



Carson City trail system continues to expand

By Janice Keillor

Wheels are turning both on and off the trails in Carson City as plans for more multi-use trails are being developed and implemented. It's been almost three years since the Ash to Kings trail was completed, and the momentum gained from that success continues to drive the effort to create more outdoor adventure in the capital city.

Muscle Powered, Carson City and the Eagle Valley Trails Committee have been working diligently to plan, design, and construct much needed trail connections and improvements. Also contributing to the effort is the Forest



Service and the BLM, who have added the projects to their work lists. And coming in with a very generous contribution is

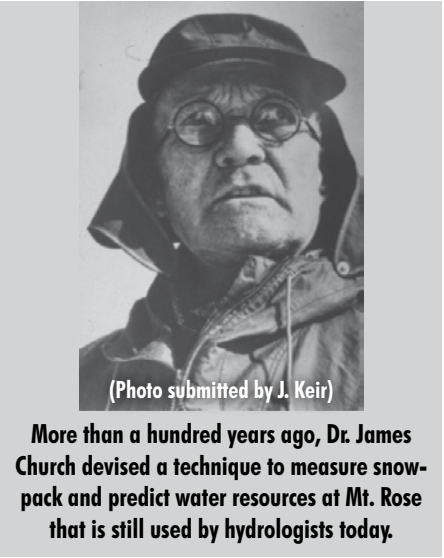
the Carson City Culture and Tourism Authority, donating \$80,000 towards the projects to help fund the National

Environmental Policy Act clearances. The efforts of all involved parties are a continuation of the collaboration that made the Ash to Kings trail a reality. So, hold on to your shoes and saddles, and get ready for some fantastic new trails.

First up is the Secret Trail, a one-mile connector trail from Hobart Road to Vicee Canyon and an important link in the Carson City Off-Road course. The current unsustainable alignment is getting re-routed and improved to an average 7 percent grade with rolling contours and two switchbacks. Whereas before it was a steep, sandy trail that was

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A century of snowpack to ponder on Mount Rose



By Jerry Keir

If you have been living along the Mount Rose Corridor over the past decade, you may have noticed that there

has been a "new normal" in terms of snow patterns. While last year's epic storms drew national headlines, and overheated our snow blowers, this year's winter seems to reflect a more arid trend that should give us pause. At 25% of the median average below 8,000 feet, the diminished snowpack this year can confuse our sense of the seasons.

Of course, snapshots of snow conditions often lend to hasty conclusions. Drought preoccupations worry us as we fret about the looming impacts of climate change, and this month's record highs across an unseasonably warm Sierra Crest does not help. It is hard to not feel a little off when you're walking to the mailbox in February in flip flops.

As it happens, we are in luck on Mount Rose when pondering our snowpack plight. We can understand

our predicament with a greater arc of time thanks to literary scholar Dr. James Church, who taught at the University of Nevada, Reno and who also became a keen observer of snow and weather conditions.

An avid outdoorsman, Dr. Church was the first Euro-American to complete a winter climb of 10,776-foot Mt. Rose in 1895. In 1909, he devised a

technique to measure Sierra snowpack which is still used by hydrologists today. We have over a century of snowpack data on Mt. Rose for this reason. Dr. Church went on to become internationally renowned for his ability to predict water resources, while also founding with others the Mount Rose Meteorological Observatory in 1906.

continued on page 2

Letter From the Publisher

Northern Nevada is changing all around us. Many small companies and nonprofits have sprung up that will greatly affect our community. Potential plans for a new swimming complex in central and south Reno, as well as a hockey facility in South Reno, are particularly exciting. These are the kind of projects that will greatly enhance the quality of life for many of us. I know personally, a swimming facility has been sorely needed for many years. We hope to have more details on these projects in futures issues.

To keep the community updated on new projects/ non-profit organizations and festivities, please feel free to contact me directly. If you need help promoting your project or your organization, our media kit is available on our website. We're always looking for new sponsors and writers, so please don't hesitate to contact us here at the GT.

Days will be getting longer, so it will be time to get outside and enjoy what our area has to offer. The long, dark days of winter are finally gone

and the snow should be melted off the trails early this season unless something dramatic changes with the snowpack. Quite a difference from last year when the High Sierra trails weren't open till late July in many locations.

Happy Trails, Richard Keillor



Richard Keillor appreciates Reno/Tahoe's year-round outdoor sports. But when it comes to surfing, he travels to Maui, Hawaii.

trail system *continued from cover*

difficult to find and ride, the new route will provide a more gradual, moderate and fun, single-track connection from the Lakeview area into Carson City. The trail is scheduled to be completed by June.

Another important link is the Lincoln Bypass, which will allow users to bypass Kings Canyon Road, the historic Lincoln Highway, and enjoy a 4-mile, sustainable, single-track trail to the south through Borda Meadows that will connect to the Kings Canyon trailhead. Currently, the only access is via a rutted, 4WD road. For mountain bikers, that makes for a very bone-jarring experience, not to mention the low fun factor of riding a road versus single-track. Ground breaking is pending NEPA clearances.

Also being planned on Carson City's west side is the Capital to State Park

trail, a 10-mile, multi-use trail which will connect from the high point of the Ash to Kings trail to Laxalt Flat in Spooner Lake and Backcountry, Lake Tahoe Nevada State Park. The trail will emerge at a point of the Tahoe Rim Trail where mountain biking is allowed and provide the only single-track connection from Carson City to the trails in the Tahoe Basin. This project is likely to begin construction in 2020 pending NEPA clearances.

The east side is also getting some attention, with an additional 5-7 miles of multi-use, single-track trails being planned for Prison Hill, which would link to the existing trail system. Carson City is currently working on a trail plan for this area, which would improve funding opportunities and solidify the project implementation by including the trail into the City's Unified Pathways

Master Plan, which is being updated from the prior plan completed in 2006.

And finally, the partners have been hard at work on a plan to improve the trails at Centennial Park, which will include bringing seven miles of existing trails to standard, installing signage, and including the trails into the BLM's trail system. Additional new trails being planned here will include a half-mile segment from the ballfield to the existing trail (designed by Conner McRae for his Carson High senior project) and connections from Centennial Park to Washoe Lake State Park, McClellan Peak, and Virginia City. All are desirable, east-side trails which would allow for more loop options and year-round recreation. As an extra bonus, the Carson Senators mountain

bike team will volunteer their time to help construct the trails.

It's an exciting time for Carson City as the effort to expand the trail systems in the state capital has become a priority. Outdoor recreation tourism has been replacing gaming across Nevada, and with the spectacular scenery and recreation opportunities that Nevada has to offer, additional trails for multi-use will only increase the quality of life for residents and attract more visitors to our beautiful area.

Janice Keillor loves riding her mountain bike when she is not on the slopes or in the pool. If you would like to get involved with these projects either through volunteering for trail work or funding for trails, please contact Jeff Potter at jeffpotter@musclepowered.org.

snowpack *continued from cover*

With climate change afoot, and not a snowball's chance for an enhanced national science policy on the horizon, an effort to revive the Observatory is now underway by concerned local scientists and environmentalists. There are maybe a half a million reasons (about the population of the Truckee Meadows) to better understand the dynamics of the Sierra spring run-off, a critical ecological process we rely upon to fill local reservoirs and replenish our ground water.

You can learn more about Dr. Church and his snow measuring methods at the Galena Creek Visitor Center where we continue to study, teach, and ponder the natural and cultural history of our neighborhood mountain range. Find us at www.galenacreekvisitorcenter.org.

Jerry Keir is the Executive Director of Great Basin Institute, an environmental organization affiliated with the University of Nevada, Reno. GBI operates Galena Creek Visitor Center in partnership with the US Forest Service and Washoe County.



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

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

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

Please contact Richard with all inquires regarding the Galena Times:
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Beckwourth Peak offers wonderful spring hiking in the Sierra Valley

By Daniel Fleischmann

Springtime is coming fast, and while the snow will remain in the Sierras, the lesser known Sierra Valley has plenty of opportunities for hiking. The Sierra Valley is the gateway to destinations like Frenchman Lake and Lake Davis; two reservoirs located 50 miles north of Lake Tahoe. These lakes provide more solitude than Lake Tahoe, and the snow melts earlier in the year.

