



Improvements for 2017-18 celebrate record setting winter at Mt. Rose – Ski Tahoe



With more snow making equipment, improved grooming technology and enclosed lift projects, Mt. Rose - Ski Tahoe continues to improve the customer experience. An area expansion is also in the works.

By Paul Senft

It has been a historic winter at Mt. Rose – Ski Tahoe. To date, this is the longest and snowiest season ever, with the most snow on record at 762”. The next closest mark was in 1994-95 (600”) followed by 1982-83 (570”). Meanwhile, majority owner Fritz Buser has discontinued negotiations with all interested, potential buyers.

Moving forward full steam, the ski area has committed to significant capital improvement projects for summer. Upwards of \$2 million will be invested in projects including the Flying Jenny surface lift replacement, more snowmaking and grooming equipment, plus a terrain expansion project.

First timers and children will have a positive, first experience on the snow when riding a modern, dual conveyor lift in an enclosed gallery. Utilizing a new two-belt system doubles the uphill capacity and, with adjusted alignment, creates more teaching terrain. To allow for a more enjoyable experience during stormy conditions as well as aid in providing a more consistent operation of this key learning area, this lift will be fully enclosed. This past winter’s tremendous amount of snow highlighted the challenging task of operating the

Flying Jenny in an open, non-covered environment.

After such an impressive snow year, it might be hard to believe but we are again expanding our snowmaking system. With the goal to make our projected opening date of October 28 as well as always being the first resort open in Lake Tahoe, snowmaking will be improved in several ways.

Infrastructure will be added to the top of the Zephyr chair from top of Northwest chair to enable snowmaking down the “Return to Rose Trail” from the unload station of the Blazing Zephyr 6 Chair back to upper Northwest. The Enchanted Forest Area will be enhanced with snowmaking infrastructure on Merlin, energizing the access from the top of the Wizard chair. A tower-mounted snowmaker will be installed just above the Wizard loading station to assist with coverage for the lift loading stations. A second, tower-mounted snow maker will be added to lower Lakeview to provide quicker coverage and early season energy for that trail.

The grooming fleet will receive a new Winch Groomer which is cable assisted when crawling back up steeper slopes. This type of snow cat is essential

for terrain like Bonanza, Silver Dollar, Northwest and Waterfall which can then be groomed both, on the way down and then back up which is the most efficient method of grooming this terrain.

The Atoma terrain expansion proposal to amend our term Special Use Permit with the Carson Ranger District US Forest Service is approaching the eleventh hour. The Draft Environmental Impact Statement is soon to be released. The project area is located on the Toiyabe National Forest, just across the Mt Rose highway from the Rose side, in the former cross country ski area by the name of Atoma which was operated in the early 1980’s. The proposed project is 100 acres in size, with 10 trails serving what we



(Photos: P. Senft)

refer to as “dark green to light blue” terrain that is very appealing to novice skiers and families with young children. The area will be accessed by a skier bridge over the highway and a new ski lift system offering enticing and unique views of the landscape and Mt. Rose proper. We anticipate a decision from the Forest Supervisor later this year on the proposal, implementation would follow thereafter.

Paul Senft is general manager at Mt. Rose - Ski Tahoe. He can be reached at ps@skirose.com.

Letter From the Publisher

Let the summer sports begin! Get out there and enjoy the outdoors all that you can. I know I’m always pushing outdoor activities but when you live in a place like this, it’s hard not to. Not only is being in nature good for your physical health, it also lifts your spirit and your overall, emotional well-being.

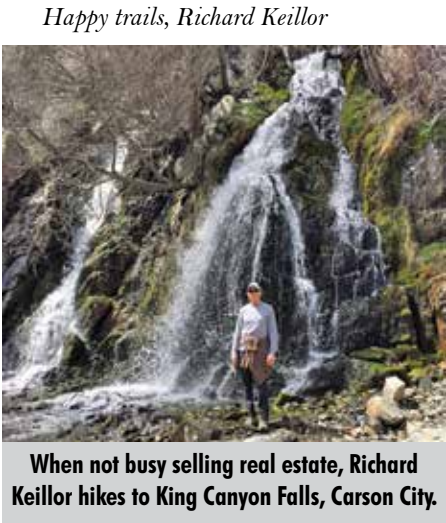
In this issue of the Galena Times, several new writers highlight fun outdoor adventures. While the high country will be snowed in until later this summer, plenty of lower elevation trails, lakes and creeks expect your exploration. Check out camp options that get kids interested in the natural world.

One of my favorite outings is the hike to Winnemucca Lake near Carson Pass. The wildflowers are some of the most beautiful I’ve ever seen. This year, the flowers will probably peak around the end of July or early August. It’s a moderate hike with breathtaking views. For trail access, park at Carson Pass or at Woods Lake Campground.

When my son was younger, we camped

at Woods Lake every summer. I have lots of fond memories including great fishing adventures from the Carson Pass area. Not too many things are better for kids than getting them outdoors.

I hope everybody has a great summer and I’ll see you later in September at Galena Fest 2017. If anybody would like to volunteer or help sponsor the festival please contact me directly.



When not busy selling real estate, Richard Keillor hikes to King Canyon Falls, Carson City.

GALENA CAMPFIRE PROGRAMS



(Photo: A. Brown)

The Galena Campfire Programs are a family-friendly program series presented by Washoe County Regional Parks & Open Space. Each week, the programs will feature a different presenter from 8:00pm-9:00pm. Families are encouraged to come early to experience the authentic campfire experience while roasting a few marshmallows at 7:30pm. The programs are free to the public. However, a \$3.00 per-person donation is requested, which will go to our presenters. For more information about the Campfire Programs, please call Galena Creek Regional Park at 775-849-2511, visit our website at www.washoecountyparks.com, or look for Galena Creek Regional Park on Facebook.

Fridays @ 8:00pm
Eagle Meadow - Galena Creek Regional Park

June 23 - *Camp Star Bound: Presentation of Performing Arts*
June 30 - *Danny & Gil: Ukulele music in the forest*
July 7 - *Snakes!: Learn about slithering reptiles*
July 14 - *Sage Creek: Bluegrass Extraordinaire*
July 21 - *Tales From the Trail: A journey across Nevada*
July 28 - *NDOW Presents: An inside look at wildlife research*

Enjoy **FREE** programs under the stars at Eagle Meadow. Bring the family for roasting marshmallows at 7:30pm! Low-back chairs or blankets, bug spray and flashlights are recommended. \$3/person donations accepted.

 www.washoecountyparks.com **775.849.2511**
Galena Creek Regional Park North Entrance - 18250 Mt. Rose Highway



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Chief Consultant
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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:

Max Coppes, Judy Davis Rounds, Lori Dotterweich, Ken Focht,
Ryan Gearhart, Jodi Herzik, Jane Holman, Amanda Horn, Sue Jacox,
Noelle Kim, Andrew Morris, Andy Pasternak, Jeff Richardson, Mary Sattler,
Matt Schmitt, Paul Senft, 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 or visit our website: www.galenatimes.com

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Continuing education improves employee retention



By Jodi Herzik

Four decades ago, a new employee likely expected to spend their entire career with the same company. As the years passed, they might rise through the ranks and receive enough on-the-job training to succeed in their role—neither employee nor employer gave much thought to continuing an employee's education.

For this generation, employers and employees were bound by a social contract. Loyalty was valued, and it went both ways. Companies rewarded longevity and loyalty, and employees put company priorities before their own. It was also industry-standard for companies to offer pensions to attract and retain valuable employees. This all changed in the 1980s when many employees lost their entire pension due to underfunded pension plans or during a company dissolution or merger.

401K programs began to be promoted as a better solution, and this allowed companies to be free of pension liabilities. In what became a cost-cutting chain reaction, corporations began pursuing additional ways to reduce costs including wages and benefits. You might recall this was also when business and manufacturing began moving their operations outside the USA.



(Photo: J. Herzik)

The University of Reno's workforce development programs at Redfield Campus often bring customized content to employees to improve promotion options.

The social contract that had previously existed was broken.

Why does this matter to Reno? Because it's a job-seekers' market and employees no longer have that bond of loyalty that once existed. During the recession when jobs were tough to find, this wasn't as noticeable, however, if we continue to experience post-recession job growth, businesses must rethink the role of continuing education in their corporate strategy if they want to retain their employees.

A recent survey conducted by the American Management Association found, "Employee development issues were of top importance for employees and

helped to improve retention. By offering educational opportunities, employees are inspired to both serve you better in their current positions while also grooming them as skilled candidates for other positions within the company."

It is also critical to remember that employees who are satisfied in their jobs and who feel valued by their employers have a greater sense of loyalty and are less likely to actively pursue other job opportunities.

UNR Extended Studies offers a variety of workforce development programs and courses at the Redfield Campus. We also work directly with companies to bring customized content to employees at their location.

No doubt, continuing education benefits employers and employees in many ways. Whether it is to retain employees or improve employee promotion options, continuing education is vital.

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

For information about the UNR Extended Studies courses or contract training programs at the Redfield Campus, contact Amy Ginder at aginder@unr.edu or (775) 784-4759 or Shera Alberti-Anunzio at shera@unr.edu or (775) 784-1676.

PGA TOUR Barracuda Championship seeks volunteers

Submitted to the Galena Times

Less than 60 days away from Reno-Tahoe's only PGA TOUR golf tournament and volunteers are still needed. The Barracuda Championship is the only local, special event volunteer opportunity that produces a world-class tournament and outdoor experience while contributing to over 60 charities annually.

