



# Barracuda Championship celebrates 20th anniversary

By Andrea Quiruz

Barracuda Championship is celebrating its 20th anniversary August 2 – 5, 2018. Part of the official PGA TOUR, the golf tournament and nonprofit organization is excited to soon exceed the \$4 million mark in donations to charity. Foundation staff, board of directors, volunteers and sponsors are incredibly grateful for continued community support.

Since the tournament’s inception in 1999, well-known PGA TOUR pros such as Jason Day, Patrick Reed, Padraig Harrington, Gary Woodland and Jon Rahm – among others, have traveled to Reno-Tahoe to compete for the title of #CudaChamp and the lion’s share of



In 20 years, the Barracuda Championship has grown from a PGA golf tournament to a dynamic outdoor experience for the whole family at Montreux Golf and Country Club.

\$3.4 million. While proud to host these internationally recognized professional athletes each year, supporters of the tournament know that golf is just one of the many elements that make this

event truly special.

The long-term supporters of this PGA TOUR stop have witnessed the journey from just a golf tournament to a dynamic and unique outdoor

experience for the whole family. This sentiment is compounded by the recent addition of the Patio on 18, sponsored by VisitRenoTahoe.com. Open-to-the-public, the venue features delicious BBQ, outdoor games, and front row seats to the 18th green and fairway.

Thanks to the success of this new addition, the PGA TOUR awarded the Barracuda Championship with Best Ad Campaign/Promotional idea. Being recognized by an international community of Tier-1 professional sporting events was an honor and could not have been achieved without massive community engagement, our incredible volunteer fleet, and our friends at

*continued on page 2*

# The Lodge at Galena reopens this summer

By Tom Burkhardt

After years of vacancy, The Lodge at Galena will come back to life this summer as local sports shop, medical office, and restaurant named The Lodge Coffee & Wine Bar. Here is how this combination came about.

I bought the Lodge over two years ago and spent nine months trying to resurrect the restaurant. Once we analyzed what needed to be done to bring everything up to the current codes, it didn’t make economic sense to continue. I then posted a “For Lease - Will Build to Suit” sign on Mount Rose highway to see what the market wanted.

After many inquiries over the next few months, I was contacted by a local physician who wanted to open a medical clinic. Looking for tenants that would serve the mountain community, I was excited about the prospect. We negotiated a lease for approximately 1,200 sqft.

Several months later, Bud Heishman, owner of Snowind Sports, contacted me and we agreed to a lease of 1,800 sqft. Bud has owned Snowind Sports in Reno for over twenty years and has a loyal following. He is also known as the “boot doctor” because he is an expert in ski boot fitting.

Bud suggested I open a wine and coffee bar in the remaining space as he felt it would be a great service for his ski and bike customers. After much thought, I decided to take the remaining 1,500 sq. ft. and do exactly what Bud requested, open a wine and coffee bar, but only if I could find a suitable partner to run the business.

I had been introduced to Debby Bullentini, the former owner of L’Uva Bella Wine Gallery, a year earlier when she considered renting the Lodge for a wine shop. Debby ran a successful business for over 8 1/2 years and was

eager to get back into the wine bar field. She was excited about the idea, and decided to partner with me and will manage both bars.

We hope to be open this summer, depending upon sub-contractors’ schedules and complying with all the myriad of rules and regulations required by Washoe County. There are basically four divisions that must sign off on the building and the businesses:

planning, health, fire, and water.

Over these past two years, I have had dozens of local people reach out to me and encourage me to make the Lodge something useful to our mountain community. Interestingly, I did have requests for all three businesses we are opening. We will do our best to provide great service and be good neighbors.

Tom Burkhardt owns Burkhardt Management Group, LLC

## Letter From the Publisher

Summer is here, summer is here, hurray! It seemed like it was a long winter, even though the statistics rated it below average. In any case, pleasant weather is slated to stay for many months. All the creeks and reservoirs will be full, and the wildflowers should be out in earnest. For all of us in the community, it’s time to get outside and enjoy where we live.

As promised, we highlight in this issue some exciting changes coming to our community that will affect commuters, swimmers and ice skaters. Annual events like Artown and the Reno-Tahoe Open allow us to celebrate spectacular art and world-class golf right in our neighborhood. Both events endorse and greatly enhance Northern Nevada’s image to the world.

Also reaching an audience beyond the Reno-Tahoe boundaries is the tenth annual Bloody Rose mountain bike race and Galena Fest. Mark your calendar for September 30th. The Tamarack Lake

Trail segment of the race could possibly be ready by then but definitely will be ready for 2019. Funds are in place to complete the trail, but weather-related issues could slow the construction. If anyone would like to volunteer for this year’s festival or step up as a sponsor, please contact me directly.

I hope everyone has a fantastic summer.

Happy trails, Richard Keillor





# Artown celebrates diversity with theater, dance and music

By Jennifer Mannix

Artown has been inspiring community through the arts in Reno since 1996 and has led the city's transformation by creating a rich arts and culture landscape in Northern Nevada. One of the ways Artown reaches the community is through their free programming and educational outreach.

In support of Reno's Hispanic community, Artown has booked Sonia De Los Santos. She will perform at Wingfield Park on Monday, July 16th beginning at 6pm. The entire family will enjoy her performance in Spanish and English. At 6pm she will be leading interactive activities in the park and then at 7pm she will present Latin American party tunes and new bilingual versions of American classics.

Artown has been a past recipient of five consecutive National Endowment



Artown, a month-long summer arts festival, features about 500 events produced by more than 100 organizations and businesses in nearly 100 locations throughout Reno - most of them are free. Don't miss Latin Children's Music artist Sonia De Los Santos.

for the Arts grant awards. Each July a packed calendar of events includes distinguished artists from around the world, across the country and those that live in the community all for the sake of cultural diversity and artistic innovation.

This year, Artown headliners

Blind Boys of Alabama and Paul Thorne, Los Lobos and ukulele sensation Jake Shimabukuro intertwine with regional and local artists in all genres — theater, visual arts, children's programming, history, culture, literature, dance and music.

Don't miss opening weekend June 30th and July 1st, 2018. For a full calendar of July 2018 events, go to [www.renoisartown.com](http://www.renoisartown.com).

For more information, contact Jennifer Mannix at (775) 322-1538 or [jennifer@renoisartown.com](mailto:jennifer@renoisartown.com), [www.renoisartown.com](http://www.renoisartown.com)

## golf tournament *continued from cover*

Foundry.

As we enter a new era of professional golf and a refreshing shift in golf culture, we've come to enjoy more community involvement and support from local businesses. The tournament offers several opportunities to get involved in most any aspect. The Barracuda

Championship team perpetually works to create new and innovative onsite activities, sponsorships options, and opportunities for international recognition.

Returning on-site favorites such as the William Hill Wine Walk, Discovery at Barracuda STEAM Zone, Lexus Chalet and Fairway Independent

Mortgage Heroes Hangout are just a few examples of pending fun at Montreux Golf & Country Club this year.

Currently, the Barracuda Championship is broadcast in 227 countries and in over 1 billion households worldwide. We have and will continue to showcase our beautiful and burgeoning hometown to the

world, while maintaining our focus on contributing to area nonprofits.

Andrea Quiruz is director of marketing and special events for the PGA TOUR's Barracuda Championship. She also serves on the Board of Directors for NCET and Each One Tell One. Call (775) 322-3900 or visit [www.BarracudaChampionship.com](http://www.BarracudaChampionship.com) to learn more.

**Galena  
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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: [Richard.Keillor@cbselectre.com](mailto:Richard.Keillor@cbselectre.com) or visit our website: [www.galenatimes.com](http://www.galenatimes.com)

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# Reno Ice launches capital campaign to bring rink to Northern Nevada



Joel Grace

By Joel Grace

Ice is finally coming to northern Nevada. The Jennifer M. O'Neal Community Ice Arena, Reno Ice, will serve as the premier ice sports facility for the entire northern Nevada region. Reno Ice will offer the Northern Nevada community various programs such as private lessons, public ice skating sessions, hockey leagues, broomball, curling, trade shows, tournaments, performances, figure skating, private parties and special events on and off the ice. The one-of-a-kind center will contribute to the economic health of the community by attracting tourism, providing a new event venue, as well as offering a gathering place for families, groups and organizations. Beginning with a \$2 million donation from the Jennifer M. O'Neal foundation, Greater Reno Community Ice Skating Association (GRCISA) recently launched the capital campaign and is hoping for community support to bring Reno Ice to fruition.

Reno/Sparks is the largest metropolitan community in the United States that does not have an ice rink. In fact, across the Pacific Northwest there is one indoor public rink per every 20,713 residents. For a region rich in winter sports, the addition of an ice rink is long overdue and highly desired.

GRCISA has conducted extensive research, determining that non-profit rinks—where money generated is invested back into the facility and programs—statistically flourish more than for-profit endeavors. It's a model yet to be applied in Reno. This innovative idea will not rely on public funding.



(Photo provided by: J. Grace)

As stand-alone non-profit, GRCISA can work with entities of all kinds, combining the county with private donors, to accomplish the common goal of building and maintaining a resource for the community to enjoy.

Reno Ice will provide fun, family activities for residents from across the region, such as hockey tournaments and figure skating events. Studies have shown that participation in youth sports improves learning and teaches important skills like accountability, dedication and leadership. Ice sports provide exercise, help develop balance and hand-eye coordination, build confidence and bolster strong friendships. Reno Ice will play an important role in the health of the community, offering another source of exercise, recreation and entertainment to families and individuals alike.

