



# Celebrate nature’s beauty with outdoor races, art and music at Galena Fest

By Barbara Rugg

For Galena Fest’s seventh annual event, the Great Basin Institute is celebrating how easy it is to get outdoors, and to enjoy the natural Sierra Nevada beauty found in our neighborhood.

**Activities for all ages and skill levels.** Bold bike enthusiasts can challenge themselves with the invigorating 12.2 mile Bloody Rose Mountain Bike Race. Runners can look forward to testing their training during the 7.25 mile Wicked Thorn Trail Run, and anyone ready to explore three miles of the park’s forest trails can choose to participate alone or in a team of their choosing in a set-your-own-pace Wicked Thorn Trail Walk.

Don’t forget the chance for the kids to run or walk their own one-mile trail adventure, feed their inner artist with “Art in the Park,” and learn about the history and culture of the Galena area with Galena Pioneer Days activities.

Other festivities of the day include

live music provided by the band Escalade, food and vendors. With new additions and old favorites in the festival, the Great Basin Institute is excited to share passion for the outdoors with the community and raise awareness and funds for precious parks, waterways, and Galena Creek’s very own youth programming which strives to connect youth with nature for their mental and physical betterment.

## Bloody Rose Mountain Bike Climb

Now in its seventh consecutive year, the Bloody Rose provides mountain bikers with one of the most difficult courses in the western United States. 12.2 miles in length with serious elevation challenges, the course throws in several sections steeper than 15%, mixing in single track, fire roads and sections of pavement. The payoff is not only a chance to win great prizes, but what riders encounter at the 10,200ft finish line – spectacular views of Truckee, Tahoe and Reno. This ride is a true test of strength, endurance – and spirit!

## Wicked Thorn 7.25 mile Run

Runners beginning at Galena Park and will loop through the forest along Jones/ White Creek trail and ultimately finish in the center of the festival where music, fans and refreshments await. This one-of-a-kind run boasts over seven miles of trails with various conditions. This will challenge even the most seasoned trail athlete!

## Wicked Thorn Trail Walk

Wind about three miles through the beautiful forest trails and collect pledges from businesses, family and friends, or participate with a company or family team. Environmental points of interest along the way will be marked.

## For kids

Galena Fest has been designed around the desire to share experiences in nature with children. When children connect with the natural world, they develop their natural intelligences – and, what better place to discover this joy than the only forest in Reno – home of Galena Fest.



Again and again, research proves just how vital direct contact with nature is to healthy child development – protecting a child’s psychological well-being, enhancing problem solving, critical thinking and decision making skills. The “Galena Fest Kids Expo” will feature fun activities and events just for kids.

The beautiful Galena Creek Recreation Area, with its creeks, pond, trails and forest, provides a unique environment in which to spend a Sunday with a background of live music and arts activities. Come run, walk, eat, drink, create, and celebrate with the Galena Fest partners to get outdoors, and most importantly enjoy an exciting day in our local forest.

*Barbara Rugg is an intern at Galena Creek Visitor Center. For up-to-date information regarding Galena Fest and to register, visit [www.renogalenafest.com](http://www.renogalenafest.com).*

# Preparation is key to riding the Bloody Rose

By Trevor DeRuisse

For many cyclists from all over Nevada and California, the Bloody Rose Mountain Bike Hill Climb has become a traditional fall event. Every year, before relaxing in the park and enjoying cold beer and live music, they race to the top of one of the tallest peaks around Tahoe. It’s one of the biggest mountain bike hill climbs in North America, and it starts right in Galena. Whether you are shooting for a spot on the

podium or simply a ‘check mark’ on your cycling bucket list, below are some tips to help you be successful.

**Gearing** – Even the front-runners will be slowing down to 3-4 mph for several minutes at a time on the steeper portions of the course. Gearing your bike so that you can maintain your normal cadence (pedal speed) all the way down to 3 mph will be a huge advantage

*continued on page 2*

# Letter From the Publisher

To me, fall means the return of Galena Fest and the fun and excitement it brings to our neighborhood. Galena Fest is not a corporation that earns a profit for the owners; it’s a true nonprofit event with all proceeds going back to our community. All of our annual races and entertainment will be back and Mt. Rose Ski passes will once again be award to the winners of the Bloody Rose Mountain Bike Hill Climb and the Wicked Thorn Trail Run. Visit our website at [Renogalenafest.com](http://Renogalenafest.com) for all the details. Anyone who would like to volunteer, please stop in at the Galena Park Visitor Center.

I want to thank all of our sponsors and volunteers who have returned year after year (see page 2). Special thanks go out to the Great Basin Institute for taking over the management of the event this year. You couldn’t ask for a better group of people who are truly invested in the place we call home.

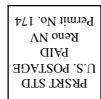
Speaking of home, many of you might have noticed the “under construction” home page for the Galena Times website at [galenatimes.com](http://galenatimes.com). The new site should be up and running soon and promises to be better than ever. Please let us



**Richard Keillor is not only founder of Galena Fest, he also rides in the Bloody Rose Mountain Bike Hill Climb every year.**

know if you have any suggestions for improvements. We want the website to be a valuable asset to our community. Anyone interested in advertising in the Galena Times hit the ad information link and view our media kit. For real estate information and recently sold homes in your area, click on the real estate link. You will also find information on local merchants and a calendar of events.

See you all on the 27th at Galena Fest!  
*Happy trails, Richard Keillor*





# GALENA FEST THANKS THE BUSINESS SPONSORS



REDEFINING  
**RIDE DYNAMICS**



## AND THE VOLUNTEERS

Gwen Bourne-Great Basin Institute  
Jerry Keir-Great Basin Institute  
Richard Keillor-Founder  
David Gentry-South Reno Athletic Club  
Jennifer Cope-South Reno Athletic Club  
Randy Collins-College Cyclery  
Kevin Joell-TAMBA  
Gayle Sherman & Peter Callison  
Ron Percivalle  
Mike Pierce-Mt. Rose  
Trevor DeRuisse-Get Real Nutrition  
Sierra Davies  
Michelle Davis-Western Title  
Kevin Weintz  
Janice Keillor  
Grant Keillor  
Maddy Sandoval

### GREAT BASIN INSTITUTE AT GALENA COMMUNITY BOARD MEMBERS:

Mary Burnham  
Christy Duckworth  
Cari Blomquist

### GALENA CREEK VISITOR CENTER STAFF AND VOLUNTEERS:

Mary McDonald  
Kelly and Kelsie Clays  
Megan Clark  
Julia Bennett  
Jamal Leigh-Hanson  
Lauren Kelly  
John Farley  
Annie Baker  
Tyler Teague

### FROM GAYLE'S SKI CLUB:

Ron Percival  
Joe McElhinney  
Laura Thompson  
Dave Gibbens  
Joel Marlowe  
Pat Deenihan  
Chuck Houston  
Jeffrey Langeway  
Gary Pigoni  
Karin McCollum

### FROM SOUTH RAC:

Karl Toth (laying out half course)

We also want to thank Washoe County Parks and the US Forest Service for being very supportive and so easy to work with.

## 2015 Galena Fest Schedule of Events

Sunday, September 27, 2015 — Galena Creek Regional Park

**7:30-8:00 am** ... Bloody Rose MTB Race Registration/Check-In  
**8:30 am** ... The Bloody Rose Competitive Mountain Bike Climb Start  
**8:00-9:00 am** ... Wicked Thorn Trail Run, Walk and Kid's Run  
Registration/Check-In  
**9:30 am** ... The Wicked Thorn Trail Run Race Start  
**9:30 am** ... The Wicked Thorn Trail Walk Start  
**9:00 am-1:00 pm** ... Art-in-the-Park  
**10:00 am-2:00 pm** ... Race Day Festival with live music featuring - Escalade  
**10:30-2:00 pm** ... Beer Served  
**11:00 am** ... Kid's Run Start  
**12:10 pm** ... Wicked Thorn Trail Run Awards  
**12:30 pm** ... Bloody Rose MTB Race Awards and Special Thanks

Schedule subject to change.

For up-to-date information regarding Galena Fest and to register, visit [www.renogalenafest.com](http://www.renogalenafest.com).



(Photos submitted by D. Gentry)

## bloody rose *continued from cover page*

that will pay off tremendously as you reach the final switchbacks before the summit.

**Climbing** – The ride up to the summit of Relay Peak is steep, to say the least. Riding on such a steep grade for such a long distance will have you riding in an entirely different position than what you are used to from typical trail riding.

Unless prepared for, this new position will almost surely lead to cramps and decreasing power as you continue your climb. To prepare for this, find some 10-20% grades that last for 10-20 minutes. Spend at least an hour training in this new position before the big race.

**Elevation** – Relay Peak tops out at 10,300 feet; an altitude you will be

reaching after climbing for 1-2 hours. In your Bloody Rose preparations, it's imperative to adjust to high altitude and get used to the thin, mountainous air. Just a handful of rides over 7,000 feet will be plenty to get your body used to the feeling of operating under low oxygen.

I look forward to spending the day with everyone on September 27th and if

you have any training questions, feel free to reach out to me at TrevorDeRuisse.com.

Trevor DeRuisse is a professional mountain bike racer. To stay in touch, visit him at Twitter: @TrevorDeRuisse, Instagram: @TrevorDeRuisse, or Facebook.com/DeRuisse633. His book "Project VanLife" is available at ProjectVanLife.com, Amazon.com, and at The Hub on Riverside.



# BE AMONG FRIENDS!



**Mt. Rose**  
SKI TAHOE

## Season Passes Starting at \$229!

### Premier Pass

**NO BLACKOUT DATES**

*Valid 7 Days a week*

ADULT(24-99)...\$429

YOUNG ADULT(16-23)...\$329

CHILD(6-15)...\$199

**Midweek Pass** • \$329 ANY AGE

*Valid Monday through Friday  
Including Holidays*

**MY Pass** • \$229 ANY AGE

*Choose a SINGLE, mid-week day  
(Monday – Friday, including holiday periods!)*

SKIROSE.COM

### All passes come LOADED with Perks!

2 "Bring a Friend" Discount Lift Tickets • Discounted Kids Lessons (Rosebuds)  
\$39 Private Lessons • \$1.00 OFF Draft Beer & House Wine • 25% OFF on all mountain dining  
25% OFF in 431 Sports • 50% OFF on equipment repair in the Rental Repair Shop • Free Clinics



**8260'**  
e  
s  
e  
WHERE THE SNOW IS  
TAHOE'S HIGHEST BASE

Purchase online at [SKIROSE.COM](http://SKIROSE.COM)

**Best Prices before OCTOBER 1<sup>st</sup>**



# Employee Training: the new key to success



By Jodi Herzik

As we continue to diversify and reinvent Northern Nevada, any successful business—and a successful economy—will depend on educated, highly skilled workers. This new Nevada reality requires a cultural change, and the good news is, our culture is changing as more and more

business and industry leaders make strategic and ongoing commitments to develop their human capital. Many new and existing companies are working closely with the University of Nevada, Reno Extended Studies Division to design programs that close knowledge gaps, grow employee skills and increase retention and job loyalty.