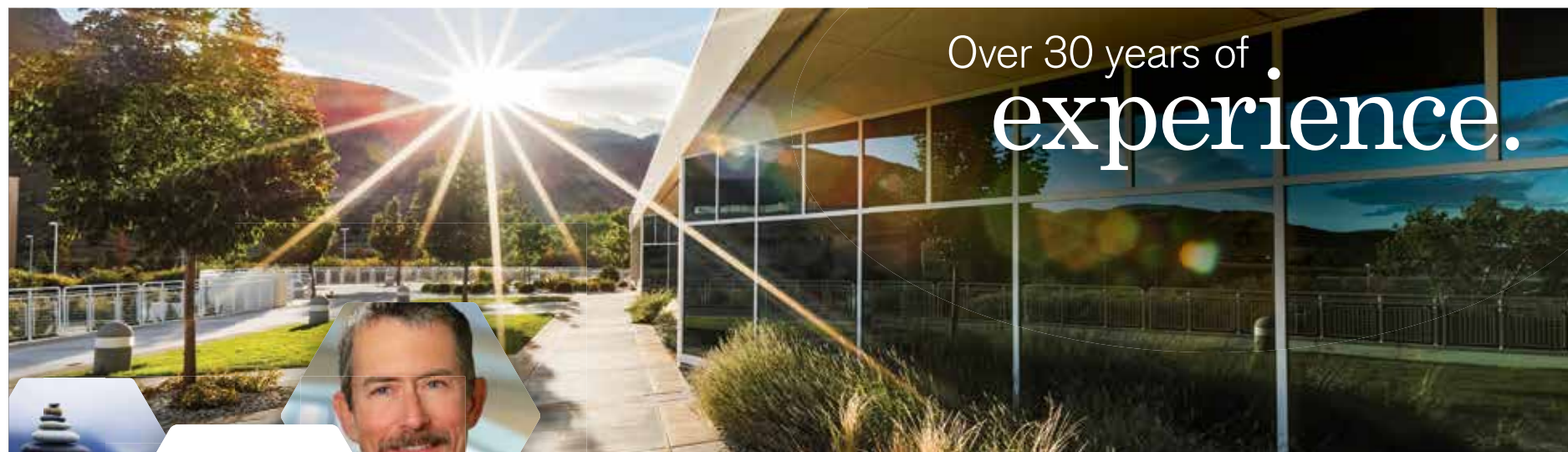
2017 marks the nineteenth year of the Barracuda

Championship, which is operated by the nonprofit Reno-Tahoe Open Foundation. In 2016 alone, the Foundation donated over \$382,000 to charities including the Northern Nevada Children's Cancer Foundation, Sky Tavern, The First Tee of Northern Nevada and many more, thanks in large part to the many volunteers of the annual tournament.

Tournament staff and volunteers work hard each

year to grow their impact on the northern Nevada community. It takes roughly 800 volunteers to expertly operate this PGA TOUR tournament, and new community leaders are joining the ranks each year. Many volunteers have been with the tournament from the beginning and some have even been recognized in the community and nationally for their service to the

continued on page 18



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Find fresh, local foods and meal preparation services



Jane Holman

By Jane Holman

Summer means fresh and local in the Truckee Meadows and Carson Valley. Thanks to Nevada ranchers and farmers, plentiful moisture and early sunshine this year, locally sourced fresh fruits and vegetables, grass-fed beef, and free-range chicken are available many times each week at several area farmers' markets.

Saturdays, 8.30am-1pm at 3rd and Curry Street, Carson City

Carson City Farmer's Market has been voted the #1 farmers' market in Nevada for several years in a row. The market takes place on Curry Streets, Carson City. With more than 15 farm vendors, art, music and activities, the market continues to draw a dedicated crowd.

Saturdays, 8am-1pm, 1119 California St, Reno

Shops at the Village is the longest running market in Reno. The season lasts through Saturday, September 30.

Tuesdays, 4-8pm, 345 N. Arlington Ave., Reno

The Sands Regency Reno hosts the only market in the downtown Reno area, now until August 24 (no market on Aug. 10).

Tuesdays and Saturdays, 9am-1pm, 13925 S. Virginia St., Reno

The Summit Mall is the only remaining farmers' market in South Reno. Markets take place, until September 30.

The grand finale farmers' market happens in conjunction with The Italian Festival at the Eldorado in downtown Reno, Oct. 7-8.

Thursdays, 4-7pm, 995 Lake Tahoe Blvd., Incline Village

Incline Village's farmers' market runs until Labor Day at Lake Tahoe School.

Fridays, 4-7pm, 40 East Center St., Fallon

Fallon hosts their weekly East Center Street Farmers' Market now until September 29. The market features locally grown vegetables, fruit and honey along with locally sourced cheese and specialty foods. Live music, art exhibits and fare from local restaurants rounds out the event.

What's Available		
	June	September
strawberries	berries	lettuce
raspberries	peaches	artichokes
cherries	nectarines	garlic
lettuce	herbs	peppers
snap peas	beans	corn
cauliflower	broccoli	celery
turnips	tomatoes	okra
beets	cucumbers	tomatoes
new potatoes	eggplant	cauliflower
cucumbers	new potatoes	leeks
apricots	carrots	apples
	beets	melons
		pears
		blackberries
		corn

source: CarsonFarmersMarket.com

Agriculture is one of the top five industries in Nevada. Check out Agrilicious.com for information about ranchers, purveyors, Community Supported Agriculture and growers. The site provides localized information about farm-to-table efforts and seasonal recipe ideas. Visit NevadaGrown.com for information about additional adventurous markets, fruit stands, farms and more CSAs.

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cucumbers	new potatoes	leeks
apricots	carrots	apples
	beets	melons
		pears
		blackberries
		corn

source: CarsonFarmersMarket.com

Another option for healthy home eating includes home delivery of pre-selected, pre-measured options. While there's a wide variety of online services, only Meal Prep Reno (MealPrepReno.com) is locally-owned, fresh-to-order and home-delivered. Meal Prep Reno is run by Cameron Cloutier and Chris Catellanos, local Reno residents who exude a desire to blend healthful home meals with practical selections for better health.

Jane Holman, MBA/APR, is Chief Consultant at The Tasteful Kitchen, a local firm which helps individuals become healthier and happier lifestyle cooks through menu strategies, sourcing options, guidance and preparation assistance. The Tasteful Kitchen also provides Burner Boxes for 2017 participants. Contact Jane at TheTastefulKitchenNV@gmail.com and TheTastefulKitchenNV.com.

If you have additional "insider information" about additional resources, please let us know: RichardK@CBIVR.com.



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Healing HeARTS – art classes for caregivers

By Julie Ullman

The South Valleys Library will soon be hosting a new program using painting and art to enhance the well-being of adult caregivers of loved ones with memory loss. These classes are open to caregivers who need a few hours for themselves, and their loved ones with memory loss are also welcome.

Led by local artist, Maria Mazurowski, this series of art classes will be held at the South Valleys Library on the 2nd and 4th Tuesdays of every month, from 1-3 pm.

As a caregiver for her mother and for her late husband, Mazurowski has personal experience with the difficulties caregivers encounter and how these challenges can affect one's physical, emotional and spiritual well-being.

As an artist with years of experience, she has found that drawing and painting allow you to communicate from the soul much more deeply than words can. The act of painting can help individuals come to terms with their feelings, and it may be the only way for some people to express emotions.

Mazurowski is an artist and not an art therapist, but she knows that a peaceful afternoon of painting can have positive effects including:

- creating a visual representation of your feelings
- improving mood and relaxation

• providing an active and stimulating activity

- promoting healing and peace
- expressing what cannot be said with words, especially for those who have difficulty remembering words
- reducing stress and anxiety

Healing HeARTS classes are sponsored by the Northern Nevada Chapter of the National Alzheimer's Association. Due to their generous grant, all art supplies will be provided free of charge to participants, and they will get to take their artwork home with them.

Shared activities can improve feelings of closeness and connection with others. The goal of Healing HeARTS at the South Valleys Library is to provide a friendly, social event where participants can free their inner artists and enjoy support from others who find themselves in a similar caregiving situation. Come and express yourself through art. We'll see you at the Library!

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or 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.



2017 Alzheimer's Disease Facts and Figures

Alzheimer's is a degenerative brain disease

- 1 in 10 people age 65 and older has Alzheimer's dementia
- 5.5 million individuals in U.S. have Alzheimer's dementia
- 24,000 of these individuals live in Nevada with a projected increase to 64,000 by 2025
- 83% of the help provided to older adults in the U.S. comes from family members, friends or other unpaid caregivers

Source: National Alzheimer's Association, www.alz.org



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Getting back in the cockpit

By Ken Focht

Are you an old rusty pilot? If you're like more than 500,000 other pilots (that's right, half a million), you've taken a little breather from flying. Maybe more than a little. Perhaps life threw you a curve. Maybe the pitter-patter of little feet, a growing business, or a medical setback had something to do with it. Whatever the case, things are different now. You're back in the game and would like to start flying again. You've come to the right place.

No check ride required. You can do this. You may have forgotten that pilot certificates never expire. Once a pilot, always a pilot. You never must take another test or worry about another check ride. All you need is a Flight Review (formerly known as a Biennial Flight Review). That's it. A little brush-up with your local CFI, enough flights to demonstrate competence again (minimum one hour), and – presto! – you're back in the air. Seriously, that's all it takes.

