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Galena TIMES

Spring 2017

"Serving Northern Nevada"



Ballardini Ranch Trail breaks ground above Galena

By Kevin Joell

Last fall, construction began on the long awaited Ballardini Ranch Trail connecting Ballardini Ranch Trailhead to Thomas Creek Trailhead at the end of Timberline Drive. Once complete, it will offer hikers, runners, mountain bikers, and equestrians five miles of new trail with sweeping views of South Reno and a desired connection between trail access points. The Ballardini Ranch Trail roughly parallels the fire access road above the Arrow Creek development, skirts through Dry Creek and then contours around rolling hills until it connects into the upper trails within Ballardini Ranch.

The northern two miles were built in October and November. Washoe County hired a contractor to rough-in the trail with specialized equipment, and the Great Basin Institute supplied two Nevada Conservation Corps trail crews for a week to begin finish work on the trail. The Tahoe Area Mountain Biking Association organized several volunteer days to assist and get that section ready for winter rains. The section that was built is about 75 percent complete. It is usable trail, however additional finish work is needed to ensure long term usability and sustainability. That will happen in May and will likely be used as a training site for oncoming NCC trail crews.

The southern section, which is approximately three miles, is about half on Washoe County Open Space and half on the Humboldt-Toiyabe National Forest lands. Sections of the trail route still need final approval from the Forest Service to ensure no sensitive habitat or archeological sites are affected. That process is expected to occur this summer with construction starting this



(Photo: K. Joell)

Last fall, Tahoe Area Mountain Biking Association volunteers aided the efforts of Nevada Conservation Corps trail crews in preparing part of the 5-mile Ballardini Ranch Trail that will connect Washoe Valley to trails on Mt. Rose and beyond.

fall. Depending on availability of the NCC crews, final finish work may not be complete until the following summer.

The lower portion of the Ballardini Ranch had been acquired as Washoe County Open Space many years ago. At that time, connecting to Thomas Creek Trailhead was envisioned as a future goal. In 2014, a small trail network that loops through the approximately 110-acre parcel was completed, along with a new trailhead at the end of Lone Tree Lane.

Thomas Creek is a popular trailhead that is often utilized to hike or ride the Dry Pond loop. Hikers or equestrians can also access the Rim-to-Reno trail which connects to Relay Peak and the Tahoe Rim Trail. The Rim-to-Reno trail goes through the Mt. Rose Wilderness and is not open to bicycles.

This project of connecting the Ballardini Ranch and Thomas Creek trailheads is managed by Washoe County Regional Parks and Open Space utilizing funds from the WC-1 Parks, Open Space & Library bond that voters

Letter From the Publisher

After graduating from California State University in Chico, I moved to Northern Nevada in 1983 and thought I had arrived in heaven. The spectacular amount of snow was overwhelming and I had the most amazing winter I can remember. Well, here we are again, three decades later. While this amount of snow sure creates challenges, obviously, the positives far outweigh them.

For people who like the outdoors, a record snowpack means lakes and reservoirs will be full for fishing and water skiing. Backcountry skiing will be incredible well into the early part of summer. For a while, we should be able to enjoy winter sports and summer sports on the same days, a luxury we are afforded here in Reno/Tahoe, the extraordinary place we call home.

It's always nice when you're working out in the yard on a sizzling summer day and you look up to see snow covering the peak of Mount Rose. I'm not sure how, but it makes a hot day seem a little cooler. The snow will be there all summer waiting for next year's flakes to fall. All you Mt. Rose hikers must remember to

Directions to Ballardini Ranch Trail Head:

From South McCarran Blvd., turn south onto Lakeside Drive and drive approximately two miles. (You'll pass the entrance to Bartley Ranch as well as Audrey Harris Park). Turn right onto Lone Tree Lane and drive a little less than a mile. The trailhead will be on your right.

approved back in the 2000 election.

Future plans for heading north from Ballardini Ranch and connecting to the Michael D. Thompson Trailhead at Hunter Creek will create a continuous single-track trail across the Carson Range. This connectivity of neighborhood trailheads will enhance the outdoor recreational opportunities in the area and continue to make Reno a great place to live.

Kevin Joell is chair of the Eastern Sierra Trails Coalition as well as Trails Director for the Tahoe Area Mountain Biking Association. He is a licensed contractor and owner of Sierra Trail Works.

prepare for slippery conditions when trekking to the summit.

I want to thank everybody for all the positive comments that we receive from the community. The Galena Times has been around for a long time now and with the help of many people has become an important part of the community. All your support it is greatly appreciated and continues to spark our enthusiasm.

Happy Trails, Richard Keillor



Richard Keillor enjoys skiing fresh powder in Mt. Rose's back country.

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Online Learning from elementary school to career success with Learning Express Library



By Julie Ullman

As we all know, online learning via the Internet is no longer a new idea. You can even earn college and advanced degrees online. Washoe County Library System offers online learning as well with Learning Express Library, an electronic resource available 24/7 through our website, www.washoecountylibrary.us, and accessible by using your library card.

The mission of Learning Express Library is "to help students and adult learners improve the skills required for academic and career success." Users have access to more than 1,000 tutorials, practice exams, and eBooks for basic skills mastery, academic success, job preparation, and career advancement.

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Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us. For complete information about programs for kids, teens and adults at all Washoe County Libraries visit the library's website at www.washoecountylibrary.us.



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

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

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Volunteer at 2017 PGA TOUR Barracuda Championship

Submitted to the Galena Times

Living in the amazing community of Reno-Tahoe affords access to a wealth of recreation and special events, not to mention an abundance of philanthropic organizations. With so many options on how to volunteer your finite time, how is anyone to decide? Only one volunteer opportunity in Reno-Tahoe provides access to a world-class, level-A professional sporting event while contributing to over 60 charities annually—the Barracuda Championship PGA TOUR golf Tournament.

2017 marks the 19th year of the Barracuda Championship, which is operated by the Reno-Tahoe Open Foundation, a 501(c)3 nonprofit that has contributed over \$3.6 million to charity since its inception in 1999. In 2016 alone, the Foundation donated over \$382,000 to charity, thanks in large part to the many volunteers of the annual tournament.

Tournament staff and volunteers work hard each year to grow their impact on the northern Nevada community. It takes roughly 800 volunteers to expertly operate this PGA TOUR tournament, and new community leaders are joining the ranks each year. Many volunteers have been with the tournament from the beginning and some have even been recognized in the community and nationally for their service to the PGA TOUR.

