



# Music and biking events position Sky Tavern as new venue for outdoor fun

By Bill Henderson

Music and mountains go together. Maybe it is the thin air, cooler temperatures, or just the stunning backdrop scenery that makes music sound better and inspired folk rock legend John Denver to write Rocky Mountain High. Sky Tavern will capitalize on the perfect pairing of higher elevation and local music with the summer concert series.

After last summer's success with island musician Eric Stone, parents managing Sky Tavern started up something new for the area, a local concert series half way

up Mt. Rose. One Sunday a month, from June until September, the aspen grove at the base of the Sky Tavern ski runs will be filled with live music.

Because Sky Tavern is a community effort, local talent was chosen for the inaugural season by Sky Tavern parent and concert series lead Clayton Stanfield. Stanfield used his persuasive skills and engaged the amazing talent of the Novelists for the first show.

Cooler temps and great sounds should be reason enough to drive up out of the

*continued on page 2*



# Galena Fest hopes to connect trails for Bloody Rose mountain bike race

By David Gentry

From a fundraising point-of-view, this year could solidify a major milestone for Galena Fest. The process is in motion to construct a key trail that would allow hikers and bikers to go from Galena Creek Park to Relay Peak without having to travel along the highway. Combine that with the festival's ongoing support of outdoor programs like scholarships at Camp WeChMe, youth cycling clubs, and trail construction groups, and it's easy to see why participation is not only fun but also meaningful and important.

The sixth annual Galena Fest will be held this year for the first time on a Saturday instead of a Sunday. On September 27, Galena Fest is offering many favorite events, including the iconic "Bloody Rose" mountain bike race, the "Wicked Thorn"

trail run, Cyclocross and Art in the Park for the kids.

At the event's core is a grueling 12.2 mile mountain bike race aptly named The Bloody Rose. Starting at Galena Park, bikers will climb over 4,000 feet, battling terrain and elevation until they reach one of the most awe inspiring views of the Reno Tahoe area, Relay Peak at 10,200 feet.

For those who prefer foot travel, a 7-mile trail run in the woods will give runners of all calibers an opportunity to dash through some of the most scenic trails offered in Galena.

Back for its second year, Cyclocross will be a key component to the festival and should provide plenty of entertainment for spectators in the festival village.

Biking and running events center around a festival full of food, family,

friends, and music.

David Gentry is the manager at South Reno Athletic Club. As director of Galena Fest, he is currently looking for sponsors. If you are interested in being part of this great event, please contact David Gentry at (775) 853-4050. Or please contact Galena Fest Founder Richard Keillor at (775) 813-7136. You can also visit [www.galenafest.com](http://www.galenafest.com), friend us on Facebook, and spread the word. Also watch for more details in the fall edition of the Galena Times.

## Letter From the Publisher

The high mountain trails should be open much earlier this year considering the mild winter we've experienced. It's time to lace up the hiking boots, dust off the mountain bike and get outside. We are very fortunate to live in a beautiful area with so much to explore and enjoy in the great outdoors. That alone should be reason to rejoice.

I'm very excited about the return of Galena Fest for its sixth year. The generosity and support this community has provided continues to amaze me. Special thanks go to Mike Rounds of Watson & Rounds, David Gentry of South Reno Athletic Club, Kevin Joell of the Reno Wheelman, Randy Collins of College Cyclery, Andy Pasternak of Silver Sage Center, and the Great Basin Institute. The support and cooperation of the USFS and Washoe County are also greatly appreciated. With the enthusiasm of our sponsors, organizers and volunteers, we are able to create a festival that benefits and celebrates the outdoors.

As always, I will be competing in our signature event, The Bloody Rose, with many of my friends and neighbors. This uphill mountain bike race is a real challenge and if you haven't given it a try, I highly



Richard Keillor at Multnomah Falls near Portland, Oregon.

recommend going for it. The cyclocross races will give the kids a chance to show off their talents while having a lot of fun. Even those who don't feel like competing in any of our physically challenging events will find plenty to do, including browsing through vendor tents and exhibits while enjoying some good beer and music.

I hope to see you all there!

Here's to a great summer, Richard Keillor

# Sensational Summer Reading at South Valleys Library



By Julie Ullman

Every summer, Washoe County Libraries look forward to our Summer Reading Program when kids, teens, and adults can sign up and read, or listen to books to earn prizes and free books. The reading program runs June 1-August 31 and sign ups are available at any Washoe County Library branch.

When ages 0-12 sign up for the reading program they are given a

Reading Log to keep track of each day of reading. After seven days, and after 14 days of reading, kids can show their reading log to choose a small prize like bouncy balls and pencils. After 21 days of reading, kids choose a free book to keep, and get to enter a Grand Prize drawing.

Teens can sign up and keep track of their days of reading. After 21 days they get to choose a free book and enter a monthly prize drawing and a Grand Prize drawing of their own.

Adults enjoy summer reading as much as the kids and can model good reading habits to their own children when they sign up for the reading program. Adults can read or listen to books to be entered into a monthly prize drawing and a Grand Prize drawing, too.

Every summer the library presents great, free programs to the community thanks to a grant from The Friends of Washoe County Library. On Saturday, June 7 at 2pm, Anouaze Beat brings high-

energy dance, music and rhythms of Africa to life and encourages audiences to get out of their seats and dance along with them.

Don't miss the Mad Science Group's presentation of Spin, Pop, Boom for Summer Reading on Wednesday, July 9 at 6pm. Prepare to be amazed at bubbling potions, chemical reactions, and the "foam factory finale".

Nevada Humanities will be offering a free Chautauqua lecture in June and Reno Little Theater presents a one-hour production of Sleeping Beauty on July 29 at 7pm.

You'll even get to meet a real kangaroo on Wednesday, August 27 at 7pm at Animals of the World presented by Wildthings! So mark your calendars and get ready to read and have tons of fun this summer at the South Valleys Library.

Julie Ullman is the Programs and Youth Services Librarian at the South Valleys Library. You can often find her presenting



(Photos submitted by J. Ullman)

Among many special summer events, the Friends of Washoe County Library present Anouaze Beat, a band sharing highly contagious energy dance rhythms of Africa.

Story Time at the library or walking her dogs at Galena Creek Park. To view each monthly program calendar, visit the library's website at [washoecounty.us/library/south\\_valleys.html](http://washoecounty.us/library/south_valleys.html).

## Sky Tavern *continued from page cover*

valley. Toss in food, beer tents and maybe chairlift rides or zip line thrills all at Sky Tavern prices and the party is complete. Tickets for the concerts themselves will be on a suggested donation basis. It all starts June 22, so bring a chair up to Sky Tavern on a day when the temperature is bound to be uncomfortable, and have a

great time with the Novelists.

Music is not the only thing happening this summer at Sky Tavern. The bike park is back under way. With several races being planned and a bunch of construction ahead, this summer community effort is under way as well. A 2500 gallon water tank was just installed to wet down the

slalom course, so this is really happening.

Huge plans are finally gaining traction to position Sky Tavern as the center of the Mt. Rose corridor mountain biking sport. When completed, Sky Tavern will have lift service and both, up and down trail networks tying Tahoe to the valley floor. It is an ambitious undertaking, again

all done by volunteers. Watch for more information here or go to Sky Tavern MTB Park on Facebook.

Bill Henderson is the Executive Director of Sky Tavern. For more information about concerts email [music@skytavern.com](mailto:music@skytavern.com). For information on biking or to get involved email [skytavernbike@gmail.com](mailto:skytavernbike@gmail.com).

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# 3D printing can revolutionize industry and health care



Jodi Herzik

**By Jodi Herzik**

Imagine a vital mechanism breaks in your assembly line: the line stops and production shuts down. You are losing \$20k every hour. What if you could make that replacement part yourself? Welcome to 3D printing.

In the not so distant future, your company computer will have a database of 3D CAD (Computer Aided Design) images of every part of your assembly line, from bolts to complex parts. Your 3D printer will create a made-to-spec replacement in anywhere from a few hours to a few minutes. Not only do you save time and money, you eliminate the need for an inventory of spare parts. This example is just one of the reasons University of Nevada, Reno faculty member, Dr. Ghassan Jabbour calls 3D Printing a game changer.

