

Reno River Festival hosts 2016 US Freestyle National Championships

By Neil Horning

USA Freestyle Kayaking has awarded the Reno River Festival the 2016 US National Whitewater Freestyle Championships. The event will bring the best kayakers in the country to the Truckee River Whitewater Park for the nation's biggest competition. This will be the first time Northern Nevada has hosted the nationals. It is the "can't miss" event of competitive kayaking.

Last year, for the first time in the 12-year history of the Reno River Festival, the whitewater events were canceled because there was not enough water. Liquid Blue Events co-owner and founder Jess Horning is thrilled to announce that, with the return of winter this year, the festival will come back with a vengeance.

"To transition from canceling the whitewater events in 2015 to bringing in the largest kayaking event in the country in 2016 will re-establish downtown Reno

as one of the top whitewater parks in the world," Horning said. "We are excited for the opportunity and even more excited for our community."

The whitewater competitions are only part of what makes the Reno River Festival, well, a festival. Last year, Liquid Blue Events purchased the Reno River Festival with a goal to bring at least one major addition to Northern Nevada's signature event each year.

Liquid Blue Event envisions a river park event that engages the festival goer in everything that is an outdoor summer experience. In the first year, Liquid Blue Events separated the event into villages, built private VIP cabanas and added an extremely popular Craft Beer Village. More than 1,500 guests visited the Craft Beer Village to sample over three dozen craft beers during the two-day event. Tickets for the 2016 Craft Beer Village are currently on sale featuring early bird



Reno River Festival will host the country's best kayakers during the 2016 US National Whitewater Freestyle Championship on the Truckee River.

prizes and incentives.

New cycling event added to Reno River Festival

2016's new addition will become a Reno River Festival signature event. The Reno River Roll will celebrate everything bicycle. This casual five-mile, costumed slow ride will start at the on the brand new Virginia Street Bridge and finish in the heart of the Reno River Festival.

Tour the streets of Reno on your best ride while trailing a live mobile band that will lead an experience unlike any bike ride you've been on before. The Reno River Roll is open to all ages. Space is limited, the thrill is not. Bring not only your bike, but if you donate a bike to kids

in need at the donation booth, you will receive a free inaugural Reno River Roll t-shirt, water bottle and nap sack.

Summer is synonymous with music and so is the Reno River Festival. The music festival portion will soon become one of the event's most anticipated announcements. The Reno River Festival is currently working on a 2016 lineup that will be the biggest and best yet. Details to come soon.

Neil Horning is partner of Liquid Blue Events, a marketing, promotions, and event management company. As a seventh generation Northern Nevadan, he loves all things local. For more information, call (775) 851-4444 or visit www.liquidblueevents.com.

Mt. Rose offers passes valid this spring and next winter

By Mike Pierce

Already surpassing the 300-inch mark of total snow for the season, Mt. Rose definitely has deep coverage this year, and a lot more winter is to be had as the tentative last day of the season is April 24th. To make use of these great conditions, Mt. Rose has unveiled the Spring Plus Season Pass, good for the remainder of the 2016 winter as well as the 2016-17 season.

And if you're not a skier or snow boarder, you can become one this spring for only \$199. Valid for the remainder

of the 2015-16 season for ages 11+, the Spring Beginner Pass provides access to beginner lifts only, including the Flying Jenny, Wizard and Galena lifts, as well as unlimited daily use of rental equipment, and unlimited beginner group lessons. Spring Beginner pass holders will also receive credit toward the purchase of a 2016-17 season pass.

All season passes include pass holder perks such as First Tracks daily on the Blazing Zephyr 6 chairlift, discounts on buddy tickets, private lessons, on-

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Letter From the Publisher

This feels like it could be one of those years where spring starts in mid-June and summer starts the first part of July. Pretty typical weather for Northern Nevada as many of you already know. This issue of the Galena Times includes several new writers and many of your old favorites. If anyone would like to write a story for the GT, please contact me directly. We are always looking for new writers and new subjects to entertain and inform our community.

As always, please remember to support your local merchants. You can find details for local merchants in our area on our newly revamped website Galenatimes.com. Many changes are in store for Northern Nevada and the support of our local merchants are more important than ever.

Finally, I recommend getting out and enjoying the snow well after all the resorts are closed. Backcountry skiing and snowshoeing can be a lot of fun in



Richard Keillor loves to get in a few turns before heading into the office.

the soft spring snow. Any excuse to get out is a good one. You're really missing out if you don't take advantage of the beautiful place we all call home. If you see me out there please say hello.

Happy trails,
Richard Keillor

Free eBooks at Washoe County Library

By Julie Ullman

If you haven't taken advantage of your library card to check out free eBooks yet, we hope you're ready to give it a whirl. It's actually pretty easy to do, and the Library has more than 8,000 eBooks on every subject from cooking to travel. You'll also find eBooks from your favorite fiction writers.

You can access the eBook catalog at www.washoecounty.lib.overdrive.com where you can browse eBooks and downloadable audiobooks. You can even read eBooks right from your internet browser. But, the great thing about eBooks is being able to download them to your tablet or smartphone so you can read them anywhere.

Overdrive is the name of the free app that lets you do all of your browsing, checking out, and reading in one easy interface. Once you download the free app from your app store and create an

Overdrive account, you'll be asked to enter your Washoe County Library card number.

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Tumblebooks: eBooks for Kids

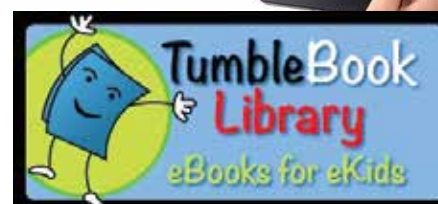
There are lots of picture books and chapter books in the Overdrive eBook catalog for young readers to enjoy, but the Library also has a special resource called Tumblebooks just for them.

Visit the Library website at www.washoecountylibrary.us. Click on Resources-Research Databases Tumblebooks. Kids can enjoy eBooks by well-known authors like Kate DiCamillo and Robert Munsch. All you need is a browser and WiFi Internet, so it's perfect for tablets. Be sure to explore the read-alongs, puzzles, games and National Geographic videos too. Tumblebooks is free because you have a Washoe County Library card!

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Auditions for Wizard of Oz take place in April



Submitted to the Galena Times

You grew up with images of Dorothy, Tin Man, Scarecrow and Lion from the 1939 MGM smash movie. This summer, Sierra School of Performing Arts will bring The Wizard of Oz to life on stage August 12-14 and August 19-21 at the Hawkins Outdoor Amphitheater at Bartley Ranch in Reno. This musical production, based

on Frank L. Baum's classic novel, is reminiscent of the film that has become a beloved, cultural icon.

From the same creative team that brought you Cinderella (2015) and Fiddler on the Roof (2014), director Janet Lazarus, musical director Terry Thompson and choreographer Amanda Albert are sure to make this production a hit with the whole family.

Auditions for The Wizard of Oz will take place Wednesday, April 13th from 5.30-9pm (dance auditions from 5.30-6.30pm) and Sunday, April 17th from 1-6pm (dance auditions from 1-2.30pm) at the South Reno United Methodist Church in Reno.

SSPA is looking for talented actors, singers and dancers (4th grade to adult)

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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

Contributors:

Paul Andrew, Gwen Bourne, Lori and Robert Burks, Jaimi Ficco, Daniel Fleischmann, Ryan Gearhart, Amanda Horn, Neil Horning, Karen Enloe, Janice Keillor, Bobbie Lazzarone, Sophie Lee, André Meintjes, Andy Pasternak, Linda Petrini, Mike Pierce, Jeff Richardson, Brent Ruybalid, Mary Sattler, Matt Schmitt, Tim Scott, 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.

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

Please contact Richard with all inquires regarding the Galena Times: richardk@cbivr.com or visit our website: www.galenatimes.com

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Gilbert A. Trujillo DDS

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Spring is looking skyward at art museum

By Amanda Horn

Since new rooftop construction at the Nevada Museum of Art had begun last summer, you may recall a period of full and partial closures followed by a blockbuster museum-wide exhibition, *Tahoe: A Visual History*. Mesmerized by more than 400 artworks by 175 artists, many forgot that rooftop access was denied, until the occasional crane complicated parking matters. A quick look toward the sky served as a sharp reminder that the Museum was undergoing a serious transformation.

Fast forward to now, ten months and \$6.2 million later. The Nevada Museum of Art welcomes a breathtaking new partnership with the western sky. Completed on time and already exceeding expectations, the Fred W. Smith Penthouse, Nightingale Sky Room and Stacie Mathewson Sky Plaza appear as an organic extension of architect Will Bruder's building.

The new fourth floor feels like it has always been there. Take a stroll through the 4,800 square-foot Nightingale Sky Room, or gaze on the Sierra from the 5,000 square foot Stacie Mathewson Sky Plaza and you'll be hard pressed to recall a time before this architectural masterpiece completed the building.

The Museum has already booked more weddings



Photos by C. Holloman



A new penthouse, plaza and sky room await concerts, conferences, workshops or parties atop the Nevada Museum of Art.

for 2016 than the last two years combined. Every day, special events director Nisha Hallert gets a call from an eager guests, asking how they can rent the sky. It's no wonder, given the amenities.