Volunteers of the tournament enjoy a fun outdoors experience while getting behind the ropes at one of the PGA TOUR's 47 stops worldwide inside the breathtaking community of Montreux Golf & Country Club. A variety of opportunities for volunteers include player and caddie transportation, score keeping, course marshalling, and many other key roles. For anyone unfamiliar to golf, no experience is required and volunteer leaders provide all the necessary training.



ABOVE: Montreux Golf & Country Club hosts the PGA TOUR Barracuda Championship July 31-August 6.

RIGHT: Volunteers are still needed. Perks include a branded uniform, meals and appreciation parties.

Long-time volunteers describe their experiences as "unlike any other volunteer opportunity in the Reno-Tahoe area." In addition to the efforts of volunteering, the job offers a few perks. Volunteers are given an exclusive, branded uniform, meals each day, and volunteer appreciation parties during tournament week and throughout the year.

This year's Barracuda Championship takes place July 31 – August 6, 2017, and it's sure to be a spectacular week filled with exciting new attractions and some great golf action. Whether it's through sponsorship, volunteerism or spectating, it's never too late to get involved.

To become part of Northern Nevada's only PGA TOUR Golf Tournament, visit www.BarracudaChampionship.com or call (775) 322-3900.



(Photos provided by Barracuda Championship)

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Discover little known sport of soaring

By Sergio Colacevich

I started flying gliders in 1978, getting my license the following year. It is my passion. I have flown over 5,500 hours in gliders and in my cross country flying I have flown more than 200,000 miles, which is 8 times the circumference of the Earth.

A typical cross-country flight on a good day, takes off from my home field in Truckee, going south to the White Mountains and east of Bishop, cross to the Tioga Pass near Mono Lake and returning to Truckee over the beautiful Sierras with its rugged peaks and hidden lakes. That is 320 miles. I have been to Mt. Whitney and back several times and made roundtrip incursion into the Oregon border.

On good days, I have flown farther than that, but it is not always easy. At times, it is a struggle to arrive to Bridgeport and then get back. Other times we cannot fly at all because of high winds or stormy weather. And of course, in the winter season flying days are rare.

My own glider has only one seat, so when I want to fly with a friend I get the two-seater of Silverado, a glider club I belong to. Silverado keeps two two-seaters in Truckee during the summer and one two-seater at the Minden airport during the winter season.

Why am I telling all this? You see, this sport is so exhilarating and wonderful but so little known.



When flying with a friend, author Sergio Colacevich boards a two-seater glider from Silverado Soaring Club in Truckee.

I was lucky to have discovered it a long time ago. I want everybody to know that it exists and that it is magnificent and yet surprisingly affordable.

Did you ever wish to fly? While airplanes are expensive – both to learn to fly and to operate – gliders cost much less, especially in operating costs. Glider pilots feel more satisfaction in staying up because they know how to navigate the winds, rather than because

Sailplanes soar above Reno/Tahoe

The Reno area is home to glider operations and clubs in Truckee, Minden, and Palomino Valley. For more information, visit the following websites.

Air Sailing, Inc., www.airsailing.org

Minden Soaring Club, www.mindensoaringclub.com

Nevada Soaring Association, www.nevadasoaring.com

Silverado Soaring, Inc., www.silveradosoaring.org

Soar the Sierra LLC, www.soarthesierra.com

Soaring NV, www.soaringnv.com

Truckee Tahoe Soaring Association, www.soartruckee.org

they have an engine. Yet, gliders are not without power; the atmosphere holds all the power they need to soar. The sport has no special physical requirements, youths can learn it at age 14. If you want, you can do it, too.

Sergio Colacevich is a retired transportation engineer living in Sacramento, CA and a member of Silverado Soaring Club, a non-profit corporation. Check out the Silverado website at www.silveradosoaring.com.

Pump tracks build skill and family fun

By John Sagebiel

Pump tracks are a great way to develop bike handling skills and have fun, but what exactly is a pump track? A pump track is a loop or series of interconnected loops of bumps and banked turns that is most commonly ridden not by pedaling, but by

generating momentum through a series of up and down body movements on the bike. This is similar to how you can gain height on a playground swing by pumping your body and legs to add to the existing movement.

Skills developed riding on a pump track transfer very readily to mountain

biking where the ability to gain momentum on trail bumps can keep you moving farther and faster with much less effort than trying to brake and pedal through bumps and other features. In addition, there is a fun factor: few things can put a smile on your face faster than rolling around a pump track at high speed while not pedaling one bit.

Local residents Mike and Danielle Henderson built a pump track in their back yard and have found that it is both, a fun place to ride for themselves and their two boys, plus it's a magnet for friends. Mike says the best thing about pump tracks is that they are fun for everyone at the same time. Rather than standing around watching his kids play, they go ride the pump track together and all enjoy it at their own level.

"In our backyard, Nash, who is only 2 and riding a pedal-less bike that he propels with his feet, will ride endless laps on the track letting his momentum carry him up the rollers with minimal effort," Mike said.

Meanwhile, 6-year-old Bowie is enjoying learning to pump rather than pedal while also building his bike handling skills on the berms.

"Danielle and I enjoy riding laps on the track and I am working on navigating the S-turns without losing momentum," Henderson said.

In nearby Truckee, an amazing pump track offers an easy loop for little kids, an easy pump track for kids, an advanced pump track for big kids and adults. Those are fun enough, but they also have a dual slalom course, where two riders race down identical tracks, a gravity track where riders can progress from small to large jumps and four technical jump lines with moderate to



Mike and Danielle Henderson built a backyard pump track. It quickly became their favorite place to play with their two sons.

expert level jumps. It's a place where everyone can have tons of fun, in the same place at the same time for hours and hours. I can't think of another sport that can keep everyone from 2 years to 40 years engaged that isn't a TV.

Mike and Danielle's pump track took 100 yards of dirt and four weekends to build. They had some help from light equipment, however, it can all be done with hand tools. A vibratory plate is worth renting for the finish. Maintenance is done, so far, with a rake, shovels and water and probably some weed killer. The track was designed by Lee McCormack and built following the guidelines of his book "Pump Track Nation." Building a pump track is not rocket science, but you definitely want to make sure that things are built to the right height, radius and wavelength. You can't just eyeball it, and once you get something built and compacted it's ten times more work to bust it out and move it.

John Sagebiel is an avid cyclist, riding as much as he can and competing in mountain bike races around the US and internationally.



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Outdoor school makes environmental sciences tangible

By Sue Jacox

Snow, snow, and more snow in the Sierra has everyone very excited about SnowSchool at Galena Creek and overnight science camps in cozy cabins at Lake Tahoe that Great Basin Outdoor School has extended winter student programs through mid-March.