Governor Brian Sandoval and his team, the University of Nevada, EDawn, the players behind the Tahoe Reno Industrial Center and many others who envisioned a diversified Northern Nevada economy have successfully positioned us to become a global “technology hub.”

To ensure this venture is successful, a number of pieces must come together. One of the critical parts is education. In response to the inevitable demand for skilled workers, UNR has been actively listening to business leaders and built training courses and certificate programs to meet their needs. At the University's

Division of Extended Studies, UNR faculty and industry experts present relevant and cutting-edge training that can be immediately applied in the workplace.

With resources still tight, some companies may be hesitant to invest in training and professional development. But for successful businesses, the ability to have and retain a skilled workforce will be vital as the regional need for skilled workers races to keep up with demand. Additional advantages to partnering with UNR to provide continuing education include the following:

Investing in employee training and professional development can greatly reduce employee turnover and increase retention, as it demonstrates an employer's real interest in an employee's professional success, which in turn increases employee loyalty and commitment.

With relevant and continuing education and training, employees are able to perform their jobs more efficiently and effectively. This leads to a boost in the employee's confidence, which in turn can lead to greater job satisfaction.

Equally important to a company's bottom line, an investment in ongoing continuing education can save time and money in the long run. Working with the UNR Extended Studies team ensures employees learn company-specific skills to grow the business and meet goals.

There is no question that workforce development and continuing education is a necessity. Employers focused



**Shera Alberti-Annunzio, Director of Professional Development and Certificate Programs for University of Nevada, Reno Division of Extended Studies presents a Supervisory Management certificate.**

on retaining good employees and growing their business have numerous training options with the University of Nevada, Reno.

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 an email to [jodim@unr.edu](mailto:jodim@unr.edu). To learn more about the UNR's Division of Extended Studies, visit [www.extendedstudies.unr.edu](http://www.extendedstudies.unr.edu).

# New Maker Space engages creativity and innovation at South Valleys Library

By Julie Ullman

Across the nation, libraries are introducing collaborative, so-called Maker Spaces where all ages can tinker, explore and create. Washoe County Library System has dipped its toes in the maker movement,

offering art classes, STEM spaces and other activities to engage creativity and connect people to new experiences.

If you attended the Reno Mini Maker Faire at the Innovation Center (powered by Switch) and Discovery Museum, you might have seen the library's booth where

you could build tall structures, make a button, or create some “found” poetry.

Currently, just a few Washoe County Library branches offer official Maker Spaces such as the Studio *continued on page 6*

## Galena TIMES

**Publisher:** Richard Keillor

**Managing Editor:** Dagmar Bohlmann

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

**Advertising Manager:** Richard Keillor: [richardk@cbivr.com](mailto:richardk@cbivr.com)

### Contributors:

Paul Andrew, Jamal Barghouti, Trevor DeRuijs, Heidi Eskew, Ken Focht, Jodi Herzik, Amanda Horn, Janice Keillor, Sophie Kim, Timothy Kinsinger, Andy Pasternak, Linda Petrini, Barbara Rugg, John Sagebiel, Mary Sattler, Matt Schmitt, 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 inquiries regarding the Galena Times at [richardk@cbivr.com](mailto:richardk@cbivr.com) or visit our website: [www.galenatimes.com](http://www.galenatimes.com)

Copyright (c) 2015. All rights reserved.

## Grow Little smiles Grow!

**Miller & Trujillo**  
Pediatric Dentistry



**775.824.2323**  
**RenoKidsDentist.com**

**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

Mt. Rose Hwy.

To U.S.  
395 →



Wedge Pkwy.



# SATURDAY Appointments Now Available

for Mammography and Bone Density  
in South Reno at 18653 Wedge Parkway



SAINT MARY'S  
MEDICAL GROUP

**775.770.7171**  
[SaintMarysMedicalGroup.com](http://SaintMarysMedicalGroup.com)



# Carson City Trails-What's Next for the Capital City?

By Janice Keillor

After 7 years of dreaming, planning, designing, and building, the Ash to Kings Canyon Trail in Carson City is finally complete. The two bridges are installed and the trail now flows continuously over 7 miles with 2200 feet of climbing at an average grade of 6.5%, a challenging yet enjoyable experience. The first time I saw the striking views from the top, I had to pinch myself to believe that this trail was practically in my backyard.

The ribbon cutting ceremony occurred on August 29th to celebrate the years of hard work by trail creator, Jeff Potter, Muscle Powered, numerous volunteers and trail advocates, City staff, the Forest Service, the State of Nevada, and the Great Basin Institute who worked diligently to make the Ash to Kings Canyon trail on Carson City's west side a reality. The occasion brought a large turnout of trail builders, users, and supporters. Excitement filled the air and I couldn't help but wonder - what's next?

With so much momentum surrounding this trail, and users coming from all over Northern Nevada and California, there is a strong desire to continue the progress. As of yet, there are no singletrack trails from Carson City to the trail network surrounding Lake Tahoe, just jeep roads. But as always, Jeff Potter and Muscle Powered are ahead of the game and have already finalized a 10.3 mile alignment to connect the Ash to Kings Canyon trail



Mountain bikers cross a new bridge on Ash to Kings Canyon trail near Carson City.

to the Tahoe Rim Trail, with a spur trail linking to Hobart. This trail, called the Capital to TRT, would have an average grade of 5-7% and top out at 8300 feet.

Right now the plan is still just a line on a map, but a line drawn by Muscle Powered gets pursued with a passion. The next step is presenting the proposal to the Forest Service for inclusion into their 2017 workload. If all goes well, ground breaking could occur as early as 2018, which is right around the corner in the world of trail building. Once this connection is made, Carson City would become a part of the world renowned Lake Tahoe Basin trail network, which would open up Carson City for not only more recreational opportunities, but more potential for outdoor events.

Also in the works is the Waterfall Road Bypass, which will eliminate the



(Photos by J. Keillor)

The seven-mile Ash to Kings Canyon trail climbs over 2200 feet to offer cyclists and hikers spectacular views of Washoe Valley.

grueling climb and loose, steep descent (depending on which way you're riding) on Waterfall Road. Lucky for us, the bypass has been put on the "fast track" and is currently being constructed. Another project being proposed is the Lincoln Highway Bypass trail, which consists of recognizing the Longview Trail as a "system trail", and then linking it to the Kings Canyon trailhead. This section would add two miles of singletrack on the south side of Kings Canyon Road and would bypass the very unpopular steep, rocky section, which is currently the only southern access to the trailhead.

Also being planned are improvements to the Centennial Park trails, which will add signage and bring the current trails up to sustainability standards. Once these trails are recognized as legal system trails, Carson City will be able to host mountain bike races for the National Interscholastic Cycling Association (the high school mountain bike league) and hopefully other organizations such as

the Reno Wheelmen and Alta Alpina. Currently being organized for June 2016 is a major mountain bike event in Carson City, with portions of the course set to take place on the new Ash to Kings Canyon trail. An event of this size is long overdue in the Capital city and would be the result of the Carson City Visitor's Bureau's efforts to rebrand the community for outdoor tourism.

What started out as Jeff Potter's desire to have a place for him and his friends to ride their mountain bikes, has become something much bigger-a community effort to make Carson City a better place to live. To us locals, it's a simple desire to have a high quality of life. For a map and information on the Ash to Kings Canyon trail, please visit <http://bikecarson.com/trails-and-rides/>. Special thanks to EVERYONE who has helped design, construct, and support trails in Carson City.

*Janice Keillor is a Grants Administrator for the Carson City Department of Finance.*

## maker space *continued from page 4*

cat the Incline Village Library. Recent projects at the Studio included Poetree and Super Hero Journals.

At the Spanish Springs Library you will find a well-stocked Tech Bar, complete with a Chromebook, an iPad Air, a Google Nexus 7, a Samsung Galaxy Tab 4, and a Kindle Fire HDX. All of these popular devices connect wirelessly to the internet and everyone is welcome to try each one to see how they work.

Our latest Maker Space offering, funded by a Library Services and Technology Act grant through the Institute of Museum and Library Services, will bring maker activities to most Washoe County Library branches. We're calling this project Idea & Experience Boxes, and the activities include such themes as Learn to Paint, Building Now and Then, PhotoBooth, Music Station, and Fit for Fun. In all, there are eight Idea Boxes that will rotate monthly from branch to branch, providing everyone in Washoe County a chance to be creative and explore. You can even create a marshmallow catapult to take home.

### Idea Box & Experience Faire

On Saturday, October 10th, from 10am-5pm, the South Valleys Library will host an Idea Box & Experience Faire. All eight Idea & Experience Boxes will be at the branch all day long, providing everyone with an opportunity to experience all of the maker activities in one place. You can try out an electronic drum set, build a balsa wood airplane, paint a self-portrait, or select some fun props like wigs and mustaches, and then pose in front of a PhotoBooth that takes your picture and then e-mails it to you.

A library maker space provides an environment that nurtures learning and exploration, fosters innovation, and inspires creativity, and we think the Idea Box & Experience Faire is just the place to start your maker space journey. 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](mailto: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](http://www.washoecountylibrary.us).*

# Your town is our town.



**Now proudly serving Reno, Sparks & Carson.**  
We live and work here just like you. With all kinds of local insurance advice, we can help you get the coverage you need and save you money too. Call or stop by anytime. We're always happy to help.

**JOHN ROSS**  
**775-851-7677**

18603 Wedge Pkwy Suite J  
Reno, NV 89511  
[johnross@allstate.com](mailto:johnross@allstate.com)



**Allstate**  
You're in good hands.  
AUTO, HOME, LIFE, RETIREMENT

Please drop by our office for a cup of coffee, cold beverage, answer any questions or a free comparison. Guy Gesualdo, Michelle Hays, or John are happy to assist. See you soon!!



# Mt. Rose Ski Tahoe invests \$1.2 million in capital improvements, increases minimum wage

Submitted to the Galena Times

This summer, Mt. Rose Ski Tahoe will relocate the Ponderosa chairlift and add four new beginner trails to the mountain. The positioning of the newly renamed “Wizard” lift will not only provide access to the future Atoma area, but significantly enhance the beginner skiing and snowboarding experience currently offered.

“Our goal is to continue to offer a high quality guest experience—both for first time skiers and snowboarders and those who have been visiting Mt. Rose for years,” said Mike Pierce, director of marketing at Mt. Rose Ski Tahoe. “The new Wizard lift will expand our popular learning area, while simultaneously improving and changing the way skiers of all ability levels navigate the mountain.”

The resort will spend approximately \$1.2 million in on-mountain improvements that include expansion of the resort’s snowmaking system and renovation of the kids’ lessons registration area (Rosebuds) to reduce wait time and re-imagine the guest experience. Plans include an overall expansion of the indoor staging area and a complete redesign of the registration desk.

With a commitment to providing resort guests with the highest quality early season snow conditions in the region, Mt. Rose will install nine new Polecat tower-mounted snow machines in locations around the mountain, with four specifically allocated to the base of Slide Bowl. The resort’s ability to efficiently make snow over more of the mountain will allow terrain to be opened quickly. Mt. Rose’s projected opening date for the 2015-16 winter season is October 29, 2015, weather and conditions permitting.