Jabbour joined the University's College of Engineering faculty in 2013 as the Lead Professor of the Advanced Manufacturing Group working in the Redfield Campus Renewable Energy Center. His current research involves applying novel manufacturing techniques to the production of renewable energy technologies such as solar cells, batteries and charge storage. Advanced manufacturing techniques have the potential to lower the cost of producing these technologies to make them competitive with traditional energy.

Jabbour is the pioneer of flexible organic and polymeric electronics and photonics, known as optical electronics, a technology based on ultra-thin organic films that either function as transistors, emit light, or in the case of solar cells, collect light to generate electricity. He developed nanometer-thick organic films for printing on paper, plastic and textiles.



**Dr. Ghassan Jabbour explains the Redfield Campus Renewable Energy Center Fujifilm 2D/3D Printers to visiting community members.**



**A student demonstrates silver conductors printed on 3D Printers in the Redfield Campus Renewable Energy Center.**

"Printing nanofilms reduces cost and makes production fast and efficient, making this really attractive to industry," Jabbour said.

In Jabbour's Redfield Campus Lab, the six 3D printers make objects using a laser or extruder (think of a futuristic hot glue gun) attached to cartridges filled with plastic, silver, aluminum or titanium. The laser moves along an X, Y and Z axis, layer by layer, to build an object in three dimensions, sometimes only microns thick depending on the desired resolution of the part.

The military already uses 3D printers. In 2002, Dr. Jabbour partnered with the military to design 3D solar cells for their unmanned aerial vehicles. The result was a lighter weight UAV and a longer flight time. 3D printing also has numerous potential medical applications including creating organic tissues grown from cell samples; using polymeric scaffolding in the shape of the organ to grow a kidney, lung, or heart, and building completely functioning and assembled artificial limbs.

Dr. Jabbour is working closely with northern Nevada business and industry who are interested in the development of emerging 3D technologies. He is also committed to exposing potential future scientists to his research, Jabbour welcomes high school and undergraduate students to visit his research lab.

For more information about the College of Engineering Advanced Manufacturing Group contact Dr. Ghassan Jabbour, Professor and Director of the Redfield Campus Renewable Energy Center at (775) 784-1603 or ghassan.jabbour@unr.edu, or visit [www.unr.edu/energy/expertise/manufacturing](http://www.unr.edu/energy/expertise/manufacturing).

*Jodi Herzik is the Director of the Redfield Campus and a graduate of the University of Nevada Reno with a Masters of Public Administration. If you have questions, stop in and visit her at the Redfield Campus or send an email to [jodim@unr.edu](mailto:jodim@unr.edu).*



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

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

Please contact Richard with all 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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# Nevada Museum of Art takes visitors on cultural journey

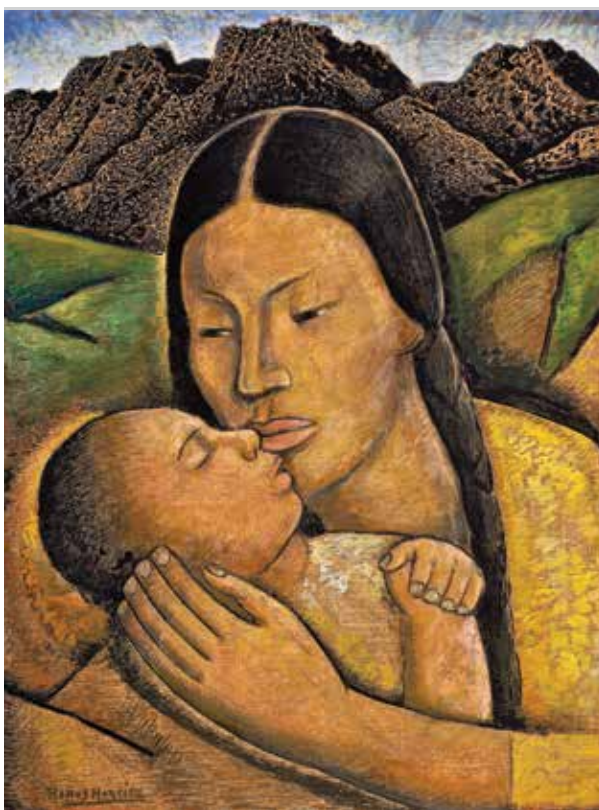
By Amanda Horn

As summer days beckon you to downtown Reno for any number of the Biggest Little City's outdoor festivals, carve out some time for a trip to the art gem of the Silver State. Located at 160 West Liberty Street, the Nevada Museum of Art instills a sense of wonder into anyone who walks through the doors. The constantly changing museum landscape promises a journey through both place and time, as this summer's exhibitions aptly demonstrate.

Italian Baroque: Paintings from the Haukohl Family Collection offers visitors the chance to stroll through the streets of 17th-century Florence and soak in breathtaking, dramatic works enveloped by equally impressive lavish frames. The show is on display through July 6 and includes a companion exhibition at neighboring arte Italia on view well into the fall. There, visitors have the opportunity to enhance their Baroque experience through several sculptures as well as educational media.

Picturing Mexico: Alfredo Ramos Martínez delights all summer through August 17. Ramos Martínez brought Mexican culture to Los Angeles in the 1920s, where he defined a new Mexican-American art tradition. Delving deeper into exhibition themes, the NMA is showcasing six films from the Golden Age of Mexican Cinema. The films screen at 3 pm in the Museum's Wayne and Miriam Prim Theater on a number of Sunday afternoons, providing a great escape from summer heat. Visit the calendar at NevadaArt.org for a complete listing.

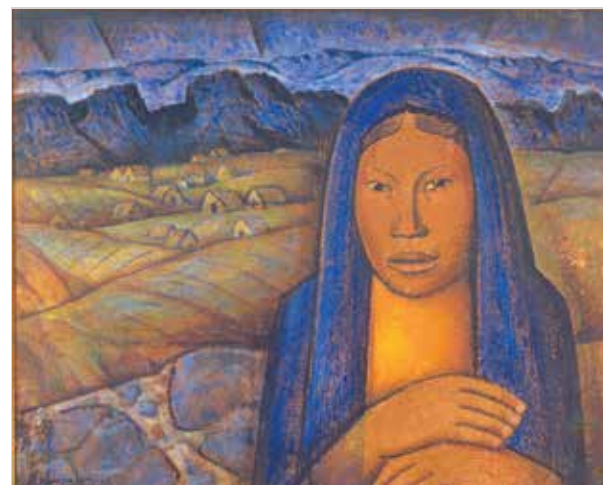
To continue the cultural journey, transport your senses to Doris Duke's Shangri La: Architecture, Landscape, and Islamic Art. This exhibition powerfully reflects Duke's life-long aesthetic passions, bringing together furnishings and objects from Shangri La, vintage photographs and films, architectural objects, textiles, and ephemera exploring the history and experience of this remarkable place Doris Duke built in Hawaii. On display



Alfredo Ramos Martínez, "Virgen y Niño / Madonna and Child," Circa 1930. Conté crayon and ink on paper. Collection of Centro Cultural de la Raza.

through August 31, the show celebrates beauty, design, history, and culture, with objects dating from the second century to the present day.

Finally, the NMA's celebratory show in honor of Nevada's sesquicentennial opens August 2. The 36th Star: Nevada's Journey from Territory to State brings together historic treasures from our nation's capital and venues across the state and features a Nevada Day Weekend



Alfredo Ramos Martínez, La India del Pueblito / Indian Woman from the Small Town, ca. 1930. Oil on board. 23 x 28 inches. The University of Arizona Museum of Art. Gift of Mr. George Gregson. ©Alfredo Ramos Martínez Research Project, reproduced by permission.

exclusive—a viewing of the original Emancipation Proclamation on loan from the National Archives. You will hear much more about this viewing as the months progress, but be sure to mark your calendars now! Also, save the date for a big costumed "steampunk" shindig on November 1 at the Museum. Think Civil War meets Burning Man.

Visit the Nevada Museum of Art at NevadaArt.org to learn more about these and other exhibitions, including several thought-provoking shows produced by the Center for Art + Environment. Prepare for an artful journey!

Amanda Horn is Director of Communications for the Nevada Museum of Art. She enjoys filling her day with art and taking advantage of Northern Nevada's running, hiking, and biking trails. To connect, email her at Amanda.horn@NevadaArt.org.

