



Great Basin Outdoor School teaches snow fun and safety

By Sue Jacox

Kids and snow are such a fun combination. Great Basin Outdoor School will teach your kids to stay safe in the snow while learning about winter adaptations, snow science, and the Sierra snowpack as the source of our water. Activities are so fun that kids don't realize how much they are learning. Parents and grandparents can send elementary school kids to day camp at the River School Farm in Reno January 7-11, and teachers can bring classes for day snowshoe trips at the Galena Creek Visitor Center or overnight winter ecology and snowshoe science camps on the shore of Lake Tahoe in Camp Galilee's cozy heated cabins. Openings are limited, so check with Education Director Elise Traywick right away at Education@greatbasin-os.org or (775) 324-0936.

Day Camp—Make the final week of winter break the best week for your child with nonstop fun, exploration, science, crafts, and new friends. The River School Farm in West Reno provides the perfect rural indoor/outdoor venue with trails and native plants and animals.

Winter Science Camp at Tahoe—For a more in-depth winter curriculum plus snowshoeing and astronomy, teachers may bring classes to 2-day and 3-day winter overnight science camps at Lake Tahoe. A few sessions are still available in January and February. See more information on the Great Basin Outdoor School website at www.greatbasin-os.org. Activities support curriculum standards, especially in science.

SnowSchool—Teaming up with the Galena Creek Visitor Center, Great Basin Outdoor School gives teachers the chance to share snow science, snow safety, winter plant and animal adaptations, and snowshoeing with their classes weekdays 10 AM-1 PM in February. Snowshoes and warm clothing to borrow are provided, and groups snowshoe either at the Galena Creek Visitor Center or a few miles higher depending on snow conditions.

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



Our students said:

- "The most exciting part of winter ecology is when we snowshoed."
- "The most interesting thing I learned about myself is I really really really love the snow!"
- "The most important thing I learned is about winter safety—frostbite, hypothermia, etc."
- "The best thing about Great Basin Outdoor School is looking at the sunset over Lake Tahoe."

Students have fun learning about snow safety, winter wildlife adaptations and snowshoeing at the Great basin Outdoor School.

Shop, save and support Great Basin Outdoor School

Make more space in your garage and closet and help local kids have outdoor learning adventures at the same time. Consign your used outdoor gear and clothing to Great Basin Outdoor School at Gear Hut. It's a new, family-owned shop dedicated to recycling and finding a new home for your used outdoor gear. Shop for great deals on like-new brand name things for yourself too.



It's at 1245 South Wells Ave. just north of Vassar St. in Reno.
Regular store hours are Wednesday through Sunday, 11am – 7pm.
For more information, contact gearhutreno@gmail.com.

Galena Lodge opening date gets updated

By Tom Burkhart

Much progress has been made since this fall. Sadly, we are still unable to open. As you will recall, three separate businesses operate out of the former Galena Lodge. When facing the building, the front part is the large Coffee + Wine bar operated by Debby Bullentini. The area to the left is Snowind Sports, owned by Bud Heishman. And the area to the

right is the Mountain Medical Clinic.

Since we are in Washoe County and what is considered the forest area, we are subject to much more regulatory requirements than in Reno proper; each agency that we have had to go through has their own set of rules, timelines and expenses. They do not coordinate with the other agencies. Thus, we have been

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Letter From the Publisher

Another year will soon pass as winter approaches. It's snowing right now outside my office window; I hope it bodes well for more to come. No matter what the season we can always find a reason to be outside. The smell of crisp winter air lifts our spirits and helps afford us the healthy lifestyle Northern Nevada is becoming known for.

However, should you consider taking a break from Northern Nevada, please check out our new Travel section for some great get-away ideas.

Please send positive thoughts to all our friends in Paradise, California. What occurred there was truly devastating. I personally had two brothers whose homes burned to the ground. I feel fortunate no one in my family was injured. I grew up near Chico, California and I visited Paradise often. It was a beautiful place and shall be again. Houses can be rebuilt and so can towns.

As always during the holidays, please remember to support our local merchants and nonprofits that are

helping families in need. Nothing feels better than giving back to the community we all share and love.

I want to thank all our readers/neighbors and the GT staff for their continued support.

Happy holidays everybody!
The Keillors



Make armchair travel a reality at the local library

By Julie Ullman

Books have always been a way to use imagination to travel to faraway places, to explore new things, and to learn about anything under the sun without ever leaving your home town. Something very exciting is happening at Washoe County Libraries that will make those imaginary trips seem real.

With Virtual Reality, not only can you travel to Paris or Angkor Wat, but you can also dive under the sea and swim with sharks and whales, ride a thrilling roller coaster, or view famous sculptures at the VR Art Museum. And you still don't have to leave your home town, you just have to visit your local library.

What is Virtual Reality?

Virtual Reality systems vary, but the basic setup is a headset connected to a computer. The headset includes headphones and a miniature video screen where users can hear and view real life videos, or computer-animated environments. The user can view up, down, and all around (360°) making it feel like he or she is actually inside the environment. The experience can be so realistic that users may feel vertigo when the images make it seem as if you are standing on top of a tall building or riding a roller coaster.

There are thousands of virtual reality (VR) apps and videos that can be downloaded. These include real-life videos of mountain climbing,

cliff diving, and skiing, plus high-definition computer animations that allow the user to swim underwater, fly a spaceship, land on the moon, and even visit major cities and tourist attractions throughout the world, with the Google Earth app.

How Did the Library Get VR?

Most high-end virtual reality systems can cost hundreds of dollars. A Virtual Reality grant was partially funded through the Nevada State Legislature (SB-549). Directed by the Nevada State Library, Archives, and Public Records, the grant is bringing this emerging technology to libraries throughout Nevada to give everyone access to fun, educational, and amazing virtual experiences. Thanks to the generosity of the Friends of Washoe County Library, we have been able to add additional virtual reality sets at more branches.

Where Can I Try Virtual Reality?

Currently, the Incline Village Library, the Sierra View Library, and the South Valleys Library each have a virtual reality system available to try. For days and times, please visit the online Calendar of Events at www.washoecountylibrary.us.

Whether your interest is in travelling the world, learning about science and history, or exploring fun games, you will be amazed at how realistic virtual reality can be.

Julie Ullman is the managing librarian



(Photo: J. Ullman)

Library patron engages in a virtual space that appears realistic with a virtual reality headset.

at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us. For complete information about programs for kids, teens and adults at all Washoe

WHAT APPS CAN I TRY?

Apollo 11
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Burning Man: Art Discovery
Land's End
Job Simulator
Nature Treks
Paris Boat Trip-France
the Blu
Everest
Titanic
Pet Lab
The Berlin Wall

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

Galena Lodge continued from cover

delayed by several months over our original estimated opening date of July 1.

However, we are very close. Snowind Sports is completely finished, fully stocked and ready to do business when we get the greenlight. Mountain Medical will not be open for several more weeks as they are in the process of hiring and completing the interior of their space. The large Coffee + Wine bar should be fully operational by the early part of December.

Lastly, those of you who have been

driving by the Lodge in the last couple of weeks might have noticed that the parking lot has been paved and the tall lamp lights have been on at dusk. The renovation of the building is complete, and we are ready to open when we get the final blessings from the Washoe county authorities. On behalf of all three businesses, we are eager to serve our wonderful mountain community.

Tom Burkhart owns Burkhart Management Group, LLC and the building known as The Lodge.



Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

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

Contributors:

Tom Burkhart, Lori and Rob Burks, Kris Buttenberg,

Max Coppes, Bud Heishman, Jodi Herzik, Sue Jacox, Steve Lang,

Corey Lawrence, Harley MacLean, Andy Pasternak,

Katharine Peake, Mary Sattler, Jill Savery, Matt Schmitt,

MaryBeth Smith, Kerstin Tracy, Gilbert Trujillo, Julie Ullman

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

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

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

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

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Tannenbaum marries festive traditions and fresh trends



By MaryBeth Smith

Tannenbaum Events Center, known for its picturesque views and breathtaking scenery, was acquired by the Smith family in April 2018. Chef Colin Smith and his wife MaryBeth are the owners of Roundabout Catering & Party Rentals and Roundabout Grill.

The event center along the Mt. Rose Highway adds an important piece to catering and dining options for the Reno Tahoe community.

Tannenbaum has a long history and a sweet place in many peoples' hearts. Since the 1940s, guests have visited the former Christmas Tree because of its panoramic views of Washoe Valley, its warm fire and its steaks grilled over mahogany. The Smiths plan to bring some of The Christmas Tree nostalgia back for future events, especially the mahogany steaks.

For those of you who have not yet experienced Tannenbaum, envision an elegant lodge, dramatic wooden beams, towering open ceilings and a double-sided, stone fireplace that showcases the beauty of the Nevada landscape. Continuous windows envelope guests with



breathtaking views of the mountains and valley below.

The Smiths have been in business in Northern Nevada for eleven years. An expert team assists clients in bringing their events to life. With plenty of experience in the region catering for large, corporate events, private parties, weddings, special occasions, Tannenbaum caters to anything from VIP events to small soirees.