The seminar gives pilots a refresher on everything from airspace to flight planning to communication and is free for Aircraft Owners and Pilots Association members. AOPA estimates there are around 500,000 lapsed pilots and Rusty Pilots seminars have already put 3,500 aviators back in the cockpit.

AOPA in conjunction with Silverado Soaring Club has put together a fun, interactive program that gives you all the information you need to get current again. Our presenters will bring you up to speed on hot-button issues like medical reforms, weather briefings, preflight planning, FARs, and airspace. You'll leave the seminar with a logbook endorsement attesting that you've completed three hours of ground training toward your Flight Review. And we'll help you connect with flight instructors in your area so you can take the next step and quickly get back to active flying status. Best of



The Aircraft Owners and Pilots Association and Silverado Soaring Club bring lapsed aviators back in the cockpit with the Rusty Pilots program.

all: Free coffee and donuts.

Ken Focht is a retired airline captain with a major airline and a board member of Silverado Soaring Club, a non-profit corporation. For more information, check out the Silverado Club website www.silveradosoaring.com.

Summer nature fun for kids and teachers

By Sue Jacox

Don't worry! A cougar spotted by students along Sand Harbor's beautiful boardwalk was a non-threatening paper cut-out strategically placed in the brush as part of a lesson on adaptive coloration. Great Basin Outdoor School piloted research-based activities at the request of UC Berkley's Lawrence Hall of Science BEETLES program to enhance quality environmental education lessons.

The curriculum also includes

introducing students to the use of simple field guides, and GBOS's Tahoe Area Plants & Animals pocket field guide filled the bill. This kid-friendly, colorful, water-resistant guide of over 100 local species is customized to Northern Nevada. Single guides for families are \$7 and packs of 10 or 20 for classrooms or gift shops are \$5 each and available at greatbasin-os.org/activities.

Teachers and non-formal educators can use our field guide and multiply their teaching resources with



Great Basin Outdoor School pilots research-based camp activities, including a lesson on adaptive coloration of cougars - demonstrated with a cardboard cutout.



other nationally acclaimed curriculum in a Project WET workshop at Mayberry Park in Reno on Saturday, June 24. A family-friendly event, teachers' own school age children will do nature activities while teachers earn recertification credit learning to tie all subjects to our watershed. See details at greatbasin-os.org/workshops and register with Leilani at (775) 324-0936 or education@greatbasin-os.org.

Summer Fun for Kids at the River School Farm in Reno is guaranteed to excite children about nature July 17-

21 & 24-28. Day campers will explore the outdoors while participating in fun activities such as hunting for animal tracks, playing near the river, and discovering the wonders of the outdoors. See greatbasin-os.org/daycamp for details and pre-registration.

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



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Debra Lynn Markoff, D.D.S.

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Ages: 6-12

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Visit: www.greatbasin-os.org for more information.

Discover the outdoors this summer with Great Basin Outdoor School!





Discover adventure in your backyard

By Dagmar Bohlmann

Imagine the Tarzan-like adventure of ziplining through a fir canopy, completing a challenging high ropes course or kayaking on crystal clear Tahoe waters. Now envision doing it with your office team – include the annoying guy who never pulls his weight in team projects. He could potentially be the hero who saves you when you miss a foot hold and accidentally step into thin air.

Can you see how participating in an unfamiliar, challenging experience could possibly shake up preexisting group dynamics and lead to a fresh appreciation for your team? At Project Discovery, the assessment of attitudes, behaviors and communication – the ABCs of team training – leads to an understanding of how personal and team approaches impact life at home, at school and at the office.

“We pride ourselves on developing and customizing training programs that enhance individual and team leadership and communication, no matter the size or age of the guest,” says Dr. Michael Selby, executive director of Project Discovery and 40-year veteran in the experiential training field.

As one of the largest outdoor challenge programs in the country, Project Discovery uses a two-step process for most of its training programs. Step One is to provide a novel, challenging experience. Step Two is a contemplation period during which participants are guided through self-reflection to more clearly understand how they aided or thwarted the process of working out the challenge with their team.

“Our goal is long-term change through learning,” says Selby. “Our methods are nothing if not impactful and visceral.”

Project Discovery is a full-service, experiential outdoor program provider. Challenges range from mild



Leadership Redding community action volunteers celebrate completing a puzzle together.



Youth celebrate on the summit of Mt. Rose after a rigorous and testing climb.

to wild, educational to recreational and competitive to cooperative. And just as diverse as the programs are the participants: from Girl Scouts to Bank of America and the US Military, from large corporations to elementary schools, and educators.

Each adventure includes a progressive training approach so that one exercise leads into the next, more difficult one. By the end of the session, every participant has had a chance to be a champion for their team at one point or another and has learned quite a bit about themselves and their impact on their environment.

Project Discovery doesn't fit the mold of a typical challenge course company. Programs include a broad spectrum of outdoor and indoor activities. ropes training courses, rock climbing and rappelling, kayaking and boat building, indoor portable challenge programs, table-top challenge programs, large-scale,

corporate Great Races, canyoneering, winter survival, skiing and cross-country programs.

With a master's degree in Outdoor Leadership and another in Counseling and Educational Psychology and a doctoral degree in the Social Psychology of Leadership, Dr. Selby is well equipped to handle and design the most challenging of programs. Being the first in his extended family to earn a college degree, Selby prides himself on being easy to communicate with. He co-creates a learning environment where individuals and teams finish the day feeling not only empowered but with a significantly improved understanding of their own leadership in a team setting.

To find out more about Project Discovery please visit www.projectdiscovery.com or contact (775) 849-3393. Project Discovery is located at the Sky Tavern Ski Area and Conference Center on Mt. Rose Highway.



DEAR GROWN UP ME,
BY THE TIME YOU READ THIS I HOPE
I'M ALL THE THINGS I'VE DREAMED
ABOUT. I DON'T KNOW IF I'M A
PHYSICIST YET OR AN ARTIST BUT
WHATEVER I BECOME, I HOPE I'M
DOING INCREDIBLE THINGS. ALONG
THE WAY I HOPE I TOOK RISKS.
I HOPE I LEARNED THAT SUCCESS
IS IMPOSSIBLE WITHOUT TRYING.
AND I HOPE I'VE BEEN CONFIDENT
THROUGH IT ALL. MOST OF ALL, I
HOPE I'M UNAPOLOGETICALLY
ME—THAT PERSON THAT I'VE
ALWAYS WANTED TO BE.

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When nature attacks little problems can turn big



By Matt Schmitt

Dogs are just as curious as cats when it comes to wasps, bees, spiders and snakes. Except that dogs are compelled to get up close and personal. That's when the trouble starts, because nature has equipped these beings with very effective defenses.

Stings and Bites. When a pet is stung or bitten, swelling quickly follows; and it can be significant, especially with venomous snake bites. Any swelling should be quickly examined, as it can swiftly spread to vital body parts, like the larynx, and cause difficulty breathing. A stinger embedded in the skin can carry with it bacteria that can lead to systemic illness if left untreated.

Home remedies such as Tylenol and Advil are toxic to dogs, which is why seeking attention from a veterinary professional is critical in receiving immediate appropriate treatment.

Snake Sense. If your pet is bitten by a snake, attempt to identify it without endangering yourself. A triangular head is the sign of a potentially venomous snake. Even though roughly 20% of venomous snake bites in humans are "dry", meaning no venom is injected at the bite site,

it is still critical to seek immediate attention. The earlier anti-venom treatments are administered after a bite the better.

Consider attending a rattlesnake awareness class with your dog such as GetRattled Rattlesnake Avoidance Training for Dogs (GetRattled.org).

Foxtail Alert! With cases of foxtails embedded in ears, paws and throats, it's clear to see why these pesky plants can gain a foothold just about anywhere. These bristly, seed-bearing grasses have sharp points and microscopic barbs that allow them to easily "work in", but not so easily "work out".

Foxtails can become entangled in fur, especially in paws and ears, and work into noses, mouths and eyes, and can even be inhaled.

After penetrating flesh, foxtails can make their way into vital organs, and because they don't break down inside the body, bacterial enzymes contained within foxtails can cause infection and tissue damage.

Head shaking, pawing at ears, coughing or gagging, excessive sneezing and swelling and inflammation are all signs of possible foxtail presence. Make it a practice to brush and check fur, face and ears for foxtails after summer outings. Also, check mouth and gums, and be especially vigilant around paw pads.

It's a good idea to keep dog fur trimmed during



foxtail season.

With early detection and treatment by a veterinary professional, most foxtails can be removed, resulting in rapid healing and immediate relief. Be a vigilant pet owner, and enjoy the summer outdoors with your furry companions, while recognizing that a little something may become a big deal if it goes unchecked.

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.

Keep lawn disease-free

By Mary Sattler

Many of us are starting the annual battle to control fungus that is decimating our lawns. Here are some diseases that affect us here in Northern Nevada.

1. Melting Out Disease. This disease affects all parts of the grass including leaves, shoots and roots.

Multiple dead plants form a patch and several patches will combine as the disease spreads causing the turf grass to appear to be melting outwards. Cultural controls include improving soil aeration and water drainage followed by reseeding with resistant grasses. Avoid using an excess of nitrogen in



(Photos provided by Greenhouse Garden Center)

While Summer Patch or Fairy Ring might sound like fun backyard games, they actually are treatable lawn diseases.

the spring (Dr. Earth Lawn Food is a great alternative). Water early in the day. Chemical controls such as Bayer Lawn Fungus Control along with good cultural practices will help to control this problem.