Phase one of the project will include the construction of the 42,372 sqft. ground floor, which will house rink

one, a rental and pro-shop, raised bleachers, climate controlled lobby, three event/meeting rooms and a vending area. The first phase will also include a 5,672 sqft. mezzanine, offering easy bleacher access. Phase two, with the second rink, is slated to be 38,338 sqft. with a 3,748 sqft. mezzanine. Adding a second rink will enable multiple events to take place simultaneously. Two rinks also make Reno Ice an attractive option for hosting tournaments, bringing traveling teams into the area.

Joel Grace is president of Reno Ice and vice president for development with Reno Land, Inc. He volunteered with the YMCA of the Sierra, Northern Nevada Children's Cancer Foundation and Junior Achievement Association, plays soccer and hockey, and coaches kids' sports. Joel and his fiancé Amy have four children. For more information on Reno Ice and how to support the rink, please contact [info@renoice.com](mailto:info@renoice.com).

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# SouthEast Connector to open this summer



By Lee Gibson

A roadway connecting south Reno to east Sparks that was envisioned more than 50 years ago is set to open this summer, saving drivers an average of seven minutes in travel time. It will alleviate traffic congestion by providing an alternate route to the heavily traveled US 395/I-80 freeway, southeast McCarran Boulevard, Longley Lane and Double R Boulevard.

The new, 5.5-mile, six-lane roadway will be dedicated as Veterans Parkway when it opens to traffic this July. Drivers will be able to access the roadway from the Sparks Boulevard/Greg Street intersection in Sparks, or from Veterans/South Meadows Parkways in Reno. The road also has two new, signalized intersections at Mira Loma Drive and Pembroke Drive. The posted speed limit will be 45 miles per hour.

Most importantly, this road was



(Photo: L. Gibson)

**Dedicated as Veterans Parkway, the six-lane SouthEast connector will save commuters seven minutes travel time once it opens in July to link Sparks and south Reno.**

built with extensive community input. The RTC held more than 350 community meetings before and during construction to get ideas and input from people in our community.

Numerous features make this roadway unique to our community, including how it was engineered to mitigate the effects of flooding through a design that allows it to hold more water during flood events. The design

included excavating extra soil along the project site to make room to hold more water and constructing box culverts under the roadway to evenly distribute water. Engineers looked at past flood levels and built the road above the floodplain, allowing first responders to continue to use the road, should another flooding event take place, which wasn't possible during the 1997 flood.

When finished, the community

will also be able to enjoy the project's multi-use pathway that spans the entire length of the road. Not only can people bike, jog or walk their dogs along the corridor, but they'll also appreciate the way the RTC worked to restore the wetlands environment within the project area by planting native vegetation and containing much of the mercury contamination leftover from the Comstock mining days. The wetlands will be maintained into the future through an endowment fund established by the RTC.

The construction of the road is also expected to spur economic activity. Over a 20-year period, generalized public investment generates an accumulated \$3.21 of economic activity for every \$1 spent on infrastructure construction.

This \$300-million investment in our community will create jobs, reduce commute times, and help make our community a more sustainable place to live.

*Lee Gibson is executive director of the Regional Transportation Commission of Washoe County.*

## Libraries Rock – fabulous, free summer programs

By Julie Ullman

Every summer, Washoe County Libraries look forward to its Summer Reading Program when kids and teens can read or listen to books to earn free books and become lifelong readers.

When kids do not participate in regular learning activities during the summer away from school, there is evidence of a "summer slide", a loss of up to two months of reading achievement.

The Library's Summer Reading

Program is a fun way to help prevent the Summer Slide. It's free, it's for ages 0-18, and it's going to "rock" your world.

This year's theme is Libraries Rock, and the reading program runs from June 1st-August 31st. Sign up online beginning May 15 at [www.washoecountylibrary.us/summerreading](http://www.washoecountylibrary.us/summerreading).

Every summer dozens of great, free programs at all library branches, enrich students time off thanks to a grant from The Friends of Washoe County Library.

Join us for the South Valleys Library Summer Reading Kick-Off Party on Wednesday, June 13 at 4pm. Enjoy musical activities, crafts and games, and win prizes.

The always popular Mad Science returns to the South Valleys Library on Saturday, June 30th at 11am. The Mad Scientist will keep you on the edge of your seat with the Sounds of Science. You will cheer as pickles glow and potatoes pop.

Will Parker writes children's songs for ages 1-100. Enjoy melodies on guitar and harmonica as Will entertains you with songs that open a world of imagination on Tuesday, July 31st at 10.30am.

Music Rocks! All ages will enjoy this noisy monthly program that explores movement, music and instruments on Wednesdays, June 27th, July 25th, August 29th at 4.30 pm.

Every Thursday at 4.30pm is STEAM Thursday. Enjoy a variety of Science, Technology, Engineering, Art and Math activities for ages 5-12, including bubble science, creating a mini orbital launcher, discovering local plants and animals, building towers, and



exploring textiles.

During Children's Art Series kids can explore a variety of art mediums on Saturdays in July. Explore different styles of art: Drawing, Watercolor Collages, 3D Drawings, Abstract Art and Paint Pouring. July 7th, July 14th, July 21st, July 28th at 2pm. Space is limited so you must pre-register for each event at [www.washoecountylibrary.us](http://www.washoecountylibrary.us).

Don't let summer end without a celebration! Join us for End of Summer Reading Party with fun activities, crafts, and games for all ages-and ice cream on Wednesday, August 22 at 4pm.

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](mailto:jlullman@washoecounty.us). For complete information about programs for kids, teens and adults at all Washoe County Libraries visit the library's website at [www.washoecountylibrary.us](http://www.washoecountylibrary.us).*

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# Fun on tap at Tamarack Junction

By Corey Lawrence

"Everything good, everything magical happens between the months of June and August," American author of young adult fiction Jenny Han said that and when it comes to Tamarack Junction she is right. Summer is finally here, and the Tamarack Junction is your local spot for fun-filled days and nights in South Reno. Here's what is on tap for a summer of fun.

Who doesn't love fresh, local produce? Tamarack Junctions has partnered with Shirley's Farmer's Markets to bring farmers and makers to you. You can find a wide variety of items, like farm-fresh produce, crafts, yard art, clothing, cooking oils, specialty food items, and even pet products. The Farmer's Market will run Tuesday's and Saturday's from June 2nd to September 29th from 9am-1pm in the Tamarack Junction parking lot.

We are also your spot for two Classic Car Shows this summer. Saturday, June 2nd the Reno Mustang Club will be introducing their 'Rockin' Street Hop' Classic Car show from 9am-3pm. They are inviting all

years, makes, and models of cars, trucks, motorcycles, and bicycles to participate. \$20 to register.

Our second car show will take place on Wednesday, July 11th from 4pm-8pm. This will be the Tamarack's 17th Annual Car Show. This show is FREE to all. We will also have music, games, raffles, and special food and drink pricing for all.

On June 22-24, Tamarack will be hosting the "Summer Solstice Splash Dogs Competition!" Splash Dogs is a nationally recognized dog enthusiast company that organizes dock jumping events across the United States. This is a family-friendly atmosphere for dock jumping events. They will even allow 'free jump' times for all dogs who just want to test out dog jumping.

For the live music enthusiast, we are presenting our "Sunsets on the Patio" event on our beautiful outdoor Patio on September 1st and September 29th. We will have live music, hand-crafted cocktails, great food, outdoor lounge seating equipped with a cozy fire fit. Live music will be playing from 7-9pm. The music acts include a wide variety of music styles that many



guests can enjoy.

The Tamarack Junction has partnered with Wolf Run Golf Club in offering both Men's, Women's, and Couples Golf Clinics to the public. These golf clinics will take place at Wolf Run Golf Course beginning in June. Each clinic is one hour long, and includes a complimentary lunch to follow at the Tamarack Junction Casino for its participants. Total investment is \$100 per person.

Corey Lawrence is special events coordinator for Tamarack Junction. For more information, please contact (775) 384-3671.

# Community partnership brings dock-free bikeshare to Northern Nevada

Submitted to the Galena Times

LimeBike, the leading U.S. smart mobility company, is coming to the Reno-Sparks area as part of a regional effort to enhance mobility in the Truckee Meadows region. Five local entities — the City of Reno, City of Sparks, Reno-Sparks Indian Colony, University of Nevada, Reno and Washoe County — are launching a regional pilot program to test a dock-free bikeshare

throughout the community. The Regional Transportation Commission of Washoe County has also been an essential partner that brought the entities together to explore bikeshare as a mobility solution to better serve citizens and visitors.

Through a competitive process, LimeBike was selected as the bikeshare equipment vendor and system operator. The system launched a pilot program in

the City of Reno, City of Sparks, Reno-Sparks Indian Colony and Washoe County beginning in May during National Bike to Work Week. Riders can use the promo code LIMERENO to receive \$3 in ride credits.

"May 14th marked a new day for Reno-area transportation, as we are truly excited to deploy nearly 1,000 LimeBike bicycles into the Truckee Meadows community," Reno Mayor Hillary Schieve said. "The implementation of LimeBike in our

region includes the latest national and state safety requirements, advanced mobile technology and continued interaction with users such as surveys. I'm particularly glad that our students and seniors will be able to use these services at a discounted rate."

