



Celebrate autumn at Galena with outdoor activities

By Jerry Keir

Cooler mornings and low evening light remind us at Great Basin Institute that another summer is slipping away, but not without the gratitude and satisfaction of a safe and productive field season.

Each summer, our organization fans out across the west to support public lands. We plant trees, build trails, restore streams, survey wild lands, and improve rangeland and

forest conditions to protect wildlife. To celebrate this season's success and our 20th year serving Nevada, GBI will host a fall gathering at the Galena Creek Recreation Area.

Activities scheduled for September 30th will include an Orvis fly fishing clinic, a birding outing with the Lahontan Audubon Society, and a natural history hike led by GBI naturalists. A new, 9-hole frisbee golf course tournament will test your

throwing arm. Discs are available, and prizes will inspire better aim.

A guided mountain bike ride will take peddlers up the new alignment of the Tamarack trail, introducing riders to what will be the completed Bloody Rose route to be featured at the Galena Fest race next year. **FOR THIS FALL, RACES ARE CANCELED.**

Finally, an afternoon fajita cookout and raffle will cap off the day, raising funds for the student scholarships at the

Institute's summer camps.

Come join GBI and mountain locals for a fun, autumn day at Galena. More information on the day's activities can be found at GalenaCreekVisitorCenter.org.

Jerry Keir is executive director of the Great Basin Institute. The Great Basin Institute is an interdisciplinary field studies organization that promotes environmental research, education, and conservation throughout the West. Visit GalenaCreekVisitorCenter.org.

New State Park opens south of Yerington



(Photos: parks.nv.gov)

LEFT PHOTO: Walker River at Nine Mile Ranch is part of the new Walker River State Recreation Area. Fishing is allowed on the river, with additional camping at the "elbow" section of Nine Mile.

RIGHT PHOTO: Pitchfork Ranch is a picturesque part of Nevada history now accessible to the public in the new Walker River State Recreation Area.

Grand Opening Celebration

Join park staff for a special grand opening celebration on Saturday, September 22 at the Pitchfork Ranch for a fun-filled day of activities including: Dutch-oven cooking, archery, fishing clinics, nature walks, hay rides, children's games and a BBQ.

WHAT: Walker River State Recreation Area Grand Opening

WHEN: Saturday, September 22, 10 a.m. – 2 p.m.

WHERE: Pitchfork Ranch, 211 East Walker Road, Yerington, Nevada

COST: The park entrance fee is waived for this event.

By Janice Keillor

It's an exciting time for Nevada State Parks as we roll out our first new park since 2003. The Walker River State Recreation Area will open on September 22nd to showcase 28 miles of previously inaccessible property along the East Walker River. The area was held in

private ownership for ranching purposes for over 100 years. The 12,000-acre park is just 8 miles south of Yerington and will feature camping, kayaking, fishing, bird watching, hiking, and picnicking.

The magnitude of the new park becomes apparent as soon as you arrive.

continued on page 5

Letter From the Publisher

Let's hope the smoky summer we had turns into a bright and sunny fall with our typical crisp mornings and clear skies. Lake Tahoe should become less crowded with tourist, more reason to go for a hike, take a swim, hang at the beach and watch the sun disappear behind mountain tops.

Another fall tradition is taking on a different flavor this year. Galena Fest will be scaled back to a more modest event (see Jerry Keir's front-page story). The mountain bike and trail run races Bloody Rose and Wicked Thorn will not take place this year but will return in earnest next year. This is the right time for all of us to take a break, step back and think about how to make the event/races better than ever.

But we have great news: Ten years in the making, the new Tamarack Lake Trail will be finished in late September. This will substantially change the race course of The Bloody Rose in 2019. I think all of you will find the Tamarack Lake Trail to be one of the nicest, new trails constructed in many years. It should make next year's mountain bike race more memorable, difficult and spectacular than ever.

I will be leading a tour of the new trail for intermediate to advanced mountain bikers on September 30th at 9.30 am. We will meet across the

street from the Mount Rose Ski Area main parking lot at the Atoma building, weather permitting.

In the meantime, read Janice Keillor's story about the opening of a new Nevada State Park. I personally visited the magnificent Walker River State Recreational Area this summer and found it to be amazing. We scored a fantastic new park. You should plan a day trip to Yerington.

Finally, once again we have many new writers in this issue, and we're always looking for more. I hope you all find this edition informing as well as entertaining.

Happy trails and happy fall!

Richard Keillor



Richard Keillor

Snowind Ski & Bike opening at the Galena Lodge



By Bud Hershman

Hello Galena area residents! My name is Bud Heishman, owner of Snowind Sports established in 1994, at the Reno Hilton Hotel (now GSR). I am very excited to be moving my shop to "The Lodge at Galena" and

offering this community year around sporting fun. With our proximity to world class mountain biking, hiking, paddleboarding (SUP), skiing, boarding, back country, snowshoeing, and sledding, Snowind will be right in the middle of this beautiful, alpine fun zone.

Snowind, as the name suggests, was originally focused on skiing and windsurfing. Our new location in the Lodge at Galena will offer locals and tourists alike, mountain bike and SUP sales, service, and rentals plus hiking gear and outdoor apparel during the summer season.

In winter months, Snowind has always specialized in ski boot fitting, ski service and rentals. This has not changed, and we pride ourselves on helping skiers of all abilities optimize their skiing enjoyment. Whether you have an ache here or there, or

you are looking to shave off a little time in the race course, Snowind can solve your issues and optimize your skiing performance with nationally recognized boot fitting and alignment skills. We also offer season ski leases and top of the line, well maintained, ski, snowboard, and snowshoe rental equipment for our out of town guests.

One of the most exciting aspects of our new home is the synergy of having a gathering place where nature, sport and friends meet. The Lodge at Galena, as you may already know, will offer a wine, beer and coffee bar with some of the finest roasted coffee, wine, and brews from the area. With the outside deck, two Bocce Ball courts, fire pits, and seating, the Lodge will be a gathering place for friends to meet before and after their day's adventure in the Tahoe Basin. How nice to have your skis waxed while you grab a great cup of coffee before heading up the hill. Or. stop by après-ski to drop off

your boards for a tune-up or have that little hot spot in your boots fixed while enjoying your favorite libation on the deck or by the fireplace.

I am looking forward to meeting and having fun with my new neighbors in the mountains. With a projected opening date of September 1st, keep an eye out for the "OPEN" sign in the window and stop in to say Hello!

Bud Heishman, 58, left PA in 1983 moving to Mammoth Lakes, CA to teach skiing and fell in love with the Sierras. After seven years in Mammoth, it was off to SoCal to work for a major ski manufacturer as a sales/service representative. Though living on the beach was nice, the mountains were calling and after four years in the city, he moved to Reno to establish Snowind Sports in 1994. Bud is a 35+ year ski industry veteran and still loves helping others enjoy what nature has to offer. For more info, visit www.snowind.com or call (775) 323-9463.

The Lodge Coffee + Wine Bar

By Debby Bullentini

Tucked up in the mountains and pines of Galena, the Lodge Coffee + Wine Bar will be opening in early Fall at the old 'Lodge at Galena.' We are excited to move into the Mount Rose neighborhood, providing a comfortable environment to socialize, network, or just chill over a relaxing glass of wine, seasonal craft cocktails, local craft beer, or freshly brewed coffee.

Our outside deck, fire pit, and cozy bar seating will soon be your favorite place to meet up with friends to share some pre or post Tahoe drinks and artisanal small bites.

Debby Bullentini, owner of much-missed L'uva Bella Wine Gallery in the Summit Mall, has been hired by developer, Tom Burkhart of Reno, to design and open the restaurant.



**Galena
TIMES**

Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

Advertising Manager: Richard Keillor: Richard.Keillor@cbselectre.com

Contributors:

Debra Ball, Debby Bullentini, Lori and Rob Burks, Max Coppes, Kyle Dixon, Daniel Fleischmann, Bud Hershman, Janice Keillor, Jerry Keir, Steve Lang, Jan Madraso, Kellie McGinley, Andy Pasternak, Mary Sattler, Matt Schmitt, Mike Selby, Julie Ullman, Jennifer Wallis

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 or visit our website: www.galenatimes.com

Copyright (c) 2018. All rights reserved.

**GROWING
Smiles
Pediatric Dentistry**



Your Child Deserves a Specialist

Jade Miller, DDS

Board Certified, Diplomate
American Board of Pediatric Dentistry
Pediatric Specialty License No. S6-11

Gilbert A. Trujillo, DDS

American Academy
of Pediatric Dentistry
Pediatric Specialty License No. S6-24

Call for an Appointment

775.824.2323

517 Hammill Lane, Reno, NV 89511
www.RenoKidsDentist.com





A MT. ROSE SEASON PASS IS PURE

SKI FREEDOM!

MT. ROSE SEASON PASSES MAKE IT EASY TO SKI WHENEVER, HOWEVER, YOU WANT.

ONE OF THE LONGEST SKI SEASONS IN THE REGION, WITH TAHOE'S HIGHEST BASE ELEVATION: 8260'

PASS OPTIONS TO FIT ANY SCHEDULE AND BUDGET

ALL SEASON PASSES COME FULLY LOADED W/ VALUE SAVING PERKS

NEW

The MY Pass + (2 days midweek) and Midweek + Sunday (Sunday thru Friday) are two more ways to get the most out of your ski season!

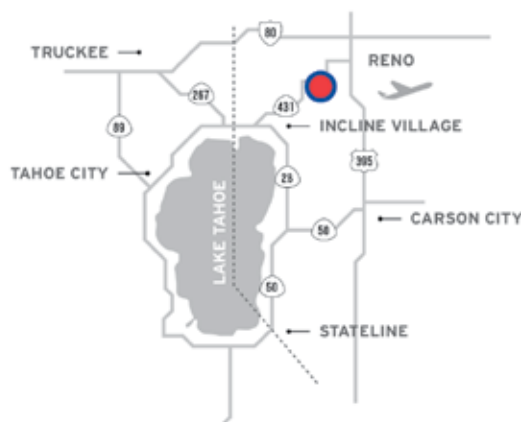
Passes range from \$199-599.

	M	T	W	T	F	S	S	HOLIDAY	ADULT 16+/CHILD 6-15
MY PASS Choose ANY 1 Weekday Per Week/Non-Holiday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$199
NEW MY PASS + Choose ANY 2 Weekdays Per Week/Non-Holiday	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$299
MIDWEEK Monday-Friday/Non-Holiday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$399
NEW MIDWEEK + SUNDAY Sunday-Friday/Non-Holiday/No Saturdays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$449/\$175
VALUE Non-Holiday/8 Void Days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$529/\$225
PREMIER Unrestricted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	\$599/\$275

Holidays 2018/19:
Christmas - Dec 26-29, MLK - Jan 19-20, President's - Feb 16-17

Prices Valid Through Sept. 30
\$135 Window Ticket

LOCATED JUST 25 MINUTES FROM RENO



FIND YOUR PERFECT MT. ROSE SEASON PASS AT SKIROSE.COM
PLANNED OPENING - OCT 26! BEST RATES NOW THROUGH SEPTEMBER 30.