Another destination in the Sierra Valley is Beckwourth Peak; which I hiked with a happy group in April 2016. It's an interesting mountain that looks different than surrounding peaks because of a mesa-like summit. It represents a change in terrain: If following a straight line, 60 miles of forest sprawl to its west, and 500 miles of desert to its east.

Standing at 7,252', Beckwourth Peak isn't high by Sierra standards. However, it is quite an appealing destination; and one that can typically be enjoyed in springtime.

Although it is named for the small town of Beckwourth located to its northeast, access is from the larger town of Portola, California to its north. Portola is located off Highway 70, about an hour's drive from downtown Reno. The aptly named Beckwourth Peak Road takes one up onto the mountain. To reach it, take Gulling Street into town and then take a right after the bridge. Follow signs for the A15 Road which leads to Beckwourth Peak Road about 1½ miles from Highway 70.

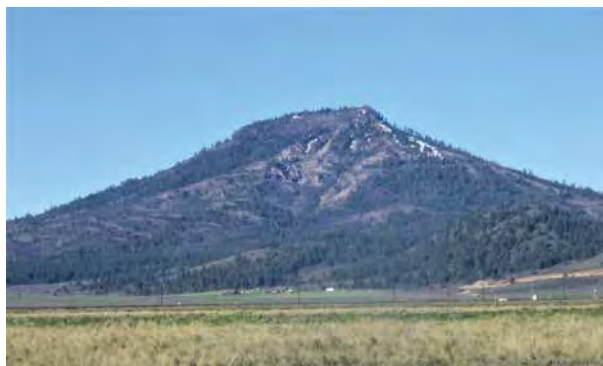
The road is well graded dirt for the first two miles. After two miles, there is an open area with room for parking at a junction of three roads. One road goes straight, and two others go to the left. Take the second left.

From here, it is a little over three miles to the summit with an elevation gain of over 1,500 feet. The true summit is situated amongst radio towers, on an edge north of the towers with excellent views.

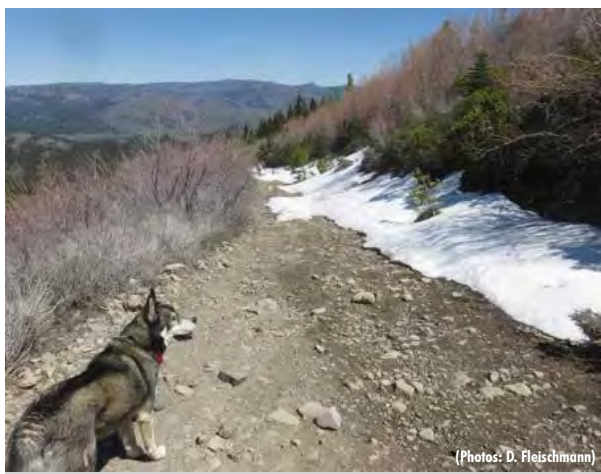
A lower north summit awaits about 650 yards away. It can be reached with a tiny bit of scrambling and offers additional views that are worth the extra effort.

Beckwourth Peak is great for dogs. The road to the summit is easy to follow and getting lost is unlikely. Don't expect crowds besides the occasional ATV. Beckwourth Peak is ideally hiked in dry conditions and after snow has sufficiently melted. Beginning of April might be a good time.

Daniel Fleischmann is a contributor to Summitpost.org where you can learn about more hikes in the area.



Beckwourth Peak's tabletop shape signifies a change in terrain from western wooded to eastern desert landscapes.



The graded road from Beckwourth Peak makes descending easy.



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Express creativity at the library

By Julie Ullman

The Washoe County Library System is proud to offer fun maker activities where you can create, learn and explore. Would you like to make a duct tape wallet or an origami crane? How about learning to sew and weave, or even experimenting with small LED bulbs and trying out different singing bowls? You will find lots of creative opportunities throughout 2018. Here are just a few highlights:

Idea Boxes

In April, a new set of Idea Boxes will begin rotating throughout the branches. These eight Idea Boxes will provide library patrons of all ages a chance to discover new interests and be creative through duct tape projects, origami, weaving and sewing crafts, LED projects, creating miniature gardens, beading projects, and experimenting with sound. And if you've ever wondered what the inside of a toaster looks like, you'll enjoy the "What's Inside" Idea Box which will have an assortment of non-working, small electronics and appliances that can be taken apart for a reverse engineering experience.

Idea Box Fair

On Sunday, March 25th, from 10am-3pm, the Spanish Springs Library, 7100A Pyramid Highway, will

host an Idea Box Fair. All eight new Idea Boxes will be at the branch providing everyone with an opportunity to experience all the maker activities in one place. You can even try the theremin, an electronic musical instrument that you play without ever touching the instrument.

Fixit Clinics

In May and September, we are holding four Fixit Clinic events. Bring in broken, non-functioning items like electronics, small appliances, toys, and bicycles for assessment and possible repair. Volunteer Fixit Coaches will help you troubleshoot your item and hopefully help you fix it! You'll not only learn about how to fix your item, you'll keep those items out of the landfill.

Volunteer Call

We are looking for Volunteer Fixit Coaches to help at these events, so if you have expertise and knowledge in repairing household items or electronics, please call Julie Ullman at the South Valleys Library at (775) 851-5190.

The Library provides an environment that nurtures learning and exploration and we think you'll find lots of opportunities to Express Your Creativity. See you at the Library!

Julie Ullman is the managing librarian at South Valleys



2018 Fixit Clinic Dates:

Monday, May 7th, 3-6pm at the Incline Village Library

Thursday, May 10th, 3-6pm at the Sparks Library

Saturday, September 29th,

10.30am-1.30pm at the Northwest Reno Library

Wednesday, October 3rd,

2.30-6pm at the North Valleys Library

Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us. For more about programs for kids, teens and adults at Washoe County Libraries visit www.washoecountylibrary.us.

Golf clinics create community at Wolf Run

By Corey Lawrence

"One of the most fascinating things about golf is how it reflects the cycle of life. No matter what you shoot — the next day you have to go back to the first tee and begin all over again and make yourself into something." Peter Jacobsen said that, and he was right.

Golf is one of the most challenging, yet rewarding sports. It combines many wonderful elements, among them exposure to the outdoors, exercise, socialization, and relationship building.

Tamarack Junction has partnered with Lindsay Hoskins, a PGA Professional and the director of instruction for Duncan Golf Management to offer both men's and women's golf clinics to the public. Clinic participants of all skills levels will learn about different aspects of the golf game, from fundamentals, progressing to more advanced skills and practices, including things like golf club knowledge, and golf etiquette. These golf clinics are tailored to smaller groups of no more than fifteen, to ensure plenty of personalized instruction.

These golf clinics will take place at Wolf Run Golf Course on Saturdays beginning in April. Each clinic is one hour long, and includes a complimentary lunch to follow at the Tamarack Junction Casino. A series of 4 golf lessons plus lunch is a \$100 investment per person.

Golf clinics allow both, men and women to be more successful on and off the golf course. They enhance

the connection of its participants to the game of golf, and to one another. If you want to get reacquainted or introduced to the game, a great way to get this type of experience is through a series of golf classes or clinics.

Tamarack Junction is thrilled to partner with Wolf Run and Lindsay Hoskins, PGA to continue the Tamarack's goal of bringing people in our community

together.

Corey Lawrence is casino marketing manager at the Tamarack Junction. When not working, she loves playing volleyball, tennis, softball, and golf. She cherishes spending time with her loving husband, Matthew, and their beautiful daughter Zoe. For more information, please contact Corey Lawrence at 775-750-6893.



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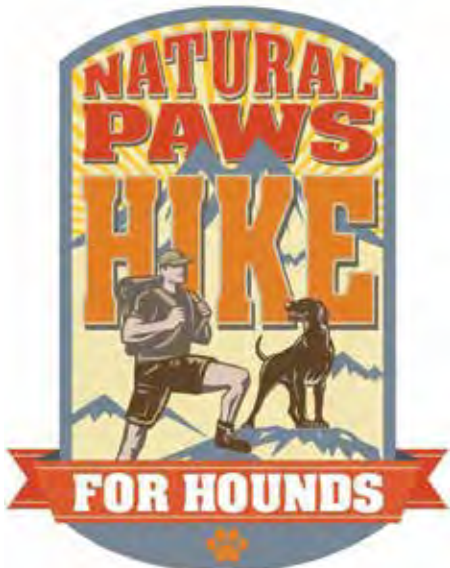
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Annual Hike for Hounds benefits homeless animals



By Lori Dotterweich

Hike the Sierras with your dog on Sunday, June 3rd at Galena Creek Regional Park. This isn't your typical dog walk as it's on mountain trails surrounded by tall pines and beautiful

vistas. Local natural pet food store Natural Paws hosts the annual Hike for Hounds at Galena Regional Park's Bitterbrush Trail. The guided hike benefitting local pet rescue organizations is from 10am to 12pm and 2 miles should take about an hour but participants may want to linger longer with their pooch to soak up the gorgeous Sierra scenery. After the hike, relax and enjoy the many vendors, food trucks and great music.