The Sky Room features a banquet kitchen and retractable floor-to-ceiling glass walls that allow for the creation of an open-air environment. The room accommodates 260 attendees for formal dinners, and up to 397 for concerts, parties, lectures, conferences, workshops, programs for children and other special events. From the programmable LED lights to the

end-cut wood floor, the Museum spared no detail to create a new community treasure.

Throughout the spring, the Museum will host a number of public programs associated with the feature exhibition *The Horse* that will provide ample opportunity for you to experience the stunning new addition. If you're eager to book your own special event, schedule a private tour and learn how you, too, can now rent the sky.

Amanda Horn is director of communications at The Nevada Museum of Art. The museum is open Wednesday through Sunday. Visit NevadaArt.org for complete details.

Mt. Rose passes *continued from cover*

mountain food and drinks, plus retail and repair deals.

Among area ski resorts, Mt. Rose stands out for its proximity and convenience. Mt. Rose offers Tahoe's closest skiing to Reno; you can get there typically in half an hour or less. And no one has easier parking. Even on busy days, you can park close and be on the snow fast.

No villages with long hikes to the lifts and no off-site parking with crowded shuttles.

Additionally, Mt. Rose consistently has the best snow conditions well into late spring. With the highest base elevation of all resorts around Lake Tahoe at 8,260 feet, Mt. Rose is known for receiving top-to-bottom snow when winter storms pass through the region. This high elevation

allows Rose to be almost always the first resort open in the region. Its northwestern exposure and massive snowmaking power provide perfect conditions for an early season start with extensive terrain on superior snow. The addition of nine new, Polecat tower mounted snow machines last year has guaranteed a continued commitment to a long, fun season.

Mt. Rose is local - there's a vibe here that big corporate resorts simply cannot reproduce. On most days, you can typically see someone you know on the hill, or in the bar, and feel good at your home mountain.

Mike Pierce is responsible for marketing and sales at Mount Rose Ski Tahoe. For more info, visit www.skirose.com or call (775) 849-0704.

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Lilac – The Queen Of Shrubs grows well in dry climates

By Mary Sattler

April brings spring flowers and from the time I was a small child I always associated that with blooming lilacs. The distinctive, sweet to spicy scent of the purple, cone-shaped flower clusters massed in vases on my mom's, grandma's and aunt's dining room tables brings back fond memories.

We owe our lilacs to those brave Puritan women who carried rooted pieces on their journey from England. Lilacs are considered a quintessential American shrub making an appearance in America's first botanical gardens. George Washington and Thomas Jefferson grew them in their gardens and wrote about them in their diaries. Lilacs originated in Bulgaria and migrated to Asia. But the lilacs we are most familiar with, *Syringa vulgaris*, were brought to France in 1563 where most of the early hybridizing occurred.

Lilacs are a sun loving, cold-climate shrub and do well in USDA Zones 3 to 7. They are very long lived, even up to 100 years. Lucky for us, this shrub thrives in Northern Nevada's poor soil. More tolerant of high pH and drought conditions, lilacs are relatively disease and insect free. If you live in an area with snails and slugs, those can become an issue. Root weevils can be a problem also. Both pests are easily treated. Powdery mildew is generally not a problem here since our humidity is so low.

Floral rewards are easily improved with the addition of organics. Flowers



Photo provided by Greenhouse Garden Center

Lilacs are hardy, easy care shrubs, and the fragrant flowers are good for cutting and attracting butterflies.

bloom on old wood so pruning time is important. It is best done after the blossoms are done blooming. Their glossy, green, heart-shaped leaves make for a nice compliment to the landscape when the shrub is not in bloom. Lilacs blossoms range in color from white to dark purple. Some Lilacs are more fragrant than others. Generally, the white lilac has a more delicate scent.

Traditional lilacs, *Syringa vulgaris*, fell out of fashion in more recent years when landscape space started to get smaller and homeowners didn't want to have such a large shrub (10' -12' tall x 6' - 8' wide) take up so much space. If not properly maintained they can become overgrown and woody because they are

a suckering shrub. In more recent years smaller hybrids have come on to the market. The Miss Kim and dwarf Korean Lilacs, *Syringa pubescens*, have a lighter scent, smaller leaves and a pale lavender

flower cluster. They tend to bloom a little later, more mid-May. Expect size at maturity to be 5'-6' tall by 5'-6' wide.

The Bloomerang lilac, *Syringa penda*, is the newest version on the market. The great thing about this shrub is that it keeps reblooming beyond the late spring bloom time of other lilacs. Typically it is available in a deep purple and pink. The blooms will keep coming on all summer long and into early fall. This is also a smaller shrub with size from 4'-5' tall x 5'-6' wide. Come check out the very large selection of lilacs at local gardening centers and find one that will be perfect for your yard.

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

auditions *continued from page 2*

for this production. An audition packet is available online at sierraschoolofperformingarts.org. Those auditioning should be prepared to perform a 1-minute monologue, memorized, and one verse of an up-tempo song or ballad from a Broadway musical. Be sure to bring CD accompaniment, or if you prefer piano accompaniment bring sheet music. Bring a headshot and the audition packet.

A video with the choreography for the dance audition will be posted online by April 1, so auditioners can be prepared to perform the choreography. All those who are interested in lead parts or ensemble should prepare to perform the choreography at the dance audition.

For more information, go to sierraschoolofperformingarts.org or call (775) 852-7740.

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Vigilant owners are a pet's best friend



Dr. Matt Schmitt

By Matt Schmitt

Most pet owners appreciate the health benefits of regular checkups and dental exams, along with getting to the vet when there are obvious problems such as vomiting or diarrhea. But Good Pet Parenting is also about using everyday interaction to take notice of pet appearance and changes in behavior and habits.

It's a good idea to make a weekly head to tail inspection of your pet. With just the stroke of your hand and an observant eye you can detect matted fur, foxtails and burrs, cracked paw pads, embedded material, skin conditions, hidden wounds and newly formed growths. Since our pets can't tell us how they are doing, it's also up to us to understand PetSpeak. Learn the signals that your pet is trying to send your way.

Scratching, Licking and Chewing. Compulsive licking can be a sign of anxiety or something more serious, like skin irritations or allergies. Parasites are among the most common causes for compulsive dog



licking, chewing and scratching. And they can often be invisible to the naked eye.

Offering a Paw. While dogs may love to "shake" and use paws to get attention, a raised paw can also be a sign of physical discomfort. A thorn, burr or stone stuck in the foot pad can hamper movement, as can reaction to extremely cold or hot walking surfaces. If the entire leg is hitched up, it can be a sign of an orthopedic issue or back problem.

Lethargy. Extra pounds on an older dog means

more stress on its body, especially on joints and internal organs. Lack of energy can also be the symptom of a deeper problem.

Excessive Panting or Drooling. While increased panting is normal after exertion, heavy panting can be a sign of heatstroke or ingestion of a toxic substance. Excessive panting can also signal an injury, a respiratory disorder, or even heart failure.

More Symptoms Worth Checking Out: Lumps and bumps, abnormal odor or discharge, change in appetite, change in behavior, signs of pain or impaired movement, non-healing wounds, sudden weight loss, coughing or difficulty breathing, frequent or strained urination or difficulty defecating.

A vigilant owner can help expedite appropriate veterinary treatment by providing a detailed description of behavioral changes causing concern, leading to swift and welcome relief for your pet.

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.

Get ready for a green spring with these quick tips



(Photos provided by Signature Landscape)

Landscape gardeners are getting their fertilizer ready to prepare lawns for the season ahead.

By Tim Scott and Jeff Richardson

Winter can alter soil pH, compact the soil and create conditions that contribute to weeds, disease and pests. It's critical that your lawn is properly fertilized, aerated and cleaned early in the season.

Be mindful of snow mold and damage in newly awakened lawns. As the snow recedes it may reveal problem areas that may need thatching.

Fertilize early to take advantage of the spring rains. Also, pre-emergent needs to be done right now (if you haven't applied it already). For future reference, pre-emergent applications should start in February to prevent the growth of weeds.

Aerate your lawn. Aeration, or perforating soil with small holes, is a vital element in lawn care. It allows air and water to penetrate the grass roots. This helps the roots grow deeply, producing a stronger lawn.

Speaking of deep, deep-feed your trees and shrubs. Deep root fertilization allows high rates of fertilizer to be applied at the roots, producing healthier trees without damaging the lawn.

Apply dormant oil (horticultural oil)

to control aphids and other pests. Your trees may still be dormant, but your landscaping efforts shouldn't be. Carefully read and follow all label directions for proper timing and rates; you don't want to damage newly growing leaves.

Fertilizers and herbicides must be used properly or they can actually damage your grass. Carefully follow the instructions to see how much you should apply and when and how much you should water after applying the fertilizer. If you are not quite sure, simply call a landscaping pro.

Don't mow your grass too short. Your grass stores nutrients in the leaf blades, and short grass exposes the soil to sunlight which can make it easier to weeds to take hold.