Assistance League eases Back-to-School for students in need



By Jan Madraso

"I've never had brand-new clothes before!" "Clean socks!" "I really get more than one thing?!" "My own toothbrush! Now I don't have to share with my brother anymore." Comments such as these can be heard at area Walmart

stores this fall, thanks to Operation School Bell.

The program, sponsored by Assistance League® Reno-Sparks, provides each student, referred by Washoe County School District's elementary and middle-school counselors, with approximately \$100 in school clothing and a grooming kit.

Counselors refer students from a wide variety of backgrounds. Some may have parents temporarily out of work; some are foster children; some come from homeless families; others might be potential victims of abuse or drug exposure. New, clean clothing can help each student fit in with peers, feel a sense of confidence, and focus on learning in the classroom.

Each year since 1985, members of Assistance League have clothed local children, using grants, fundraising



Volunteers of the Assistance League Reno-Sparks help children in need shop for back-to-school necessities.

activities, and donations. Last year, the chapter clothed 3,066 local kids. How do they do it? They research and apply for grant funding. Their Thrift Shop at 1701 Vassar Street sells donated items in the clean, spacious store: clean clothing in good condition (not torn or frayed); furniture, housewares, linens, small (working) appliances, jewelry. The chapter's Clothes for Kids Campaign invites area residents and businesses to make monetary donations,

100% of which goes to provide children with new clothing.

Operation School Bell's many volunteers work with schools and Walmart stores to facilitate shopping experiences. Each school has a scheduled date and time for their referred students to shop. Assistance League members check each student in, circulate in the children's clothing areas, help in pre-check areas to make sure that the student has stayed within budget and is purchasing permitted items (clothes, underwear, coats, shoes, etc.); finalize and check-out the purchase; and tuck in a grooming kit filled with soap, shampoo, toothpaste, toothbrush, and other personal hygiene items. Happy smiles accompany the kids out the door.

Jan Madraso is a native of Reno and a graduate of UNR. She taught high-school English in Fallon and Writing at the college level in Oregon. She has been a member of Assistance League since 2000, first in Corvallis, OR, and now in Reno. She finds Assistance League to be a place to meet friends, use her skills, and make a difference in the community.

For more information about Assistance League of Reno-Sparks, an all-volunteer organization, visit www.renosparks.assistanceleague.org. Donations to Operation School Bell can be made by sending a check to Clothes for Kids Campaign, PO Box 7376, Reno, NV 89510.

Fall fun at South Valleys Library

By Julie Ullman

Fall always feels like a new beginning: a new school year, Friday night football, and at the library, a new Fall Wellness Series. From local trails to the mountains of Spain, adults will enjoy hearing from health enthusiasts and end the series with a relaxing evening of rock painting.

September 5, 2018, 5:30 p.m.

Running and Hiking the Trails of Reno/Tahoe

Presenter: Eric Middleton

An ultra-runner and racer, Eric will share his passion for the many local hiking trails in our area. He will present a slideshow of his favorite experiences in the great outdoors of Reno/Tahoe.

September 12, 2018, 5:30 p.m.

Camino de Santiago

Presenter: Barbara Longshore

Having walked the Camino de Santiago in Northern Spain several years ago, Barbara will share her incredible experiences along the "Way". She is a retired teacher who loves sharing her stories about the traditions, culture and people of Spain.

September 19, 2018, 5:30 p.m.

Got M & M's?

Presenter: Beachy Orr, Ph.D.

Tonight's interactive presentation will address how muscles and nerves in the body work together to create contractions and movement. Dr. Orr earned her B.S. in Biology from the University of Denver, and her Ph.D. from the Medical College of Wisconsin.

in all shapes and sizes so you can create your own personal masterpiece.

Discover & Go: Museum Passes

Discover & Go is a network of libraries and cultural institutions that allows Washoe County Library cardholders to access dozens of Northern Nevada and California museums, science centers, theatres, zoos, and other cultural attractions.



Local attractions include: Nevada Museum of Art, The Discovery (Terry Lee Wells Nevada Discovery Museum), Fleischmann Planetarium, National Automobile Museum (The Harrah Collection)

Northern California attractions include: California State Railroad Museum, DeYoung Museum, the Oakland Zoo, the Exploratorium and the Bay Area Discovery Museum.

We encourage you to do some browsing to discover all the cool stuff you can experience for free, or low-cost like the Pacific Pinball Museum in Alameda or the Ruth Bancroft Garden in Walnut Creek.

Have a fun fall and 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 jullman@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. For complete information about programs for kids, teens and adults at all Washoe County Libraries, visit www.washoecountylibrary.us.



September 26, 2018, 5:30 p.m.

Rock Painting

Remember those "pet rocks" of long ago? The rock painting craze has heated up again, and it's worldwide—just check out Facebook. And people not only create wonderful pieces of art, they sometimes leave these painted rocks throughout their community for others to enjoy. We will have a variety of rocks

What Makes a Pet Vet a Great Vet –

House Calls!

Perfect for Pets Who Are

Too Sick
 Too Scared
 Too Big

HOUSE CALL SERVICES

Exams • Vaccinations • Test Samples • Prescriptions • Treatments

Bring The Pet Doctor to Your Door

Schedule a House Call
775.852.2244

SOUTH RENO VETERINARY HOSPITAL
Matt Schmitt, VMD

18603 Wedge Pkwy • Reno • 775.852.2244 • SouthRenoVet.com

Exams & Vaccines • Diagnostics • Surgery • Dentistry • Pharmacy

Hours

Monday, Wednesday, Friday
7am - 5pm
Early Morning Hours!

Tuesday, Thursday
7:30am - 7pm
Evening Hours!

new park *continued from cover*

Unobstructed views of the Walker River corridor reveal the immense proportions of the properties. Four ranches are framed by the rolling, high desert landscape of the Great Basin Desert, with pinyon juniper and riparian habitat intertwined.

The Pitchfork, Rafter 7, Flying M and Nine Mile ranches are each unique, with various modern and historic buildings and a fascinating story to tell. All started with the initial settlement by the Northern Paiutes, then the area became a ranching, agricultural and mining community settled by Europeans. Eventually, an exclusive getaway for the Hilton family was added, and now the new Walker River State Recreation Area is about to be unveiled.

The acquisition was announced by Governor Brian Sandoval in 2017 and has been the focus of State Parks for the past two years. The Walker Basin Conservancy (WBC) initially purchased the properties and water rights as part of the Walker Basin Restoration Program to preserve the Walker Lake watershed. The WBC later offered the land to the state for use as a park, which was a once-in a lifetime opportunity for Nevada to own a piece of state history.

A visit to the park is almost like a step back in time, with so many things to see and do. You can kayak the river at the Pitchfork Ranch,

fish at the pristine Nine Mile Ranch, relax and picnic at the campgrounds, or watch the myriad of bird species along the river. The Walker River State Recreation Area is less than two hours from Reno and Carson City, close enough for a day trip and remote enough to feel like you're in the middle of nowhere.

Amenities currently being planned and developed include full hook-up campgrounds, day-use and group-use areas, primitive campgrounds, restrooms, trails, and river access points. Future plans include mountain bike and equestrian trails, rental cabins and an off-highway vehicle campground adjacent to Bureau of Land Management property. Hunting will also be allowed in specific areas for waterfowl and upland birds.

The grand opening at the Pitchfork Ranch on September 22 will include Dutch oven cooking, fishing clinics, nature walks, archery, hay rides, children's games and a barbecue. Festivities will go from 10am to 2pm. The Pitchfork Ranch is located at 211 East Walker Road, Yerington, Nevada. Park entrance fees are waived for this event. For more information, please visit <http://parks.nv.gov/events/grand-opening>.

Janice Keillor is a Park and Recreation Program Manager for Nevada State Parks.

Promoting health
and wellness in our
community.

**Cutting-edge sports
science for every athlete.**

Andrew Pasternak, MD, MS

Teresa Angermann, DO

Darin Olde, APN

Julie Young, Fitness Director



Silver Sage

CENTER FOR FAMILY MEDICINE
SPORTS AND FITNESS LAB



775.853.9394 | silversagecenter.com

COMING SOON!

Snowwind
Sports

@

THE GALENA LODGE

Where Friends, Sports & Nature Meet

775.323.9463
www.snowind.com

Country roads, mountain bikes, friends and family



By Kyle Dixon

As the country roads narrowed and cell service faded, I could barely keep a lid on my excitement for the week ahead.

As a kid racing mountain bikes, my favorite races were in West Virginia. The trails are a special kind of hard that challenged even the best mountain bikers on the planet. During the week ahead, our desert kids from Nevada would get to experience the same trails that are to blame for my love of mountain biking. As our Reno Devo convoy of 21 family members, 20 athletes and 1 mechanic turned onto WV state route 66 headed for Snowshoe Resort and the 2019 USA Cycling National Mountain Bike Championships, I couldn't wait to see it again through their eyes

This road trip truly started back in 2011 when Reno Tahoe Junior Cycling/ Reno Devo fielded its first junior mountain bike racing team with several young athletes. As the years have raced by, the team has grown. For 2018, we had almost 40 dedicated young athletes. Every year, they got faster...and harder to keep up with on our dusty Nevada trails. This year, roughly half the team made the commitment to train for USA Cycling National Mountain Bike



Reno Tahoe Junior Cycling athletes successfully rode the muddy trails of the USA Cycling National Mountain Bike Championships in West Virginia.



(Photos: O. Sewell)

Championships. With West Virginia on their minds, they took on a difficult training and racing schedule that kicked off in January with pre-season conditioning.

As Spring ticked by, the team traveled to the biggest races in the West. Close to 30 athletes made the trip to the Sea Otter Classic in Monterey, California while 20 athletes went to the Pro XCT event near Park City, Utah. Reno Devo athletes had taken the start line with many of the fastest junior mountain bike racers in the country.

Arriving at Snowshoe was exactly as I had remembered it during my racing days over 20 years ago. While the resort now had fancy condos, the trails, mud, frequent downpours and amazing Appalachian Mountain views

were unchanged.

As athletes and coaches filled all 30 beds in our gigantic rental house, the Reno Devo team trailer, driven from Reno by still more parents, arrived with 32 bikes ready for action. For the next week, the routine went like this...wake up to John Denver's Country Roads blasting through the house. Chow down on a huge, family-style breakfast. Hop on the bikes to ride and race at the mountain top resort. Then another family dinner followed by hours of often ridiculous but always entertaining teenage fun.

The races were as expected...muddy, fast, exhausting, and exhilarating. Every athlete gave it their all on the difficult West Virginia trails. All 20 Reno Devo athletes put on a fantastic show battling the course and competitors throughout the week. But as the week came to a close, the coaches, family, and athletes all seemed to realize the long trip to West Virginia was about more than a bike race. It was about friends who became family and memories that will last a lifetime.

Kyle Dixon is a local physical therapist, cycling coach and seven-time national mountain bike champion. He is one of many volunteers for the Reno Devo Junior Cycling Team. Those interested in donating to Reno Devo or joining the 2019 team can visit www.renotahoejuniorcycling.com for more information. The 2019 team will have a registration/information night in November.