All bikes are GPS and 3G-enabled, making it simple for riders to find, unlock and pick up a nearby bike using the iOS or Android smartphone app. When the ride is finished, riders simply lock the

*continued on page 6*



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# Mt. Rose Ski Tahoe continues to invest in guest experience ahead of winter season

Submitted to the Galena Times

On the heels of another six-month-long winter season, Mt. Rose Ski Tahoe is gearing up to make additional improvements to mountain facilities and enhance the overall guest experience at the resort ahead of the winter 2018-19 season. Planned summer projects will build on the significant investments made over the past several years, including over \$2 million last summer. Resort officials intend to further enhance the already robust snowmaking system, as well as tackle a number of facility improvements at the main lodge and parking areas.

Early season operations continue to be a top priority at Mt. Rose with a strong commitment to offering superior quality snow surfaces all season long. Major snowmaking construction this summer will include the installation of 17 new snowmaking towers complemented by increased firepower via additional high capacity pumps. The resort will also add to its snow grooming fleet, bringing the latest, most efficient technology to the mountain.

"We are striving to offer our guests incredible



(Photos: M. Pierce)

**The installation of 17 new snowmaking towers increases Mt. Rose Ski Tahoe's firepower – or rather snowmaking power – and ensures a longer winter sports season.**

value, and continue to make investments that will enhance their experience each and every time they visit Mt. Rose Ski Tahoe," said Mike Pierce, director of marketing at Mt. Rose Ski Tahoe. "The improvements we've made over the past several years

to our snowmaking system, lift network and base facilities have all contributed to our ability to reliably offer a six-plus-month season over the past several years. Our goal is to keep that trend going."

The competitive advantages of Mt. Rose Ski Tahoe's 8260' base elevation combined with an even more substantial snowmaking system will continue to allow skiers and snowboarders to experience some of the best snow conditions in Tahoe all winter and into late spring. Mt. Rose again plans to be the first resort to open in Lake Tahoe and is scheduled to begin operations for the season on October 26, 2018. The continued goal is to offer yet another extended winter with over six months of turns.

For those who plan to take advantage of one of the longest seasons in Lake Tahoe, not to mention close and convenient access from both Reno and North Lake Tahoe, a variety of season pass options range from \$300-\$600 with the best rates available through September.

*Learn more about Mt. Rose Ski Tahoe or purchase a 2018-19 winter season pass at [www.skirose.com](http://www.skirose.com).*

## bikeshare *continued from page 5*

### About LimeBike

**LimeBike is revolutionizing mobility in cities and campuses by empowering residents with a greener, more efficient, and affordable transportation option that also improves urban sustainability. By partnering with local key stakeholders and systematically deploying a fleet of smart-bikes and scooters that are enabled with GPS, wireless technology, and self-activating locks, LimeBike will dramatically improve urban mobility by making the first and last mile faster, cheaper, and healthier for riders. Since launching in June 2017, the company has logged over 1.5 million trips, expanded internationally to Europe, and deployed electric scooters, electric-assist bikes, and multiple models of their standard pedal bike. Funded by Silicon Valley's leading venture capital firm Andreessen Horowitz, LimeBike is based in San Mateo, CA. Learn more at [limebike.com](http://limebike.com).**

bike's back wheel and responsibly park between the pedestrian-designated sidewalk and the street curb, or at a bike rack.

"We hope the implementation of this exciting new bikeshare program will encourage our residents to be active and enjoy the many outdoor activities and events throughout our region," Sparks Mayor Geno Martini said. "Bringing LimeBike into the region has been a great collaborative effort, and we look forward to a new transportation option that also improves urban sustainability."

LimeBike is proud to serve the Reno-Sparks Indian Colony as the first bikeshare company to launch on a Native American reservation.

"The Reno-Sparks Indian Colony is pleased to work with all of the partners in the region to bring this innovative transportation option to the area. Even though there are over 500 federally recognized tribes in the United States, all Native American communities are

traditionally linked to our environment. Caring for mother earth with LimeBike fits our tribal values," RSIC Chairman Arlan D. Melendez said.

"This new partnership provides a healthy transportation alternative to our students, faculty and staff, which is something they have expressed a keen interest in," University of Nevada, Reno President Marc Johnson said. "Additionally, it furthers our commitment to efforts that help connect the University to the community, truly making this a University town."

The regional system will allow riders to pick up and drop off bikes anywhere in the service area, providing unlimited access to reliable transportation. LimeBike's rides cost just \$1, or 50 cents for students, seniors and low-income residents, per 30-minute time block.

"It has been a truly collaborative effort to get to our LimeBike pilot program launch," Washoe County Commission Chair Marsha Berkglier

said. "A bicycle sharing system for our community began back in 2015 with a feasibility study, and along the way our partners have worked together to host public forums and discussions with a broad range of stakeholders, researched best practices in other communities from concept to implementation, all to ensure this would be a sustainable fit for our residents. I am so pleased after

a long path, we will be launching this program."

"Not only are we excited to make our first launch in Nevada, we are thrilled that this has been a regional, collaborative effort to provide a new, affordable, sustainable transportation solution to Truckee Meadows community," said Gabriel Scheer, LimeBike Director of Strategic Development.

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# Modern aquatic center to replace former Moana pool

By Harry "Chip" Hobson

For over ten years, a local grassroots organization has worked diligently to keep plans for a modern aquatic complex afloat. In January, the City of Reno Council unanimously agreed to partner with Sierra Nevada Community Aquatics in moving forward with the formal process to bring a two-story aquatic center to the site of the former Moana Pool.

SNCA is now working closely with the Parks and Recreation Department to further refine and update the project plans, facility programming, and development and operating studies. In addition to updating construction estimates and operating proformas, site specific due diligence for the Moana site will be incorporated into the final project plans.

The nonprofit SNCA was created in 1998 by a group of concerned citizens that had been attending the City of Reno Town Hall meetings following the unfortunate closing of the Moana Pool. Over the past 10 years, SNCA has been working with local jurisdictions and the public to facilitate the development of desperately needed aquatic centers in the region.

A City of Reno study completed in 1998 documented the need for not only a major regional aquatic center, but also 2-3 additional aquatics facilities, to be on par with similar sized communities. While Reno, Sparks and Washoe County have recently made investments to renovate their remaining aquatic venues, no new public facilities have been constructed in the region since 1998. Meanwhile, the region's population has grown by approximately 140 percent.

Both geothermal and solar energy resources are being explored with early indications of significant potential to minimize energy costs to operate the facility. Incorporating a geothermal resource into a natural hot springs type pool would present a unique



Together with the City of Reno, grassroots group Sierra Nevada Community Aquatics is refining plans for a centrally located, regional aquatic center to secure grant funding to bring this architectural rendering alive.

feature that could help drive revenue to the facility.

SNCA is confident that the updated information will provide the City of Reno the assurance that the facility will efficiently meet the needs of the community and fulfill their desire to once again provide centrally located aquatic services to the region. The refined studies and projections will be utilized to formally seek the primary and secondary grant funding that will enable the project to be constructed.

With formal commitments for most of funding in place, SNCA, in partnership with the City of Reno, will be able to successfully initiate and complete a final capital campaign and initiate construction of the facility. Upon completion, the City of Reno will assume operations of a well-designed, energy efficient aquatic center that will meet the needs of its citizens for years to come.

The successful completion of a facility at the Moana site will also provide a model that SNCA hopes to utilize to eventually address the entire region's

needs. The partnership model could be replicated with future developments in the Washoe County South Valleys Park master planned location, the North Valleys, and Sparks to truly address the lack of facilities in the region. With the willingness of the local jurisdictions to focus on and assume operations of these facilities, partners in the community can assist with the construction. Private capital donations and partnerships would create significant, long-term taxpayer savings while providing a level of service the community needs and deserves.

*Harry Hobson is president of Sierra Nevada Community Aquatics, a non-profit organization with a mission to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows. To keep abreast of the progress with the Moana Springs project and all SNCA's activities please visit [SNCAquatics.org](http://SNCAquatics.org) to sign up for our newsletter, email us at [info@sncaquatics.org](mailto:info@sncaquatics.org) or like us on Facebook.*

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# Magic Pill can add 12 to 14 years to life



Andrew Pasternak, MD

By Andy Pasternak

I just turned 50. If you are like me, milestone birthdays like this get you thinking. Especially since over the past 10 years, I've had some really great friends my age pass away.

The sad news is that compared to other high-income countries, Americans don't live as long. Life expectancy for Americans is only 31st in the world. It isn't for lack of throwing financial resources at improving health care; the US ranks first in the world for spending on health care as a percentage of gross domestic product.

So, imagine my surprise when a study came out last week in the medical journal *Circulation* talking about how Americans can add years to their lives. This study really hit home for me personally since it used age 50 as a threshold. The researchers looked at data from previous studies done on nurses and health

professionals over a 20 to 30-year period.

Without this pill at age 50, women lived on average to age 79 and men to age 75. With the pill, women lived on average to age 93 (14 additional years) and men to age 87 (12 additional years). But here's the catch: There is no pill!

The "pill" is really five lifestyle factors:

- 1) Don't smoke
- 2) Keep your body mass index between 18.5 and 24.9
- 3) Exercise more than 30 min/day in moderate/vigorous activity
- 4) Keep alcohol use moderate or less
- 5) Eat a healthy diet

Just a couple of clarifications: Body Mass index (BMI) is a way of measuring your weight by your height. If you don't know your BMI, you can calculate your BMI using <https://tinyurl.com/qyqhmdx>. Moderate alcohol use was defined as 5 to 15 grams/day for women and 5 to 30 grams/day for men. Just as a reference, a glass of wine, a 12 oz. beer or a shot of hard alcohol is about 15 grams of alcohol. For diet, the

researchers used a healthy eating score (The Alternate Healthy Eating Index score) that gives points for eating fruits, vegetables, whole grains, nut and legumes and takes points away for eating processed foods, red meat and foods high in sodium.