Be on vole patrol! Voles, similar to field mice, are very active in damaging your lawn when there has been heavy snow. Keep an eye out for vole activity and address it immediately.

From the arborist: Take care to do some very light pruning (less than 10%). Concentrate on removing any dead (and make sure they are dead and not dormant), storm-damaged, cracked

or crossing branches that are rubbing together.

Go ahead and remove the stakes off your trees if they are growing securely. You want your trees to get use to holding themselves up. Allow the trunk to thicken naturally for better wind resistance.

Finally, it was certainly frosty out there this winter. Before you turn it on, thoroughly inspect your irrigation system.

Spring is landscaping season. If you aren't a do-it-yourselfer, get your lawn care scheduled soon to avoid the rush.

Tim Scott is a Landscape Industry Certified Professional and Jeff Richardson is International Society of Arboriculture Certified Arborist with Signature Landscapes. For more information, you can reach them at (775) 857-4333 or visit www.signaturelandscapes.net.

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Pizza pairings – wine for any occasion



By Linda Petrini

I love pizza because it is a blank canvas. Anything can be put on top of a pizza crust depending on the season, your mood or the wine readily available.

There are so many options. I happen to like Papa Murphy's, so I will borrow a few of their offerings to share with my wine pairing suggestions.

With a Hawaiian pizza with chicken, Canadian bacon and pineapple, I love a Riesling. The sweet pineapple on the pie with the floral, ripe fruit of the wine is delightful.

The Cowboy selection is filled with meat. Pairing the fat of the pepperoni and sausage with a big Syrah would really sing. The Angus Steak and Roasted Garlic is a sure fit for Cabernet Sauvignon or

Merlot. Who would not want seconds with this combo?

When I am in the mood for a yummie Pinot Noir, I often choose the Chicken Bacon Artichoke pizza. I really like the smoky bacon with the cherry fruit of the Pinot.

Often times I may look to pair my Chardonnay with a pizza. In this case, I choose to order the Herb Chicken Mediterranean with the chicken, spinach, sun-dried tomatoes and feta. I like the bold, buttery Chardonnay with this delicate entree.

If I am having a dinner party and want a unique appetizer, I will serve the Gourmet Vegetarian pizza with garlic sauce, spinach, zucchini, mushrooms and artichoke hearts, cut up in small bites, and serve it with Champagne.

If you are looking for a light and simple pizza, I would choose the Chicken and Garlic Delite made with mozzarella, chicken, Roma tomatoes, green onions and cheese. I would then pair it with Sauvignon Blanc. The lemony wine compliments each of these ingredients.

If I want to make your own pizza, I have included a recipe for spicy sausage pizza which I have made on many occasions. It is easy and delicious. I pair it with an Amador Barbera or a Barbera Reserve. The heat of

the sausage and rich Gorgonzola, paired with the luscious, plum fruit of the Barbera, make a great dining experience. Cheers!

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.

Spicy Sausage and Gorgonzola Pizza

By Linda H. Petrini

6 servings

3 Italian hot sausages (about 12 ounces), casings removed
1 10-ounce purchased, fully baked, thin pizza crust
1 ¼ cups purchased, refrigerated marinara sauce
1 ¼ cups grated mozzarella cheese (about 5 ounces)
½ cup thinly sliced, fresh basil leaves
1 cup Gorgonzola cheese (about 4 ounces)
¼ cup pitted Kalamata olives or other brine-cured black olives, halved
4 thin rounds green bell pepper, halved



Position rack in center of oven and pre-heat to 425F.

Sauté sausage in large skillet over medium-high heat until just cooked through, breaking into ½-inch pieces with back of spoon, about 10 minutes. Drain off fat; set sausage aside.

Place pizza crust on rimless baking sheet.

Leaving ¾-inch plain border, spread 1 cup sauce over crust. Top with ¾ cup mozzarella, ¼ of basil, sausage, ½ cup Gorgonzola, olives, ½ cup mozzarella, bell pepper and ½ cup Gorgonzola. Drizzle remaining ¼ cup sauce over.

Bake pizza until crust is crisp and topping is heated through, about 13 minutes.

Sprinkle with remaining basil.



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Cut, complement and contrast beer pairings

By Jaimi Ficco

When it comes to pairing a beverage with a certain dish, people have always thought of wine. And while a great wine pairing can enhance a meal, nowadays people are realizing that a great beer pairing can be just as amazing, if not more so. In fact, beer may actually be more food-friendly than wine is. With more room for experimentation in brewing than wine making, beer can offer more flavors to complement a dish. Think about it this way: winemakers have one ingredient to play with. Brewers, on the other hand, have a variety of ingredients to experiment with including, but not limited to, barley, hops, yeast, spices, fruits, and chocolate.

When pairing beer and food, remember the 3 C's, cut, complement, and contrast.

Let's start with cut. You may think you don't know what this is, but you do. Remember in your young and

wild days when you would try to wash the spicy burn out of your mouth with water, only to find no relief? That's because capsaicin (the chemical that makes peppers spicy) isn't soluble in water. It is soluble in beer though, especially one that has a larger amount of hops such as an IPA, which makes that beer a great choice to have with hot wings, Mexican food, and many things in-between.

Complement is when your beer goes together naturally with the food. Example – chocolate cake with a chocolate stout.

Contrast is as simple as day and night. When you are pairing food with beer, contrast is a concept for all but the unadventurous. Bold, big, flavors that you normal wouldn't match. That's what it's about. Same goes for contrasting food and beer.

To correlate beer and wine in pairing, an easy way to

think about it is, lager is like white wine and ale is like red. There are a few fundamental differences between lager and ale (the two main types of beer) worth contemplating: Ales tend to be fruity and robust, while lagers are crisp and comparatively delicate. In terms of body, three types of beer (like wine) are categorized into light, medium, and heavy. Generally you can pair light dishes with light beer and heavy dishes with heavy beer.

With all this said, remember just one important thing: Drink what you like. If you love pale ale, you'll probably like it with anything you eat. And you know what? There's nothing wrong with that.

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.

Protect yourself from pear phishing cyber scam



By Ryan Gearhart

Welcome to the latest tool in the scammer's arsenal: Spear Phishing. As technology evolves so do our cybercriminal friends. This new

breed of scammer is cultivating the vast amount of information available in the digital world to craft specific snares for users. Instead of sending generic emails to thousands of folks, a spear phisher sends personalized emails that appear to come from someone you

know. The ultimate objective for a spear phisher is to send you a disguised email that appears to come from your boss or relative that requests passwords, a wire transfer, or directs you via a link to a webpage contaminated with malware.

So how do you combat this? The simplest and most effective manner is to be vigilant with your emails. Ask yourself: if you received an official USPS mail to your home from the IRS requesting that you immediately pay for unpaid taxes, would you do it or would you question it? People have become lackadaisical with their email because the lion's share of what they receive is actually legitimate. Maintaining awareness can be the most

effective strategy to thwart these traps. Never click on links in an email just because it seems to be from a source you know. Take the time to instead type portions of the URL into a search engine so you are not covertly directed to an insidious web page.

We can take a few steps to stave off this latest scam. When it comes to any efforts to maintain security, crafting multiple security layers for a formidable defense is key. When you build it strong, cybercriminals will move on to lower hanging fruit. Firewalls, email encryption, two-factor authentication (2FA) and regular password management all help to bolster a steadfast defense. The trending age of bring-your-own-device (BYOD) policies make it even more crucial to create and enforce policies to protect you, your family, your employees, and even your clients. With so many



access points to your data traversing a multitude of networks, it is easier than ever for third parties to obtain sensitive information to be used against you or your contacts.

Another powerful yet simple method to augment your defenses is meticulous password management. Take a moment *continued on page 15*

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Spring Pet Adoption Days are back

By Lori and Robert Burks

Natural Paws hosts their annual spring pet adoptions days every Saturday throughout April and May from 10am through 1pm. Each event features a different rescue group starting with For Pets Sake Rescue featuring small lap dogs less than 25 lbs. – the perfect size for snuggling. Surprisingly, 20% of dogs in shelters are purebred so there will be a selection of lovable breeds and mutts. Some pets will be quirky and active, others mellow and slobbery, but all will be loveable and incredibly loyal dogs and cats. Come by to find the perfect fit for your family.

Each adoptee receives a free bag of kibble from Blue Buffalo pet foods, a company that is committed to pet rescue with a Light a Candle for Homeless Pets campaign and a Home 4 the Holidays pet rescue program. Light a Candle for Homeless Pets features animal advocates across the country uniting in a candle lighting every September to raise awareness of homeless and orphan

pets in remembrance of the millions of animals who have lost their lives without having known what it means to have a loving home.

Blue Buffalo's Home 4 the Holidays program featured rescues and retail establishments (Natural Paws included) across the country holding adoptions with the ultimate goal of seeing one million amazing animals adopted. Natural Paws adopted three this holiday season during the event.

"Saving one dog will not change the world," says British dog trainer Karen Davison. "But surely for that one dog, the world will change forever."

Lori and Robert Burks co-own Natural Paws at the Galena Junction Center. Natural Paws, a competitively priced natural pet food and supply store, is located in the Raley's Center at Galena Junction in South Reno and is doggedly committed to pet rescue. For more information visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call (775) 853-3533.