USA Cycling National Mountain Bike Championships Race Results

Non-Championship Category 2/3 race

15-18 year old Men:

5th Lucas Miers
7th Sam Evans
11th Jason Muff
29th Terran Hood

Non-Championship Category 2/3 race

15-18 year old Women:

3rd Abby Swall

Championship Races:

Age 13-14 Women:

12th Mya Dixon

Age 13-14 Men:

21 Kit Kuhns
3 Peter Hippert

Age 15-16 Women:

21 Emma Herschback
26 Kate Indart
29 Abby Swall

Age 15-16 Men:

46 Crispin Hilliard
47 Sam Evans
60 Terran Hood
64 Ried Indart

Age 17-18 Women:

19 Kate Kelley
32 Mikaela Echo

Age 17-18 Men:

37 Jackson Miers
57 Matt Nugent
58 Jason Muff
62 Drew Swall

TinyPawsPetSitting

* exclusively for small dogs *



In-home dog sitting by Debra & Tia.

* Bonded & Insured * 30+ yrs experience

* Pet First Aid Trained & Certified

* Self Employed - works from home so your fur baby gets full-time TLC

Services:

- In-home boarding & Doggie Day Care for dogs up to 15 lbs
- House Sitting for dogs up to 25 lbs
- Drop in Visits - locally
- Dog Walking - locally

For rate information, references and more:

www.TinyPawsPetSitting.com



Debra & Tia

Ready2Heal

Holistic Health Coaching

CONNECTING HUMANS
AND HORSES WITH
THEIR TRUE POTENTIAL

Kerstin Tracy, MS, LMT

775.400.0058

www.Ready2Heal.net

6121 Lakeside Drive, Suite 110, Reno, NV 89511



Fall hiking along the Six Mile Canyon

By Daniel Fleischmann

As temperatures drop, fall is the ideal time to head to Virginia City. Known as a tourist destination highlighting the history of the Old West, Virginia City is also an excellent place to go hiking. Just outside city limits is the Six Mile Canyon, which offers numerous hiking options from short trail hikes, to a fun rock climb, to an epic ridge adventure.

The routes up and down these mountains aren't well marked. Typical for an old frontier town, you won't find organized trailheads with trail signs and bathrooms. However, the openness of the mountains offers more than adequate vantage points to navigate and reach your destination.

To get to the Six Mile Canyon road from Reno, head up Geiger Grade into Virginia City. Once in town, it is less than a quarter mile to the turn off. The

first hiking area is less than two miles down the road on the right. A series of jeep roads wind up to a ridge just north of Flowery Peak (6,581').



Flowery Peak can be seen from the parking area not far outside of Virginia City.

From this parking area, you can reach the back side of the Sugarloaf rock formation. For adventurous spirits, this is a fun little scramble, with excellent views of Virginia City from the summit.



Sugarloaf Rock Formation rewards courageous rock scramblers with amazing views.

About a third of a mile further down the road on the right, is another hiking area that is quite a hidden gem. A dirt road, blocked by a metal barrier leads onto federal land. Park at the same spot for Flowery Peak and walk down to the road. From here, trails lead towards Mount Emma, Rose Peak, and Mount Grosh.



Trails afford wide, open vistas en route to Mount Grosh.

Finally, there is a hiking route to the main ridge that makes up the spine of the Flowery Range. Drive about 1.5 miles past the Sugarloaf Rock formation; 3.5 miles from the turn-off in Virginia City. You will find a couple roads near mining operations on the left (north) side of the road with large power lines at the

continued on page 9

Edible Pedal offers fitness solution for injured runner



Steve Lang

By Steve Lang

What does a trail runner do when he can't run? Whence come the endorphins? The means to burn calories? For a man whose motto for the last dozen years has been "Eat to run - run to eat", getting trail-blocked by an injury

presents a difficulty. In my case, I turned to cycling. Since I no longer have a mountain bike, that meant road cycling. We are very fortunate here in Northern Nevada because some excellent routes are readily accessible -- and not all of them require jockeying for position with cars on a road with no shoulder like Mt. Rose Highway.

I needed something to focus my training on: The Edible Pedal century ride in September.

The Edible Pedal 100 is a fundraiser for the Rotary Club of Reno Sunrise. In cycling terms, it's a century bike ride and not a race and includes rest stops every 15-20 miles. Edible Pedal includes five distances: 10, 32, 54, 74 and 93.2 miles (or 150km). It is known for its post-ride barbecue featuring locally-sourced food.

Starting from Bowers Mansion in Washoe Valley, it looked like the perfect event to get me focused. All I needed was a little saddle time to work some

muscles that aren't always in use when running. Did I mention saddle time? Yikes. I can handle the muscle issues, but dang if my sit bones don't do a lot of complaining.

Here on the south side of Reno, cycling the old Route 395 through Steamboat into Washoe Valley is a real treat, especially since Interstate 580 was completed. It's now a rather quiet road, with plenty of shoulder. The recent

continued on page 8

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



ALB/1806-SP004809

24/7 Care For Our Smallest Patients.

With pediatric specialists, family-centered care and equipment designed specifically for children, Renown Children's Hospital ER is open 24 hours a day, seven days a week, and it's the only one of its kind in the region. We're also proud to be home to northern Nevada's pediatric emergency doctors.

Our entire staff is specially trained in caring for kids, and we strive to make their experience as comfortable as possible — sometimes with the help of teddy bears.

Learn more at renown.org/children.

Renown
CHILDREN'S HOSPITAL

Sky Tavern Hockey starts young skater program

By Mike Selby

The upcoming Pond Hockey season at Sky Tavern will feature Mighty Mite Saturdays as long as the ice is good. This new program seeks to introduce young skaters to the game and teach them the ins and outs of basic ice-skating, stick handling, defensive and offensive positions and basic team strategy.

After some instruction, all skaters will have an opportunity to practice their newly acquired skills in actual scrimmage. We are looking for skaters ages 6 to 10 who have an interest in the game and would like to try it. Sky Tavern Hockey has some skates to rent for \$5 a pair in limited sizes. The program will be staffed by volunteers from the Sky Tavern Hockey Players Association. There will be no cost for the program, but a small donation will help pay for coach transportation, snow removal etc. If you have ice skates that you wish to donate, it would bring a big smile to a child's face this winter.

The 2017/18 hockey season witnessed over thirty games at Sky Tavern.

"This is definitely a community ice rink," Chief Zamboni Operator Jamie Koehler said. As such, Sky Tavern Hockey relies on everyone helping to clear the snow, polish and repair the ice, maintain the walls, goals, lights etc.

Early last winter, overhead lights were installed by Nate Corona, Robert Cale, Tom Reardon and others



(Photos: M. Selby)



A true community ice rink, Sky Tavern Hockey offers pick-up games and instructions for young skaters in their Mighty Mite program. Everybody pitches in to get the pond ready for play.

which have resulted in much better illumination and better play. Bill Henderson of the Sky Tavern Junior Ski Program has also been very supportive of this venture, donating time and equipment to make it work. This rink exists because of a few folks' love for hockey and love for kids; it will only continue to grow by enlisting your support.

Sky Tavern Hockey also plans on continuing to offer day and night "pick-up hockey" games on Saturday and

Sunday afternoons and Wednesday nights. Players of all ages and ability levels are welcome at these games and we encourage you to bring the whole family. There is nothing quite like a game of Pond Hockey followed by a pot-luck dinner by a roaring fire. Hope you'll come out and enjoy the only pond hockey in Nevada.

For more info, please contact Mike Selby at mikeselby1110@gmail.com or follow our Sky Tavern Hockey page on Facebook where all games are announced.

Edible Pedal *continued from page 7*

resurfacing, we won't talk about. On a recent ride, I saw Red Tailed Hawks, Northern Harriers and songbirds by the dozen. Of course, I felt obligated to moo at a few cows as well. Tack on a loop around Franktown Road in Washoe Valley and you have yourself a great, 40-mile training ride.

As for the Edible Pedal itself, those that know me and my propensity for pushing my limits might be surprised to find out I didn't sign up for the longest route. I exercised some restraint and signed up to ride the 74-mile route instead. Who knows? Perhaps a modicum of wisdom has come with age – or a memo from my sit bones.

The Edible Pedal takes place on September 16th, starting and finishing at Bowers Mansion Regional Park, between Reno and Carson City. For more information, please visit www.ediblepedal100.org.

Steve Lang is a runner, cyclist, traveler and consumer of words and images.

Construction Rate-Lock offered by U.S. Bank Home Mortgage



ROBB KELLEY
Mortgage Loan Originator
923 Tahoe Blvd.
Incline Village, NV 89451
Cell: 775-771-2987
robb.kelley@usbank.com
NMLS# 502175

During the home building process, interest rates can change greatly. U.S. Bank lets you lock-in your interest rate. If interest rates decrease before you close on your loan, you can re-lock your loan to a better interest rate during the original lock period.¹

Firstlock highlights include:

- Lock-in periods on new construction loans for 60, 120, 180, 270 and 360 days
- Fixed and adjustable interest rate options with a FirstLock
- Conventional and FHA mortgage products are allowed
- Depending on the county limits JUMBO loans up to \$3,000,000 are available²

For more information give me a call today!

All of **us** serving you®



usbank.com/mortgage

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 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. 32068

Vacant Lot Loan Financing



ROBB KELLEY
Mortgage Loan Originator
13949 S. Virginia Street
Reno, NV 89511
Direct: 775.785.5474
Cell: 775.771.2987
robb.kelley@usbank.com
NMLS #: 502175

U.S. Bank Home Mortgage offers financing for vacant residential property that may be a perfect solution for you if you are planning to build in the near future. The Vacant Lot loan is an adjustable interest rate mortgage, which means the payments amortize over the life of the loan, but the interest rate is variable.

We offer many advantages for both your purchase and refinancing needs!

Eligible Properties

- Single family residential lot.
- Standard maximum of ten acres; however parcels not exceeding twenty acres may be considered if typical for the area and value marketability is supported with appraisal comparables of similar acreage.
- Loans are not allowed to be made for purpose of speculation.

Call me today and let's discuss more about our Vacant Lot financing!

All of **us** serving you®



usbank.com/mortgage

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 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. 32068

Social media overdose – teenagers need limits



Dr. Max Coppes

By Max Coppes
Facebook,
Instagram,
Twitter,
WhatsApp,
Snapchat – the
use of social
media has become
an integral part
of most people's

lives. In contrast to traditional media where one source is going to many receivers, social media operates in a dialogic transmission system, whereby many sources interact, sometimes simultaneously, with many receivers. This provides for superior interactivity between its users. Not surprisingly, it also plays a major role in the lives of our children once they are old enough to understand how to access and use social media.

On average, children start exploring social media at around ages 10 to 12. They rapidly discover that electronic communication allows for unique and personalized ways to make and keep friendships, develop and expand family ties, get help with homework, share music, art, and experiences, and learn and discover the world in all its often-unrestricted facets. Surveys suggest that over 90% of teenagers use social media and that approximately 75% have at least one active social media profile by age 17. Access to social media is greatly facilitated by the fact that over two thirds of teens have their own mobile devices with internet capabilities, a substantial change relative to previous generations.