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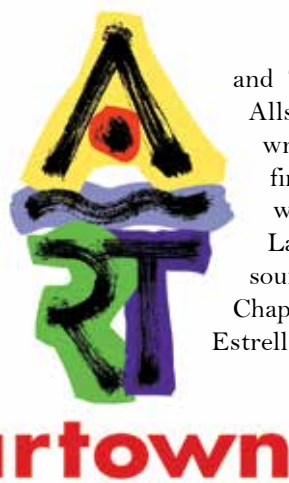
Dagmar Bohlmann

As diverse and innovative as ever, Artown is getting ready to do it again: strengthen Reno's arts industry, foster its civic identity and enhance its national image. Are you ready to do your part in supporting the month-long summer arts festival? Artown isn't only looking for an audience but also for volunteers.

This year's 19th Annual July Festival is 32 days long and volunteer positions range from ushers and greeters, to set-up and marketing material distribution. Artown's main need for volunteers is at Wingfield Park and Robert Z. Hawkins venues. Volunteer hours are generally in the evening during the week and throughout the day during the weekend. The amount of time offered is flexible,

but volunteers are encouraged to sign up for a series of events. After all, it is with the help of volunteers that Artown thrives.

Beginning July 1st in Wingfield Park with "new country" artists Sherrie Austin and Mountain Heart, the festival once again features the children's series, Discover the Arts each weekday throughout the month. The Wednesday night World Music Series gets its start on July 2 with traditional Hawaiian edgy hula and music group Na Lei Hulu I Ka. They are followed by non-traditional bagpipe performances of Carlos Nunez, powerful Mariachi ensemble Sol de Mexico de Jose' Hernandez



and The NY Gypsy Allstars. The series wraps up on the final Wednesday with the vibrant Latin American sounds of Conjunto Chappottin y Sus Estrellas, an acclaimed Cuban group.

Movies and live music entertain audiences each weekend at Wingfield, and families gather for the Monday night Family Series presenting Charlotte's Web, and Goowins Balloowins' balloon characters from the Wizard of Oz. Always popular Norman Foote will find subject matter that engages young and old, and finally, the PBS KIDS family presents co-hosts Mr. Steve and Miss Rosa.

Mondays also bring the free Monday Night Music Series to Bartley Ranch featuring local favorites Collin Ross and Mig O'Hara on July 7. Then classic singer Perla Batalla performs the Songbook of Leonard Cohen on July 14. Broadway Comes to Bartley with the Philharmonic on July 21, followed by Michael Kaeshammer on the July 28 with his highly energetic, boogie woogie piano.

Featuring approximately 500 events produced by more than 100 cultural organizations and businesses in locations

citywide, Artown receives major funding from the City of Reno. It is also sponsored by other government agencies, corporations, foundations, underwriters, organizations and individuals, the Nevada Arts Council and the National Endowment for the Arts.

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# Sierra School of Performing Arts polishes teen acting skills



(Photos submitted by A. Beltramo)

Students of the Sierra School of Performing Arts learn acting, singing and dancing. The Musical Theater Summer Camp at Galena High School will culminate in staging A Year With Frog and Toad.

By Allyson Beltramo

The Reno/Tahoe area is home to many amazing things: beautiful Lake Tahoe, a sparkling nightlife, and some of the most talented youngsters around. From music, to dance and acting, area youth are remarkable and deserve

the opportunity to shine. Non-profit Sierra School of Performing Arts is dedicated to providing performing arts opportunities to kids and teens in the Reno/Tahoe area. This year they will be offering a Musical Theater Summer Camp at Galena High School, June 23rd-27th.

Lead by SSPA Camp Manager and Lead Instructor Stephanie McMullin, the camp aims to prepare students for future musical theater productions, as well as boost confidence, critical thinking, and collaboration skills.

"The camp is a great way to not only introduce kids to being in a production," McMullen said. "But it also helps them improve their acting, singing, and dance skills. It is a great opportunity for beginners as well as kids who have done other performances."

The camp, open to kids in grades 4-9, will feature a week-long learning experience in the dramatic arts. Focusing on what it takes to create a Broadway musical, the camp will include instruction in acting, music, dance, prop making, and costume design. Through games and exercises, students learn exactly what it takes to put on a musical production, which SSPA hopes will help these students achieve their performing arts goals. The final result will be a short musical theater production of the show "A Year With Frog and Toad," performed for an audience the last day of camp.



In addition to the annual Musical Theater Summer Camp, SSPA offers many other opportunities for young performers throughout the year. In August, they will be presenting a full-scale version of the classic Broadway musical "Fiddler On The Roof", which is celebrating the 50th anniversary of

its Broadway premiere this year, at the Hawkins Outdoor Amphitheater.

Allyson Beltramo is a theater teacher and acting coach in the Reno/Tahoe area. For more information on Sierra School Of Performing Arts or their Musical Theater Summer Camp, visit [www.sierraschoolofperformingarts.org](http://www.sierraschoolofperformingarts.org).

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# Hiking the Pine Nut Mountains to access Nevada's wild backcountry

By Daniel Fleischmann

Across a long valley separating the mountains east of Lake Tahoe from the mountains of the Nevada desert are the Pine Nut Mountains. Crossing three counties, Carson City, Douglas, and Lyon, and stretching 30 miles north to south, the Pine Nuts are not only a very large mountain range, they are pretty lofty as well. In fact, the highest summits actually rise higher than the mountains directly east of Lake Tahoe. Far from brown hills, the Pine Nut Mountains are full of surprises, from towering granite rock walls to glorious foliage; the Pine Nut Mountains offer an excellent spring and early summer excursion.

Most people don't know exactly how best to reach these mountains. Paved roads do not make it to their base, and in most cases a 4WD is recommended. However, a handy guide has been developed at the website Summitpost.org by visiting: [www.summitpost.org/pine-nut-mountains-nevada/623219](http://www.summitpost.org/pine-nut-mountains-nevada/623219)

Fortunately, dirt roads traverse the range, limiting bushwhacking in most cases, since most of the major summits have roads going to the summit or nearly to the summit.

The Northern part of the range starts with Rawe Peak 8,328', just north of the town of Dayton and south of US Highway 50. While easily accessed, some bushwhacking and careful route-finding is required. The more secluded Lyon Peak 8,763' to the south rises slightly higher, but is harder to reach, having to drive to the old ghost town of Como.

In the center of the range is Mineral Peak 8,319' and Mount Como 9,005'. Accessed by taking Johnson Lane east from US 395 to the Sunrise Pass Road, most 2WD vehicles can get close to the base of Mineral Peak. 4WD is recommended for the last mile to access the primary starting point at the base of Mineral Peak. Further down the road is access to Mount Como. Mount Como is the highpoint of



Hiking up Rawe Peak means finding your own way.



You never know what you find off the beaten path below Mount Siegel.

a long ridge stretching south to a pyramid shaped summit that overlooks the valleys to the east. Its lofty summit offers views for many miles around into the Nevada desert, as well as views west to the Sierra Nevada Range.

Further south is the remote Rice Peak 8,872', which for safety purposes requires a 4WD to get to its base. Expect similar views to that at Mount Como.

Finally, the southern end of the range offers the most spectacular scenery and is forested on its eastern slopes. Typically accessed from the east side via the Red Canyon Road in the Smith Valley, the three highest summits are traversed by dirt roads. 4WD is required for Red Canyon Road which is narrow, so watch your side doors to avoid scratches. The roads up the mountain are wide and make for easy walking. This is the way to the highest summit: Mount Siegel.

At 9451', Mount Siegel is located towards the south end of the range. It shares a ridge with Galena Peak, the only other named summit in the range above 9400'. Oreana Peak 9346' is two miles away from Mount Siegel. All three can be hiked together in a simple day hike. Although highest doesn't almost mean the best, in this case these summits probably represent the best of the Pine Nut Range.

At the south end of the range is Bald Mountain 9228'. True to its name, it lacks tree cover. It is easily accessible via a road entering the Pine Nut Mountains south end. Just follow Nevada State Route 208E at Holbrook Junction for about 2 miles from US 395 and take a left on Topaz Ranch Drive. Follow it for 1.6 miles. Turn left on Canyon Drive, which is paved for another quarter mile or so. It then turns to dirt and heads up into Minnehaha Canyon and enters federal lands. Be careful with Bald Mountain where some private land is located on the lower slopes and you have to find a more circuitous route to reach the base of the climb.

