



# Sky Tavern helps get your kids outdoors this winter

By Ted Oleson

With all the hype and hope for El Nino, and our early snow, we are all excited at the prospect of a great winter. If you are wondering how to get your kids up on the slopes, consider the Sky Tavern Junior Ski Program. Every winter, kids come up to Sky Tavern,

located on the Mt Rose highway just 20 minutes from the Summit Mall, for an eight-week program that teaches them how to enjoy skiing or snowboarding. The program primarily serves kids age 3-18, although adults can learn, too.

The youngest group, SkyKids, lets parents come up with their children (age

3-6) to learn the basics of skiing. Unlike other ski resorts, SkyKids involves the parents in helping their kids learn how to ski and so builds a strong family experience.

Most participants are between 7 to 18 years old. Youths learn how to ski or snowboard at levels ranging from beginner to racing. Skiers and boarders can come up on Saturday or Sunday or even both days if they are highly motivated. Mornings are devoted to lessons and the afternoons allow free skiing with friends. For those who want to advance their skiing, there is a race team for skiing and a freestyle team for snowboarding. Youths up to age 18 can compete against other teams from resorts around Lake Tahoe.

Another very special program at Sky Tavern offers the opportunity for people with physical or developmental disabilities to enjoy skiing. The Adaptive program is open to anyone of any age who wants to get out on the slopes.

Sky Tavern works as a volunteer-based cooperative with parents and others volunteering on the slopes or in the kitchen, while the kids are learning to ski

and snowboard. Training is provided by volunteer instructors who are certified by the Professional Ski Instructor Association. Parents who want to help teach and become certified can also volunteer. The volunteer orientation makes the program seem more like a family or community, not just a resort ski program.

Participants must be members in the nonprofit, and sign up for instruction. Parents may come up with their kids or buses are also available from several locations in Reno. Prices begin at \$130 for the season with more information and registration available online at [www.skytavern.com](http://www.skytavern.com).

The Sky Tavern Junior Ski Program has been a Reno institution since 1948, providing ski and snowboard lessons during the winter to over 2000 youths and their families. Sky Tavern is a local ski area that was formerly operated by the City of Reno, but now operates independently as a nonprofit.

*Ted Oleson is Chair of the Board of Directors for Sky Tavern. He also is a lecturer in the Economics Department at University of Nevada, Reno.*

## Encourage beneficial insects into your garden



(Photo: Galena Creek Visitor Center)

An insect hotel attracts various beneficial bugs to the Galena Creek Visitor Center pollinator garden and provides a safe place to hibernate.

By Sandy Rowley and Eirik du Saillant du Luc

If you haven't seen it yet, come and explore the insect hotel and pollinator gardens at Galena Creek Visitor Center. The "hotel" optimizes the year-round presence of insects that are desired in ecosystems where pollination and biodiversity are sought; during the

summer it can also serve as an egg laying shelf for some species like mason bees.

The hotel is a wooden, six by nine foot shelter that consists of several separate compartments, filled with natural materials like twigs, logs pierced with small holes, straw, bricks,

*continued on page 15*

## Letter From the Publisher

My goal in creating the Galena Times was to establish a sense of community. I think that's why it has successfully grown to become a special part of our Northern Nevada lifestyle. The Galena Times brings together local residents, area businesses, service providers, financial planners, and physical health experts. We tell you about outdoor activities and local events, how to prepare for the seasons ahead and how to get involved in your neighborhood.

Our efforts have given all of us at the Galena Times a great deal of satisfaction in helping provide a sense of belonging. As we continue to expand our reach, we remain committed to spreading our community's spirit. Many of you may not know that Galena Times reaches beyond the Mt. Rose corridor to much of South Reno, West Washoe Valley, Carson City and Incline Village. Issues are direct mailed every quarter and copies are distributed at many of our advertisers' locations.

As we round the corner of another New Year, I want to thank all of our readers, writers, advertisers and the



On blue bird days, Richard Keillor rises early to get in a few turns in the backcountry.

entire Galena Times staff for their support and enthusiasm.

I hope everyone enjoys this edition and gets out to support our local businesses.

Let's remember to appreciate and experience where we're lucky enough to live.

*Happy Trails,  
Richard Keillor*



# Lifescapes senior memoir writing group looking for new members

By Julie Ullman

At the South Valleys Library, a group meets twice each month to work on memoirs of their lives. Every second and fourth Thursday at 10:30 a.m. they read and discuss a piece of literature, then use it as a springboard for memoir writing. Each week, members are encouraged to share their own writing, listen as others share their writing, and make constructive suggestions.

Weekly topics vary from vivid memories of childhood life to the most memorable person in your life. Often listening to the writings of other members will spark creativity and enthusiasm for recording your own life history. Lifescapes groups are very friendly and casual, and if you need encouragement to get your own memoir-writing project started, you will find it here through members and volunteer group leaders.

Lifescapes is a project sponsored by the Washoe County Library System, Osher Lifelong Learning Institute (OLLI), and the Department of English, University of Nevada, Reno. Lifescapes writing groups meet at the Incline Village Library, Northwest Reno Library and the Sparks Library as well as the South Valleys Library.

All Lifescapes members throughout Washoe County have an opportunity to have their memoirs included in an annual anthology which is published and available for checkout in Washoe County Library branches.

Each year, an overall theme is chosen for the anthology to spark creativity and create a collection of inter-connected memoirs from dozens of members. Past anthology themes have included "Memories of WWII and the Korean War", "Summertime: Fact and Fancy", "Growing into Who We Are", and "Driving Down Memory Lane".

The theme for this year's anthology is "Raising Cain: Stories of My Childhood." To celebrate the publication of the Anthology, a Spring Fling is held each year with live music, delicious food, and interesting people. You're invited to get your creative juices flowing and join a Lifescapes group at your local library.

*Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or [jlullman@washoecounty.us](mailto:jlullman@washoecounty.us). For complete information about programs for kids, teens and adults at all Washoe County Libraries visit the library's website at [www.washoecountylibrary.us](http://www.washoecountylibrary.us).*



**Lifescapes Writing Groups always welcome new members and meet at the following locations:**

**South Valleys Library**

15650A Wedge Pkwy, Reno, NV 89511  
(775) 851-5190  
2nd & 4th Thursdays, 10:30 am

**Northwest Reno Library**

2325 Robb Drive, Reno, NV 89523  
(775) 787-4100  
1st & 3rd Wednesdays, 1 pm

**Incline Village Library**

845 Alder Ave, Incline Village, NV 89451  
(775) 832-4130  
1st & 3rd Fridays, 2 pm

**Sparks Library**

1125 12th Street, Sparks, NV 89431  
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**Publisher:** Richard Keillor

**Managing Editor:** Dagmar Bohlmann

**Editorial Board:** Dan Matteson **Art Director:** Kelly Matteson

**Advertising Manager:** Richard Keillor: [richardk@cbivr.com](mailto:richardk@cbivr.com)

**Contributors:**

Paul Andrew, Kurt Bickel, Lori and Robert Burks, Trevor De Ruisé, Elrik du Saillant du Luc, Jaimi Ficco, Daniel Fleischmann, Ken Focht, Ryan Gearhart, Jodi Herzik, Phong Ho, Amanda Horn, Janice Keillor, Sophie Kim, André Meintjes, Ted Oleson, Dan Osborn, Andrew Pasternak, Linda Petrini, Sandy Rowley, John Sagebiel, Mary Sattler, Matt Schmitt, Kerstin Tracy, Gilbert Trujillo, Julie Ullman

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 inquires 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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# Gaming executives benefit from UNR/UNLV collaboration



Jody Herzik

By Jodi Herzik

This isn't another story about North-South rivalry; this is the story of a great program that happens when two great universities work together. In November 2015, the Executive Development program celebrated its 25th year in strategic leadership for the gaming industry. Co-sponsored by the University of Nevada, Reno and University of Nevada, Las Vegas, this international program has been bringing together world-renowned faculty and gaming industry leaders to discuss current issues and critical trends since 1990.

This year's program titled "Confronting Challenges and Embracing Opportunities - Strategic Leadership in the Gaming Industry" was held at Harvey's Lake Tahoe. The only program of its kind in the world, the exclusive nine-day series is designed for upper-level gaming managers, board members, government regulators and gaming professionals in executive and leadership positions. The program delivers industry-specific knowledge in intensive seminars, presentations and interactions, and covers issues of critical importance to growth, compliance and

sustainability.

Fifty-three participants from gaming establishments in Africa, Asia, Australia/Oceania, Europe, North America and South America successfully completed the program. They joined the ranks of the 1,100 EDP graduates from gaming companies and agencies throughout the world. Executive director of the UNLV International Gaming Institute Bo Bernhard joined Nevada State Senator Mark Lipparelli in leading the program. Lipparelli is a former chair of the Nevada State Gaming Control Board and member of the Board of Trustees of the University of Nevada, Reno Foundation, president of Gioco Ventures, and member of the first EDP graduating class.

"The Executive Development Program is the very best program in the world for leadership development in the gaming industry," Bernhard said. "We at UNLV are so proud to join forces with our friends at UNR to build upon our mentor Bill Eadington's beautiful legacy."

UNR's Executive Development Program was founded in 1990 by the late Dr. William Eadington, renowned UNR professor of economics and director of the Institute of Gambling and Commercial Gaming in the University's College of Business.

"Over the years, EDP has produced so many internationally renowned



industry and regulatory leaders," co-moderator Lipparelli said.

"My own status as a member of the first EDP class is one of my proudest achievements. Today, we look forward to continuing to build upon the most important educational program in gaming, during an era that is increasingly dynamic, technological and global."

EDP instructors include gaming industry experts drawn from some of the most prominent jurisdictions in the world. These faculty include MGM Resorts EVP of global government and industry affairs Alan Feldman, renowned Wynn and MGM HR

pioneer Arte Nathan, members of the Oakland A's Moneyball management team, internationally renowned casino architect Paul Steelman, Bally gaming VP Bruce Rowe, and an interesting mix of special CEO guest stars.

Jodi Herzik is the executive director of Professional Development Programs at the University of Nevada, Reno and has over 20 years of leadership experience in higher education. She has a master's degrees in policy administration from the University of Nevada, Reno. Jodi is passionate about providing educational opportunities, proving that quality matters and creating lasting relationships with people who care about our community.