While it is generally felt that the use of social media has many positive aspects, we now also recognize that its use can have negative impacts. The use of hazardous sites or the inherent risks of using social media (identity theft, being hacked, cyber bullying, etc.) are indeed damaging to children. Any use of hazardous social media is too much and carries serious hazards. But what about the use of 'normal' and or 'safe' social media? Well, data suggest that too much use of 'non-hazardous' social media can indeed affect health.

First, some basic data. For example, how much do normal teenagers use social media? A study from Pew Research found that more than 50 % of 13 to 17-year-olds go online several times a day. This quickly increases during the teenage years to over 70 minutes per day, with teenage girls having the highest usage at just over 140 minutes per day. It is important to recognize that non-school related use of the Internet and social media is often beheld by teenagers as important for developing their self-esteem, their acceptance among peers, and their mental health in general. As parents, we recognize that the use of social media can indeed contribute, in many positive ways, to our children's growth.

At the same time, we also worry about them spending too much time online. We worry about their ability to communicate effectively in face-to-face settings or in writing. Many of us also feel and/or worry that our children are addicted to social media. Recent studies suggest that the overuse of social media indeed mirrors addiction.

Reports now show that teenagers and college kids experience anxiety when deprived from their connected devices and consequently feel a compulsion to access their social media applications. The emotional symptoms they experience are very similar to those seen in substance abuse and, in fact, internet addiction is being considered by the American Psychiatric Association as a bonafide diagnosis. Pediatricians therefore encourage limits on the use of social media, a recommendation more easily suggested than accomplished.

So, when should a parent seek help? Aside from unhealthy use of social media (cyber-bullying, sexting, online user asking for sexual relation which should be addressed immediately), the use of social media for more than 120 minutes per day should trigger parental concern. If you feel unable to deal with the overuse of social media, contact your pediatrician for help and guidance.

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.

hike from page 7

base of the road. The road itself is at 39.315071, -119.58248.

Rocky Peak (7,082') is directly in front of you. Hike up the road for three miles to the ridge. Jeep roads lead to within a half mile of the summit. Other summits can be reached from this route, including Peak 7036, Horse Benchmark, and Tibbie Peak.



From Six Mile Canyon, Rocky Peak (7,082') looks like a challenging hike.

While Six Mile Canyon isn't the most popular hiking area in the Reno metro area, it is one of the best.

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

THE STEAK HOUSE LOUNGE SOCIAL HOUR

THE STEAK HOUSE LOUNGE
THURSDAY & FRIDAY
4:30PM - 6:30PM

HALF OFF
WINES & SPECIALLY
PRICED SMALL
GOURMET PLATES

LIVE MUSIC
SMOOTH JAZZ BY
JOHN PONZO

SIGNATURE STEAKS • HAND-CRAFTED COCKTAILS
WORLD CLASS WINES

FOR RESERVATIONS GO TO
WWW.TAMARACKJUNCTION.COM/RESERVE OR CALL 775-384-3630.

TAMARACK JUNCTION STEAK HOUSE
AND LOUNGE

JUST NORTH OF THE SUMMIT MALL | 775.852.3600

See All Area Home Sales for the LAST 3 MONTHS on →



Bright and spacious home in desirable West Carson City neighborhood. 2929 square feet with 5 BR and 3 BA. Beautiful mature landscaping. Backs to open space with paved paths. Short bike ride or walk to numerous trails in nearby Kings and Ash Canyons. **\$598,000.**



A picturesque setting in beautiful Saint James Village. This home will delight you with its European flair & family friendly floor plan. Expansive gourmet kitchen with high end appliances including kitchen sink and faucets. East patio with great forest view. **\$1,250,000.**



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. **\$1,025,000.**



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.**



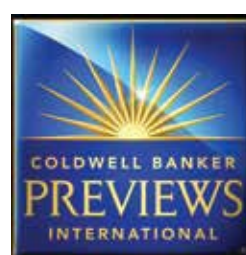
Secluded, charming and surrounded by pines, this log and cedar home features a wrap-around porch, open floor plan and hickory wide-plank flooring. The remodeled kitchen includes alder cabinetry, granite tile countertops and brushed stainless appliances. **\$550,000.**



Nestled in the forest among the pines, you'll find a home for mountain living with all the modern conveniences. Ten minutes to Mt. Rose Ski Area and 20 minutes to shopping at the Sierra Summit Mall. Convenient to Reno Tahoe International Airport. **\$445,000.**



Select Real Estate
16750 Mt. Rose Hwy, Reno, NV 89511



Richard Keillor, ABR® 775-813-7136

Richard.Keillor@cbselectre.com

To view all MLS listings, not just mine...visit my website today.

www.richardkeillor.com

RICHARD'S CLIENTS TALK BACK

Richard represented us with the purchase of our home in Galena Forest Estates in July. We couldn't have asked for it to have gone any smoother, Richard kept us up to date on the market, was there at every viewing, inspection, watching all the details, and keeping in touch with us every step of the way. We feel so lucky to have had the opportunity to work with him and highly recommend Richard.

Sincerely,
Dennis and Sharon

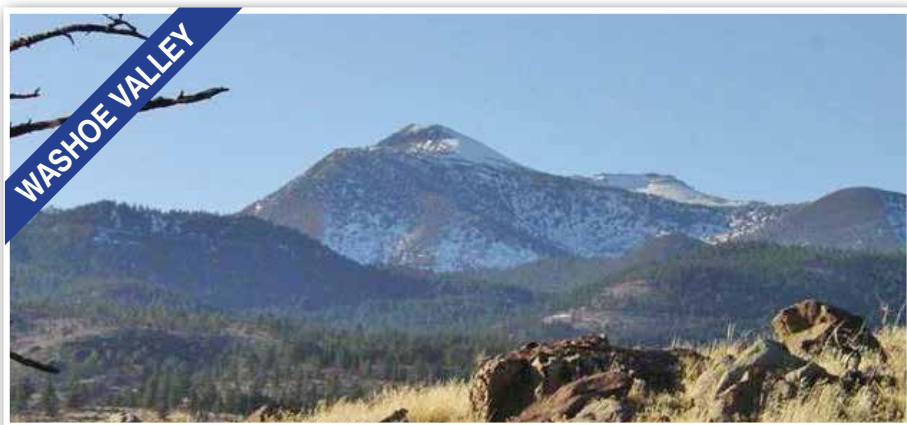
The most trusted name in Northern Nevada Real Estate . . .

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

www.GalenaTimes.com → Click REAL ESTATE → RECENTLY SOLD



Single-story home that backs to Galena Creek on .75 acres. 3681 sq. ft. with 4 bedrooms and 3 1/2 bath rooms. Also a 1250 sq. ft., 3-car garage. The house has hydronic radiant heating and tile flooring. Separate office space and cozy sun room. **\$1,199,500.**



26.92 private acres with potential for 4 home sites. Water rights included for subdivision. Spectacular views of Washoe Lake, Mt. Rose, Slide Mt., adjacent to Steamboat Creek. Owner may carry with 20% down payment. Perc approval for 4 lots. **\$400,000**



\$920,000.



\$959,000.



JUMBO HOME LOANS

For when you need
a little more home.



John Roussel
NMLS #374204
Branch Manager
9498-b Double R Blvd.
Reno, NV 89521
P: (775) 843-5989
E: jroussel@iservelending.com
W: Reno.iservelending.com

- Loan amounts up to \$3,000,000*
- Minimum 680 FICO score
- For primary residence, second/vacation homes
- Big bank jumbo financing with a hometown lending mentality
- Top-class service from a trusted, local loan originator
- Pre-qualifications within 48 hours
- A commitment to close loans on time

**In certain geographic areas*



Programs, terms and guidelines subject to change without notice. Not all borrowers may qualify. All loans subject to underwriter and investor approval. Nevada Mortgage Banker License #3488 (www.nmlsconsumeraccess.org)

OUR STRENGTH
IS OUR PEOPLE

Western Title
company
Since 1902

Since 1902. Over one hundred years of experience serving the title insurance & escrow needs of our community
We are Northern Nevadans building a strong Northern Nevada

To get the latest industry news,
follow us on Facebook & Twitter
facebook.com/westerntitleco
twitter.com/westerntitleco