If you continue east on the Minnehaha Canyon access road and you can re-enter the forest and visit some very attractive summits, including Eagle Mountain 8,938'.

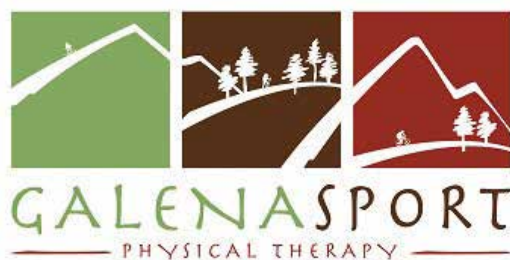
All in all, the Pine Nut Mountains are great for those with a nice Jeep or 4WD who like the Nevada back country, but who don't want to drive a hundred miles to the middle of nowhere to enjoy it. This is Northwestern Nevadans backyard. Have fun!

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



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# Great Basin Institute camps build life-long skills



Students explore the natural wonders of Galena forests, creeks and ponds in the Great Basin Institute's Summer Camps last year.

By Katherine Fuselier

This summer and fall, load-up your child's backpack, lace up their sneakers, and get them ready for a great forest adventure! In partnership with Washoe County and the U.S. Forest Service, the Great Basin Institute at Galena continues to offer day and residential environmental field studies to community youth at the Galena Creek Recreation Area with overnight stays at the beautiful Camp WeChMe Lodge. Since 2010, over 11,000 youth from Northern Nevada have experienced this local portal to the wider world through fun, educational, hands-on discovery of the natural and cultural wonders of the Galena forests, creeks, lakes and ponds.

Day and residential field outings with K-12 schools and week-long Exploration Camps held during school breaks provide

youth with the joys of hiking, exploring, and learning in a forest environment with qualified and dedicated Great Basin Institute at Galena Naturalists.

"We drove from North Sparks each day to come to camp," said Kindra Fox, parent of campers age 11 and 8. "It was so worth it; my daughters were exhausted at the end of the day, they learned a lot and had a blast!"

By fostering creativity, promoting core education, and emphasizing responsibility to society and the environment, participants have fun, make friends, and learn things that interest them.

"With lots of outdoor activities and a strong educational emphasis this camp is exactly what kids need during a vacation," said Ilia Zaliapin, parent of an eight-year-old camper.

Research shows great benefits from discovery-based, outdoor education, which last far beyond the time the child spends at Galena. Don't be surprised to hear weeks or months later about a learning experience that has made a lasting impression.

"The speakers and activities have expanded our granddaughter's knowledge of the things around her," said Richard Crawford, grandparent of a nine-year-old. "She talks on and on of what she has learned each day."

Especially in the very young, increased learning time outdoors has proved in studies to be extremely beneficial for cognitive functioning, reduced symptoms

of attention deficit disorder, and increased self-discipline and emotional well-being.

Summer Day and Residential Exploration Camps for youth aged 8-12 years, offer a wide variety of outdoor themes; from wilderness skills and forest conservation, to water journeys and ancient discoveries.

Summer Teen Leadership Academy empowers 13-17 year olds to be strong community leaders. Teens gain valuable experience influencing the lives of children and impacting their own lives and futures.

"My daughter loves this camp," said Renee Olson, parent of Teen Leadership Academy participant. "She has learned so much over the years, not just about nature, but also about responsibility and

helping out."

Registration for Summer and Fall Exploration Camps and Teen Leadership Academy is under way, as well as bookings for fall and spring semester day and residential field studies with K-12 schools.

Don't let finances prevent our children from enjoying a week in the forest: full and partial scholarships are available for camps and school field studies, generously provided by the Nell J. Redfield Foundation. Galena Fest has provided some additional funding over the past two years.

*Katherine Fuselier is Great Basin Institute at Galena Youth Education Coordinator and Camp Director. For more information and registration materials go to [GalenaCreekVisitorCenter.org](http://GalenaCreekVisitorCenter.org) or contact (775) 849-4948, [visitorcenter@GBInstitute.org](mailto:visitorcenter@GBInstitute.org).*



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# Traveling through time on Kings Canyon Road



By Janice Brod

It is ironic how traveling on dirt roads used to be considered primitive and undesirable. A hundred years ago the goal was to pave roads and create a comfortable surface to drive on to get places faster. Now there is a lot of effort to get back on the dirt and travel off-road and on trails. Yes, it's slower and bumpy, but it's quiet and scenic, too. Nowadays we enjoy exploring the backcountry and getting away from it all, instead of traveling for days just to get to the nearest town.

A wonderful place to get on some dirt and enjoy a taste of the past is Kings Canyon Road in Carson City. This 10-mile dirt road originates at the end of Kings Canyon Road on Carson City's west side and rises 2000 feet to Spooner Summit. The road begins with a steady climb out of Eagle Valley for the first four miles, after which it levels off and becomes a rolling, sandy road with



This Nevada Historical Society photo documents Trans/Hwy-435 of the Kings Canyon Road switchback circa 1910.



Today, the Kings Canyon Road switchback anticipates being an access point to Ash Canyon to Kings Canyon trail.

spectacular views of Carson Valley and the Sierras. The scenic beauty of Kings Canyon Road is one of its greatest features, along with the integrity of design and feeling of connectivity to our history.

Kings Canyon Road was first constructed in 1863 during the Emigrant Period when the influx of emigrants looking for gold created a demand for transportation routes through the Sierras. The road later became known as the Pioneer Branch of the Old Lincoln Highway, the first transcontinental highway specifically

designed for use by automobiles. It was so well-traveled that a hotel and way station, called Swift's Station, was built on Kings Canyon Road about 2.5 miles from Spooner Summit.

From 1914-1928, a time known as "The Lincoln Highway Period", Kings Canyon Road was a main thoroughfare for automobiles, although it remained a dirt road. In 1928, a paved, two-lane road along Clear Creek was constructed, which dramatically decreased the use of Kings Canyon Road and began what is called

"The Recreational Use Period", which continues today.

An archaeological inventory of Kings Canyon Road was just completed with funding from the Nevada State Historic Preservation Office. The report is recommending that Kings Canyon Road be listed on the National Register. It is well-deserving of that designation, as a historic remnant of our past and a popular recreation area in the present. If you travel the road, pay attention and you may be able to spot a remnant of a rock retaining wall, an iron culvert, or a stone reservoir.

Thanks to the quality of the workmanship and materials that went into building the road, we're still able to enjoy this historic route 150 years later. Every time I ride my bike up Kings Canyon road I imagine traveling it by wagon and wearing a wool dress. Without power bars, Camelbak, and moisture-wicking jersey. We have it very good now.

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

## TAMBA installs bridges on Galena trails, seeks donations

By Galena Times staff

The Tahoe Area Mountain Biking Association is coordinating with the US Forest Service to install three bridges on popular Galena trails; two on Thomas Creek Trail and one on Whites Creek Trail. These bridges will be sturdy, pre-engineered wood structures built to Forest Service design standards to allow safe crossing of the



creeks at any anticipated water level.

The project is lead by Kevin Joell, the former president and current Trails Director for TAMBA. According to Joell, TAMBA has had several successful volunteer trail maintenance days on the Forest Service portions of Whites Creek and Thomas Creek trails including erosion

*continued on page 11*

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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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# Local Mountain bike racer sets off to chase his dream

By Trevor DeRuike

I think there comes a time with every substantial life endeavor where you are either all in, or you are out completely. As the time, money, and overall strain of chasing a dream begin to add up, you reach a point where you have to decide whether or not the pursuit is really worth it. If it's not, it's best to cut your losses quickly. However, if it is worth it, you have to dedicate your very being to attaining it, or spend the rest of your life wondering what could have been.

I've raced bikes my entire life. As a 22-year-old professional mountain bike racer, it's fair to say the stakes are increasing pretty quickly. Having just earned my degree from the University of Nevada, Reno in nutrition, a stable career in health care might be the logical next step for someone in my position, but not me. With so many goals still yet to be reached on my bike, the crossroads described above became very real for me this year, but the decision was simple.

This summer, I will be loading up my van and taking to the highway for a coast-to-coast journey lasting over 3 months, to hit 10 of the biggest mountain bike events in North America.



Trevor DeRuike is ready to load up his van and compete at ten of the biggest mountain bike events across the nation this summer.