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# Beyond the basics of gliding: Surfing on mountain waves

By Ken Focht

Gliders are a simple and elegant way to fly. They soar in harmony with the atmosphere rather than using engines to overcome gravity and weather. A glider harnesses the natural flow and power of a complex atmosphere and gains height by finding "lift," or air, rising faster than its natural sink rate. Gliders are quiet and graceful. Ever since our species dreamed of flight we have imagined doing it like birds, just wings and our wits, dancing high among the clouds.

In March 2016, Soaring NV at Minden will host a Mountain Wave camp with over 40 glider pilots from all reaches of the world, participating in the ground school camp and then attempting their own personal record altitude flights along the Sierra Range. Many of these pilots are individuals with their own gliders and others are from various clubs here in the Reno/Truckee region.

Mountain waves are created on the lee (downwind) side of mountain ranges when strong winds hit the range at approximately perpendicular to the range. With the right conditions of wind speed and direction, a Sierra mountain wave can rise much higher than the mountains.

For example, a world altitude record of 49,009' for a glider was set in 1986 in a wave created by the Sierra Nevada Mountains, whose highest peak is under 15,000'. A mountain wave can



Shown next to an Airbus 350, the light-weight Perlan 2 glider is expected to attempt a world altitude record of 90,000'; that's more than 16 miles above the earth's surface.

be localized, but in the right conditions a mountain wave can produce lift along much of the mountain range, again allowing fast flights that rapidly gain altitude without circling within a thermal to sustain lift.

Sometime next year, the Perlan 2 glider is expected to attempt a world altitude record of 90,000'; that's about 40,000 feet higher than the world record set in the original Perlan 1 Project. On August 5, 2006, Steve Fossett and fellow pilot Einar Enevoldson had set a soaring to 50,721ft record over the Andes. All without an engine.

The Perlan 2 glider was developed by the Perlan Project, a volunteer-run, non-profit endeavor headed by leaders in aerospace and engineering. It is supported by Airbus Industries and a group of other sponsors that include Weather Extreme Ltd., United Technologies, and BRS Aerospace.

In addition to its two-person crew, the aircraft carries scientific instruments to provide new insights into climate change and phenomena in the upper atmosphere. Because it lacks an engine, Perlan 2 can explore the edge of space without polluting the atmosphere it will

study, opening up human knowledge on several fronts: weather, climate, aviation and space travel.

**Understanding Weather** – What happens at the highest levels of the stratosphere impacts weather around the globe, and Perlan 2 will be able to directly observe important atmospheric phenomena that previously have been topics of speculation. Perlan 2 will collect and share data with atmospheric scientists worldwide to improve climate models and more accurately predict climate change and its potential solutions.

**Exploring the Ozone Layer** – Perlan 2 can take untainted air samples from the stratosphere to measure the levels of ozone-damaging chemicals and assess whether the ozone layer is replenishing or still depleting.

**Future of Aviation** – Many of the high-altitude weather phenomena Perlan 2 will encounter have implications for aircraft performance and safety, especially as commercial aviation strives to operate aircraft at higher altitudes.

**Future of Space Travel** – Perlan 2 will operate in atmospheric conditions roughly similar to those on Mars, providing insight into how engine-borne aircraft could operate above the Martian surface.

*Ken Focht is a retired Airline Captain with a major airline and a board member of Silverado Soaring Club, a non-profit corporation. Check out the Silverado Club website at [www.silverado-soaring.com](http://www.silverado-soaring.com).*

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## Give art a whirl this winter

By Amanda Horn

Have you ever thought about trying your hand at drawing, but been embarrassed by your penchant for stick figures? Or have you ever craved manipulating clay into one-of-a-kind kitchen bowls that would make Martha Stewart blush? The Nevada Museum of Art E.L. Cord Museum School holds the key to your artistic dreams.

Late last year, the Nevada Museum of Art, Donald W. Reynolds Center for the Visual Arts, E. L. Wiegand Gallery invested more than \$650,000 to revamp the Museum School, adding a new classroom, vibrant lobby, welcoming entrance, and space to hang student artwork. The transformed space has exceeded registration expectations.

Encouraged by the phenomenal community response, E.L. Cord Museum School Director Claire Muñoz, has spent several months enriching an already robust program to elevate the 2016 offerings. The Museum School faculty sports a roster of 35 local artists, designers, architects, and photographers who have a passion for creating an art-filled community through inspiring even the most inexperienced artists.



**The Nevada Museum of Art E.L. Cord Museum School invites adults and children alike to tap into their artistic selves. Classes for artists of every level range from watercolors to camera basics, life drawing to book binding.**



(Photos: J. Dow)

Many classes are geared for adults who wish to deepen their artistic skills, find respite from a hectic daily grind, or simply have fun with a few friends. Taking an art class offers a welcome way to warm the soul when winter's short days chill the body.

The rotating class schedule this

season includes watercolor for beginners, earthworks with clay, camera basics, life drawing, mosaics, bookbinding and collage. Classes range from one evening to six weeks and are geared for artists of every level.

Younger, developing artists can experiment with watercolor, play in clay, illustrate animals, and combine language and visual arts with "Arte en Español." During winter and spring breaks, the Museum School produces week long intensives, usually devoted to clay or mixed media. Encouraging your children to pursue creative endeavors is

one of the most thoughtful presents you could give this holiday season.

Still feeling bashful about sparking a relationship with the paintbrush or pottery wheel? Give the gift of art instead. Museum School gift certificates create a memory for your loved ones and help them resolve to create in the New Year! Explore the multitude of classes this community art resource offers for all levels and ages of artists. Learn more at [nevadaart.org](http://nevadaart.org).

*Amanda Horn is director of communications at the Nevada Museum of Art.*

## Ales vs lagers – What's the difference?



By Jaimi Ficco

Beer is beer right? Well, yes and no. There is good beer and bad beer, but that is a conversation and/or argument for another time. Today, let's talk about ales and lagers, and what categorizes them.

It all comes down to yeast. Yes, that miracle worker of the microbial world that eats sugar and produces alcohol. Allow me to introduce, *Saccharomyces Cerevisiae* (ale or top fermenting yeast) and *Saccharomyces Pastorianus* (lager or bottom fermenting yeast). The difference between the two is how they go about doing their job.

What's an ale? This category of beer uses *Saccharomyces Cerevisiae*. *Cerevisiae* likes to do its fermenting thing in warm environments, usually between 60 -75 degrees Fahrenheit. *Cerevisiae* is a voracious eater, and can ferment a beer in 7 to 10 days. Because *Cerevisiae* converts sugar into alcohol so

fast, it produces byproducts called esters. Esters are secondary flavor and aroma compounds that result in a beer that is slightly "fruity", resembling but not limited to apple, pear, pineapple, banana, plum, cherry, or prune. The warmer the ferment, the more pronounced those flavors become. Common varieties of ales include India Pale Ales (IPA), Amber, Blonde, Porter, Stout, Hefeweizen, and the majority of Belgian beers.

What's a lager? The word lager comes from the German word *lagern* which means "to store." A perfect description, as lagers are brewed with bottom fermenting yeast, *Saccharomyces Pastorianus*, that works slowly at around 34 degrees. Lagers are often further stored at cool temperature to mature. *Pastorianus* likes to work at a much slower pace, taking its time to convert the sugar into alcohol and can take up to three months to ferment. The resulting beer has a clean flavor and aroma, accentuating the malt and hop profile. Common varieties of lagers include Pilsener, Bock, Oktoberfest, and American Light Lager aka Domestic.

Ales and Lagers both range in color from light straw color to black, it all depends on the style chosen by the brewer.

*Jaimi Ficco is the owner of Beer NV. For more information, feel free to stop by Beer NV and pick the staff's brains while enjoying your favorite ale or lager. Or visit [www.BeerNV.com](http://www.BeerNV.com)*

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# NV Junior Cotillion builds confidence in 5th-8th graders



Stephanie Kent

**Submitted by Stephanie Kent**

Parents know this scenario: It's the holidays, everyone is dressed nicely, you sit down to eat a festive dinner and notice your kids look like pigs at the trough. You can't believe they're yours. Sure, we know they can text blindfolded, but to eat with nice table manners or shake hands,

make eye contact, and introduce themselves - those skills are missing. And how about that first school dance? Half the kids are wallflowers, too scared to dance, while the other half look like they're "busting-a-move" on MTV Spring Break.

It's a fast paced world, so what's a parent to do? Luckily, Nevada Junior Cotillion has a solution. On six Friday nights, their traditional etiquette program uses ballroom dance in a festive, party-like atmosphere to teach social skills to preteens and teens.

Dancing gives children tremendous confidence. Boys are noticeably proud to lead girls around the dance floor. It's all mixed with reinforcing social skills such as introductions, dress codes, invitations, RSVPs, written thank you notes, phone etiquette, hosting, and the all important table manners. The shy kids become confident and the overly confident kids learn to behave. Everybody's a winner.

For most students, this program helps them confidently take their first steps in partner dancing. They either learn to swing to the oldies or waltz to the classics. Both end with a final dance in either a 50's Sock-Hop with poodle skirts and leather jackets or a Masquerade with more formal attire.

Did we say it's fun? We did, and social skills help your child be more likable to peers, teachers, adults, and dates. Even future employers will notice a difference in



(Photos: www.BiggestLittleCityPhotography.com)



## Nevada Junior Cotillion is a six-class etiquette program

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No prior dance experience is required, but a dress code is in effect (see website for details).

To register, click "Registration" at **NevadaJuniorCotillion.com**.

For further inquiries, email **NevadaJuniorCotillion@gmail.com** or call **(775) 622-8550**.

job interviews where social grace and manners may help gain otherwise inaccessible opportunities.

*Ms. Stephanie Kent has a bachelor's degree in Psychology and owns and operates both Nevada Junior Cotillion and*

*California Junior Cotillion. Her family moved to the area in 1969 and she now resides in South Reno. She looks forward to meeting more families of Reno and working with their children to gain a social advantage.*



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# Exhibit explores visual history of Lake Tahoe



Paul Andrew

By Paul Andrew

For all who enjoy and appreciate our Lake Tahoe, the exhibit currently showing at the Nevada Museum of Art "Tahoe: A Visual History" should not be missed. More than 175 painters, photographers, sculptors and modern day artist illustrate two centuries of local natural

history.