In addition to these improvements, the resort will also invest in the latest snow grooming equipment,



(Photos provided by: Mt. Rose Ski Tahoe)



**Mt. Rose Ski Tahoe is getting ready for the season opening day planned for October 29. The new Wizard lift expands beginners’ terrain and nine tower-mounted snow machines ensure plenty of coverage.**

rental skis and snowboards, basket/ski check relocation (main lodge) and a renovation of the Timbers Bar.

Effective September 1, 2015, Mt. Rose Ski Tahoe will increase its minimum wage for all positions that were previously below, to a new minimum of \$11.00 per hour. The increase represents a 33 percent increase

over the standard \$8.25 an hour mandated minimum wage in Nevada. The wage increase will affect employees in nearly all departments at the resort.

Mt. Rose Ski Tahoe will begin hiring for a variety of seasonal positions for the 2015-16 winter season on October 1, 2015.

## Interested in advertising with the Galena Times?

*Distribution areas include:*

Galena Forest, St. James’s Village, Montreux, Estates at Mt. Rose, Timberline, Saddlehorn, Callahan Ranch, Galena Country Estates, Legend Trails, Rolling Hills, West Washoe Valley, ArrowCreek, Incline Village, Northwest Carson City and growing



APPROXIMATELY 9,000 PAPERS ARE DIRECT MAILED AND 1,000 ARE DISTRIBUTED AT SELECT BUSINESS LOCATIONS.

Contact Richard at (775) 813-7136

Richardk@cbivr.com or visit [www.galenatimes.com](http://www.galenatimes.com)



REGARDLESS OF HOW  
YOU PREFER YOUR STEAK  
THE EXPERIENCE  
WILL ALWAYS BE

*rare.*



TAMARACK JUNCTION  
**STEAK•HOUSE**  
AND LOUNGE

SIGNATURE STEAKS • HAND-CRAFTED COCKTAILS  
WORLD CLASS WINES

FOR RESERVATIONS GO TO  
[WWW.TAMARACKJUNCTION.COM/RESERVE](http://WWW.TAMARACKJUNCTION.COM/RESERVE) OR CALL 775-384-3630.

**JUST NORTH OF THE SUMMIT MALL | 775.852.3600**



# Learn to fly gliders, appreciate nature and topography

By Ken Focht

Once you begin soaring with eagles in the thermals above the Carson Valley or Lake Tahoe, you will have a different perspective of the beauty of this region. Your first step to feeling lifted is to take an introductory flight in a sailplane. Introductory flights can be taken at our local glider airports such as "Soar Truckee" at Truckee Airport or "Soar NV" at Minden Airport. Accept that challenge and you are on your way to becoming a part of the world of glider pilots.

As with any course of study, the more material you read on your own, the faster you'll learn and the more competent you'll be. Many publications are available from a multitude of sources, including most of the Glider ports. One such booklet that is stuffed full of information for a new or out-of-date glider pilot is the FAA's "Glider Flying Handbook", about \$20. This small compact booklet contains all the theory and essentials of flight, soaring techniques, safety, navigation and meteorology, as well as many of the Federal Aviation Regulations. A good starting point or reference.

You will eventually need to know this material to pass the FAA written examination, therefore you will be studying this material while you are taking your flying lessons.

Lessons can be scheduled at your convenience. The



(Photo by K. Focht)

**Student and teacher enjoy a bird's eye view of Northern Nevada in a Silverado Soaring Club sailplane.**

closer together the lessons are, the easier it is to build on the knowledge gained from previous lessons, and the faster you will learn. Most people try to fly at least once a week, and most prefer to take more than one flight during each lesson.

The sailplane you will fly has dual flight controls, and your instructor will sit behind you. Your instructor has all the directional controls that you have and will show you the control motions or follow along with you as you are learning to guide the sailplane.

You will learn that a sailplane is a docile yet

responsive machine that answers to gentle, coordinated pressures on its controls. You'll learn to fly the sailplane straight-and-level, to turn it in varying degrees of bank, and to recognize and recover from aerodynamic stalls. You will practice flight courtesy and safety, and will glide down to enter the airport traffic pattern at a predetermined altitude. You will fly your approach precisely, land your craft with its wings level, and stop where you want to stop.

Most instructors feel that 30 to 35 flights are the minimum needed for most people with no previous flight experience. An experienced power airplane pilot can generally solo a sailplane in less than 10 flights.

The satisfaction of being able to find rising masses of air to keep you in the air for hours is a great feeling. As you fly with your instructors or other club pilots, you will learn to look for topography that will harness the heat captured by the sun and funnel it up a ravine that will provide you the lift you need to fly for a few hundred miles. My favorite is to find hawks, falcons or eagles that are circling in a thermal and you join them in rising past 10,000 feet. How close to nature in the air can one get?

*Ken Focht is a retired Airline Captain with a major airline and a board member of Silverado Soaring Club, a non-profit corporation. Check out the Silverado Club website at [www.silverado-soaring.com](http://www.silverado-soaring.com).*

## Large Cyclocross event comes to Reno

Jamal Barghouti

This September, for the first time ever, a major cyclocross event comes to Reno. CrossReno, a USA Cycling sanctioned event, promises to bring elite competitors to Rancho San Rafael Park on Saturday, September 19.

"Cyclocross is a unique hybrid event. The bikes look like road bikes, but the terrain is more like what you'd expect for a mountain bike and there are all kinds of obstacles thrown in to challenge the riders," said Teal Stetson-Lee, professional cyclist for SCOTT 3Rox, race director



**Cyclocross is a spectator friendly event. The festival includes live music, a beer garden and food trucks.**

and vice president of operations for ShadowIndustries, the event promoter. "Cyclocross is an awesome spectator-friendly cycling discipline and our CrossReno course caters to all attendees so it can be easily seen and experienced."

CrossReno is expected to attract more than 400 nationally and internationally ranked professional and elite amateur cyclists. Event organizers want to offer pros and amateurs the opportunity to preview Reno as a 2018 Cyclocross Nationals venue.

The festival's music stage features The Letters Home, Failure Machine, The Pretty Unknown, The Novelists and Whitney Myer. Food trucks, a beer garden, and a retail expo ensure spectators enjoy lots of outdoor fun. Visitors from outside of Reno are invited to stay a night at the Peppermill Resort Spa Casino where they can complete the CrossReno experience with an awesome after party featuring DJ Spryte.

CrossReno is family-friendly with a free kids' skills and riding clinic offered by Reno Tahoe Junior Cycling. Other family activities include bounces houses, face painting, and arts and crafts. CrossReno benefits the Boys & Girls



(Photos provided by: J. Barghouti)

**CrossReno will bring elite competitors to Rancho San Rafael Park on Saturday, September 19.**

Club of Truckee Meadows.

Pro riders will compete for a \$10,000 purse, to be split evenly and paid out 10 places for both men and women. Amateur racers will compete for \$5,000 worth of swag prizes. There will also be categories, and prizes, for junior racers and even a free kids' race, for those 9 and under.

"We want race fans to heckle and cheer the racers as they navigate the courses and obstacles. It's a cyclocross tradition and very well-received by racers," said Michelle Quevedo, race director and CEO of ShadowIndustries. "So bring your cowbells, other noise-makers and a lot of enthusiasm!"

Fans are also encouraged to provide "hand-ups" to racers as they go by, including energy drinks, beer, licorice, dollar bills and bacon.

*Jamal Barghouti is a senior at the University of Nevada, Reno where he studies journalism and French. When he isn't working or going to classes, Jamal enjoys strong coffee and bike rides around town.*

**There are No Do-Overs at Retirement.**



Retirement is too late to decide that your investment portfolio will not meet your needs. We specialize in solid, dependable financial guidance designed to help you work towards your objectives throughout your retirement.

Contact us today for more information or to schedule a consultation.



**LPL Financial**

A Registered Investment Adviser  
Member FINRA/SIPC



**Timothy L. Kinsinger**

Certified Financial Planner®  
16520 Wedge Parkway, Ste 300  
Reno, NV 89511

[www.lpl.com/timothy.kinsinger](http://www.lpl.com/timothy.kinsinger) • [timothy.kinsinger@lpl.com](mailto:timothy.kinsinger@lpl.com)

**775-826-8122**



# Wolves, bears, cheetahs, and...pumpkins?

By Heidi Eskew

The anticipation is thick in the crisp, chilly air. The animals know that, today, something special is happening. Over the past few days, volunteers and staff have been in a flurry of activity. Decorations have appeared throughout the park. Dried corn stalks, scarecrows, and ribbons and bows are visible each way that you look. And the pumpkins...pumpkins are everywhere. It's Harvest Festival day at Animal Ark.

The Harvest Festival is part of the animal enrichment program, which encourages stimulation of the animals' natural instincts in order to enhance quality of life. During the Harvest Festival, the animal keepers put special food treats inside of hollowed-out pumpkins and place them inside the enclosures at staggered times so that the public can watch the animals' excitement.

Each animal has a different reaction to the treat-filled pumpkins. For the animals that are smell-sensitive, scents such as cranberry or lemon are used on the outside of the pumpkins in order to create interest. I have seen the bobcats and Canada lynx rub against the outside of the pumpkins as if transferring the scent to themselves like perfume. Some of the animals are suspicious of the pumpkins at first, keeping a safe distance until they smell the delicious food that is encapsulated inside. Animals and visitors alike enjoy the Harvest Festival.

Once the day is done and all of the visitors have departed, the enclosure cleanup falls to a hardy crop of animal keepers who must scoop up the remains of the pumpkins. Some animals keep their pumpkins intact while others rip theirs to shreds. The cleanup chores are worth it as long as the animals have enjoyed the day.

Animal Ark is located north of Reno on thirty-eight acres and primarily features native North American predators, though a few exotic species have found a



Furry friends at Animal Ark enjoy the enrichment pumpkins provide during Animal Ark Harvest Festival on October 17.



(Photos courtesy of Animal Ark)

home there. Since 1981, Animal Ark has provided a safe haven for injured, abandoned and otherwise non-releasable wildlife. Animal Ark educates tens of thousands of children and adults every year about ecological principles and wildlife by providing special programming events and educational tours.

This year, the Animal Ark Harvest Festival will be held on October 17th from 10.15am-2.30pm.

Heidi Eskew has been an Animal Ark volunteer for 16 years. She works at the University of Nevada, Reno for the College of Science as a grants and projects analyst. Visit [Animalark.org](http://Animalark.org) for more information about this wildlife sanctuary.



**CUSTOM**  
PHYSICAL THERAPY  
RELIEVING PAIN, RESTORING FUNCTION

## The FUN place to do rehab.

ORTHOPEDICS - SPORTS MEDICINE - WORKER'S COMPENSATION

We are moving our South Reno location!