Simply move to improve



Dr. André Meintjes

By André Meintjes

The problem? 80% of us work in sedentary jobs in a longer, full-time work week which averages 47 hours. In 1960, only 20% of jobs were sedentary in nature. The problem with this trend is that our muscles and joints love movement through their full range of motion, so being motionless for all those hours each day leads to the sensation of “tightness.”

We all get tight after prolonged immobility. Repeated day after day from the desk job at work to watching TV each evening, our “envelope of function” becomes limited. Over time, our joints develop smaller ranges in

which they can move and hence we become susceptible to overuse injuries or pain as a consequence of prolonged end range tension (stress) on our muscles, ligaments and joints. Anyone had low back pain at the end of a work day that’s gone the next morning?

The solution? Once daily, move your joints through their full range of motion. Actively stretch your muscles and ligaments by following the specifically designed 10 to 15 minute “movement program.” It is that simple. As I mention to my patients, “motion is lotion.” Could you do it two or three times a day? Sure thing – it may improve your productivity and cut your work week down to 40 hours instead of the 47 because you feel better during your day!

We must maintain our youthful joint, muscle and ligament pliability



Actively stretching joints through their full range of motion prevents stiffness.

and movement as we age to limit the guaranteed onset of general stiffness which is part of getting older. This means the younger we are when we start such an exercise routine, the more likely we are to limit this aspect of aging. In doing so, we will have a better quality of life because of our healthier joints, muscles and ligaments.

The videos of the exercises are on the Custom Physical Therapy YouTube

Channel. Google the following: Custom Physical Therapy Range of Motion Program. It will take you right there.

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 or check out his blog at www.customphysicaltherapy.wordpress.com.

Always check your sources for online health info



Andrew Pasternak, MD

By Andy Pasternak

One of my friends recently posted an article about the HPV (Human Papilloma Virus) vaccine. When I clicked on the link, it took me to a fairly official looking webpage from a “college of physicians” with possible safety warnings. I was somewhat shocked, since I

hadn’t seen any other research or data about this.

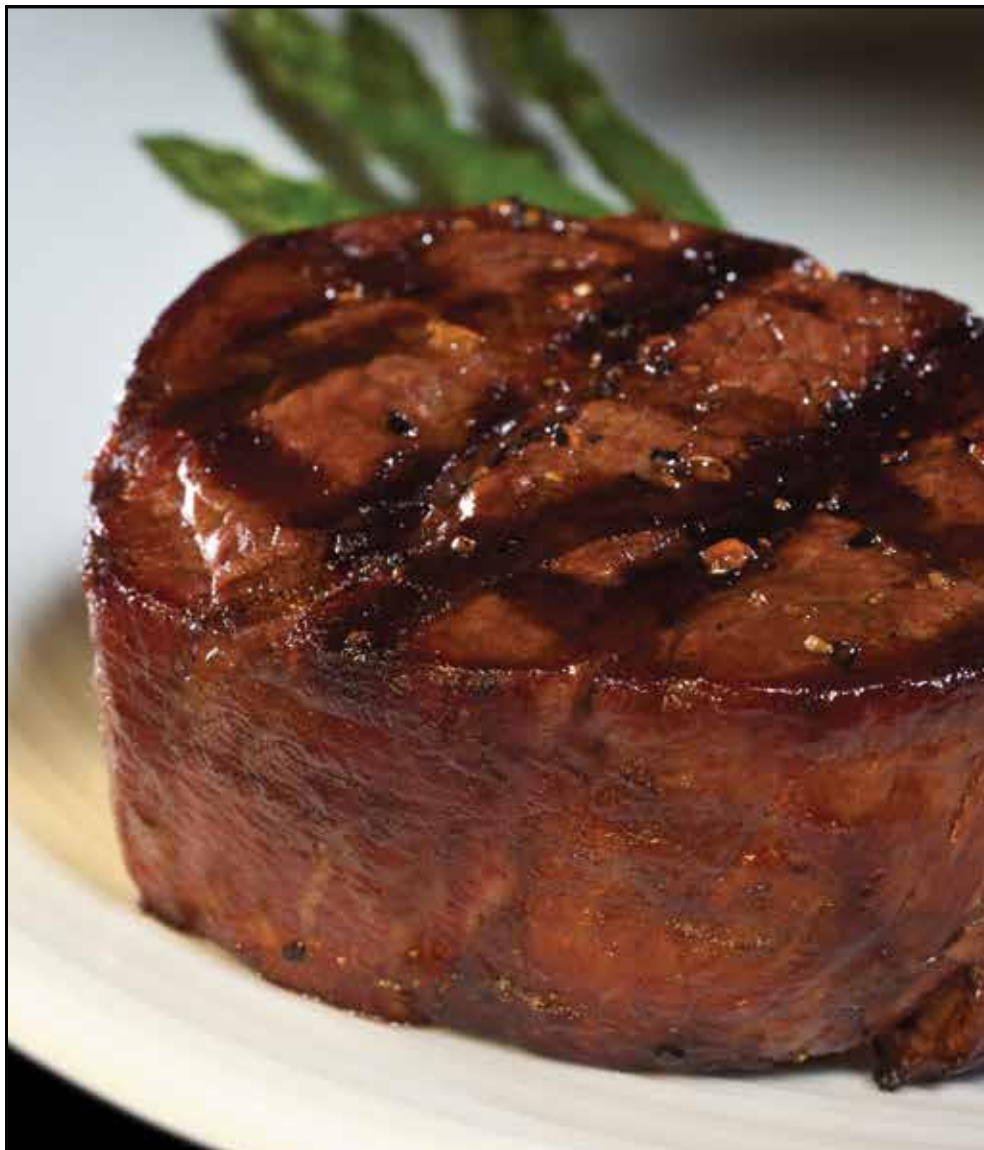
A few days later, I realized I had been duped. Fortunately, another friend who is a pediatrician, posted a response on Facebook calling out the group issuing warning. She also explained the warning wasn’t issued by the American Academy of Pediatrics, the primary organization that represents over 64,000 pediatricians. Instead, this bogus information emanated from a group easily confused with the AAP but is limited to about 200 members with very

specific and biased agendas.

It was a good reminder for me, especially with all of the half-truths and rumors going around the Internet, to always check the legitimacy of the source. As a physician, I’m constantly seeing recommendations, certifications or guidelines from organizations that sound and look official but are really just sham organizations with dubious goals.

How can you tell what’s legit and what’s

continued on page 15



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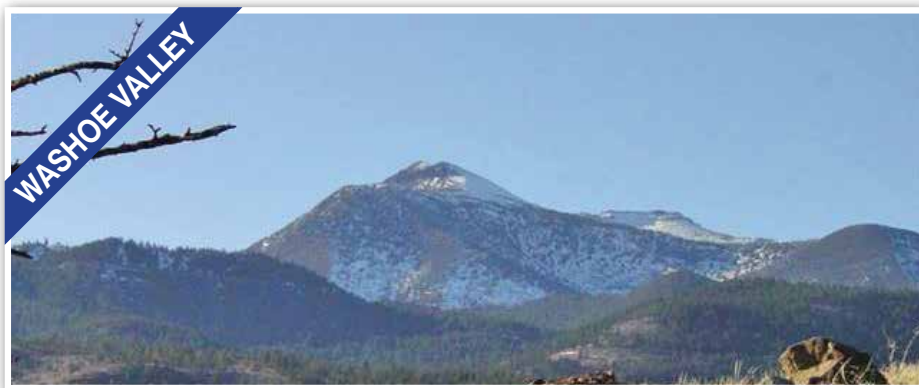


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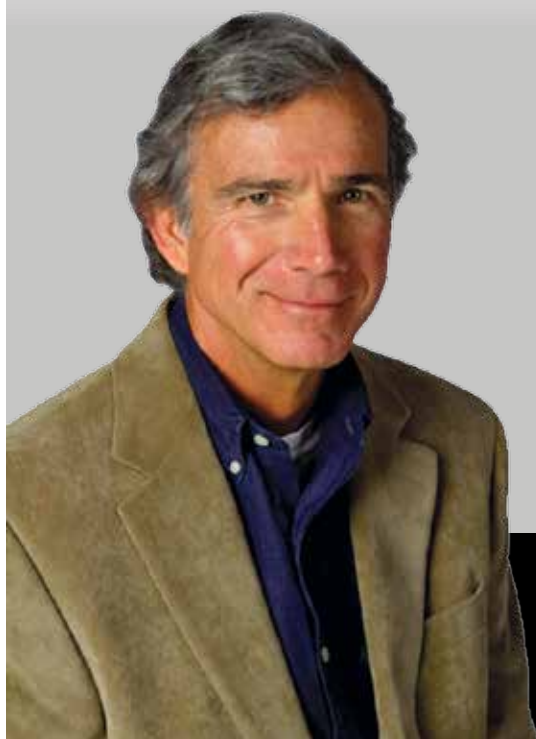
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Swim with the Sharks

The Carson Tigersharks Masters Swimming Program



Janice Keillor

By Janice Keillor

It's 5am. My alarm goes off, it's still dark out. I feel so cozy and warm in my bed, so relaxed; it would so nice to just continue sleeping. My alarm goes off

again. I'm getting out of bed. I can't be late or I'll miss part of the workout. I can't be the last one in the pool.