SnowSchool started under bluebird skies with so much snow at the Galena Creek Visitor Center that no one needed to travel higher up the Mt. Rose Highway to snowshoe. Right out their front door, Great Basin Institute staff members team up with Great Basin Outdoor School to share snowshoe and winter science adventures.

So far, predator-prey camouflage and tag games have been the biggest hits with the students. Can you run on snowshoes? Sixth graders can! They also learn about winter safety and winter adaptations. Nothing beats getting healthful outdoor activity while learning about the world around us.

Great Basin Outdoor School provides snowshoes and outdoor gear as needed and gratefully accepts used snowshoes, waterproof gloves, and student scholarships to serve more children.

After the snow begins to subside, Great Basin Outdoor School Spring

Science Camps start on the shore of beautiful Lake Tahoe in May. Spring sessions are already fully booked except for the week of May 8, and teachers are beginning to book fall programs for their classes. Both, day field studies and 4-day science camps turn students into scientists in the outdoor learning labs of a Tahoe research boat and the Tahoe forest. Students are introduced to possible future career avenues and professional role models including Women in Science.

Looking ahead, summer day camps will give children a chance to continue learning and exploring outdoors, and while parents gain peace of mind knowing their children are well-supervised and enjoy enriching activities. The River School Farm in West Reno along the banks of the Truckee River provides the perfect setting with meadows, trails, gardens, patios, and indoor space.

Sue Jacox is board president, founding member and a volunteer with Great Basin Outdoor School. She grew up in Reno, graduated with honors from the University of Nevada, Reno, and had a long teaching career with Washoe County School District. For more information, visit www.greatbasin-os.org, call (775) 324-0936 or email Director@greatbasin-os.org.



(Photo: S. Jacox)

Great Basin Outdoor School hosts SnowSchool at Galena Creek Visitor Center. Snow shoes are provided as needed, donations always appreciated.



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Could forest help cure ADHD and boost immune system?

By Erin Reaney

When kids spend time in the forest, they not only develop outdoor stewardship and conservation ethics, they benefit mentally and physically.

As students engage with nature, they gain a greater appreciation of our environment and the importance of conservation. Students discover the many ways in which the forest provides for both humans and nonhumans. At Galena Creek Visitor Center, programs emphasize how Galena is part of a dynamic watershed with invaluable resources. Students learn by interacting directly with the natural world, exploring the interdependent relationships that exists on their local mountain. But perhaps inadvertently, students also get healthier as they get their shoes muddy.

Recent studies have uncovered health benefits the forest provides. As technology usage accelerates, both children and adults experience notable increases of Directed Attention Fatigue. For children, this condition often contributes to Attention Deficit/Hyperactivity Disorder. However, studies reveal that children who spend extended time in natural outdoor environments experience an appreciable reduction in attention fatigue.

Other studies have determined that spending time in the forest may help fight degenerative illnesses. Every time you inhale fresh forest air, you are ingesting chemicals that boost the immune system.



(Photos submitted by: E. Reaney)



Outdoor programs at Galena Creek Visitor Center enhance students' appreciation of nature. Studies document that spending extended periods of time outdoors reduces attention fatigue and boosts the immune system.

These chemicals, known as phytoncides, are released by plants to fight disease and may have the same protective effect for humans. These chemicals may also lower blood pressure and cortisol levels and have even been shown to fight certain types of cancers. Time in forest may just be what the doctor should order.

Outdoor programs at Galena allow students a reprieve from the all too common over-stimulation. The mountain is without television, computers, and smart phones, providing an environment that enhances

focus and patience. Here, students find special places for discovery while learning of the importance of protecting and enjoying that which keeps all of us healthy, well and wise.

Spring Break Camp programs are held during the last two weeks of March, the first of a series of Galena camps in 2017. Camp staff are coming from across the United States to support local experiential learning, providing exceptional opportunities to explore the ecological wonders after a remarkable winter snow season.

Fly fishing destinations are plentiful in South Reno



Ryan Hughes

By Ryan Hughes

It is no secret that the Reno-Tahoe area provides fly-fishing anglers with tremendous opportunities. With such incredible fisheries nearby, from the Truckee

River to the world renowned Pyramid Lake, we are exposed to unlimited, on-the-water adventures. To many of us, it seems that these fly-fishing destinations are just far enough away to necessitate a day trip, which raises the question: Where can I go fly-fishing, right here in South Reno? Luckily we have plenty of amazing fisheries here in town, for all folks to enjoy, and they are just as accessible for a day trip as they are for a couple of lunch-break casts.

Whether you are looking for small streams or still-water ponds, the



Using a range of fly-fishing tactics, anglers can expect to catch rainbow trout (pictured) or brook trout in local waters.



(Photos: R. Hughes)

local bodies of water provide diverse opportunities for catching a variety of trout species using a range of fly-fishing tactics. Marilyn's Pond and Wilson Common give anglers an excellent chance at catching both rainbow and brook trout very close to town. And although Wilson Commons is south of Reno, it makes for a quick trip to throw a few casts and eat lunch with a

beautiful view of the mountains above. These are both premiere locations for novice fly-fishermen. They offer plenty of shore access and are the homes to plenty of fish.

Among the local small streams, Thomas Creek is a destination worth exploring. The stream flows into the Truckee Meadows and empties into Steamboat Creek. An angler may catch

rainbow trout in the lower sections, while brook trout will often be found in the higher elevations. The creek receives approximately 1,000 hatchery rainbow trout each spring.

If you are feeling a bit more adventurous, alpine lakes such as Hobart Reservoir and Marlette Lake make for incredible outings. These lakes require a bit more driving and a bit of hiking as well. Both lakes are home to a variety of trout species, and the fishing is only matched by the beautiful views.

Originally from Santa Rosa, California, Ryan Hughes is a University of Nevada Journalism student and an outdoor writer. He enjoys hunting, fly-fishing, and surfing. He plans to graduate in May and hopes to continue his outdoor writing career. Visit him at Orvis Reno, your neighborhood fly fishing retailer, to find out more about free fly fishing classes and local waters reports.

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Visit magical landscapes of garden railroads and ponds

By Dagmar Bohlmann

Garden railroads combine the realism of backyard landscapes with the imagination of world travels. Trains running on outdoor tracks among real trees, plants, bushes, rocks, and dirt bring a sense of whimsy and child-like enthusiasm to any yard. You can visit backyards that have become magical landscapes in June on the twelfth annual Water & Rails Tour.