The goal? To establish myself as a top mountain bike racer in the United States and make a living doing what I love – racing my bike all around the world. With the support and mentorship of so many including my coach and multi-time national champion Kyle Dixon, Specialized Bicycles, and local businesses like Jet Lites and Reno-Tahoe Audi, it is fair to say I have everything I need to reach my goals.

I hope you will come along with me on my travels this summer by tuning into my website and social media outlets. My full race schedule, bio, and list of supporters can be found at TrevorDeRuike.com. I will also be posting race reports, various “van life” stories, and of course keeping everyone up-to-date on the continued success of my youth mountain bike program, Reno Tahoe Junior Cycling, on the local race scene while I'm away on the road. I look forward to hearing from all of my Reno-Tahoe friends, family, and supporters while I try to put this great community on the map.

Trevor DeRuike is a professional mountain bike racer. To stay in touch visit him at Twitter: @TrevorDeRuike, Instagram: @TrevorDeRuike, or Facebook.com/DeRuike633.

## trail bridges *continued from page 10*

control, tree clearing, and re-routing of unsustainable trail sections.

“We have a Volunteer Services Agreement with the Forest Service that authorizes our volunteers to complete trail work that meets the Forest Service standards,” Joell said. “This encourages trail users to participate in stewardship activities with direct results on the trails they ride.”

Helping with the bridges was a natural fit for TAMBA members.

“With funding the USFS had allocated, only one bridge was planned, but when we came to the plate for the installation, it stretched those limited dollars into three

bridges,” Joell said.

Peter Fleishmann, the Assistant Forest Engineer for the Humboldt-Toiyabe National Forest concurred.

“By leveraging the power of volunteers, the Forest Service is able to provide three needed bridges on these heavily used trails instead of just one,” he said.

Fleishmann will provide technical assistance during the installation to ensure the work meets design specifications.

Dan Morris is the Recreation Officer for the Carson Ranger District, which includes the Galena area. He oversees trail planning and construction projects, which are often

done by non-profit groups.

“TAMBA as well as other volunteer organizations and individuals provide over \$250,000 in volunteer labor annually to the Carson Ranger District alone,” Morris said. “Volunteer projects like this are invaluable in assisting the Forest Service with managing our resources.”

TAMBA is seeking donations to help with installation costs.

“Some of the bridge pieces weigh over 1000 pounds, so it's not safe to move them without a little mechanical help,” Joell said.

Donations will go towards tools and equipment and to make sure the volunteers

are fed and have fluids during the workdays. He estimates their installation costs for all three bridges will be around \$5,000.

Work will begin in Mid-June on the smaller Thomas Creek bridge and then move to Whites Creek. The much larger upper Thomas Creek bridge which helps make the connection to the Rim to Reno trail likely won't be completed until October. They will be doing most of the work mid-week when less trail users are present.

Trail users who are interested in volunteering or would like to make a tax-deductible donation towards the installation, should visit the TAMBA website at [www.tamba.org](http://www.tamba.org).

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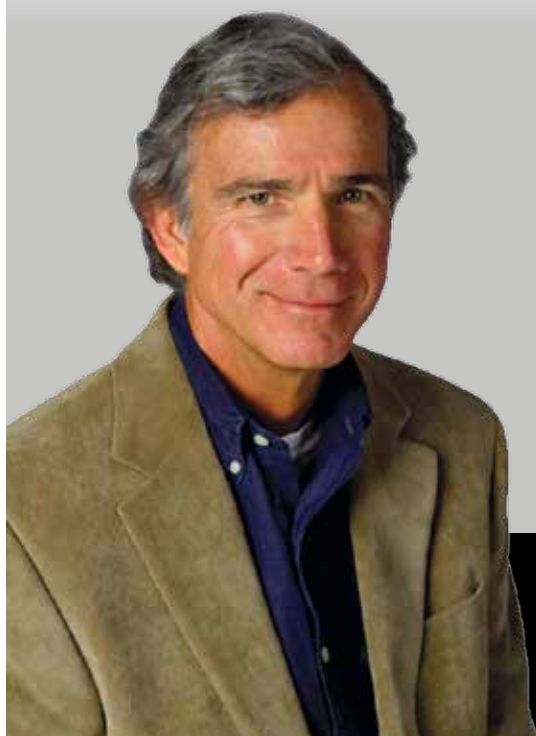
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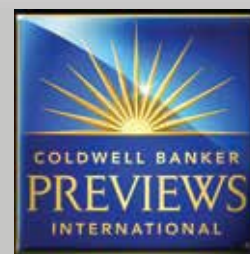
Nice single story Galena Forest home. Two bedrooms and a large office/loft area that can easily be converted into a 3rd bedroom. Great room design floor plan that has a comfortable feel. Separate large shop area. Beautifully landscaped with private court yard and low maintenance. Close to skiing, shopping and Lake Tahoe. **\$675,000.**



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— David Gentry, Managing Partner, South Reno Athletic Club

# Neuromuscular training could lower risk of ACL injury in young adults

By Jennifer Barrett

Over the past two decades the number of anterior cruciate ligament injuries has increased significantly. This is due to an larger number of children and adolescents participating in organized sports, training at an earlier age, and a greater rate of imaging and diagnosis of ACL injuries. The new clinical report in *Pediatrics*, the official journal of the American Academy of Pediatrics, showed with more neuromuscular training, athletes are at decreased risk of injury.

The increased rate of ACL injuries is seen most dramatically in puberty especially with girls. The report showed girls between 15-20 years old suffer from ACL injuries 2.5-6.2 times more than boys in comparable sports. Other risk factors include higher body mass index (BMI), foot overpronation, generalized ligament laxity, and decreased control of the trunk and lower extremities.



(Photo submitted by J. Barrett)

**Young female athletes are up to six times more likely to injure their anterior cruciate ligament compared to boys in similar sports. Neuromuscular training can help prevent this injury.**

ACL injuries often require surgery and many months of rehabilitation. New research advocates early surgical intervention for the ACL-deficient knee to avoid recurrent episodes of instability. Regardless of the treatment choice, young athletes are at increased risk of early onset osteoarthritis

in the injured knee.

The article outlines the importance of prevention in the form of neuromusculature training. Neuromusculature training, more so than bracing, has a preventive effect by helping athletes to "preprogram safer movement patterns that reduce injury during landing, pivoting, or unexpected loads or perturbations during sports movements."

Training is shown most effective during the mid-teen years and incorporates plyometric and strengthening exercise combined with feedback to athletes on proper technique. Parents, coaches, and medical professionals should educate athletes about the benefits of neuromusculature training in reducing ACL injuries.

*Jennifer Barrett is the director and owner of Galena Sport Physical Therapy and provides a comprehensive ACL prevention program. To schedule an initial evaluation with a licensed physical therapist, call Galena Sport South (775) 384-1400 or Galena Sport Midtown (775) 322.4555. During the evaluation the young athlete's biomechanics will be evaluated to determine what exercises need to be started.*

## Is more always better in medicine?



Andrew Pasternak, MD

By Andy Pasternak

In our culture, it is easy to get wrapped up in a "more is better" philosophy. More money, a bigger house, a faster car. AT&T is even playing this up with new ads featuring the tag line "More is better." In medicine, however, we are starting to realize that more isn't necessarily better.

One area where we see a backlash against this mentality has been around testing by labs and radiology groups. While we have developed incredible new technologies, we are also discovering that ordering some of tests on a regular basis can lead to worse outcomes. When ordered inappropriately, tests can create a lot of worry because of false positive results and

incidental findings. In addition, some tests carry potential risks, such as unnecessary radiation.

Another area where the medical community is starting to question the "more is better" philosophy is concerning treatment guidelines. Patients with issues such as high blood pressure, high cholesterol and untreated diabetes have a higher risk of complications down the line. We also know that treating these diseases lowers the risk of developing further issues. The big question is how much?

For example, with blood pressure, a school of thought believed a blood pressure of less than 140/90 was good. So if we got someone's blood pressure even lower, we'd have better outcomes: reduced risk of heart attacks, strokes, kidney failure and better overall death. While this sounds good, the consensus from recent studies has shown that lowering blood pressure much further than 140/90 didn't change people's

risk of any of those outcomes. We're starting to see similar findings with diabetes and cholesterol treatment.