Tannenbaum is a 3,200 square foot center on approximately 2.7 acres. It is the perfect place for an intimate gathering, large gala and everything in between. Tannenbaum's versatile space allows guests

the opportunity to create any event their way. A naturally landscaped outdoor area, a large deck, a stone fireplace and a stunning indoor area with continuous windows gives clients the flexibility to have fun with the design for any type of event.

Tannenbaum also has stylish bridal and groomsman's suites. Imagine getting your favorite ladies together in the bridal suite, with champagne flowing, music playing, hair stylists and make-up artists working their magic, in preparation for the big moment. The groom's suite is even equipped with a pool table for some last-minute games. All the bride and groom must do is step outside the suite to the beautiful lawn for their ceremony. Tannenbaum has all the makings of a peaceful, relaxing and unforgettable day.

MaryBeth Smith is the backbone of the Roundabout Catering and Roundabout Grill's businesses, helping her husband Chef Colin Smith to grow the company. Tannenbaum Events Center is located approximately 10 miles up Mount Rose Highway west of the 395 interchange. The center is just 25 minutes from downtown Reno, 20 minutes from the Reno-Tahoe International Airport, and 20 minutes from Lake Tahoe. For more information, please call (775) 849-7688 or visit tannenbaumevents.com.

Give back to your community with Tamarack Junction

By Corey Lawrence

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi's words ring true especially in the holiday season. If you are looking for a way to give back to our community, you might be interested in participating in the "Step Up the Holidays" with Step 2, or the Holiday Wish Tree at the Tamarack Junction.

For the past several years we have partnered with Alice 96.5 to help step up the holidays for Step 2, a non-

profit organization helping women and their families break the cycle of addiction. This year, they will be hitting the road collecting your gently used household donations, warm winter coats, small kitchen appliances, baby items including cribs, changing tables, and more. Come by the Tamarack Junction on Monday, November 19th from 3pm-6pm for your chance to donate to this great cause.

Additionally, Tamarack Junction has been involved in the Holiday Wish Tree for over 16 years with the

Reno Jaycees. Every year, the Tamarack's Holiday Wish Tree provides over 200 wishes or gifts to local children in need. The children's ages range anywhere from 4-17 years old, and wishes include all types of gifts like clothing, necessities, toys, books, and games. We have found this annual event to be highly rewarding and enjoyable for all involved. It really warms our hearts to see our local community come together for such an uplifting cause.

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Volunteer spirit helps veterans in need



By **Katharine Peake**

In their spirit of philanthropic, year-round giving, volunteers of the Assistance League® of Reno-Sparks' address the needs of local veterans through their Veterans Outreach Program.

Last year alone, they donated over 900 bus passes to accommodate veterans' access to health care services and employment opportunities. These passes were made possible both via purchases by Veterans Outreach and, for the past two years, donations from Washoe County Commissioner Vaughn Hartung's Block Grant funds.

Committee members also work closely with the Veterans Administration Homeless Veterans Project staff in their efforts to secure housing for homeless veterans. Once a homeless veteran receives appropriate housing, Assistance League donates new household items such as cookware, dishes and linens. Similar items are provided to homebound veterans to assist in their comfort such as special sheets for hospital beds. Expecting and new mothers have received baby

monitors, baby carriers and infant clothing.

In addition, Assistance League® of Reno-Sparks' volunteers actively participate in the annual Veterans Stand Down by helping at the event itself and donating new and gently used winter coats and jackets to be distributed to those in need. According to the National Coalition of Homeless Veterans, the original Stand Down was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat operations. At secure base camp areas, troops were able to take care of personal hygiene, get clean uniforms, enjoy warm meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends in a safe environment. Stand Down afforded battle-weary soldiers the opportunity to renew their spirit, health and overall sense of well-being.

Assistance League is part of the first wave of nonprofit organizations in the United States that empowers ordinary citizens to improve communities and transform lives through long-term volunteerism. Organized as a national nonprofit in 1935, Assistance League's roots date back to the turn of twentieth century America when founder, Anne



Volunteers of the Assistance League Reno-Sparks donate winter coats and jackets to veterans in need at the Veterans Stand Down.

Banning, pioneered a tradition of compassion and benevolence carried on by her modern-day counterparts in Assistance League chapters around the country.

Katharine Peake is past president and active member of Assistance League® Reno-Sparks. For more information about all programs, please visit www.assistanceleague.org/reno-sparks.

giving back continued from page 3

Our Holiday Wish Tree's will be available this year beginning the day after Thanksgiving until December 20th.

Corey Lawrence is the marketing manager of Tamarack Junction Casino. He can be reached at (775) 852-3600.

Looking for other ways to give throughout the year?

- Volunteer your time and/or skills at your favorite local non-profit organization
- Random acts of kindness
- Shop Local- look for locally owned stores to shop from
- Give a genuine compliment every day
- Donate blood and save a life



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Accelerate your learning curve

By Kris Buttenberg

What do fall kayaking, mountain biking and an increased workout schedule have in common this time of year? Winter sport enthusiasts who want to get in better shape for the upcoming ski season. As we tumble toward the winter solstice, we begin to remember thoughts we had at the end of spring season such as, 'I really need a new set of boots' or 'Next year I'm going to get in shape before I show up on snow'.

There is no time like the present to start doing that, and just like Warren Miller always stated in his movies, 'If you don't do it this year, then you will only be another year older when you do'. If skiing is your passion, you owe it to yourself to make the best of every ski season, learn proper technique and enable yourself to pursue skiing as more of a lifestyle and even as a career as you move into your silver and gold years. That's right, skiing isn't just for fun, it's a lifestyle with a vibrant ski community here in Northern Nevada that has people of all ages and abilities coming together to share life and their passion for the outdoors.

At Biste Technologies (pronounced beast like piste), we create a bright future for the winter sport community in several ways. First, we design and fabricate ski simulators called Snow Biste right here in Reno/Sparks. Proudly, we only utilize Northern Nevada and Lake Tahoe area resources to design, engineer, resource and fabricate these simulators. Next, we teach on the Biste utilizing a unique set of routines, the Biste Method, which will propel your learning curve five times faster indoors on our equipment than you can learn on the slopes.

Imagine learning indoors, with session times that meet your busy work and family life. In 30-minute sessions, you learn techniques and functional movements that would take you well over a day on the mountain and for many an entire lifetime. Best yet, we

do it for a whole lot less money than a ski pass with ski lessons. We even supply the equipment at no charge, if you don't have your own.

Making the best of your winter sports/ski season starts with the decision to set new goals and change habits. At Biste, we help you to get into the ski season with the right frame of mind and of course at the right fitness level to enable you to get the most out of your winter sports budget and create the best ski season ever. Whether you are new to the Tahoe area wanting to experience the true awesomeness of the Tahoe mountain lifestyle or a long-time resident who wants to put more time on the slopes, whether you are rehabbing from an injury or trying to prevent one, we have the method to get you going and staying on the right path to a lifelong family sport.

Sharing our passion for skiing and boarding while building our winter sport community is how we roll and grow. Imagine a stronger winter sport community with ties to not only our sports but also our local businesses and outdoor-minded, fun-loving, adventurous people of all ages, kids from 5 to 85. We teach skiing to the highest levels and create opportunities for our client base to meet, know and join our Biste community and Tahoe mountain lifestyle.

When it gets up to the highest levels, we teach and sponsor competitive ski racing athletes from Reno Tahoe. We have specific programs to develop racing skills in high school ski team, Tahoe League, FIS and Masters competitive athletes. Give yourself and kids the advantage.

I'm blessed and excited to announce a partnership with locally owned and operated MacLean Adventures to offer a unique and life changing service. Biste to Piste Peak Adventures is a new type of travel service that brings you to not only the greatest ski locations in the world, it gets you there in the best ski shape



Kris Buttenberg gives a half-hour lesson on the ski simulator he designed, the Snow Biste (pronounced: beast).

of your life, so you can get the most out of every turn, minute and dollar while creating the greatest adventure of your lives. Combining the Snow Biste Methodology with world class ski in and out locations, the greatest food, personalized and vetted service providers, mountain guides and photography, we've created peak adventures unlike any other. Join us this winter over Valentines week, Feb 9-16, in Alta Utah for the first of many greatest ski adventures of your life. Learn more about our services at <https://www.macleandadventures.com/alta-2019>

Kris Buttenberg is the founder of Biste Technologies, a new Northern Nevada business that designs and fabricates indoor ski simulators. For more information, call (775) 741-9474 or visit www.SnowBiste.com.

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(Photo: S. Lang)

Steve Lang runs year-round in nearly any weather.

By Steve Lang

Many – dare I say all – people are fair weather runners. Given partly cloudy skies and temperatures in the mid-seventies, everyone is gung ho to join their friends on the path or trail.

Layer up for winter running

What runner wouldn't be? But a small and growing subset of runners will run pretty much anytime and in any weather, alone or as part of a group of similarly crazy companions.

Even as the weather gets colder, running is still a good escape from the pressures of life and a way to maintain fitness levels. As someone smarter than me has said, "There is no bad weather, just the wrong gear." If I properly layer my usual running clothes and use the correct combination of shell, gloves, buff, and beanie, I can run in nearly any weather: wind, rain, snow and temperatures even below zero. Once I get moving, I warm quickly and stay there.