775.332.7100
westerntitle.net
5390 Kietzke Ln, Ste 101
Reno, NV 89511

All Area Home Sales June 1 - September 3, 2018

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
16805 Evergreen Hills Drive	\$599,000	\$575,000	187.19	179.69	3200	0.91	8/16/18
750 Yellow Pine Road	\$739,000	\$725,000	257.49	252.61	2870	1.03	6/1/18
115 Cliffrose	\$729,000	\$743,999	269.7	275.25	2703	0.52	7/27/18
305 Black Pine Court	\$775,000	\$765,000	332.19	327.9	2333	0.47	6/29/18
850 Douglas Fir	\$849,900	\$795,000	219.5	205.32	3872	0.98	6/29/18
179 Nottingham	\$850,000	\$845,000	300.25	298.48	2831	1.07	6/27/18
16750 Evergreen Hills Drive	\$917,000	\$878,000	229.25	219.5	4000	1.08	6/4/18
116 W Willis	\$875,000	\$880,000	314.97	316.77	2778	1.01	6/14/18
1605 Blue Spruce Road	\$910,000	\$910,000	314.01	314.01	2898	0.47	7/18/18
755 Blue Spruce Road	\$959,000	\$950,000		303.71	3128	1.07	6/20/18
161 Jamil Court	\$956,000	\$956,000	275.35	275.35	3472	1.05	6/21/18
6000 Blue Spruce	\$975,000	\$975,000	286.09	286.09	3408	1.02	8/13/18
405 Timbercreek Court	\$1,149,000	\$1,087,000	243.74	230.59	4714	1.01	5/31/18
900 Blue Spruce Road	\$1,199,500	\$1,150,000	325.86	312.42	3681	0.76	6/20/18
5900 Cartier Drive	\$1,149,000	\$1,200,000	299.37	312.66	3838	0.73	8/13/18
138 Kingswood Court	\$1,285,000	\$1,265,000	324.99	319.93	3954	1.16	6/5/18
5470 Chatelaine	\$1,480,000	\$1,400,000	468.65	443.32	3158	0.84	7/30/18
20580 Parc Foret Drive	\$1,325,000	\$1,405,411	401.88	426.27	3297	0.48	6/5/18
5655 Alpinista Circle	\$1,425,000	\$1,436,000	452.96	456.45	3146	0.26	6/4/18
5630 Alpinista Circle	\$1,450,000	\$1,485,311	385.33	394.71	3763	0.41	7/3/18
5385 Nestle Court	\$1,695,000	\$1,600,000	337.78	318.85	5018	1	6/29/18
6470 Montreux Lane	\$2,200,000	\$2,200,000	413.07	413.07	5326	0.3	7/5/18
6130 Lake Geneva	\$2,349,000	\$2,275,000	390.26	377.97	6019	0.91	7/27/18
20540 Parc Foret	\$1,800,000	\$2,320,879	309.28	398.78	5820	0.66	7/26/18
5865 Lausanne	\$2,695,000	\$2,577,500	389.45	372.47	6920	1.02	7/3/18
520 Mount Mahogany Court	\$2,695,000	\$2,600,000	399.85	385.76	6740	1.18	7/25/18
4645 Alpes Way	\$2,825,000	\$2,660,000	313.89	295.56	9000	1.15	8/15/18
20122 Bordeaux Drive	\$2,695,000	\$2,695,000	501.12	501.12	5378	0.75	6/18/18
6825 De Chardin Lane	\$3,900,000	\$3,790,000	472.9	459.56	8247	0.98	8/16/18
ROLLING HILLS/GALENA COUNTRY ESTATES							
14420 Lasso Drive	\$459,000	\$450,000	187.27	ADD	2451	0.2	7/11/18
1812 Kodiak Circle	\$479,900	\$464,900	178.47	172.89	2689	0.29	7/17/18
14355 Ghost Rider Drive	\$485,000	\$488,200	197.8	199.1	2452	0.35	7/27/18
1770 Kodiak Circle	\$489,900	\$495,000	182.19	184.08	2689	0.29	7/23/18
1800 Kodiak Circle	\$499,000	\$499,000	185.57	185.57	2689	0.29	7/30/18
505 Ketchum Court	\$543,000	\$545,000	208.13	208.89	2609	0.28	7/2/18
3786 Bellingham	\$575,000	\$560,000	284.65	277.23	2020	0.31	7/31/18
338 Winter Park	\$599,900	\$595,000	202.26	200.61	2966	0.48	8/24/18
ARROWCREEK							
595 Rabbit Ridge	\$597,888	\$585,000	269.32	263.51	2220	0.3	6/12/18
2746 Sky Horse Trail	\$615,000	\$616,000	285.65	286.11	2153	0.4	7/6/18
2778 Shadow Dancer Trail	\$625,000	\$625,000	279.27	279.27	2238	0.42	7/20/18
3380 Forest View Lane	\$625,000	\$640,000	260.85	267.11	2396	0.34	8/13/18
548 Echo Ridge Court	\$669,900	\$650,000	277.05	268.82	2418	0.31	6/21/18
3506 Painted Vista	\$695,000	\$663,400	264.36	252.34	2629	0.3	8/24/18
2711 Sun Chaser Court	\$719,000	\$719,000	285.66	285.66	2517	0.3	7/18/18
3491 Painted Vista Drive	\$740,000	\$740,000	330.95	330.95	2236	0.46	8/6/18
3354 Forest View Lane	\$799,900	\$799,900	254.18	254.18	3147	0.29	6/29/18
3144 Marble Ridge	\$939,000	\$899,000	311.55	298.27	3014	0.27	7/30/18
1044 Mountain Air	\$995,000	\$989,500	231.4	230.12	4300	0.5	6/29/18
7315 Masters Drive	\$1,050,000	\$1,040,000	368.68	365.17	2848	0.71	8/10/18
10515 Rue D Flore	\$1,149,000	\$1,050,000	315.31	288.14	3644	0.51	8/17/18
5699 Winged Foot Court	\$1,050,000	\$1,060,000	366.62	370.11	2864	0.51	6/26/18
9986 Via Mira Monte Court	\$1,128,000	\$1,080,000	244.53	234.12	4613	0.34	8/10/18
10777 Harbottle Drive	\$1,165,000	\$1,105,000	362.36	343.7	3215	0.63	7/25/18
5752 Muirfield Court	\$1,200,000	\$1,175,000	373.6	365.82	3212	0.6	8/10/18
612 Hawk Hill	\$1,225,000	\$1,200,000	263.44	258.06	4650	0.58	6/14/18
3463 Nambe	\$1,340,000	\$1,260,000	293.54	276.01	4565	0.62	6/1/18
6832 Oak Grass Court	\$1,360,000	\$1,300,000	301.69	288.38	4508	0.86	5/31/18
10171 Indian Ridge Drive	\$1,399,000	\$1,322,375	334.93	316.58	4177	0.77	7/26/18
1391 Amado Court	\$1,440,520	\$1,325,000	298.43	274.5	4827	1.25	8/6/18
613 Hawk Hill Court	\$1,350,000	\$1,350,000	335.4	335.4	4025	1.07	6/29/18
5764 Indigo Run Drive	\$1,699,000	\$1,640,000	291.12	281.01	5836	1.04	7/27/18
CALLAHAN RANCH							
5480 Wintergreen	\$399,000	\$390,000	206.2	201.55	1935	1.06	8/7/18
15290 Cherrywood Drive	\$425,000	\$413,700	226.67	220.64	1875	1.03	7/18/18
15325 Cherrywood Drive	\$499,000	\$508,500	351.66	358.35	1419	1.03	6/29/18
6020 Rose Rock Lane	\$549,000	\$510,000	291.4	270.7	1884	1.25	6/22/18
6000 Wintergreen Circle	\$520,000	\$520,000	273.44	270.83	1920	1.03	6/4/18
5545 Wildwood Drive	\$699,000	\$620,000	218.44	193.75	3200	1.03	7/30/18
5800 Tannerwood Drive	\$749,000	\$775,000	268.27	277.58	2792	1.08	7/16/18
6000 Mountain Shadow Lane	\$809,500	\$782,450	264.72	255.87	3058	1.01	8/6/18
14860 Chateau Ave	\$849,900	\$850,000	264.19	264.22	3217	1.08	5/31/18
5795 Tannerwood Drive	\$978,000	\$975,000	245.73	244.97	3980	1	8/6/18
5420 Napoleon Drive	\$996,995	\$988,000	256.69	254.38	3884	1.06	6/15/18
5700 Cevennes Court	\$1,095,000	\$1,080,000	275.75	271.97	3971	1.8	8/24/18
5260 Cross Creek Lane	\$1,900,000	\$1,900,000	317.94	317.94	5976	4.3	6/20/18
OTHER AREAS OF SOUTH RENO							
12535 Overbrook	\$475,000	\$460,000	242.59	234.93	1958	0.36	5/31/18
12235 Brentfield	\$484,900	\$484,900	173.55	173.55	2794	0.31	6/11/18
1690 Zolezzi Land	\$525,000	\$490,000	283.02	264.15	1855	0.9	8/30/18
310 Bondshire Drive	\$542,000	\$530,000	263.62	257.78	2056	0.34	7/27/18
13725 Edmands Drive	\$619,000	\$600,000	239.46	232.11	2585	1.01	7/27/18
600 Dancing Cloud Court	\$635,000	\$626,900	267.26	263.85	2376	0.44	7/27/18
14065 Broili Drive	\$645,000	\$645,000	310.25	310.25	2079	1	7/31/18
1980 Foothill Road	\$680,000	\$657,500	198.48	191.91	3426	4.07	7/2/18
4320 Slide Mtn.	\$950,000	\$700,000	230.58	169.9	4120	1.44	7/26/18
217 Snow Creek Court	\$795,000	\$775,000	303.32	295.69	2621	0.58	5/31/18
1595 Twin Oaks	\$799,000	\$799,000	300.26	300.26	2661	1.07	6/29/18
6174 Mesa Road	\$835,000	\$875,000	229.02	239.99	3646	0.8	6/11/18
1299 Wolf Run	\$929,000	\$934,000	245.38	246.7	3786	0.67	8/30/18
10594 Dixon Lane	\$999,900	\$950,000	278.21	264.33	3594	1.06	6/15/18
4870 Gallup	\$997,777	\$997,777	301.99	301.99	3304	0.86	8/27/18
3605 Frost Lane	\$1,199,999	\$1,125,000	269.42	252.58	4454	2.5	8/1/18
12760 Silver Wolf Road	\$1,175,000	\$1,195,000	293.75	298.75	4000	0.7	8/30/18
430 Anitra	\$3,750,000	\$3,500,000	430.34	401.65	8714	6.99	6/20/18
NW CARSON CITY							
2193 Shadow Brook Court	\$530,000	\$503,500	166.04	157.74	3192	0.28	8/14/18
2581 Bedford Way	\$519,000	\$505,000	239.5	233.04	2167	0.25	7/2/18
4000 Hobart Road	\$520,000	\$520,000	228.87	228.87	2272	2	6/7/18
2243 St. George Way	\$539,000	\$528,000	211.95	207.63	2543	0.25	6/29/18
2569 Fern Meadow Circle	\$539,000	\$539,000	196.86	196.86	2738	0.35	6/12/18
4731 Fox Creek Road	\$569,900	\$540,000	237.66	225.19	2398	1	8/17/18
2656 Waterford Place	\$549,900	\$549,000	216.24	215.89	2543	0.24	7/9/18
772 Norfolk Drive	\$578,000	\$572,000	177.3	175.46	3260	0.24	7/20/18
123 Lotus Circle	\$589,000	\$575,000	227.24	221.84	2592	0.48	5/31/18
3720 Meadow Wood Road	\$583,000	\$575,000	234.99	231.76	2481	1	8/24/18
1701 La Mirada Street	\$609,500	\$609,500	198.79	198.79	3066	0.27	7/20/18
2937 Collier Court	\$659,900	\$640,000	239.09	231.88	2760	0.3	7/23/18
2557 Fern Meadow Circle	\$729,000	\$689,000	182.71	172.68	3990	0.36	6/29/18
18 Canyon Drive	\$716,000	\$716,000	184.92	184.92	3872	0.95	6/15/18
4400 Meadow Wood Road	\$759,000	\$740,000	140.14	136.63	5416	1.16	6/26/18
4201 Numaga Pass	\$845,000	\$845,000		169.1	4997	1.53	6/4/18
1733 Brush Drive	\$1,275,000	\$1,200,000	243.37	229.05	5239	2.06	8/31/18
WEST WASHOE VALLEY							
5750 Meacham Street	\$700,000	\$776,324	233.49	258.95	2998	2.5	6/13/18
6 Willow Bend Lane	\$875,000	\$875,000	260.65	260.65	3357	1.18	7/16/18

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

Robotic surgery services expand at Carson Tahoe Health

Submitted to the Galena Times

It's 2018 and robots are no longer a far-off concept in sci-fi movies and computer animation. In fact, today robots are rapidly transforming the way we live, play, and work – they are even performing a pivotal role in the advancement of medical and surgical techniques.

Continually seeking the most advanced technology, Carson Tahoe Health debuted the da Vinci Xi® Surgical System in November 2017. Investing in the latest generation of a robotic platform, which enhances the way surgeons operate, also meant investing in the community's future.

"Since introducing robot-assisted surgery to our repertoire, we've seen amazing support from our community and medical staff," says Michelle Joy, Chief Operating Officer at Carson Tahoe. "The robot is proving a great tool for our surgical team, and it's helping them produce outstanding results for patients."

The launch began with gynecological surgeries, including procedures such as hysterectomies and the treatment of uterine fibroids and endometriosis, among other conditions. With great success, Carson Tahoe expanded its robot-assisted services to both minimally invasive general surgeries such as ventral and inguinal hernias in February 2018 and urology procedures in July 2018.

The da Vinci Xi® doesn't replace the surgeon, but instead enhances his or her abilities.