### SPARKS

1450 E. Prater Way, Suite 103  
Sparks, NV 89434  
T 775.331.1199 • F 775.331.1180

### SOUTH RENO (NEW LOCATION!!)

734 South Meadows Pkwy, Suite 101  
Reno, NV 89521  
T 775.853.9966 • F 775.853.9969

### NORTHWEST RENO

1610 Robb Drive, Suite D5  
Reno, NV 89523  
T 775.746.9222 • F 775.746.9224

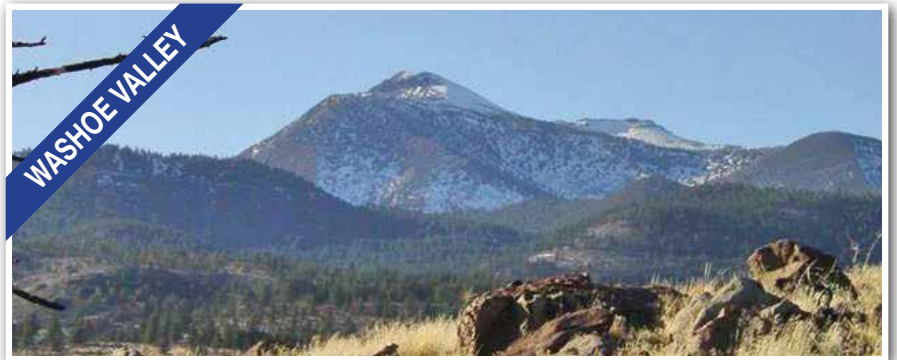
[www.custom-pt.com](http://www.custom-pt.com)



**See All Area Home Sales for the Last 3 Months on [www.GalenaTimes.com](http://www.GalenaTimes.com).**



Large private 12.84 +/- acre parcel. Views of valley from upper part of lot. Paved road access to lower portion of property and dirt road access to upper part of property. Close to skiing, Mount Rose, Lake Tahoe and shopping at Summit Sierra Mall. Lot potentially sub dividable. **\$650,000.**



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. Barbed wire fencing south property line. **\$350,000**



Very private St. James lot located on Bennington Court. This 1.6 acre lot is one of the best lots still available. Live in the trees and enjoy the views this property offers. Close to skiing at Mt. Rose ski area, shopping at the new Summit Sierra Mall and beautiful Lake Tahoe. **\$175,000.**



Located at the end of the cul de sac, this charming mountain home offers privacy, forest views and is one of the few homes in Galena Forest with no HOA or fees. Well maintained with a great floor plan, cathedral ceilings and floor to ceiling windows in the great room. Exposed beams and wood flooring add to the charm. **\$885,000**

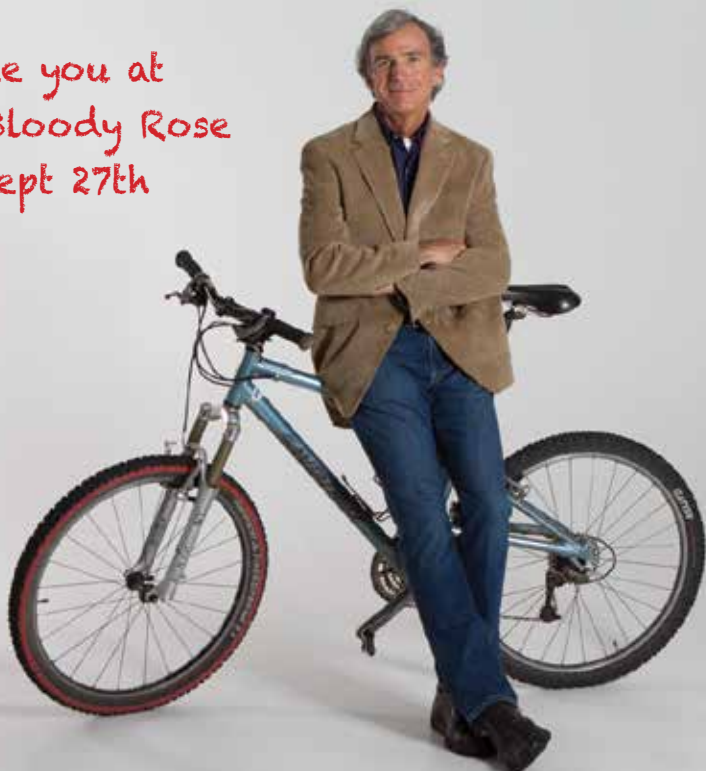


Nestled in the pines of Galena Forest Estates this single level floor plan encompasses 2860 sq. ft. of very convenient living space. Floor plan utilizes the popular "great room" concept with 3 BR and a separate office off of the main entry. The living room overlooks the large rear deck. **\$627,000.**

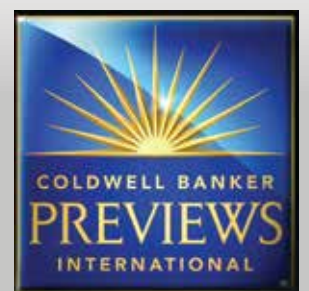


This spacious home in ArrowCreek is located within an easy walk of fabulous amenities. Cul-de-sac location, the open floor plan features a formal living room, dining room, large family room/kitchen area and impressive staircase to the 2nd floor. **\$695,000.**

See you at  
The Bloody Rose  
Sept 27th



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



**Richard Keillor, ABR®**

**775-813-7136** RichardK@cbivr.com

The most trusted name



Click Reno Real Estate and then click this button:

Recently Sold Homes  
in your area



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



Expansive view right on the green at Somerset. Open kitchen with cherry cabinets and granite counter tops, family room with gas fireplace. High ceilings in dining and living area with floor to ceiling windows on both sides - lots of natural light. Over sized master bedroom offers view of golf course, large bath and walk in closet. Newly painted. Somerset offers great amenities: pool, tennis and expansive gym. **\$515,000**

## RICHARD'S CLIENTS TALK BACK

*"Our experience with Richard Keillor has been excellent. He showed great patience in finding the perfect house for our needs, which admittedly wasn't easy, and took some time. In spite of the time needed, Richard showed great patience throughout the whole process. He never gave up on us, kept regular communication, and didn't pressure us to make the wrong decision."*

*~ Linda & Paul, New Galena Forest Neighbors*

To view all MLS listings, not just mine...visit my website today. **www.richardkeillor.com**

**Find out  
the  
secret:**

**www.tpgwest.com**

me in Northern Nevada Real Estate . . .

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



See All Area Home Sales for the Last 3 Months on [www.GalenaTimes.com](http://www.GalenaTimes.com).



Large private 12.84 +/- acre parcel. Views of valley from upper part of lot. Paved road access to lower portion of property and dirt road access to upper part of property. Close to skiing, Mount Rose, Lake Tahoe and shopping at Summit Sierra Mall. Lot potentially sub dividable. **\$650,000.**



Very private St. James lot located on Bennington Court. This 1.6 acre lot is one of the best lots still available. Live in the trees and enjoy the views this property offers. Close to skiing at Mt. Rose ski area, shopping at the new Summit Sierra Mall and beautiful Lake Tahoe. **\$175,000.**



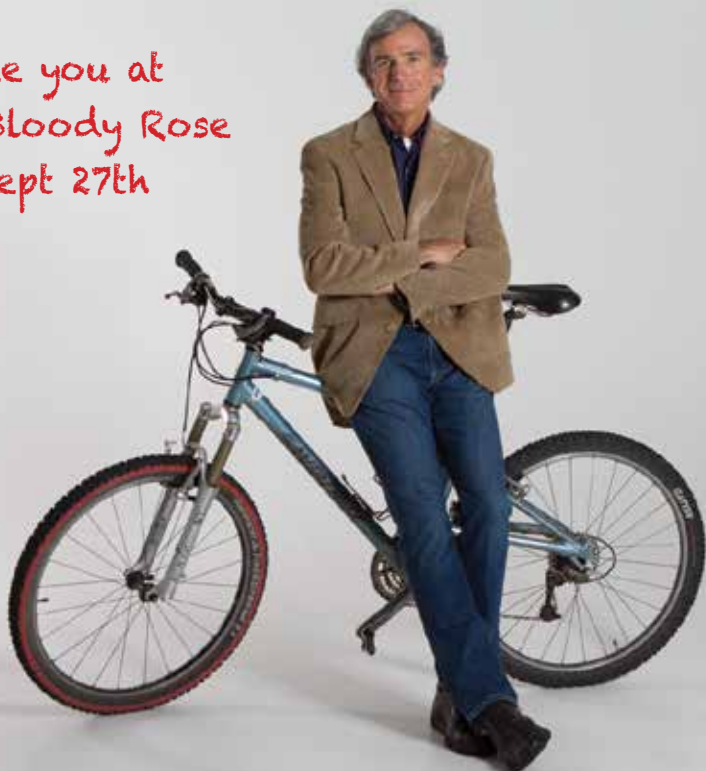
This executive family home offers elegant, yet casual living inside and out. Spacious gourmet kitchen includes Thermador gas cook top, center island, generous pantry, custom cabinetry and lighting with granite countertops. Family/living area has over the top wet bar and refrigerated wine closet. Upstairs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

### ***RICHARD'S CLIENTS TALK BACK***

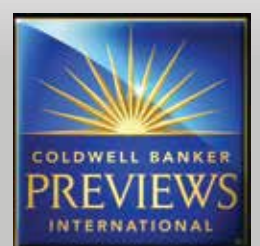
*"Our experience with Richard Keillor has been excellent. He showed great patience in finding the perfect house for our needs, which admittedly wasn't easy, and took some time. In spite of the time needed, Richard showed great patience throughout the whole process. He never gave up on us, kept regular communication, and didn't pressure us to make the wrong decision."*

*~ Linda & Paul, New Galena Forest Neighbors*

See you at  
The Bloody Rose  
Sept 27th



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



**Richard Keillor, ABR®**

**775-813-7136**

**RichardK@cbivr.com**

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

**[www.richardkeillor.com](http://www.richardkeillor.com)**

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

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



Click Reno Real Estate and then click this button:

Recently Sold Homes  
in your area

**OUR STRENGTH  
IS OUR PEOPLE**

**WesternTitle**  
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

**Find out  
the  
secret:**

**www.tpgwest.com**

**KEEP IT LOCAL WITH**  
*Fresh from our pure Nevada spring.*

**RED ROCK  
SPRING WATER**

**THIS WATER ROCKS!**

**BPA FREE  
BOTTLES**

- Nevada mountain spring water
- Locally owned & operated
- FREE home & office delivery
- Hot/cold dispenser rentals
  - 3 & 5 gallon bottles
- Water filtration systems
- Coffee service available
- Small bottles with custom labels

**775-331-5908**  
1145 Icehouse Ave, Sparks, NV  
**www.redrockwater.com**



# Carson Tahoe Health collaboration expands choices for cancer patients in Northern Nevada

Submitted to the Galena Times

Gaining access to world-class cancer care just got easier for Northern Nevadans. A new alliance is bringing state-of-the-art treatment for rare and complicated cancers, expanded avenues to clinical trials, and expert second opinions to the community's doorstep.

Carson Tahoe Health, already the state's only "gold-level" accredited cancer center, is teaming up with Huntsman Cancer Institute. Part of the University of Utah Health Care system based in Salt Lake City, HCI is the only top-level cancer center in the five-state Intermountain West as recognized by the National Cancer Institute. Patients battling cancer in the area will now be able to tap into the nation's most advanced care, conveniently offered through the Carson Tahoe Cancer Center, now an affiliate of Huntsman Cancer Institute, University of Utah.