The most difficult part of a winter run, though, is the first few stiff and hesitant steps leading away from the warm car or building. It definitely takes a bit longer for the blood to pump readily and the joints to fluidly flex, but, once I'm moving on the trail, I can still

lose myself in the moment, and enjoy rhythm and scenery. Often, having the quiet solitude of a trail to myself is an added bonus.

If you are less inclined to running solo and enjoy either the company of a group, or the challenge of a race, there are a few events in the area over the winter months that will get your body off the couch, out the door and into the mind-clearing, crisp, fresh air of northern Nevada with other like-minded souls. If pavement is your passion, Desert Sky Adventures (desertskyadventures.com) has the Run for Love in downtown Reno in February.

Those who prefer dirt, snow, and/or mud under their waffle soles have a couple of options. First is the Winter Trail Series put on by AscentRuns (ascentruns.com) – now in its tenth year. This is a series of monthly events from November to March designed to keep you moving through the winter

doldrums. January's edition is the Wild Winter Roundup, happening on January 5. This event features a short course – usually 5K or less – and a "long course" which can vary from six to ten miles. The courses are not flagged until the morning of the event, leading to a more adventurous feel since you really don't know where it might take you.

Second is the perennial "Peavine Face Off" put on by the Silver State Striders (silverstatestriders.com) on Mt. Peavine on the north side of Reno. This annual event climbs up the south face of Peavine and winds its way back down. I did it last year and had a great time. The distance can be daunting to those not ready for it though, since it is about thirteen miles.

It doesn't matter if you go short or long, in a group or solo. This winter, continue to make your tracks on pavement, in dirt or snow.

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

Skiing with intent to become better

By Bud Heishman

Would you like to ski better? Have you taken lessons yet still stuck in a plateau in your skiing? We must first understand there are four areas that affect performance in any sport. Want to better your golf game, or raise your bowling score, it doesn't matter what sport you enjoy, understanding these

four areas of opportunity and addressing each one to minimize issues in each area will improve your performance.

Equipment. Optimizing your equipment is the quickest way to improve in any sport. Eliminate impediments caused by your equipment and notice instant improvement in performance. This is particularly true in a sport like


skiing where equipment plays a large roll in performance. Perhaps not so much in the sport of beach volleyball.

Technique: Certainly, learning the most efficient movements will improve performance. Consider taking a lesson from a professional instructor.

Physiology: Eliminating physical limitations will improve any sport

performance. Fitness, stamina, function, injury recovery all play an important role in optimizing performance. Working with a trainer or physical therapist can enhance your physiology and your sports-specific performance.

Psychology: An often-overlooked area, our psychological approach to any *continued on page 7*



Happy Holidays!

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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."

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These boots are (not) made for walking

By Bud Heishman

How is your relationship with your ski boots? Do you treat each other well? There are a few things you should know about your boots that will make them last longer and perform better.

NEVER walk in your boots with them unbuckled. Besides looking like a gaper, you are prematurely wearing out your inner boots and causing your toes to jam into the front of the shell and wearing out your boot soles. Buckle them up snug enough that your heels do not move up and down while you walk. If you must walk very far in your boots, I recommend a pair of "Walk ez" to protect your soles and make walking in ski boots much more enjoyable as Walk-Ez are rockered to eliminate the flat sole "clomping".

Keep your boot soles flat and true. This is an important key to good edge control while skiing, as a flat boot sole insures a solid link between your ski bindings and boots, eliminating any lateral play causing lack of edge control. If you are familiar with

base bevel and canting, rounded worn boot soles act to effectively increase your base bevel which means you must angulate excessively to get your ski edges to grip on firm snow.

Note: Many new boot soles need to be trued or flattened as they sometimes warp after being pulled from their manufacturing molds. Snowind trues every boot we sell.

How do you route your power strap? Most people buckle their top two buckles then tighten the power strap over top the upper plastic cuff. Ask us about proper power strap routing to noticeably improve boot performance or check out the how to video on our Facebook page.

Alignment. Proper alignment of the angles created by your boots will optimize your skiing performance by removing impediments to progress. At Snowind we assess and adjust 10 different alignment parameters on the sagittal (fore/aft) frontal (lateral) and transverse (rotational) planes to

allow you optimum balance and equal access to both inside and outside edges. So, whether you are just learning to ski or a seasoned racer, having properly aligned boots offers immediate skiing improvement.

Are your boot liners shot? Many customers think they need new boots when all they really need are new inner boots (liners). Snowind stocks custom liners from Zip Fit, Intuition, Boot Doc foam and can extend the life of your shells with a liner upgrade. Zip Fit and Intuition liners can be transferred to your new boots down the road and improve their performance over the stock liners. We can recommend the best liner for your personal needs.

Bud Heishman is the owner of Snowind Sports in Reno. He is a current PSIA Level III certified instructor and clinician, and a CSIA level III certified instructor with 30 years of experience in the ski industry. For more info, contact Snowind Sports and Synergy Coaching, 6275 Sharlands Ave. Reno, NV 89523, (775) 323-9463 or bheishman11@gmail.com.

skiing better *continued from page 6*

sport has a huge effect on performance. Self-confidence, anxiety level, fear, and offensive intent all play a role in performance outcomes.

In skiing, it is our "Intent to Turn". As skiers, we subconsciously adopt one of two intents. We either choose to use turning as a means to slow down or brake..., or, we choose a "Go" intent where we ski a slow enough line to control our speed, yet try to ski around that line as fast as possible. Sometimes we need to brake, but I don't consider that good turning and quickly refocus on the GO intent.

You will notice expert skiers make very round turns, leaving narrower tracks in the snow. When an expert begins a turn, the tails follow pretty much in the same tracks as the tips. The ski tips go down the

hill vs. ski tails moving up the hill in the initiation. The GO intent sees the skier stepping on the gas pedal to begin their turn rather than throwing the tails around across the direction of travel to brake or check speed.

The GO intent gains speed control through finishing the turn across the hill enough to regulate desirable speed before once again accelerating into the fall line. This intent offers a much smoother ride over irregular terrain as the skis slice through irregularities rather than bouncing over them in a sideways skid.

This "GO there" or "Don't GO there" intent becomes immediately evident in a skier's first wedge turns and simply going back to making wedge turns

and reprogramming your intent to turn is a great way to break through to the GO intent and expert skiing! This is an epiphany in skiing for many people and when it happens, will improve your skiing immensely.

Give it a try! Unfortunately, many instructors still teach braking wedge turns rather than gliding wedge turns. If your instructor doesn't know the difference, find one who does!

Bud Heishman is the owner of Snowind Sports in Reno. He is a current PSIA Level III certified instructor and clinician, and a CSIA level III certified instructor with 30 years of experience in the ski industry. For more info, contact Snowind Sports and Synergy Coaching, 6275 Sharlands Ave. Reno, NV 89523, (775) 323-9463 or bheishman11@gmail.com.

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Kickstart your self with nutritional rebalancing

By Dagmar Bohlmann

January first. Every new year, motivation is high to improve lifestyle and diet. Often that leads to radical measures of meticulous calorie counting and intense daily workouts. No wonder, 80% of New Year's resolutions fail by the second week of February, according to US News. They are simply not sustainable.

Healthy living is all about making the right choices. Everybody has their own view of what that means – having more energy, losing weight, incorporating good eating habits, reducing inflammation in the body, balancing hormones, improving self-esteem and happiness.

The most popular choice is getting in shape. Instead of counting calories you burned on the treadmill, try finding joy in your workouts. Join a running group, go hike new trails or learn a novel skill. Exercise because it makes you feel good to learn something new, to be among

people or out in nature. Focus on the pleasure, not the pain and your resolution might create a lifelong habit.

If losing weight is your goal, the most maintainable solution is a nutritional rebalancing. It's a simple three-step process: Eliminate irritants, eat every 4-6 hours and not after 7pm, create a well-balanced plate.

Unlike a deprivation diet or fast, learn to identify and substitute foods known to cause inflammation in the body. Avoid gluten, dairy, sugar, soy, coffee, alcohol, vinegar, yeast and processed foods. And with a sense of adventure, up your veggies, try out new foods like spiralized zucchini or spaghetti squash instead of pasta.

By not snacking between your meals, you give your pancreas a break from producing insulin, a hormone that helps your body turn blood sugar into energy and store it in your muscles, fat cells, and liver.

Fill half of every plate with vegetables, one quarter

with lean protein, one eighth with a gluten-free starch and add a tablespoon healthy fat, like olive oil or avocado. Consider supporting your digestive system with probiotics and enzymes. By reducing the number of toxins you ingest while increasing the number of toxins you eliminate, you hit your cellular refresh button.

Increasing your nutritional intake does not mean you increase your calories – yet it will increase your energy level. The most successful, long lasting changes are not made alone. Find a buddy to link arms with or enroll in a wellness program that offers daily support.