If we really did develop a shot or a pill that could add 12-14 years to someone's life expectancy, I'd guess there would be a lot of people calling our office eager to get this treatment. While doctors and their patients get excited about new high-tech tests and medications, studies like this put the gains from those in perspective for me. Typically, the benefits from these new scientific breakthroughs pale in comparison to the benefits you get by incorporating these straightforward, five factors into your lifestyle. Simple things, yes, but it's often the simple things in life that really have the most impact.

*Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. Their office is currently accepting new patients, call (775) 853-9394.*

## Everyone wants white teeth



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Pediatric dentists get a lot of questions about children's tooth color. Here are a few things to know and a few things that can be done.

Remember that baby teeth are usually much whiter than adult teeth. When the permanent front teeth

start coming in, a lot of parents are concerned about the discrepancy of the color of the permanent teeth next to the much whiter baby teeth. Once all the permanent teeth come in, about age 12-13, then the difference doesn't seem as dramatic.

However, many permanent teeth are not as white as they could be. We can offer custom-made bleach trays and provide bleach for our older patients. The custom trays are much better at providing even bleaching. White strips

that you can buy over the counter will bleach, but usually the parts of the teeth on the sides and in between won't get bleached, leading to an uneven white. Plus, those are mainly made for the front teeth whereas the bleach trays cover the entire surfaces of all the teeth, which makes for a more natural look.

Many of our patients have teeth with dark spots, brown spots, or overly white spots on their teeth. There are various reasons for these unsightly areas. This can range from a naturally occurring over-mineralization to problems during orthodontic treatment. We can treat these areas and usually make them much better, if not disappear. New, high-tech treatments are painless and very good at getting rid of these unsightly areas. We offer new pastes that can help and

new treatment modalities such as, ICON treatment. ICON is one of the most exciting treatments I offer as it can really change an unsightly area to a much more "normal" and natural looks.

As you can see, these are exciting times to help your child have a great smile.

*Dr. Gilbert Trujillo, a Reno native, received his D.D.S. from the University of the Pacific and his Certificate in Pediatric Dentistry from Baylor College of Dentistry, Texas A&M. He received his Certificate of Resident of Pediatric Dentistry from Children's Medical Center, Dallas. Dr. Trujillo belongs to many dental organizations and is active in organized dentistry on the local level. He can be reached at (775) 824-2323 or at [RenoKidsDentist.com](http://RenoKidsDentist.com).*

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# Hereditary cancer risk can be assessed



Dr. Robbin Palmer

By Robbin Palmer

Ten to fifteen percent of all cancers are attributable to a specific change in an individual's genetic information—a mutated gene. A genetic counselor can assess an individual's likelihood of a mutated gene for hereditary cancer by providing hereditary cancer risk assessment. HCRA

involves collecting an individual's medical history and family history and looking for the red flags of hereditary cancer:

- Multiple cancers in an individual
- Multiple cancers in a family
- Onset of cancer at an age that is younger than typical for that type of cancer (eg. breast cancer before 50 years of age)
- Bilaterality—cancer in both of paired organs (breasts, kidneys, eyes)
- An uncommon type of cancer (such as pancreatic, stomach, ovarian, or male breast cancer)
- At-risk ancestry/ethnicity (Ashkenazi Jewish)

- Family member with a mutation in a cancer predisposition gene

An individual with any red flag is a candidate for genetic counseling and hereditary cancer risk assessment. Personal and family history information, models, and published criteria for hereditary cancer are used in HCRA. In a genetic counseling appointment, an individual's hereditary cancer risk is discussed along with the genetic testing options and the risks, benefits, limitations and many issues associated with undergoing genetic testing (such as insurance reimbursement and genetic discrimination). A genetic counselor encourages an individual to be informed about his/her genetic risks and involved in his/her own healthcare decisions intended to minimize the risk for cancer. Genetic testing, if available, is the individual's choice. The identification of a mutated gene may have ramifications for treatment of an affected individual's cancer, management of an individual's risk for future cancer, and defines the hereditary cancer risk for family members, including children.

Thanks to Angelina Jolie, many know that hereditary breast and ovarian cancer due to a mutation

in the BRCA1 or BRCA2 genes significantly increases the risk for breast and ovarian cancer, and a second breast cancer, in females. Did you know that a BRCA1/2 mutation also increases the risk for pancreatic cancer, male breast cancer, and aggressive prostate cancer? Other genes, including ATM, CHEK2, PALB2, BRIP1, RAD51C, and RAD51D, have been identified in which a mutation increases the risk for breast, ovarian cancer, or other cancers. And still other genes are associated with hereditary colon, pancreatic, thyroid, and stomach cancers, sarcoma and melanoma. Today's Next Generation Sequencing technology allows the testing of many genes simultaneously.

*Robbin Palmer, Ph.D., Northern Nevada Genetic Counseling, is a Certified Genetic Counselor with more than 25 years of experience in genetic counseling. Dr. Palmer is a member of the National Society of Genetic Counselors and the only clinical genetic counselor in Northern Nevada. Go to [aboutgeneticcounselors.com](http://aboutgeneticcounselors.com) for more information about genetic counselors/genetic counseling and [genesrus.net](http://genesrus.net) or call (775) 853-8592 for more information about Northern Nevada Genetic Counseling.*

# Bodywork offers natural relief for seasonal allergies



Kerstin Tracy

By Kerstin Tracy

It's that time of the year again. Picture yourself on a massage table, barely able to breathe through the nose, reaching for the tissues only to be interrupted by the strong desire to rub your eyes. Greetings from pollen season.

Can bodywork actually help alleviate allergy symptoms? Yes,

it can, because an agitated and excited nervous system can be detected by a skilled therapist. It may be deeply hidden, or it may be in plain sight, but it's there.

The reasons for a stressed out nervous system are unique to everyone and can start as early as in utero. When the immune system is faced with an allergen – pollen, mold, pet dander, food – it responds by releasing histamine. Think watery eyes and sneezing.

Here is an important piece to the puzzle: stress exasperates the inflammatory response. Bodywork

not only helps reduce stress and lowers the immune response, it can also improve the lymph flow and the drainage of the antibodies out of the nasal passages, and other areas like the neck. When neck muscles are overly tight due to poor posture or stress, the lymphatic drainage passage can become blocked and cause swelling and discomfort.

Additionally, two important cranial nerves may become compressed by general tightness in this area.

*continued on page 14*

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1. Float down option may be exercised up to 30 (but not less than 5) days prior to closing at then current 60 day prices. The expiration date then becomes the earlier of the original expiration date or 30 days from exercising the float down. An example is if a borrower takes a 120 day Firstlock, the maximum total lock period is 120 days. If the market interest rate declines you can relock at the lower interest rate, but only within the 120 day period. Market interest rates may climb during the 120 day period which means the interest rate may be higher than the capped rate and there would be no "float down" opportunity to a lower interest rate. 2. Jumbo loans over \$2,000,001 are available in the state of California only. Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit [usbank.com](http://usbank.com) to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank. 3/2013



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This executive home offers elegant yet causal living inside and out. Spacious gourmet kitchen includes Thermador gas cook top, center island, generous pantry, custom cabinetry & lighting with granite countertops. Family/living area has over the top wet bar & refrigerated wine closet. Upstairs has an oversized game/bonus room. 2 master suites for privacy. Extensive landscaping, mature trees, rolling lawns, colorful plantings, in ground pool & separate spa with paver stone patio. **\$1,400,000.**



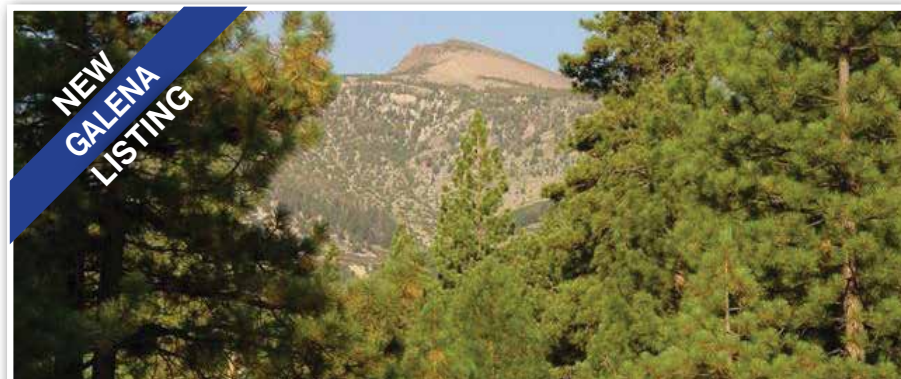
Very private, 2.47-acre, creek-side residence five minutes off the Mt. Rose Hwy. One of the nicest settings anyone could wish for, newer, low-maintenance home with stucco siding and metal roofing. Open floor plan facing south. **\$1,200,000.**



5 acres of private country living located on Franktown Road. Open great room design with views of Slide Mountain and Washoe Lake. A separate apartment off the garage is not included in the homes square footage. **\$839,000.**