Paintings, sketches and maps show the serenity and beauty of flora and fauna of the early 1800s. More than 60 artists, including Maynard Dixon and John Ross Key, provide examples of how unspoiled Tahoe looked in the early years.

Works of art also include elaborate baskets paying tribute to Datsolalee, a world-renowned Washoe woman. Her extensive collection of meticulously constructed Washoe baskets remind us of the original inhabitants of the area, who still call the region home.

In contrast, several paintings address the destructive era of logging, when the hills were stripped of all trees, to supply lumber to mines, then later, resorts in the area. Since the first lumber mill began in 1860, over 1 billion board feet were taken from the Tahoe Basin. Naturalist John Muir, when visiting in 1878 described, "The outlandish noise of loggers and choppers and screaming mills."

Also commemorated are Chinese workers, many of



Albert Bierstadt, *California, Summit CPRR, Winter of 1872*, Oil on paper, 19 x 14 inches, Private Collection

whom gave their lives, during the construction of the Transcontinental Railroad. Several featured artists, such as Zhi Lin and Shi Guorui, acknowledge these dedicated workers who completed the formidable task of building a railroad over Donner Summit.

The visual journey leads visitors into the early 20th century, when Tahoe became home to lavish hotels and resorts, with high society vacationers from all over the world. Many of San Francisco's most famous architects were commissioned to design residences in the Tahoe Basin. Artists, such as photographer Ansel Adams, provided inspiring artwork that captures Tahoe's light and shadow.

Some sketches feature early plans that never materialized, like Frank Lloyd Wright's drawing of an Emerald Bay home or a sketch of a proposed bridge over the mouth of Emerald Bay which, thankfully, never was completed.

Contemporary artists Robert Dawson and Lory Rodriques address modern concerns about lake clarity, the litter problem and conservation of water through sculptures and paintings.

Tahoe's fascinating history paints a clear picture not only of the beauty of the area, but also of the challenges people face to preserve Lake Tahoe and the surrounding area so it may be enjoyed for generations to come.

*Paul Andrew is Sales and Marketing manager for Menath Insurance in Incline Village. He can be reached at (775) 762-8204. The exhibit runs through January 10, 2016. Details can be viewed at nevadaart.org.*

## Carson City gets new off-road bike race



By John Sagebiel

A new event is coming to the area and I think we should be very excited about it. The event is the Carson City Off-Road and it will take place June 17-

19, 2016. This event is being put on by Epic Rides, a company that has been doing events like this for 17 years. The company is headed by Todd Sadow, and he and his merry band of collaborators put on some of the best events in the bike business. I know, I've ridden every one of his events and many of them more than once.

The events that the Carson City Off-Road is modeled on are the Whiskey and Grand Junction races, also invented and put on by Epic Rides. These are three-day events that include races, an open-air festival combining bike industry vendors with food and drink and arts and crafts.

The event will start on Friday with the Fat Tire Criterion (or "crit") race where the pro racers will battle it



(Photo provided by: J. Sagebiel)

**Local mountain bikers have another reason to stay in shape this winter:  
The three-day Carson City Off-Road race will test their endurance in June 2016.**

out on a spectator-friendly course in downtown Carson City passing both the steps of the Governor's Mansion and the Nevada State Capitol Building. This will be followed by the amateur cross-country race on Saturday morning, with 15, 35 and 45 mile courses. The course will feature many miles of spectacular single-track and views of Lake Tahoe. The exact course will be announced soon.

Saturday night is the party with a street festival with great musical acts. Sunday morning the pros take to the cross-country course and grind across the 45-mile course for their share of \$30,000 in prize money, split equally among the men's and women's fields.

This equal split is rare in professional bike racing and is one of the things that makes Epic Rides events special.

I will be signing up for this one as soon as it's possible to do so. I'll let you in on a secret – registration opens on December 31, so get that on your calendar, and I'll see you there next June.

*John Sagebiel is a chemist with a deep appreciation for and understanding of the natural world. He is an advocate for and a practitioner of sustainable living. Together with his wife, he designed and built a net-zero energy home in Reno. He is an avid cyclist, riding as much as he can and competing in mountain bike races around the US and internationally.*



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# Athletes need to avoid illness in winter season

By Kurt Bickel

Fall and winter are cold and flu season. For athletes, continued training and at times dieting impact the immune system. Opportunistic germs have a better shot at both, getting established and lasting than in an otherwise healthy non-athlete. As daylight periods shorten and the weather worsens, indoor interactions with more people can be vectors for illness. To minimize both opportunity and duration of sicknesses, you should follow these suggestions.

## Avoiding Illness

**Avoid crowds-** Try to time trips for holiday shopping, working out at the gym, and other activities for other than "peak" periods. Less exposure means less chance of catching something.

**Watch your hygiene-** Wash your hands often. Use the wipes and hand sanitizers at the stores and supermarket. Avoid touching your eyes, nose and mouth unless you've washed your hands first. Wash food thoroughly, wipe down surfaces where ill people may have sneezed or breathed. Being clean and vigilant is different than being a germ-a-phobe. It's being smart.

**"Go Home"-** Make the suggestion if your co-worker is showing up to work sick that they are better off taking a day off and not getting the rest of the office ill.

**Avoid riding in the wet/rain-** Mist kicked up by vehicles can contain all manner of germs, especially in agricultural areas where run off from fields is present. But even in urban areas you may end up inhaling mist containing what someone's pet or wild animal may have left on a lawn or sidewalk. Doing group rides where you are eating tire spray, or areas where heavy traffic create a constant mist are to be avoided. If you do end up riding in the rain, shower after and wipe down your equipment.

**Vitamin D-** Short days and indoor training mean a sharp decline in vitamin D production, which helps

underpin your immune system. Supplementation is cheap and simple. Take that pill.

**Avoid SAD-** Especially for folks in mountain areas where the shortening of daylight is more pronounced and weather means long overcast days, Seasonal Affective Disorder is not uncommon. If you find yourself developing symptoms, take action. I've used lightbox therapy to good effect.

**Eat Well-** Avoid the holiday temptation to eat low value foods. Add a second helping of veggies or salad before the desserts come out, and watch your portions.

**Rest more-** Sleep is a curative. Short naps help boost the immune system.

**Get the Flu Shot (maybe)-** My personal jury is out on this, but I'm not going to argue with the medical community, especially if you are in a higher risk group. When it doubt, ask your doctor.

## When we do fall ill

Despite our best efforts, some of us will inevitably fall prey to some random, resourceful bug. As athletes, our first inclination is to continue training, or to constantly "test" ourselves to see if we're healthy enough to get back on schedule. Time and time again I have seen this create situations where instead of resolving in a few days, illnesses hang on, and even occasionally develop into secondary issues like walking pneumonia. The result is losing long blocks of time and losing fitness instead of getting well.

Below I will outline steps to take if we do fall ill. But first put on your magic ruby slippers, click your heels together three times, and repeat the following:

"I will not dissolve to a puddle of goo or gain 20 pounds taking a few days, or even a week off!"

Now repeat it three more times, and read on below.

**Back Off-** If we are experiencing a symptom or two but are not sure we are actually getting ill (vs. an allergy

or other reaction to our environment) reduce workload in intensity and duration till we have a handle on what is going on.

**Full Stop-** As soon as we are certain we are, in fact, getting ill, stop training. At this point we want to help our immune system do its job, and continuing training, (even lightening the load) means we are still asking our immune system to do two jobs.

**Don't Test It-** Avoid the temptation to go out for a workout to see if your symptoms are mild enough to get through a workout. The odds of getting some benefit vs. making the situation worse are 80/20 against you.

**See the doctor-** Or at least make a call. Often there is one particular bug around that responds quickly to a particular drug or course of action. Pick their brain.

**No Symptoms is Best-** Germs, whatever the type, make you sick. And every species of germ has some weak and some strong germs with different levels of toughness. Your immune system is doing hand to hand combat, killing off the easy prey till only the really tough guys are hanging around. When we return to action too early, we weaken our immune system right at the moment it's dealing with the toughest of the bugs. This is also why you should...

**Finish your antibiotics-** Let's not

create super germs. Kill them all, big and small.

**Rest-** Take the time you would be training and take a nap.

**Stay Off the Scale-** Illnesses often cause us to retain fluid, as will the standard advice regarding colds about drinking plenty of fluids. A gallon of water weighs over 8 pounds, so putting on a few pounds in fluid is quick and easy. So is losing it. Don't drive yourself crazy.

**Eat Right-** Healthy foods help our immune system. When you're feeling lousy low values foods can be tempting; no one dies from a piece of pie but keep the portion and frequency small.

Repeat that phrase again..."I will not dissolve to a puddle of goo or gain 20 pounds taking a few days, or even a week off!"

**Three is less than Thirty-** Again, I've too often seen people try to come back too early, push the envelope and end up losing a month or more after developing secondary infections. Three days off when you might have gotten by with two is still better than thirty days off when you might have gotten by with two. The math is simple.

*Kurt Bickel has been a cycling coach since 2010. His athletes have set world and national records and have won multiple national and state medals. A Category 1 cyclist with multiple titles, he is a recently moved back to Reno.*



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# Battling El Niño with your core in 10 minutes



Dr. André Meintjes

By André Meintjes

El Niño is arriving with massive amounts of snow and rain, right? We all hope for drought relief but with the forecasted “big winter” comes the need for strength and control of your hidden muscles to weather (pun intended) the wet, cold, white, slippery Reno-Lake Tahoe area.

A generally accepted definition of “the core” covers the muscles below the neck and above the upper thigh. These muscles play a major role in injury prevention, maintaining erect, “regal” posture and providing a base for functional strength. Training all these muscles would take all day if you try to isolate each muscle individually. So, do three exercises and get nearly all of them done in less than 10 minutes!

## • “Y-T-W-L” - shoulder and back muscles.

Keeping your body straight over a therapy ball beneath your lower abdominal-pelvic area and feet against the wall, raise your arms in 4 different planes noted by “Y-T-W-L”. Arms overhead at a 45° angle between head



Y-T-W-Ls target core and shoulder musculature.



The Plank is a go-to fix for core stability.

and shoulders, in line with shoulders, elbows tucked into your sides flexed 90°, and finally rotation of shoulders up with upper arms at shoulder level. No therapy ball? Just do it off the corner of your bed.