2. Summer Patch. Summer Patch is a disease that is less common on Kentucky Bluegrass. It is a disease that occurs in the hot portion of the summer. The initial symptoms are yellow patches 6-12 inches in diameter. The grass thins and turns a bronze color. During hot weather, all the affected grass may die and weedy grasses may invade these areas. Soil moisture is important in disease development with too much or too little water increasing the severity of the disease. Controls are the same as mentioned in 1.

3. Necrotic Ring Spot. Necrotic Ring Spot is a destructive disease of Kentucky Bluegrass, red fescue and annual bluegrass. This disease is particularly damaging because it is a perennial problem damaging the entire plant. Symptoms appear in July and August with small clustered gray-tan patches appearing. Necrotic Ring spot is a very difficult disease to manage because of its perennial nature. A combination of genetic, cultural and chemical treatment can reduce this disease. Thatch buildup leads to this disease. Keep your thatch no more thick than ½ inch.

4. Fairy Ring. Fairy Ring is a disease of the soil that affects lawns. Typically,

the homeowner sees an expanding circle of mushrooms surrounding a dead looking area of grass. The fungus travels through the soil outward from the ring at a rate of about 18" a year. As the circle expands a bulls-eye effect can occur with the grass in the center of the ring rebounding. The grass at the outside of the ring appears brown and brittle. The disease can be treated with a soil disinfectant called RD-20 or a fungicide called Prostar. Most traditional lawn fungicides are not effective however, the organic lawn fungicide product Actinovate lists this disease as treatable on its label.

5. Leaf Spot Disease. Leaf Spot Disease and Melting Out Disease are among the most frequent and destructive lawn diseases we see in Northern Nevada. Excess thatch, heavy nitrogen fertilization, excess shade, mowing too close, and broad leaf herbicides promote these diseases. The brittle, gray color changes to tan and involves large irregular patches that may cause grass to die-out. Good cultural practices and the use of lawn fungicides in combination are usually effective.

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

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Ways to keep your pet safe this summer

By Lori Dotterweich

Summer time – time to frolic with your pooch and pounce with your kitty. To keep your pets safe, remember a few tips regarding heat, food, hiking and swimming.

Pets can get heat stroke just like people. Keep them cool with water and shade. If you see any signs of heat stroke, take your pet to the vet immediately. Heat stroke symptoms can include excessive panting, redness around eyes, signs of weakness, irritability, vomiting, spontaneous collapse. You can never hear it enough: Never ever leave your pet in a hot car. What's too hot? If it's hotter than 70 degrees, it's too hot. Pet stores sell vehicle temperature alarms. When it is 70 degrees outside, the temperature inside your car will soar to 89 degrees within 10 minutes. In 30

minutes, the heat rises to 104 degrees.

Aside from heat, snakes are always something to look out for. When hiking with your dog, it's sometimes difficult to keep your dog on a leash on beautiful nature trails, but try to keep him close and do not allow digging under logs or into holes. Also, to reduce risk of a snake bite, keep nighttime walks to a minimum as rattlers are nocturnal most of year. If your dog is bitten, of course get him to a vet hospital right away but if he's bitten on a leg, you can wrap a constricting band on the affected limb at a level just above the bite. The compression will slow the spread of venom until he is seen by a healthcare provider.

As you enjoy delectable summer cooking which probably entails more fresh fruits and vegetables, keep in mind

that grapes and raisins can be toxic to dogs and cats. Other popular summer foods such as macadamia nuts, yeast dough and onions are also on the "no" list for pets. For kitties, canned tuna for human consumption in large amounts can cause malnutrition as it lacks proper levels of vitamins and minerals. It can also lead to thiamine deficiency. And of course, chocolate is a definite no-no for pooches. The ingredient theobromine in chocolate is toxic for dogs.

Mountain lakes are gorgeous this time of year and dogs love to romp in the foreground of the subalpine silhouette. But not all dogs are strong swimmers and others may even hate the water. Be conscious of your dog's preferences and skills before trying to make him swim and don't ever force him into the water. Even if your dog is a strong swimmer,



you should have a life jacket for him when boating as dogs get tired just like people. And of course never leave your dog unattended in the water.

Lori Dotterweich is co-owner of *Natural Paws*, an all-natural pet food and supply store in the Raley's Center at Galena Junction. For more info, contact naturalpawsreno@yahoo.com or (775) 853-3533.

Four tree mistakes to trim

By Andrew Morris and Jeff Richardson

#1 Wrong tree in the wrong spot.

One of the main issues we see all the time is that the wrong tree has already been planted and has been growing for years in the wrong spot. Remember, that cute little sapling that fits perfectly into that one space is going to be a big tree one day. Be sure you are putting the right tree in the right space.

Indeed, the wrong tree in the wrong spot has often been at the center of neighbor feuds with leaves dropping into the neighbor's yard or branches hanging over their fence, so one side of the tree is lopped off.

Or what if the tree starts pushing up under your awning or the roots drive under your sidewalk or patio causing the concrete to buckle, becoming the perfect tripping hazard? Another consideration are powerlines. Shrubs might be a better choice under powerlines.

Or maybe a tree was put too close to another tree causing them to intertwine and compete for nutrients and sunlight. In this case, you'll have to remove both trees because it will leave the other tree partially bare and hollow.

If you do need to remove a tree, it would be ground down to the stump and used for wood chips and that makes landscapers sad. Further, if you want to plant another tree in its place, the entire root system (which can be sizeable) would need to be excavated.

Tip – Consider the space that the tree will be growing into until it reaches full maturity.

#2 Wrong tree for the Northern Nevada climate and terrain. Here's another scenario. Jane points to a beautiful lime tree from her home improvement magazine. She remembers having had a lime tree in California. Well, Northern Nevada is home to an entirely different plant hardiness zone. Couple that with our nutrient deficient soil, low natural occurring moisture and

typical drought conditions (ok, this year was an exception) and you'll find that our area only makes habitable conditions for certain trees to thrive. Sadly, lime trees don't make the cut.

But there are other fantastic tree options like maples, ashes, plums and crabapples. If you'd like a fruiting tree, apple, pear and cherry trees tend to fare well. Keep in mind that our temperamental weather can impact fruit production.

Tip – Be certain that your tree choice makes sense for our soil and climate.

#3 Thinking trees are set it and forget it. You've planted the perfect tree, so it's all good right? Well, your trees need care, too. Proper watering, deep root fertilization, dormant oils and fungicides all help keep a tree happy. Your trees will also need some proper pruning. Please don't just hack away at your tree; it's not good for them.

Another issue is taking your young tree's stakes off too soon. Young trees need support in our random gusts of hurricane force winds. Plus, those stakes help the trees grow upright. On the other hand, leaving the stakes and ties on too long can also be an issue. You never want your support to end up strangling your tree. The International Society of Arboriculture recommends removing tree stakes after one year, and to keep the lower branches on the trunk on for about a year as well. Both actions help increase trunk width to withstand winds.

Tip – Tend to your young tree with proper support and pruning

#4 Planting all of the same tree. Finally, avoid monoculture, a fancy term for all the same trees. Use a variety of trees for visual interest and just in case a disease, fungus or pests cause issues with your trees. Often, pests or diseases will only impact certain trees. If you've got a good variety, you won't be stuck having to replace all your trees at once which can be costly.

Tip – Chose a variety of trees for visual interest and health.


Bonus Tip: Young trees adapt and grow faster. They tend to be more vital and haven't been stuck in containers for too long so they are ideal for your landscape. But, if you want your yard to look more grown and finished right when it's installed, you can go for a more mature tree. Be ready for the price difference.

Andrew's personal tree pick is the autumn blaze maple. It's hardy and

has incredibly vibrant color. Jeff likes the liquidamber styraciflua (American sweetgum) which also produces stunning fall colors and is a popular ornamental tree.

If you're not sure about what trees are right for your landscape, or if you're in a tree feud with your neighbor, contact a professional, certified arborist or landscaper for help.


Andrew Morris is a Landscape Designer and Jeff Richardson is an ISA Certified Arborist at Signature Landscapes.