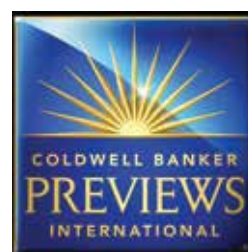
Beautiful, level Galena lot. One of a handful of properties in Galena with natural gas and city sewer. Located in a very private part of the neighborhood. Close to skiing at Mt. Rose, Lake Tahoe and shopping at the Summit Sierra Mall. **\$225,000.**



This property backs to year-round creek and greenbelt, has views of Mt. Rose Peak and is approximately 1.2 acres. Hiking and biking on nearby trails and skiing at Mt. Rose Ski area. Short drive to Summit Sierra Mall and 20 minutes to Lake Tahoe. **\$225,000.**



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# All Area Home Sales March 5 - May 30, 2018

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
450 Blue Spruce Road	\$649,000	\$580,000	189.27	169.15	3429	0.53	3/16/18
3515 Joy Lake Road	\$654,900	\$649,500	233.56	231.63	2804	1.27	3/26/18
50 Myrtlewood	\$742,000	\$740,000	315.21	314.36	2354	1.04	4/25/18
16315 Snow Flower Drive	\$789,000	\$760,000	274.05	263.98	2879	1.01	3/12/18
375 Douglas Fir	\$779,900	\$770,500	200.28	197.87	3894	0.62	4/16/18
200 Scotch Pine Circle	\$775,000	\$775,000	234.56	234.56	3304	0.52	5/24/18
6485 Montreux Lane	\$1,197,000	\$1,155,000	392.97	379.19	3046	0.19	3/13/18
15 Pine View Court	\$1,275,000	\$1,195,000	239.84	224.79	5316	1	4/11/18
685 Sand Cherry Court	\$1,349,000	\$1,275,000	381.72	360.78	3534	1.35	3/15/18
32 Rose Creek Lane	\$1,495,000	\$1,350,000	257.98	232.96	5795	1.24	3/19/18
5650 Alpinista Circle	\$1,310,000	\$1,391,750		421.74	3300	0.46	5/7/18
6050 Lake Geneva Drive	\$1,595,000	\$1,557,500	371.88	363.14	4289	0.47	4/27/18
209 Marchmont Court	\$1,850,000	\$1,800,000	302.44	294.26	6117	1.16	4/13/18
6090 Lake Geneva Drive	\$2,699,000	\$2,600,000	350.34	337.49	7704	0.98	3/6/18
SADDLEHORN/MONTE ROSA							
4200 Saddlehorn Place	\$619,900	\$630,000	233.92	237.74	2650	0.6	3/30/18
14270 Domingo Court	\$778,000	\$778,000	229.97	229.97	3383	0.49	4/3/18
13145 Saddlebow Drive	\$849,600	\$830,000	256.21	250.3	3316	0.98	4/18/18
3990 Nature Trail	\$899,000	\$845,000	312.04	293.3	2881	0.57	5/8/18
3945 Aspen Hollow	\$975,000	\$940,000	256.44	247.24	3802	0.53	5/14/18
14175 Powder River Drive	\$1,000,000	\$975,000	243.13	237.05	4113	1.15	5/23/18
14250 Powder River Court	\$1,399,000	\$1,200,000	252.44	216.53	5542	1.04	3/20/18
ROLLING HILLS/GALENA COUNTRY ESTATES							
2260 Stowe Drive	\$450,000	\$463,000	219.51	225.85	2050	0.34	4/16/18
345 Kyle Court	\$484,900	\$478,000	284.4	280.35	1705	0.31	5/23/18
4600 Edmonton Drive	\$484,000	\$484,000	239.6	239.6	2020	0.29	5/4/18
1768 Kodiak	\$499,999	\$499,999	168.35	168.35	2970	0.27	3/20/18
465 Snowmass Court	\$500,000	\$505,000	241.08	243.49	2074	0.35	5/18/18
3860 Corvallis Drive	\$500,000	\$525,000	191.64	201.23	2609	0.28	5/11/18
14600 Sundance Drive	\$644,900	\$615,000	227.56	217.01	2834	0.86	3/30/18
4670 Edmonton Drive	\$655,000	\$655,000	191.74	191.74	3416	0.28	4/16/18
4010 Corvallis Drive	\$654,900	\$675,000	191.72	197.6	3416	0.3	3/8/18
ARROWCREEK							
3492 Painted Vista Drive	\$674,500	\$667,500	279.41	276.51	2414	0.33	4/27/18
529 Spirit Ridge Court	\$687,000	\$681,000	261.32	259.03	2629	0.29	3/22/18
2743 Shadow Dancer Trail	\$715,000	\$720,000	279.62	281.58	2557	0.55	5/11/18
10653 Rue D Azur	\$729,000	\$725,000	242.43	241.1	3007	0.44	3/16/18
545 Spirit Ridge Court	\$729,000	\$729,000	289.63	289.63	2517	0.31	3/19/18
2750 Shadow Dancer Trail	\$729,700	\$729,700	309.46	309.46	2358	0.32	5/21/18
3408 White Mountain Court	\$798,500	\$800,000	253.73	254.21	3147	0.27	5/7/18
10082 E Desert Canyon	\$799,900	\$810,000	238.56	241.57	3353	0.83	3/30/18
3144 Marble Ridge Court	\$750,000	\$856,000	248.84	284.01	3014	0.27	3/16/18
5600 Rue St Tropez	\$899,000	\$865,000	178.73	171.97	5030	0.35	4/19/18
10072 Via Solano	\$929,000	\$929,000	259.71	259.71	3577	0.39	3/30/18
4055 Red Fox	\$998,888	\$985,000	299.07	294.91	3340	0.49	3/5/18
1017 Desert Jewel Court	\$989,900	\$995,000	212.84	213.93	4651	0.61	3/12/18
2915 Granite Pointe Drive	\$1,100,000	\$1,000,000	264.42	240.38	4160	0.44	4/20/18
10012 Via Mira Monte	\$1,049,000	\$1,049,000	212.56	212.56	4935	0.35	5/23/18
1015 Taos Ranch Court	\$1,245,000	\$1,175,000	230.6	217.63	5399	0.56	4/13/18
5800 Flowering Sage Trail	\$1,199,000	\$1,201,500	302.7	303.33	3961	1.1	5/21/18
12050 High Vista Drive	\$1,225,000	\$1,225,000	271.74	271.74	4508	1.23	4/23/18
5728 River Birch Drive	\$1,288,188	\$1,275,000	266.1	263.38	4841	1.06	3/28/18
5747 River Birch Drive	\$1,397,500	\$1,305,000	333.93	311.83	4185	1	3/7/18
3373 Nambe Drive	\$1,599,888	\$1,550,000	358.48	347.3	4463	1.88	5/14/18
444 Socorro Court	\$1,800,000	\$1,650,000	295.28	270.67	6096	0.97	4/9/18
6672 Arctic Willow Court	\$1,785,000	\$1,742,000	393.95	384.46	4531	0.5	4/25/18
CALLAHAN RANCH							
5365 Wildwood Drive	\$525,000	\$510,000	273.15	265.35	1922	0.97	3/30/18
15245 Callahan	\$555,000	\$548,000	269.94	266.54	2056	1.03	5/16/18
14920 Redmond Drive	\$849,000	\$849,000	263.91	263.91	3217	1.1	5/4/18
5425 Wilmington Court	\$949,900	\$896,500	259.89	245.28	3655	1.09	4/6/18
15535 Donnybrook	\$995,000	\$950,000	285.84	272.91	3481	1.16	3/9/18
5865 Tannerwood Drive	\$1,049,000	\$950,000	241.37	218.59	4346	2	5/1/18
5345 Biarritz Court	\$975,000	\$960,000	266.03	261.94	3665	1.19	4/13/18
15025 Napoleon	\$999,888	\$990,000	272.82	270.12	3665	1.27	5/11/18
5420 Menagerie Ave	\$1,250,000	\$1,225,000	267.67	262.31	4670	1.35	4/16/18
OTHER AREAS OF SOUTH RENO							
11330 Cornerbrook Court	\$429,000	\$427,000	160.85	160.1	2667	0.38	5/7/18
13050 Stoney Brook	\$470,000	\$465,000	221.91	219.55	2118	0.3	3/9/18
11315 Cornerbrook Court	\$469,900	\$490,000	210.72	219.73	2230	0.35	3/5/18
710 Barnwood Court	\$549,900	\$530,000	217.44	209.57	2529	0.39	4/26/18
5818 N White Sands	\$560,000	\$555,000	293.35	290.73	1909	0.38	4/11/18
13435 Stoney Brook	\$585,000	\$580,000	252.81	250.65	2314	0.45	4/4/18
13710 Edmands	\$650,000	\$640,000	241.91	238.18	2687	0.52	3/21/18
302 Sangre Circle	\$687,500	\$687,500	270.46	270.46	2542	0.36	4/26/18
815 Flanders	\$689,000	\$715,000	282.49	293.15	2439	1	4/16/18
2085 Tesuque Court	\$775,000	\$750,000	266.05	257.47	2913	0.57	4/17/18
5 Pecetti Circle	\$814,900	\$769,000	195.7	184.68	4164	1.2	4/3/18
16020 Edmands Drive	\$799,900	\$799,900	222.57	222.57	3594	1.02	3/14/18
3600 Frost Lane	\$849,900	\$810,000	217.14	206.95	3914	2.56	5/10/18
358 Wolf Run Court	\$860,000	\$850,000	210.42	207.98	4087	0.52	5/21/18
7080 Sierra Vista Way	\$1,039,500	\$1,039,900	182.85	182.92	5685	3.12	4/23/18
5426 Ventana Parkway	\$1,069,000	\$1,069,000	328.72	328.72	3252	2.55	4/27/18
2575 Kinney	\$1,249,000	\$1,150,000	306.96	282.62	4069	2.5	4/27/18
495 Genovese Lane	\$1,219,000	\$1,195,000	280.62	275.09	4344	0.84	4/18/18
1900 Palmira Drive	\$1,289,000	\$1,225,000	343.46	326.41	3753	2.5	3/30/18
4045 Lamay	\$1,369,000	\$1,350,000	394.3	388.82	3472	1.09	5/17/18
2501 Holcomb Ranch	\$1,649,999	\$1,600,000	275.83	267.47	5982	3.01	4/23/18
2050 Holcomb Ranch Lane	\$2,100,000	\$1,888,000	351.35	315.88	5977	4.44	3/28/18
6060 Rock Creek Court	\$2,599,000	\$2,575,000	584.83	579.43	4444	4.73	4/6/18
2130 Green Tree Ln	\$2,750,000	\$2,600,000	372.12	351.83	7390	2.72	3/25/18
NW CARSON CITY							
2119 Homann Way	\$469,900	\$469,900	180.52	180.52	2603	0.22	4/6/18
1756 PINOAK Lane	\$464,800	\$475,000	194.88	199.16	2385	0.26	4/9/18
2031 Columbine Court	\$459,900	\$489,000	179.79	191.16	2558	0.24	5/29/18
2566 Bedford	\$509,900	\$509,900	231.04	231.04	2207	0.25	5/25/18
2089 Ash Canyon rd	\$519,000	\$512,000	234.74	231.57	2211	0.55	3/22/18
3783 Penny Lane	\$499,000	\$517,000	209.84	217.41	2378	1	3/23/18
1731 Evergreen Drive	\$535,000	\$537,000	183.03	183.72	2923	0.36	4/5/18
2469 Kingsview Way	\$569,900	\$545,000	210.06	200.88	2713	0.28	4/11/18
2017 Newman	\$565,000	\$549,000	188.84	183.49	2992	0.3	4/17/18
2937 Gentile Court	\$565,000	\$550,000	253.48	246.75	2229	0.19	5/11/18
3635 Lakeview Road	\$565,000	\$550,000	263.04	256.05	2148	1.04	4/20/18
4353 Combs Canyon Road	\$575,000	\$576,000	204.48	204.84	2812	1.02	4/5/18
4201 Sandy Circle	\$599,000	\$582,000	202.02	196.29	2965	1.23	4/12/18
4200 Kings Canyon Road	\$691,371	\$630,000	298.26	271.79	2318	1.67	4/10/18
4200 Sandy	\$700,000	\$675,000	205.16	197.83	3412	1.07	4/27/18
141 Plantation Drive	\$700,000	\$685,000	225.59	220.75	3103	1	5/24/18
2689 S Wellington	\$729,000	\$700,000	177.76	170.69	4101	1	4/3/18
3050 Kings Canyon	\$725,000	\$725,000	207.26	207.26	3498	1.8	3/28/18
4082 Westwood Drive	\$809,997	\$799,000	200.44	197.72	4041	0.52	4/19/18
3967 Vista Ariana	\$1,395,000	\$1,300,000	230.65	214.95	6048	4.04	3/27/18
WEST WASHOE VALLEY							
5 Lake Meadow Lane	\$1,013,000	\$880,000	283.04	245.88	3579	1.02	4/13/18
7200 San Antonio Ranch Road	\$900,000	\$900,000	266.82	266.82	3373	5	4/25/18
62 E Lightning W Ranch	\$1,249,000	\$1,100,000	208.51	183.64	5990	1.21	5/24/18

