their high-stress schedules often involve being wine and dined – I see a calorie surplus here. Yearning to stop being bogged down and to escape the sluggishness generated by cumbersome travel

regimens, these people asked me for the easiest, quickest ways to become energized. Just like most other travelers, I recognize an urgent need for a quick, mapped-out method to keep my fitness and vitality flying high.

Here are the numbers. During a 10-hour flight from Chicago to London, you could easily consume 2,303 calories from dinner, breakfast, a snack and beer or wine. The resulting danger to your health and mental well-being is primarily because during the same flight you expend only 690 calories because you are purely sitting down during the flight. Thus, you have consumed a net surplus of 1,613 calories, and you would need to walk

for 5 hours and 48 minutes to eliminate this excess. If 3500 calories makes a pound of fat then you are about to add half a pound unless you burn it off.

In The 20 Minute Travel Workout™, chair squats, burpees and lunges are used to expend the “travel surplus” in a short time. Whole body conditioning uses large muscle groups and expends more energy. Doing 3 sets of 10 repetitions of 4 to 5 whole body exercises in a circuit keeps the heart rate elevated and burns the airline food. Stretching and the motion from the exercises eradicate the body stiffness from prolonged sitting.

The routines in the book are designed

to be done anywhere and anytime without equipment. You could do them in the airport while waiting for a connection. You could get fellow travelers to do it with you – picture a group of travelers at the gate doing exercises instead of sitting and ignoring each other.

Andre Meintjes, M.P.T., C.F.E., Ph.D., author of The 20-Minute Travel Workout™, is founder and president of Take Charge Health, a health consulting company directed at personal accountability in healthcare prevention strategies. His book is now available through Amazon.com as well as 20MinuteTravelWorkout.com. Reach him for speaking engagements, individual or business consulting and feedback at takechargehealthspeaker@gmail.com.



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# New and old concepts to address retirement savings gap

Provided by Hawley MacLean

How many 401(k)s have more than \$100k in them? According to the Employee Benefit Research Institute, the average 401(k) balance at the end of 2012 was \$63,929. Even with stocks rising last year, the average balance likely remains underwhelming.

Is this enough money to retire on? No – and this is only part of America's retirement dilemma. There is inequity in retirement savings – some households have steadily contributed to retirement accounts, others have not. Additionally, IRAs, 401(k)s and 403(b)s can suffer when stocks plunge, with the most invested potentially having the most to lose.

There is no perfect retirement savings plan, and there probably never will be – but ideas are emerging to try and address these problems.

## Will MyRAs help more workers save?

Over 40% of Americans don't have a chance to participate in tax-advantaged workplace retirement plans. President Obama authorized the Treasury to create a new retirement savings account for them – the MyRA.

Technically speaking, the MyRA is a Roth IRA with one savings option. After-tax dollars going into the account would be invested in a new type of federal savings bond. As the White House told NPR, a MyRA would offer

the same variable rate of return as that of the Thrift Savings Plan Government Securities Investment Fund. From 2003-12, the TSP's GSIF returned an average of 3.61% annually.

A Roth IRA with one savings option may not sound very exciting, but the MyRA isn't about excitement. A MyRA would feature principal protection with tax-free growth. Employees who earn as much as \$191,000 a year could invest in one, contributing as little as \$5 per paycheck. The federal government would pay account fees for MyRA owners and hire an institutional investment manager to oversee the program.

A MyRA would act as a "starter" retirement account for hampered or reluctant savers: MyRA assets of \$15,000 or more would be automatically rolled over into Roth IRAs.

Analysts see three drawbacks to MyRAs. One, accountholders will apparently be able to withdraw their assets at any time. As IRA guru Ed Slott tells Reuters, workers would "have to look at it as a long-term savings account and not a slush fund" to get the most out of participating. Two, enrollment will be voluntary, and "if you don't have automatic enrollment, then not a lot of people are going to use it," cautions Alicia Munnell, director of the Center for Retirement Research at Boston College. Three, the rate of

return on a MyRA would be well under historical norms for stocks.