Why is this? There are a number of reasons. To get people to these lower goals, we need to use more medications. More medications and higher doses of medications can result in more side effects which may offset any benefit from the medications.

Where is the right target level for you? The answer depends on a number of factors including your age and what other medical issues you may have. As always, talk to your doctor about where your target levels should be.

*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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# FootGolf? This could actually succeed!

By Paul Andrew

Every time we turn around, there seems to be a new sport or activity that human beings are embracing. People are suddenly flying off cliffs in “wing-suits”, being dropped on deserted islands to survive on twigs and bugs, or getting into cages to pummel another person mercilessly.

When I first heard about FootGolf, the new sport of kicking a soccer ball around a golf course into a large hole, it seemed like another fad. But after giving the sport some thought, and how it might benefit people of all ages, plus help the struggling golf industry, it seemed to make sense.

Invented in 2011, the sport is played on regulation golf courses, using the “stroke” rules of golf where you keep track of the number of kicks it takes to get into a 21 inch diameter hole. (My regular golf game could use a hole that large!)

Locally, Carson Valley Golf Course in Minden is the first course in Northern Nevada to offer FootGolf.

“This is our first season, and the



(Photo submitted by P. Andrew)

**FootGolf is a precision sport where players kick a football into a cup in as few shots as possible. The first Northern Nevada golf course to offer FootGolf is Carson Valley Golf Course in Minden.**

response that been great,” said Paul Van Sickle of CVGS. “More people are getting out to enjoy the beauty of the golf course.”

When asked about the compatibility of the two sports, Van Sickle said it isn’t a problem.

“The sports co-mingle well, in fact can be played together,” he said. “Grandpa

can be playing regular golf while the kids are kicking a soccer ball. The learning curve for Footgolf is a lot shorter.”

The concern that soccer balls might be flying around their hallowed grounds, shouldn’t worry regular golfers.

“We teach the same etiquette,” Van Sickle said. “The holes aren’t on the regular greens, and cleats aren’t allowed.”

Of course, like any sport, people are going to want to be world champions, or die trying. Already, the American FootGolf League has been formed, with a Footgolf World Cup having already occurred in Budapest, Hungary. There are now over 100 approved AFGL courses in the country, all promoting the self proclaimed “Best Game Ever Invented.”

As we’ve seen, especially here in Northern Nevada with several golf courses closing, the golf industry is having challenges competing for consumers’ entertainment dollar, especially among young people. FootGolf might be the shot-in-the-arm that is needed to get families, youth soccer teams and corporate groups enjoying a beautiful afternoon on a golf course.

Will the day come when we see David Beckham donning a green jacket at Augusta for having just won the FootGolf Masters? You never know.

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



Gilbert A. Trujillo, DDS

## Time is critical to treat dental trauma

By Gilbert Trujillo

It sure looks like summer is right around the corner. Good weather and longer days are great for playing outside, but also can give rise to dental trauma in children.

Trauma to the primary and permanent dentition is quite common, especially in toddlers

and adolescent males. Trauma can be due to falls, sports, and motor vehicle accidents. It can range from a bumped tooth, swollen lip, broken tooth/teeth, or completely knocked out (avulsed) teeth.

Parents should know that if any trauma occurs to the oral region, they should contact their dentist immediately. Many parents wait too

long so that treatment is drastically compromised. Early treatment will yield the best results.

If a tooth is completely displaced out of the socket, the parent should try to immediately reposition the knocked out tooth back in the socket and then proceed to the dentist. When

*continued on page 16*



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To learn more about Dr. Slots and her patient philosophy, see her video at [renown.org/pediatrics](http://renown.org/pediatrics).



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HEALTH

# Junior Cycling team gears up for local races

By Andre Meintjes

Reno Tahoe Junior Cycling attracts kids of all ages. Junior club riders show up in force every Monday evening to get some single track in under the direction of coaches Trevor DeRuisse and Kyle Dixon. The Reno Tahoe Development Race Team joins these club riders in a mentorship roll and the popularity of the organization is growing rapidly. The passion riders and coaches bring to the sport of mountain biking translates into a great start of the racing season.

The high school aged athletes formed the Reno Tahoe Composite Team with two racers from outside Reno, Bryn Anderson and Dylan Syben and competed in the NorCal High School League. They excelled by qualifying for the State Championships at Laguna Seca, California. Ian Meintjes and Dylan Syben (Boys Junior Varsity), Austin Smith, Zach Waymire and Preston White (all Freshmen Boys) and Bryn Anderson (Sophomore Girls) all had impressive races.

Dylan Syben placed 9th and Ian Meintjes 26th out of 96 racers in JV Boys. Bryn Anderson finished 17th of 29 in Sophomore Girls. In Freshman Boys, Austin Smith placed 20th, Preston White 47th and Zack Waymire 48th respectively out of 79 racers. The Reno-Tahoe Junior Composite team placed 17th out of 73 Division 2 California



The Reno Tahoe Development Race Team gets ready to compete.

High Schools. As this result included schools of the entire state of California, the accomplishment for a new team of young riders was particularly impressive.

The Reno Tahoe Junior Cycling Development Team, which includes middle school aged athletes, raced in the Sea Otter Classic in Laguna Seca a few weeks ago. They considered it one of the most fun races and their results showed it.

Ian Meintjes placed 18th out of 48 in the 24-mile Cat 2, 15-18 year old class. In the 19-mile Cat 3, 15-18 year old class, Tate Meintjes placed 6th out of 59, followed by Austin Smith in 12th, Zach Waymire in 22nd and Preston White in 30th. Racing in the Cat 3 juniors age 14 and under division

Jackson Miers placed 27th out of 50 narrowly ahead of Matt Nugent in 28th. Aubrey Milner finished 6th out of 8 in the Cat 3 Junior women's 14 and under division.

Now the race calendar turns local with races right in Reno. Racers of all levels compete, professionals to juniors, and they are passing spectators many times as they complete each lap. Come and support these kids – bring other kids to see and talk to them.

The Reno Tahoe Junior Cycling non-profit continues its big push to get our local young men and women into a healthy lifestyle through mountain biking. It is free for all and kids and parents are encouraged to ride as a group every Monday evening at various locations in the Reno-Sparks area. Read more, see and purchase the beautifully designed team and club jerseys and look at the Development Team members' photographs, by visiting the web site and Facebook page. The organization is also seeking donations of any size from individuals or companies who are willing to support the mission of getting kids involved in an active lifestyle.

Andre Meintjes is the secretary of the Reno Tahoe Junior Cycling Board. For more information, visit [www.renotahoejuniorcycling.com](http://www.renotahoejuniorcycling.com) or [www.facebook.com/RTJCycling](https://www.facebook.com/RTJCycling).

## dental trauma *continued from page 16*

putting the tooth back in, make sure you have the tooth facing the front and that it matches the other front tooth. Also, ensure the tooth is pushed all the way up, where it originally was.

If this is not possible, the parent should place the tooth in milk and proceed to the dentist. The tooth should not be cleaned so as not to damage the tooth. Time is critical. The longer the tooth stays out of the tooth socket, the worse the prognosis gets.

If the tooth is pushed in toward the back of the mouth contact your dentist. Many times the tooth is pushed so far

back that the lower teeth cannot close, so the dentist will need to reposition the tooth back to its original place.



Any blow to the jaw should be examined because many fractures go unnoticed and a neurologic examination should be conducted.

Mouth guards are indicated for all children playing sports. Many injuries can be avoided with a proper fitting mouth guard. Helmets are also recommended for children riding bicycles.

Just remember, our office is here to serve our little patients and we don't mind checking out any dental trauma. We are

always on call or share call with other pediatric dentists so you will have immediate access to a dentist. It's better to be safe than sorry when it comes to your child's smile!

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](http://RenoKidsDentist.com).

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# Confidently choose a college major and save money

By Andrew Quinn

College tuition sticker prices loom large and housing fees allude to the high-end amenities – think room service and yoga classes – many campuses now provide. However, not graduating on time can perhaps be the single most expensive aspect of a college education. Delays in graduation are costly and are often attributed to a deficiency of academic credits in a program of study, a dilemma often related to changing one's major too often or too late. As the perception of a career can differ greatly from reality, your student can conduct independent research this summer to learn as much as possible about potential careers and related college majors to avoid a graduation delay before college studies ever begin.