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



# Rejuvenate and recover in restorative yoga



Jennifer Wallis

**By Jennifer Wallis**  
Kundalini, Yin, Vinyasa – many yoga class names on your studio's schedule need an explanation to understand their meaning. Not so Restorative Yoga. It

is simply what the name says – restorative.

Restorative Yoga is a practice that is all about slowing down and opening your body through passive stretching. With hardly any movement, the practitioner just does a few postures during an hour-long class. It is a completely different experience than most contemporary yoga styles.

Often, yoga classes offer an active practice in which you move from pose to pose, building heat and increasing your strength and flexibility in equal measure. The general trend in yoga is toward a more athletic style of practice. However, in restorative yoga the body is asked to hold postures for longer periods of time. And during this time, your muscles are allowed to relax deeply. It's a unique feeling because props, and not your muscles, are used to support the body. Restorative classes are very mellow, making them a good complement to more active practices and excellent for relieving stress.

Restorative Yoga is a deeply healing practice that focuses on shifting into

the parasympathetic nervous system of rejuvenation, recovery and re-balancing. A multitude of props like blankets, bolsters, blocks, and straps fully support your body. When asked to hold postures for long periods of time, the props are needed so that the muscles don't have to do any work. Postures are usually adapted from reclined or seated yoga poses with the addition of these props to eliminate unnecessary straining.

You should be prepared for deep relaxation when you attend a restorative class. Expect the instructor to arrange for the necessary props to be available for you. The lights may be dimmed and soft music played. The main concern here is your comfort, so feel free to keep your socks and sweatshirt on since you will not be warming up the body the way you would be in a regular class. At times, the teacher may even cocoon you in blankets for extra warmth and coziness.

After you are set up in a pose with all your props, you will hold the pose for an extended period, often up to ten minutes. Because you are supported in these postures it is very easy to fall asleep. Your body is releasing, relaxing and at that time, giving up any tightness, any strain. Relief that wouldn't be able to be felt any other way, comes to you during restorative yoga.

At the end of the session, your body feels open and refreshed. You may even be a little sore the next day from the deep



(Photo provided by: J. Wallis)

**Restorative yoga uses blankets and bolsters to help your body restore and refresh in longer-held, relaxing poses.**

stretching. Restorative Yoga can be an excellent way to relieve stress and enjoy long, meditative stretches. Have patience and enjoy the stillness of your body and mind. It takes some getting used to, but after awhile it becomes easier and you

may be amazed at the benefits.

*Jennifer Wallis teaches Restorative Yoga and other classes at her studio Sparkle Yoga, 465 South Meadows Pkwy #11. For more information, contact her at (760) 505-0952 or visit [www.sparkleyogareno.com](http://www.sparkleyogareno.com).*

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# Family Travel Medicine Clinic ensures healthy trips



Dr. Max Coppes

By Max Coppes

You just decided on your next vacation with the children, the itinerary looks spectacular, the accommodations are impressive, and the whole family is excited. This time you have been a little bold, you will be visiting a rather exotic country. As you mull over all the new experiences you will be exposed to, you start considering some of the practical things that need your attention before you go.

What currencies do you need to bring along, is it safe to use your credit cards, are you insured for any medical situations you may experience; wait a minute: medical conditions. Is it medically safe to visit? Moreover, what about the children, will you be exposing them unnecessarily to tropical diseases? You go online and sure enough, it mentions Dengue fever, possibly malaria, and yellow fever. Where to go in Reno, are there any medical specialists that can provide advice and guidance?

For a little while now, UNR's School of Medicine

and Renown Health have been offering advice for people traveling outside North America. From July onwards, the UNR-Renown Family Travel Medicine Clinic will be complimented by Dr. Sara Healy, a pediatric infectious disease specialist working at Renown Children's Hospital, who herself has extensive experience traveling in Africa, where she helps eradicate malaria. Together with Dr. Steven Zell, professor of internal medicine at UNR Med and a member of the International Society of Travel Medicine, they will offer advice before and after you (and your children) travel to countries that warrant you being more knowledgeable about what to expect and look out for.

Since they have access to a network of over 1,400 travel experts and colleagues worldwide, they can ensure that you obtain the latest medical updates on global health risks worldwide. Because some disease information changes frequently, having access to the most current data and resources will provide you with the very best care and advice before you leave Reno.

During your visit to the UNR-Renown Family Travel Medicine Clinic, they will provide an in-

depth analysis of any potential risks associated with your planned itinerary and they will make recommendations specific to your trip for you, your partner, and your children. They will recommend whether you need specific vaccinations, whether you need to update vaccinations previously received (for example tetanus vaccine), they will administer the vaccinations that you and your children need, they will prescribe medicines that can be used for protection against infections such as malaria and traveler's diarrhea, and prescribe medicines that you can take if you develop certain symptoms.

Dosage for children are often not the same as that for adults, so it is convenient to have both a travel medicine expert for adults and one for children at the same location at the same time. Finally, after you return they are available for consultation if one of you develops symptoms that may be related to an illness contracted while traveling. What a great service available right here at home in Reno.

*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.*

## allergies *continued from page 9*

A cranial nerve that innervates the trapezius muscles in your upper back needs to be released so tissues will again drain. The beloved Vagus nerve – the one that signals the brain that life is good – is connected to the intestines and during intestinal stress (think food allergies), the brain has a little pow-wow with the Vagus nerve and reacts accordingly.

Remember, everything is connected and the body is a unit. If a person shows symptoms of allergies,

there's a lot more going on than the obvious, and bodywork can delve into the hows and whys to learn what else is going on in the body.

Isn't it good to know that cranial therapists can help you unravel the body's mysteries and facilitate that the body can, little by little, heal itself so allergy season doesn't get the best of you?