Your dog will delight in their very own after-hike ice cream – bacon and peanut butter flavored, non-fat yogurt. Lots of dogs will be up for adoption if you're looking for a new member of the family. Sign up when you arrive between 10am and 12pm; the entire Hike for Hounds event runs from 10am to 1pm.

Just \$30 includes a very cool event t-shirt as well as an impressive gift bag with \$20 worth of dog goodies, not to mention the yummy ice cream.

All proceeds benefit SPCA and Canine Rehabilitation Center & Sanctuary. CRCS is dedicated to rehabilitating dogs until they are adoptable to loving homes. The SPCA is an innovative regional leader in responsible treatment of homeless dogs and cats, primarily through their rescue and placement in forever, loving homes, and by promoting spaying and neutering to control pet overpopulation.

Dogs must be on leash always at the event, current on vaccinations and cleaned up after.

Lori Dotterweich is co-owner of Natural Paws, a competitively priced natural pet food and supply store, 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.



Saturday save a stray during Mutts in May

By Lori Dotterweich

"Saving one dog will not change the world, but surely for that one dog, the world will change forever," said professional dog trainer and canine behaviorist Karen Davison. The author inspired local natural pet food store Natural Paws to host their annual "Mutts in May" adoption days every Saturday throughout May from

10am through 1pm.

Natural Paws will host several rescue groups each Saturday including For Pets' Sake Rescue small dog rescue, Nevada Humane Society, Saints of the West St. Bernard Rescue and Pet Network Humane Society.

Twenty percent of dogs in shelters are purebred, so there will be a large selection of lovable breeds together

with unintentionally cross-breed mutts. Quirky, mellow, active, slobbery, loveable and incredibly loyal dogs and cats will look for forever homes every Saturday. Find the perfect fit for you and your family.

Each adoptee receives a free, 5 lb bag of kibble from Natural Paws as well as a lifetime of pet food advice for their dog or cat.

Lori Dotterweich is co-owner of Natural Paws, a competitively priced natural pet food and supply store, 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.

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Get pets in shape for Spring



By Matt Schmitt

While the change in seasons means new pet adventures outside the confines of the house, it's also time to pay special attention when returning to the great outdoors.

Check up before heading out. Schedule a vet checkup to make sure that your pet is healthy and ready for the outdoors. Vaccinations should be current, along with a Heartworm Test, followed by monthly Heartworm medication.

Avoid too much too soon. Bodies that have been at rest most of the winter get sore when called into action in the spring. Start slowly to help rebuild muscle tone before engaging in more strenuous activity.

Steer clear of standing water. Stagnant water can harbor infectious agents. Two of the most common diseases contracted from standing water are Giardia and Leptospirosis. Giardia is more common, with diarrhea and dehydration. Leptospirosis is a bacterial infection causing extreme sickness that can require intensive treatment.

Heads inside when going for a ride. Dogs love



the feel of the wind in their faces, but it's a dangerous practice. And putting them in the bed of a pickup is an even worse idea. Flying debris, and even bugs, can cause eye, ear and lung injuries.

Allergies affect animals, too. Pets can develop allergies to plants and pollen. Watch for sneezing, scratching, nose rubbing and skin rash. Neglected allergy symptoms can cause discomfort and even infection.

Check for fur freeloaders. After each outing, check for debris that may have latched onto fur, like burrs and foxtails. Ears and paws should also be examined. Be particularly vigilant about foxtails that can work their way deep into skin, leading to infection that can spread

SPECIAL NOTE ABOUT CANINE INFLUENZA

The highly contagious Canine Flu Virus is here. Whether your dog has had it or not, **ALL DOGS** should be vaccinated. The protocol is an initial shot, followed by another booster 3 weeks later. Treatment lasts one year, and dogs should continue to be vaccinated annually. Protect your pet!

throughout the body.

Get tagged and chipped. When out exploring, dogs can get lost. Make sure that yours finds its way home with a sturdy collar and tag, and microchip identification. 1 in 3 pets goes missing in its lifetime. Microchipping helps guarantee a happy reunion.

Now get out there and enjoy the grrreat outdoors!

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.

Travel with a happy dog by planning ahead

By Lori Dotterweich

Spring and summer in Reno/Tahoe is gorgeous, who would want to leave? Well, lots of us do to visit family, friends or just experience some new areas and you might as well bring the pooch if you decide to travel.

Before traveling with your dog, research the area's restrictions – most national parks don't allow dogs and if they do, they must be on leash. Also, make sure your dog is comfortable driving for long periods with plenty of water and food for the trip. If your dog gets nervous traveling, you can try "CBD Hemp Oil with Zero THC", a pet stress reliever, or the "Thunder-shirt", a wrap that uses pressure points to make your dog feel more secure and comfortable. Also, take your dog on trips around town to get him used to the car with rewards at the end like treats, a beach, or a walk. With more frequent car rides, tension and stress could become a thing of the past.

Now that you know the basics, where should you go for a fun trip with Fido? The Mendocino coast is a great dog-friendly area. Renting a house that allows pets is our favorite way to travel with our dogs Eli and Ellie as it allows us to leave them in the house if we go out on an excursion without them. Of course, make sure your dogs are potty-trained and not destructive if leaving them alone in a rental home.

Pet-friendly hotels are in abundance in Mendocino but you are required to always take your dog along. Mendocino has some great beaches and hiking areas that most dogs love. We love hiking the picturesque, eleven-mile trail along the ocean in Fort Bragg when visiting Mendocino with our dogs.



Most of the wineries will also allow dogs on their decks/patios but always make sure to call first. *For dog-friendly places to visit and stay in Mendocino, visit www.mendocino.com/dog-friendly.html.*

Another great destination to visit with your pet is the Nevada City and Grass Valley area. Not too far from Reno, it makes a nice outing for a day trip or overnight. Numerous trails are dog-friendly on the Cascade Canal NID trail system in Nevada City. With water running alongside, your pooches can get a drink without having to cart it along.

Empire Mines located in Grass Valley is another great spot to take your dog on leash. The Empire Mine State Historic Park has approximately 14 miles of trails within its 845 acres. *Visit www.empiremine.org for more information on the historical park.*

And while there, go to Grass Valley's newest dog park at Condon Park, more at www.dogsrunfree.net. After you have run the trails and dined on the patios

of dog-friendly cafes, stop at Asif, an art studio in the foothills where artist Kathryn Wronski will paint a portrait of your pet. We have had three of our dogs painted by Kathryn. The studio also features great shows and various types of art classes, including a ceramic studio if you want to become PAWcasso

yourself. Visit www.kwronski.com for more information on pet portrait paintings and the art studio.

For information on pet friendly hotels, restaurants and things to do in Mendocino, Nevada City/Grass Valley or any other pet friendly destination, check out www.bringfido.com or www.dogfriendly.com

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Specialty conifers make garden focal points

By Mary Sattler

Specialty conifers are a must have for the discerning gardener. Because of their unique size and variations in color and form, they provide an opportunity to enhance existing landscapes in exceptional ways. Specialty conifers represent a group of cone-bearing, fine-needled evergreens usually found in dwarf varieties. This smaller version of a parent plant is slower growing, usually at a rate of 1"-6" per year. Many are grafted with rootstalks that enhance their ability to survive and thrive in areas where they are not normally native.

Pinus mugo 'Carsten's Wintergold' is one of the best of the winter yellow pines. Its petite nature, 1'-2' tall and a bit wider, lends its use in the landscape to where it can best be featured in the winter when the typical mid-green mugo pine color morphs into the rich yellow-gold color it is noted for. Plant 'Carsten's Wintergold' in a prominent spot with other similar sized plant material so that in each season, in roughly the same spot, plant material is displaying spectacularly. This mugo lends itself well to container planting because of its very slow growth habit and small nature.