## • Front Plank – abdominals, gluteus and shoulder.

Lying prone, support your body in a straight line from shoulders to ankles resting on your elbows and toes. Pull your navel in and up (“make yourself skinny”) and pinch your glutes together while rounding out your shoulders. Hold this position for up to a minute (must have perfect technique the entire hold). Repeat three to five times.

## • Clamshell Progression - Hip muscles.

Lay on your side, knees bent to 90° and hips at 45°, one leg atop the other. Rotate your hip out by lifting your top knee while keeping feet together, 10 times. Rotate foot up keeping thighs together 10 times. Lift top leg parallel to bottom and rotate 10 times around the axis of the femur. Straighten your hip, keeping knee at 90° and rotate 10 times around the femurs axis. Tough people, repeat 3 times on each side.

To see a video of each exercise go to YouTube, search “Custom Physical Therapy Channel” and go to the playlist tab. Click on “El Niño Core Program.”

El Niño dump your snow, your rain and whatever icy weather you care to bring us. Our core is now ready for shoveling snow, lifting and carrying sand bags (hope not!) and preventing falls when slipping on ice. Bring on those pressure changes that make my back ache – El Niño we got the work done before you came.

See you when you arrive, that’s if you don’t chicken out again!

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



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## Fat Biking – the new winter sport

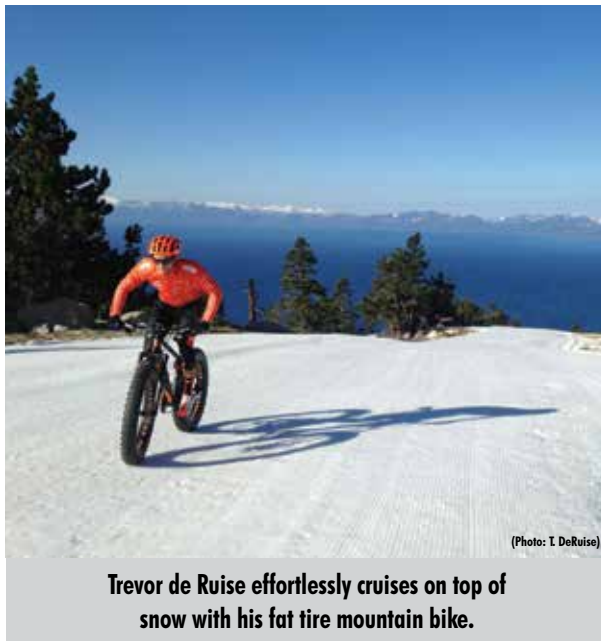


By Trevor deRuisse

For as long as I can remember, the first snowfall of the season has symbolized the end of the cycling season here in Reno-Tahoe. For some, the bikes go indoors on stationary trainers, but for most they go into storage. Waiting until spring arrives, skis and snowboards take precedence throughout the winter months. However, with the creation and exploding popularity of a new type of bike, this ritual is changing.

Rather than putting bikes away, people are beginning to take them out once the snow falls. The bike I'm referring to is the 'fat bike' and it's a new style of mountain bike that has been sweeping the country.

You've probably seen one by now, either out riding or on some kind of media outlet. Fat bikes are like regular mountain bikes, but with massive tires, often four inches in width or more. These chubby tires allow riders to run fairly low air pressures and essentially glide over all kinds of different terrain, including snow. That's right, fat bikes effortlessly float over the top of snow, sand, even mud. Surfaces that normal mountain bike tires would sink into, fat



Trevor de Ruisse effortlessly cruises on top of snow with his fat tire mountain bike.

bikes maneuver with ease.

I got my first fat bike from KTM in 2014 and was blown away by how fun and exciting it was. Trails like the Flume, the Rim Trail, Tyrolean, Browns, or Whites Creek are now rideable year-round. I was skeptical at first, until my first big snow ride, then I was sold.

I climbed up to Marlette Lake from Incline, taking the Rim Trail around in the middle of January. With 1-2 feet of snow the whole way, the bike just cruised along the surface of the frozen snowpack. The views and winter-peacefulness were unlike anything I had ever experienced on two-wheels before.

Over the last two years the sport of fat biking has exploded here in our community, with group rides taking place just about every week. Even more, there is a Fat Bike National Championships now held in Utah in late February, as well as a Fat Bike World Championships in Crested Butte, Colorado, in both of which I am excited to represent Reno-Tahoe.

Interested? Want to give it a try? Stop by your local bike shop and ask to take one for a spin. Get plugged into your local fat bike ride group. While I don't expect it to replace skiing, fat biking is yet another great way to get outside and enjoy the incredible Northern Nevada landscape that we call home.

*Trevor DeRuisse is a professional mountain bike racer. To stay in touch, visit him at Twitter: @TrevorDeRuisse, Instagram: @TrevorDeRuisse, or Facebook.com/DeRuisse633. His book "Project VanLife" is available at ProjectVanLife.com, Amazon.com, and at The Hub on Riverside.*

## A little functional strength gets you ready for winter fun



By Andy Pasternak

It's November and the flakes have already been flying. While hoping that El Niño will bring some much needed snow, why not get

in shape so you can enjoy the fantastic downhill skiing, snowboarding, snowshoeing or cross country skiing that the Sierra has to offer.

Playing on ice and snow requires your body to use balance, proprioceptive and joint stabilizing muscles that you may not have used in a while. One of the keys to get ready for winter activities is to improve your functional strength. What is functional strength? Instead of just focusing on how much you can leg press or how much you can bench press, functional strength training focuses on training your body for specific outdoor activities.

The most important benefit of functional strength training is that these exercises will help you enjoy your winter sports even more. Working to get specific muscles ready allows you stay out on the snow longer and will decrease muscle soreness you typically get the day after a big outing on the slopes.

In addition, numerous studies have shown that doing exercises that improve balance and proprioception (your body reflexively knowing what it's doing spatially) help prevent many of the injuries associated with winter sports.



To enjoy the slopes even more, Dr. Andy Pasternak recommends a functional strength training routine like cross country skiing..

Some good examples of exercises that improve functional strength include Romanian deadlifts, lower body squats, pump squats or squat jumps.

Upper body exercises should focus on core and shoulder strength exercises such as modified chest presses and rows.

One of the nice aspects of functional strength is that it doesn't require a lot of heavy weights or investment in tons of equipment. We often have our athletes do exercises using elastic bands, while balancing on a Bosu ball or by using a TRX suspension trainer. If you feel like a specific exercise is getting too easy, try doing it while balancing on one leg or balancing on

the Bosu ball.

If you have questions or are looking at other ways of how to improve your function strength, feel free to contact us at Silver Sage Sports and Fitness Lab.

*Dr. Andrew Pasternak is a board*

*certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.*



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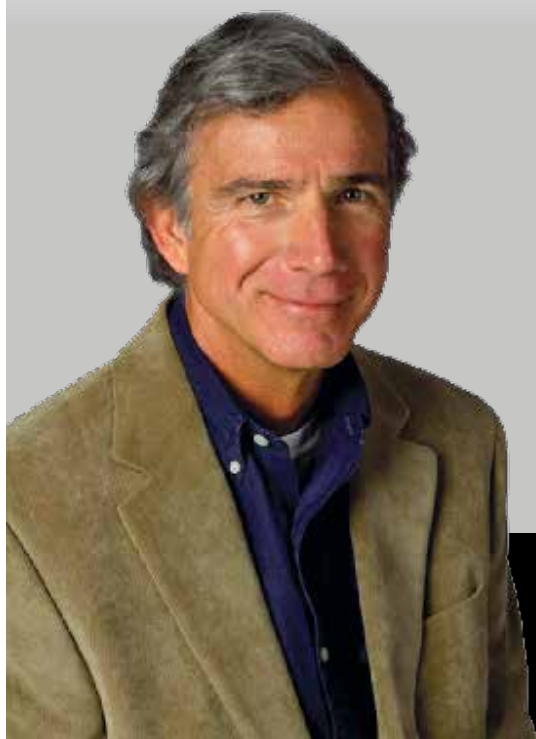
This executive family home offers elegant, yet casual living inside and out. Spacious gourmet kitchen includes Thermador gas cook top, center island, generous pantry, custom cabinetry and lighting with granite countertops. Family/living area has over the top wet bar and refrigerated wine closet. Upstairs is an over sized game/bonus room. Two master suites for privacy. Extensive landscaping, mature trees, rolling lawns, colorful plantings, in ground pool with paver stone patio and fire pit. **\$1,400,000.**



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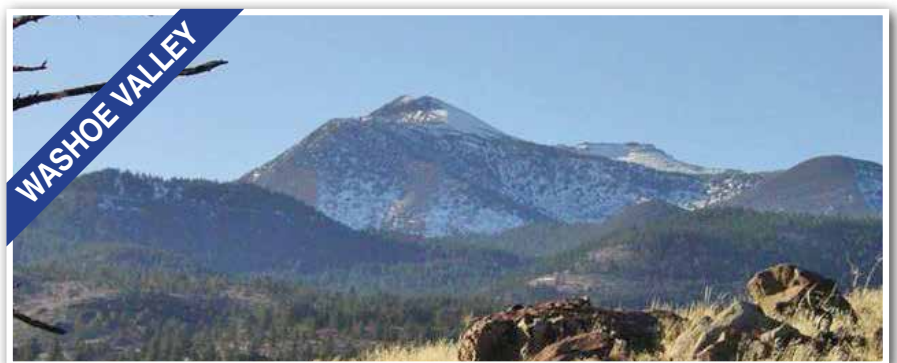
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Large private 12.84 +/- acre parcel. Views of valley from upper part of lot. Paved road access to lower portion of property and dirt road access to upper part of property. Close to skiing, Mount Rose, Lake Tahoe and shopping at Summit Sierra Mall.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



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Creek side Hideaway! This 3 bedroom, 3 bath condo is beautifully maintained and landscaped. It comes furnished so it is essentially turnkey! It is part of a 4 unit complex on a quiet Cul-de-sac. Family room, covered deck, sun room, 2 car garage. Very nice setting. **\$478,000**



# The truth about acrylic nails

Provided by Phong Ho

The manicure. It's a beauty obsession many women will never, ever give up. Done on a routine basis at a nearby favorite salon, the manicure is the woman's 20th century accessory.