Approach summer gatherings as an opportunity to learn from family friends and relatives about their careers, industry, and more importantly, the steps they took in navigating their career path. Ask what key courses, projects, or

experiences led them to this point in their career. Take learning a step further by arranging to interview them in their place of business about their career.

Consider a mentorship to cultivate your student's interests and knowledge of an academic or professional topic. Mentorships can take many forms and be either formal or informal. Establish at the outset a schedule for meeting expectations for what both mentee and mentor will contribute to the mentoring relationship, and set a possible end-point. Parents' colleagues, college or graduate students, and professionals who already serve your family are examples of potential mentors.

If your student is enamored with a particular career or industry, take advantage of summer flexibility to help them arrange a job shadow experience or mini-internship. Students can begin searching for a suitable placement within your family's network. Whether a day-long job shadow or summer-long internship, experiencing professional

life in a career can help students quickly clarify what they seek in a career, and ultimately, college major.

Families preferring a more objective and comprehensive approach to discerning ideal careers and related college majors might consider a Career Interest Assessment. Evaluating intrinsic elements such as interests, motivators, hobbies, stressors, academic strengths, and task preference, such instruments offer data-rich reports and narratives to illustrate how specific careers correspond with students' attributes.

Some institutions require a student select an academic major at the time of application, while others advise students to confirm their choice of major by the start of Junior year. If your student remains unsure of which major to choose as Freshman year begins, select courses likely to satisfy requirements across a range of majors. Students beginning studies in a 2-year institution should remember it is always the prerogative

of the receiving institution to determine which, and how many, credits they will accept for transfer. Planning ahead with an articulation agreement and meeting early with a transfer advisor will minimize unpleasant surprises.

While the four-year graduation time-frame persists as the widely-desired standard, some pre-professional programs may naturally require a bit more time. Conversely, with motivation and planning, a student may complete an undergraduate degree in as few as three years.

Regardless of the path students choose, experiencing actual careers, crystallizing interest in potential majors, and strategically planning coursework can all increase the likelihood of a timely and cost-effective graduation time-frame.

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).

# Advice from Warren Buffett on planning investments

By Timothy Kinsinger

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

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

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

have the first, the other two will kill you."

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

- On choosing investments: "It's like when you marry a girl. Is it her eyes? Her personality? It's a whole bunch of things you can't separate."

- On giving your kids a big inheritance: "The idea

*continued on page 18*



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# Time for pets to explore the great outdoors



By Matt Schmitt

Warm weather and longer days bring people and pets outdoors for a summer's worth of activities. When out and about it is important to keep a watchful eye, so pets stay happy, healthy and safe. The first step is to make sure that pets are current on vaccinations. Then, consider these other safeguards for summer adventures.

## Walking and Hiking

Start slowly. Bodies need to adjust to increased activity to rebuild muscle tone. Too much too soon can result in exercise-related injuries. Work dogs into long hikes so they become conditioned to distances and walking surfaces. Grassy fields and hiking trails are better for dogs with arthritis because of reduced joint impact. Avoid feeding big dogs before exercise, as that can lead to "twisted" stomach. And bring plenty of fresh water to keep pets hydrated. Standing water can harbor infectious disease-causing agents.

## Swimming

Because of minimal joint impact, swimming is a great cardiovascular workout. However, water in ears provides moisture for bacteria and yeast infections. Dry off any

excess moisture, especially if your dog has floppy ears. Watch for scratching, head shaking and debris buildup inside ears after water contact. Contact your vet if problems persist.

## Exploring

Yard and garden pesticides and fertilizers can be hazardous to pet health. Learn which plants and flowers are toxic to pets. Keep dogs away from piles of feces where nose touching can lead to ingestion of microscopic eggs that develop into intestinal worms. And always check pets after they have been outside for punctures and wounds. This goes for cats especially, as cat bites can cause abscesses and lacerations. Watch for predators like coyotes. It is smart to bring pets in when the street lights come on.

## Going for a Ride

Dogs love the wind in their faces, but flying debris and even bugs can cause eye, ear and lung injuries. Never leave pets in a warm car, even with the windows cracked. On a 78 degree day, cars can heat up to over 90 degrees – in the shade.

## Allergy Alert!

Pets can develop allergies to plants and pollens. Sneezing, scratching, nose rubbing and skin rash can signal potential allergic reactions that can lead to infections.

Remember, Safe Play is the Best Play!

Dr. Matt Schmitt is a graduate of the School of Veterinary



(Photo: M. Schmitt)

**Dr. Schmitt examines this canine to be sure he is in good health to enjoy the summer months.**

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.

## investments *continued from page 17*

that you get a lifetime supply of food stamps based on coming out of the right womb strikes at my idea of fairness."

- On stocks with good histories: "The investor of today does not profit from yesterday's growth."
- On how to view stocks: "Look at

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

- On ethical investment management: "The investment manager must put his client first in everything he does."
- On thinking long term: "I wouldn't

buy any stocks I would not be happy owning if they stopped trading it for three years."

- On predicting markets: "The fact that people will be full of greed, fear, or folly is predictable. The sequence is not predictable."
- On the limitations of wealth: "Money, to some extent, sometimes lets you be in more interesting environments. But, it can't change how many people love you or how healthy you are."

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

- On inheritance: "Children should be given enough to do what they want to do, but not enough to be idle."
- On risk: "Risk is not knowing what you're doing."

All of these thoughts are good places to start when developing your investing plan. This disciplined process will guide you to make sound decisions.

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

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual. To determine which investment(s) may be appropriate for you, consult your financial advisor prior to investing. All performance referenced is historical and is no guarantee of future results. All indices are unmanaged and may not be invested into directly.

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# Energize your outdoor living by renovating your yard



An outdoor living space can transform a home into a dream home.



(Photos: S. Fine)

By Steven Fine

Have you started hearing neighbors and friends talk about their new outdoor living spaces lately? It seems the neighborhood has rediscovered the allure of the backyard as a prime space for families, friends and pets, too. In fact, renovating an old backyard or tired front entrance is by far the most popular request of area construction teams for the last three years.

As the Reno community is trending toward the pleasures of outdoor living with a larger focus on luxury, the new "outdoor entertainment center" is making its debut. Before reaching out to a licensed landscape contractor, pin down a few objectives if you want to make your tired yard look brand new again.

## Planning & Design

Try to frame your discussion around installing a new room to the house, because it's exactly what you're building as you move from the couch to outside. As you prioritize your dream-yard's features and functions, separate the 'nice to do' from 'must do' and you'll soon see the design almost draws itself; and that's where your landscape contractor will be able to come in with ideas to match your budget.



## Putting it all together

A professional landscaper will offer a hands-on approach to identify the indoor functions you'd like to extend outdoors; such as a fireplace, seating area, BBQ, living room or even kitchen features. Room by room, you'll soon develop design priorities as ideas emerge from the discussion.

Below are the most requested features throughout the past year:

**PAVER PATIOS & BBQ PITTS:** With the warmer months approaching, it's definitely time to utilize your outdoor living space throughout the week. Improvements include an area to entertain, cook, relax, or just sit and enjoy the South Reno views.

**FOUNTAINS, PONDS & CREEKS:** Water features have always been an integral part of any elegant outdoor space. Who doesn't benefit from the relaxing properties of water? The right fountain can accommodate existing themes, personal taste and style.

**RETAINING WALLS:** Newer hardscape materials now offer old-world looks in a wide variety of products, colors and sizes. Walls can create beds and borders, block off property, support slopes or create focal points within a garden.

So sit down and discuss it with your family, and then plan it out with your landscape contractor. You'll quickly find the hurdles of enjoying a new outdoor living space are lower than ever before. Isn't it time you rediscovered your own Dream Home?

*Steven Fine is marketing and communications manager at Signature Landscapes. The landscape design team at Signature Landscapes has won more awards for beautiful and functional outdoor spaces than any other landscaper in the area. Visit SigLands.com to see designs on the 2014 HGTV™ DREAM HOME. Call the design center at (775) 857-4333 to learn about a 180-Day landscape financing program for up to \$45,000 on any new project.*



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# What dog breed is right for you?

By Lori Dotterweich and Robert Burks

Did you know out of the 5 millions pets that enter shelters each year, 25% are purebred!? You can adopt a Westie or Lab or Bulldog. But how do you know what breed is best for you and your family? Here are some tips on picking just the right breed for you.