Picea orientalis 'Bergman's Gem' is a great ornamental spruce for many reasons, the most obvious being its rounded, ball-shaped form that can reach 3' in diameter. Combine that with its attractive grayish-green, small-needled foliage which emerges in the spring bright gold and you have a real winner.

Picea pungens 'Niemetz' is originally an European import commonly called Spring White Dwarf Colorado Spruce. That pretty much tells it all. The cream-colored new growth makes this upright, pyramidal spruce colorful in the spring



(Photos provided by: M. Sattler)

Attractive, specialty conifers enhance landscapes year-round with their distinct colors and dwarf sizes. Since they grow very slowly, many are suitable for containers.

almost as if it had been flocked like a Christmas tree; while rich, blue-green foliage give it color the rest of the year. Expect to see it grow 10' tall and 8' wide. This spectacular tree is a stand-alone focal point for the landscape.

Tsuga canadensis 'Albospica' is a beautiful upright mounding version of the Canadian Hemlock. It will achieve a 6'-8' height and spread. All hemlocks will require full to partial shade and consistent moisture to thrive in this area. Heavy mulching and applications of acidic fertilizers are recommended. 'Albospica' has snowy white-tipped new spring growth which contrasts nicely with the older dark green foliage.

Abies korean 'Silberlocke' is an example of an elegant Korean fir with recurved green needles which show off glowing silver white undersides.

This fir also features large showy cones held upright along the branches. 'Silberlocke' is less forgiving of drought and alkaline soil conditions and performs best in full shade or afternoon shade. Once again, heavy mulching and applications of acidic fertilizers are recommended. Mature size of 15'-20' tall and 5'-6' wide can be expected. This is an exceptional focal point for darker areas of the landscape.

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. Join Greenhouse Garden Center on Sunday, June 11th at 11am when Joe Carli representing Western Evergreen will be showcasing these and more specialty conifers.

Renown Children's Hospital nurses Mary and Denise with patient.



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CHILDREN'S HOSPITAL

Arthritis: How to expel it, how to avert it



Kerstin Tracy

By Kerstin Tracy

To keep the human body mobile, we are equipped with 360 joints, the point where two or more bones meet. Some of these joints are used more intensely than others. The knee joint, not surprisingly, is used far more than, say, the wrist joint. For example, knee

joints are forced to buffer 3.5 times our body weight during walking.

How can we support our joints while still being active? Exercise is crucial but often difficult because the body is in pain.

This spring and summer, remember these 10 amazing solutions to keep arthritis at bay:

- Exercising in water eliminates all impact while strengthening the muscles around the knees. Cycling is a similar activity.

- Walking nourishes the cartilage — joints prefer steady movements to remain lubricated and fluid. This means that less impact and more movement is

preferred, as on a long walk or a bike ride.

- Resistance training — exercising your muscles using an opposing force — builds the muscles around the joints and that helps keep the ideal joint space.

- Avoid hard impact and intense rotations, which increase the chance of arthritis.

- Weight matters. Abdominal fat increases the risk of inflammation in your joints, especially the knee joint.

- Feed your joints healthy foods such as onions and garlic — both nourish cartilage. Be sure to add plenty of fruits and vegetables to your diet as well.

- Enjoy joint-friendly, herbal teas like Devil's Claw, Nettle, and Willow Bark teas.

- Drastically reduce inflammation with this unique German recipe: blend a dash of cumin, coriander, and nutmeg and add it to your food every day. These powerful herbs increase circulation in the joints and are proven to reduce pain.

- Supplements such as collagen, glucosamine and chondroitin, as well as hyaluronic acid, are known to bring great relief when taken long-term.

- Of crucial importance: misalignments in the body lead to arthritis. Be sure you receive the bodywork needed to release these restrictions, so your body is more balanced and not overloading certain areas, making them susceptible to arthritis. CranioSacral Therapy can help release restrictions in all areas to bring your body back into alignment. Better alignment leads to a happy and optimally functioning nervous system.

It is never too late to change and heal. Don't settle. Thrive.

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.

Carson Tahoe Health encourages low-cost HeartSmart screenings

Submitted to the Galena Times

Are you or a loved one at risk for stroke or heart disease? Because the warning signs are often difficult to recognize, routine cardiovascular screenings are vital to understanding your personal risk, assuring early

detection, and following up with treatment if necessary. Screenings are strongly recommended for people over age 50 or for those who have a family history of heart disease.

The latest research indicates that about 80% of cardiac events can be

prevented. Carson Tahoe Health is proud to offer several low-cost HeartSmart screenings, every April and September, at a variety of locations throughout the Northern Nevada region. Designed to assess an individual's risk for stroke and the various forms of heart disease, including Peripheral Arterial Disease, Abdominal Aortic Aneurysm, and plaque build-up in the carotid arteries, CTH's HeartSmart program includes the following tests:

- Carotid artery and stroke ultrasound
- Screening for atrial fibrillation
- Abdominal aortic aneurysm screening
- Screening for peripheral vascular disease.

"According to recent studies, heart disease and stroke continue to be critical health concerns, both in our community and across the nation," said Mina Fiddymment, manager of the Carson Tahoe Health & Wellness Institute.

"By providing convenient and affordable access to these potentially lifesaving HeartSmart screenings, we can identify cardiac conditions before they become emergencies and help people live their healthiest lives. The program aligns directly with our dedication to not only treating people when they are sick, but also empowering them to embrace a proactive approach to managing their overall health and well-being."

"I have a family history of heart disease, and about a year ago, my son tragically passed away after suffering a heart attack," said local resident Larry Lunz. "My wife signed me up for a Carson Tahoe HeartSmart screening,

and I'm very thankful that she did. My screening revealed that I had coronary artery disease, and with this knowledge, I was able to receive the treatment I needed and to vastly improve my quality of life. The screening also provided me with immense peace of mind, and now I can focus on the things I enjoy most in life — spending time with my wife and grandchildren, volunteering, and participating in outdoor recreation."

Carson Tahoe Health offers HeartSmart screenings every April and September for only \$75 (over a \$500 value) in Carson City, Minden, Reno, Stateline, and Dayton. If you would like to be among the first to be notified of upcoming HeartSmart screening events, please join the waitlist online at www.CarsonTahoe.com/HeartSmart.

Carson Tahoe Health is a local, not-for-profit healthcare system with 240 licensed acute care beds. Serving a population of over 250,000, CTH features two hospitals, two urgent cares, an emergent care center, outpatient services and a provider network with 20 regional locations. The system is headquartered on a beautiful, master planned, 80-acre medical campus nestled among the foothills of the Sierra Nevada in North Carson City. As the system's cornerstone, Carson Tahoe Regional Medical Center, voted fifth most beautiful hospital in the nation, was the first Baby-Friendly designated hospital in Nevada. Also included on the campus is Carson Tahoe Sierra Surgery, the 15-bed boutique elective surgery arm of CTRMC, and Carson Tahoe Cancer Center, an affiliate of Huntsman Cancer Institute, University of Utah. For more information, go to www.carsontahoe.com.

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Protect your smile while you play



Jade Miller, DDS

By Jade Miller

Sports safety is important. We always recommend that your child wear a mouthguard anytime they are actively engaged in sports. There

are three types of mouthguards: Stock – “one size fits all” model, Boil and Bite, and Custom-made. Although any mouthguard is better than no mouthguard, we recommend custom-made models as they are best for ensuring your child’s safety. A custom mouthguard will fit your child’s mouth perfectly, and it is made from material that won’t tear or wear down in short periods of time.

To help your child’s mouthguard last, we suggest the following:

Regular cleaning. Mouthguards can trap all sorts of bacteria and germs, so make sure you are soaking it in warm water and hydrogen peroxide after every use.

Proper storage. Keep the mouthguard in a clean, ventilated container such as a durable plastic container. Be sure to keep the container out of direct sunlight or extreme heat.

Examination. Mouthguards can rip and tear and lose sturdiness. If your mouthguard is damaged or no longer fits properly, replace it right away. Remember, a custom mouthguard will

always fit your teeth perfectly, because it was designed specifically for you.