But it's also a fleeting, short lived accessorized high that can feel like money going down the drain. Yes, we love the look of a fresh pair of shapely nails coated in the latest seasonal color by OPI. But what we don't like is the potential next-day chip that may come and screw up our manicures, all because we have to still live our lives like normal people. And of course, things happens.

The love of acrylic and now gel nails has surpassed our wildest dreams. Women, more and more, have things to do. We have things to get done, emails to send, and meetings to attend. And we want to do them looking good. There's nothing worse than going for a formal handshake and feeling

ashamed of your less than manicured nails. So, we've resorted to investing in the gel nail obsession or sticking with the age-old acrylic applications.

But, as studies zoom in on our manicure obsession, they reveal shocking and sometimes sad news about one our favorite nail services: the acrylic manicures.

So, what is the truth about acrylic overlays? Are they really that bad for us? Is gel better than acrylic?

So what about acrylic nails?

Acrylics are cheaper than gels, but they both serve as ways to protect your nails from chipping and breaking. You are usually directed to get a refill every 2-3 weeks.

Now, this sounds pretty good, right? Of course it does. Another way to create long lasting manicures: Who wouldn't want that?

Here's the kicker: Many experts believe that the chemicals emitted from the powder are harmful when inhaled by customers. Some say that

if proper ventilation is accessible throughout the salon, customers getting the acrylic service should be fine. But many other experts have gone to say that the FDA banned chemical MMA or methacrylate that is still found in some acrylic solutions can cause respiratory, eye and even skin problems. Try visiting an odorless, gel-only salon, and then go back to an acrylic salon. Make note of the strong smell coming from the acrylic salon. Can't be good for you, right?

So, what is a woman with a love for acrylic manicures to do?

At the end of the day, there are pros and cons to both services. Your best bet in protecting your nails and your health is to research as much as possible on the nail trend you are seeking to try out, and make the best decision for you. In addition to that, always look to spend your money in salons that are clean and have proper ventilation. Stick with salons that use new tools for each customer. All in all,



(Photo submitted by P. Ho)

you must do your part to make sure that you're investing your time and money into a business that ensures safety and cares about health regulations because no cheap acrylic manicure is worth it if you have faulty health.

*Phong Ho is the owner of Paris Nails & Spa. Information provided here has been derived from sources believed to be accurate. For more information, call (775)440-1720.*



Gilbert A. Trujillo, DDS

## Healthy habits keep kids smiling

By Gilbert Trujillo

The holiday season is always a busy time—especially for

families. With kids out of school, a steady stream of festivities and a new year to plan for, the rhythm of everyday life gets put on hold. And sometimes that means good oral health routines and habits go out the

window, too.

The American Academy of Pediatric Dentistry wants to remind parents and caregivers that the holiday break is a great time to help your kids establish and maintain healthy dental habits. This includes good brushing, flossing and eating habits that are essential for healthy teeth.

Tooth decay is largely preventable, especially if you follow these essential steps to prevention.

- The AAPD recommends that a child's first visit to a pediatric dentist should be by the age of one or when the first tooth appears. Regular check-ups should occur every six months.

- Parents should help their children brush their teeth twice daily — after breakfast and before bedtime are ideal. It's recommended that parents/caregivers supervise the brushing for school-age children until they are 7 to 8 years of age.

- The best toothbrushes for children have soft, round-ended (polished) bristles that clean while being gentle on the gums. The handle should be proportionate to the size of the child's hand.

- Parents can begin flossing for their children when two teeth are touching. Children can begin flossing on their own around age 7.

- Look for fluoride toothpaste with the American Dental Association Seal of Acceptance.

A healthy diet is the foundation for a child's overall health and well-being and is also vital to their oral

health. Parents and caregivers should keep in mind the following facts and tips:

- Sugary candy, food and drinks are part of the holidays. With this, the risk of cavities and poor dental health also increases. Parents should try to moderate sugar intake, and watch out for carbonated drinks, which actually erode teeth more than sweetened drinks.

- Keep an eye on snacking — ideally children should have no more than three snack times a day.

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

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

- Cheeses such as aged cheddar, Swiss, mozzarella and Monterey jack are great as a snack or to eat after a meal because they clear the mouth of food and neutralize the acids that attack teeth.

*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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# Take advantage of natural cycle of the season



Kerstin Tracy

**By Kerstin Tracy**

Winter is such a beautiful time of the year. This is a time to ice skate or ski through winter whites as a means of gaining purity and clarification. Coming on the tails of a really busy fall season, winter is also the time to go inward, a time for introversion and contemplation. We seem to

have lots of energy and are getting ready for several important holidays and festivities. Then activity gives way to dormancy.

Is it easy for you to slow down? How do you really feel underneath all the busyness? Do you find yourself going through the days with an 'I got this' attitude, thinking that you might reward yourself in the future with some self-care?

Assume you had a gas gauge attached to yourself.

Check in with yourself by sitting quietly and breathing deeply. Where is your own personal gas gauge? Be honest with yourself if it is hovering around the 'E' for empty.

Here are some valuable tips on how can you stay calm and centered throughout the hustling and bustling of life and its demands – especially during the winter season where nature invites us to slow down:

- Put yourself on the schedule – literally enter yourself into your online calendar and appointment book. You are that important.

- Drop all the doing and perfection in favor of self-care and restoration.

- Start and end your day with some quiet time with yourself observe what comes up for you - what is bubbling underneath the surface and wants to be noticed.

- Stop criticizing yourself immediately. Be nice to yourself in your inner self-talk. Be your own best friend.

- Fill your inner 'gas tank' every single day by doing

something you love.

- Ask for help! Not only professionals but also family members and friends.

Your busyness should never be a measurement for your self-worth. You are amazing just the way you are. The more relaxed you are and the more you love yourself, the easier life is for you and the healthier you will be. Life is meant to be fun. So remember your roots in nature and flow with its cycles. Rest during the winter and go within. The inner world holds amazing gifts that stay untouched and undiscovered if you do not stop and listen.

*Kerstin S. Tracy helps transform the lives of humans and horses using powerful tools and techniques that help them break through blocks and get unstuck so they can transform their lives, energy and spirit. She holds a Masters Degree in Sports Science, is an advanced practitioner in Upledger CranioSacral Therapy and Equine Craniosacral Bodywork as well as a Master Certified Holistic Manifestation Method Coach.*

## Carson Tahoe Health launches first diabetes prevention/healthy lifestyle program

**Submitted by Carson Tahoe Health**

In 2014, the CDC estimated that 29.1 million people across the United States have type II diabetes – 21 million were diagnosed and over 8 million were not. What is type II diabetes and what are the implications of such a diagnosis?

Type II diabetes is the most common form, accounting for 90-95% of all diagnosed adult cases. It is a life-long disease that affects how the body handles glucose, a kind of sugar, in the blood. Diabetics have an increased risk of heart disease, stroke, kidney failure, blindness, and neuropathy. Type II diabetes is a serious condition, but it can

be prevented.

Our bodies are very smart and show us the signs and symptoms that can lead to a diabetes diagnosis. All of these signs and symptoms are associated with age, obesity, family history, smoking, and a sedentary lifestyle. Fortunately, many of these contributing factors can be recognized before it is too late by simply visiting a primary care physician. This gives everyone the opportunity to reverse their risk of developing type II diabetes.

The Carson Tahoe Health & Wellness Institute recognizes that resources can be hard to come by. That's why, in conjunction with the CDC

and the National Diabetes Prevention Program, starting January 5, 2016 they are launching "Small Steps. Big Rewards." – a year-long program that has proven to be effective in eliminating risk of diabetes.

Participants of the program make real lifestyle changes such as healthier diets, increased physical activity and improved problem-solving and coping skills. Sessions are facilitated by a trained lifestyle coach and include

others that want to make healthy changes as well. Each week for the first six months, the group will meet to celebrate accomplishments, discuss strategies and overcome hurdles. Sessions are scheduled monthly for the remaining six months to encourage and support continuing the positive changes when the program ends.

*For more information, please visit [www.carson Tahoe Health.com/wellness](http://www.carson Tahoe Health.com/wellness) or call (775) 445-5169.*

## pollenator project *continued from cover*

and bamboo rods. Materials have been chosen carefully to avoid any chemical treatments. This shelter promotes local biodiversity by attracting beneficial insects to the garden that will ensure good pollination. The insect hotel was made to attract and protect pollinators like solitary bees, bumblebees, flies, and ladybugs. The hotel provides insect populations with a refuge where they can breed and grow either at the individual or population level.

One of every three bites of food eaten worldwide depends on pollinators, especially bees, for a successful harvest. But for much of the past ten years, beekeepers, primarily in the United States and Europe, have been reporting annual hive losses of 40 percent or higher, substantially more than is considered normal or sustainable.

One of the main causes of bee decimation has been determined to be the extensive use of a class of

pesticides known as neonicotinoids, now the world's most widely used type of insecticide. Neonicotinoids are often used on plants purchased by home owners and landscape companies, and there is a general lack of knowledge about the pesticide and how to avoid its use.

The hotel serves as an example, albeit a large example, of insect habitat that can be created in your own back yard. This was made possible by Bee Habitat, Reno Sparks Association of Realtors, U.S. Fish and Wildlife, and volunteers through the Galena Creek Visitor Center.

*Sandy Rowley is the founder of Bee Habitat and Elrik du Saillant du Luc is an intern at Galena Creek Visitor Center. For further information on types of native plants and pollinator habitats, call (775) 849-4948 or e-mail [visitorcenter@gbinstitute.org](mailto:visitorcenter@gbinstitute.org) for more information, or explore the Bee Habitat website at [www.BeeHabitat.com](http://www.BeeHabitat.com).*

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**Happy Holidays!**



# How to make a porch pot

By Mary Sattler

November is a transition month for many Northern Nevadans. It is too early to put up outdoor Christmas decorations and seasonal plant material is dormant. Porch pots are the perfect way to enhance your curb appeal and present an autumnal and wintry welcome to all who come to visit.

Choose your planter while keeping in mind that a larger container will have more visual appeal. Avoid using terra cotta pots since they will crack and break during the freeze-thaw cycle that we experience each day. Make sure the porch pot is not so large that your guests feel like they are walking through a forest to get to the front door.