From a console adjacent to the operating table, the surgeon can see the surgical field in high-definition 3-D and control the movements of the robot's instrument-tipped arms. The arms bend and rotate just like a human wrist but with a greater range of motion. The flexibility and precision of the robot, as well as a mobile bed that lets the surgeons maneuver the patient into the ideal surgical position, allow



The da Vinci Xi Surgical System is a relatively new robotic tool for surgeons at Carson Tahoe Health. It is used for minimally invasive surgeries and urology procedures.

surgeons to perform minimally invasive procedures in areas of the body that would be difficult to reach otherwise.

Carson Tahoe's new 'surgical assistant' is changing the way surgeons perform various operations, and patients are reaping the benefits. "Da Vinci Xi® patients often experience less pain and blood loss due to smaller incisions, as well as shorter hospital stays and quicker recoveries," da Vinci-trained urological surgeon Dr. Roland Chen says. "I am thrilled to work with Carson Tahoe on providing quality care to our

Meet Carson Tahoe's newest robotic-trained physicians

Dr. Roland Chen, one of the da Vinci-trained urological surgeons on staff with Carson Tahoe through Carson Urologists, comes with great experience from James Buchanan Brady Urological Institute at John Hopkins University in Maryland. Although he has been with Carson Urologists for a number of years, he has expanded his expertise in using the da Vinci Xi® system for several procedures, including the removal of kidney tumors and reconstructive surgery of the upper urinary tract.

Dr. Brian Montgomery joined Carson Urologists in August 2018. He received his medical degree from Case Western Reserve University in Ohio and did his residency at the Mayo Clinic, Rochester, Minn. in General Surgery and Urology. Dr. Montgomery will be performing a variety of robotic-assisted urological procedures with the da Vinci Xi® such as removal of the prostate to treat cancer.

community using the latest and greatest technology."

Incredibly adaptive and precise technology, combined with physician expertise, means that the healthcare options are becoming more expansive and the capabilities are nearly endless.

"Healthcare will continue to evolve, and Carson Tahoe is committed to be on the forefront, ensuring our community has access to the latest technologies for generations to come," Joy says.

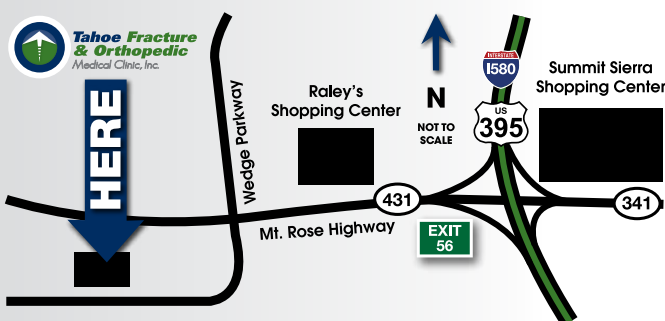
For more information about robot-assisted surgery at Carson Tahoe, visit www.carsontahoe.com/robotics.



**Tahoe Fracture
& Orthopedic**
Medical Clinic, Inc.

We're in your neighborhood!

Tahoe Fracture is a Team of Orthopedic Specialists that Provides State-of-the-Art Treatment, Sports Medicine, Total Joint, and Spine Care. Tahoe Fracture has been keeping Northern Nevada active for over 60 years around Lake Tahoe, Carson City, Gardnerville, and now South Reno! Visit our Office on Wedge Parkway in the Saint Mary's Galena Facility.



Restore...

Function. Mobility. Quality of Life.

www.TahoeFracture.com Call today [775] 783-6123 18653 Wedge Parkway Reno, Nevada 89511

Marco Mendoza, MD
Back, Neck and Spine Surgery

Nicholas Dirig, DO
Total Joint Replacements and
General Orthopedics

Jeromy Dyer, PA
Upper Extremity
General Orthopedics

Get screened for colon cancer



Andrew Pasternak, MD

By Andy Pasternak

As I sit and write this, I'm drinking down some lovely fluids getting ready for my first colonoscopy. Back in March, I turned 50 years old. Knowing the importance of colon cancer screening, I followed the recommendations of my physician and the US Preventative Services Task force and took the plunge.

Why is screening for colon cancer important? It's the second leading cause of cancer death in the US and most commonly seen in adults ages 65-74. In 2016, around 134,000 people were diagnosed with colon cancer and 49,000 people died of colon cancer.

Numerous studies have shown that colon cancer screening helps to prevent death due to cancer. Screening identifies people with either pre-cancerous polyps or detects asymptomatic cancers while they are still fairly small. People who get detected with

cancer in earlier stages fare better than people who get diagnosed after the cancer has spread throughout their body.

So how to screen? There are really two main ways to screen. The first is to do a test to look for blood in the stool. The newer versions of these tests, called fecal immunochemical tests (FIT tests), are better than the older tests at detecting blood in the stool. The biggest advantages to FIT tests are they are relatively easy to do, don't require any bowel preparation or anesthesia and are relatively inexpensive. You also don't have to take a day off from work and arrange to have someone bring you home from a procedure. They do need to be done every year and they may not be as good at picking up pre-cancerous polyps.

The other main way of screening is to look in the colon by doing either a colonoscopy (which looks at the entire colon) or a flexible sigmoidoscopy (which looks at the first third of the colon). In Reno, we've found that most patients who elect to have a procedure choose to do a colonoscopy. Both these procedures

require people to "clean out" their colon so that the physician can see what they are doing (which is why I'm drinking all this fluid).

One advantage to a colonoscopy is if it is normal, you only need to get the test done every 10 years. Also, during a colonoscopy, if there are polyps, these can typically be removed. The disadvantage of a colonoscopy are risks of complications due to the procedure including perforating the colon and complications of anesthesia.

Which procedure is right for you? As of now, we don't have a good "head-to-head" study saying which test is better. When I have this discussion with my patients, many other factors such as their support system, work schedule and insurance copays often help guide the decision. The important bottom line is to at least get one of the recommended screening tests done.

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.

Mouthguards – best friend for athletes' teeth



Kellie McGinley, DDS

By Kellie McGinley

Have you ever heard the saying, "It's all fun and games until someone gets hurt?" Keep the fun going and prevent a dental injury with a mouthguard. Mouthguards are easy to make and can prevent dental trauma by simply wearing one during an athletic event. Children of all

ages are involved in numerous sports and activities. Whether it is softball, football, hockey, BMX, you name it. Approximately 39% of all reported dental injuries

in children are sports related accidents and about 46 million youths in the U.S. have participated in sports over the last decade. Kids and adolescents are active in all varieties of sport activities and while they are having fun, an accident can occur where trauma to the mouth can be the outcome of a great play.

There is a national mandate for some youth sports (such as football, ice hockey, lacrosse, field hockey, and wrestling) to wear mouthguards for all players to prevent injury to the mouth and teeth. The sports with the highest incident of dental trauma are baseball and basketball. A bicycle is considered the most common consumer sport product related to dental injuries for

youths. Serious dental trauma can include a fractured tooth, fractured supporting bone structure, loss of a tooth, or dislocation of a tooth.

Several types of mouthguards can be fabricated. The gold standard is a custom-made mouthguard. Your dentist would take an impression or mold of your mouth, then in a lab adapt a durable thermoplastic material to custom fit your 3D mouth model to your tissue and your mouth only. This is the most comfortable and appropriate fit to protect the teeth and supporting bone. The next best option is a mouth-formed or "boil-and-bite" mouthguard. This particular

continued on page 15

Reno Tahoe Dental
590 Hammill Lane, Reno, NV 89511 - (775) 825-3922

WE OFFER:
Early morning and lunch time appointments.
Nitrous oxide
Care Credit financing
Digital x-rays, minimizing radiation

Implants

Cosmetic

Dentures

Reno Tahoe Dental provides implant restorations, partial dentures, full dentures, ceramic crowns, restorative dentistry, bridges and more. Always with individual patient needs and comfort in mind.

Reno Tahoe Dental has a mission to provide clinical excellence in a caring, warm, comfortable and professional environment.

Debra Lynn Markoff, D.D.S., has been practicing dentistry for over 25 years and has enjoys the advances in technology that have improved treatment options and patient comfort. She says "I love working with my hands and people so dentistry is a good fit for me."

Debra Lynn Markoff, D.D.S.
www.renotahoodental.com
(775) 825-3922

Go From "I Can't" To "I Can!"

Tutoring and Enrichment SAT/ACT Prep Homework Help

At Mathnasium, we transform struggles into triumph! We'll help your child tackle math homework and achieve true understanding. We identify and develop the skills they need to succeed in math and beyond.

Teaching math is not just what we do, it's all we do. We're the authority in math education, with over 900 learning centers worldwide. **Start your child's transformation.**

Schedule a comprehensive free assessment today.

Changing Lives Through Math™

Mathnasium of South Reno
775-800-7457
www.mathnasium.com/diamond
734 South Meadows Parkway, #102
Reno, NV, 89521

Benefits of slowing down



Jennifer Wallis

By Jennifer Wallis

As our lives become more hectic in this high-paced, demanding world, self-care practices are more paramount. Eating healthier, taking breaks, relaxing and moving slower can provide an antidote to stress – as can a regular yoga practice.

Once advertised to burn fat, build strength and flexibility, sweat out toxins and push you to the limit, yoga is beginning to slow down. Many studios in urban centers offer a sanctuary from hectic city life, and teachers who offer restorative classes see more and more students rolling out their mats and bolsters.

According to ancient texts, yoga was a philosophy and lifestyle more than physical exercise. While it is commonly believed that the yoga asana practice has been handed down for thousands of years, originating from the Vedas, the oldest religious texts of the Hindus, it becomes clear when searching these primary texts, that asana was rarely the primary feature of the significant yoga traditions in India.

Postures we know today were not the dominant component, according to Mark Singleton who holds

a PhD in Divinity from Cambridge University. He is the author of “Yoga Body: The Origins of Modern Posture Practice”. Asana – or postures – were subordinate to other practices like Pranayama (using breath to regulate vital energy) or Dharana (focus or concentration) and did not have health and fitness as their chief aim but rather reaching a state of union with the divine or bliss, Samadhi. Modern postural yoga did not gain hold until the sudden explosion of interest in the 1920s, first in India and later in the West.

It has taken many turns over the years, many different lineages of yoga emerged, some like Iyengar are more focused on alignment, others like Ashtanga or Vinyasa flow from one pose to another. Some American schools introduced the concept of Power Yoga and Bikram Choudhury started the trend of heating rooms to 104 degrees to perform 26 poses, with the idea to sweat out impurities and detoxify.

But now, as life seems to be moving at lightning speed, a more meditative, slow practice seems to be needed to keep us grounded. Currently growing trends are restorative and yin yoga with poses sometimes held for longer than three minutes. Many practitioners also enjoy Yoga Nidra, known as 30 minutes of deep relaxation that equals three hours

of sleep. Regardless of your preferred style, yoga offers many benefits for your physical and emotional wellbeing.

BENEFITS OF YOGA

- Boost Immunity
- Gain More Self-Control
- End Chronic Inflammation
- Improve Social and Speaking Skills
- Manage Stress Better
- Enhance Working Memory
- Lower Blood Pressure
- Improve Motor Function and Balance
- Boost Mood and Confidence
- Boost Fertility
- Slow Aging
- Increase Relaxation
- Build Bones
- Improve Body Image
- Increase Pain Tolerance
- Strengthen Muscles

Jennifer Wallis is the owner of Sparkle Yoga at 465 South Meadows Parkway #11, Reno. For more information, visit www.sparkleyogareno.com

mouthguard *continued from page 14*

type can be purchased at a sporting goods store and made at home with hot water and pressure. What if you have braces? Not a problem, either a custom made or stock mouthguard can easily be formed around most orthodontic appliances.