Without the use of mouthguards, you are risking dental injuries which are painful and costly. Here are some common injuries your child might face:

Avulsion. Avulsions occur when the entire tooth is displaced. A displaced tooth will need to be re-planted or replaced by a dentist. You also want to keep the tooth alive by placing it in milk or gauze soaked in saline until you get to a dentist.

Tooth fracture. A tooth fracture occurs when the tooth is broken or chipped. If a tooth fracture occurs, it’s important to control the bleeding by gently biting on a cloth or towel.

Luxation. A luxation, also known as a lateral displacement or an extruded tooth, occurs when the tooth remains in the socket but is in the wrong position, either pulled forward or pushed back. An extruded tooth is one that sits higher than surrounding teeth. The type of luxation will determine the necessary dental care. Sometimes a dentist can reposition the tooth, but more severe injuries may require further procedures.

It is important to seek professional dental care immediately after an injury. The longer you wait, the worse the injury can get. The good news is that many of these injuries can be avoided by wearing a custom-made mouthguard.

If you are a patient of Growing Smiles Pediatric Dentistry bring in your

How Mouthguards Help To Protect Athletes

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- Laceration**
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Properly fitted mouthguards reduce the potential for jaw joint fracture and displacement by cushioning against the impact.
- Mouth Impact**
Causes possible damage to the soft tissues of the lips, cheeks, tongue and gums, as well as the teeth and upper jaw.
- Jaw Fracture**
Properly fitted mouthguards reduce the force upon impact helping to protect the jaws from fracture.
- Direct Jaw Impact**
Causes possible damage to the teeth, TMJ and jaws.
- Under Chin Impact**
Causes possible damage to the teeth, TMJ and jaws.

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mouthguard at your next dental visit and we will evaluate it for you. Remember to protect your child’s smile during all athletic activities.

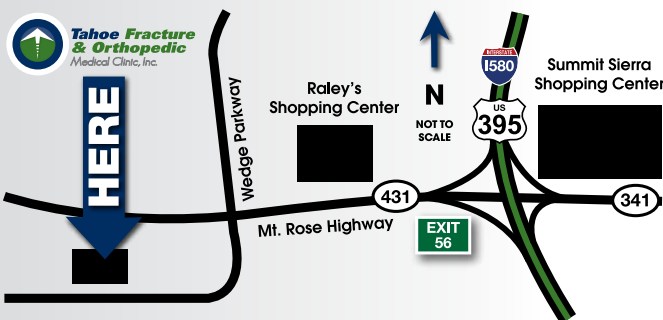
Dr. Jade Miller, DDS, is a board certified pediatric dentist and the immediate past president of the American Academy of Pediatric Dentistry. He has dedicated his

career to keeping at the forefront of pediatric care and providing his patients with the best services available. He is married with three children. For more info, visit Growing Smiles Pediatric Dentistry at 517 Hammill Lane in Reno and www.renodentist.com or contact (775) 824-2323 and millertrujillo@growingsmiles.net.

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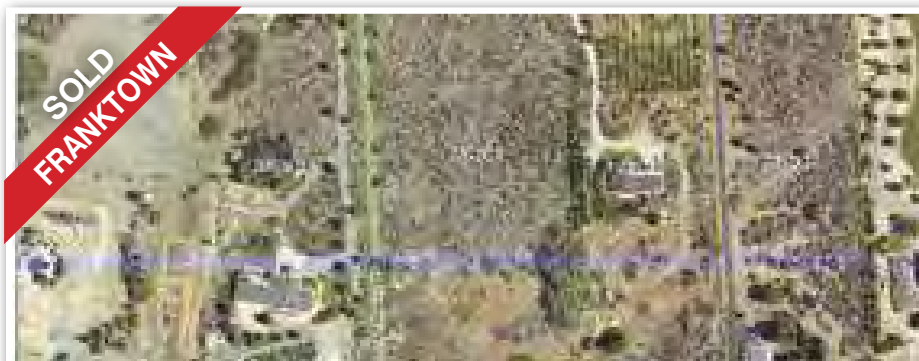
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~ Charles from Mount Rose Highway



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All Area Home Sales December 5, 2017 - March 4, 2018

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
17220 Big Pine Drive	\$605,000	\$575,000	267.7	254.42	2260	1.01	1/31/2018
1650 Joy Lake Road	\$649,000	\$629,000	235.14	227.9	2760	0.51	12/15/2017
755 Yellow Pine Road	\$699,000	\$665,000	274.66	261.3	2545	1.67	2/9/2018
17205 Big Pine Drive	\$729,000	\$692,500	330.61	314.06	2205	1.01	1/19/2018
1055 Joy Lake	\$699,500	\$699,500	314.38	314.38	2225	1.12	2/26/2018
1855 Blue Spruce	\$769,500	\$731,000	243.2	231.04	3164	0.48	2/14/2018
40 Winterberry Court	\$825,000	\$800,000	285.66	277.01	2888	0.6	12/27/2017
144 Kingswood Court	\$874,900	\$870,000	217.2	215.99	4028	1.13	12/15/2017
16845 Rue du Parc	\$1,099,000	\$1,025,000	286.35	267.07	3838	0.5	1/11/2018
6400 Zermatt Court	\$1,049,000	\$1,049,000	378.97	378.97	2768	0.24	2/28/2018
16925 Delacroix	\$1,099,000	\$1,099,000	314	314	3500	0.54	2/14/2018
114 Eldon Court	\$1,199,999	\$1,150,000	241.64	231.57	4966	1	1/8/2018
20605 Parc Foret Drive	\$1,195,000	\$1,195,000	383.01	383.01	3120	0.32	2/20/2018
20705 Margaux Road	\$1,295,000	\$1,245,000	350.66	337.12	3693	0.41	12/11/2017
790 Piney Creek	\$1,291,000	\$1,271,000	338.67	333.42	3812	1	2/20/2018
5775 Nordend Way	\$1,298,000	\$1,275,000	358.56	352.21	3620	0.48	2/13/2018
20525 Latour	\$1,399,000	\$1,350,000	350.71	338.43	3989	0.32	1/9/2018
16775 Maggie Circle	\$1,685,000	\$1,400,000	407.6	338.66	4134	3.35	2/26/2018
395 Mount Mahogany Court	\$1,599,000	\$1,499,000	190.13	178.24	8410	1.14	2/26/2018
6425 De Chardin Lane	\$2,200,000	\$2,065,000	452.67	424.9	4860	0.63	2/28/2018
6105 Lake Geneva	\$2,395,000	\$2,290,000	470.16	449.55	5094	0.63	1/24/2018
5850 Lausanne Drive	\$2,545,000	\$2,450,000	352.54	339.38	7219	1.1	12/19/2017
6320 De Chardin	\$2,690,000	\$2,500,000	478.39	444.6	5623	1.02	1/17/2018
4705 Alpes Way	\$2,650,000	\$2,500,000	427.42	403.23	6200	0.73	2/16/2018
20203 Bordeaux Drive	\$3,750,000	\$3,550,000	401.97	380.53	9329	1.28	2/12/2018

SADDLEHORN/MONTE ROSA

14270 Caballero	\$699,000	\$699,000	251.98	251.98	2774	0.53	12/6/2017
55 Desatoya Court	\$885,000	\$840,000	276.39	262.34	3202	1	2/15/2018
3885 Boulder Patch	\$1,399,000	\$1,250,000	278.19	248.56	5029	0.44	12/15/2017

ROLLING HILLS/GALENA COUNTRY ESTATES

14485 Ghost Rider	\$405,000	\$390,000	228.3	219.84	1774	0.36	12/8/2017
3675 Butch Cassidy Drive	\$429,900	\$429,900	206.39	206.39	2083	0.34	12/5/2017
1925 Golden Gate Drive	\$449,000	\$440,000	182.22	178.57	2464	0.21	2/16/2018
1779 Kodiak Circle	\$465,000	\$471,000	172.93	175.16	2689	0.32	2/21/2018
14425 Ghost Rider	\$499,900	\$480,000	203.87	195.76	2452	0.34	2/20/2018
3793 Vancouver	\$575,500	\$498,750	168.47	146	3416	0.29	2/27/2018
2415 Killington Drive	\$599,000	\$585,000	184.02	179.72	3255	0.42	1/22/2018