Dagmar Bohlmann is a wellness coach and yoga teacher. She knows that some people need affordable easy buttons to uplevel their nutritional intake. That's why she coaches 30 Days to Healthy Eating programs. For help and more information, contact her at (775) 247-8848 or info@dagmarbohlmann.com or visit www.dagmarbohlmann.com.

Negativity adversely affects your health

Submitted by Carson Tahoe Health

Negativity surrounds us daily. Whether it is thoughtless attacks across social media, unkind words overheard at the grocery store, or internal uncertainty and judgment, pessimism can be a grueling matter to deal with – both mentally and physically. Negativity hurts in numerous ways.

- **Weakened Immune System** – Studies have shown that negative emotions are linked to a lowered immune response against disease, making you more prone to illness, heart attack, and even stroke.
- **It's Contagious** – We all know that if we experience someone unnecessarily complaining or being overly toxic, we can get worked up. Although we don't always consciously allow others' emotions to affect our own, it's natural and can happen without us even realizing it.
- **Intelligence** – Yes, really. Negative attitudes can

affect your ability to think. When you experience or think about something damaging or unpleasant, the effectiveness of the neurons in the hippocampus (an essential part of the brain linked to reasoning and memory) is compromised.

- **State of Mind** – Not only can negative thinking affect how you are feeling in the moment, but it can also alter your state of mind. Pessimistic thoughts can linger and fester for hours, days, weeks, months, or even years. How you walk away from any situation affects how you will see it in the future.
- **Attitude** – Every day we make a conscious decision whether to be happy or sad, cheerful or angry. Negativity affects our attitude, which in turn affects our behavior. Fostering an attitude of gratitude helps to us to remember our blessings instead of focusing on the negative.

How to radiate more positivity?

One of the most significant opportunities in combatting negativity, which can be a detriment to your mood and wellbeing, is first to be aware and second, to not feed into it. The goal should be instead to refocus that energy towards fostering the best, most compassionate version of you. Get rid of the toxic people in your life and surround yourself with those who will lift you up and encourage constructive thoughts and behavior. This will lessen the stress you're dealing with on a daily basis and create more room for positivity, growth, and good health.

Other ways to say goodbye to the negativity surrounding your life include: choosing your battles, inspiring instead of tearing down, and communicating effectively. Additionally, try setting personal limits on what you will tolerate and establishing ideas for how you'll deal with the pessimism that slips through.

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Preventing cancer in your child: the importance of HPV vaccination



Dr. Max Coppes

By Max Coppes

All vaccines given to children and teenagers are meant to prevent serious diseases, diseases that in most cases can be

life. For example, weight management in childhood aims to prevent the many serious disorders associated with obesity in adulthood. Similarly, we do not want our children to smoke cigarettes to prevent heart and lung diseases, including lung cancer. So over time, the field of pediatrics is expanding, the role of pediatricians includes designing strategies to prevent grave healthcare challenges that manifest themselves when our children are grown ups.

When in 1984 scientists discovered that the Human Papillomavirus (HPV) family is one of the most important risk factors for developing cervical cancer (in fact it causes more than 90% of cases), the idea of preventing cervical cancer through vaccination immediately was recognized and pursued. For the record, HPV infections causes several other cancers and warts, but for the purpose of this article, I will focus on cervical cancer.

Cervical cancer is a big deal: worldwide it is the fourth most common cancer type and the fourth most common cause of death from cancer in women. In the USA, cervical cancer has become the eight most common cancer in women, mostly due to HPV vaccinations. While screening (PAP smear) also has had a tremendous positive impact, its impact has not been on prevention, but early detection. As a result of both, the number of new cases being diagnosed has gone

down and survival has improved, because more cases are diagnosed at an earlier, curable stage.

Two challenges were recognized when developing HPV vaccines. First, the HPV family consists of over 200 related viruses, so developing an effective vaccine needed to take into account which of the 'family members' were most important in causing cervical cancer. Today's vaccines (actually as of May 2017 only Gardasil 9 is available in the USA, but two others are still used in other countries) reduce the risk of cancerous changes in the cervix by over 90%. This vaccine is effective for at least 10 years. Whether people need a booster after the initial 2-dose or 3-dose vaccination series has been completed is currently unknown. At the moment, boosters are not recommended.

The second challenge relates to timing of vaccination. While many parents assume that their teenage children are not at risk for HPV infection, it is really important they are vaccinated before they do. Since most infections occur through sexual contact, effective HPV vaccination has to occur before a person becomes sexually active. For many parents, the timing of vaccination remains a mental challenge, but if you really think about it, administering HPV vaccines is indeed time sensitive.

In our country, HPV vaccination is recommended for both girls and boys. The latter is supported by the fact that nearly 13,000 men get HPV related

cancer, a number significantly lower than in women, but still quite considerable. Ideally, boys and girls should receive two doses (about six to twelve months apart) before sexual activity. Because the age of initial sexual activity is different for each teenager, vaccination is usually recommended at age 11 to 12 years, but can start as early as 9 years of age. Vaccination after becoming sexually active is still recommended and effective (but less effective), because you do not know to which HPV type you may have been exposed.

While HPV vaccination rates have improved over the years, only 49% of adolescents aged 13-17 in Nevada are fully vaccinated against HPV. This rate is exactly the same percentage as found for the country as a whole. It is certainly nice to see that we are not doing worse than the rest of the country, but given the prevention of cancer is at stake, there is still ample room for improvement. Talk to your pediatrician or family physician about this important contribution you can make to your child's health and wellbeing. I would not wait until your child is 14, I would bring it up with your provider when your child is 11 or 12 years of age. Why make it more difficult for yourself?

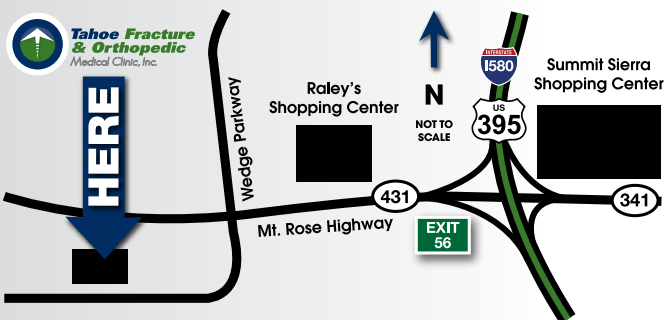

Dr. Max J. Coppes, MD, PhD, MBA, is professor and Nell J. Redfield chair of pediatrics at University of Nevada, Reno School of Medicine. He is also physician-in-chief at Renown Children's Hospital.




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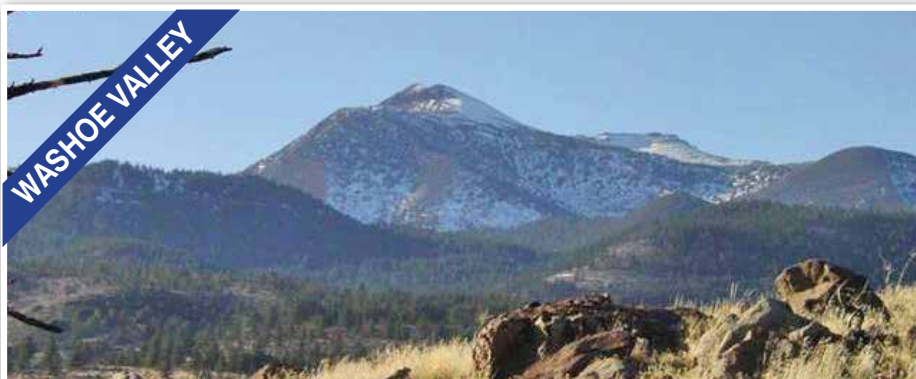
Beautiful home located in Galena Forest. Single story 3242 sq. ft. with 3 BR, 2.5 BA and of-ice. Concrete wall construction, metal roof and radiant floor heat. Large spacious kitchen open to dining room. 3 car garage with plenty of storage space. **\$992,000.**



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.**



Beautiful corner lot that backs to whites creek with valley views, and views of Mt. Rose. Legend Trail is a beautiful gated community off of Mt. Rose Highway for only \$125.00 a month. **\$395,000.**



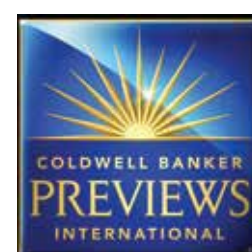
26.92 private acres with potential for 4 home sites. Water rights included for subdivision. Spectacular views of Washoe Lake, Mt. Rose, Slide Mt., adjacent to Steamboat Creek. Owner may carry with 20% down payment. Perc approval for 4 lots. **\$400,000**



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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.**



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All Area Home Sales September 4 - November 23, 2018