*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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# David Ruf's tree picks for 2018

By Mary Sattler

David Ruf is the owner of Greenhouse Garden Center, an award winning, family-run, independent garden center in Carson City. Greenhouse Garden Center has been in continuous business for 44 years at the same location and owned by the same family. Under Ruf's leadership, has grown to over 4 acres and carried on the family tradition of providing excellent horticultural materials and service to Northern Nevada. Many new cultivars of trees have been introduced into the national market over the last decade. Several of these trees are excellent choices for Northern Nevada and the Great Basin. Ruf has chosen the Desert Golden Ash and Crimson Spire Oak among his top tree picks for 2018. These trees will work very well in smaller landscapes where larger trees might be overwhelming.



**Fraxinus excelsior 'Aureafolia', Golden Desert Ash, demands center stage in a larger bed of plants in full sun.**

The Golden Desert Ash is unusual because the leaves, twigs and bark display a prominent yellow color throughout the year. In the spring, leaves emerge yellow, begin to change to yellow-green in the summer and then to a golden yellow in the fall. In winter, large ebony buds sit on top of bulbous yellow twigs providing late winter interest. Golden Desert Ash is hardy to zone 5.

At maturity, expect a height of 25 ft. and width of 18 ft. Golden Desert Ash is a moderate grower with 7 ft. of vertical height easily possible in a year. It has a rounded, compact

growth habit that is showy with a dense canopy which creates nice shade. This ash isn't fussy. After it becomes established, usually within the first two years, this tree is very drought tolerant. The Emerald Ash borer is not a problem here. Aphids may be an issue and can easily be treated.



**Quercus 'Crimshmidt', Crimson Spire Oak is a hybrid between English Oak and White Oak.**

The English Oak compliments the hybrid Crimson Spire Oak with fast-growing, columnar shaped hardiness. From the White Oak it inherits its dark green, mildew-resistant foliage and red fall color. An excellent choice for narrow spaces, Crimson Spire Oak is very useful as a reliable privacy

screen, because of its dense foliage, where space is limited. Since it grows so fast, it also works very well in the landscape as an anchor tree. Its strong wooded properties make it a very good wind tree.

Expect at maturity to have a height of over 40 ft. and a width of 10-20 ft. This oak has the best of all properties including drought tolerance and disease resistance. Crimson Spire Oak will grow well in a variety of soils and tolerates a wide pH range. Oaks in general like slightly more acidic conditions so an iron sulfur product applied in the spring and fall are advised if you live in an area of high alkalinity.

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.



## Customer Appreciation Day » Saturday, June 9th from 10 AM-3 PM

Annually, Greenhouse Garden Center hosts a Meet Your Vendors/Customer Appreciation Day where many growers and other reps come to promote their products and product knowledge. This is a wonderful opportunity to be exposed to the growing community from California and the Pacific Northwest. Additionally, Joe Carli, representing Western Evergreen, will be speaking and showcasing specialty conifers on Sunday, June 11th starting at 11 AM. If you are just getting started or adding to your landscaping, these are opportunities you won't want to miss.



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**David Ruf**  
Greenhouse  
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Owner





# Pets need time to get physical



By Matt Schmitt

Nothing refreshes the body and energizes the spirit like the great outdoors. That goes for both people and pets. Without doubt, increasing a pet's outdoor activity improves quality of life, engages the senses and leaves them with an overall sense of wellbeing. Need proof? Just get

out the leash and see what happens.

**Increased activity combined with proper nutrition is the perfect plan for ideal weight and optimum health.** Ideal weight means that joints are not overloaded, so muscle and joint ailments are minimized, and susceptibility to injury requiring surgery, such as cruciate ligament repair, is reduced. Outdoor activity can also help decrease the threat of arthritis. For those dogs already afflicted with arthritis, exercise can help abate pain.

**Be wise about exercise.** During summer months, focus on low impact activities, such as swimming and walks on grassy or sandy surfaces instead of runs on concrete and asphalt that can burn pads and lead



to injuries. Keep an eye on pads for cracking, injury and hitchhikers like foxtails and pebbles between toes. Work up to daily exercise, with moderate increases in exertion. Too much too soon can be even worse than not enough. Also, be vigilant about the time of day that you exercise your pet. Head out during the cooler morning and evening hours.

**Take into consideration the age of your pet, and the color of fur.** Did you know that dogs with dark fur absorb more heat than those with lighter-colored coats? That alone can lead to accelerated heat

exhaustion. And if your pet does overdo it, check with your vet for a suitable solution for discomfort, like anti-inflammatory medication. Never reach into your medicine cabinet for human pain relievers.

**Combine exercise with nutrition and diet.** It's a good idea to keep a weight graph to monitor fluctuations affecting pet health. A nutrition program that assesses weight, body measurements and diet regimen is a well-balanced approach to pet health and wellness.

**Be a good pet parent.** Make sure your pet is current on vaccinations and heartworm testing and medication. All it takes is one bite from a mosquito that has bitten an infected dog to harm yours. And, as always, during the warm weather months, leave pets comfortably at home, not in hot cars. Even with the windows rolled down, only minutes in a hot car can be deadly for your pet.

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

## Summer pet precautions

By Lori and Rob Burks

Summertime is the time to enjoy warm breezes, cold drinks and outdoor activities. However, summer can also bring pests and hazards for your pooch and kitty.

Is your dog or cat itchy? The elevation in South Reno helps with the tick and flea population but you will still occasionally see them on your pets. Some non-toxic, natural alternatives such as Sentry Natural Defense will help deter the unwanted critters. However, dog lice have been circulating within the area. If you see small dirt-like insects on your dog and he's extremely itchy, it may be dog lice. Don't worry – they don't transfer to humans and they are easy to resolve with some pet and carpet treatments. Of course, itchiness could be a sign of seasonal or environmental allergies, too.

Everyone loves our outdoor trails in the Reno/Tahoe area but if you hear a rattle while hiking or biking, it's probably not a baby. You may want to take a rattlesnake avoidance training class with your dog, if you travel high-risk areas often. If you can't take the

course, try to keep your dog on a leash and avoid underbrush and tall weeds. Of course, never touch or disturb a snake, even if it looks dead. Fido might not be able to follow that rule though, so be careful out there.

Everyone loves to BBQ in the summer months but be wary of leaving out foods that are toxic to pets. If yours are anything like our dogs, they help themselves to whatever is on the patio table. Please keep them away from any alcohol, avocados, chocolate, citrus, coconut, grapes and raisins, macadamia and other nuts, onions and garlic, raw meat, gum and yeast. Also, cooked bones can get lodged in their throat that includes chicken and ribs, so keep pets away from the BBQ. Pretty much torture for them since they have 50 times the sense of smell compared to humans, so maybe give them a little treat while you're cooking. Raw bones don't splinter and make a great delicacy. Enzymes in the bones help keep teeth shiny and new. Slow, low-temperature baked, smoky bones are also a great treat and smell like BBQ, too. Not recommended for senior pets, however.

Finally, please leave your dog at home when doing errands during these summer months. On an average 78-degree day, the temperature in a car can heat up to 100 degrees in less than 10 minutes. If you must bring your pooch, please leave the car on with the air conditioning running.

Please don't give your dog or cat human ice cream – let's keep them safe

and happy this summer.

*Lori and Rob Burks own 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](http://www.naturalpawsreno.com), [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email [naturalpawsreno@yahoo.com](mailto:naturalpawsreno@yahoo.com) or call (775) 853-3533.*



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# Eagle Scout builds bridge at Marilyn Pond

By Jeffrey Zeller

Jeremy Zeller, a freshman at Galena High School, built a bridge near Marilyn's Pond in Galena Creek Regional Park just off Mt. Rose highway. The bridge construction was Jeremy's Eagle Scout Leadership Service Project.

It all began with Jeremy, a Troop 10 Life Scout, speaking with the GCRP Ranger Andy Brown. After considerable discussion, the two decided Jeremy could build a bridge. Jeremy then conducted substantial research, put together his Eagle Scout project proposal and submitted it to his Troop. Four months and numerous revisions later, the Troop and the Boy Scout Council approved his project. Jeremy then started his project, fundraising and asking for donations.

The community was incredibly generous in their contributions. Chris Fleiner of Reno Lumber donated all the lumber required while Misty Gibson of Lowe's donated much of the required hardware and concrete and both were most helpful. Several of Jeremy's Galena area neighbors were also very charitable in their donations. Names of all donors and volunteers who helped build the bridge are on a plaque created by Engravers of Reno, attached to the bridge.

The bridge connects two trails encircling Marilyn's Pond, a popular family fishing location where many youngsters catch their first fish. The 12-foot bridge spans a rocky creek bed that becomes treacherous in



As his Eagle Scout project, Jeremy Zeller built a bridge at Galena Creek Regional Park near Marilyn's Pond to allow easier transit around the pond. Friends and family volunteered their help.

Spring when the snow melts. It allows for safe access around the pond and will be used thousands of times each year.

Jeremy started scouting in 2009 as a Tiger Cub in Stuttgart, Germany. After his father retired from the Marine Corps and returned to Reno, Jeremy continued with Scouting. Upon completing Cub Scouting, he transitioned to Boy Scout Troop 10 under Scout Master Chris Reddicks. Chris served as a project mentor for Jeremy while a neighbor, Fred Taeubel served as Jeremy's design mentor.

In Boy Scouting, Jeremy has attended summer camps, sailed around St. Thomas in the Caribbean, hiked, rappelled, camped, and earned more than two dozen merit badges. Jeremy stays busy with swimming, football, scouting, and studying German. Jeremy is the youngest son of proud parents, Sid and Abbie Zeller.