"By providing expert care based on the same protocols and practice standards that are in use at HCI, this dynamic alliance supports our vision to change the face of cancer care in Northern Nevada," said Ed Epperson, President and CEO of Carson Tahoe Health. "Combining our resources and expertise with the experience and educational opportunities associated with a large academic medical



**Carson Tahoe Health and University of Utah's Huntsman Cancer Institute combine strengths to expand access to local and national resources for cancer patients and their families.**

center creates an exceptional model of care specially designed to meet the unique needs within our community."

So what exactly does it mean for people in Carson City and the surrounding areas?

A cornerstone of the alliance includes multidisciplinary teams of specialists that collaborate to provide patients with coordinated and comprehensive treatment plans

appropriate to the individual cancer diagnoses. Additionally, all patients will now have the opportunity to be reviewed for eligibility to participate in progressive clinical trials. Furthermore, Carson Tahoe physicians will have direct access to HCI specialists for consultations about diagnoses and treatment options. Physicians will also have ongoing continuing education opportunities and access to the latest academic cancer research developments through HCI.

For patients seeking a second opinion, digital teleconferencing will allow them to discuss their case with HCI specialists who have advanced experience treating all forms of adult cancers. If a patient needs to be referred to HCI for a higher level of treatment, designated patient navigators will coordinate seamless care. Navigators will support patients through their courses of treatment at HCI, assisting with everything from booking rooms at the University of Utah's Patient and Family Housing to arranging follow-ups back home when treatment is complete.

The new alliance builds on an existing two-year affiliation and collaboration between Carson Tahoe Health and University of Utah Health Care. The affiliation does not change ownership, local control and governance, or restrict patient choice in providers.

# Stop simple carbs from destroying your child's teeth

By Gilbert Trujillo

Well, it's that time of year again. Kids are back in school and most have extracurricular activities, including sports. It's a time when parents are rushed in the mornings and afternoons, trying to make everyone's schedules work. Many times we resort to feeding our children prepacked foods and drinks during these hectic times.

But not all of them are healthy for their teeth.

Liquid yogurts, sports drinks, breakfast bars, chips, crackers, juice boxes, smoothies, the list of convenient snacks goes on and on. Even fresh fruit has lots of sugar. Sure, they are natural sugars but the bacteria still love those, too. What all these goodies have in common are lots and lots of simple

carbohydrates. Many of these foods are sticky as well.

One thing to remember is that the bacteria that cause cavities love simple carbohydrates. These carbs coat teeth, get stuck in between and packed in the deep grooves. When the bacteria consume simple carbs stuck on your children's teeth, they secrete acid. Acid is the cause of cavities.

Brushing and flossing will remove these carbs off the teeth, but many times carbs are left on teeth for hours before any brushing and flossing occurs. And many kids don't even floss. This is why so many of them develop lots of cavities. By the time our kids brush and maybe floss at night, the carbs and bacteria have already caused some damage to the enamel of their teeth. Multiply this by 365 days and it's easy to see why dental decay is still such a big problem.

So what can we all do as parents in a busy world? A few easy steps will make a profound difference in the health of our children's teeth and their overall health.

First, is to brush and floss at least twice

a day — once after breakfast, and once after the last meal of the day. If your child snacks often, then increase the brushing and flossing. Many kids are not effective at brushing and flossing and a parent helping them is the best way to ensure that the teeth are getting properly cleaned.

Second, try to limit the simple carbs. Choose snacks like string cheese or veggies instead. Water is better than sugary drinks (and much cheaper).

Third, see your pediatric dentist who can coach you on proper brushing and flossing techniques for your child and other preventative measures such as sealants, fluoride, etc.

Have a great school year!

*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.*

**SOUTH RENO VETERINARY HOSPITAL**  
Matt Schmitt, VMD  
18603 Wedge Parkway • Reno, NV 89511 • 775.852.2244 • SouthRenoVet.com

**EXAMS DENTISTRY SURGERY LAB PHARMACY EMERGENCY**

**OUR SERVICES**

**PREVENTATIVE MEDICINE**  
Exams • In-House Blood Screening • Vaccines

**DIAGNOSTICS**  
In-House State of the Art Lab • Digital XRays

**SURGERY**  
Surgical Suite for Most Procedures, Including ACL  
Advanced Vital Sign Monitoring During Anesthesia

**DENTISTRY**  
Ultrasonic Scaling for Effective Tartar Removal  
Digital XRays • Oral Surgery

**PHARMACY**  
Full Line of Pharmaceuticals  
Specialty Medications Available Next Day

**NEW SERVICE • HOUSE CALLS!**  
Perfect for Homebound People, Anxious Pets and Giant or Large Breed Dogs  
**House Call Services**  
Exams • Vaccinations • Prescriptions & Treatments • Blood, Urine & Skin Cell Samples

**Bring The Pet Doctor to Your Door**

**Schedule a House Call**  
**775.852.2244**

VIP Program Exempt

**VERY IMPORTANT PET CARE SAVINGS PROGRAM**  
A Year of Care at an Affordable Price • \$99  
Plans for Puppies & Kittens, Adults and Seniors • Learn More at SouthRenoVet.com

**Hours**  
Monday, Wednesday, Friday 7am - 5pm  
**Early Morning Hours!**  
Tuesday, Thursday 7:30am - 7pm  
**Evening Hours!**

**EMERGENCY PET VET**  
On Call | After Hours | Open To All  
**775.852.2238**

*Ready2Heal*  
Holistic Health Coaching

**CONNECTING HUMANS AND HORSES WITH THEIR TRUE POTENTIAL**

**Kerstin Tracy, MS, LMT**  
**775.400.0058**  
**www.Ready2Heal.net**  
**6135 Lakeside Drive, #119, Reno**



# When stressed choose daydreaming over procrastinating



By Kerstin Tracy

Do you feel stressed? Every single day we are bombarded with many internal thoughts and an enormous amount of external stimuli. Stress actually influences our lives so much that we are used to it and don't even notice it – until our bodies react with insomnia, immune issues or headaches.

Mental and emotional stress wreaks havoc in our brains and hence our nervous systems. This refers to worries or fears, doubts or even procrastination – they all lead to massive releases of neurochemicals in the brain which in turn can cause major damage in the tissues.

World renowned brain researcher Mark Waldman states in a recent interview that a single moment of intense stress is enough to shut down activities in the frontal lobes which are the parts of the brain behind the forehead that we use for every executive function. It actually means that with stress we cannot think well, work well, talk well or have fun.

Under stress the motivational center in the brain shuts



off. Dopamine, one of the 'happy' neurotransmitters, decreases. Brain scans have shown that the area for consciousness shrinks under stress, which affects our decision making process so we can no longer solve multiple problems.

Stress is infectious – when we are stressed it has an effect on the ones around us. Once we learn to turn stress around, we then can affect those around us in a positive way, too.

Did you know that the right side of the frontal lobe thinks more negatively and the left side hosts more positive thoughts? Under stress, the right side then

shuts down the left, 'happy' side of the frontal lobe.

What can we do to? To mentally relax we can begin to relax physiologically:

- Roll your head in a circle – extremely slowly. You will relax, but you will also realize how tense some areas in your neck are. You become aware and mindful.
- Yawn 20 times in a row and give your brain a 'happy' break.
- Breathe slowly through your nose and pay attention to the cool air entering your nostrils.
- Daydream or take a nap.

Remember that 90 percent of the problems you have are thoughts about something in the past or about something that could happen in the future. Be present and realize what is working out well in your life right in this moment.

*Kerstin S. Tracy helps transform the lives of humans and horses using powerful tools and techniques that help them break through blocks and get unstuck so they can transform their lives, energy and spirit. Kerstin holds a Masters Degree in Sports Science, is an advanced practitioner in Upledger CranioSacral Therapy and Equine Craniosacral Bodywork as well as a Master Certified Holistic Manifestation Method Coach.*

## E-Bikes make you move right along

By John Sagebiel

Electrically assisted bikes, commonly called E-Bikes are fun and functional as well as a convenient way to trek around. I should know; I've owned three so far. I use them most commonly for commuting, but I run errands on my bike and enjoy the experience as a great way to get around town. E-Bikes come in two basic design configurations. Different styles of bikes support your interest and use of the bike.

Many people like E-Bikes because they offer an easy and simple way to get around without breaking too much of a sweat. With electric assist a rider can control how much of a workout they want. You can always pedal an E-Bike without using the motor or with the lowest or highest amount of assistance for the terrain or desire. Generally they are easy to park and store.

Randy Collins of College Cyclery in Reno, Nevada has been selling E-Bikes for the last year and has supported the surge of interest by carrying a quality line of bikes. The iZip and Hai Bike are designed and built around Bosch center-

drive motors as well as Curry Tech hub driven motors. College Cyclery stocks a demo bike for anyone interested in trying out the E-Bike technology.

Collins is excited to see how much people really enjoy the E-Bike as an alternative bicycle.

"The demographics of the riders vary from commuter to advanced mountain riders and include people with physical limitations that would preclude them from riding traditional bicycles," Collins says. "E-Bikes have the capacity to equalize riders, thereby allowing riders of all stripes to ride together."

Some design differences people will notice is the location of both motor as well as battery. Motors are either located in the front or rear hubs on the wheels, or as a part of a center-drive motor located at the pedals. Both types of drives can be used for city riding, carrying cargo and mountain biking. Most models can accommodate paved roads and bike paths or dirt for the mountain bike models.

In the near future the center-drive systems will become the drive of choice

for mountain E-Bikes. Center-drive drives the front sprocket and allows the motor to use the gears similar to pedaling a bike. Due to their location on the bicycle, center-drive motors have the capacity to create excellent stability. Batteries are often mounted to the lower tube of the frame or on a rear cargo rack.

For those interested in legalities of E-Bikes, NRS code 484B.017 classifies the electric and pedal assist bikes. If your bike meets the definitions, it can be operated and is recognized as a traditional bicycle. The law applies to city and county roads only. So far there are no current requirements or accommodations for E-Bikes on dirt single-track trails in the US Forest Service areas of Nevada. Off-road use may also be additionally restricted.

E-Bikes are an exciting and fun way to get around, run errands and commute or to just enjoy a lazy summer-time ride down along the Truckee River.

*John Sagebiel is a chemist with a deep appreciation for and understanding of the natural world. He is an advocate for and a practitioner of sustainable living. Together*



**Randy Collins of College Cyclery in Reno has been selling convenient E-Bikes for the past year.**

*with his wife, he designed and built a net-zero energy home in Reno. He is an avid cyclist, riding as much as he can and competing in mountain bike races around the US and internationally.*

## Exercise helps depression and anxiety



By Andy Pasternak

I was fortunate to recently attend a medical conference featuring two prominent trail runners talking openly about their personal struggles with depression and anxiety. Their stories were incredibly personal and moving. As a physician, their talk also reinforced the important role of exercise in treating depression.

Depression is incredibly common. Roughly 10 percent of the population will have depression this year and 17 percent of people battle depression during their lifetime. For many people, family physicians are

the first place to get help within the medical system.