## How about the USARF?

Speaking of automatic enrollment, Sen. Tom Harkin (R-IA) proposes creating the USA Retirement Funds, a new private pension program. Workers would automatically defer 6% of their paychecks into these investment funds, which would be overseen by the federal government yet managed by independent trustees. Employees would be in unless they opted out. Employers wouldn't be required to match employee contributions, and they wouldn't shoulder any fiduciary liability for plan assets; they would simply deal with payroll deductions. Low-income participants could qualify for a "refundable savers credit" – the USARF would match as much as \$2,000 of their annual contributions via direct deposit.

A worker could contribute up to \$10,000 annually to the USARF, with \$5,500 in yearly catch-up contributions permitted for those 50 and older. Employers could optionally make per-employee contributions of up to \$5,000 per year, but contributions could not vary per employee. The funds wouldn't offer any principal protection for plan participants, but they would get a pension-like income for life, complete with survivor benefits and spousal protections. Defined benefits would

only be reduced a maximum of 5% in a downturn.

## And how about the cash balance plan?

A cash balance plan is a pooled retirement trust with characteristics of an old-school pension plan. The employer funds the plan and plan trustees make investment decisions instead of plan participants. The employer contributes X amount of dollars into each employee's "account." The contribution is based on X% of employee pay plus a fixed-interest crediting rate, usually around 4-5%. Assets tend to be conservatively invested, and annual contribution limits are age-weighted for shareholders – they can be much greater than those for 401(k)s. A retiree ends up with either a lump sum or lifelong income based upon their end salary. These plans are often combined with 401(k) profit-sharing plans.

During the 2000s, the number of cash balance plans grew by about 20% a year – and the trade journal Pension & Investments thinks they will be as common as 401(k)s in the coming years.

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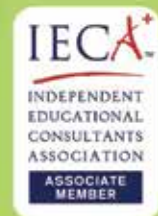
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# Financial cliffhangers: What's ahead in 2014?

By Timothy Kinsinger

Ever since the CBS television series *Dallas* left Americans wondering who shot J.R. during the show's lengthy hiatus, cliffhangers have become a part of the American experience. As 2013 ended and 2014 began, investors, analysts, and media pundits were speculating and debating about the potential outcomes of a number of financial and economic issues, many of which are related to changing U.S. monetary policy.

## The Fed Tapers

Battling the effects of financial crisis and global economic downturn, the U.S. Federal Reserve, pursued some unconventional monetary policies during the past few years. It engaged in several rounds of quantitative easing in an effort to keep short-term interest rates low, increase the money supply, and promote economic growth. The most recent round of QE has the Fed purchasing about \$85 billion of U.S. Treasuries and government-backed agency securities every month.

In December 2013, outgoing Fed Chairman Ben Bernanke announced the Fed would begin to scale back its bond-buying program by spending \$10 billion less on bond purchases each month beginning in January 2014. The effects of the taper are uncertain, but experts are keeping an eye on interest rates, stock market bubbles, inflation, and other issues.

## Interest Rates: How Much Higher?

Stock markets responded negatively to the mid-2013 announcements that QE would be scaled back in the future, but they hardly blinked at the news that tapering would begin in January. Despite investors' sanguine response, tapering is likely to affect markets, especially bond markets. According to *The Wall Street Journal*, interest rates are expected to rise which could affect student loans and mortgage rates. Higher rates may also benefit people who depend on investments to provide them with income.

## U.S. Stock Markets: Bull or Bubble?

During 2013, stock markets in the United States and Europe generally delivered very attractive returns. Many believe the bonanza in equity markets was the result of monetary policy which kept interest rates artificially low and encouraged investors to take more risk than they might have otherwise.

According to *The Economist*, "Nobel Laureate Robert Shiller of Yale University has described a bubble as 'a psycho-economic phenomenon... It is marked by excessive enthusiasm, participation of the news media, and feelings of regret among people who weren't in the bubble.'" In December, Shiller was not yet ready to declare a bubble in U.S. stock markets partly because irrational exuberance had yet to make an appearance.

## The U.S. Economy: Is Recovery Sustainable?

The economy of the United States appears to be doing better than many people expected. Bloomberg asked 72 economists to estimate the rate of growth for U.S. Gross Domestic Product – a measure of the value of all goods and services produced in the United States – during the third quarter of 2013. Their forecasts ranged from 3.3 to 3.8 percent.