Prevention of dental injuries is essential. Talk to your pediatric dentist today about a mouthguard for the athlete in your family.

Dr. Kellie McGinley, a Reno native and avid sport enthusiast, received her D.D.S. from the University of Michigan School of Dentistry and her Certificate in Pediatric Dentistry from Children's Hospital Colorado. She is a passionate pediatric dentist who advocates for children and optimal oral health. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at RenoKidsDentist.com.





BONANZA
SEPTIC SERVICE
775 883 3411
Serving Northern NV Since 1989

CALL TODAY: 775-883-3411

NORTHERN NEVADA'S PREMIER WASTE WATER SOLUTIONS TEAM

● Residential & Commercial Waste Water Removal

● Real Estate Septic System Surveys

● Commercial Grease Interceptor Service

- Affordable Pricing
- Friendly & Knowledgeable Staff
- Convenient Appointment Windows
- Eco Friendly Fleet
- Locally Owned & Operated
- State-of-the-Art Equipment
- Video Inspections
- Health Department Certified
- Licensed & Insured
- Specialty Pump Trucks

For Small Spaces

FREE

Escrow Billing
Electronic Tank Location *



GREEN BIO-REUSE OF GREASE & SEPTIC MATERIAL





www.BonanzaSeptic.com



(*Some restrictions may apply.)

Natural remedies defend against canine parasites

By Lori and Rob Burks

Dogs might bring home different parasites like ticks, lice and fleas. While these tiny bugs can present tremendous discomfort, they can be treated with natural remedies.

Ticks have been on the uptick (no pun intended) due to various factors in Reno, but they aren't the variety that carry tick-borne diseases such as Lyme disease. Those are typically found in the eastern part of California and along the coast. However, they are still annoying, uncomfortable and a little creepy. There are some natural remedies including Sentry Defense, an all-natural back applicator alternative to Frontline. It smells like a Christmas candle which is way better than dog smell.

Much smaller than ticks are lice. We often hear about head lice going around the kid community, but have you heard about dog lice? Although more cases

are reported in and around Reno, don't worry they don't transfer to humans and the problem is fairly easy to resolve. Some signs your dog might have lice are itching, scratching and hair loss. They tend to appear on a dog's head, neck and groin area and looks like dirt, almost like fleas that don't jump. However, keep in mind itching and hair loss can be attributed to food and environmental allergies as well. Lice are treatable with a variety of shampoos and topical medicines and are much easier to treat than fleas. Applying a lemon rinse after each bath will help kill off nits, too.

Then there are those nasty, itchy fleas which are also becoming more popular in the Reno/Tahoe area. The Sentry Defense works on both fleas and ticks but you can also use all-natural flea and tick collars. Each collar is infused with a natural blend of aromatic herbs and essential oils with a fresh, minty fragrance. Did you know that chemical flea and

tick collars contain pesticides that can be harmful to your dog or cat and family? Herbal collars are a great, natural alternative.

Another option for fleas and ticks is Diatomaceous Earth. Diatomaceous Earth contains no toxic chemicals and is safe to use in the pet's bedding, carpet, furniture and wherever your pet hangs out. You can even put it directly on your pet. So, don't fear these little pesky critters this Fall – just make sure you have the right tools in your tool box to combat them in a safe way for your pet and family.

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, Facebook.com/NaturalPawsReno, email naturalpawsreno@yahoo.com or call (775) 853-3533.

What was and can be in landscaping

By Mary Sattler

The beautiful, mild summer-like weather of fall is fading into the dry, cold, windy days of early winter. Bugs and lawn disease were awful this summer and the damage became apparent as we wilted in the hot, dry days of August. Time and effort you devote in spring become more crucial to the overall health and viability of your plant material as the growing season progresses.

If you were discouraged with your gardening results, consider them a learning curve to achieve better results for next season. Many avid gardeners keep a garden diary. It's very easy to do. A regular wall calendar makes a great diary. Add the daily high and low temperatures, weather conditions, and what is being done when. Record when perennials bloom, harvesting begins, successes and failures. Pictures are great. It's never too early or late to start that journal. In December and January, when it is time for a long winter's rest, bring out your diary and use it as a template for planning the next seasons garden.

The lack of winter watering continues to be one of the main problems for overwintering plant failure that we notice, especially for new plantings that are less than two years old. Our winters are notoriously dry with alternating warm and cold spells. In the valleys of Northern Nevada, we cannot count on a heavy snow pack to do that watering for us.

In November through February, it is crucial to water all trees and shrubs once each month. If you have winterized your irrigation system and it is not easy to turn off and on and then re-winterize, make sure that you have a good hose that is long enough to get the job done. Don't forget to drain the hose and unhook it from the hose bib between waterings.

While you are out watering, check

your plant material for chewing damage. Rabbits and voles do not hibernate. They get the water they need to survive by chewing on the plant material in your landscape. Voles will chew off underground roots in addition to girdling the base of the plant material by chewing off all of the bark. Rabbits will cause the same damage to the bark as well as higher up (to 3 ft.) on limbs. Both species can decimate a winter landscape.

Baits and traps are most effective for voles and fencing around newer plant material works well for rabbits. It must be buried at least 6 in. and be 3 ft. tall around plants to discourage rabbits. Repellents are also available as an additional deterrent. But do not rely only on the repellents to get the job done.

If you don't already use organic soil amendments, we strongly encourage you to start. In the valleys of Northern Nevada, our soil is notoriously sterile and contains a lot of alkali salts. Organic amendments include beneficial microbes which help break down nutrients in the soil for plants, so they become more readily available to the plants and will also help neutralize the soil.

Digging these types of products into the planting areas in early spring will provide a fertile area for plantings to thrive. Many of these products will also help with soil structure by breaking up clay and providing particles that will hold water and drain better. Some excellent choices include Black Forest Compost, Bumper Crop and Paydirt. The healthier plants are, the more resistant they will be to insect and disease invasion.

Finally, a good fall/early spring clean-up goes a long way in controlling overwintering insects and disease. If you are plagued with box elder bugs every year, make sure to get all of the leaves raked up and bagged. Clean out dead plant debris, debark and spray

wood piles and screen all points of entry into the house.

The same applies to squash bugs. Discard all vegetation in the garden area. If there is a wood fence close to the garden area, you may consider spraying it to control these pests from attacking your squash next summer.

If you have codling moth problems in your apple and pear trees, pick up and discard all fallen fruit. If you are battling annual lawn fungus and perpetual dry spots, the main problem is excess thatch buildup. Aerate in the spring and fall to control thatch

and open compacted lawns. Good gardening housekeeping practices now will make for a more successful and enjoyable growing season.

Mary Sattler is the events and class/workshop manager at Greenhouse Garden Center with 19 years of experience. visit [Greenhouse Garden Center](http://GreenhouseGardenCenter.com). Subscribe to the Greenhouse Garden Center's monthly email newsletter which has current To-Do gardening tips. You can sign up on www.greenhousegardencenter.com, by calling (775) 882-8600 or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City.

your plants, our passion

Be impressed and delighted by the largest selection of unique and distinctive plants, flowers, trees and shrubs in our area. If you can't find it at Greenhouse...nobody has it! Let our expert staff of gardeners help you select high quality and specimen plants that will thrive in our area. Expand your landscape beyond your wildest imagination with our large selection of incredible plants, fountains, bronzes, statuary and ceramic pottery. Stop by to get started.



775.882.8600

2450 S. Curry Street, Carson City
Open Mon-Sat 9-5:30, Sundays 10-5

www.greenhousegardencenter.com



David Ruf
Greenhouse
Garden Center
Owner



Keep an eye on your pet's eyes



By Matt Schmitt

Pets communicate so much through eye expression that it is important to keep their eyes healthy and bright.

Start by taking a good look. Eyes should be clear and bright, with white in the area surrounding the eyeball. Pupils should be equal in size, with

no tearing, discharge or crust in corners. Note that, as with humans, pollutants in the air can temporarily accumulate around eyes, and can easily be wiped away. To do a more in-depth inspection, with your thumb gently roll down the lower eyelid and look at the lining. It should be a healthy pink.

Know the signs of potential eye problems

- mucous or yellow-green discharge
- crusty build up
- tearing
- skin swelling around eye
- bumps on eyelid
- cloudiness or change in eye color
- unequal pupil sizes
- bulging or sunken eyes
- raised or inflamed third eyelid – membrane found in inner corner of eye



Common eye-related disorders

- Allergies / Conjunctivitis – White of eye looks red and swollen, with possible discharge.
- Corneal Trauma – An abrasion or lesion caused by irregular eyelid rubbing during blinking, scratching from allergies, or a simple brush with a bush.
- Dry Eye – Reduced tear production causing inflammation and dry discharge.
- Cherry Eye – Enlarged tear gland forming a cherry-like mass.
- Glaucoma – Eye looks milky or hazy accompanied by painful pressure on the eye.
- Eyelid Tumor – Growth on lid that can lead to corneal lesion from blinking.
- Cataract- Appears as grey-white cloudiness or marble in the center of the eye. Not only affects aging

dogs, but also dogs with diabetes, in which cataracts will eventually develop.

Give eyes the care they deserve

Make eye exams part of your Pet Wellness program. Vets can easily examine eyes for various ailments, including corneal lesions or abrasions, measure eye pressure for signs of glaucoma and even test tear production.

While many conditions can be treated with drops or topical ointments, more serious ailments requiring advanced procedures can be treated by a veterinary ophthalmologist.

Be a good pet parent

- Regular clean-up – Gently wipe away from corners of eyes.
- Head inside the car – Debris and insects can lodge in eyes, causing pain and injury. Wind can dry out eyes, causing irritation and infection.
- Inspect after hiking – Foxtails can easily lodge under eyelids.
- Be observant – Watch for pawing or rubbing at eyes possibly signaling a problem.

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.

Finding a pet sitter your dog adores



By Debra Ball

If you're a dog owner I don't have to tell you, our pets are like family. For many of us, they can even feel like our children. It's no wonder, we care so much not only about their health, but their happiness, too.

So what happens when you have to leave town and can't bring your fur baby along? Panic can set in...who in the world will be good enough to care for your little one? No one will ever replace you, but who can step in as a temporary parent and how do you know, you've left them in good hands? When searching for your dog's new bestie, how do you know who's truly qualified and reliable?

Whether your prospects came recommended by your vet or you found them online, ask for references. If they cannot provide references from past pet parents...run. No further explanation needed. Are they bonded and insured? Now you know they are taking this responsibility seriously.

Ask about training and experience. Are they pet first aid certified? How long have they been pet sitting professionally?

If boarding your dog in their home, how many dogs do they take at the same time? Taking on eight dogs may be a

lucrative endeavor for the pet sitter, however that can come at a cost to your pet when sharing affection, play time and one-on-one time that your pet is accustomed to. While you're away, you want peace of mind and know that your pets are getting the same level of care they receive when you are home.