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Private custom home located in NW Carson City on 1 acre. 3 bedrooms, 2.5 baths, den and 3 car garage. Large living room with fireplace and a very high ceiling. Newer kitchen appliance and newer roof. Expansive backyard with patio and built in BBQ. **\$560,000.**



Spectacular 1.42 acre St. James lot. Truly one of the nicest lots in the St. James/Galena/Montreux area. Amazing views with good southern exposure. Backs to open space and close to hiking/biking trails. **\$250,000.**



Single story end of cul-de-sac location. Next to greenbelt with walking/bike path. Nice yard and mountain views. Open floor plan with 3 bedrooms and 2 baths. **\$368,000.**



Private, park-like setting, mature landscaping/trees, quiet neighborhood in Southwest Reno. Say "good morning" and "good night" to some spectacular city & mountain views. 4 Bedrooms, Country Kitchen newly remodeled with higher end stainless appliances. **\$537,500.**



Single story three-bedroom, 2.5 bath home with a 3-car garage. 1 acre of land with no HOA. A level lot with nicely landscaped front yard and horse corral. Elaborate evaporative cooling system and baseboard heat. **\$612,000.**



Beautiful home at end of cul de sac with fantastic views of Mt. Rose and Slide Mtn. Hardwood floors, custom built in cabinetry. Kitchen has stainless appliances, 6-burner range and granite counter tops. Landscaping includes an orchard and raised vegetable beds. **\$849,000.**



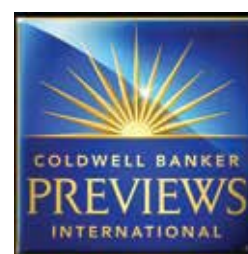
Private location in Galena Forest, home located on 1.38 acres. No CC&R's with natural gas and county sewer system. Great room design with 20' + high ceilings open to large, inviting kitchen with all stainless appliances. Hardwood flooring w/stone and tile finishes throughout home. **\$1,419,000.**

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All Area Home Sales February 28 - May 23, 2017

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
300 Douglas Fir Circle	\$615,000	\$600,000	270.69	264.08	2272	0.53	5/17/2017
305 Black Pine Court	\$649,000	\$649,000	278.3	278.3	2332	0.47	4/14/2017
300 Blue Spruce Road	\$799,500	\$750,000	212.29	199.15	3766	0.71	3/21/2017
17030 Mountain Bluebird Drive	\$824,000	\$756,000	321.12	294.62	2566	1.01	4/21/2017
6430 Dubrou	\$849,000	\$840,000	375.33	371.35	2262	0.21	5/12/2017
302 E Jeffrey Pine Road	\$899,000	\$850,000	270.13	255.41	3328	1	4/13/2017
207 Marchmont Court	\$915,000	\$886,500	284.25	275.4	3219	1.01	2/28/2017
1005 Yellow Pine	\$1,199,000	\$1,130,000	301.33	283.99	3979	1.06	4/4/2017
5945 Gauguin	\$1,199,000	\$1,199,000	303.24	303.24	3954	0.68	4/3/2017
5765 Nordend Way	\$1,256,000	\$1,210,000	399.24	384.62	3146	0.34	4/18/2017
5760 Florimont Court	\$1,285,000	\$1,250,000	281.67	274	4562	0.44	5/19/2017
5700 Nordend Way	\$1,340,000	\$1,300,000	406.06	393.94	3300	0.39	4/28/2017
5825 Strasbourg Court	\$1,395,000	\$1,365,000	303.13	296.61	4602	0.53	5/4/2017
20700 Parc Foret Drive - Lot 559	\$1,504,500	\$1,734,829	310.08	357.55	4852	0.58	4/11/2017
6070 Lake Geneva Drive	\$2,125,000	\$2,125,000	295.43	295.43	7193	0.58	5/16/2017
SADDLEHORN/MONTE ROSA							
3550 Aspen Hollow	\$665,000	\$660,000	257.95	256.01	2578	0.5	3/28/2017
3940 Aspen Hollow	\$719,500	\$715,500	276.52	274.98	2602	0.61	3/29/2017
3870 Nature Trail	\$779,000	\$760,000	270.86	264.26	2876	0.46	5/15/2017
3965 Aspen Hollow	\$908,000	\$860,000	256.35	242.8	3542	0.42	3/16/2017
14240 Caballero	\$875,000	\$875,000	214.62	214.62	4077	0.49	3/17/2017
4750 S Saddlehorn Drive	\$1,399,000	\$1,300,000	262.62	244.04	5327	0.93	4/28/2017
ROLLING HILLS/GALENA COUNTRY ESTATES							
14260 Ghost Rider Drive	\$449,000	\$440,000	183.12	179.45	2452	0.28	4/21/2017
14255 Ghost Rider Drive	\$463,900	\$440,000	189.19	179.45	2452	0.28	3/8/2017
3683 Bozeman Drive	\$449,900	\$449,000	222.72	222.28	2020	0.31	4/17/2017
1730 Kodiak Circle	\$469,000	\$460,000	174.41	171.07	2689	0.29	5/12/2017
1950 Golden Gate Drive	\$467,000	\$462,000	190.46	188.42	2452	0.22	4/10/2017
14445 Ghost Rider Drive	\$475,000	\$465,000	182.69	178.85	2600	0.35	3/27/2017
608 Moab Court	\$498,900	\$494,000	168.21	166.55	2966	0.29	3/31/2017
4370 Great Falls Loop	\$514,990	\$515,000	173.63	173.63	2966	0.3	3/15/2017
3779 Bellingham Drive	\$525,000	\$530,000	187.03	188.81	2807	0.4	5/1/2017
3681 Bozeman Drive	\$599,000	\$591,900	175.35	173.27	3416	0.31	3/16/2017
ARROWCREEK							
3516 Painted Vista Drive	\$559,900	\$542,000	222.45	215.34	2517	0.32	3/3/2017
559 Echo Ridge Court	\$599,000	\$599,000	231.54	231.54	2587	0.31	5/22/2017
3459 Forest View	\$629,900	\$620,000	212.45	209.11	2965	0.52	3/10/2017
3224 Old Coach Way	\$659,000	\$635,000	209.07	201.46	3152	0.33	4/21/2017
3358 White Mountain Court	\$644,000	\$650,000	268.78	271.29	2396	0.28	4/3/2017
2902 Shale Creek Drive	\$679,000	\$675,000	221.53	220.23	3065	0.55	4/12/2017
6965 Cour Saint Michelle	\$674,862	\$675,862	222.8	223.13	3029	0.59	3/15/2017
10639 Rue D'Azur	\$725,000	\$725,000	214.56	214.56	3379	0.33	4/21/2017
3388 White Mountain Court	\$750,000	\$750,000	237.94	237.94	3152	0.33	4/14/2017
5860 Cour Saint Michelle	\$749,000	\$751,000	205.54	206.09	3644	0.28	5/1/2017
10024 Via Mira Monte	\$799,000	\$775,000	220.05	213.44	3631	0.37	3/22/2017
1386 Amado Court	\$839,000	\$805,000	174.72	167.64	4802	1.01	3/15/2017
2994 Granite Pointe	\$925,000	\$925,000	222.46	222.46	4158	0.43	5/8/2017
5976 Winding Ridge Drive	\$995,000	\$995,000	298.53	298.53	3333	0.86	3/15/2017
11015 Montano Ranch	\$1,195,500	\$1,090,000	236.92	216.01	5046	0.62	3/29/2017
5635 Flowering Sage	\$1,490,000	\$1,385,000	350.67	325.96	4249	0.67	5/16/2017
6501 Salt Brush	\$1,750,000	\$1,650,000	334.48	315.37	5232	0.96	5/5/2017
OTHER AREAS OF SOUTH RENO							
499 Sierra Leaf Circle	\$339,900	\$330,000	223.47	216.96	1521	0.12	3/30/2017
13485 South Hills Drive	\$350,000	\$335,000	170.15	162.86	2057	0.34	2/28/2017
12165 Sun Dial Circle	\$344,000	\$345,000	231.65	232.32	1485	0.24	4/14/2017
225 Floreca Way	\$348,000	\$348,500	201.16	201.45	1730	0.33	4/7/2017
1050 Zolezzi Lane	\$395,000	\$385,000	382.75	373.06	1032	1	3/31/2017
320 Carey Hills Drive	\$399,000	\$385,000	173.63	167.54	2298	0.34	3/30/2017
13155 South Hills Drive	\$410,000	\$400,000	154.14	150.38	2660	0.33	3/3/2017
13510 Mahogany Drive	\$399,000	\$415,000	183.28	190.63	2177	0.33	4/12/2017
5837 N White Sands Road	\$480,000	\$475,000	251.44	248.82	1909	0.34	3/10/2017
5997 N White Sands Road	\$549,000	\$537,000	231.06	226.01	2376	0.42	3/13/2017
1200 Lampe Road	\$585,000	\$580,000	208.33	206.55	2808	1	3/23/2017
11040 Dryden	\$639,900	\$625,000	93.77	91.59	6824	2.5	3/3/2017
950 Cottonwood	\$630,000	\$630,000	272.02	272.02	2316	0.97	3/30/2017
5141 W Acoma	\$660,000	\$642,500	230.45	224.34	2864	0.73	4/26/2017
1650 Eli Drive	\$649,900	\$649,900	231.03	231.03	2813	1.01	5/8/2017
1000 Cottonwood Road	\$714,900	\$714,900	274.01	274.01	2609	0.97	3/30/2017
203 Snow Creek Court	\$799,900	\$800,000	254.18	254.21	3147	0.61	5/11/2017
1296 Wolf Run Road	\$845,000	\$823,000	211.04	205.54	4004	0.53	5/1/2017
7230 Sierra Vista Way	\$975,000	\$829,000	194.15	165.07	5022	2.61	5/17/2017
45 Llama Court	\$1,195,000	\$1,145,000	299.2	286.68	3994	0.62	4/7/2017
9695 Passa Tempo Drive	\$1,695,000	\$1,600,000	367.44	346.85	4613	2.54	4/27/2017
339 Anitra Drive	\$3,250,000	\$3,250,000	498.85	498.85	6515	9.28	4/14/2017
NW CARSON CITY							
900 W Washington Street	\$275,000	\$265,000	138.26	133.23	1989	0.24	3/28/2017
2113 Court Side Circle	\$319,000	\$270,000	171.32	145.01	1862	0.23	5/16/2017
1824 Pyrenees	\$279,900	\$275,000	192.24	188.87	1456	0.16	5/17/2017
1469 Alberta Court	\$285,000	\$285,600		204.15	1399	0.11	4/28/2017
1832 Mountain Street	\$297,900	\$287,900	154.19	149.02	1932	0.16	4/28/2017
804 Saratoga	\$295,000	\$300,000	197.46	200.8	1494	0.19	4/14/2017
1165 W Winnie Lane	\$338,000	\$338,000	165.93	165.93	2037	0.21	2/28/2017
827 W Washington	\$339,900	\$339,900	148.88	148.88	2283	0.19	5/12/2017
336 Tahoe Drive	\$349,900	\$340,000	162.59	157.99	2152	0.26	5/17/2017
208 Winters	\$369,900	\$355,000	144.44	138.62	2561	0.26	3/21/2017
3760 Meadow Wood Road	\$399,900	\$374,000	172.52	161.35	2318	1	4/25/2017
3245 Upland Court	\$399,900	\$390,000	170.1	165.89	2351	0.34	3/28/2017
1738 Pinoak	\$399,000	\$399,000	153.7	153.7	2596	0.26	3/23/2017
1128 Flintwood	\$400,000	\$400,000	182.48	182.48	2192	0.18	5/10/2017
312 Tahoe Drive	\$414,000	\$403,000	165.34	160.94	2504	0.25	5/4/2017
1800 Maison Way	\$419,900	\$410,000	230.46	225.03	1822	0.29	4/20/2017
4223 Timberline	\$439,900	\$415,000	182.23	171.91	2414	0.52	3/6/2017
1621 La Mirada Street	\$445,900	\$435,000	189.34	184.71	2355	0.26	3/30/2017
2980 Dominic Court	\$489,000	\$466,000	164.48	156.74	2973	0.24	3/29/2017
1820 Citadel Circle	\$475,000	\$470,000	151.85	150.26	3128	0.31	3/29/2017
2527 Simons Court	\$521,000	\$511,000	200	196.16	2605	0.29	3/29/2017
2365 Kingsview Way	\$525,000	\$514,000	149.62	146.48	3509	0.28	3/28/2017
4601 Wagon Wheel Roa	\$529,000	\$525,000	120.5	119.59	4390	1.5	3/15/2017
2910 Collier Court	\$575,000	\$560,000	204.85	199.5	2807	0.2	5/8/2017
163 Lotus Circle	\$599,900	\$575,000	186.42	178.68	3218	0.46	4/28/2017
4600 Wagon Wheel Road	\$665,000	\$637,500	154.83	148.43	4295	1.12	3/29/2017
121 Plantation	\$650,000	\$641,000	184.45	181.9	3524	1.23	3/17/2017
2930 Silver Stream	\$644,900	\$644,900	206.43	206.43	3124	0.26	4/29/2017
2183 Canterbury	\$654,851	\$654,851	251.87	251.87	2600	0.29	4/12/2017
191 Plantation Drive	\$618,000	\$711,000	122.4	140.82	5049	1	3/7/2017
1940 Ash Canyon	\$749,000	\$739,000	166.93	164.7	4487	2.72	3/24/2017
2150 Manhattan	\$820,000	\$802,000	239	233.75	3431	1	5/12/2017