Tour goers can expect to see more than 25 of Northern Nevada's most spectacular ponds and garden railroads during the two-day event June 17-18, 2017. The topography of the land, as well as existing gardens, trees, ponds, and obstacles in the yard, have been carefully taken into account when the track layouts were planned. Some homeowners have groomed shrubs and trees to be in scale with their train. Many environments were further enhanced with miniature buildings and other structures and figures. In some yards you can explore entire miniature town scenes.



Water & Rails garden tour features area backyards with imaginative designs and stunning landscapes on June 17 and 18, 2017.

Garden railroad tracks can have all the same features as their full-sized counterparts; they can have a complex track plan with many electrical challenges or a simple loop. Often trains are identical replicas of real trains with working doors and lights, some even

feature authentic sounds. However intricate or simple the design and features, garden railroads bring hours of enjoyment to the whole family.

The Water & Rails Tour is organized by MacLean Financial Group and Rail City Garden Center to benefit the ALS Association Nevada Chapter. This family-oriented event invites visitors to take a self-paced home tour to see some of the most impressive ponds and garden railroads in Northern Nevada.

Since 2006, the Water & Rails Tour has raised over \$400,000 for ALS of Nevada. Participants can view some of the best outdoor garden features for the 2017 season during this year's tour. Many of the innovations on the tour are do-it-yourself projects that homeowners love to share. The self-paced tour allows tour goers to visit as many of the ponds and gardens as they like and children under age 12 are free.

For more information, contact (775) 329-3041 or hawley@hmaclean.com. You can also visit www.waterandrails.org.

Mutts in May adoption Saturdays

By Lori Dotterweich and Robert Burks

With dogs and cats ranging from quirky and active to mellow and slobbery, you will surely find a loveable and incredibly loyal pet at Natural Paws' annual "Mutts in May" adoption days every Saturday throughout May from 10am through 1pm.

Natural Paws will host several rescue groups each Saturday including groups such as For Pets Sake Rescue small dog rescue, Nevada Humane Society and Saints of the West St Bernard Rescue and Pet Network Humane Society. Twenty percent of dogs in shelters are purebred so there will be a large selection of lovable breeds and mutts.

Each adoptee will receive a free 5-pound bag of kibble from Natural Paws, as well as a lifetime of pet food advice for their dog or cat. In the words of professional dog trainer and canine behaviorist Karen Davison, "Saving one dog will not change the world, but surely for that one dog, the world will change forever."

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



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NEVADA APPEAL BEST OF CARSON CITY 2015

Is it an itch or an allergy?



Dr. Matt Schmitt

By Matt Schmitt

Did you know that pets can get allergies, too? Primarily affecting dogs, allergies can develop at any time in their lives. Symptoms appear when everyday substances are identified by the body as allergens. While these commonly found environmental allergens are normally harmless,

a dog with allergies can react quite differently, and even severely.

Allergens can be inhaled, ingested or they can come into contact with skin. As the body tries to address them, skin, digestive and even respiratory issues can arise.

Something as simple as an ingredient in pet food can cause an allergy, or a seemingly harmless element normally found in the environment, or seasonal blooming plants. Insect bites can also cause allergic reactions. Usually the first sign of an allergy problem is scratching.

Dogs typically use their back paws to relieve itching, but may also nip at the trouble spot with

their teeth. Other signs are licking, rubbing, and even rolling. Scratching at the ears and digging the muzzle into the ground can also indicate an allergy combined with a possible outer ear infection, resulting in an unwanted cycle of distress.

Incessant scratching and licking from allergies can result in "hot spots", also known as summer sores and moist eczema. These bacteria-infected areas can grow quickly and become quite painful, requiring immediate attention.

When pets show signs of excessive scratching and discomfort, check it out sooner rather than later. Untreated allergic reactions can lead to secondary bacterial and even fungal infections on the skin and in the ears.

Methods for detection and treatment of pet allergies range from simple blood tests to intradermal skin testing where 40 different allergens are injected into the skin to induce a reaction, with results appearing within minutes.

While food allergies can be addressed with a change in diet, others may be treated with internal or topical applications. Oral steroids and antibiotics are commonly used.



Topical treatments like Apoquel help those wishing to avoid the use of steroids while focusing on one area of inflammation with minimal side effects. Another treatment option is a prescribed regimen of injections, which desensitizes the whole system to allergens.

With all of these options, there's sure to be a treatment that brings relief to your pet. So when you see your pet scratching, ask yourself, "Is it an itch or an allergy?"

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.

Six steps to reviving your snow-laden lawn

By Lebo Newman

We haven't seen traditional Reno winters like this last one in a few years and neither have your plants. Now that your snow-covered lawn has thawed or is thawing depending on your elevation, it's time to take a look and see what needs to be done to get it to spring back. When your landscape was initially installed, it was likely planted with our

area's Plant Hardiness Zone in mind, so most of it should have survived the winter. Still, some areas may need a little help.

Step 1: Clean it up. While you're in the mood for spring cleaning, get out to your lawn and remove all of the debris. Now you can see if there are any areas of your grass that will need special attention. If you've got a few plants and

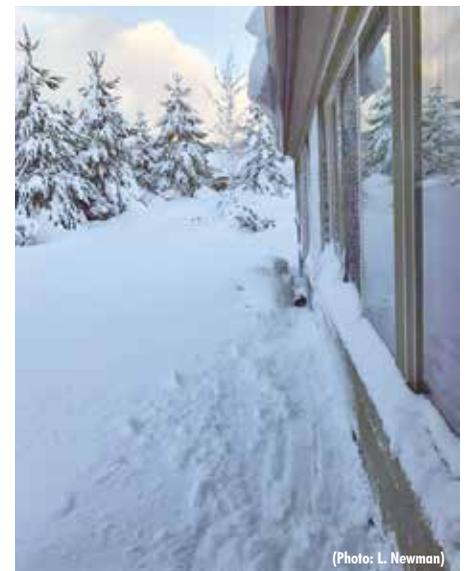
shrubs that didn't make it, go ahead and remove those too, taking care not to disrupt any living plants. Make sure the ones that you think are dead aren't just dormant.

Keep an eye out for snow mold, a type of fungus that forms in a circular shape on grass in late winter. If you spot snow mold, try to get it under control quickly. Start by vigorously raking your lawn to get the air flowing again. Then, be patient and wait for your lawn to recover. For stubborn snow mold, a simple chemical lawn treatment may do the trick. Pro-tip: Help prevent snow mold by doing a fall clean-up and prep your lawn for the harsh winter months.

Step 2: Prune it. Some branch tips could have frozen or some branches may have snapped off under the weight of the snow. These trees and plants will need to be lightly pruned and trimmed to be able to perk back up and allow for new growth.