How many times have I been through this? I've been doing this for six years, so at least 600 times. It must be for a good reason, for something worthwhile and rewarding, an activity that I truly enjoy-once I'm there. It's masters swimming. And yes, it's not always easy to wake up and get there, but the payoff is huge, and the enjoyment of swimming with a wonderful group of people and under the instruction of exceptional coaches always keeps me coming back.

So, you may be wondering, what exactly does "Masters" mean and what does the program provide? Masters is simply a swim fitness program for adults ages 19+ who want swim instruction and an improvement of skills. Any level of swimmer can join, and the workouts are as hard as you make them. If you're



Carson Tigersharks coaches Julie Hardt and Dan Morse at the Carson aquatic facility

training for a triathlon or swim race or just want a hard swim workout, there's a lane for you. If you want to swim easy or without specific goals in mind, there's also a lane for you. Whatever level swimmer you are, there are other swimmers with similar abilities. And we always have fun, no matter if it's Technique Tuesday or Fast Friday.

Carson City is very fortunate to have an indoor, 50-meter pool that is open year round. In fact, the only indoor 50-meter pool outside of Las Vegas is a popular venue for swim competitions and training programs. The Carson Swim Club was started in 1969, and in 1999 the name was changed to the



Lanemates Linda Petrini and Janice Keillor taking a break to watch the sunrise.

Carson Tigersharks. A variety of programs attracts all ages and skill levels, but the group with the highest membership is the Masters team. This team has been around almost as long as the swim club, and with a world class aquatic facility in which to train and two outstanding coaches, the program is more popular than ever. Reasons for this success might be many, but I suspect the main reason is the coaching.

The head coach, Julie Hardt, was raised in Carson City and is one of the most recognizable names in Northern Nevada swimming. After competing at the 2000 and 2004 Olympic trials and the World Championships in 2001, Julie coached for four years and decided to move to Australia to pursue a higher education. She received a Master's degree in Biomechanics and a PhD in Sports Psychology at the University of Western Australia, a complement to her two Bachelor's degrees in Psychology and Sports Science. She continued coaching while in Australia and returned to Carson City in 2014 for an opportunity to coach the Carson Tigersharks, the team that helped develop her into a world class swimmer.

Julie Hardt's coaching experience ranges from young kids just learning to swim to national level swimmers. With her extensive education and coaching background, Julie is more than qualified to understand all of the needs and nuances of each unique swimmer and how to direct them in positive ways. She especially enjoys coaching the Masters swimmers because of their enthusiasm and desire to improve their swimming skills. Her workouts are creative and fun and can be adjusted according to ability.

One longtime Master's swimmer, Linda Petrini, has been working diligently with Julie on improving her technique. After swimming yet another 50 yards in 33 seconds Linda exclaimed, "My stroke is to die for!" With Julie's help, success rate is very high.

The Tigersharks assistant coach, Dan Morse, just recently arrived

Carson Tigersharks Masters Schedule

Monday

5:45-7:00 a.m.
5:15-6:30 p.m.

Tuesday

5:45-7:00 a.m.

Wednesday

5:15-6:30 p.m.

Friday

5:45-7:00 a.m.

Saturday

7:00-8:30 a.m.

from Rhode Island and has been the perfect complement to the program. His enthusiasm and knowledge have contributed to the overall motivation of the Masters team and is another reason the team is so popular. Dan spent four years swimming for Keene College in New Hampshire and felt that it was a natural transition to start coaching and sharing the skills and discipline that he learned through hard training. He was attracted to Carson City because of the team's excellent history and records, along with the caliber of the aquatic facility, the location, and the talent of the head coach.

But Dan is no newcomer to coaching, having spent several years as the assistant coach at Keene College and then managing the club team and Masters team at the YMCA. He has experience coaching all levels of swimmers, from kids to open water to World Cup level. In addition to his swimming talent, he spent eight years as an amateur boxer, initially using the workouts as cross training for swimming, then later to compete in boxing matches. Dan's positive attitude, experience and enthusiasm has been an asset to the Tigersharks. And even though he likes the Boston Red Sox, the team has welcomed him with open arms.

As the Masters team continues to grow, new programs will be offered beginning this summer. A triathlon clinic and open water swim clinic will be offered in May and June and an adult beginner triathlon will be held in July. You do not have to be a member of the U.S. Masters Swimming program in order to join the team. Dues are just \$60/quarter and you are welcome to come to several workouts in order to determine if it's the right fit for you. The hardest part of the program is getting there.

The Carson City Aquatic Facility is located at 841 N. Roop Street. For more information you can visit www.tigersharks.org or call the Carson City Aquatic Facility at 775-887-2242.

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Innovation and collaboration essential for a healthy community

Submitted to the Galena Times

The recent evolution of national healthcare reform has made one thing clear: Without partnerships and collaborations, growing to meet the needs of an increasing population is virtually impossible. Fortunately, Carson Tahoe's Regional Medical Center size and independence continues to be advantageous in terms of adaptability and delivery of higher level services. And, by joining forces with other community stakeholders, Carson Tahoe provides leading-edge care. This strengthening of community alliances and the pooling of resources enhances the prospect of a stronger and healthier population.

Carson Tahoe Cancer Center's recent affiliation with the acclaimed Huntsman Cancer Institute (HCI), University of Utah Health Care is one example of a healthcare alliance that



embraces the needs of local cancer patients. By combining resources, easy access to expanded and specialized cancer treatment is now available and offers a safety-net for Northern Nevada.

"We form community relationships through a forward-thinking evaluation process that looks at what community members need from us, and then identifying ways we can enhance our services accordingly," said Ed Epperson,

CEO and President of Carson Tahoe Health. "Our affiliation with Huntsman Cancer Institute and the University of Utah Health Care not only positions our organizations for success in today's rapidly evolving healthcare environment, but it provides our region with the best possible access to complete cancer care."

In addition to upholding the most advanced standards and protocols,

Carson Tahoe Health and University of Utah Health Care share a deep-rooted commitment to cultivate the patient experience through compassionate, personalized care. In keeping with this commitment, this new multidisciplinary team approach provides patients with coordinated and comprehensive treatment plans appropriate to the individual cancer diagnoses. Patients are able to obtain virtual, personal 'second opinions' through digital teleconferencing technologies and access advanced clinical trials when eligible. If a patient is referred to HCI for a higher level of care, they are assigned a personal nurse navigator to help them throughout the treatment process.

By upholding the highest possible standards, adapting to the changing healthcare climate, and forming community-focused partnerships, Carson Tahoe continues to be an area leader for advanced and innovative care.

For information, visit www.CarsonTahoe.com/cancer-services.

Teeth whitening for adolescents provides white smiles

By Gilbert Trujillo

Many of our children want whiter teeth. The media shows movie stars, singers and other celebrities who have ultra bright white teeth. It is understandable that our kids would want a similar smile. Many times our genetics give us teeth that are not very white. This can be due to the color of the minerals that comprise our teeth or to events that cause a color change during infancy.

Either way, most of us would like a white, bright smile. First, let's discuss some of the things that cause our teeth to be discolored.

Food and Drink: Obviously, coffee and tea are big culprits. Many adolescents are starting to drink coffee and tea. Some foods have chromogens, pigments in food, that can stain the enamel.

Trauma: Teeth that have been injured can have an internal bruise that won't go away. Also, the injury can cause more dentin to form which is darker.

Medications: Young children that were given certain antibiotics during permanent tooth formation can have discolored teeth. These include tetracycline and doxycycline.

Swimming: Some swimmers can get a silvery stain on their teeth due to chemicals used in pools.

Natural tooth color: Some people just have darker colored teeth. Our genetics play a big role in the outcome of our tooth color. Some patients have yellowish teeth while others have grayish teeth.

Teeth Whitening Options

Teeth whitening works by bleaching the stains on the teeth or by changing

the color of the enamel. There are two different bleaches used in whitening products: hydrogen peroxide or carbamide peroxide. Hydrogen peroxide actually bleaches enamel. It comes in a gel form that is used in custom bleach trays that the patient wears to achieve the desired whiteness. This is the best bleaching method, in my opinion. The trays allow the gel to reach into hard to reach areas and the entire tooth gets bleached. We take impressions of the teeth to make a custom tray that fits well and allows the maximum whitening benefit.

Other teeth whitening options are whitening toothpastes, which remove stains by using mild abrasives. These toothpastes do not change the color of enamel.

Bleach strips can work but many times they are not whitening in the hard-to-reach areas between the teeth and the outcome can be uneven.

Some patients report teeth sensitivity after bleaching. The bleach can permeate the enamel and get into the dentin layer, which can cause sensitivity. This is usually temporary and will go away in a few days. I recommend bleaching initially 2-3 times within two week, then again in a couple of months. This is usually enough to get a natural color change without a lot of sensitivity. I never recommend a patient bleach so much that the teeth become translucent, this can look unnatural and cause a lot of sensitivity.