Scouting is a family legacy in the Zeller family. Jeremy's older brother, Jeff, is an Eagle Scout and helped Jeremy build the bridge. His dad Sid and uncle Jeff are both Eagle Scouts. His grandfather Ralph Zeller was their Scout Master.

*Jeffrey Zeller is the older brother of Life Scout Jeremy Zeller. As his own Eagle Scout project, Jeff built a bridge in the Big Morongo Canyon Preserve, a desert wetland near Yucca Valley, CA. Born in Reno, Jeff is a senior account executive for All-Guard Security Systems in Silicon Valley.*

# Students teach important message in No Zombie Texting video contest

By Janice Keillor

When Kelly Clark first conjured up the idea to hold a youth-oriented contest to warn about the dangers of texting while driving, she wasn't sure how to make it appealing to students. But she knew it was a serious epidemic. In fact, an average of nine people a day are killed by distracted drivers, and handheld cell phone use while driving continues to be highest among 16 to 24-year-olds. Then she got an idea from the sheriff. While talking with him about the problem, the sheriff compared texters to zombies, and thus her No Zombie Texting video contest arose.

The goal was to send a message that would somehow get past the bombardment of social media that students receive daily. Since youths are highly influenced by each other, what better delivery than through their peers.

As former president of Muscle Powered, a group dedicated to making Carson City a better community for bicycling and walking, Clark managed to secure funding for the contest from a grant from the Governor-appointed Nevada Bicycle and Pedestrian Advisory Board. These funds allowed Muscle Powered to sponsor the No Zombie Texting video contest for Carson High School students. The

challenge was to create a 30-second video public service announcement to teach about the dangers of texting while driving, and how it impacts walkers and bicyclists. The inaugural contest was a success.

With limited experience in videography and a lack of high-tech equipment, the students managed to create some impressive videos using a lot of ingenuity. Along with the challenge of creating the video, another big draw to the contest was the prize money: \$750 for first place, \$500 for second, and \$250 for third. That's not exactly pocket change to a teenager. The resulting videos portrayed the kind of damage that can be done by "zombie texting", with the common theme of "Put down the phone. It's not worth a life". Their message was received loud and clear.

With this year's success, Clark plans to continue the contest annually, announcing it around Halloween to highlight the zombie theme. The hope is that eventually, with enough noise, kids (and adults) will put down their phone while driving.

The winning videos can be viewed on Muscle Powered's Facebook page <https://www.facebook.com/MusclePowered/> and will also be distributed statewide to air on television and cable channels.

*Janice Keillor is a park and recreation program coordinator for Nevada State Parks.*



Kelly Clark congratulates first place winners Gisela Vazquez and Kasandra Medina-Torres

## Congratulations to the No Zombie Texting Winners:

### 1st Place:

Team Petrova, by Kasandra Medina-Torres and Gisela Vazquez

### 2nd place:

Team Worm Boys, by Samuel Johnson, Tristen Quintero and Ethan Snyder

### 3rd place:

Team Ad, Ast and Alfredo, by Alfredo Chissotti

Thanks to all the students who participated. And special thanks to Ray Freeman, Melodie Skudlarek, Anne Macquarie, Cortney Bloomer, Ismael Garza, Patt Quinn-Davis, and Kevin Moore for their help in making this project a reality.

# How to choose the right summer math program

Submitted to the Galena Times

Plenty of summer math learning programs are available to assist kids who need or want stronger math skills. Comparing them, though, is like comparing apples to bananas. They're in the same category but aren't at all the same. They may all sound great in their advertisements, but how do you choose which summer math program is truly the best fit for your child? It's simply a matter of uncovering the differences among the programs by asking the right questions.

- Can this program determine the root of your child's issue? If your child has been struggling in math for a while and you've tried different after-school programs or tutors, to no avail, it's likely because no one has truly determined which fundamental knowledge gaps are causing them problems in math class.

- Is it fun? Most kids don't think of math as fun, but a summer program must have some fun elements to work. Do they do fun activities during the summer?

Do they give rewards for working hard and reaching milestones?

- Does it fit your child's level and pace? The summer is all too short, and it's tempting to try to accomplish too much before school starts again. Be wary of programs that over promise.

- Does the staff teach face-to-face or to an entire group at once? The best learning is done face-to-face, with an instructor who interacts directly with the

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# Improve your visual literacy at Nevada Museum of Art

By Amanda Horn

Did you know that the Nevada Museum of Art is the largest provider of arts education in the State of Nevada? As such, one of our primary goals is to give museum visitors the opportunity to see masterful artworks in an intimate setting and facilitate fluency in the language of art. Our mission to provide access to lifelong learning opportunities for the entire community manifests in myriad ways. This summer's feature exhibition, Manet to Maya Lin, exemplifies this concept.

Manet to Maya Lin presents artworks drawn from the museum's collections, augmented by select private loans. These include paintings by artists such as Vincent van Gogh, Pierre-Auguste Renoir, Édouard Manet, Andy Warhol, and Mark Rothko, among others. Visitors to this specially-curated exhibition will be encouraged to experiment with visual arts literacy tools. These tools are known as close looking, recognizing technique, and discussion. By practicing such concepts in the gallery, art observers will develop a deeper connection with the works on view.

The idea for the presentation of this exhibition emerged from a collaboration between the museum's curatorial and education departments. Together, they worked to create an opportunity to not only showcase extraordinary artworks from some giants of art history, but also to foster substantive engagement. We live in an increasingly visual world, where images are superseding words as our primary form of communication. The ability to interpret, negotiate and make meaning from images impacts our capacity to successfully navigate language, communication, and critical human interaction.

As one of the older forms of human



Édouard Manet, Bouquet de Fleurs, 1882. Oil on canvas, 21 ¾ x 13 ¾ inches. Private Collection.

communication, the language of art has long been a vital component for navigating our own visual literacy. In this light, constructing meaning from art can be understood as an essential aptitude to succeed in a digital world, rather than an elite skill reserved for the halls of academia.

Through personal engagements with both historically significant and experimental contemporary artists, Nevada Museum of Art visitors will be encouraged to look for details, and to recognize important artistic processes and techniques.



Nevada Museum of Art visitors become fluent in the language of art through close looking and discussion.

Most importantly, museum-goers will cultivate skills to actively construct meaning through conversation. Manet to Maya Lin has the power to reveal the ways we create meaning from art. By spending time in the galleries and deeply experiencing the works of art on display, the possibilities of a visually literate society become clear.

Amanda Horn is director of communications at the Nevada Museum of Art. Visit the museum at 160 West Liberty Street in downtown Reno. For complete visitor and exhibition information, visit [nevadaart.org](http://nevadaart.org).

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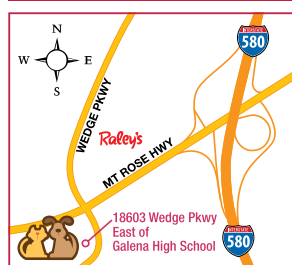
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# Check (and double-check) estate planning checklist

## Provided by MacLean Financial Group

Create a will if you do not yet have one. A valid will may save your heirs from some expensive headaches linked to probate and ambiguity. A solid will drafted with the guidance of an estate planning attorney will likely cost you a bit more than a “will-in-a-box,” but may prove worth the expense.

**Complement your will with related documents.** Depending on your estate planning needs, this could include a trust (or multiple trusts), durable financial and medical powers of attorney, a living will, and other items.

**Review your beneficiary designations.** Who are the beneficiaries of your retirement plans and/or insurance policies? If you aren’t sure, it is probably a good idea to go back and check the documentation to verify (or change) who you have designated as beneficiary.

**Create asset and debt lists.** You should provide your heirs with an asset and debt “map” they can follow, so that they will be aware of the little details of your wealth.

**Think about consolidating your “stray” retirement and/or bank accounts.** This could make one of your lists a little shorter. Consolidation

means fewer account statements, less paperwork for your heirs, and fewer administrative fees to bear.

Let your heirs know about the causes and charities that mean the most to you. Write down the associations you belong to and the organizations you support.

**Select a reliable executor.** That person should have copies of your will, power of attorney documents, health care proxy or living will, and any trusts you create. In fact, any of your loved ones referenced in these documents should also receive copies of them.

**Talk to the professionals.** Do-it-yourself estate planning is not recommended, especially if your estate is complex enough to trigger financial, legal, and/or emotional issues among your heirs upon your passing.

MacLean Financial Group may be reached at (775) 329-3041 or visit [macleanfinancialgroup.com](http://macleanfinancialgroup.com)

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## summer math *continued from page 17*

individual child, probing and encouraging the child to discover the joy of “aha!” moments.

- Is there a learning plan designed just for your child? Too many summer programs use a one-size-fits-all approach, with a curriculum that is designed for an entire “level” rather than the individual child. Look for a program that will make the most of summer months by tailoring the curriculum to what

your child—and only your child—needs.

- Can it work with your family’s schedule? Summer months mean camp, vacation travel, and other activities for children. Will the program be able to accommodate your schedule? What types of summer packages are available?

- Does it demand homework? Some learning programs give worksheets to children to do at home.

That’s truly discouraging to a child during the summer time.

The right program, with individualized instruction, will set up your child for higher math achievement for years to come.

For more information, contact (775) 800-7457, [diamond@mathnasium.com](mailto:diamond@mathnasium.com) or visit [www.mathnasium/diamond](http://www.mathnasium/diamond).



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

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