In late December, the U.S. Commerce Department announced GDP grew at a revised 4.1 percent annualized rate from the second quarter to third quarter of 2013. That was the strongest improvement since the end of 2011. The news led the International Monetary Fund to strengthen its forecast for U.S. economic growth during 2014. It remains unclear whether the pace of recovery will be sustained once tapering begins.

## Inflation: Heading North?

While a return to 'normal' monetary policy in the United States is welcome, it is not without hazards. According to an expert quoted in *Barron's* in late December, "the Fed's favorite inflation gauge, the PCE (personal consumption expenditure) deflator, remains stuck near 1 percent, and the GDP price index rose at an annual rate of 2 percent during the third quarter suggesting inflation might be running higher than policy makers expect." If inflation bounces higher, the Fed may begin tightening monetary policy faster and sooner than expected.

## Emerging Markets: Opportunity or Bust?

They say a rising tide floats all boats. Although it has been fairly tepid, economic recovery in developed nations has pushed demand for exports higher. That should benefit emerging countries where many goods are manufactured. For investors, it's important to select countries and investments carefully. A backgrounder penned by the Council on Foreign Relations

pointed out, "Once-booming countries like Indonesia, South Africa, Brazil, India, and Turkey in mid-2013 were dubbed the "Fragile Five" due to the mounting pressure on their currencies, raising concerns a potential crisis in emerging markets could undermine a global economic recovery."

Economies and financial markets around the globe are in transition and the changes that occur are likely to influence investment ideas, making some less attractive and others more attractive. During periods of uncertainty, it's important for investors to focus on achieving their long-term financial goals. If you have questions or concerns about asset allocation choices or investment opportunities, talk with a knowledgeable financial representative.

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

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*Economic forecasts set forth may not develop as predicted and there can be no guarantee that strategies promoted will be successful. International and emerging market investing involves special risks such as currency fluctuation and political instability and may not be suitable for all investors.*

*Quantitative Easing (QE) is a government monetary policy occasionally used to increase the money supply by buying government securities or other securities from the market. Quantitative easing increases the money supply by flooding financial institutions with capital in an effort to promote increased lending and liquidity.*

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# Sustainability means getting more with less

By Vicki Bischoff

While the green building movement is fueling economic recovery within the construction industry, focus is primarily on the individual material choices. Architects, builders and homeowners select materials for their new construction and home remodeling projects that can be touted as “green” or more energy efficient.

More efficient materials add a greater level of comfort to one’s lifestyle and long term will add value, and resale potential to a home. Renewable energy harvesting equipment such as solar, wind and a variety of geothermal systems can help to further reduce energy costs. Although these individual parts all do add up to savings and benefit, the question is always, “When will I see a return on my investment?”

When homes are designed with “green” and innovative architectural components they are, in all likelihood, beyond the reach of the average budget. For a home or lifestyle to be sustainable, the goal is to get more with less; less building materials in the initial construction of a home translates to fewer resources used for daily and long term maintenance of the home.

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(Photo: V. Bischoff)

**Envirohaven’s hyper-efficient 1500 sf Haven home uses less building materials and offers more comfort, efficiency and sustainability.**

Entrepreneurship and Technology (NCET) 2012 Governor’s Cup as well as the Lt. Governor’s Award for Clean Tech, Envirohaven Corporation is focused on the mission to continually strive to integrate sustainable building technologies and renewable energy in adaptive ways to make the prospect of living independent of public utilities obtainable and desirable.

The Haven home, approximately 1500 sf, was

created to be hyper-efficient in how it uses energy and interior space, be inherently strong, and use approximately 30 percent less building materials than the average home. In addition to using less building materials, smaller renewable harvesting systems, smaller heating and cooling systems are needed to maximize comfort, efficiency, and sustainability. Getting more for less is the essence of sustainability.

Those who wish to live a sustainable lifestyle, need Equestrian lodges, remote workforce housing, second homes and safe haven retreats, will find the Haven by Envirohaven offers great value for the investment.