While I frequently prescribe medications for depression and anxiety, I also emphasize the importance of exercise. Numerous studies have demonstrated that a regular exercise program works as well as medications for depression and the combination of exercise plus medications works better than either treatment alone.

Why does exercise work? We're not entirely sure. However, we do know exercise releases particular chemicals in your brain and body that improve your mood. Exercise also decreases other immune chemicals that make depression worse.

In addition, exercise allows people to gain self-confidence when they meet their exercise goals,

distracts them from their worries while they are exercising, and increases social interactions which all seem to improve mood and reduce depression symptoms.

Getting people to exercise when they are depressed or anxious, however, is often easier said than done. Even for these talented, accomplished trail runners who obviously enjoy what they do, when their depression symptoms flare up, they have days when they just don't want to lace up their shoes to get on the trails.

If that happens, a number of strategies can help out. These include engaging your friends and family to help support you, setting a shorter goal of just 5-15 minutes of exercise, or focusing more on physical

*continued on page 14*



# Enriching lives through pet adoption



By Matt Schmitt

Opening your heart and home to an adopted pet leads to a path full of riches. Just when you think that you're fulfilling a homeless pet's dream of a Forever Home, you realize that it's you who gets the gift of great love and affection, and the joy of a loyal companion. For a smooth transition when bringing your new family member home, follow these steps.

## Get off to a healthy start

Even though your new pet may come with current vaccinations, it's wise to get a comprehensive physical exam, complete with blood analysis for heartworm and parasites. Overcrowded conditions of shelters make for easy transmission of disease that may not be apparent at time of adoption. Important first steps to assure pet health include a comprehensive blood test analyzing red and white blood cells to detect infection, and a blood chemistry analysis to check liver and kidney values and measure electrolytes. These not only help detect disease, but also serve as a baseline for future health exams.



A fecal test can help detect intestinal parasites that sap blood and nutrients. This is especially important if your new pet looks malnourished, but may actually have a condition that needs treatment.

Some intestinal and skin parasites can also quickly transmit from your new adopted pet to those at home, so it's best to get your new pet tested, for everybody's sake.

Cats should be tested for leukemia and immunodeficiency viruses. They can also experience upper respiratory disease. Pay particular attention to

sneezing and eye problems in your adopted cat.

Dogs can be prone to kennel cough.

## Adjusting to home

Make sure that your new family member is microchipped and has a collar with ID tag. Take special measures to help everybody get to know each other. That includes pets, kids and adults. Get a bag of food that the shelter fed, and introduce new food gradually when changing brands. Designate a pet space that serves as a secure, quiet area for "alone time."

Establish an exercise routine. Exercise and play help ease stress and anxiety, and allow for bonding with your new pet. Shyness, anxiety, restlessness, excitement, crying, barking and poor appetite are all symptoms that last just a few days as your pet transitions to new surroundings.

Taking these simple steps when bringing home a new family member will make for a smooth transition and a happy, forever home.

*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.*

# Rockin' the garden with low-maintenance landscape options

By Mary Sattler

Landscaping serves two main goals, to increase the marketability of the property and to enhance the looks of a particular piece of property. This can be done through the use of plants, fencing, lighting, water features, walkways and

terracing with retaining walls. Different landscaping techniques that include rocks can also cut down on blowing dirt, aid in weed suppression, work on erosion control, act as a fire barrier, and generally improve the quality of soil where the addition of plants are used.

Rocks have become a popular, low maintenance and inexpensive choice for homeowners to incorporate into the landscape. Rocks can be used to highlight an interesting spot or special plant, divert water, define a pathway and to hide flaws in the landscape. Best of all, rocks come in a large variety of shapes, colors and sizes and may be used in virtually every application in a landscape.

**Accent Boulders.** A large boulder can be used as a focal point in your garden. Choose one with an unusual shape or color. Bury the bottom third of the rock for a more natural effect. Plantings, pebbles, or gravel soften the look of the boulder.

**Ground Cover.** Landscaping rocks ranging in size from 1/4" to 1-1/4" are among the best options for ground cover. Ground cover rocks are available in different colors. With the addition of a pre-emergent during the dormant season, applied over the top and watered in, weeds shouldn't ever be an issue.

**Flower Bed Border.** Rocks can be a good option for natural edging material to define vegetable or flower gardens. Different types of rocks can be used for this purpose.

**Walkways.** DG (crushed granite) works well and by spreading it at least 2" deep, it creates an effective weed barrier.

Other options include stepping stones. In the spaces between the stepping stones, fill in the gaps with smaller rocks or gravel or use ground cover plant material.

**Pond Border.** Rocks are excellent as an edging material for the garden pond. Rocks hide the edges of the pond liner. Mortar may be used to hold rocks in place.

**Waterfalls and Dry Stream Beds.** Flat rocks in the spillway will create as cascading effect. Collect stones of different shapes and sizes to create a natural feel. Pond foam may be used to seal cracks. In a dry stream bed incorporate some twists and turns so the flow of rocks will more closely mimic water.

**Rock Garden Plants.** Not just any plants are suited for rock gardens. Rock gardens tend to share certain characteristics to xeriscaping which make plant selection important. The following characteristics should be considered: drought resistant, a need for good drainage, and a compact growth habit. Group plants with similar growing requirements together.

*Mary Sattler is the events and classes manager at Greenhouse Garden Center with 18 years of experience. She is Nevada Nursery Worker certified as well as Master Nursery certified. For more information, visit Greenhouse garden Center at 2450 S Curry Street in Carson City, or call (775) 882-8600.*

## 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.



David Ruf  
Greenhouse  
Garden Center  
Owner



775.882.8600

2450 S. Curry Street, Carson City  
Open Mon-Sat 9-5, Sundays 10-4

[www.greenhousegardencenter.com](http://www.greenhousegardencenter.com)

## exercise continued from page 13

activity (anything that gets you off the couch and moving) instead of worrying about getting in an "exercise session."

Another important topic I took away from their talk was the perceived stigma of mental health issues. Both of these very successful people felt this stigma delayed them getting care. Getting over this barrier is often one of the first steps to getting help and feeling better. If you or someone you know is feeling depressed or

anxious, make sure to reach out to friends, family and your primary care physician. Remember, depression and anxiety are common and are usually very treatable.

*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.*



# Weekend brunch deserves a sparkling highlight



Linda Petrini

By Linda Petrini

Something makes a weekend brunch so deliciously decadent. Saturday or Sunday brunch can be a relaxing party with family and friends or a special occasion. And a brunch usually means that an extra effort is made to make very yummy, creative foods as well as drink some special Champagne and/or wine.

Champagne is a favorite go-to beverage for brunches. And it comes in many varieties to appeal to every palate and every occasion. It is often produced from the grapes of Chardonnay, Pinot Noir or a blend of each. It ranges from very dry to semi-sweet. Champagne can put a smile on most everyone's face. And, of course, it is low in alcohol, so it is easy to sip midday.

How does one choose which Champagne to buy? Here is a quick cheat sheet: Extra-Brut has no sugar, so it is the driest and usually requires food for balance. Brut has a small amount of sugar and it is the most popular. Extra Dry will have a little more sugar than the Brut and is easily sipped without food. Demi-sec is the sweetest champagne. This choice is usually served as dessert or with dessert.

You may also choose your Champagne or sparkling wine based on price. As a general rule, non-vintage champagnes are going to be a little easier on the wallet. The winemaker is blending multiple vintages to get the best result. Conversely, vintage Champagne is usually something special. When extra time and care are taken, the price will rise. As tempting as it may be to choose on price alone, many of these "good deals" should come with a bottle of aspirin for the following day. These choices are best used in mimosas.

Champagne is not for everyone. What are the still wine options for the festive brunch? I am a big fan of Rosé. It's fun, refreshing, low in alcohol and very food friendly. This is a great feature when you have a brunch with a wide variety of dishes. If you like a little sweetness in your brunch wine, I suggest a chilled Black Muscat. Other considerations would be Pinot Gris/Grigio, Sauvignon Blanc or an unoaked Chardonnay.

I have included one of my favorite frittata recipes that is both easy and elegant. I hope you enjoy it.

Linda Petrini has been a "Virtual Sommelier" for 20 years, specializing in California boutique wines. She is now expanding her business to include customized Wine and Food Pairing Events for family/friends, corporate dinners, business marketing and fundraisers of any size. She will also design a customized wine tour for any California region. She can be reached at Linda@WineFoodLaughter.

## Cherry tomato frittata with corn, basil and goat cheese



Combining fresh cherry tomatoes, sweet corn and aromatic basil, this frittata showcases summer ingredients at their peak of flavor.

Serves 8

### INGREDIENTS:

10 eggs  
1/4 cup heavy cream  
6 oz. goat cheese, crumbled  
3 Tbs finely chopped fresh basil  
1/2 tsp lemon zest  
1 1/4 tsp kosher salt, plus more for sprinkling  
1/4 tsp red pepper flakes  
Freshly ground black pepper, to taste  
2 Tbs unsalted butter  
Kernels cut from 1 ear of corn (about 1 cup)  
1/2 pint small cherry tomatoes

### DIRECTIONS:

In a large bowl, whisk together the eggs, cream, 4 oz. of the goat cheese, 2 Tbs of the

basil, the lemon zest, the 1 1/4 tsp salt, the red pepper flakes and black pepper. Set aside.

In the deep half of a frittata pan over medium heat, melt 1 Tbs of the butter. Add the corn and cook, stirring occasionally, until softened, about 5 minutes. Add the egg mixture and cook, gently scraping the sides and bottom of the pan with a rubber spatula to allow the uncooked eggs to flow underneath, about 2 minutes.

Reduce the heat to low, place the shallow pan upside down on top of the deep pan and cook until the frittata is partially set, about 5 minutes. Remove the shallow pan and arrange the cherry tomatoes and the remaining 2 oz. goat cheese on top of the

frittata. Cover with the shallow pan and cook until the eggs are almost completely set, 7 to 9 minutes more.

Remove the shallow pan, set it over medium heat and melt the remaining 1 Tbs butter. Place the shallow pan upside down on top of the deep pan and flip the frittata into the shallow pan. Cook, covered, until the eggs are completely set, about 3 minutes. Flip the frittata back into the deep pan, remove the shallow pan and gently shake the deep pan to loosen the frittata.

Slide the frittata onto a cutting board. Top with the remaining 1 Tbs basil and a sprinkle of salt. Cut into 8 wedges and serve.

Source: Williams-Sonoma Kitchen

Ph:(775)391-3166

**Professional Tutors**  
**Real Results**  
**RenoTestPrep.com**

Mention This Ad For a Free 1-Hour Consultation

## Sunrise Window Cleaning

- Windows cleaned inside and out plus screens.
- Specializing in large custom homes using purified water-fed pole and brush system.
- Free Screen cleaning (a \$2 per screen value to new customers)
- If you are not 100% satisfied you don't pay.
- Licensed and insured.

**775-250-6433**

Email for references: swcreno@gmail.com

After 32 years with UPS you can trust me in your home.



**GET YOUR CAR  
SPARKLING  
CLEAN INSIDE  
AND OUT AT  
WINNER'S CROSSING**

New state-of-the-art equipment to provide a superior wash that's safe for even the finest luxury cars.