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
3365 Joy Lake	\$550,000	\$550,000	270.4	270.4	2034	1.09	9/25/18
16760 Evergreen Hills Drive	\$649,000	\$610,000	344.48	323.78	1884	0.98	9/10/18
1350 Joy Lake	\$700,000	\$695,000	229.58	227.94	3049	0.61	11/13/18
400 Black Pine Court	\$739,000	\$739,000	230.94	230.94	3200	0.61	9/28/18
700 Blue Spruce	\$950,000	\$950,000		265.88	3573	0.51	11/9/18
16555 Evergreen Hills Drive	\$1,475,000	\$1,350,000	405.55	371.19	3637	1.85	11/16/18
17010 Mountain Bluebird	\$1,400,000	\$1,360,000	240.38	233.52	5824	1.01	10/19/18
630 Piney Creek Road	\$1,399,000	\$1,360,000	317.09	308.25	4412	1.38	10/23/18
16885 Delacroix	\$1,400,000	\$1,425,000	331.6	337.52	4222	0.56	10/31/18
6594 Champetre Court	\$1,500,000	\$1,500,000	485.12	485.12	3092	0.25	9/28/18
5865 Strasbourg Court	\$1,999,000	\$1,800,000	394.98	355.66	5061	0.61	9/7/18
6016 Monte Rosa Court	\$1,895,000	\$1,865,000	424.7	417.97	4462	0.62	10/1/18
6055 Lake Geneva Drive	\$2,195,000	\$2,100,000	413.06	395.18	5314	0.55	10/25/18
545 Mount Mahogany	\$2,295,000	\$2,150,000	310.01	290.42	7403	1.67	9/14/18
5640 Foret Circle	\$5,500,000	\$4,900,000	605.66	539.59	9081	1.5	9/14/18
ROLLING HILLS/GALENA COUNTRY ESTATES							
3195 Mount Rose Hwy	\$479,900	\$481,000	232.51	233.04	2064	2.5	10/18/18
467 Fort Collins Drive	\$529,000	\$520,000	261.88	257.43	2020	0.28	10/15/18
3895 Corvallis Drive	\$529,000	\$525,000	261.88	259.9	2020	0.28	11/16/18
479 Corvallis Court	\$559,000	\$529,000	276.73	261.88	2020	0.29	11/14/18
3760 Vancouver Drive	\$529,000	\$529,000	261.88	261.88	2020	0.33	11/20/18
3725 Vancouver Drive	\$550,000	\$550,000	272.28	272.28	2020	0.34	9/26/18
480 Missoula Court	\$559,900	\$560,000	277.18	277.23	2020	0.28	10/19/18
SADDLEHORN/MONTE ROSA							
14265 Bandolier Court	\$749,500	\$728,700	244.93	238.14	3060	0.43	10/16/18
14285 Domingo Court	\$929,900	\$915,000	277.33	272.89	3353	0.5	9/14/18
14220 Sorrel Lane	\$995,000	\$995,000	237.47	237.47	4190	0.72	10/24/18
14311 Quail Ravine Court	\$1,090,000	\$1,050,000	290.59	279.93	3751	0.77	9/11/18
ARROWCREEK							
3379 Forest View Lane	\$540,000	\$570,000	225.38	237.9	2396	0.32	10/2/18
583 Echo Ridge Court	\$667,500	\$649,000	230.33	223.95	2898	0.34	10/31/18
3480 Forest View	\$700,000	\$687,000	236.09	231.7	2965	0.51	9/20/18
3414 White Mountain Court	\$825,000	\$825,000	262.4	262.4	3144	0.32	9/28/18
3036 Palmer Pointe	\$1,388,000	\$1,350,000	335.67	326.48	4135	0.71	10/22/18
5730 Flowering Sage Trail	\$1,439,000	\$1,400,000	262.93	255.8	5473	0.52	9/28/18
6340 Mormon Tea Way	\$1,899,000	\$1,850,000	283.64	276.33	6695	0.83	9/5/18
12360 High Vista Drive	\$2,950,000	\$2,900,000	438.14	430.71	6733	2.11	9/12/18
CALLAHAN RANCH							
16231 Callahan Road	\$359,900	\$348,800		254.23	1372	1	10/15/18
15590 Fawn Lane	\$510,000	\$500,000	248.66	243.78	2051	4.75	11/5/18
15440 Willowbrook	\$512,000	\$520,000	214.86	218.21	2383	1.02	11/19/18
15385 Callahan Road	\$579,900	\$567,000	283.15	276.86	2048	1.04	9/21/18
4790 Ranch Land	\$799,300	\$760,000	286.49	272.4	2790	1	10/12/18
6010 Mountain Shadow Lane	\$850,000	\$825,000	232.24	225.41	3660	1	10/29/18
15100 Redmond Loop	\$982,500	\$940,000	305.41	292.2	3217	1.12	10/1/18
OTHER AREAS OF SOUTH RENO							
13510 South Hills Drive	\$415,000	\$395,000	196.96	187.47	2107	0.33	11/13/18
11125 Bondshire Drive	\$460,000	\$460,000	217.8	217.8	2112	0.36	9/5/18
35 Black Pool Court	\$524,900	\$525,000	259.21	259.26	2025	0.47	10/11/18
2136 S Tesuque	\$599,999	\$601,000	314.3	314.82	1909	0.41	9/21/18
1355 Celese Circle	\$669,000	\$650,000	261.33	253.91	2560	1.04	11/16/18
13060 Broili Drive	\$699,500	\$681,625	364.32	355.01	1920	1	11/8/18
575 Dancing Cloud Court	\$728,900	\$715,000	252.65	247.83	2885	0.44	10/15/18
13040 Valley Springs Road	\$715,000	\$715,000	257.19	257.19	2780	1.01	9/27/18
14025 Edmands Drive	\$749,000	\$749,000	286.1	286.1	2618	0.98	11/5/18
12615 Thomas Creek Road	\$799,000	\$775,000	247.75	240.31	3225	1.08	11/16/18
815 Peacepipe Loop	\$930,000	\$915,000	294.86	290.11	3154	0.54	11/18/18
6982 Peacepipe Court	\$980,000	\$1,000,000	268.79	274.27	3646	0.5	10/19/18
354 Wolf Run	\$1,165,000	\$1,000,000	320.41	275.03	3636	0.51	10/19/18
485 Genovese	\$1,180,000	\$1,075,000	321.53	292.92	3670	0.84	10/12/18
4045 Fairview Road	\$1,190,000	\$1,169,000	261.19	256.58	4556	2.2	11/8/18
245 Brunswick Mill Road	\$1,190,000	\$1,170,000	306.7	301.55	3880	2.59	9/21/18
11500 Thomas Creek Road	\$1,275,000	\$1,200,000	259.89	244.6	4906	2.4	10/16/18
12745 Silver Wolf Road	\$1,250,000	\$1,230,000	356.43	350.73	3507	1.11	9/21/18
3570 Frost Lane	\$1,300,000	\$1,300,000	275.31	275.31	4722	2.77	10/5/18
11295 Boulder Glen Way	\$2,495,000	\$2,300,000	424.61	391.42	5876	2.05	9/28/18
2400 Kinney Lane	\$3,949,000	\$3,949,000	367.83	367.83	10736	5.08	10/31/18
NW CARSON CITY							
1100 Calaveras	\$335,000	\$337,000	198.93	200.12	1684	0.24	10/15/18
2477 Watercrest	\$379,900	\$365,000	190.52	183.05	1994	0.12	9/24/18
7 Marlette	\$399,000	\$384,000	176.86	170.21	2256	0.27	10/29/18
6 Yorktown Drive	\$389,500	\$391,000	145.66	146.22	2674	0.45	11/15/18
257 Coventry Drive	\$410,000	\$400,000	242.03	236.13	1694	0.14	10/24/18
212 Coventry Drive	\$405,000	\$405,000	251.87	251.87	1608	0.16	10/25/18
389 Sussex Place	\$429,000	\$415,000	266.79	258.08	1608	0.19	10/29/18
3034 Sarratea Drive	\$431,170	\$431,170	212.92	212.92	2025	0.15	11/6/18
1143 Gold Meadow Court	\$450,000	\$435,000	221.67	214.29	2030	0.23	9/24/18
2753 Christmas Tree Drive	\$479,900	\$475,000	197.33	195.31	2432	0.24	10/2/18
2297 St. George Way	\$499,000	\$502,000	229.53	230.91	2174	0.25	9/14/18
3070 Kings Canyon Road	\$540,000	\$509,000	270.68	255.14	1995	1.24	11/14/18
2141 Waterford Place	\$534,900	\$510,000	210.34	200.55	2543	0.26	10/10/18
1776 Amberwood	\$535,000	\$525,000	206.88	203.02	2586	0.22	9/5/18
2000 Maison Way	\$560,000	\$550,000	191.72	188.29	2921	0.3	9/10/18
1950 Maison Way	\$569,900	\$571,000	217.27	217.69	2623	0.28	11/6/18
2141 St. George Way	\$590,000	\$575,000	203.31	198.14	2902	0.25	10/9/18
2015 Emily Court	\$599,999	\$599,999	225.9	225.9	2656	0.41	9/7/18
2444 Kingsview	\$844,000	\$800,000	219.22	207.79	3850	0.59	10/5/18
WEST WASHOE VALLEY							
42 Bellevue Road	\$799,000	\$789,000	237.09	234.12	3370	5.04	11/20/18
7400 Bryan Canyon Road	\$1,199,995	\$1,199,995	217.71	217.71	5512	5	10/17/18
7405 Franktown Road	\$1,399,000	\$1,325,000	184.91	175.13	7566	5	11/19/18

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

Delayed reactions after trauma and how to avoid them



Kerstin Tracy

By Kerstin Tracy

Mount Rose is open for business and many of us will be playing outside soon, enjoying amazing views while flying down the mountain. You might be sledding, snowshoeing or

hiking; either way accidents can happen in cold and icy weather. Frankly, you might just be picking up the mail from the mailbox and slip on ice.