If your dog will be staying in the sitter's home, go check out their home. Do they have a fenced-in yard where your dog can romp? If not, how many walks a day will they receive?

Scheduling a meet and greet prior to selecting a sitter is very important; not only to meet the sitter but to see how your dog is dealing with the new environment. Do they have children? How is your dog with kids? As a non-smoker who's also allergic to it, it's also crucial for me to find a sitter that is also a non-smoker to care for my pup. If this is important to you, be sure to ask.

Many pets do very well staying in their own home. You can have a house sitter stay in your home, or consider drop-in visits by a qualified pet sitter. If you don't care for the idea of someone "living" in your home while you're away, drop in visits may be the perfect choice for you.

A minimum of three visits per day is ideal. The pet sitter should provide daily walks, feedings and treats, lots of love and belly rubs and companionship. Dogs are pack animals after all, so they should be there to "hang out" with Fido several times a day. The sitter should also provide photos via texts or emails so you can see the smile on Fido's face before jumping on that next roller coaster with the kids on your vacation.

Debra Ball has been a professional pet and house sitter for over 30 years and

lives near Lakeridge Golf Course. She is American Red Cross Pet First Aid trained and certified and is bonded and insured as a pet and house sitter. She is a

member of Pet Sitter Associates and is a proud supporter of Angels Among Us Pet Rescue. For more information visit www.TinyPawsPetSitting.com.

You will spend 6 months planning your next 2 week vacation. . . Spend a few hours with us and we can help you plan the rest of your life!



Comprehensive Financial Planning

MFG
MacLean Financial Group

775-329-3041
MacLeanFinancialGroup.com
1325 Airmotive Way, Ste 390
Reno, NV 89502

Securities offered through Registered Representatives of Cambridge Investments Research, Inc. A Broker/Dealer, Member FINRA/SIPC. Advisory services offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Gateway Financial Advisors, Inc., and Cambridge Investment Research, Inc. are not affiliated. The information in this email is confidential and is intended solely for the addressee. If you are not the addressee, please reply to the sender to inform them of that fact. We cannot accept trade orders through email. Important letters, email, or fax messages should be confirmed by calling 775 329 3041. This email service may not be monitored every day or after normal business hours.

Save and invest even if money is tight

Provided by MacLean Financial Group

If you are under 30, you have likely heard that now is the ideal time to save and invest. You know that the power of compound interest is on your side; you recognize the potential advantages of an early start. There is only one problem: you do not earn enough money to invest. You are barely getting by as it is. Regardless, the saving and investing effort can still be made. Even a minimal effort could have a meaningful impact later.

Can you invest \$20 a week? There are 52 weeks in a year. What would saving and investing \$1,040 a year do for you at age 25? Suppose the invested assets earn 7% a year, an assumption that is not unreasonable. (The average yearly return of the S&P 500 through history is roughly 10%; during 2013-17, its average return was +13.4%.) At a 7% return and annual compounding, you end up with \$14,876 after a decade in this scenario, according to Bankrate's compound interest calculator. By year 10, your investment account is earning nearly as much annually (\$939) as you are putting into it (\$1,040).

You certainly cannot retire on \$14,876, but the early start really matters. Extending the scenario out, say you keep investing \$20 a week under the same conditions for 40 years, until age 65. As you started

at age 25, you are projected to have \$214,946 after 40 years, off just \$41,600 in total contributions.

This scenario needs adjustment considering a strong probability: the probability that your account contributions will grow over time. So, assume that you have \$14,876 after ten years, and then you start contributing \$175 a week to the account earning 7% annually starting at age 35. By age 65, you are projected to have \$1,003,159.

Even if you stop your \$20-per-week saving and investing effort entirely after 10 years at age 35, the \$14,876 generated in that first decade keeps growing to \$113,240 at age 65 thanks to 7% annual compounded interest.

How do you find the money to do this? It is not so much a matter of finding it as assigning it. A budgeting app can help: You can look at your monthly cash flow and designate a small part of it for saving and investing.

Should you start an emergency savings fund first, then invest? One school of thought says that is the way to go – but rather than think either/or, think both. Put a ten or twenty (or a fifty) toward each cause, if your budget allows. As ValuePenguin notes, many

deposit accounts are yielding 0.01% interest.

It does not take much to start saving and investing for retirement. Get the ball rolling with anything, any amount, today, for the power of compounding is there for you to harness. If you delay the effort for a decade or two, building adequate retirement savings could prove difficult.

MacLean Financial Group may be reached at (775) 329-3041.

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Advisory services offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Gateway Financial Advisors, Inc., and Cambridge Investment Research, Inc. are not affiliated. The information in this email is confidential and is intended solely for the addressee. If you are not the intended addressee and have received this email in error, please reply to the sender to inform them of this fact. We cannot accept trade orders through email. Important letters, email, or fax messages should be confirmed by calling 775-329-3041. This email service may not be monitored every day, or after normal business hours.

“Numerical Fluency” vs. Memorizing “Number Facts”

Submitted by Neeta Govind

Picture this scenario. A teacher asks a classroom, “If you spend 70 cents, 80 cents, and 90 cents, how much did you spend altogether?”

The teacher is thinking: “7 + 8 + 9 = 24. With a zero at the end, the answer would be 240 cents.”

However, our “finger counting”

students, which are sadly too many of them, are thinking: “7 + 8 = 7... 8...9...10...11...12...13...14...15,” then “15 + 9 = 15...16...17...18...19...20...21...22...23...24...25 (oops).” Many times, finger counters get the wrong answer because they either count too many or too few.

Since the process of “getting it

wrong” is so uninspiring and time-consuming, not surprisingly, many students report being “bored” in math class. In addition, the process has taken so long that the student is no longer in the flow of the lesson, which in this case, is learning about how to “add a 0 at the end.”

The term “number facts” includes all addition, subtraction, multiplication, and division problems resulting in single-digit and double-digit numbers (up to 24 for addition and subtraction, and up to 144 for multiplication and division). Examples of number facts include: 3 + 7 = 10 or 13 - 5 = 8 or 5 x 9 = 45 or 120 ÷ 10 = 12.

In school, great emphasis is put on rote memorization of “number facts.” This emphasis is misguided.

“Numerical Fluency” is the ability to “effortlessly recall—to know by heart.” Students should be able to tap into their reliable, quick, and knowable ways to answer “number facts” questions.

Many students in 2nd through 5th grade (and higher) have a limited

grasp of numerical fluency. Hence, their ability to stay in the flow of new lessons is extremely limited. This makes mathematics a frustrating and painful process for everyone involved—kids, teachers, and parents.

Memorization seems to be the more understandable route initially, but it does not promote the mathematical thinking and problem-solving skills that are required for long-term success in math. Eventually, most students will forget what they memorized. We suggest that it is easy to forget that which you have memorized, and nearly impossible to forget that which you have learned.

What students need to do is to build mental structures—frameworks for learning—so that they will know the basic number facts in a matter of a second. Then they won’t have to worry about “forgetting.”

Contact Neeta Govind at Mathnasium of Diamond in South Reno for more information on a year-round math program—(775) 800-7457.

SLOPESTYLE SPORTS

Ski/Board Rentals Daily & Season. Ski/Board Tuning & Sales

BIKE AND SKI SHOP

11331 S Virginia St #4
Reno, NV 89511

775 686.6696

SLOPESTYLES.COM

AL
assistance league[®]
Reno-Sparks

Voted #1 Thrift Shop in all Nevada

Business Insider Magazine

07/2017



Carson Tahoe Breast Center



Providing access to high-end 3D Mammography and advanced breast imaging diagnostics to the Northern Nevada region.

At Carson Tahoe, we've revolutionized breast care in our community, thanks to the latest and most advanced technology. Our healing environment provides the comfort and care you want, while our state-of-the-art services help improve your physical, mental, and emotional well-being.

Carson Tahoe Breast Center offers a seamless transition of preventive, diagnostic, imaging, and surgery services all in one, convenient location.

- 3D + 2D Mammography
- DEXA Bone Density Scans
- Breast MRI
- Breast Biopsy
- Breast Ultrasound
- Surgery

Best of all, the incredible 3D technology detects smaller tumors at an earlier stage for women of all ages and breast tissue type.

Schedule your 2D+3D Mammogram today by calling (775) 445-5500.



CARSON TAHOE
— HEALTH —

Here's to your health.

Carson Tahoe Breast Center

1400 Medical Parkway
Carson City, NV

Minden Medical Center

925 Ironwood Dr. | Minden, NV

www.CarsonTahoe.com

ONLY 20 MINUTES FROM SOUTH RENO!

Michael

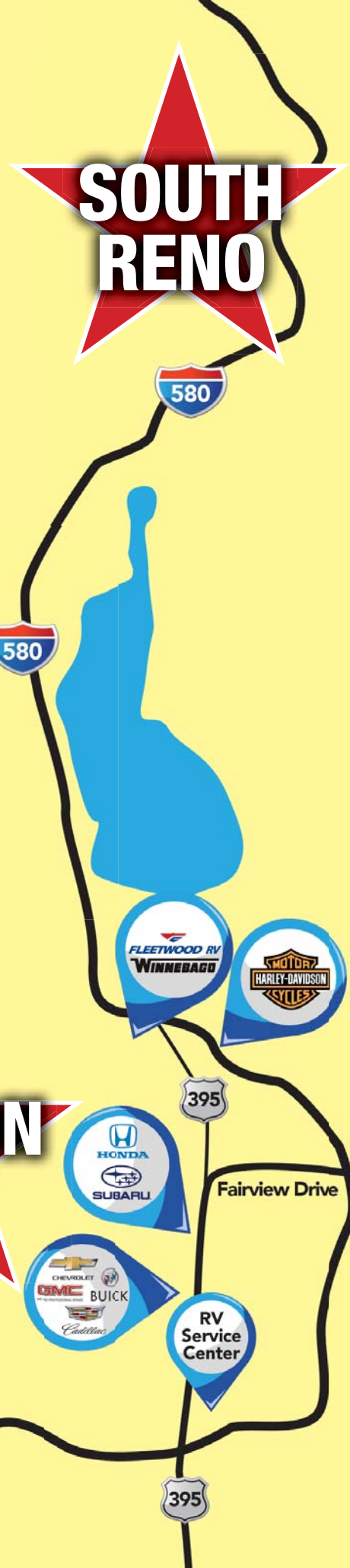
HOHL

A U T O M O T I V E



CARS & TRUCKS DO COST LESS IN CARSON CITY!

CARSON CITY



**Michael Hohl
Motor Company**
3700 S Carson St.
Carson City, NV
775 883-5777

**Michael Hohl
Subaru**
2910 S Carson St.
Carson City, NV
775 885-0400

**Michael Hohl
Honda**
2800 S Carson St.
Carson City, NV
775 885-0400

**Michael Hohl
RV**
4500 N Carson St.
Carson City, NV
775 885-1701

**Michael Hohl
RV Service**
4455 S Carson St.
Carson City, NV
775 885-1777

**Battle Born
Harley-Davidson**
2900 Research Way,
Carson City, NV
775 882-7433

MichaelHohlAutomotive.com