Live plants (such as ornamental kale, Alberta spruce and other compact evergreen shrubs and ornamental

grasses), pinecones, evergreen boughs, berry stems, red and yellow twig dogwood branches, white birch branches, pumpkins and gourds are all great choices. Look around your yard and see what you might find that would be a great addition to your porch pot. Check with the U.S. Forest Service to get a cut greens license when you get your Christmas tree cutting tag. Start a new tradition of cutting greens along with your Christmas tree.

Follow these simple instructions for an easy to assemble cut greens and stems porch pot: Position your pot and work on it in place since it might get very heavy. Get started by cutting back all perennial plant material that you want to come back next year. If the pot is empty, fill it with pre-moistened potting soil. Start in the middle of the

pot. Choose upright, sturdy greens that will handle a snow load. Good choices are boxwood, Noble fir, and Austrian Pine. Push all cuts 4-6 inches into the soil to prevent them from falling out or the wind blowing them out.

Next, work on the outside edges with greens that have a tendency to trail. White pine, western cedar, and juniper work well for this. Think about texture when filling in the middle area. Holly, Douglas fir, and yew provide a lot of different textures. Once the pot is full, spray it with an anti-desiccant such as Cloud Cover to keep it from drying out.

Add pinecones, red and yellow twig dogwood, berries, birch twigs and Christmas ribbon or decorations for the holiday season. Water occasionally to keep it moist. Checkout inspirational ideas at the Pinterest official site and type in Greenhouse Garden Center.

Mary Sattler is the events and classes manager at Greenhouse Garden Center



with 18 years of experience. She is Nevada Nursery Worker certified as well as Master Nursery certified. For more information, visit Greenhouse Garden Center at 2450 S Curry Street in Carson City, or call (775) 882-8600.

## Red and Green and Red



By Linda Petrini

As red and green decorations create a festive anticipation of the approaching holidays, let's just add some more red! Red wine, that is.

In the design of food and wine pairings, I often am asked what wine goes with a particular menu. However, what if you have a special bottle of wine and want to find the perfect entrée to go

with it? Here are a few red wine varietals and some of my favorite pairings.

Pinot Noir can be very finicky. But when it's good, it is VERY good. I like it because it is one of the few reds that I love with a light salad. I pair it with a spinach salad with poached lemon chicken, sweet corn and dried cranberries. I also enjoy it with pork tenderloin, grilled or roasted, with lots of rosemary and garlic.

Sangiovese begs for everything Italian and tomato-based sauces. You

could liven up some classic entrees like spaghetti and meatballs or pizza with a variety of Italian meats.

Alicante Bouschet is a delicate and elegant red that is not well known. But once you hook up, I believe that you will be pleased. I love it with angel hair pasta, shrimp and a blend of red and white cream sauce (AKA pink sauce). Heaven! Ravioli stuffed with sweet potato would be another wonderful party in your mouth.

Merlot has gotten a bad rap because....well, several years ago, there was a lot of bad merlot. Don't be shy about renewing your relationship with this very fine varietal. I have enjoyed it with casual dining entrées like the Allen Brothers Steak Dogs with all of my favorite condiments. Now and again I will have a "picnic dinner" of deviled eggs with horseradish and sliced

tomatoes. Merlot is a winner here.

Lastly my favorite, zinfandel. This grape is very flexible and goes with many dishes. I love chili, particularly this time of year. Zinfandel is the "go to" wine for me. I also enjoy it with salmon. Who would guess? Salmon has enough fat and texture to stand up to this very big wine.

Cheers and Merry Christmas and Happy New Year!

Linda Petrini has been a "Virtual Sommelier" for 20 years, specializing in California boutique wines. She is now expanding her business to include customized Wine and Food Pairing Events for family/friends, corporate dinners, business marketing and fundraisers of any size. She will also design a customized wine tour for any California region. She can be reached at Linda@WineFoodLaughter.com or by calling (775) 203-8798.



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## Capellini with shrimp and creamy tomato sauce

By Linda Petrini

Serves 4

3 tbsp olive oil  
1 lb peeled large shrimp  
3 lg garlic cloves, forced through garlic press  
¼ tsp dried oregano  
½ c sweet (red) vermouth

1 (14 oz can) diced tomatoes, drained  
¾ c heavy cream  
½ tsp fresh lemon juice  
½ lb capellini (angel hair pasta)

Heat oil in a 12-in heavy skillet over medium-high heat until it simmers, then cook shrimp and garlic with oregano, ½ tsp salt, and ¼ tsp pepper, turning once, until golden, about 2 minutes total.

Stir in vermouth and tomatoes, scraping up any brown bits from bottom of skillet. Add cream and briskly simmer until sauce has thickened slightly, about 1 minute. Stir in lemon juice.

Meanwhile, cook capellini in a pasta pot of boiling water until al dente. Reserve 1 c pasta-cooking water, then drain pasta. Serve immediately, topped with shrimp and sauce. Thin with some of reserved water if necessary.



# 6 immediate steps to prepare for possibly wet winter

By Dan Osborn

All of Northern Nevada is buzzing with the wet winter predictions. The time to ready your landscape for the potential wet wonderland this year is right now, before the first rains and freezes. Taking wet winter precautions will promote a beautiful yard once spring rolls around again.

The key to helping your lawn weather a wet winter is proper drainage. Chances are your landscape was properly graded, sloping away from your home when it was initially installed. Still, be sure to look out for standing water and take note of how water is flowing across your property. A licensed landscape contractor can help design and install proper drainage if needed. Also, keep drain swales and inlets (for water runoff) clear of debris.

Remove leaves and debris now. Don't wait for all of the leaves to fall. Keeping your lawn and planter beds free of debris will help prevent moisture retention that can create fungal disease conditions, smother the grass and attract pests. Now is also a good time to contact an arborist to prep your trees for a wet winter. Saturated or snow laden branches may break and cause damage to your home, vehicle or nearby powerlines.

Limit tracking over your lawn to avoid rutting and displacing your grass. Otherwise, you may face dead



(Photo: D. Osborn)

**Removing leaves as they fall will prevent fungal disease and pests.**

spots or grass that is thinner than the rest of the yard. Heavily worn traffic patterns will be slower to green in the spring. Additionally, frequently trudging over your lawn during a wet winter may cause compaction.

Aerate your lawn to avoid compaction and allow for better absorption of water. Yes, plants need water, but they also need oxygen. Waterlogged lawns and plants can drown. A properly aerated yard allows your lawn to receive oxygen and nutrients and it may keep your plants from becoming overly saturated and help it recover between storms.

Give your lawn a fighting chance with a winter fertilizer application, which is actually applied during

the fall and assists with root development during the winter. A good winter fertilizer can help your grass and plants better tolerate rough winter conditions and have a shot at holding up to the possible heavy precipitation. Be sure to test your soil and apply the appropriate winter fertilizer for a green spring.

Lastly, properly winterize your irrigation system. Irrigation systems are typically winterized by late October, but since Northern Nevada's climate has been unusual this season, keep an eye on the weather and winterize before soil temps drop below 50 degrees. Also, there's more to it than just switching off your sprinkler controller. Consult a landscape professional to ensure that your irrigation system is free of leaks and has properly been winterized.

The good news is that turf is very resilient and in wintertime many plants are still dormant, which makes them more forgiving of saturated soil. Also, the fungal organisms that cause rot are not as active when the soil is cool. Still, there is risk that an extremely wet and cold winter can damage your landscape despite taking all of the right precautions. Not to despair, just work with a landscape professional to recover your lush lawn in the spring.

Dan Osborn is a landscape industry certified commercial maintenance manager at Signature Landscapes.

## Treat your pet to Santa Selfies

By Lori and Robert Burks

Blue Buffalo pet food and Natural Paws host the inaugural holiday event, Santa Selfies & Home 4 the Holidays, on Saturday Dec 12th from 11 am to 2 pm. The event will feature Santa Selfies with a festive holiday background. Get a picture with a pet-loving Santa and

amazing gift bags for only \$10. All proceeds from Santa Selfies will benefit For Pets Sake rescue.

Bring them Home 4 the Holidays! The event will also feature numerous dogs and some kitties available for adoption. So if you're looking for a new member of the family for the holidays,

come by and fall in love. Rescue groups attending the event include Dog Town Canine Rescue, For Pets Sake Rescue and Pet Network Humane Society.

Each adoptee will receive a Blue Buffalo bag of dog food to start the new family member off with excellent nutrition and health. Help Blue Buffalo pet foods reach their goal of getting 1 million pets adopted this holiday season. Once they are home, "love them like

family and feed them like family".

Natural Paws, the event location, is located in the Raley's Center at Galena Junction in South Reno and is doggedly committed to pet rescue.

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

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# Holiday treats – Too much of a good thing not worth the weight



Dr. Matt Schmitt

**By Matt Schmitt**

Here come the holidays, with fun, festivities and fabulous feasts. While we humans tend to add a few pounds that can be trimmed with New Year's Resolutions, for pets it's a different story. A sudden change in diet can lead to digestive issues in the near term, and ongoing health issues stemming from increased weight burden on joints,

limbs and internal organs. For smaller dogs, increased fat can actually bear down on the diaphragm, resulting in difficulty breathing.

Here are some tips to maintain good holiday health for your pets:

## Regular feeding schedule

Even though your schedule may get hectic, try to keep your pet's routine constant. Not only will it help keep diet in check, but it will also cut down on the stress that pets often sense when familiar surroundings are disrupted.

## Keep people food on the table

Any sudden change in diet can cause gastrointestinal upset, leading to vomiting and diarrhea. Fatty and rich foods can trigger pancreatitis, and bones from holiday birds can cause internal injury. Foods like chocolate, grapes, raisins, and certain nuts are toxic to pets. If you want to offer a special holiday meal, add some unsweetened carrots and green beans to small amounts of boneless turkey.

## Spread the word

Advise your guests not to feed table scraps to pets, who will most likely be putting on their best pitiful faces for sympathy snacks. Resist!

## Create a calm space

Put pets in a safe, comfortable place with favorite toys to

keep them occupied while you are entertaining.

## Take a stroll

During the cold weather, food intake typically remains the same while exercise often decreases. Maintain healthy activity by taking a brisk 30 minute walk. It will be good for your dog, and a great way to beat holiday stress for you.

## Seasonal hazards to avoid

Tinsel and ornaments, holiday lighting wires, wrapping ribbons and candles can all spell trouble for curious pets. Toxic plants like mistletoe, holly, poinsettias and even Christmas tree water can cause stomach upset.