A lot of my clients had some form of accident at some point in their lives - from motor vehicle accidents to cycling and more. Most of them happened a long time ago and yet still, their bodies seem to remember even after they were officially considered healed.

Most people have heard of Delayed Onset Muscle Soreness or DOMS after exercise. Even if you had never heard about, you sure felt it - not directly after an intense workout but a day or two later. In my work as a craniosacral therapist, I come across a similar phenomenon that relates to the nervous system. Sometimes people have accidents that leave them feeling shaken up but somewhat okay. Life continues and then about a year and a half to two years later, they are riddled with symptoms, aches and pains that seem to be coming out of nowhere.

While I am neither a doctor, nor a neuroscientist, I do have hands that can

palpate, feel, and notice the slightest of change in tissues. When I mention tissues, I mean fascia, an intelligent masterpiece of connective tissue that surrounds everything and is connected to everything in our bodies.

Sometimes these changes are very deep and not in my client's awareness at all. But when I feel into them, it is almost like 'CSI' as I can trace the different forces that lead to an area of impact. Tissues feel different when emotional trauma happened, somewhat congested and still throughout.

When I ask the person on the table about certain areas of restriction, it becomes clear that something traumatic happened and the most common response I get is: "But that happened so long ago." Well, it appears that bodies don't move forward in a linear time frame, or they might even get stuck in a certain time and place.

Here is what I have observed:

- Sometimes big emotional or physical trauma happens like accidents, surgeries, or abuse and the body seems to be just fine thereafter.

- Sometimes something big, see above, happens and the body holds on to the tension and trauma in a very obvious way.

- Sometimes relatively 'small' events happen and something, some force, gets stuck in the tissues, which in turn starts disrupting the flow of lymph or blood or disrupts optimal nerve conduction.

- Sometimes it is not one big event but rather daily worrying, anxiety and concern.

Just like our muscular system, our nervous system and its intimately

connected fascial system can hold on to trauma and react with a delayed onset. A stressed-out nervous system and a tense fascial system ask for slow healing, deep breathing, and for a gentle touch.

Kerstin Tracy, owner at Ready2Heal LLC, helps humans and horses suffering from complex structural and neurological problems regain their optimal health. She holds an MS in Sports Science from the German Sport University in Cologne and a degree in holistic health in Germany and is a licensed massage therapist. She has studied CranioSacral Therapy at the Upledger Institute in Florida and has over 13 years practical experience. Kerstin works with all ages and is specialized in pediatric CranioSacral Therapy and Equine Craniosacral Bodywork. To find out more, email Kerstin@ready2heal.net or visit www.ready2heal.net.

How to release trauma and stress

- Rest, sleep, rest for as long you need to and as best as you can.
- Surround yourself with much support - accept help.
- Talk to yourself kindly and in a reassuring way.
- Enjoy hugs - they boost a neurotransmitter called oxytocin which reduces cardiovascular stress and supports the immune system.
- Receive bodywork from a trusted therapist to increase your serotonin levels - yet another neurotransmitter, this one makes us happy.

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After the ultrasound, Sarah wondered if she would ever be able to hold her son.

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At the ultrasound, Sarah and her husband learned they were having a boy. Moments later they learned their baby's intestines had formed outside the body. Medically, it was called gastroschisis. Emotionally, it was devastating. But weeks later, just after he was born, a surgical team at Renown Health performed

a procedure to repair the defect. Today, as Sarah says, her son has no residual medical problems and is doing all the things a typical little boy does. And then some - including biking down a certain backyard ramp he loves. "His health," says Sarah, "is the number one thing to me. And I have that."

See Sarah's story at Renown.org/Howie

Renown
HEALTH



Medication education teaches importance of record keeping

Submitted by Carson Tahoe Health

Have you ever been at your doctor's office and had difficulty remembering your medications? What about your health history? Knowing this information can play a vital role in taking control of your health. Because you know your medical routine best, it is highly recommended that you have your personal medication written down and kept with you at all times. Keeping an updated list of your daily prescriptions not only gives you peace of mind, but can also help a caregiver take proper precautions to ensure your safety in an emergency situation.

Anna Anders, Chief Nursing Officer at Carson Tahoe Health, says having the information written down is the easiest and most efficient way to keep track of your medications.

"We don't want patients to physically bring all their prescriptions into the healthcare setting for several reasons. First, there is the possibility these prescriptions may get lost during the patient's stay. Furthermore, patients may feel compelled to take their

own medications while being treated, which could lead to double dosing," says Anders. "To avoid these pitfalls, it is essential to maintain an easily accessible list, keeping everyone on the same page and further ensuring patient safety."

Writing down your current list doesn't mean simply documenting the drug name. Your prescription inventory should also contain a few other elements that are important for your treatment, such as:

- Drug Name and Strength
- Dose with Time of Day
- Reason for Taking
- Date Started

This may seem like a lot of information to consistently keep track of, but many drugs come in a variety of dosages. If a patient or provider is unaware of the correct dosage, the patient is in danger of taking an incorrect amount during a hospital stay. Very often, the physician caring for the patient in the hospital is not the patient's primary care provider. Therefore, they are not familiar with the patient's

medical history.

Additionally, it is important to know when the dose is due, how often it is taken, why it is prescribed, and when the last dose was taken. All these individual facts help protect the patient against potential medication errors. Also, we recommend listing over-the-counter medicines such as: vitamins, herbal remedies, nutrition pills, inhalers, blood factors, IV solutions, and IV nutrition. Other helpful and important facts to document include: personal information, an emergency contact, physician information, pharmacies, surgical history, immunizations, and known allergies.

Although this can seem overwhelming there are easy-to-use pocket medication cards available to help organize personal health information. The pocket medication card allows you to write down specific information, so it's all in one convenient place. If you have any questions about your medication, you should always contact your primary care provider.

Download a PDF version of Carson Tahoe's Pocket Medication Card at CarsonTahoe.com.

6 months of "candy holidays" can trouble teeth



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Holidays are upcoming: Thanksgiving, Christmas, Hanukkah, Valentine's Day and then Easter. Not only are our children bombarded with candy, but they also have access to many other holiday treats. Now is the time to keep an eye on this by limiting our children's intake

of these cavity causing goodies!

We would like to encourage you to manage your child's holiday candy with the following

recommendations to minimize cavities:

Separate out all of your chocolate/milk chocolate candy from everything else. This is the best selection to let kids have as it has milk (calcium) and it melts quickly with no gooey residue on the teeth.

Eliminate all gummy, sour (acid powder), sticky and gooey candies.

Let your kids enjoy their holiday candy for two to three days, then Get Rid of It! Don't keep it around for months! The same applies to all other holiday goodies. You might consider shipping your candy to the Troops.

So far we have focused on candy, but all simple

carbohydrates can cause tooth decay. Holiday treats like cookies, cakes, pies, eggnog, are just some of the foods that have high sugar and carbohydrate content. During the holidays these foods are all around us and it is very easy to snack on them. Remember, the bacteria in our mouths love carbohydrates just as much as we do. Many of these foods are sticky and linger on our teeth and in our mouths for hours. This allows the bacteria to multiply and secrete the acids that erode our tooth enamel causing cavities.

Brush and floss carefully! Increase the brushing and flossing as the consumption of these treats increases.

continued on page 15



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Continuity is important for doctor relationships



Andrew Pasternak, MD

By Andy Pasternak

I recently attended a large research conference that focused on how primary care providers care for people and improve the health of their communities. I was fortunate to be introduced to the incredible work this organization does during my residency. In those formative years, I met community family physicians who provided me guidance and mentorship. They were role models for the kind of doctor I hoped to be. In the past few years, it has been professionally rewarding reconnecting with these docs and discussing what it means to be a community family medicine physician.

One concept I didn't understand as a young physician is the importance of continuity with my patients. Continuity of care has been defined in the literature as "how an individual's health care is connected over time." While I had read research that showed that people who have seen the same physician over time were more satisfied with their care and had better health outcomes, I don't know if I fully appreciated that commitment to patients. I only had

a brief period of time to get to know my patients before I did a different rotation. True continuity was still sort of an abstract concept.

This year marked my 20th year in Reno. I have a number of patients I've been caring for over almost that entire time (and I'm thankful they stuck with me during those first few years). Continuity of care means something very different to me now and how I view the research on continuity has changed.

Continuity has been subdivided by some authors into three types: Informational (knowing the person's medical history), management (developing a treatment plan together with the person) and relationship (developing an interpersonal trust and knowledge of patient preferences and circumstances). I'm amazed at the number of times when I'm talking to a patient in the office about something that happened to them years ago and how it still affects their medical care today. Having cared for them then and seeing what they or their family members went through helps me have more empathy and understanding for their care today.