Herding dogs can include a Sheltie, Aussie, German Shepherd or Cattle Dog. They were originally bred to help control large flocks of sheep or herds of cattle. They are extremely energetic and smart which can be a bad combination if you don't provide them with enough exercise and mental stimulation. You're favorite pair of shoes may be chewed if this breed isn't getting their needs met! The herding breeds make great family pets when they get enough exercise and would do best with an active family which is perfect for the Galena area with our beautiful outdoors and hiking/biking trails.

The hounds were of course bred for hunting and can include breeds such as a Dachshund, Beagle, Coon Hound, Afghan and Fox Hound. Since hounds were bred to work independently, they have a mind of their own can tend to ignore you while doing their own thing. The hounds also need a secured yard as sight hounds will take off after anything that moves whilst scent hounds will follow an appealing scent.

Sporting dogs can include the Spaniels, Setters, Pointers & Retrievers – the most popular being the Golden Retriever and Labrador Retriever. The sporting breeds are active and alert and usually enjoy running and fetching as well as water retrieval. They absolutely LOVE people and make a fantastic family



pet when they receive enough exercise. Terriers include pretty much anything that has a terrier after its name; West Highland Terrier, Border Terrier, Jack Russell Terrier. They are definitely a mischievous breed. Terriers are territorial, love to dig and are highly intelligent. This could be a bad combination if they do not get enough training and exercise. But the good news is they are highly trainable if you have the time, patience and sense of humor.

Working dogs are a pretty eclectic group including breeds such as the Mastiff, St Bernard, Akita, Rottweiler, Schnauzer and Husky. This group was bred to perform a variety of functions such as guarding and pulling sleds. For the most part they are strong, smart and fearless. As larger dogs they do well with structure. Some of the breeds can have thicker long coats that require frequent grooming. They can be protective but can make great family pets with positive human interaction and training.

And of course we cannot forget the mixed breed found at any local shelter along with the 25 percent purebreds in the shelter. Not only will you save a life by adopting but they can be practical too as they tend to be healthier than purebreds and also a less intense version of the purebred. We are holding our adoptions till the end of June on Saturdays between 10am and 1pm, if you need a new member of your family.

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.

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## Sage Ridge debunks myths

By Sophie Kim

Sage Ridge is often described as “that little school on top of the hill with hardcore, rich kids.” But, if you look a little closer you might just be left with a different kind of impression.

It is true that the students at Sage Ridge are committed to their academics, said new headmaster Norm Colb who came to SRS after successfully leading Menlo School in Atherton, California for 20 years as Head of School.

“Sage Ridge students receive virtually unlimited support and individual attention,” Colb said, acknowledging rigorous standards. “Students are expected to strive for true academic excellence and are always challenged to use their minds.”

With its small class sizes, students at the college prep day school not only receive encouragement in academics, but in all activities they wish to participate in whether it is sports, music or theatre.

“I’m not a fast runner, so that if I were attending another school I would never know the excitement

of being part of a cross country team,” eighth grader Noelle Kim said. “But at Sage Ridge, I was encouraged to join the team and just do my best.”

The fact that the school provides such extensive individual attention is a tribute to a faculty and staff who are deeply dedicated to every student in the school, says Colb. This unique combination of rigor and support is one of the defining characteristics of Sage Ridge. And it is always coupled with a sense of community amongst the students and faculty.

Laurice Becker is the admissions director at SRS. “We want everyone to feel safe and encouraged to reach their full potential,” she said.

Sage Ridge is not just a school for rich kids. While the \$18,000 per year tuition does carry a punch, more than 20 percent of the students at Sage Ridge receive some degree of financial assistance.

“The awards range from \$1,000 all the way up to \$18,000 a year,” Becker said.

Not only does Sage Ridge provide a generous financial aid package but every year the senior class

earns over a million dollars in scholarships to some of the most prestigious colleges in the country. Along with its dedication to serving its own school community, the school is also devoted to providing for the community at large.

A certain amount of community service hours are required from every student. Students are thereby encouraged to commit themselves to making a difference for those in need, whether through involvement in existing non-profit organizations like Make A Wish foundation and Build On or by creating an independent non-profit, as senior Konner Robison did.

Robinson founded Scholastic Gateway Fund to raise money that provides technology for schools in need. His website is [scholasticgateway.org](http://scholasticgateway.org).

Yes, Sage Ridge is a small school in a small town called Reno but according to the words of its headmaster Norm Colb, “In every respect, this little school’s program is world class.”

*Sophie Kim is a rising junior at Sage Ridge School.*

## Miners active in sports and fundraising are adding rifle team

By Liam Kilroy

While the school year might be winding down, the students at Bishop Manogue High School are as busy as ever combining academics with sports and social events. Prom was, as always, very popular. This year, the theme was Central Park and everyone showed up dressed in their New York best.

Sports are in full swing, with several teams headed into their respective championships during the last week of May. Among the highlights: The Boys golf team wrapped up the season at the Northern Golf Regionals. The team captured first place and junior Nick Turner took the individual first title, shooting a 2-day score of 146. Junior Harrison Holetz and senior Jens Verhey tied for 4th, each with a score of 150. This week they’re playing in Pahrump for the state title, going for a three-peat.

Manogue also has five track athletes who competed at the State meet at Carson High: Logan Spodabolski in the 800 m; Marin Zaccheo in the

100m, 200 m and 4x200 relay; and Tori Lawson, Brittany Adams, and Amber Elkins in the 4x200 relay. And the swimming and diving teams also competed in the Nevada championships.

Besides athletics, one of the spring highlights was the inaugural Mr. Manogue “beauty” pageant where the contestants were boys who showed off a range of talents. Their mission was to raise money for various local charities. Students teamed up in boy-girl pairs with the girls acting as coaches and the boys as the contestants. The teams each chose a charity to support and collected donations from friends and family. The Boys and Girls Club, SPCA, Casa de Vida, Catholic Charities, Ronald McDonald House, Kids Cottage, Salvation Army, Nevada Diabetes Association, Children’s Cabinet were just some of the organizations that benefited.

“It was a giant success,” said Riley Azevedo, a junior and one of the event’s organizers. “We were so grateful to have such an awesome turnout and to see some familiar Galena faces.”

“We plan to make this an annual event and are

thrilled to have the support of our community.”

Aside from fun fundraisers, the high school also hosted the “Meet Manogue” dance; more than 200 interested seventh and eighth graders from middle schools all around the region came to check out the high school. Manogue students involved in Leadership were on hand to show prospective students around the campus.

“Spending time with the seventh and eighth graders gave me the chance to meet some of the incoming Miners and to build friendships,” said Emma White, a freshman.

Looking ahead to next year, Manogue is excited to be adding an air rifle team to the school’s offerings. The coach is still looking for a location where he can hold practices. A 40’ x 20’ indoor space is what is required. All equipment will be put up and taken down every day. Please contact the Bishop Manogue administration with suggestions for a suitable space.

*Liam Kilroy is a rising junior at Bishop Manogue High School.*

## Hunsberger Elementary enrolls new students

By Breanne Van Dyne

Registration for grades kindergarten to sixth grade in the 2014-15 school year at Ted Hunsberger Elementary School is in full swing.

All new students must first complete online registration at <http://www.washoe.k12.nv.us/schools/register>. When registering new students, you will need to bring your child’s original birth certificate, immunization record from a health care provider, and a utility bill showing your name and address as proof of residence to your zoned school.

Students who will be five years old on or before September 30, 2014 may enroll in kindergarten for the 2014-15 school year. During the first week of kindergarten, August 11-15, students will come to school for an individual 30 minute appointment with the teacher. Hunsberger Elementary School will let you know the appointment date and time. Kindergarten students begin regular classes the second week of school.

Students who will be six or seven years old on or before September 30, 2013 must take the First Grade Admission Test before being enrolled in First or Second Grade if the child did not attend an accredited kindergarten; did not attend a private kindergarten program licensed by the Nevada Department of Education; or was home schooled without the approval of the WUSD.

After completing the online portion of registration, contact the school at (775) 851-7095 for more information regarding any additional documents needed to complete enrollment.


*Breanne Van Dyne works for Ted Hunsberger Elementary School as a clerical aid.*

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