## Microchip!

With all the comings and goings of house guests over the holidays, it's easy for a pet to slip out the door. Make sure a lost pet finds its way home with microchip identification and a collar ID tag with current information.

These simple steps will keep your holidays merry for people and pets.

*Dr. Matt Schmitt is a graduate of the School of Veterinary Medicine at the University of Pennsylvania and owns South Reno Veterinary Hospital. Appointments can be scheduled by calling (775) 852-2244. Dr. Schmitt is also on call for after hours emergencies. Learn more at SouthRenoVet.com.*



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# Keeping holiday traditions alive

By Janice Keillor

Believe it or not, Christmas is almost here again. As a kid I could not contain my excitement for all of the holiday festivities. The tree, the train around the tree, the presents, the decorations, Santa, Christmas cards, and of course, all of the food. But now as a parent, Christmas has lost some of its appeal. You may be thinking - how is that possible? Christmas is one of the most significant holidays of the entire year. And yes, I completely agree, but it's also a lot of work.

Because as a parent, it's up to us to make it all happen. It feels like a daunting undertaking to get everything done in time, and it's easy to lose sight of the real reason we celebrate. But my main motivator year after year are my kids. It's important for me to make it special for them and keep our traditions alive, because even the simplest traditions keep my family connected and create memories that last forever.

We have one particular custom that we do together that is just as important as having a Christmas tree - baking an enormous amount of cookies. My mom passed on the Christmas baking tradition, but she did not bake to excess like me. Whereas my mom made about three different kinds of cookies, I make up to fifteen. It's just not possible to make less. There are too many choices and I will not deprive all of my friends and family and mostly myself of all of

the varieties.

My kids and I work tirelessly for several weekends, messing up the kitchen and using every available container to hold all of the cookies. We take this tradition very seriously and must taste cookies from every batch before we allow them to be given as gifts. Don't mistake this quality control as an excuse to eat cookies. It is not.

I'm pretty sure, I'm the reason why my friends and family have to go on diets after the holidays. But I'm sorry, this is not the time to make low-fat, gluten free, whole grain, sugar-free cookies. Save those recipes for your New Year's resolution! Now is the time to break out the sugar and butter and indulge in a little tradition.

So, to all of my friends and family on my Christmas cookie list - please just graciously accept my gift of very unhealthy, fattening cookies made with a lot of love and good will. And if you are so inclined to bake this year, do it with your family and create traditions of your own. It is worth all of the effort to witness the happiness it brings.

Enjoy your holidays and remember what Dr. Seuss said, "It came without ribbons, it came without tags, it came without packages, boxes, or bags. What if Christmas doesn't come from a store? What if Christmas, perhaps, means a little bit more?"

*Janice Keillor is a Grants Administrator for the Carson City Department of Finance.*



Janice Keillor's holiday traditions involve her kids and lots of butter, eggs, sugar and flour.

## Janice's Chocolate Amaretto Bars

### CRUST

3 cups all-purpose flour  
1 cup (2 sticks) butter, cut into pieces and softened  
½ cup packed brown sugar

### FILLING

4 eggs  
¾ cup light corn syrup  
¾ cup granulated sugar  
¼ cup amaretto liqueur or ½ teaspoon almond extract

2 tablespoon butter, melted  
1 tablespoon cornstarch  
2 cups sliced almonds  
2 cups semi-sweet chocolate chips, divided  
Chocolate drizzle

**For Crust:** Beat flour, butter and brown sugar in large mixing bowl until crumbly. Press into greased 13 x 9 inch baking pan. Bake in preheated 350 degree oven for 12-15 minutes or until golden brown.

**For Filling:** Beat eggs, corn syrup, granulated sugar, liqueur or extract, butter, and cornstarch in medium bowl with wire whisk. Stir in almonds and 1 2/3 cups chocolate chips. Pour and spread over hot crust. Bake at 350 degrees for 25-30 minutes or until center is set. Cool in pan to room temperature. Top with Chocolate Drizzle. Chill for 5 minutes or until chocolate is firm. Cut into bars. Makes 2 ½ dozen bars.

**For Chocolate Drizzle:** Place remaining chocolate chips in microwave safe bowl. Microwave on HIGH power for 45 seconds. Microwave for additional 10-second intervals until smooth. Drizzle chocolate over bars.

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# Is your business prepared for 2016?



By Ryan Gearhart

Successful business owners are talented at being able to think about the grand picture and taking actions towards achieving their vision. Start thinking about your goals for 2016 now; that way you can create opportunities to reach those objectives in the upcoming year.

"Never forget that only dead fish swim with the stream," said British journalist Malcom Muggeridge. With a clear goal in mind your actions will inevitably move you upstream. As a local expert on IT, I have a few suggestions for you to consider to prepare for a successful new business year.

Schedule some uninterrupted time to draft a plan for 2016. Start by examining your budget and what expenses produced the greatest returns. Follow this up by assessing your successes from the past twelve

months. Once you have a rough plan, anticipate how you may further strengthen and expand upon it to capitalize on these successes. Evaluate what kind of IT or other resources you may need to nurture opportunities.

Consider spending some time thinking about things such as: the most common support question you are asked by your employees or vendors, how your staff manages their productivity or what possible processes may be preventing them from producing outcomes more efficiently, aspects of local competition that may be excelling in areas you are not. Critical analysis will illuminate areas you may be stumbling on. For example, if your computers are taking 5-10 minutes every day to boot up then your employees are losing 20-40 hours a year simply waiting for their machines to turn on. Brief delays such as this may seem innocuous but magnify over a daily, weekly, monthly, yearly basis.

The nature of technology is a continuous flux of growth and change; therefore, it is difficult to preserve

your infrastructure as well as ensure that it is running at peak performance at all times. Using an outside company enables a fresh set of eyes to examine areas your company may be leaking money, to stabilize a skewed IT budget, or to provide consultations for your business to regain that peak performance.

According to a study by FDIC, Deloitte Consulting estimates that financial institutions which choose to work with an outsourced IT partner can achieve average cost savings of 39 percent, with one-in-four institutions surveyed achieving savings of more than 50 percent.

In 2016 the 'computer guy' can and should be doing much more than simply responding to issues as they come in. Successful IT strategies may take some time to perform; however, the initial investment will exponentially save time and money as your business grows in the coming years.

*Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. For more information, contact (775) 525-2000 or visit [www.protechnical.com](http://www.protechnical.com).*

## Fall financial reminders to consider near year's end

Provided by Hawley MacLean

As every calendar year ends, the window slowly closes on some notable financial deadlines and opportunities. Here are several to keep in mind before 2016 arrives.

Don't forget that IRA RMD. If you are older than age 70½ and own one or more traditional IRAs, you have to take your annual IRA required minimum distribution (RMD) by December 31. If you are being asked to take your very first RMD, you actually have until April 1, 2016 to take it – but your 2016 income taxes may be substantially greater as a result. (Note: original owners of Roth IRAs never have to take RMDs from those accounts.)

Did you recently inherit an IRA? If you have and you weren't married to the person who started that IRA, you must take the first RMD from that IRA by December 31 of the year after the death of that original IRA owner. You have to do it whether the original account is a traditional IRA or a Roth IRA.

You might want to divide that inherited IRA into multiple inherited IRAs before New Year's Eve, thereby promoting a lengthier payout schedule for younger inheritors of those assets. This move must be made by the end of the year that follows the year in which the original IRA owner died. Otherwise, any co-beneficiaries receive distributions per the life expectancy of the oldest beneficiary. Check with the IRA custodian to see if it will permit this.<sup>2</sup>

Can you contribute more to a 401(k), 403(b), 457 or TSP plan? You have until December 31 to boost your 2015 contribution. This year, the contribution limit on both plans is \$18,000 for those under 50, \$24,000 for those 50 and older.

Can you do the same with your IRA? The traditional and Roth IRA contribution limit for 2015 is \$5,500 for those under 50, \$6,500 for those 50 and older. (You must have employment compensation to make IRA

contributions.) Some taxpayers earn too much to make Roth IRA contributions – above \$131,000 AGI, an individual filing as single or head of household can't make a Roth contribution for 2015, and neither can joint filers with AGI exceeding \$193,000.

Ever looked into a Solo(k) or a SEP plan? If you have self-employment income, you can save for the future using a self-directed retirement plan, such as a Simplified Employee Pension (SEP) plan or a Solo 401(k). You don't have to be exclusively self-employed to set one of these up – you can work full-time for someone else and contribute to one of these while also deferring some of your salary into the retirement plan sponsored by your employer. Contributions to SEPs and Solo 401(k)s are tax-deductible. December 31 is the annual deadline to set one up, and if you meet that deadline, you can make your contributions for the current year as late as April 15 of next year.

You can contribute up to 25% of your net self-employment income to a SEP for 2015 – up to \$53,000. For a Solo 401(k), the same \$53,000 limit applies – but you can reach it by contributing a mix of Roth or pre-tax salary deferrals and up to 25% of your net self-employment income (20% if your business is an LLC or sole proprietorship). You are allowed to defer up to \$18,000 in salary and up to 20%/25% of net self-employment income into a Solo 401(k) for 2015, and up to \$24,000 and up to 20%/25% net self-employment income if you are 50 or older. (If you contribute to another employer's 401(k) plan, the sum of your employee salary deferrals plus your Solo(k) contributions can't be greater than the aforementioned \$18,000/\$24,000 limits.)

Do you need to file IRS Form 706? If you are wealthy and your spouse passed away in 2015, this may be necessary. Executors of estates use Form 706 to notify the IRS of the size of an estate.

If a gross estate and adjusted taxable gifts of a decedent exceed the estate tax exemption (currently \$5.43 million), the executor of that estate must file Form 706 after the decedent's passing. If the decedent's gross estate and adjusted taxable gifts are less than the estate tax exemption, Form 706 should be filed anyway to show the IRS that the unused portion of the decedent's estate tax exemption may be carried over to the surviving spouse. A new IRS rule says that executors filing returns after July 31, 2015 for estates exceeding the estate tax exemption must inform both heirs and the IRS about the value of certain types of assets so that tax won't be underreported should these assets be sold. (See your tax advisor for details.)