As spring approaches, Envirohaven is completing their first model home located in our neighborhood. The panels, constructed in the Reno facility, have been erected on the property. The model will be open to the public by appointment, this summer.

*Vicki Bischoff is the president of Envirohaven. To see a list of sustainable features, including the product that won the National Home Builders Innovative New Building Product of 2014 award go to facebook/Envirohaven or Envirohaven.com. You’ll also find pictures of the model under construction, as well as the other homes that will be completed this summer in Lovelock and Virginia Highlands.*

# 5 ways to take control of college application process early

By Andrew Quinn

While the holidays may seem like yesterday, September will be here before long, and with it, the start of the college application process. Families can prepare now for that busy time.

- Begin researching colleges at a comfortable pace, before fall deadlines loom. Distill preferences into a working college list using free search tools such

as College Board’s Big Future ([www.bigfuture.collegeboard.org](http://www.bigfuture.collegeboard.org)). While not always realistic to visit every college on your list, learn how campuses differ by visiting ones near you, including a range of sizes and types, to validate and clarify preferences. Choose a weekday when classes are in session as the eerie quiet of an empty campus is nothing like a typical day. Colleges’ student blogs, websites

like [www.ecampustours.com](http://www.ecampustours.com), and phone conversations with Admission Counselors can lead students towards an ideal match.

- Map a standardized testing plan, allowing time for possible re-testing, after researching which assessments colleges require. Avoid “winging-it” on a first attempt, and wasting a Saturday morning and registration fees in the process. Begin with a free online evaluation, to ascertain

whether the ACT or SAT best reflects your student’s abilities. Then, students can prepare gradually, using free or low-cost resources like [www.march2success.com](http://www.march2success.com), or [www.number2.com](http://www.number2.com). Predictably, night-before cramming accomplishes little and increases anxiety. If testing is just not for your student, research test-optional colleges at [www.fairtest.org](http://www.fairtest.org).

*continued on page 17*

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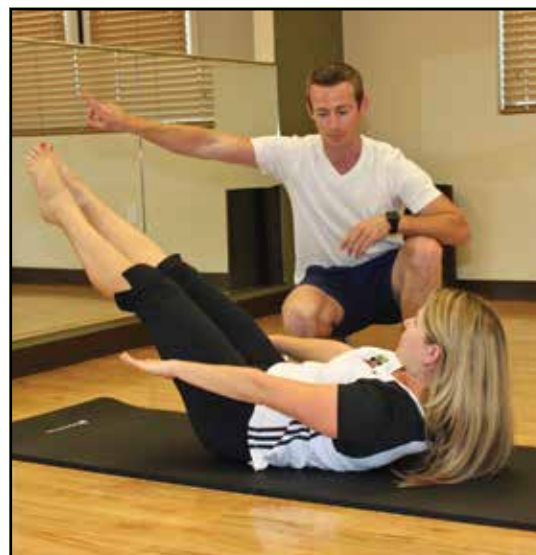
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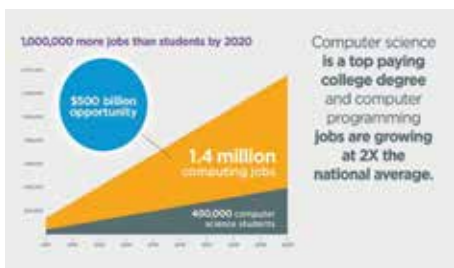


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# Reno kids can win \$1,000 in cash if they learn to code



## Submitted to the Galena Times

CodeReno.org is a website for kids who want to learn to code. It combines online and in-person mentoring from University of Nevada, Reno professors and students, and culminates in a computer programming contest awarding thousands of dollars in cash prizes for Reno area kids from elementary age through high school.

The top prize is \$1,000 in cash but lots of additional prizes at \$100, \$50, \$20 levels and certificates of participation all generate some incentive. Categories include: Best

All-Around, Best Game, Best Interactive experience, Best Artistic Design, Best Animation, and Funniest Entry.

Kids in Reno should learn to code for several reasons. It is empowering to be able to control what happens on the computer screen and it's fun. Kids can share their creation with their friends, and at the same time develop critical thinking, which can be applied to all kinds of subjects. Learning to code also opens kids' eyes to the opportunities available in Computer Science.