Whitening can achieve beautiful results, however some teeth don't respond as well to the bleach as other teeth do. It's hard to predict which patient will do well with bleaching, but patients with severe tooth discoloration

may never achieve a great outcome. For most of my patients, bleaching brings out a beautiful white smile.

Dr. Gilbert Trujillo, a Reno native, received his D.D.S. from the University of the Pacific and his Certificate in Pediatric Dentistry from Baylor College of Dentistry,

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

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Reno gymnasts tumble toward coast-to-coast success

By Dagmar Bohlmann

Forgotten are all the falls and failures, missed landings and callused limbs. This season, Deltchev Gymnastics Level 7 girls are celebrating coast-to-coast wins. Leaping for their dreams with discipline and commitment, the Reno team won in January at the Manhattan Classic in New York and in February at the Long Beach Open.

Led by Stoyan Deltchev, a former Bulgarian gymnast and Olympic champion, and Anni Damianova, the young athletes know that success doesn't come easy.

"When I ask a group of kids who wants to be a champion, everybody throws their hands up," Deltchev says. "But when I ask who wants to work really hard, no one raises a finger."

To be successful in gymnastics – or any sport – requires dedicated work, dealing with frustration, taking criticism. It's not always easy. In fact, most of the times it isn't. But the sweet moment of mastering a new skill makes perseverance worthwhile.

In the end, gymnastics teaches more than incredible tumbling passes for a floor routine and fearless backflips on a skinny balance beam.

"Gymnastics builds a solid foundation for life,"



Deltchev Gymnastics Level 7 team celebrates its success as team champions of the Manhattan Classics 2016 with head coaches Stoyan Deltchev and Anni Damianova in New York City.

Deltchev says. "It builds discipline and confidence, strength, flexibility and balance. It prepares you for all other sports and for life."

At Deltchev Gymnastics, toddlers as young as 16 months can learn to roll and bounce with their caregivers. Older kids can pursue the path of recreation or competition.

"We prepare our athletes to where they want to go,"

Deltchev says. "Some might just want to have fun, others aim for college scholarships or Olympic competition."

Deltchev himself competed at the 1980 Summer Olympics in Moscow where he won a gold medal in horizontal bar and a bronze medal in all-around individual. In 2008, Deltchev became the first Bulgarian inductee of the International Gymnastics Hall of Fame.

What sets Deltchev Gymnastics Academy apart and creates the base for excellence is attention to detail.

"We make sure that our gymnasts have perfect technique from the very beginning," Deltchev says. He credits his team of top level trainers. Most of them have competed on national teams in international competitions.

From his own experience, Deltchev knows that the inner motivation of an athlete to overcome obstacles, to get up after failure, and to try again and again, can come not only with sweat but also with tears.

"That's part of the process," he says in a tough love kind of way.

But when Gianana Giron recently achieved a perfect 10.0 on vault in Long Beach, California, any tears were a sign of joy and pride.

For more information, visit www.deltchevgymnastics.com.

Is sitting the new smoking?



By Paul Andrew

A sedentary lifestyle can lead to many serious effects on both, the mind and body.

I've spent the majority of my working life in a sitting position.

For over 30 years, I've sat in a car to commute to and from work, spend at least eight hours a day sitting in a chair, hunched over a computer with a phone in my ear, then generally am so exhausted at night, after dinner, that I crash on the couch with a remote control in my hand, channel surfing until I finally hit the bed. I then repeat the process the next day.

When sitting for long periods of time, muscles burn less fat and blood flows

more sluggishly, allowing fatty acids to clog the heart. Moving muscles pumps fresh blood and oxygen into the brain. A sedentary existence slows brain function.

The back and posture are affected as well. Discs are squished unevenly when we sit, giving us a greater risk of a herniated disc. Ab muscles, which are important in keeping us upright, go unused when slumped over in a chair.

Add to this possible leg disorders, softer bones and muscle degeneration, all makes it sound like we are going to be bed-ridden if we continue to work our desk jobs, like millions of Americans are forced to do.

Before any of us march into the bosses office, quit on the spot, and end up penniless just to preserve our health, there are some simple solutions to this dilemma that can be easily accomplished.



Bad posture can lead to headaches, back aches and loss of productivity.

We need to be conscious of how we are sitting. Like many, I find myself slumped over so I can get my aging eyes close enough to the computer to read the small letters. Be sure to try to sit upright with shoulders back, elbows at 90 degrees and feet flat on the floor. Ergonomic chairs, though sometimes difficult to get used to, can help with posture and back support.

Your computer monitor should be adjusted correctly where you aren't bending down to see the screen. There are

also standing desks available, which can be tiring to use, but another option that will help in the long run. Though usually met with resistance, stand-up meetings usually are healthier, plus they can shorten the duration, as participants are reluctant to get too comfortable and talk continuously to avoid going back to work.

Exercise, including walking breaks, and periodic stretching are invaluable for those who are forced to sit for extended periods of time. Park far away from the door, so you get a healthy jaunt of movement to and from the office. Walk, or go to a gym at lunch, rather than more sitting in the lounge.

It is so important to be conscious of how we maintain our minds and physical wellbeing that we need to be aware of the signs our bodies give us. Your body will thank you in the years ahead.

Paul Andrew recently retired. Whatever he'll do next won't include sitting, staring at a computer or talking on the phone to confused and angry people.

3 ways to stop feeling nervous now



By Kerstin Tracy

Nervous tension and anxiety are something I come across a lot in my work. Our nervous systems get compromised easily – sometimes as early as in utero.

In addition, we find ourselves in an environment with lots of pressure and a fast pace, limited possibility to speak our truths and of course physical injuries that affect the nervous system. If I learned one thing after practicing CranioSacral Therapy for over 10 years, I know that once agitated, the nervous system needs a lot of convincing to calm down.

Here are some very powerful techniques you can successfully use at home.

• Deep diaphragmatic breathing

Breathe slowly and deeply into your abdomen. Inhale for 5 seconds, hold your breath for 2 seconds and exhale for 5 seconds; repeat for 10 breaths. This ensures oxygenation of all of your cells, particularly the brain cells. Slight changes in oxygen levels in the brain can change how we feel and behave. When we are nervous or angry, our breathing pattern immediately changes into a very insufficient and shallow pattern. Have you ever watched a baby or a puppy breathe? They mainly use their bellies and their chests move very little. Most adults breathe almost only with the upper part of their chest.

To correct this, lie on your back and place one hand on your belly. Watch either of them move up and down when you use your diaphragm

for breathing.

• Hand Warming

Hand warming is a very fascinating technique with amazing results. Teach yourself to warm your hands by using mental images of activities that warm the hands such as holding a cup of hot tea in both of your hands or warming your hands in front of a fire. Your brain cannot really distinguish between what is real and what is imagined. It treats both images the same and so the body reacts to the messages either way. Warming your hands counteracts stress and increases the parasympathetic response of relaxation.

• Nutritional Adjustments

Consider high protein and low carbohydrate contents in your diet if you suffer from stress and anxiety. Eat small meals frequently throughout the

day to keep the glycemic index even. Lower caffeine intake and alcohol.

Of course meditation is a sure way to lower anxiety, eliminate endless thoughts and nurture your sense of empowerment. I just wanted to add some new ideas especially for those who have a hard time meditating. Enjoy spring time with restored energy and inner peace with these techniques.

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 Master's 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.

Will you avoid these estate planning mistakes?



Provided by Hawley MacLean

Many people plan their estates diligently, with input from legal, tax, and financial professionals. Others plan earnestly, but make mistakes that can potentially affect both the transfer and destiny of family wealth. Here are some common and not-so-common errors to avoid.

Doing it all yourself. While you could write your own will or create a will or trust from a template, it can be risky to do so. Sometimes simplicity has a price. Look at the example of Warren Burger. The former Chief Justice of the United States wrote his own will, and it was just 176 words long. It proved flawed – after he died in 1995, his heirs wound up paying over \$450,000 in estate taxes and other fees, costs that likely could have been avoided with a lengthier and less informal will containing appropriate language.

Failing to update your will or

trust after a life event. Relatively few estate plans are reviewed over time. Any life event should prompt you to review your will, trust, or other estate planning documents. So should a life event affecting one of your beneficiaries.

Appointing a co-trustee. Trust administration is not for everyone. Some people lack the interest, the time, or the understanding it requires, and others balk at the responsibility and potential liability involved. A co-trustee also introduces the potential for conflict.

Being too vague with your heirs about your estate plan. While you may not want to explicitly reveal who will get what prior to your passing, your heirs should have an understanding of the purpose and intentions at the heart of your estate planning. If you want to distribute more of your wealth to one child than another, write a letter to be presented after your death that explains your reasoning. Make a list of which heirs will receive particular collectibles or heirlooms. If your family has some issues, this may go a long way toward reducing squabbles and the possibility of legal costs eating up some of this or that heir's inheritance.

Failing to consider what will happen if you and your partner are unmarried. The “marriage penalty”

affecting joint filers aside, married couples receive distinct federal tax breaks in this country – estate tax breaks among them. This year, the lifetime gift and estate tax exclusion amount is \$5.45 million for an individual, but \$10.9 million for a married couple.