Full Service washes clean & vacuum the entire vehicle.

Express washes include free vacuum use for the ultimate in value and personal touch.

CAR WASH  
GASOLINE  
OIL CHANGE  
CONVENIENCE STORE  
BERTHA MIRANDA'S  
YOGURT BEACH

**WINNERS CROSSING**

LONGLEY & SOUTH VIRGINIA



WinnersCrossing.com





# Cinderella brings dreams to life at Bartley Ranch

Submitted to the Galena Times

Sometimes you just need to hope and to dream to make things happen. That's what Janet Lazarus thought when she decided to found the non-profit Sierra School of Performing Arts in 2005.

"I dreamed of forming an organization that could produce outstanding musical theater," Lazarus said. "There really wasn't anyone doing it in our area."

That was ten years ago and today Sierra School of Performing Arts has become one of the best musical theater organizations in Northern Nevada. In honor of its tenth anniversary, SSPA will present Rodgers + Hammerstein's award-winning Broadway musical Cinderella September 4-6 and 11-13 at 7:30pm at the Robert Z. Hawkins Outdoor Amphitheater at Bartley Ranch in Reno.

This lush production features incredible orchestration with an 8-piece band, jaw-dropping transformations and all the moments you love – the carriage, the glass slipper, the grand ball and more.

This year, SSPA was fortunate enough to get Cami Thompson to play the role of the Fairy Godmother. Audience members will be transported back to their childhood years as they rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago" in this hilarious and romantic Broadway experience for

anyone who ever had a dream.

From the same directors who brought you "Fiddler on the Roof" last year, director Janet Lazarus has once again teamed up with musical director Terry Thompson and choreographer Amanda Albert to stage this production of Cinderella which will thrill audiences of all ages. Exquisite costumes, sets and dance numbers featuring members of the Reno Dance Company under the direction of Lesa Dusich will add a touch of elegance to the scenes.

Tickets are available online at [www.sierraschoolofperformingarts.org/tickets](http://www.sierraschoolofperformingarts.org/tickets). New this year – all seats will be reserved – so buy your tickets early to insure the best seats in the house. VIP Tickets are \$40 and include reserved seating in the first three rows and premier parking. (Advance sales only.) General seating is \$20 (advance) and \$25 (door), grass seating is \$18. Blankets and low back chairs are recommended for those seated on the grass. No coolers or glass are allowed. Gates open at 6:45pm.

Food and beverage trucks will be on site for your dining pleasure including the Codfather, Sublime, Sweet Creams and The Tap Wagon. A portion of the food and beverage proceeds will go back to SSPA.

Cinderella is presented through special arrangement with R&H Theatricals and is produced in part by grants from the Hawkins Foundation, the Nevada Arts Council, the Rochlin



(Photo by N. Orme)

Sierra School of Performing Art celebrates its tenth anniversary with Cami Thompson as the Fairy Godmother and Olivia Swearingen as Cinderella in Rodgers + Hammerstein's award-winning musical.

Foundation, and the National Endowment for the Arts. SSPA is a Nevada-based 501c(3) organization which aims to make quality performing arts opportunities available to all ages in Northern Nevada.

The cast and crew of this production include more than 50 people with Reno's own Cami Thompson as the Fairy Godmother, Olivia Swearingen as Cinderella, Thomas Thompson as the

Prince, Dan Robbins as the King, Lynette Gardner as the Queen, Jared Lively as the Herald and Daniel Owens as The Chef. The roles of the Stepmother will be split between Cindy Sabatini and Judy Davis Rounds, and Step Sisters Nicole Delbridge, Ella Santos, Aleta Vitkus and Noelle Rubinstein.

"With all this incredible talent," says Lazarus, "it's easy for my dreams to come true."

**Guaranteed**  
retirement income  
should feel this great!

Are you 50 or older and looking for a guaranteed\* income stream for life of 8%, 9%, 10% or more at retirement? Consider a new Deferred Income Annuity.

To learn more, contact Hawley MacLean to get your customized consultation and to see if it's right for you. 775.329.3041 x 105

**MFG**  
MacLean Financial Group, Inc.

[hawley@macleanfinancialgroup.com](mailto:hawley@macleanfinancialgroup.com)  
[www.maclefinancialgroup.com](http://www.maclefinancialgroup.com)  
1325 Airmotive Way Suite 390  
Reno, NV 89502

\*The guaranteed death benefit and payment of lifetime income are contingent upon the claims-paying ability of the issuing company or companies.  
NOT A BANK OR CREDIT UNION DEPOSIT OR OBLIGATION. NOT FDIC OR NCUA INSURED. NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY. NOT GUARANTEED BY ANY BANK OR CREDIT UNION. CRN201604-181434

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](http://silversagecenter.com)



# See Lake Tahoe come alive, artfully

By Amanda Horn

This fall, experience one of America's most beloved landscapes like never before—through the eyes of 175 painters, photographers, architects, basket weavers, and sculptors. Prepare to immerse yourself in panoramic landscapes, sail on turquoise waters, soar to breathtaking mountain views. Step into the Silver State's only accredited art museum to see Lake Tahoe come alive, artfully.

The Nevada Museum of Art, Donald W. Reynolds Center for the Visual Arts, E. L. Wiegand Gallery has organized the first major art historical survey exhibition of historical painting, Native baskets, photography, architecture, and contemporary art dedicated to Lake Tahoe, Donner Pass, and the surrounding Sierra Nevada region. Tahoe: A Visual History spans over two centuries of cultural and creative production and features more than 400 artworks by 175 artists.

Five years in the making, the exhibition

combines historically significant cultural and art objects with contemporary works inspired by a shared reverence for our region. Nevada Museum of Art Senior Curator and Deputy Director Ann Wolfe curated the show.

"Many books and museum exhibitions have been devoted to the art of America's most scenic and iconic landscapes," Wolfe said. "Thanks to such scholarship, it is easy to conjure a mental image of the art of Yosemite, Yellowstone, Niagara Falls, or New York's Hudson River valley. The same cannot be said for the vicinity of Lake Tahoe. This exhibition, and accompanying book, surveys the contributions of hundreds of artists who have made work in or about the region."

By presenting the exhibition somewhat chronologically and also thematically, Wolfe hopes to encourage meaningful dialogue among museum attendees while simultaneously providing historical perspective.

"Art produced in and about a place helps define its cultural identity," Wolfe said. "Without knowledge or shared understanding of a region's art and history, it is impossible to celebrate or critically examine its contributions to the broader culture."

Tahoe highlights include the largest collection of Washoe baskets ever displayed in one place, a 6x10-foot painting of Donner Lake by Albert Bierstadt, and rare drawings by Frank Lloyd Wright for a 1923 "Summer Colony" at Emerald Bay that was never built.

Tahoe: A Visual History is on view through January 10 exclusively at the Nevada Museum of Art in downtown Reno. A 488-page book by the same name, co-published with Skira Rizzoli and distributed by Random House, accompanies the exhibition and is available for purchase in the Museum Store.

*Amanda Horn is the director for communications at the Northern Nevada Museum of Art in Reno.*



**Frank Lloyd Wright, Lodge Type Cabin, Lake Tahoe Summer Colony, California: Perspective and Plan, 1923, Graphite and colored pencil on Japanese paper.**

# Food Trucks add fresh choices to ancient history



**Paul Andrew**

By Paul Andrew

Since the beginning of time, man has enjoyed the satisfaction of a hearty, filling meal. Mankind is also a species that thrives on being "on the move", never satisfied in being stagnant in one location. Because of the cravings and nature of humans, there is a long and colorful history of the "Food Truck" that has made

a popular resurgence today.

In the days of the Roman Empire, Brutus Gluttonous Maximus, found it profitable to load his wagon with fish and chicken left over from Caesar's latest feast, then leave town before the townspeople he sold the goodies realized they paid top dollar for second-hand food.

Robin Hood and his Merry Men refined the Food Truck philosophy after pillaging the King's kitchen, then driving their goods through the peasant villages distributing feasts to the poor out of the back of their horse-drawn wagons. Pursuit by the King's army required mobility by the vehicle.

After years and years of stagnation in the industry, where about the only mobile food that could be purchased



**Experience a range of culinary dishes from American comfort to seafood, barbeque, and desserts at one of Reno's food truck gatherings.**

was ice cream or a soggy hot dog out of some old truck playing the same jingle over and over, gourmet meals can now be ordered and consumed throughout the country at events featuring customized Food Trucks.

Locally, Carlo and Kerri Schmitt, also known for their "Lights of Tanea" Christmas extravaganza in the neighborhood behind Raleys off Mt. Rose Highway, recently invested in a Food Truck that is cleverly named "The Codfather", specializing in seafood delicacies, such as clam chowder, fish and chips, and shrimp tacos.

Joining the craze that has only been going on for about five years, Schmitt has found this an exciting post-retirement endeavor, that is hard work, but satisfying.

"We're unique in what we serve, as there aren't other Food Trucks that specialize in seafood," Carlo Schmitt said.

One local event where locals can sample the Schmitts' seafood delicacies, plus 20 or so other scrumptious options is "Food Truck Friday" at Idlewild Park, running through the end of September. Over 2,000 people attend this weekly event which besides different food and drink options, includes entertainment, games and a fun, family atmosphere.

Other events where Food Trucks are present include "Feed the Camel" in front of the McKinley Arts & Culture Center near Idlewild Park on Wednesdays, "Sparks Food Truck Drive-In" every other Friday at Victorian Square in Sparks, plus various independent functions throughout the year.

So, the next time you and your family crave a delicious meal, don't sit in a stuffy, high priced restaurant with a waiter who insists you know his name and leave a big tip, join the growing masses who are enjoying the fun, festive atmosphere and variety of options available when eating out of a Food Truck.

*Paul Andrew is Sales and Marketing manager for Menath Insurance in Incline Village. He can be reached at (775) 762-8204.*

## Student Voices

# College selection process begins early



**Sophie Kim**

By Sophie Kim

The smell of pepperoni and cheese wafts through the air. But this is no ordinary pizza party, it is the annual college kick start for seniors at Sage Ridge. With the beginning of school the tasks of homework, essays and standardized tests resume. But for the seniors there is an additional undertaking – college applications.

According to US Census Bureau predictions, enrollment in colleges is continuing to rise. With acceptance rates expected to fall, the application process has become more frenzied than ever.

Rob Lamb is the college counselor at Sage Ridge and knows about the pressures of college selections.

"With acceptance rates below 10 percent at schools like Stanford, MIT, and most of the Ivy League, applying feels something like a lottery for students," he said.

"Having high grades and test scores isn't enough," Lamb said, adding students must find some way to stand out.

With a significant number of students applying to more than eight colleges, the application process can be quite daunting. There are numerous essays to write, deadlines to meet and decisions to be made.

And according to Lexi Shepherd, a senior at Sage Ridge, the process is definitely stressful.

"Students have to manage applications while also juggling classes, extracurricular activities and volunteer services," she said.

But with the luxury of having the only full time college counselor in Northern Nevada, Sage Ridge students have plenty of support and advice. During talks

and events such as the college kick start pizza party, every senior is assured to be on the same page with the process.