- Software jobs outnumber students 3 to 1. There will be 1 million more computing jobs than students over the next 10 years (adding up to \$500 billion in salaries).

- Computing occupations are among the highest-paying jobs for new graduates. Yet fewer than 3% of college students graduate with a degree in Computer Science.

- Unlike medicine, law or other high-

income professions, computer science is a path to financial security that does not require several years of postgraduate education/apprenticeship.

- The basics can be learned by anybody, starting in elementary school. But fewer than 10% of students try. Only 2% are women. 1% are students of color.

If you are a parent, looking for economic advancement opportunities for your children, consider Computer Science. Learning to code is an excellent way to create economic opportunity for many in the Reno area.

Rex Briggs is CEO of Marketing Evolution and creator of the CodeReno computer programming contest for kids.

"We want to bring more opportunities to Reno," Briggs said. "There is a meaningful influx of technology companies to the Reno area, such as mine, and I want to help build future opportunities for kids in our

community."

One great way to do that is to encourage kids to learn to code.

"I got my twin boys into programming last year, when they were in 4th grade," Briggs said. "The schools weren't teaching it. CodeReno.org makes it easy for kids to get started."

All kids need to get involved is a computer and an Internet connection. Local libraries can help families who don't have an Internet connection or computer at home. The CodeReno.org website is filled with easy to follow tutorials and inspiration stories of others that learned to code.

Kids and parents can click the "Raise your hand" button at the [www.CodeReno.org](http://www.CodeReno.org) website to participate. Free tutorials and a variety of support are offered through the website and in-person by UNR students.

Please visit [www.CodeReno.org](http://www.CodeReno.org) for more information.

## college applications *continued from page 16*

- If your Junior is not quite sure who their guidance counselor is, they should take this spring to get acquainted. School counselors are passionate about working with young people. Sometimes, the demands placed on these professionals can prohibit them from offering as much guidance with college searches as they would like. By scheduling an appointment with their guidance counselor, Juniors will find in them a willing advocate when Senior year arrives.

- Define roles and expectations within your family about the application process

now before tensions run high. As your student is the one who will ultimately enroll in college, allow him or her to take ownership of the process. If that idea makes you a bit nervous, or if autonomy is a new concept for your student, establish periodic checkpoints and a scaffolding of support in a way that honors their ownership of the process but positions them for progress. Set now a consistent weekly time dedicated to college discussions, even if for just 30 minutes a week. Simplify sharing information with an online calendar everyone can access to

denote upcoming test dates, deadlines, or campus visits.

- Between completing applications, researching best-fit colleges, and drafting essays, the application process is as time-consuming as many students' most rigorous academic class. Happily, Juniors can begin many aspects well in advance. Students can draft essays (Common Application essay questions are already available), brainstorm extracurricular résumés or complete practice applications to resolve questions early. Rising Seniors can even begin their

Common Application as early as August 1. Requesting teacher recommendations can also be accomplished this spring as Juniors' core subject teachers are especially well-positioned to offer specific, recent anecdotes.

With a little communication, advanced planning, and some common sense, any family can take control of the college application process, even before Senior Year.

*Andrew Quinn is an Independent Educational Consultant and founder of Rational College Planning. For inquiries contact him at (775) 848-4566 or visit [www.rationaledu.com](http://www.rationaledu.com).*



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# Wise words from a local skiing champion to inspire team

By Liam Kilroy

The Bishop Manogue Catholic High School ski team kicked off the 2014 season with a successful fundraiser that was held at the Santa Fe Restaurant in downtown Reno on January 31st. About 100 people attended the event and the team raised about \$8,000 which will be used for new equipment.

The team was lucky to have freestyle skier and three-time X Games gold medal (and 2-time silver) winner David Wise attend. Wise, who is 23 and graduated from Wooster High School, was home in Reno following the Aspen X Games. He was also on his way to the Winter Olympic Games in Sochi, Russia, where he was due to ski in the superpipe. 2014 marks the first time the superpipe has ever been an Olympic event.