If you live together and you are not married, it is worth considering how your unmarried status might affect your estate planning with regard to federal and state taxes. As Forbes mentioned last year, federal and state taxes claimed more than more than \$15 million of the \$35 million estate of Oscar-winning actor Phillip Seymour Hoffman. He left 100% of his estate to his longtime partner, and since they had never married, she could not qualify for the marriage exemption on inherited assets. While the individual lifetime gift and estate tax exclusion protected a relatively small portion of Hoffman's estate from death taxes, the much larger remainder was taxed at rates of up to 40% rather than being passed tax-free. Hoffman also lived in New York, a state which levies a 16% estate tax for non-spouses once estates exceed \$1 million.

Leaving a trust unfunded (or underfunded). Through a simple, one-sentence title change, a married couple can fund a revocable trust with their

primary residence. As an example, if a couple retitles their home from “Heather and Michael Smith, Joint Tenants with Rights of Survivorship” to “Heather and Michael Smith, Trustees of the Smith Revocable Trust dated (month) (day), (year)”. They are free to retitle myriad other assets in the trust's name.

Ignoring a caregiver with ulterior motives. Very few people consider this possibility when creating a will or trust, but it does happen. A caregiver harboring a hidden agenda may exploit a loved one to the point where he or she revises estate planning documents for the caregiver's financial benefit.

The best estate plans are clear in their language, clear in their intentions, and updated as life events demand. They are overseen through the years with care and scrutiny, reflecting the magnitude of the transfer of significant wealth.

Hawley MacLean may be reached at 775-329-3041 or hawley@macleanfinancialgroup.com www.maclefinancialgroup.com

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phishing *continued from page 8*

and think about your passwords. Do you use a similar password with different variations? This can quickly become a dangerous practice. If your password is compromised in one area it can be used to gain access to other areas such as your bank account or an online retail account. Develop the habit of changing your passwords frequently and using completely different passwords each and

every time. Couple this with two-factor authentication and you highly reduce the risk of scammers cracking your defenses.

Updating the software you use regularly is also imperative. I think we can all agree that there is a reason that these updates are being rolled out consistently. Many of these updates contain security patches to further protect you as you navigate the digital

realms. By maintaining current software you are much less likely to be attacked via a known exploit.

You can develop habits to tighten up the security for your digital assets. The most crucial aspect to this practice is to consistently follow through with these routines. The further we expand our libraries of digital tools, the more important it becomes. It only takes one

vulnerability for a cybercriminal to wreak havoc in our lives. Have your network evaluated today to ensure you will not be the next victim of this malicious tactic.

Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. For more information, contact (775) 525-2000 or visit www.protechnical.com. Mention this article for a free network assessment.

online health info *continued from page 9*

not? In general, most “.gov” websites have solid, reliable information. This includes medlineplus.gov, alzheimers.gov, cancer.gov, cdc.gov as well as sites for the National Diabetes Education Program and National Heart Lung and Blood Institute.

The majority of the “.edu” and “.org” websites should also be fairly reliable although you need to start to be a little more careful (the site I looked at with the fictitious claims above was a “.org” site). Some sites we like include Americanheart.org, diabetes.org, cancer.org, immunizenevada.org, sciencebasedmedicine.org and familydoctor.org.

When you get to the “.com” or “.net” websites, definitely start to do your homework and look to see the source of the information. Sites like webmd.com, quackwatch.com and others can be helpful. Some “.com” sites, however, can be sponsored by pharmaceutical companies or other entities just wanting to make a buck.

Here are a few of the ways less legitimate websites can fool you.

1) Expert Panels: Expert panels often consist of paid experts who don't necessarily review the scientific literature and bring their own biases when they make their recommendations.

2) Books and/or authors of books: While writing a book is huge accomplishment, books are not peer-reviewed literature and don't necessarily contain valid evidence-based information.

3) References to bogus articles. While peer-reviewed articles are a great source of information, there are ways of getting articles published in less reputable journals without critical analysis. For the lay reader, it's difficult to determine which references are legit and which aren't.

The bottom line is that the Internet can be a great resource for both patients and health care providers, but check to make sure the information you're reading doesn't just sound reliable but is reliable.

And if in doubt, always talk to your physician to get their opinion because ultimately that's what we're here for.

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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Kids love being outdoors during spring break



Photos by Great Basin Institute



Spring Exploration Camp at Galena invites kids 8-12 to spend a week in the woods with Great Basin naturalists during Spring break.

By Gwen Bourne

Spring break is great, and spending it outdoors makes it spectacular. Let your children have the type of experiences that increase their physical fitness, science knowledge, and circle of friends.

Spring Exploration Camp at Galena

Lots of outdoor activities and a strong educational emphasis at the Spring Exploration Camp at Galena make it a fun

and healthy way to spend spring break.

Ages 8-12 can spend a week in the forest the second week of spring break, March 28 – April 1. Camp fee is \$175 for the week and financial scholarships are available. Registration is online at www.GalenaCreekVisitorCenter.org, or by calling (775) 849-4948.

Students in the forest in 2015

Over 6,200 students spent time

in Galena Forest in 2015 through the Great Basin Naturalists programs at Galena. What better way to learn science than hands-on research in the forest? Washoe County middle and high school students have been searching for bark beetles in the Galena Forest to inform their study on climate change. Elementary students have been learning about animal adaptations, food webs,

ecosystem interdependence, air quality, water systems, and biodiversity. And kids ages 8-17 have spent spring, summer and fall breaks in the forest, on trips to Lake Tahoe, camping in tents, hiking further than they believed they could, learning survival skills, and spending the days outside.

By fostering creativity, promoting core education, and emphasizing responsibility to society and the environment, these field studies allow students to have fun while learning things that interest them. Students learn how to plan and conduct investigations, analyze and interpret data, and use mathematical and computational thinking. The benefits of discovery-based, outdoor education last far beyond the time students spend in the forest.

Watch for student presentations at Earth Day and at the Galena Creek Visitor Center in spring 2016.

Gwen Bourne is the associate director of Galena Creek Visitor Center. Please call (775) 849-4948 for more information or visit the website at www.GalenaCreekVisitorCenter.org.

Red Rocks in our backyard

By Daniel Fleischmann

The Red Rocks in Las Vegas are famous. They are famous for being in movies and for rock climbing. But in Northern Nevada, the Red Rocks area just north of Hallelujah Junction is a hidden gem, far less known and less

extensive than its southern counterpart. However, it is still a worthy destination.

I've told people about Red Rocks, and they nod their head, pretending to know what I am talking about. But they confuse it with the Red Rocks in Las Vegas. So for those of you unaware about



Photos by D. Fleischmann

The Red Rocks and Northern Red Rock Summit await exploration just north of Reno.



The road to Seven Lakes Mountain provides easy access to some fun hiking.

this beautiful place, here's the scoop.

Three primary destinations invite exploration in the Red Rocks area. The unnamed Peak 1766, which I refer to as the North Red Rock Summit (5,794'), rises just above the Red Rocks themselves. Seven Lakes Mountain (6,060') has six lakes on its north slope that I can count. And Red Rock Benchmark (7,110') is actually in the northern part of the Petersen Mountain Range located south of the Red Rocks.

All three are relatively easy to hike and provide gorgeous scenery of forests in California to the west and the deserts of Nevada in all other directions.

To reach the Red Rocks from Reno just head up US 395 towards Susanville. Enter California and drive about 17 miles to the Red Rock exit. The Red Rocks are pretty much right there, just a couple minutes east of the highway.

To reach Red Rock Benchmark, drive

2 miles east from US 395, and take a right on Rodeo Drive. A 2WD can reach federal land and a 4WD reaches the base of the mountain. Steep roads take you up towards a summit trail. Along the way are numerous rock formations.

To reach Seven Lakes Mountain drive three and a half miles east from US 395 and turn left on Gymkhana Lane. Take it for a little over a mile and a half where it ends and meets Chokecherry Lane. 2WD vehicles can make it up another 1/3rd of a mile to Clydesdale Drive. But if you are skittish or the road isn't perfectly dry, just take a left on Chokecherry and park on the side of the road near the Gymkhana Lane sign.

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

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Mountain bike racing comes to Nevada high schools

By Brent Ruybalid

Get more kids on bikes, that's the National Interscholastic Cycling Association's goal. They are starting coast-to-coast High School Mountain Bike Leagues around the United States. The 15th state to join this effort happens to be Nevada. In the Eastern Sierra region, which includes a few California schools, ten high schools are already confirmed for the inaugural season in fall 2016, with another 5-10 schools considering it. Initially, teams form as a school club with the hopes of eventually becoming a school-sanctioned sports team. Most clubs will integrate area middle school kids into the training program, though they will not race until they reach high school.

Cycling is a life-long sport with unlimited opportunities for adventure and fun. The clubs are all inclusive, meaning that any student who wants to join, can and should. Some kids will go to the events to compete and win, but plenty of bikers will go just to enjoy riding with others. No matter where they finish, they get points and help their respective club.