Timing for immunizations linked to immune system



Andrew Pasternak, MD

By Andy Pasternak

It always brightens my day to have parents bring their newborn into my office for check ups. I love to help parents do everything they can do to keep their child healthy. Is the car seat ok? What foods should the child eat? Is the house appropriately safety proofed? Of course, I also get questions about vaccines. Do they have to get so many and ultimately are they safe? My answer is always that the benefits of the vaccines outweigh the risks and that the parents should be proud that they are doing what they can to keep their child healthy.

I try to emphasize that the timing of the vaccines is important. Physicians and scientists don't pick these timelines out of a hat. They are the result of understanding how a child's immune system works, previous testing to see how children's immune systems respond to vaccines at various ages, and knowing when a child may get exposed to certain bacteria or viruses.

To review, antibodies are proteins created by white blood cells to ward off bacteria and viruses. Antibodies are, for the most part, specific for the particular bacteria or virus. An antibody to the bacteria that causes meningitis won't necessarily do anything to protect the child against whooping cough. As an aside, studies have shown that giving the measles vaccine does help to prevent other deaths from other infectious diseases as well, but that's a different topic.

The immune system of a newborn is fascinating. At birth, babies have a difficult time creating their own antibodies. Fortunately, mom passes on antibodies through the placenta. This provides the baby some protection, but over the next 6-12 months mom's antibodies start to decline. The rates of antibody decline vary by viruses and bacteria.

Another interesting factor is if we give a vaccine for a specific disease to a child who still has some of mom's antibodies for that disease, the child may not generate their own antibodies. This is particularly true with measles, which is why we wait until a year of age to give the first measles vaccine. With other infections, like hepatitis B,

mom may not have antibodies to pass on to the child and children can contract hepatitis B within the first month of life. Thus, we give a hepatitis B vaccine before the child is discharged from the hospital after being born.

Finally, for some infections like Human Papilloma Virus (HPV) or bacterial meningitis, exposure is highest when kids are in their teens so we try to vaccinate them before they are exposed. And for HPV, we've just learned that if we give it to kids 11-12, they have a better immune response than older teens so that they only need two vaccines instead of three.

As always, I encourage you to ask your doctor or provider if you have questions. There can be some minor leeway with timing but be assured there is a lot of science behind the immunization schedule. The goal is to make children and families as healthy as possible, as safely as possible.

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.

Summer increases risk for tooth trauma



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

As all parents know, young kids and teenagers are very active in the summer. But so many outdoor activities can cause their teeth harm. Sports like soccer, baseball, softball, bike riding, skate boarding and jumping on trampolines are just some of the activities that have the potential

for accidents. As dentists, we even see lots of swimming pool traumas.

Wearing proper protective gear is very important. I suggest mouth guards for kids playing sports. These are very good for protecting teeth during a fall or a ball to the mouth. You can buy them from sporting goods stores and fit them yourself. For better fitting and maximum protection your dentist can make a custom mouth guard. Front teeth are very susceptible to traumas and can cause painful, expensive lifelong problems. I, myself, had a broken front tooth when I was younger. I've had to have a couple of crowns since. Most kids will try to avoid wearing a mouth guard, but the benefit is much greater than the pain of a broken

tooth.

Equally important as mouth guards are helmets for biking and sports that require them. However, most bike helmets do not protect the mouth, so mouth guards are still needed to keep teeth safe. Every summer, we see several tooth traumas due to bike accidents in my office. Should your child have a trauma to the mouth, contact a dentist. We can guide you as to the appropriate treatment. I tell all my patients to always call me, even after hours, so we can properly take care of your child. Most emergency rooms or urgent care facilities are not

continued on page 19



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Head injuries do not always require a CT scan



Dr. Max Coppes

By Max Coppes

Seeing one of your children develop symptoms like loss of consciousness, vomiting, dizziness, headache, or swelling on the skull immediately after a head injury is an extremely alarming experience for a parent, regardless of the nature of the head injury. Rightfully so, the first reaction is to rush the child to an emergency department for careful examination.

Most of us expect that the examination will include a CT scan of the head to determine whether the head injury caused bleeding, a serious condition that may require surgical intervention. Until recently the risks of a CT scan, including exposure to radiation from the radiologic exam and for young children sedation or anesthesia to allow for the CT scan, were considered minimal compared to the risk of missing an intracranial bleed. It is not surprising that most, if not all, young children who experience symptoms after a head injury are exposed to CT examination. This occurs about half-a-million times each year in our country.

More recently, we have come to better appreciate

the hazards of CT scans, especially in young children. One head CT scan exposes a child to the equivalent of 140 chest X-rays. While studies suggest that having undergone one single head CT scan is extremely unlikely to increase a child's risk of developing cancer over their lifetime, we do know that radiation exposure, especially in very young children, is not entirely harmless. So we need to balance the risks associated with radiation exposure against the risk of traumatic brain injury that could cause permanent damage or death if not identified early.

A national study of over 50,000 children found that, if children only experienced loss of consciousness after a head injury and no other symptoms, the likelihood of a serious brain injury was very low. In fact, pediatric emergency doctors noted that this likelihood was about 0.2%; that is only one in every 500 children presenting with only loss of consciousness, regardless of its duration.

In other words, we expose 499 children to unnecessary radiation exposure to identify one child who actually benefits from the procedure. The same principle holds true for children who only develop one of the other symptoms like vomiting, dizziness, headache, or swelling on the skull.

Therefore, if a child only develops one of these symptoms, we need to carefully determine whether to expose that child to radiation. Pediatric emergency physicians have come up with an alternative approach that minimizes unnecessarily exposing children to radiation: observation for up to 6 hours before deciding whether to do a head CT.

This may not always be convenient for busy parents or busy emergency departments, but let's keep what is best for the child at the center of our decisions. As a parent, ask the emergency department physician to explain why a CT scan is recommended and whether he/she has considered observation, and if not, why not.

In Reno, we are fortunate to have a true pediatric emergency department at Renown Children's hospital. These experts have your child's best interest in mind and at heart. They are also aware of the latest national recommendation specific for children and the need to use Low Dose CT scanners for children whenever possible.