As everyone knows by now, Wise won the gold medal. It was very generous of him to come by to meet the team. He posed for at least 50 photos and always had a smile on his face.

Wise also talked to the team for about 15 minutes and the gist of his message to the students and their parents was that you should never give up on something you believe in.

"Don't listen to people who tell you can't do something,



**In between X Games and Olympic gold medal wins, David Wise stopped by the Manogue ski team fundraiser Santa Fe Restaurant in Reno. He is framed by team members and Manogue head coach Scott Trabert on left and one of Wise's coaches Max McManus on far right.**

who try to crush your dreams," Wise told the enthusiastic crowd.

Students took his message to heart.

"Follow your dreams no matter the cost. Everyone has potential but only champions have determination," was the quote that spoke to me," says Hope McGowan, a junior.

Sophomore Sarah Osborne says that Wise's words, "I learned to never listen to what others say you can't do because it's just their way of making themselves feel better...." spoke to her.

"Following your dreams is the most important thing," says Zan Beh, a senior.

Of course the parents and coaches were listening, too.

"Wise's words spoke to every child, young skier and parent in the room," says Traci Pitts, the chairperson of the event, whose son Hunter is on the ski team. "David is the ultimate American champion. He wins by hard work and a burning desire to be his best."

"Everything he said was so dead on," agrees head coach Scott Trabert. "When he said 'You can only control what you can control,' well, I wish every athlete could realize that!"

The Bishop Manogue ski team took Wise's word along to the Northern Nevada Ski Racing League's State Championships at Mt. Rose where the boys' team won the state title.

*Liam Kilroy is a junior at Bishop Manogue Catholic High School. He is a three-time varsity ski team member.*

# Davidson Academy Debate Team a top team in the world

By Amanda Bak

Davidson's debate team has recently been named one of the "Top 32" teams in the 13th annual International Public Policy Forum. IPPF is a competition in which high school students around the globe participate in written and oral debates about public policy issues. In October 2013, Davidson's IPPF team, consisting of Amanda Bak, Melissa Bak, Nadine Chen, Nathalie Chen, Adelaide Oh, Christopher Huh, Logan Thomason, and Dennis Wei, submitted an essay with a 2,800 word limit, hoping to make it as one of the "Top 64" teams. When they discovered that out of the 266 participants from a total of 37 different nations they not only made it as a "Top 64" team, but also won that round and were going to advance to the "Round of 32," they were overjoyed.

Being among the best debate teams in the world is an impressive feat in itself, however, this achievement is especially astounding considering that Davidson's debate team and program was created only three years ago. In 2011, Davidson's team only had about eight members, most of them didn't know anything about debate. They researched debate on the internet and asked friends and adults outside of school if they knew anything about debate strategies and successes.

Christopher Huh, a senior at Davidson Academy, is one of the founders and current captain of the debate team.

"I'm really proud of what we have been able to accomplish over these last few years," he says. "We really did start from the bottom, with no knowledge of debate, but now we're here, with the majority of our members placing as

top debaters and speakers at these tournaments. It's been an exciting debate season this year for us."

Davidson's debate team has come a long way since, consisting of about double the initial members under the official coaching of AnnElise Hatjakes. This year, Davidson has consistently brought home trophies from local speech and debate tournaments in Reno.

Davidson Academy's debate team hopes to eventually travel across the nation and attend circuit debate tournaments all around the U.S.

*Amanda Bak is a sophomore at Davidson Academy. Check out their online fundraiser, <https://tinyurl.com/maac679> and help Davidson students gain the opportunity of competing in even more tournaments and furthering their debate careers.*

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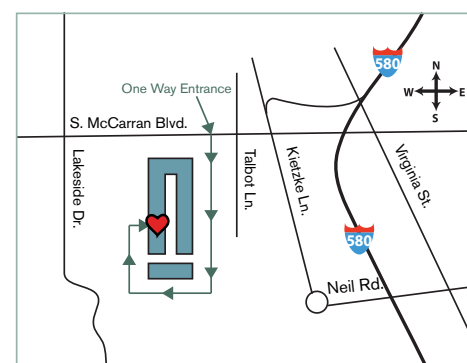
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