Many volunteer will be needed so the whole family



Photo by R. Ruybalid

Northern Nevada trails offer unlimited adventure and fun to young cyclists.

can get involved. Parents are encouraged to be a part of the action as coach, course marshal, ride leader, and more. No experience is needed as NICA has training available to any and all who are interested.

For more information on NICA, visit www.nationalmtb.org. For information on the Nevada HS MTB League, visit www.nevadamt.org or www.facebook.com/NevadaHighSchoolMountainBikeProgram.

NICA High School Mountain Bike League

Dates to remember:

- April 1st Team Signups begin
- April 2nd and 3rd Coach Training and Leadership Summit
- July 1st Team Training begins

Fees include:

- \$175-\$250 Team Registration (based on compliance and team size)
- \$75 Student Registration
- \$35 per event

Tentative Event Schedule:

- August 28th — Tahoe City, CA North Tahoe HS/Tahoe XC
- September 18th — Mammoth Lakes, CA Mammoth Mountain
- October 2nd — Sparks, NV Hidden Valley Regional Park
- October 16th — Truckee, CA Tahoe Donner XC

To find out if your school is on board, contact League Director Doug Bedient at doug@nevadamt.org

Earn while you learn with apprenticeship options

By Bobbi Lazzarone

Graduation is just around the corner and thousands of seniors throughout our community are deciding what's next for them — summer jobs, future career opportunities, or college. Whether you are a business owner, parent, teacher or counselor, now is an important time to remember apprenticeship opportunities. Although there is a popular mantra that chants high school graduates should "go to college", some students are ready to take advantage of a career ready option.

Apprenticeships, which are often overlooked by career counselors and parents, offer an interesting career option to become skilled in one of the building trades — plumber, electrician, mason, ironworker, welder or painter just to name a few. Once an individual has completed an apprenticeship, they are often afforded a lucrative career in their trade with competitive salaries and benefits.

The Western Apprenticeship Coordinators Association is a non-profit organization, supported by our area's unions, that offers students interested in learning a trade with the actual opportunity. WACA serves 13 northern Nevada counties and parts of northeast California.

Randy Canale is WACA's president.

"Our apprenticeship programs offer an alternative to individuals who may, for whatever reason, choose not to follow a traditional type of higher education,"



Apprenticeships are nationally recognized methods of attaining higher job skills while making some money.



Photos by B. Lazzarone

Building Women

To learn more about apprenticeships and gain some hands-on experience, women can attend the "Building Women" event sponsored by WACA and Truckee Meadows Community College, April 8, 2016, from 8:30 to noon at the TMCC Edison campus. Attendees need to complete a registration form by Friday, March 25, 2016.

For information and a registration form, call (775) 856-5300.

Canale said. "There are many people who may not have the resources or desire or who may not be in a position that will allow them to attend full time college classes. Union apprenticeships are nationally recognized methods of attaining higher job skills while still working and maintaining a living wage."

Apprentices earn wages while working under the supervision of skilled workers, often referred to as a Journeyman. The duration of apprenticeships vary but range between two and five years. Upon

completion of the program, the apprentice receives documentation which certifies they obtained journey-level status.

Apprenticeships are competitive and require a strong commitment from the interested individual. The programs require on-the-job training, classroom attendance (often during the evening or weekend) and book work. Required books and/or tools for the apprenticeship are available free or at a reduced cost.

"Another great aspect of WACA apprenticeships is that apprentices are also

enrolled in Truckee Meadows Community College which allows them to receive college credits," says WACA board member Nanette Quitt. Apprentices then only need to take a few additional classes, after the completion of the apprenticeship program, to earn an associate's degree from TMCC.

Each apprentice program is different and has its own entry requirements. So it's best to check the specifics of the individual programs. To be considered for most apprenticeships, applicants must meet certain age requirements, have a high school diploma or G.E.D., possess a valid driver's license and be physically capable to perform the necessary work. It's also expected they will become a member of the Construction Craft Union.

Both plumbers and electricians are starting new classes this spring and other skilled trade programs will begin classes soon. Anyone interested in a skilled trade should contact the specific program directly to learn when new applicants will be accepted.

Bobbi Lazzarone is the recruiter for the Western Apprenticeship Coordinators Association of Northern Nevada and is a consultant in special and political events and marketing. She has a master's degree in human community sciences and a bachelor's in English and journalism. Interested individuals may visit WACA online at www.buildingtradejobs.org or contact Bobbi Lazzarone at (775) 813-0702.

Hosting international student may enrich your home



Photo by K. Enloe

Karen Enloe makes memories with her German exchange student Theresa at the Reno Balloon Races.

By Karen Enloe

Have you ever thought about what it would be like to experience other cultures outside the US? Personal study, technology and media may give us a glimpse of a world beyond our borders, and of course it's possible to hop on a plane and travel just about anywhere. While such a trip can be an experience of a lifetime, it is often dictated by time and/or financial constraints and may leave us

wanting and waiting for more. How about bringing these cultural experiences into your own home?

International Experience is a non-profit high school exchange organization approved and accredited by the US Department of State. Like other exchange organizations, iE students are placed in a variety of locations throughout the US, with volunteer host families who represent the diversity of American

culture and encourage hosted students to become part of the academic, social and family components while attending school for 1 or 2 semesters.

Hosting an iE student allows you to share your family's traditions while learning about a new culture and language in your own home. Host families provide a safe, caring home, meals, and local transportation as needed.

continued on page 18

College decisions remain focus of Sage Ridge seniors



Sophie Kim

By Sophie Lee

With the college application season coming to a close, Sage Ridge seniors are beginning to relax. Most students have turned in their last applications and some have even heard back from colleges. Throughout the application process, seniors receive all sorts of advice, whether it's from parents, college counselors, teachers, or other students. Some of the suggestions are helpful and some not as much. With so much conflicting views, Elyse Olesinski (18) and Lexi Shepherd (17) share what strategies worked for them and what may work for future college applicants.

"For the personal essay, my college counselor told me that writing about a topic you are emotionally connected with is great," said Lexi. "Personal essays are contrived activities, so it is extremely important to write something reflective of yourself and not what you think colleges want to hear."

"I actually got a lot of conflicting advice," she said.

"For example, some people told me not to apply to so many schools, and some people told me to apply to a lot of schools. Because there are so many good students now, getting selected for admission is more luck than anything, so applying to a lot of schools increase your chances of admission."

Both Elyse and Lexi suggest for students to get a head start on applications and plan well. Additionally, they recommend to go for quality over quantity in extracurricular activities and to participate in anything you are interested in, and if you end up liking it, really pursue that interest.

Lexi applied to over twenty schools this year and has already heard back from quite a few colleges, which have rolling admissions or early action applications. So far Lexi has been accepted into Southern Methodist University, UT Austin, UT Dallas, Miami University, University of Miami, Texas A&M, UNR, and just a few days ago Baylor. Additionally, Lexi has been selected as a finalist for UT Dallas' Eugene McDermott Scholars Program, a highly selective merit scholarship including a full scholarship and other great opportunities. She will

be interviewing for the scholarship in the upcoming months. She says that she is not looking forward to any admission decision in particular, but is simply excited to know who accepts her or not.

Elyse applied to around eight schools, with set acceptance dates. And like many other high school seniors, she will be hearing back sometime around mid-March to the beginning of April. The admission notifications she is looking forward to the most are those from Harvard and Tufts.

"After applying Restrictive Early Admissions to Harvard, which remains my top choice school, and receiving a deferral, it will be very exciting to see the final decision," said Elyse. "Also, with Tufts a close runner-up, I am anxiously awaiting their admissions decision."

E-mails and snail-mails bearing good and sometime not so good news will soon be pouring in and it will certainly be exciting to find out where everyone will end up.

Sophie Lee is a senior at Sage Ridge School. She was accepted early to Stanford University.

exchange students *continued from page 17*

The basics of International Experience as an exchange program are similar to others, however, there are some key beneficial differences worth pointing out: iE is structured organizationally to include administrators and leadership domestically and abroad. This assures a solid connection and communication between the US and all the countries students originate from – before, during, and after a student's year in the states.

Students interested in participating in iE's program are thoroughly vetted

and verified before acceptance and the placement process begins. Once accepted, students and their natural parents attend informational sessions in their home country to help them prepare for their year abroad and give them a sense of what to expect culturally, emotionally and on a multitude of levels.

Likewise, potential host families, their home and general day to day life are also evaluated by a local coordinator for iE. Local coordinators are just that, local not regional coordinators and are

trained and committed to meet the high standards set by iE.

Each hosted student has a consistent, one on one relationship with this same local coordinator throughout their time in the US, from the day they arrive. It is iE's goal to have the exchange experience be a life changing, positive one for all involved. Therefore the organization has set their standards and expectations above industry requirements.

Hosting an exchange student can create life-long friendships and

connections to community and culture in an exciting new way. Interested families, singles, active seniors and "empty nesters" are encouraged to check out iE's website for a complete review of the organization, student profiles, testimonies and answers to the many questions one is sure to have.

Karen Enloe is the local coordinator for International Experience. She currently hosts an exchange student from Germany. For more information contact k.enloe@international-experience.net or call (775) 560-8256.



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