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

Natural relief for depression



Kerstin Tracy

By Kerstin Tracy

Summer is generally a time of outdoor fun and relaxation. Sunshine does not only boost our Vitamin D levels but also increases our serotonin levels, a neurotransmitter in the intestines and central nervous system that makes us feel good. But what if that is not enough, what if you suffer from persisting and at times debilitating depression that keeps you from participating in pleasant activities?

Many clients suffer from depression for a variety of reasons and from my perspective there is always a very physical element involved in this disease of the mind.

CranioSacral Therapy offers a unique approach to addressing this concern. When the client complains of depression, I palpate three distinct areas of the body – the upper and lower spine and the head – and feel for restrictions in movement of tissues and the flow of cerebrospinal fluid in the Dural tube – the layer of membranes that surrounds the brain and spinal cord. In most cases, releases of restrictions in these three 'hot spots' bring great relief to clients.

Oftentimes, clients think that just because something happened a long time ago, it cannot possibly still affect the body

and nervous system. The truth is, it can. When asked, most clients will remember a fall on the tailbone or a motor vehicle accident or noticed problems after pregnancy like postpartum depression, just as an example. In my experience, problems can already occur as early as in utero or during birth.

Unless there was great trauma in the body, these three restrictions don't happen all at once. It takes just one of them to, over time, pull so strongly on the other areas that they will be pulled out of alignment as well. This will then influence the nervous system.

Imagine the priceless benefits of having a relaxed nervous system, cerebrospinal fluid that is flowing unimpeded, a brain and spinal cord that are functioning at peak performance which means less pain, less stress, a more flexible body and mind, and easier access to optimism and joy.

Aside from CranioSacral Therapy, here are five suggestions to defeat depression:

1. Start a routine and stick to it – structure soothes the brain.
2. Set small, achievable and realistic goals – celebrate when you reach them.
3. Exercise if your condition allows for it. Even with great limitations – knowledgeable physical therapists will find safe ways to get you moving.
4. Skip sugar, gluten and dairy and welcome more vegetables and fruits into your life.

5. Find one thing you really like and that makes you smile each day – think about it a lot – and start challenging your negative thoughts.

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

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



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Artist raise funds on ArrowCreek greens

By Dagmar Bohlmann

An art major, a fine art major and an architect meet at a neighborhood holiday party. What sounds like the beginning of a funny story, actually is the start of the ArrowCreek Art Guild. Connie Ghysels, Emma Auriemma-McKay, and Susan Christopher have been organizing art shows, open studios and fund raising events in South Reno since 2014.

What started with a local art show that featured 10 artists, quickly grew by word of mouth. In 2015, Auriemma suggested applying to Artown and “Art on the Greens” was born, featuring a challenging putting course on ArrowCreek Club’s putting green alongside an art exhibit and sale.

The Club offered food and drink and the Art Guild hired musicians to play throughout the day. About 500 people attended and from the raffle, the artists donated \$900 to Artown.

In 2016, the Art Guild, now with more than 20 members, decided to encourage each member to invite a guest artist outside of the ArrowCreek community. The exhibit grew to feature 30 artists and approximately 1,000 people came to see their work. That year, \$1,400 was donated to Artown.

“We are the only event that gives back to Artown from the proceeds of our event,” says Emma Auriemma-McKay, co-director of the ArrowCreek Art Guild. “An event with so many moving parts doesn’t succeed without the volunteers from the Art Guild who are not exhibiting, family members, the ArrowCreek Ladies Golf Club and the Club at ArrowCreek who support and help make this a delightful Sunday afternoon for everyone.”

The paintings of Art Guild founding members present a collage of styles and subjects.

When Connie Ghysels moved to Nevada, she changed from Southwestern and Indian themes to



Emma Auriemma-McKay paints mostly landscapes, trying to capture light and seasons in the Sierra Nevada.



(Photo: E. Auriemma-McKay)

wildlife. Although most of her work is on canvas, she has done murals for several wine rooms, businesses and private homes.

By contrast, Emma Auriemma-McKay, an architect, specializes in capturing the beauty of Northern Nevada.

“Landscapes can reflect a wide spectrum of postures, expressions and emotions,” she says. “Even though the landscape is an unmoving mass, ever-changing combinations of seasons, light quality or time of day bring constant change, life and personality to a scene.”

Susan Christopher likes to challenge herself by doing different styles, techniques, subjects and materials.

“Painting is a physical exercise for me,” she says. “I never sit down and when doing abstract expressionist paintings, my whole body gets a workout.”

Which is why she paints outdoors. Less clean up!



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Museum offers multi-faceted art encounters

By Amanda Horn

One of the myriad reasons I love my job at the Nevada Museum of Art is that every day I have the privilege of walking the galleries, basking in masterpieces born from all manner of creative fires. Some stories are known, others guarded. At times, I find myself not wanting to know too much about the procedure because the mystery adds to my experience. Other works requires an understanding of historical context, storylines, or techniques.

The joyful endeavor of spending time at the Nevada Museum of Art affords the opportunity to engage all kinds of these variables. Here's a taste of what you'll encounter this summer:

Maynard Dixon: The Paltenghi Collections.
Through July 16

Drawn from the collections of brothers Bruce C. Paltenghi and Dr. Richard Paltenghi, this exhibition features drawings and paintings by American artist Maynard Dixon. Inspired to begin collecting by their father, the Paltenghi brothers have amassed over sixty artworks that offer an intimate look at Dixon's life in the American West. Included are many never-before-seen drawings with subjects ranging from mountain and desert landscapes, to portraits and nude figure studies.

Miradas: Ancient Roots in Modern and Contemporary Mexican Art, works from the Bank of America Collection.

Through July 16

The exhibition examines and celebrates work by artists on both sides of the border—American and Mexican-American—to reveal a variety of cultural aspects as they emerged in the years after



Rufino Tamayo's Moon Dog is among over 100 works examining cultural aspects of life on both sides of the US-Mexican border which are currently on view at the Nevada Museum of Art. Perro de la Luna, N.D., Lithograph. Collection of Bank of America. Art © Tamayo Heirs/Mexico/. Licensed by VAGA, New York, NY.



Luis Jimenez Jr., Bronco (Horse and Cowboy)- Part I and Part II, 1978. Color Lithograph on Arches Cover White paper. Collection of Bank of America. © 2017 Estate of Luis A. Jimenez, Jr. / Artists Rights Society (ARS), New York.

the Mexican Revolution (1910–1920) to the present day. This unique survey of over 100 works takes a close look at paintings, prints and photographs created over the past eighty years by well-known Mexican artists like Diego Rivera and Rufino Tamayo, as well as Mexican-American artists such as Judithe Hernández and Roberto Juarez.

City of Dust: The Evolution of Burning Man.

July 1, 2017 through January 28, 2018

The remarkable story of how the legendary Nevada gathering known as Burning Man evolved from humble countercultural roots on San Francisco's Baker Beach into a world-famous

desert convergence comes together in this show. Burning Man's founders open their vaults to share never-before-seen photographs, artifacts, journals, sketches, and notebooks revealing how this temporary experimental desert city came to be—and how it continues to evolve. Organized by the Nevada Museum of Art, many items included are drawn from the archive collections of the museum's Center for Art + Environment.

Amanda Horn is director of communications at The Nevada Museum of Art. Located at 160 West Liberty Street, the Museum is open 10 am to 6 pm Wednesday and Friday through Sunday. Thursdays the institution stays open until 8 pm. Learn more at nevadaart.org.



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Musical theater camp offers fun, creativity



(Photo: J. Davis Rounds)

Students grades 4-9 learn acting, singing, dancing and stage management during a weeklong summer camp at Sierra School of the Performing Arts.

By Judy Davis Rounds

Do you have a child who loves to act, dance and sing? Then they should be part of the party. "The Birthday Party" that is, an original musical written for Sierra School of Performing Arts' Summer Musical Theater Camp. Campers will delve into all aspects of musical theater while rehearsing this play about a birthday party that goes horribly wrong, but has a happy ending.

Under the talented choreography direction of Amanda Bowman and musical direction of Bill Quinby, this one-week camp will expose students to stage movement, acting techniques, voice and dance. The camp is open to students in grades 4-9 and will culminate with a cast show on Friday, June 23rd at 2pm.

This camp promises to be an exciting, jam-packed week of performing arts. Local vocal and music instructor Bill Quinby shares years of experience. Throughout his career, Quinby has offered a full spectrum of musical services, including live performance, recording on multiple instruments, arranging, conducting, composing, and music direction.

For the past eight years, Sierra School of Performing Arts has offered camps for students.

"It's so rewarding to watch these students reach beyond their comfort level and build self-confidence," says Sierra School of Performing Arts'

artistic director Janet Lazarus. "This summer musical theater camp will encourage students to tap into their creative side."

The camp will be held from 9am-3pm Monday-Friday, June 19-23, 2017 at Sierra School of Performing Arts' new home in Sparks on 1380 Greg Street, Suite 225. Cost is \$225.00 per student. Multiple children from the same family receive a discount. Register at www.sierraschoolofperformingarts.org.

Judy Davis Rounds is the vice president Sierra School of the Performing Arts, a Nevada-based, non-profit organization that provides performing arts education to all ages in northern Nevada. For more information, contact info@sierraschoolofperformingarts.org or (775) 852-7740.



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2016's biggest cyber security stories



By Ryan Gearhart

2016 saw many notorious data breaches, along with developments in malware and other threats to security. It's always helpful to reflect on these developments to aid in future strategies for taking on the latest threats. Let's look

back at some of the major revelations from this past year.