Step 3: Aerate and possibly dethatch. You're probably thinking that your lawn is good to go with all of that melting snow providing nutrients. Well, your soil probably got packed down by snow and you'll need to aerate so the water and nutrients can reach the roots. If quite a bit of dead grass has tangled up on your lawn creating thatched grass, you'll need to dethatch it with a dethatcher or a really good rake. Then refill the dead spots with sod or seed. Thatched lawns can contribute to snow mold, so it may also help to dethatch your lawn during winter prep.

Step 4: Replace plants, trees and shrubs. Once the ground temperatures warm up probably sometime in April, it's on! Get those plants you've always wanted in the ground. Just make sure they are hardy enough for our temperamental weather or you'll be



(Photo: L. Newman)

Heavy snow cover compacts your lawn and can lead to snow mold.

replacing them again next year.

Step 5: Feed it. The snowmelt gave your lawn plenty of water right? It is a good start, but do not forget to check your irrigation system and get it running again to keep your lawn from drying up. Also, apply fertilizer to your lawn and garden beds.

Step 6: Keep it pretty. Now that your lawn is back, make sure it remains healthy with regular care. Don't over-mow; grass should be around three inches. Don't over-water; you can actually drown your plants like the snow tried to do. Do call a landscaping professional if you just want to sit back, relax and enjoy your great outdoors.

For next season, keep this winter in mind and remember to do your winter prep in November to prepare your lawn for whatever weather may come. But for now, enjoy green lawns and colorful flowers.

Lebo Newman is Owner/Partner at Signature Landscapes.



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Swim, bike, run, kids-balancing act of triathlete mom



Janice Keillor

By Janice Keillor

Being a professional triathlete is no easy task, especially since it involves training for three different sports. But add two kids into the mix, and it quickly becomes an enormous challenge requiring major organizational skills.

There's no sleeping in or napping whenever you're tired, going for a bike ride whenever you feel like, or taking a recovery day to relax and put your feet up. So how does a pro triathlete with kids find the time and energy to train and rest enough to not only be competitive, but to win big races? Just ask Reno local Liz Lyles.

Liz has been in the news a lot since she started racing triathlons, with coverage in Triathlete magazine, Slowtwitch, Ironman.com, Freeplay magazine, and the Reno Gazette Journal. What more can I say about her that hasn't already been said? A lot, because as a professional triathlete, she continues to succeed in a very physically demanding career while managing the exhausting job of being a mom.

I've seen plenty of male pro triathletes crossing finish lines with their wives and kids waiting for them, but very few female pro triathletes are greeted by their kids at the finish. It's just really hard to balance motherhood with the training required to be a pro triathlete, or any pro athlete for that matter. But Liz does it, and she does it well. Yes, most times it requires planning down to the minute, but if that's what it takes, then that's what Liz does. She is not only maintaining a successful career, but she keeps improving.

Liz has been a Reno resident for 14 years, having moved here in 2003 with her husband Chip. She dabbled in triathlons, showing huge potential early on.



(Photo: L. Lyles)

4x Ironman champion, Ironman 70.3 champion, 2x Wildflower champion, Liz Lyles is at the top of her game as a professional triathlete and mother.

She competed in the Donner Lake Olympic distance triathlon several times, always finishing near the top. Then in 2012 she made a significant jump, not only beating her nearest competitor by 7 minutes, but breaking the course record at Donner Lake. She decided to get her pro card and three weeks later competed in her first pro race at Ironman 70.3 Boulder where she placed 4th. The very next month, Liz won Ironman Wisconsin. Now just to remind everyone, an Ironman is 2.4 miles of swimming, 112 miles of cycling, and 26.2 miles of running. All in one day. Liz won Ironman Wisconsin in 9 hours and 34 minutes. I'm tired just sitting at a desk for 8 hours.

Liz accomplished all of this just a year after having her second child, when most new moms are finally starting to get a good night's sleep. But Liz isn't your typical mom. She not only has natural athletic ability, but she has amazing discipline, energy, and

drive, otherwise, it would be very difficult to race at her level while handling her mom duties. Liz just makes it happen, training 14-16 hours a week around the schedule of Luke (8) and Emma (6). She teaches spinning classes, cooks, throws in many loads of laundry, and then gets everyone to bed early so that she can get enough sleep to do it all again the next day.

After her victory in Wisconsin, Liz's wins continued to add up. She finished first at Ironman Boise in 2013 and then had her first international win at Ironman Western Australia in 2013, where she crushed the competition in the run with a marathon time of 3 hours and a final time of 8:59. Her success continued in 2014-2016, with multiple top finishes, a first place at Wildflower and then a record breaking win at Ironman Brazil with a phenomenal time of 8:54, 15 minutes ahead of second place. At age 38, Liz just keeps improving, and it doesn't look like she'll be slowing down anytime soon.

So what's next for Liz? She'll compete in Ironman 70.3 Campeche in Mexico in March, and then will defend her title at Ironman Brazil in May. If she earns enough points, she'll make it to her favorite race, the Ironman World Championships in Kona, which also happens to be her hardest race. It's no surprise that her favorite race is the hardest. Unless you're an endurance athlete, you may not understand the joy in suffering. But a spitfire like Liz does. In fact, it's very apparent that she thrives on it, and that's a big reason why she's so successful.

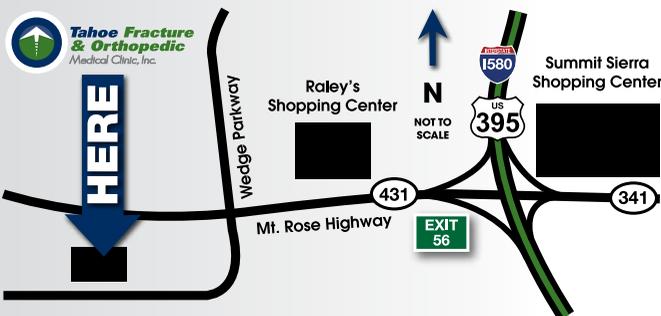
So if you see Liz riding her bike up the highway, running down the road, or swimming laps in the pool, give her a shout out. She's representing Northern Nevada to the rest of the world, and she's doing an amazing job of it. Go Liz!

Janice Keillor is a Park and Recreation program manager with Nevada State Parks.

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Powerful solution to decrease inflammation in body and brain



By Kerstin Tracy

The majority of my clients have one health issue in common: inflammation. It shows up as joint pain, soft tissue issues like muscle aches, digestive challenges, sinus problems, autoimmune disorders or neurological issues.