Unfortunately, our health care system is not necessarily set up to promote continuity. People have their insurance plans changed frequently by their employers and must establish care with a new

doctor every few years. With the volatility in the marketplace, primary care providers may have to "drop" insurance plans or change their practice setting. Electronic health records have some benefits and may help to capture the informational and management continuity, they certainly aren't able to capture the relationship continuity.

The advent of hospitalists, while providing some benefits to patients and health care systems, also means that your office-based primary care physician is often not the person caring for you while you are in the hospital (which I am guilty of as well).

The solutions for improving continuity in the United States are not simple. Think about continuity when you have options in signing up for health insurance. It can be helpful to reach out to your doctor's office and ask them about what insurance plans they accept and how you can maintain your relationship with your own physician. It's important to find a physician you can trust and stay with for as long as you are in Northern Nevada.

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.

candy holiday continued from page 14

For children who can spit, use ACT rinse to help strengthen the teeth. Remember, the more often we snack on sugars and carbohydrates, the more often we should be brushing and flossing.

If you carefully monitor the frequency and amount of sweets and simple carbohydrates your child is eating, then it should make for a cavity-free checkup.

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



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How to read a seed packet

By Mary Sattler

Even as winter retains a grip on the garden, signs of spring serve to remind me of my dad. He would be eagerly checking the mail every day waiting to see what seed catalogs had arrived that day. Then he would sit and pour over their contents for hours and days. While he was doing that, us kids would wear out the Sears and JC Penny's Christmas catalogs. We were all making lists but his included seeds, sets, roots and cuttings he would be incorporating into his massive vegetable garden for the coming year.

There aren't too many seed catalogs arriving in the mail anymore but just walk into any grocery store, home improvement shop or plant nursery and look around. Starting in January, they all have racks upon racks of seeds from which to select the best for your garden. The first thing everyone notices is the plant picture on the front of the seed packet. Some of them are pretty spectacular, deserving of being framed. Let's look at these seed packets a little closer and see what kind of information they can give us.

Planning a garden and planting seeds is an inexpensive and fairly easy way to get a garden growing. Understanding when it's time to start sowing seeds, either indoors before the final frost date or outdoors when the soil is warm enough is important to know, and that information is included on every seed packet.

At the top front of each seed packet is the common name in large, bold print followed by the specific variety and botanical name. Another thing to notice on the front of the seed packet is what type of plant will grow from the enclosed seed. Annual plants are plants that live for one year or less; in that time, they grow, flower, produce seed and die biennial plants are plants that grow leaves the first year of life, and in



the second year, they produce flowers, set seed and die. Perennial plants are plants that live for more than two years and produce flowers and fruit every growing season. Other information which may be included are an USDA Organic logo and NON GMO logo. If you don't see these logos then don't assume that those seeds are organic or non-gmo.

Heirloom seeds will be labeled as such. Heirloom seeds are specific varieties of vegetables which are open pollinated (meaning they rely on natural pollination from insects or wind). They have been passed down for generations, typically 50 or more years.

Some companies will give you an actual count of how many seeds are in the packet. Some may say how many feet of a row is contained in the packet and commonly you might see the actual weight of the seed packet in ounces or grams.

More importantly, notice information on when to sow seeds, how far apart and how deep to plant the seeds. Required light conditions and germination times are included somewhere on the front or back of the package.

Further details include describing the plant

including mature size and bloom time or days to harvest. Look for additional advices such as germination tips. Finally, some seed companies include additional information inside the packet. A good example is Botanical Interests Seeds. They include expanded growing tips, harvesting techniques, storing information and even some recipes. Whew, that is an amazing amount of information for such a tiny package.

All seed packets include the name and address of the company producing these seed packets. Further, there should be a package date, lot number and expiration date. There has been some controversy on the life span of seeds. All seeds are viable the first year and most are viable for two years. As the seed packets age beyond that not all the seeds in the packet may germinate. The type of seed can affect how long the seed stays viable. Some seeds like corn or peppers will have a hard time surviving past the two-year mark. Some seeds like beans, peas, tomatoes and carrots can stay viable as long as four years.

Storage conditions can affect the viability of saved seeds. Seeds will stay viable longer if stored in the refrigerator (not the freezer) in water proof packaging such as a zip lock bag. So, check out the vegetable and flower seeds available in January and start making your list for the coming gardening season.

Mary Sattler is the events and class/workshop manager at Greenhouse Garden Center with 19 years of experience. visit Greenhouse Garden Center. 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.



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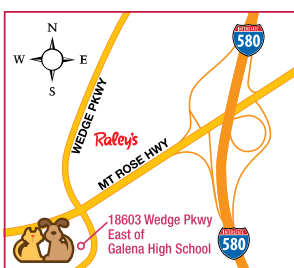
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Collaring canine diabetes



By Matt Schmitt

It's a growing trend, and not in a good way. Canine Diabetes diagnoses have grown by over 32% since 2011. While it can't be cured, diabetes can be effectively managed. However, when left untreated, diabetes can prove fatal, so it's important to get the facts and recognize the symptoms.

Diabetes Facts

Diabetes mellitus is a metabolic disorder, affecting how the body converts food to energy utilizing two key components.

Glucose: As food is digested, some nutrients are converted into glucose, a type of sugar that's a vital source of energy for body cells and organs. Glucose is then absorbed from intestines into the bloodstream, and travels throughout the body.

Insulin: Released by the pancreas, this hormone encourages cells to absorb glucose and nutrients from the bloodstream and use them as fuel. Diabetes is the result of glucose being unable to enter cells.

Insulin-Deficiency Diabetes

The most common type of diabetes in dogs is a form of diabetes that results from a malfunctioning or damaged pancreas. Dogs affected require daily insulin shots.



Insulin-Resistant Diabetes

Typically occurring in older, obese dogs when the pancreas is producing some insulin, but the body isn't properly utilizing it. Cells aren't absorbing glucose because they aren't responding to the insulin.

Here's what happens: Excessive sugar builds up in the bloodstream, but cells that need it can't get it, resulting in the body breaking down its own fats and proteins to get fuel. Then high sugar build-up in the bloodstream leads to organ damage, especially to kidneys, eyes, heart, blood vessels and nerves. Uncontrolled diabetes can lead to cataracts, enlarged liver, urinary tract infections, seizures, kidney failure and ketoacidosis.

Early signs of diabetes include excessive thirst,

increased urination, increased appetite with weight loss. Advanced signs are vomiting, diarrhea, lethargy. Contributing factors are age – usually 5 or older, unsprayed females, chronic or recurring pancreatitis, obesity, genetics.

As for diagnosis and treatment, a comprehensive blood test combined with specialized lab work can determine glucose presence in urine and blood along with electrolyte imbalance. With these tools veterinarians can confirm the diagnosis and severity of diabetes.

The good news is that through a prescribed diet, consistent exercise, daily insulin injections and regular vet visits, pet owners can look forward to long and happy companionship with a pet with diabetes.

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.

Special note to keep pet holidays happy!

- Keep the decorations high and the calorie intake low.
- Avoid fatty table scraps, candy and goodies.
- But make sure that Santa knows that pet treats and toys are always welcome.

Hope your Holidays are PAWSOME!

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) in Reno due to various factors 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 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 and there are also 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 NaturalPaws, a competitively priced natural pet food and supply store, located in the Raley's Center at Galena Junction in South Reno and is doggedly committed to pet rescue. For more information, visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call (775) 853-3533.

Schools

Leaders learn to improve company culture, bottom line

By Jodi Herzik

It's an employee's market, and there is a war for talent. The changing northern Nevada demographics, the accession of Gen-Xers and Millennials in the workforce and rapidly changing technology have given rise to new expectations of what employees want and can get at work. Now more than ever before, the single biggest influences on employee commitment and performance are the leadership skills of their managers. Leaders must adapt how they manage, inspire and develop this new (and existing) workforce.

The first step for any leader is to get to know themselves. In a study titled How To Become a Better Leader by the MIT Sloan Management Review, self-awareness was cited as the most important trait for leaders to develop. Self-awareness can translate into better professional decisions and more rewarding interactions with employees. Conversely, those with low self-awareness often misidentify cues they receive—interactions are often

interpreted as threats rather than opportunities.

The negative impact of poor leadership, can you really afford it?

When leaders lack the ability and skills to provide direction, guidance and motivation to their staff, organizational culture and morale suffer. Poor leadership is one of the causes of high employee turnover and loss of productivity. Poor leadership practices cost companies millions of dollars each year by negatively impacting employee retention, customer satisfaction, and overall employee productivity.

Gallup's 2017 State of the American Workplace report indicates that only 33% of employees are actively engaged at work while 47% are just putting in their time. Unfortunately, this leaves 20% who express their discontent in counterproductive ways—negatively influencing their coworkers, missing days on the job, and driving customers away through poor service. Gallup estimates that this 20% group alone costs the

U.S. economy around half a trillion dollars each year. Additionally, data suggests poor leadership practices can cost as much as 7% of an organization's total annual sales and between 9%-32% of an organization's voluntary turnover could be avoided through better leadership.