ARROWCREEK

2756 Spirit Rock Trail	\$619,000	\$615,000	245.93	244.34	2517	0.53	12/26/2017
2755 Sky Horse Trail	\$721,000	\$650,000	296.34	267.16	2433	0.43	12/22/2017
2969 Stonebridge	\$779,000	\$760,000	224.17	218.71	3475	0.35	12/22/2017
6240 Elk Ivory	\$819,900	\$800,000	204.21	199.25	4015	0.29	1/2/2018
6768 Arctic Willow	\$789,000	\$809,000	268.73	275.54	2936	0.57	2/26/2018
1215 Broken Feather Court	\$875,000	\$830,000	231.42	219.52	3781	0.59	2/27/2018
10072 Via Ponte	\$879,000	\$850,000	242.08	234.1	3631	0.36	2/6/2018
1055 Indian Summer Court	\$850,000	\$875,000	228.25	234.96	3724	0.63	2/14/2018
10336 Via Bianca	\$899,500	\$885,000	204.71	201.41	4394	0.31	1/31/2018
6220 Sierra Mesa Drive	\$985,000	\$990,000	227.01	228.16	4339	0.43	1/19/2018
10090 E Desert Canyon Drive	\$1,189,000	\$1,150,000	302.54	292.62	3930	0.71	2/23/2018
10172 Indian Ridge	\$1,395,000	\$1,212,000	407.42	353.97	3424	1.21	1/4/2018
3670 Spirit Bluff Court	\$1,495,000	\$1,300,000	240.43	209.07	6218	1.06	12/8/2017
5729 Indigo Run	\$1,397,000	\$1,337,500	322.11	308.39	4337	1.34	12/19/2017
10398 Copper Cloud Drive	\$1,535,000	\$1,480,000	281.14	271.06	5460	1.03	1/26/2018

CALLAHAN RANCH

16255 Callahan Road	\$329,000	\$310,000	432.89	407.89	760	1.21	2/15/2018
4955 Mt. Rose Highway	\$400,000	\$365,000	184.25	168.13	2171	2.35	2/9/2018
16225 Callahan	\$449,000	\$435,000	194.04	187.99	2314	1	2/28/2018
5340 Cedarwood	\$495,000	\$495,000	273.18	273.18	1812	0.97	2/22/2018
15777 Fawn Lane	\$655,000	\$625,000	235.02	224.26	2787	1.17	12/14/2017
5400 Menagerie Avenue	\$989,000	\$900,000	269.85	245.57	3665	1.32	1/11/2018

OTHER AREAS OF SOUTH RENO

1250 Lampe Road	\$620,000	\$590,000	276.79	263.39	2240	1.02	2/9/2018
12965 Broilli Drive	\$620,000	\$600,000	265.87	257.29	2332	0.68	2/28/2018
222 Snow Creek Court	\$674,000	\$650,000	257.15	248	2621	0.61	2/9/2018
439 Octate Circle	\$674,900	\$660,000	233.93	228.77	2885	0.36	2/28/2018
12685 Silver Wolf	\$700,000	\$695,000	240.72	239	2908	0.63	2/23/2018
3600 Frost Lane	\$899,000	\$700,000	229.69	178.85	3914	2.56	2/9/2018
3515 Lamay Lane	\$879,000	\$806,900	335.37	307.86	2621	2	2/22/2018
5398 S Elk River Road	\$825,000	\$817,000	253.38	250.92	3256	0.66	1/31/2018
1288 Wolf Run Road	\$857,000	\$857,000	255.44	255.44	3355	0.58	1/24/2018
1585 Zolezzi Lane	\$885,000	\$893,000	211.72	213.64	4180	1.5	12/6/2017
1296 Wolf Run Road	\$930,000	\$902,000	232.27	225.27	4004	0.53	2/7/2018
5095 W Acoma Road	\$1,299,000	\$1,090,000	743.14	623.57	1748	7.21	1/26/2018
10600 Thomas Creek Road	\$1,433,300	\$1,315,000	517.06	474.39	2772	2.55	1/12/2018
8999 Panorama	\$1,700,000	\$1,600,000	414.43	390.05	4102	5.23	2/22/2018
1590 Boulder Field Way	\$2,099,000	\$1,900,000	289.84	262.36	7242	2	1/23/2018
2320 Kinney Lane	\$2,450,000	\$2,300,000	391	367.06	6266	6.4	1/5/2018
2600 Faretto Lane	\$3,900,000	\$3,500,000	367.16	329.5	10622	5.28	12/26/2017

NW CARSON CITY

227 Saint Albans Place	\$584,000	\$527,500	198.71	179.48	2939	0.26	12/12/2017
2035 Newman Place	\$545,000	\$530,000	193.26	187.94	2820	0.31	12/7/2017
20 Woodstock Circle	\$575,000	\$535,000	231.76	215.64	2481	0.5	1/4/2018
4200 Timberline Drive	\$625,000	\$625,000	221.47	221.47	2822	2.13	12/20/2017
4651 Reds Grade	\$675,000	\$650,000	212.46	204.6	3177	2.04	1/26/2018
2207 Canterbury Lane	\$654,495	\$654,495	176.32	176.32	3712	0.32	12/15/2017
4091 Westwood	\$695,000	\$685,000	192.84	190.07	3604	1.36	12/22/2017
4340 Combs Canyon Road	\$699,000	\$689,000	172.55	170.08	4051	1	2/9/2018
4690 Wagon Wheel Road	\$890,000	\$890,000	182.53	182.53	4876	1.4	12/15/2017

*Information deemed reliable, however not guaranteed *Information obtained through the MLS

Acupuncture, Chinese Medicine and Functional Medicine synchronize to address health issues



Dr. Katania Taylor

By Katania Taylor

Most people know a bit about acupuncture, mainly that it can help with pain. But did you know it also can address IBS, allergies, insomnia, constipation, heartburn, anxiety, Bell's Palsy, addiction and female issues? When adding herbal medicine, nutrition and targeted supplementation, just about any health concern can be alleviated and often reversed.

Of course, if someone has end stage cancer or severe, degenerative osteoarthritis where joints have deformed, this type of therapy might merely relieve symptoms. It will not likely reverse severe stages of disease. But I have seen the remission of many a disease that Western medicine believed incurable. The combination is the trick. Acupuncture alone is powerful, but having the full toolkit can be miraculous.

Depending on what I am treating, acupuncture may be

the main component in the treatment, and no herbs or nutrition is used. Alternatively, I might focus on the person's diet and put them on targeted supplements as the core of the treatment, while acupuncture is secondary.

With the combined knowledge of Functional Medicine and Chinese Medicine, I have a plethora of dietary therapies, herbal remedies, and nutritional supplements in my toolkit. For some, a relaxing treatment with acupuncture and cupping relieves enough tension to reset their sleep and anxiety; while for others, a strict elimination diet and specific supplements are essential to remove the causative factor and help the body heal.

The natural and subtle way that acupuncture and Functional medicine work is to nudge the body back into balance. We are removing the obstacles in the way of healing. Our bodies naturally tend toward health, unless they are not given the right inputs. Most of our modern diseases have their roots in inflammation and deficiency. By removing the inflammatory foods, lifestyle, and environmental exposures we greatly eliminate one

of the two roots of disease. With the proper diet and supplementation, we can reverse deficiency and remove the other root cause of most disease we see today.

Acupuncture works by improving blood flow, encouraging the body to self-heal; releasing natural, endogenous pain killers, anti-inflammatories and neurotransmitters. By relaxing the muscles and nervous system, the body is able to take the other inputs and go to work healing the system. It is a beautiful symphony. The body knows how to heal, but sometimes just needs a loving nudge.

Dr. Katania Taylor is a Doctor of Oriental Medicine and uses Functional Medicine in conjunction with Chinese Medicine and acupuncture. She has been practicing Chinese Medicine for over 15 years. Dr. Taylor sees patients in her clinic at Path to Wellness and over the phone. She also treats children as young as 5 years old.

Visit Dr. Taylor at pathtowellnessreno.com, kataniataylor.com or contact her directly at askme@kataniataylor.com. You can also check out Dr. Taylor's educational talks, articles and videos at Facebook at [facebook.com/kataniataylorblog](https://www.facebook.com/kataniataylorblog).