These health challenges are stressful, painful, frustrating, disruptive and usually very complex. Even though every person has his or her own unique medical, physiological and emotional footprint, the commonality is a stressed nervous system which presents in tight tissues and restlessness, tension and exhaustion. A nervous system that is in high alert at all times does not allow for cell, tissue or organ repair and recovery.

What if there was a modality that soothes the nervous system side effects? What if releasing restrictions, injuries, tension around the spinal cord and brain through CranioSacral Therapy could heal the following conditions?

Chronic pain – decreasing tissue stress by releasing restrictions and decreasing inflammation, allows for healing at the injured site. Calming the nerve endings (sensory ganglia) and spinal cord can help reduce overzealous pain signals that are still activated even though the actual site of trauma has healed.

Neurodegenerative disorders – increasing the flow of cerebrospinal fluid in the brain may optimize the cleansing of harmful substances such as toxins that may in part contribute to diseases such as Parkinson's and Alzheimer's.

Brain related issues to inflammation – according to some theories brain inflammation may be part of the cause of autism, ADD, sensory processing disorder, anxiety, depression, decreased spatial awareness, post-concussion syndrome, migraines and sleep disorders. Again, increasing the flow of cerebrospinal fluid by gently releasing membranous tension in the brain may make a great difference by helping the brain flush itself of irritating substances.

Spinal column or nerve problems – herniated discs, nerve root entrapment, scoliosis, and spondylolisthesis come with deep restrictions in muscles and fascia that eventually affect the spinal cord as well by the forces put upon the bony structures. Releasing these restrictions and tension can help reduce inflammation and pressure.

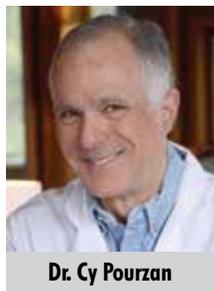
Autonomic nervous system disorders - high blood pressure, dizziness, lightheadedness and constipation are some of the symptoms related to a distressed autonomic nervous system. Reducing strains in the tissues related to regulating the autonomic nervous system can improve optimal signal of this part of the nervous system.

Eye problems – astigmatism, double vision, blurry vision, dry eyes or strabismus may be helped by minimizing tensions in the surrounding tissues connected to the optic nerve or the eye motor nerves.

CranioSacral Therapy is most certainly not a panacea, but instead offers a very unique approach to supporting healing by reducing restrictions and inflammation in the most guarded tissues in our bodies – the nervous system.

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

Arthroscopy for knee pain?



By Cy Pourzan

Removing a piece of cartilage through a tiny incision of the knee is performed one million times in the U.S., U.K. and Canada every year. It is one of the most common types of surgery performed and it would be natural to think that solid science proves

this to be beneficial.

However, in the past decade several rigorous studies have failed to show that it has any benefit to the patients. Indeed, it exposes them to the risks of anesthesia, antibiotic resistant infections and worsening arthritis. The studies published in medical journals compared real vs. fake arthroscopy. Neither doctors nor patients were aware of what, if any, surgery was performed. At the end of two years, the

patients who received the real arthroscopy did no better than those who were spared surgery.

MRI of the knee frequently will show tears of the meniscus cartilage but studies also showed that many of those tears produce no symptoms. Medical research proved that removing part of the cartilage does not improve your chances of recovery. In my experience as a primary care physician, partial removal of cartilage can

continued on page 15

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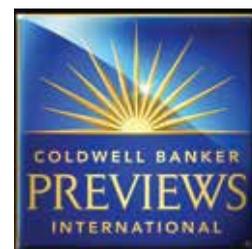
Single story three-bedroom two-and-a-half-bath home with a 3-car garage. 1 acre of land with no HOA. A level lot with nicely landscaped front yard and horse corral. Elaborate evaporative cooling system and baseboard heat. Close to skiing at Mt Rose, shopping and the Summit Sierra and beautiful Lake Tahoe. **\$612,000.**