"I have amazing support from my college counselor, so I feel prepared to tackle the process," Sage Ridge senior Elyse Olesinski said. "Although the work is extensive, I appreciate that the schools are committed to learning as much about prospective students to truly help them find the school that will be the best fit for them."

Elyse and Lexi are both dreaming of careers in medicine and research. In our four part series we will follow them as they journey through the college application process. And as we share in their hopes and dreams, meeting of deadlines, acceptances and decisions, we hope to gain better insight into what it takes to attend college these days.

*Sophie Kim is a senior at Sage Ridge School.*



# Maximizing your Social Security benefits



Timothy Kinsinger

By Timothy Kinsinger

Most understand that waiting to claim Social Security benefits can result in higher monthly payments. However, many don't know that there are other ways to maximize their benefits, some of which depend on their marital status.

Understanding the strategies for maximizing your Social Security retirement income benefits should be prefaced with a review of the three basic forms of retirement benefits:

**Worker Benefit:** This is the benefit you receive based on your own personal earnings history, and for which you become eligible after 40 quarters of work.

**Spousal Benefit:** This is the benefit paid to your spouse. For non-working spouses, this is 50% of the working spouse's benefit. For working spouses, it is the greater of the benefit earned from his or her earnings or 50% of the worker's benefit.

**Survivor Benefit:** This is the benefit paid to the surviving spouse, which is paid at a rate equal to the greater of his or her own current benefit, or the deceased spouse's current benefit.

The first and most obvious strategy for maximizing your Social Security benefit is to simply wait to reach age 70 before beginning to take benefits. By waiting until age 70 to receive benefits, your monthly payments may increase by 32%, not including any cost of living increases that may be added to this amount.

## Benefit Maximization Strategies for Married Couples

Married couples have several claiming strategies that may be helpful in getting the most from Social Security, including:

**File and Suspend:** This strategy permits a spouse to claim his or her spousal benefit based on the working spouse's earnings record, while the worker continues to accrue delayed

retirement credits. Under File and Suspend, the higher-earning spouse files for benefits and then suspends them. This allows the lower-earning spouse to claim a spousal benefit, typically 50% of the higher-earning spouse's benefit. The higher-earning spouse will accrue delayed retirement credits which, upon attainment of age 70, the couple can begin using to receive the highest possible amount.

**File a Restricted Application:** A restricted application allows an individual, upon attaining full retirement age, to file only for a spousal benefit, based on the individual's spouse's work record. This allows the individual to accrue delayed retirement credits on his or her own benefit until age 70. Upon reaching age 70, the individual would then switch to his or her own benefit.

**Combination of the Two:** Married couples can combine the above strategies with one spouse filing and suspending a worker benefit, while the other spouse files a restricted application to receive the spousal benefit only.

An individual cannot both file and suspend a restricted application, which is why the combination strategy must be coordinated between the spouses.

## Benefit Maximization Strategies for Divorced Spouses

For divorced spouses, you can file a restricted application for a spousal benefit once you reach full retirement age, as long as your former spouse is 62 or older at the time of your application. You can then delay receiving benefits under your own work record, allowing your delayed retirement credits to build. At age 70, you can switch over to your worker benefit, assuming it is higher than the spousal benefit you've been receiving.

## Benefit Maximization Strategies for Widows and Widowers

Remember, there is no spousal benefit for a widow/widower, but he or she does qualify for a survivor benefit that is equal to 100% of the deceased spouse's benefit (versus the

50% spousal benefit if the working spouse is still alive). This survivor benefit is available at age 60.

If you are widowed and also have worked for 40 quarters, you will have a worker benefit and a survivor benefit. This presents you with several choices. One choice is to file for the benefit that provides you the greatest monthly benefit amount.

Another choice may be to start your worker benefit at age 62 and then switch to the survivor benefit once you reach full retirement age. This option is advantageous in instances where the widowed spouse did not accumulate the same level of benefits as the deceased spouse. Choosing this option allows the surviving spouse to take the higher survivor benefit amount. Because there are no delayed retirement credits earned on survivor benefits, there is no advantage to waiting past full retirement age to apply for survivor benefits.

A final choice is to consider starting the survivor benefit at age 60 and then switching to your own worker benefit at age 70. This strategy allows you to begin receiving income based on the survivor benefit as early as possible and provides you time to build up the maximum worker benefit.

## Considerations for Same-Sex Couples

If you were legally married in a state that recognizes same-sex marriage, your partner may be eligible to receive spousal benefits. If your state does not recognize same-sex marriage, your partner may still be eligible, but you will need to apply for benefits to get a determination.

As you can see, there are several ways you can potentially raise your Social Security benefits. These strategies can help you maximize your benefits beyond what is available to those who simply delay retirement to age 70.

*Timothy Kinsinger, CFP®, is a wealth manager and owner of Nevada Investment Management on Wedge Parkway. He has worked with retirees for over 30 years and currently manages over \$130,000,000 in retirement plans for hundreds of Northern Nevadans. Securities offered through LPL Financial. Member FINRA/SIPC*

# How might higher inflation affect your investments?

Provided by Hawley MacLean

America once experienced something called "moderate inflation." It may seem like a distant memory, but it could very well return in the second half of this decade.

A remote possibility? Most economists think the Fed will start raising interest rates in late 2015 and take them higher in 2016 through a series of incremental hikes – a march toward normal monetary policy, in which the Fed funds rate ranges between 3-5%. Once the Fed begins tightening, it usually keeps at it – as an example, the central bank raised rates 17 times during 2003-06 alone.

Keep in mind that there are two forms of interest rates. Short-term interest rates are mainly controlled by Fed policy. Long-term interest rates ride on the bond market's expectations. Still, short-term rate hikes have an effect on investors as well as lenders. They influence the mood and outlook of Wall Street; they affect interest rates on credit cards, some home loans and short-term savings vehicles.

What if moderate inflation resumes and the Fed reacts? What might higher inflation (and correspondingly higher interest rates) mean for your portfolio? Under such conditions, your investments may perform better than you think.

Equities should still be attractive. The ascent of the federal funds rate should be gradual over the next couple of years, and the market may price it in. A climbing federal funds rate need not become a market headwind. Remember that as the Fed authorized all those rate hikes in the mid-2000s, the market pushed toward all-time highs. When it becomes apparent that the Fed has taken rates too high, then Wall Street tends to adopt a defensive mindset.

Fixed-income investments may hold up well. It is true, long-term bonds may lose market value in a market climate with rising interest rates (though this will eventually promote additional income for investors with patience).



Many investors may see wisdom in a fixed-income ladder, which means putting money into fixed-income securities with staggered maturity dates, typically from one to five years away. As interest rates gradually increase, you can gradually take advantage by replacing the shortest-term security with a medium-term or longer-term security. (Some of the other kinds of fixed-income investments, which have been earning next to nothing, may start to become more attractive; we might see interest-earning checking and savings accounts make a full-fledged comeback.)

In the big picture, consider how unimpeded the Barclays U.S. Aggregate Bond Index (in shorthand, the S&P 500 of the bond market) was in prior rising-rate environments. In the six such instances during the past 40 years (and these periods lasted 2-5 years), T-bill rates increased between 2.3-11.9% while the total annual return for the index ranged from 2.6-11.9%, with most of those total returns varying between 4-6%. For the record, the index posted a total return of 5.97% in 2014.

So, gradually increasing inflation might not hold back the return on your portfolio. Your portfolio aside, what steps

could you take that may put you in a better financial position as inflation normalizes?

You may want to adjust your spending habits. If consumer prices start rising notably, you may decide to spend less and buy less often. You may want to buy durable goods such as cars now rather than later in the decade. You may also want to make your house more energy-efficient, drive vehicles that get better MPG, and take full advantage of your health care coverage – as energy, fuel, and medical costs often rise faster than others.

You could live with less debt. As determined by Bankrate.com, the average credit card currently carries a 15.91% interest rate. Can you imagine that going higher? It almost certainly will when the Fed makes its move. Credit card interest rates are based on the prime rate; movements in the prime rate closely mirror movements in the federal funds rate. Credit card issuers frequently adjust interest rates upward right after the central bank does.

Lastly, remember the upside to rising inflation. A larger annual increase for the Consumer Price Index implies a boost in Social Security income for seniors, and rising interest rates will translate to appreciable yields for risk-averse savers.

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

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.

Hawley MacLean is a registered representative of and offers securities through MML Investors Services, LLC. Member SIPC [www.sipc.org](http://www.sipc.org) [Supervisory Office: 101 Metro Drive, Suite 550 San Jose, CA 95110 (408) 286-4010]. Marketing Pro Inc. is not a subsidiary or affiliate of MML Investors Services, LLC or its affiliated companies.



Great healthcare is closer than  
**you think.**

## Why Choose Carson Tahoe Health?

Reno to Carson City has never been closer than with the completion of the new 395/I-580 corridor. This means you have convenient access to innovative treatment options, comprehensive services and advanced technology all within a healing environment that puts patients first. Voted the 5th most beautiful hospital in the nation by Soliant Health, the regional medical center is the foundation of the entire health system. Whatever your healthcare needs, Carson Tahoe is the answer.

Your healthcare is your choice. When talking with your doctor, insist on Carson Tahoe Health and get the compassionate care you deserve.

For more information or assistance in navigating the healthcare process, call (775) 445-5169.

[www.CarsonTahoe.com](http://www.CarsonTahoe.com)    
1600 Medical Parkway | North Carson City  
(775) 445-8000

Carson Tahoe is a not-for-profit 501c3 corporation.



**CARSON TAHOE**  
— HEALTH —

*Here's to your health.*



# Need New Window Coverings?



BLINDS • SHADES • SHUTTERS • DRAPERIES

## Affordable Blinds & Shutters

Locally owned and operated

**(775) 329-0999 or (800) 400-8840**



**www.affordableblinds.net**



### WE BRING OUR MOBILE SHOWROOM TO YOU!

You can operate and try more than 25 full-sized samples of blinds, shades, shutters and draperies all from the comfort of our climate controlled mobile showroom parked right in front of your home!



**HunterDouglas**

**FREE** in-home design  
consultation

Professional measuring and installation



**Specializing in blind &  
drapery cleaning & repairs.**

**dirtyblinds.com**  
OF NORTHERN NEVADA

#### Ultrasonic Cleaning



Aluminum Blinds • Faux Wood Blinds • Vertical Blinds  
Honeycomb Shades • Silhouettes® • Luminettes®

#### Injection/Extraction Cleaning Certified Fabricare Specialists



Draperies • Top Treatments • Roman Shades  
Honeycomb Shades • Vignettes® • Silhouettes® • Luminettes®  
Pirouettes® • Wood Blinds • Woven Woods • Upholstery  
Wet and Dry Cleaning

**GUARANTEED NO SHRINKAGE OR DAMAGE\***



We use GreenEarth Eco-Friendly Cleaning Solutions!



**Our mobile blind cleaning trailer  
will come to your home or business  
and clean your blinds on site!**

*If your blinds aren't becoming to you,  
they should be coming to us!*

**775-32-DIRTY**  
3 4 7 8 9

**Call for a FREE estimate**

**www.dirtyblinds.com/northernnevada**