Renown Children's Hospital offers quality pediatric care close to home



Dr. Max Coppes

By Max Coppes

For several decades, our community has been blessed with many physicians willing to take care of our children: countless family physicians; multiple general pediatricians; several adult specialists who by virtue of their training felt comfortable managing more complex child disorders.

But until recently, only a few pediatric specialists in the area were specifically trained to manage complex childhood diseases.

Given the shortage of pediatric subspecialists, many children with complex or serious medical conditions have had to travel, usually "over the hill", to get the medical expertise required to manage their condition.

In 2016, Renown Health and the University of Nevada, Reno School of Medicine recognized that the

community is big enough for a full-fledged children's hospital and decided on a close collaboration for child health that could meet all our needs except for so called quaternary care conditions, like bone marrow or organ transplantation, pediatric heart surgery, or complex surgery.

The Nell J. Redfield foundation provided funds for the Chair of Pediatrics and for education and research

continued on page 14

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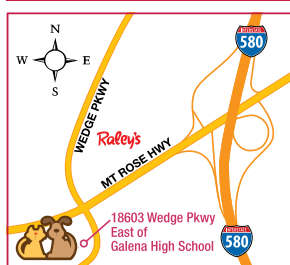
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Yoga is more than picture-perfect postures



By Jennifer Wallis

More than 90% of people come to yoga for flexibility, stress relief, better health, and physical fitness. But after they start, their primary reason usually changes because they discover yoga offers self-reflection, kindness and compassion.

Some people fear they are not flexible enough to try yoga, but yoga isn't about attaining the perfect pose. It's not about perfecting a handstand or being "right" or "good enough." It's about being present in the now and removing judgment – especially the judgment that you place on yourself.

Often have confidence in ourselves is difficult.



And it's even harder to be aware of the chatter that the mind creates, much of the time very negative. Yoga helps us silence that noise, it helps us appreciate our bodies for what they can do.

Sometimes it takes having to get on your yoga mat and let your body support you to give yourself permission to appreciate you just the way you are.

Come to your yoga mat to feel, not to accomplish. Shift your focus from achieving and setting expectations to allowing your heart to be open and



accepting what you can and cannot do.

Everybody gets something different from yoga, but yoga gives everyone the same blessings: calmness, clarity, strength, love, serenity, confidence, gratitude. Mostly, yoga helps us to be open, not only with ourselves, but with others and with the universe. The definition of yoga is unity, uniting your body, mind, and spirit. And for that reason, we practice yoga.

Jennifer Wallis is the owner of Sparkle Yoga. For more information, visit www.sparkleyogareno.com

Renown *continued from page 13*

needs. Subsequently, through a transformational donation, the Pennington Foundation allowed Renown Children's Hospital and the Department of Pediatrics, to recruit the many pediatric specialists needed to treat most children with complex pediatric disorders.

Since the summer of 2016, Renown Children's Hospital has hired 20 pediatricians, including two pediatric hematologist/oncologists (doctors for childhood cancer and childhood blood disorders), one adolescent medicine specialist, a pediatric emergency medicine physician, a second pediatric pulmonologist, a pediatric infectious disease specialist, and four new pediatric critical care physicians. Pediatric critical

care doctors now staff a 24/7 pediatric intensive care unit, with pediatric intensive care specialists staying overnight in the hospital.

In addition, we have onboarded five general pediatricians. Joining in the spring and summer of 2018 will be two more pediatric emergency medicine physicians, an additional neonatologist, and a pediatric kidney specialist.

As we celebrate our achievements, we remain committed to continue recruiting pediatric specialists to further expand the services in our community. We are particularly looking for a second pediatric endocrinologist, a second pediatric surgeon, a second

pediatric gastroenterologist, a pediatric rheumatologist, a developmental specialist, and a geneticist.

Renown Children's Hospital is always ready to provide exceptional care for your child and when a specific care is not available in town, to connect you with a suitable pediatric specialist with whom we maintain personal communication. The latter usually allows quick transfer back to Reno. Our goal is to provide as much care as possible close to home.

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.



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Legally Blonde – The Musical: auditions open to teens and adults

Submitted to the Galena Times

A fabulously fun, award-winning musical based on the adored movie, Legally Blonde-The Musical, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams. Action-packed and exploding with memorable songs and dynamic dances - this musical is so much fun, it should be illegal! It is a piece of pure pop-kitsch that exists on a level of bubble-headed fantasy that has no connection with reality. But that's the fun part because the total absurdity of the plot makes for a totally hilarious experience.

From the organization that brought you The Sound of Music, The Wizard of Oz, Cinderella and Fiddler on the Roof, Sierra School of Performing Arts is holding auditions for talented actors, dancers and singers from age 14 to adult on March 21, 24 and 25.

This show has many great opportunities for young and adult performers, especially for performers in their twenties. Teens who can look like they could be in college can audition, too. For the chorus and some featured roles, singing ability is a plus, but we are also casting people who are good non-singing character actors

or who have a dance background. Guys and gals who can do hip hop are highly encouraged to audition. Anyone wishing to audition for the role of Elle should be a quadruple threat - the actor needs to sing, dance, act and have great comedic timing!

There are three opportunities to audition: Wednesday, March 21 between 6pm - 8:45pm, or between 1pm-4:30pm on Saturday or Sunday, March 24th and 25th. You must sign up for an audition time. Go to www.sierraschoolofperformingarts.org/auditions for details and sign up times. There will also be a dance audition; the choreography should be learned ahead of time. A video of that choreography will be posted at our website by March 1st.

The show will be performed August 17, 18, 24, 25, 26, 30, 31, and Sept. 1 at the Robert Z Hawkins Outdoor Amphitheater at Bartley Ranch in Reno. Based on the book by Heather Hach with a whimsical score by Laurence O'Keefe and Nell Benjamin, the show is sure to please the whole family!

Legally Blonde – The Musical is presented through special arrangement with music Theater International (MTI). www.MTIshows.com



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For information on character descriptions, auditions, rehearsals, and to
SIGN UP FOR AN AUDITION TIME, go to our website
www.sierraschoolofperformingarts.org/auditions.

Audition Times

Wednesday, March 21st: 6:00–8:45 p.m.
or
Saturday, March 24th: 1:00–4:30 p.m.
or
Sunday, March 25th: 1:00–4:30 p.m.

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Never touch your principal in retirement? Think again.

Provided by MacLean Financial Group

More than a century ago, an American financial archetype emerged – the household that lived on the interest earned by its investments, never touching its principal. Times have changed. While the Vanderbilts, Carnegies, and Rockefellers could do that back in the Gilded Age, you will likely face a tough challenge trying to do the same in retirement. The reason? Low interest rates.

The federal funds rate has not topped 3% since the winter of 2008. In fact, the nation's benchmark interest rate has been under 2% since October 2008. In today's interest rate environment, you will need a substantial investment portfolio to live solely on income and dividends in retirement. In some parts of the country, a million-dollar portfolio might not generate enough income and dividends to help you maintain your lifestyle.

Try another approach – the approach used by institutional investors. Wall Street money management firms and university endowment funds frequently rely on the total return investment strategy. In a retirement income context, this means that you strategically sell some assets to complement the dividends and interest

income you receive.

Portfolio rebalancing is central to the total return strategy. The recurring ups and downs of the financial markets gradually unbalance a portfolio over time. A long bull market, for example, will usually leave a portfolio with a larger stock allocation than initially desired. To get back to the portfolio's target allocations, you need to sell shares of stock (or, stocks aside, amounts of other kinds of investments). The proceeds of sale equal retirement income for you.

Before you pursue this strategy, you need to determine two things. One, do you have a portfolio built so that you can potentially derive income from diverse asset classes? Two, assuming you have that diversification, how much dividend and interest income is your portfolio likely to generate this year? The amount may fall short of the income you need. Rebalancing might be able to help you make up the slack.

Besides being fundamental to a total return approach for retirement income, rebalancing may also help you accomplish other objectives.

Rebalancing keeps your portfolio diversified, so that

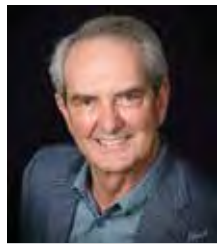
your retirement income does not depend too heavily on the performance of one asset class. It can stave off a potentially risky response to the ongoing desire for yield (some investors, frustrated by poor returns, direct money into high-risk investments they barely understand). It may also allow you to sustain your lifestyle and spending; relying only on dividends and interest may cause you to pare your spending back and notably reduce your quality of life.