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1005 Joy Lake Road	\$491,400	\$495,000	217.82	219.41	2256	0.51	1/19/2017
3200 Joy Lake Road	\$575,000	\$575,000	216	216	2662	0.63	2/23/2017
255 Douglas Fir Drive	\$698,950	\$630,000	222.6	200.64	3140	0.48	2/6/2017
855 Blue Spruce	\$695,000	\$660,000	199.48	189.44	3484	1.28	12/15/2016
540 Piney Creek	\$739,000	\$720,000	260.39	253.7	2838	0.51	2/16/2017
225 S Earlham Court	\$788,000	\$783,000	279.83	278.05	2816	1.1	12/23/2016
17135 Mountain Bluebird Drive	\$989,000	\$950,000	253.33	243.34	3904	1.05	12/12/2016
182 W Marchmont Lane	\$1,159,000	\$1,140,000	236.15	232.27	4908	1.05	1/13/2017
5880 Cartier	\$1,245,000	\$1,150,000	346.41	319.98	3594	0.83	12/20/2016
6626 Gebser Court	\$1,700,000	\$1,700,000	386.63	386.63	4397	0.79	12/29/2016
6005 Lake Geneva Drive	\$1,990,000	\$1,850,000	343.04	318.91	5801	1.19	1/25/2017
SADDLEHORN/MONTE ROSA							
4365 Saddlehorn Drive	\$450,000	\$440,000	217.71	212.87	2067	0.46	12/30/2016
14220 Caballero Court	\$639,500	\$628,500	245.96	241.73	2600	0.39	2/15/2017
14480 S Quiet Meadows	\$749,000	\$730,000	240.06	233.97	3120	0.41	2/24/2017
13395 West Saddlebow Drive	\$829,000	\$808,500	236.99	231.13	3498	0.97	1/17/2017
14235 Eagle Springs Court	\$949,900	\$850,000	268.41	240.18	3539	0.77	2/24/2017
14319 Swift Creek Court	\$997,000	\$917,000	203.34	187.03	4903	0.84	12/15/2016
14238 Quail Springs	\$1,500,000	\$1,380,000	260.24	239.42	5764	0.88	1/11/2017
ROLLING HILLS/GALENA COUNTRY ESTATES							
366 Mount Snow Court	\$474,000	\$450,000	159.81	151.72	2966	0.35	12/15/2016
3810 Vancouver Drive	\$488,900	\$455,000	242.03	225.25	2020	0.34	12/16/2016
405 Solitude Court	\$470,000	\$469,000	158.46	158.13	2966	0.43	12/14/2016
4265 Great Falls Loop	\$470,000	\$470,000	167.44	167.44	2807	0.28	1/4/2017
ARROWCREEK							
3471 Forest View Court	\$469,000	\$460,000	195.74	191.99	2396	0.35	12/29/2016
5685 Rue Saint Tropez	\$599,900	\$565,000	198.05	186.53	3029	0.38	1/20/2017
532 Spirit Ridge Court	\$599,000	\$589,500	237.98	234.21	2517	0.4	12/14/2016
3258 Forest View Lane	\$618,000	\$590,000	196.38	187.48	3147	0.3	12/16/2016
531 Echo Ridge Court	\$617,000	\$605,000	221.07	216.77	2791	0.33	2/17/2017
3362 Forest View Lane	\$659,000	\$650,000	209.61	206.74	3144	0.3	1/30/2017
610 Rabbit Ridge Court	\$638,888	\$650,000	253.83	258.24	2517	0.39	12/23/2016
10128 Via Verona	\$779,000	\$742,000	237.14	225.88	3285	0.48	2/21/2017
10044 Via Solano	\$859,000	\$840,000	236.57	231.34	3631	0.39	12/28/2016
3153 Marble Ridge Court	\$874,900	\$850,000	251.77	244.6	3475	0.45	2/15/2017
5717 Cedar Trace Court	\$898,000	\$870,000	264.12	255.88	3400	1.03	1/4/2017
1398 Amado Court	\$1,150,000	\$1,013,000	358.48	315.77	3208	1	12/16/2016
10717 Harbottle Drive	\$1,089,000	\$1,065,000	307.71	300.93	3539	0.5	1/17/2017
10798 Zoeller Court	\$1,085,000	\$1,085,000	297.75	297.75	3644	0.77	2/9/2017
CALLAHAN RANCH							
6000 Wintergreen Circle	\$425,000	\$400,000	221.35	208.33	1920	1.03	2/24/2017
5220 Shawna	\$549,500	\$530,000	206.58	199.25	2660	1.34	1/10/2017
5310 Cross Creek Lane	\$599,900	\$640,000	208.37	222.3	2879	1.22	2/1/2017
15380 Callahan	\$699,000	\$700,000	249.82	250.18	2798	1.04	2/8/2017
14905 Napoleon Court	\$815,000	\$774,000	275.9	262.02	2954	1.22	12/30/2016
5300 Cognac Court	\$815,000	\$790,000	261.05	253.04	3122	1.13	1/10/2017
15000 Chateau	\$969,000	\$920,000	249.49	236.87	3884	1.04	2/7/2017
OTHER AREAS ON SOUTH RENO							
12065 Stoney Brook Drive	\$399,000	\$392,500	191	187.89	2089	0.29	12/19/2016
12490 Stillwater Way	\$468,000	\$435,000	158.59	147.41	2951	0.38	1/12/2017
4930 Gila Bend	\$640,000	\$610,000	233.49	222.55	2741	0.87	12/14/2016
6856 Marble Canyon Road	\$682,000	\$677,000	260.21	258.3	2621	0.46	1/13/2017
2062 Tesuque Court	\$729,900	\$725,000	307.2	305.13	2376	0.52	1/17/2017
6696 Marble Canyon Road	\$859,000	\$850,000	235.6	233.13	3646	1.09	12/30/2016
600 Mile Circle Drive	\$1,099,000	\$1,025,000	317.45	296.07	3462	5.45	1/4/2017
11280 Boulder Glen Way	\$1,475,000	\$1,350,000	375.8	343.95	3925	2	12/16/2016
2500 Faretto Lane	\$1,495,000	\$1,418,000	287.67	272.85	5197	3.13	2/17/2017
NW CARSON CITY							
2214 Snowflake Drive	\$250,000	\$275,000	125.06	137.57	1999	0.20	11/30/2016
1009 Saratoga Way	\$279,500	\$279,500	199.79	199.79	1399	0.18	10/31/2016
1841 Pyrenees Street	\$285,000	\$285,000	190.00	190.00	1500	0.16	11/30/2016
1820 Pyrenees Street	\$299,900	\$299,900	176.93	176.93	1695	0.16	9/9/2016
1356 Alberta Court	\$324,000	\$315,000	234.61	228.10	1381	0.10	9/13/2016
1288 Flintwood Drive	\$339,900	\$330,000	190.42	184.87	1785	0.19	9/29/2016
1112 Flintwood Drive	\$344,000	\$334,500	192.72	187.39	1785	0.11	10/3/2016
1841 Alpine Street	\$375,500	\$360,000	163.69	156.93	2294	0.16	11/15/2016
1337 Flintwood Drive	\$369,900	\$369,900	207.23	207.23	1785	0.12	11/7/2016
2138 Shadow Brook Court	\$389,000	\$375,000	180.18	173.69	2159	0.24	12/6/2016
2226 Oakridge Drive	\$379,900	\$378,000	169.30	168.45	2244	0.17	9/19/2016
3497 Dartmouth Drive	\$379,900	\$379,900	132.55	132.55	2866	0.29	10/6/2016
1621 Bolero Drive	\$400,000	\$390,000	161.62	157.58	2475	0.26	9/23/2016
2154 Canterbury	\$425,000	\$399,000	157.41	147.78	2700	0.18	9/27/2016
2575 Fern Meadow Circle	\$415,000	\$415,000	199.42	199.42	2081	0.28	11/4/2016
1960 Newman Place	\$420,000	\$420,000	172.41	172.41	2436	0.28	10/25/2016
4395 Combs Canyon Road	\$464,900	\$458,000	152.78	150.51	3043	1.00	11/22/2016
2475 Simons Court	\$475,000	\$475,000	143.50	143.50	3310	0.36	11/18/2016
1887 Ash Canyon Road	\$485,500	\$475,000	170.29	166.61	2851	0.56	11/9/2016
15 Woodridge Circle	\$515,000	\$510,000	172.41	170.74	2987	0.40	10/22/2016
1505 Malaga Drive	\$539,000	\$519,000	170.73	164.40	3157	0.25	10/7/2016
1839 Walnut	\$544,900	\$525,000	185.03	178.27	2945	0.23	10/21/2016
2292 St. George Way	\$560,000	\$530,000	168.57	159.54	3322	0.26	12/5/2016
2910 Silver Stream	\$544,000	\$540,000	207.40	205.87	2623	0.32	11/29/2016
2751 Manhattan Drive	\$699,000	\$635,000	157.36	142.95	4442	1.02	9/2/2016
2707 Ash Canyon	\$650,000	\$650,000	169.31	169.31	3839	1.00	10/24/2016
3691 Lakeview Road	\$695,000	\$650,000	157.45	147.26	4414	1.20	10/14/2016
2877 Pinewood Place	\$665,000	\$660,000	194.05	192.59	3427	2.20	9/23/2016
2501 Kensington Place	\$969,000	\$940,000	150.75	146.24	6428	1.01	11/17/2016

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

Be your own best advocate and get second opinion



Andrew Pasternak, MD

By Andy Pasternak

As a patient, it is critically important that you know as much about your medical conditions as possible. Especially when facing a difficult decision such as deciding to have surgery, getting a second opinion may be an important part of your care.