Are you feeling generous? You could gift appreciated securities to charity before 2015 ends – you may take a charitable deduction for them on your 2015 1040 form and avoid capital gains taxes on the shares. You may want to gift a child, relative, or friend – a single

taxpayer can gift up to \$14,000 this year to as many other individuals as desired, and a couple may jointly gift up to \$28,000 to as many individuals as they wish. Just remember the current \$5.43 million/\$10.86 million lifetime exemption.

*Hawley MacLean may be reached at (775) 329-3041 or [hawley@macleanfinancialgroup.com](mailto:hawley@macleanfinancialgroup.com) and [www.macleanfinancialgroup.com](http://www.macleanfinancialgroup.com)*

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# Winter hike by a landfill?

By Daniel Fleischmann

Winter got you down? El Niño hitting the hiking trails and you don't like to ski or snowboard? Well, just go to the trash dump.

In Lockwood, just past the landfill and before a rock quarry, a breathtaking natural desert wilderness remains tucked away. At the top of it all is Clark Mountain. At 7,196 feet, it towers above the Reno skyline.

Clark Mountain used to be accessible from the east via a beautiful canyon, however the economic boom that is the Tahoe-Reno Industrial Center has changed all that. A popular canyon route to Clark Mountain has officially been closed off as construction rages on in the booming industrial metropolis that is the USA Parkway.

So, what are we to do? Ignore Clark Mountain altogether? No longer bask in its glorious scenery?

Well, don't despair, because Lockwood offers access from the west to reach the lofty summit of Clark Mountain. The route from Lockwood is one mile longer each way compared with the now-closed route from the east. But beauty does await; as does the opportunity to hike another prominent mountain en route; the unnamed Peak 6395.

Views from the summit of Clark Mountain are all encompassing. This includes the Sierra Nevada to the west, the Pine Nuts to the south, and the Pah

Rah Range and Virginia Mountains to the north, along with the numerous peaks in the north valleys in view. Mount Grant 11,300' in the Wassuk Range is visible to the southeast (probably the highest mountain easily identifiable from the summit of Clark Mountain). Finally, you can see much of the construction taking place off USA Parkway, where Tesla, Switch and others are revamping Nevada's economy.

To get to this paradise next to a garbage dump and an industrial boom town, drive to Lockwood, Nevada. It is exit 22 off I-80. From the exit, go straight through the town of Lockwood. The speed limit in town is 20 miles per hour, so drive slowly. Continue through town, for a total of three miles from the highway exit, heading towards the rock quarry. Before reaching the rock quarry, there is an obvious hiking area. Although the dirt trailhead has no signs, it does have room for 5-6 cars. This is the unofficial trailhead for the canyon where the Long Valley Creek cuts through. You will often see cars and trailers parked here. The elevation at the trailhead is at about 4,550'. The coordinates are 39.4821, -119.6204.

You will start hiking through a canyon. Often wild horses visit here, drinking from the Long Valley Creek. A fence line is seen on your left. After only about a third of a mile, get out of the canyon. There is a slight use trail that cuts up to the hillside on your left. This



Peak 6395 provides a lovely view of Clark Mountain.



Descending the canyon makes for a great 10-mile hike.

is now past the fence line. Hike steeply up to a plateau. Once you reach the top of the plateau, Clark Mountain and Peak 6395 come into view. A jeep road runs along the top of the plateau and the hike levels out considerably. The next mile you only gain about 250 feet of elevation.

Continue on the jeep road until you pass a larger road coming from the nearby landfill. Cross the road and continue up the lesser road which continues to a higher plateau.



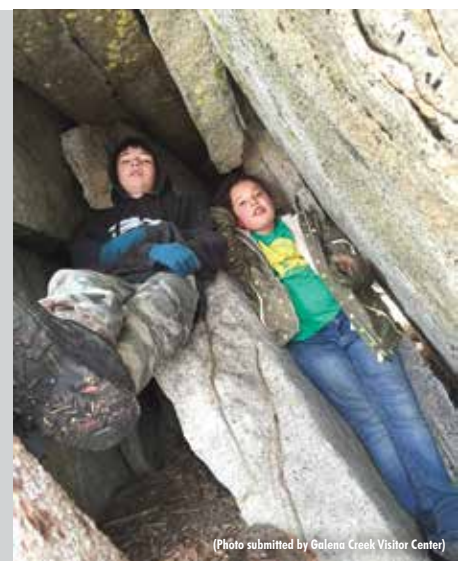
The view from the plateau opens up two hiking option: into the canyon on the left or the up and over the peak on the right.

From the plateau take one of two options. Clark Mountain is on the center-left, Peak 6395 is on the right. You can head to the canyon on the left and go straight towards Clark Mountain. Or you hike up Peak 6395, descend it, and hike back up Clark Mountain. Then you can descend via the canyon as a loop hike. If doing the loop, the total round trip hiking distance is 10 miles, gaining about 3,200 feet in total.

There is a lot of steep hiking required for this adventure, but no real climbing. It is recommended that hiking be done during dry conditions. The road can get muddy after rain or snowmelt. Snow and ice may be encountered at higher elevations, so perhaps this is best for late February or early March. We don't know what El Niño will bring to the desert this year. This might also be a good early December hike.

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.

# Campers explore "One Nevada-Many Cultures"



Campers at Galena Fall Break Science Exploration Camp explored the forest and geological formations. They learned about Native Americans and early settlers, plants, rocks and animals.

Submitted by Galena Creek Visitor Center

With generous support from parents and the community, the Galena Creek Visitor Center hosted the week-long Fall Break Science Exploration Camp for ages 8 through 12 in October. 22 young campers hiked, explored, and learned about the theme One Nevada, Many Cultures.

Campers ventured through the forest with Great Basin Naturalists where they discovered the geographic

formation of the Sierras, learned about local Native American tribes, the first European settlers of our region, and the local flora and fauna.

The first day of camp was all about the campers making new friends, especially with "Jeff," the local species of Jeffrey Pine. Naturalists led the campers through an activity using Oreo cookies to demonstrate how geographic faults work. After time on the trail, campers headed back to the Visitor Center for a geographic presentation with Marvin, a

local geologist. By the end of day one, the campers all knew about geographic faults and how they formed the Sierra Mountains and the Great Basin.

On the second day of camp, Herman from the local Washoe Tribe of Nevada and California came to the Visitor Center to share his knowledge with the campers. He brought the history of local Native Americans to life by introducing authentic Washoe baskets and the Washoe language. Campers also made their own baskets, went

fishing with home-made fishing rods, and learned about authentic Native American constellation stories.

Trail time on day three was spent learning about the first European settlers of Nevada. Campers listened to stories about Nevada pioneers and participated in some early pioneer activities, including shelter building. The day ended with a Wild West Simulation where campers imitated building the railroad, finding water sources in the

*continued on page 22*



# Students weigh options when preparing college applications



Sophie Kim

By Sophie Kim

With meticulously edited and re-edited college essays carefully copied to the Common Application portal, seniors at Sage Ridge School have officially begun their race for college admissions. At this point, most students have finalized their lists of colleges, created their own plan of action and have even turned in their first applications with early decisions and early actions.

Lexi Shepherd, a senior dreaming of becoming a doctor, is planning to apply to around twenty schools including University of Texas Austin, Tufts, Cornell, Scripps, Yale, and UNR.

"Because most colleges nowadays are super competitive, I believe that my best shot at getting into a program that I would be happy with is applying to as many colleges as I can," Shepherd said.

As of now, she doesn't have a top choice from her list as they all have excellent academics and merit scholarship opportunities. And even though Shepherd still has quite a few more applications to send off, her stress level isn't too high.

"I am more relaxed than I was a couple weeks ago," she said. "I know what to expect. However, I am nervous for upcoming interviews."

Elyse Olesinski, on the other hand, is applying to just eight schools, including Harvard, Cornell, Tufts, UC Santa Barbara, and University of Washington in Seattle. She is looking for strong science and pre-med programs and would like to stay on either the West or East coast. Her top choice is Harvard, followed by Cornell and Tufts due to their location and academics.

So far, Olesinski is also feeling good about the application process.

"The most stressful period is about a week before the deadline when you are perfecting everything," she said. "Having finished one application is a huge relief, and I feel more confident moving forward into my other seven."

Both Shepherd and Olesinski applied early action to some of their top choice schools. For Olesinski this was Harvard and for Shepherd, Rensselaer, Miami University, and South Methodist University.

Rob Lamb, Sage Ridges own college counselor, advises students to weigh their options wisely.

"Approximately 450 colleges have early decision and/or the other early admission option," he said.

As with anything, there are both advantages and disadvantages of early decision and action applications.

"I encourage students to do their homework about specific colleges by senior year," Lamb said. "The more research they have done and the more colleges they have visited by then, the more informed they will be about where, when, and how to apply."

Everyone is unique and it is only fitting that each student should forge their own approach to finding their "homes" for the next four years. And with the cost of a college education sometimes rising above the cost of owning a home, it certainly needs to be a carefully evaluated decision.

*Sophie Kim is a senior at Sage Ridge School.*

## campers explore *continued from page 21*

desert, ranching, farming and mining. After the "pioneers" gained all their resources, they were able to select a plot of land in Nevada to purchase with their "earnings." Through this simulation, the campers discovered challenges of being a pioneer in the 19th century and used problem solving skills to determine plots of land that would be the most advantageous to settle in regards to ecological impacts of human land use.

To kick off day four, campers hit the trail with their Great Basin Naturalists to discover human-environment interaction. Half of the campers went to the Tahoe Rim Trail, where they had a blast exploring in the snow, saw Lake Tahoe, and discovered mountain lion tracks. This day was all about determining the difference between biotic and abiotic components of the environment and exploring predator-

prey relationships through a fun game called "Oh Dear!" By the end of the day, campers understood the significance of environmental protection efforts and leave-no-trace techniques.

Finally, campers experienced Nevada Today on Day 5. Solo hiking fostered independence and observation skills. Campers created and told stories, and made stick people with natural and man-made materials.

The next camp for ages 8-12 is Spring Break Science Exploration Camp (Week 1: March 21 through March 25; Week 2: March 28 through April 1). Sign-ups are available by phone at (775) 849-4948 or on the website at [www.GalenaCreekVisitorCenter.org](http://www.GalenaCreekVisitorCenter.org).



(Photos submitted by: Galena Creek Visitor Center)



Campers at the Galena Creek Fall Camp learned how to "Leave No Trace" and protect the environment.

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