On the upside, good leadership can generate a 3-4% improvement in customer satisfaction scores and a corresponding 1.5% increase in revenue growth.

Can your current leaders support, delegate, inspire, celebrate, and challenge their team to perform at the highest level? The good news is that when organizations invest in leadership development training, there is enormous potential to improve company culture and strengthen their bottom line.

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

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Discover Alta, Utah and Meribel, France with local travel team

By Harley MacLean and Jill Savery

Let Jill Savery and Hawley MacLean, owners of MacLean Adventures, take you to interesting destinations around the world in this new travel column. Hawley has enjoyed traveling all his life, and especially loves sharing travel experiences with groups of people, including friends and family. He is passionate about skiing, and many trips he had planned for the last two decades have been to various ski destinations in North America, Europe and Asia.

His love for travel extends into his own backyard. Hawley is an avid train enthusiast and built his own garden railroad at his home – over 3,000 feet of G scale track. In his professional life, Hawley is a seasoned entrepreneur with over 30 years of success spanning financial planning, employee benefits, banking, and investment management. In 1990, Hawley founded MacLean Financial Group and he is also a Founding Director of Heritage Bank, known for being one of the best community banks in the country.

Like Hawley, Jill Savery has been enamored with travel from a very young age, mostly to compete at various synchronized swimming competitions around the world. She is a 1996 Olympic Gold Medalist, 8-time World Champion and an International Swimming Hall of Fame Inductee in the sport. She

works as a sustainability advisor and consultant, public speaker, and author. Jill is the founder and CEO of Bristlecone Strategies, a sustainability consulting company.

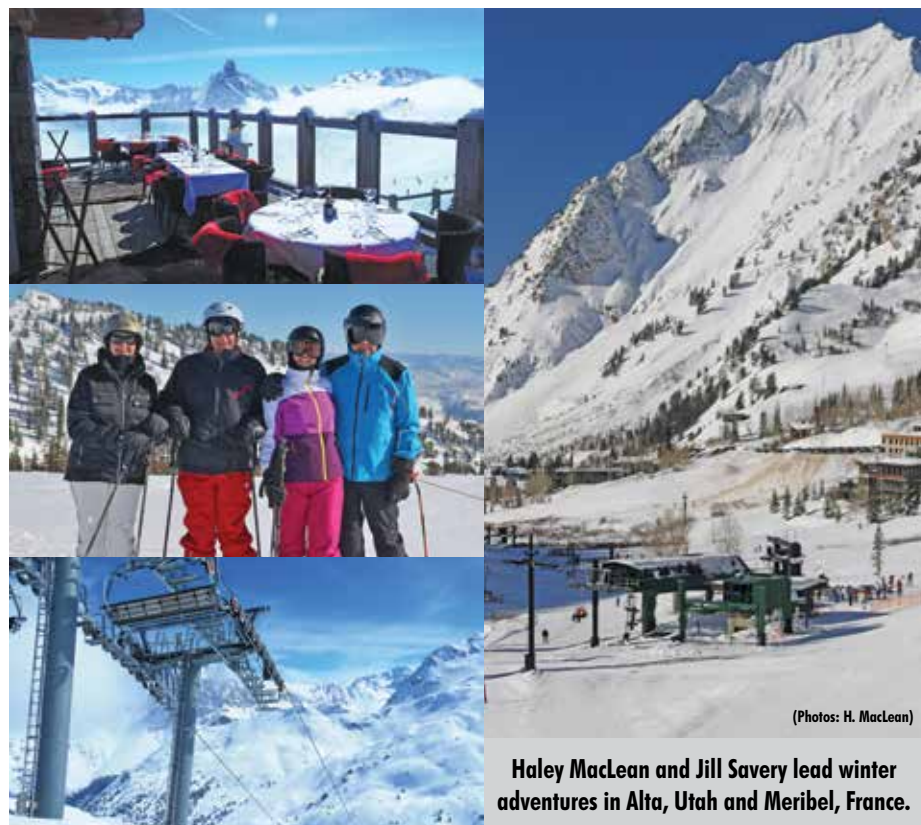
Together, they love creating amazing adventures for people of all ages because they enjoy watching someone's face light up as they experience something new. That's why they created MacLean Adventures.

Alta, Utah

One of our favorite ski resorts is Alta, Utah. Most of Hawley's family learned to ski in Alta. It is situated in Little Cottonwood Canyon, just 40 minutes from Salt Lake City. Alta ski area opened in 1938, making it one of the oldest ski areas in the country. Alta is unique in that it does not allow snowboarders. Several ski-in, ski-out lodges await with quaint dining rooms serving breakfast, après ski, and dinner for their guests. Our favorite lodge is the Goldminer's Daughter. Great restaurants serve a delicious lunch – our favorite is the on-mountain Collin's Grill. Alta is great for all types of skiers, and they have a renown ski school for those wishing to improve their skills. You can access the Snowbird Ski Resort from Alta and a combined lift ticket allows you to easily enjoy both resorts, even on the same day.

Meribel, France

Last year, we discovered Meribel and Three Valleys in the French Alps – the largest ski area in the world. Meribel



(Photos: H. MacLean)

Haley MacLean and Jill Savery lead winter adventures in Alta, Utah and Meribel, France.

the beautiful mountains in Meribel with gondolas, chairs, trams and just about every type of means to lift you high up above the valleys.

Wide-open, groomed runs as well as off-piste, challenging areas let you roam throughout eight ski resorts. The views are unbelievable. One unique feature of ski areas in Europe is their gourmet restaurants on the mountain. You will even find a restaurant above Meribel

called La Folie Douce, which offers cabaret shows while you sip your favorite beverage or have a delightful lunch. You can reach Meribel easily from Geneva or Lyon – a UNESCO World Heritage site and the gastronomic capital of the world.

If you'd like to ski Alta or Meribel and the Three Valleys, check out www.macleandadventures.com to learn about our 2019 Winter Adventures – an adventure of a lifetime, every time.

Extended Studies *continued from page 17*

NEW Spring 2019 UNR Extended Studies

Advanced Leadership Academy

The University of Nevada, Reno's Advanced Leadership Academy is a five-month training and coaching program designed to develop and support senior leaders and key team members within an organization. The program is designed to provide tools and techniques to better lead change within an organization, inspire teams, spearhead competitive initiatives, set company strategy, drive innovation, improve efficiency and the company bottom line, and help retain top performing team members. The program consists of seven full-day sessions spread out over five months, and includes an EQ-I 2.0 Leadership assessment (with personalized report and debriefing), plus two private coaching sessions with a Certified Professional Coach.

All sessions are held from 9am-5pm Wednesdays at the University of Nevada, Reno, Redfield Campus in south Reno, and include a catered lunch.

When: Feb. 13-June 5, 2019; Wednesdays, 9 am-5 pm (Feb 13; March 6, 27; April 17; May 8, 22; June 5)

Where: University of Nevada, Reno, Redfield Campus, 18600 Wedge Parkway
Fee: \$2,995 through Feb. 1; \$3,595 after Feb. 1.

Fee includes lunches, course materials, EQ-i 2.0 Leadership Assessment with personalized report and debriefing, two individual coaching sessions and parking.

For information about the University's new Advanced Leadership Program at the Redfield Campus, contact Amy Ginder at aginder@unr.edu or (775) 784-4759.

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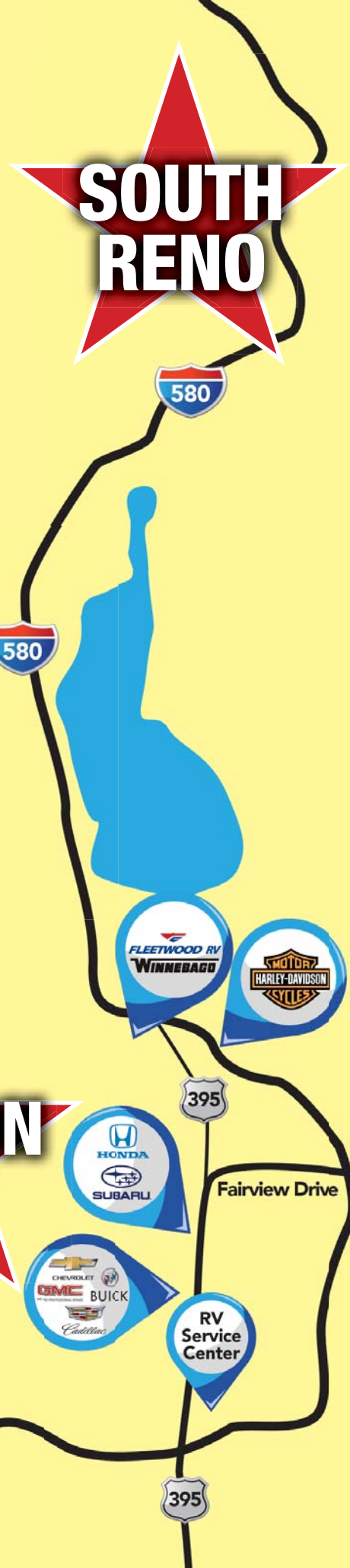
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