Think total return. Explore the total return approach to retirement income planning, today.

MacLean Financial Group may be reached at 775-329-3041 or MacLeanFinancialGroup.com

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Good time to give back – become a SCORE mentor



Carl Gearhart

By Carl Gerhardt

One of the best keep secrets in the business world is the free consulting services offered by SCORE. SCORE is a national organization providing free counseling/mentoring services to small business. Both, for folks wanting to start a business and those already in business but needing assistance in operating their company.

The Northern Nevada chapter has 50 mentors/counselors available to provide professional assistance.

All mentors have either owned their own small business or work in upper level management positions in corporate America. Most are retired and want to give back to the business community by providing their expertise. Several mentors are still operating their business or work in corporate America and want to give back to the community by volunteering.

The local chapter is always looking for additional mentors/counselors to join SCORE. It is a great opportunity to join with another group of dynamic business professionals to give assistance to existing businesses and startups. Anyone considering becoming a mentor should visit the www.score.org website and

click on the tab "Become a Mentor". It will guide you through the steps to complete an application. You can see the current list of mentors and their bios at www.northernnevadascore.org. You can also contact the local office at 844.232.7227.

Mentors don't just motivate, they make a difference by driving results and supporting business growth.

Carl Gerhardt is a 30-year veteran of entrepreneurship and a retired chairman of Alliance Franchise Brands. He is currently a consultant with FranNet, a company that matches individuals wanting to own their own business with franchise opportunities. He volunteers with SCORE, offering free counseling for small business entrepreneurs. Contact him at cgerhardt@franet.com.

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Join MacLean Adventures for the ski trip of a lifetime! Local residents Hawley MacLean and Olympic Gold Medalist Jill Savery are planning another ski trip to the heart of Austria, Salzburg, and Vienna, and they invite you to join them on this amazing adventure. Highlights on this adventure include 12 nights of luxury and ultra-luxury hotels, six days of fabulous skiing, lift tickets, high performance skis/ poles, and much more. This trip represents the best skiing that Austria has to offer along with the vibrant resort night life that is world famous.

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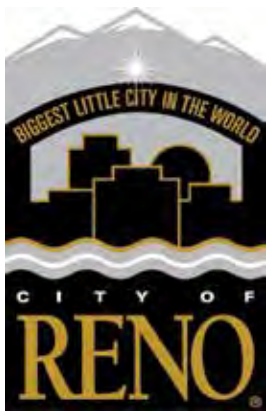


The entire building has been completely renovated and newly furnished with furniture and art primarily from San Francisco. There are beautiful views of the mountains as the property backs up to the national forest.

Contact: Tom Burkhart
Call or text: 775-870-7202

Email: tburkhart1938@gmail.com | www.16805mtrosehwy.org

Plan Truckee Meadows: Mapping Our Future strategizes for regional growth



Submitted to the Galena Times

The Truckee Meadows Regional Planning Agency (TMRPA) holds the legal mandate of maintaining and updating the Truckee Meadows Regional Plan, which outlines the vision of our community over the next 20 years. Truckee Meadows encompasses the cities of Sparks and Reno,

and parts of unincorporated Washoe County. Every five years, this plan is updated, and the time for the next update is now.

Plan Truckee Meadows: Mapping Our Future gives the community the opportunity to envision and shape the future growth of the Truckee Meadows, which is expected to gain approximately 120,000 new residents, over the next 20 years. TMRPA invites your participation to make the process meaningful.

Beginning in August 2017, TMRPA started a massive public outreach and engagement campaign to gather the input of area residents. This included in-person presentations, online surveys with free responses, and media advertising. Over the course of three months, TMRPA staff conducted more than 50 presentations to different public and private stakeholders to inform residents about the work of TMRPA, the role of the Regional Plan, and the upcoming update.

A major focus of this effort was to encourage people to take our first online MetroQuest survey



(Photos provided by: TMRPA)

Truckee Meadows regional planners update the vision of future growth in Reno, Sparks and part of Washoe County every five years. They seek community input.

about Regional Concerns. That survey garnered nearly 1,900 participants, 2,500 comments, and over 34,000 different data points.

The survey results provided TMRPA with key information about the public's concerns and

perceptions of our growing region. Based on this information, TMRPA will be focusing its efforts on those areas that are of greatest concern to the public and could benefit from additional engagement and education. We plan to launch a variety of follow-on surveys throughout the update process, which will wrap up in Fall 2018.

We are excited to have the opportunity to work with the entire community and numerous regional partners to create a new Regional Plan that reflects values and priorities of the Truckee Meadows region. Please keep an eye out for TMRPA's new surveys and other ways to engage with the Plan Truckee Meadows: Mapping Our Future effort.

For more information, please visit PlanTruckeeMeadows.org.



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Coffee Crawl raises money for charity



Noelle Kim

By Noelle Kim

Above the whirl of the espresso grinder, lively chatter energizes Global Coffee, a local coffee shop at the old post office building. The earthy aroma of freshly cracked coffee beans permeates the air as I prop up a sign for “The First Annual Reno Coffee Crawl,” a fundraiser for

The Little Juice Project, a Sage Ridge community service project club and Eddy House, a safehouse for homeless teens in Northern Nevada.

At Sage Ridge School, students are taught to live by five value pillars: respect, integrity,

courage, scholarship and of course community. The Community Pillar not only stresses the importance of communication, interaction and cohesiveness among students, faculty, staff, and parents, but also the importance of giving back to the community that surrounds us.

Glancing down at my wrist, the shorthand of my watch reaches nine and I hear the heavy metal door of The Basement slowly open. The cheerful face of a teenager emerges ready to check in for the Coffee Crawl. One by one, my friends and I wrap a band around each person’s wrist and give out a map of the thirteen coffee shops they can visit on this java tour.

After all the people checked in, Kelsey, Ilona, Leila and I are astonished and amazed at the money

we had collected. With over 350 tickets sold, we had raised 7,000 dollars to promote self-sufficiency and empowerment to homeless, runaway, foster, and at-risk youth and to bring fresh-pressed juice to local senior homes.

According to a UNR study by Molly Latham called “Young volunteers: Benefits of community service,” students who get involved in community service, not only help others — they expand their worldview, develop empathy and leadership skills, and realize how their actions can have a positive impact.

So, community service is important not just for the positive impact kids can make on the world — but also for the positive impact volunteering has on them.

Noelle Kim is a senior at Sage Ridge High School.

5 signs your child is struggling with math

Submitted to the Galena Times

Now with school in its final few months, new math ideas are coming at students every day. Math topics taught in class today build on concepts taught in years prior. Kids fall behind in math because they lack the prerequisite skills necessary to do well.

So, if a child is having a hard time keeping up in math, it’s important to act now. Fortunately, there are many telltale signs that a child is falling behind—parents simply need to know what to look for because the first step to solving the problem is identifying it.

“When kids get stuck on a math idea, they aren’t likely to speak up,” said Neetha Govind, owner of the Mathnasium of Diamond-South Reno franchise. “They’ll often just sit there, fall behind, and then become frustrated with their homework

and classwork. Eventually, they can simply give up. Clearly, it’s important that parents address this problem early on so they can take the necessary steps to get their children back on track. The first step is recognizing that a problem exists.”

Below are five signs that suggest a child is struggling with math:

- Math grades are lagging, but student has good grades in other subjects.
- Student demonstrates negative sentiments/low self-esteem regarding math, with child expressing boredom or making comments like “I’m no good at math.”
- Missing key milestones. Addition/subtraction should be mastered by the end of 2nd or 3rd grade, multiplication and division by the end of 3rd–4th grade, fluency with fractions at the end of 5th–6th

grade.

• Physical signs like counting on fingers suggest poor retention of number facts.

• Comments from the child’s teacher about “not working up to his or her full potential.”

If a child shows any of these signs, there are several things parents can do before the situation deteriorates. Seeking help from the student’s teacher is an obvious first choice. Offering to help the child more closely with homework is another. And, of course, enrolling in an after-school math program like Mathnasium that specializes in strengthening foundational knowledge while providing homework support is another option that brings professional help and expertise.

For more information contact (775) 800-7457 or visit www.mathnasium/diamond.

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