The Internet of Things is vulnerable

Thousands of devices are infected with malware, which can lead them to form a massive botnet; hackers are then able to utilize this infected swarm to cause havoc. The Mirai botnet, which targets Internet of Things (IoT) devices, infects smart devices and uses them for various purposes. One of the most notorious IoT attacks last year was on the Domain Name System provider Dyn.com, creating a widespread outage for several hours preventing popular websites from being accessible. It's highly likely that IoT based attacks will continue in 2017. Our recommendation is to place IoT devices on a separate subnet, isolating them from the rest of your network infrastructure.

Ransomware is becoming more powerful

2016 certainly had no shortage of ransomware attacks, with many new types of ransomware cropping up practically overnight. The scariest part of this development is these ransomware attacks seem to be improving in both sophistication and threat level. Take, for example, the Petya ransomware, which encrypts not only the victim's files, but also their master boot record. Ransomware as a Service offerings also appeared, allowing even

more people of varying skill levels to execute these attacks. Ransomware targets almost anyone connected to the Internet; small business to enterprise companies, private users, and even non-profits may be vulnerable to this organized criminal activity. We recommend that businesses take extra precautions by ensuring backups are being executed on a nightly basis and that countermeasures such as Sophos' Intercept X security are implemented proactively to thwart of risks altogether.

Governments can be hacked

Two major hacks of the United States showed the world that even large government agencies can be hacked. One event was a breach at the Internal Revenue Service, while the other had to do with the Democratic National Committee. Over 101,000 PINs were swiped via an e-file PIN reset function, and the data from the DNC breach, perhaps inevitably, wound up on Wikileaks.

Yahoo's user accounts

Yahoo experienced not just one data breach, but two, with the second only coming to light just a few months ago. The first data breach, which happened in 2014 and got reported in 2016, exposed more than 500 million user accounts. In December 2016, Yahoo announced it had been hacked in a separate incident in August 2013. That's three years between the attack and informing users that their accounts had been compromised. Yahoo now holds the "honor" of being the source of the largest hack of user data ever.

Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. Don't add to the stats by reaching out to ProTechnical for an assessment on your business' security posture. For more information, contact (775) 525-2000 or visit www.protechnical.com.

CYBER SECURITY DEFINITIONS

Botnet

A botnet is a group of computers connected in a coordinated fashion for malicious purposes. Each computer in a botnet is called a bot. These bots form a network of compromised computers, which is controlled by a third party and used to transmit malware or spam, or to launch attacks. A botnet may also be known as a zombie army. SOURCE: techopedia.com

Ransomware

Ransomware is a type of malware program that infects, locks or takes control of a system and demands ransom to undo it. Ransomware attacks and infects a computer with the intention of extorting money from its owner. Ransomware may also be referred to as a crypto-virus, crypto-Trojan or crypto-worm. SOURCE: techopedia.com

Internet of Things

Simply put, this is the concept of basically connecting any device with an on and off switch to the Internet (and/or to each other). This includes everything from cellphones, coffee makers, washing machines, headphones, lamps, wearable devices and almost anything else you can think of. This also applies to components of machines, for example a jet engine of an airplane or the drill of an oil rig. As I mentioned, if it has an on and off switch then chances are it can be a part of the IoT. The analyst firm Gartner says that by 2020 there will be over 26 billion connected devices... That's a lot of connections (some even estimate this number to be much higher, over 100 billion). The IoT is a giant network of connected "things" (which also includes people). SOURCE: forbes.com



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Have a plan, not just a stock portfolio – diversification still matters

Provided by Hawley MacLean

In the first quarter of 2017, the bull market seemed unstoppable. The Dow Jones Industrial Average soared past 20,000 and closed at all-time highs on 12 consecutive trading days. The Nasdaq Composite gained almost 10% in three months.

An eight-year-old bull market is rare. This current bull is the second longest since the end of World War II; only the 1990-2000 bull run surpasses it. Since 1945, the average bull market has lasted 57 months. Everyone knows this bull market will someday end – but who wants to acknowledge that fact when equities have performed so well?

Overly exuberant investors might want to pay attention to the words of Sam Stovall, a longtime, bullish investment strategist and market analyst. Stovall, who used to work for Standard & Poor's and now works for CFRA, has seen bull and bear markets come and go. As he recently noted to Fortune, epic bull markets usually end "with a bang and not a whimper. Like an incandescent light bulb, they tend to glow brightest just before they go out."

History is riddled with examples. Think of the dot-com bust of 2000, the credit crisis of 2008, and the skyrocketing inflation of 1974. These developments wiped out bull markets; this bull market could potentially end as dramatically as

those three did.

A 20% correction would take the Dow down into the 16,000s. Emotionally, that would feel like a much more significant market drop – after all, the last time the blue chips fell 4,000 points was during the 2007-09 bear market.

Investors must prepare for the worst, even as they celebrate the best. A stock portfolio is not a retirement plan. A diversified investment mix of equity and fixed-income vehicles, augmented by a strong cash position, is wise in any market climate. Those entering retirement should have realistic assessments of the annual income they can withdraw from their savings and the potential returns from their invested assets.

Now is not the time to be greedy. With the markets near historic peaks, diversification still matters, and it can potentially provide a degree of financial insulation when stocks fall. Many investors are tempted to chase the return right now, but their real mission should be chasing their retirement objectives in line with the strategy defined in their retirement plans. In a sense, this record-setting bull market amounts to a distraction – a distraction worth celebrating, but a distraction, nonetheless.

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

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volunteers continued from page 3

PGA TOUR.

Volunteers of the tournament enjoy a fun outdoors experience while getting "behind the ropes" at one of the PGA TOUR's 47 worldwide stops inside the breathtaking community of Montreux Golf & Country Club. A variety of opportunities for volunteers include player and caddie transportation, score keeping, course marshaling. For anyone unfamiliar to golf, there is no experience required, and volunteer leaders provide all the necessary training.

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branded uniform, daily meals, and volunteer appreciation parties during tournament week and throughout the year.

This year's Barracuda Championship takes place July 31 – August 6, 2017, and it's sure to be a spectacular week filled with exciting new attractions and some great golf action. Whether it's through sponsorship, volunteerism or spectating, it's never too late to get involved.

To become part of Northern Nevada's only PGA TOUR Golf Tournament, visit www.BarracudaChampionship.com or call (775) 322-3900.

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Persuasive arguing boosts SAT scores



By Noelle Kim

Top high school debaters from around the country will travel to Birmingham, Alabama to compete in the 2017 National Speech and Debate tournament on June 18th. Students at Sage Ridge School who qualified at a recent district tournament are eagerly preparing for the event. They sharpen their ability to listen attentively, think critically and articulate their thoughts with confidence. Critical thinking is an essential skill for students today, who are bombarded with ideas and political agendas through television, social media, lyrics, literature, and even their textbooks.

John Sloyan, Sage Ridge’s current debate coach and English teacher, has been involved with debate since 2012. His predecessor Paul Leader had invited him to attend a tournament as a judge. Sloyan was hooked when he began to understand the spirit of the activity and see the benefits for students.

“Since debaters are required to prepare both sides of their topics, the activity encourages open-mindedness and deeper, more sophisticated understandings of complex issues,” he

said. “Not only do students get a great amount of public speaking practice, they also learn about the world outside of their bubble of academic environment.

Speech & Debate students score higher on standardized tests including the SAT, ACT, and AP as they increase their problem-solving abilities and overall academic performance. Students learn more about their world and the policies and value system that affect them and their communities.

“The world is a complex place and unbiased research is the key to making sense of it,” Sloyan said.

Aryan Shukla is a freshman at Sage Ridge and will compete in policy at the National Competition. Although Shukla has been debating for only a year, he claims that he learned so much more than he could have ever imagined. Although debating was rough when he first began, Shukla still found it a lot of fun and kept doing it.

“I have gone from having no idea about what’s going on in the world to knowing random facts about different topics I learned through debate,” Shukla said. “Debate has expanded my scope of political knowledge and I use it in day-to-day conversations.”

Shukla’s higher thinking skills that came with debate have come to use in school, by boosting his grades.

People often think that debating

is merely persuasive arguing, but it is so much more. Per their mission statement, the National Speech & Debate Association believes communication skills are essential for

empowering youth to become engaged citizens, skilled professionals, and honorable leaders in our global society.

Noelle Kim is a junior at Sage Ridge School.

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geared toward tooth issues. Obviously, if your child has damage to other parts of the body, then the ER is appropriate.

Make this summer the best, and with a few protective steps guard your child’s 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.

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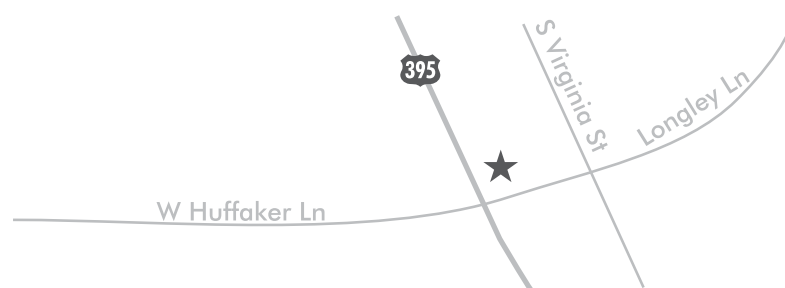
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