As a primary care physician, when I'm not completely confident of the diagnosis or how the treatment is going, I'll usually explain to my patient that I'd like to refer them to a specialist. In essence, this becomes a second opinion. Once someone is seeing a specialist, still a second opinion can be beneficial.

In general, second opinions are most helpful when a diagnosis isn't clear, a variety of different treatments are optional or if someone isn't responding to a treatment as expected. However, if you are diagnosed with a common problem with a

generally accepted treatment and it needs prompt attention, such as appendicitis, usually a second opinion isn't needed.

Patients are often shy about asking for a second opinion. In my experience, any quality physician is open to getting a second opinion. If you talk to your specialist, they can often recommend a specific physician or a physician at a larger medical center with particular expertise. If you get a second opinion, it is usually more helpful to get the opinion from a different group of doctors if possible.

The main drawback to getting a second opinion is time; if you have a condition that requires prompt treatment, then you might not have the luxury to wait for another appointment.

A second opinion will result in one of two things: either the two physicians agree or they disagree. If they do agree and all other factors are equal, I generally recommend that the patient move forward with the physician with whom they felt most comfortable.

If the two specialists disagree, it can be due to a variety of reasons. Sometimes, it may be as simple

as one physician listened to your specific issues and tailored a more personalized treatment plan as opposed to a cookie cutter approach. Other times, differences in training or in particular equipment at an institution may play a role. With conditions like cancer, certain institutions may be finding success with newer protocols that haven't been published or disseminated yet.

When there is conflicting information, your primary care physician is a great person to help you. We often sit down with patients and their families, translate some of the medical terminology and make sure that the advice you are getting is scientifically based. If you have an established, long-term relationship with your primary care physician, we will often factor in some of your underlying medical issues as well as psychosocial issues to help you make the decision that's best for you.

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.

Is silver fluoride cavity's alternative treatment to drilling?



Jade Miller, DDS

By Jade Miller

Almost one-third of children aged two to five years in the United States are affected by tooth decay. While your child's baby teeth will eventually fall out,

it's important to treat cavities and keep these teeth healthy, just like permanent teeth, as they are the foundation for your child's permanent teeth.

Silver Diamine Fluoride is a new treatment option. It is a liquid that dentists can brush directly onto a cavity to stop the decay and fight future cavities. The liquid contains silver ions that kill the bacteria which cause cavities. If you haven't heard of this treatment, you're likely not alone. This is relatively new as it received an U.S. Food and Drug Administration approval about a year ago.

Here are seven facts you need to know when discussing Silver Diamine Fluoride as a treatment option.

- It is not a panacea. Its primary use is in very young children to delay final treatment in cases a child is unable to allow care. Ultimately the cavity will require final treatment, as the child's cooperation will allow.

- Not an option if a tooth experiences pain or infection.

- Less invasive. Because it does not involve any drilling or injections.

- Visible tooth stains. Silver Diamine Fluoride blackens the brownish decay on a tooth, causing a dark spot where the cavity is.

- Quick. A pediatric dentist can generally brush the liquid onto a cavity within 60 seconds.

- Lower cost. Unfortunately, while most insurance does not yet cover Silver Diamine Fluoride, the procedure is relatively inexpensive.

- Allergies. Because silver ions are the key part of Silver Diamine Fluoride, the treatment is not recommended for

people with a silver allergy.

I use this quite a lot in my practice. I believe it is a tremendous benefit in specific situations and in many cases we were able to avoid out-patient surgery in very young children with early-moderate progression of decay.

Dr. Jade Miller has been practicing pediatric dentistry since 1983. He is a faculty

member in dental and medical education, as well as a member in some of the country's most prestigious dental organizations. He has dedicated his career to keeping at the forefront of pediatric developments and providing his patients with the best, most modern services available. For more information, call (775) 824-2323 or visit RenoKidsDentist.com

knee pain *continued from page 11*

accelerate the deterioration of the knee requiring more surgery down the road.

So, why would doctors ignore strong medical evidence that the procedure is useless? Arthroscopy evolved when the surgery became technically possible but had never been through rigorous scientific study. Doctors convinced themselves that it was effective. Old habits die hard. Patients rarely question their doctor's recommendation and surgery is highly profitable. Some specialties are slow to innovate. Some will argue that the research does not match practical experience.

We are at a time when huge sums of

money are being spent on healthcare. It is important to both, patients and doctors to manage medical resources, risks and wasteful spending. When consulting your doctor about knee pain, taking a conservative approach may be the wisest path to follow. Ask about alternative treatments for knee pain such as prolotherapy or platelet rich plasma injections which are safer, more effective and far less expensive. In most cases, surgery should be considered as a last resort.

Dr. Cy Pourzan, MD, is a UCLA trained physician with a Concierge Medical Practice serving South Reno.

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Spring challenge – Climb McTarnahan Hill

By Daniel Fleischmann

Rising 2,000 feet above the Carson River is a brushy mountain called McTarnahan Hill. Standing at 6,856 feet, it isn't the highest mountain in the area. However, given its height above the river and its over 700 feet or prominence, it definitely isn't just a hill. A hike to the rocky-topped summit should take less than a couple hours. This is an ideal hike for springtime before the snow melts in the Sierra Nevada Range.

Despite being slightly off the beaten path, McTarnahan Hill actually does see its share of visitors. ATV's venture up the mountain from the south, starting at the end of Lindsay Lane in the Johnson Lane community, where dirt roads lead to just below the summit. But when trekking on foot, it is best to start from the west side in Carson City, on the east side of Prison Hill.

To get there, take Fairview Drive and then head east to Carson River Road. The road eventually crosses the Carson River. Once it does, head south on Sierra Vista Lane. Continue all the way to Rio Vista



(Photo: D. Fleischmann)

Heading towards the summit rocks of McTarnahan Hill.

Lane, about 2 1/4 miles down the road. Park past the last house. Don't worry, this is public land.

Hike the road leading up the hillside. After about 1 1/4 miles, take a left on a smaller side road

that will go up to a ridge. When the road starts to descend, bushwhack up the ridge and head east. A faint use trail comes and goes at the top of the ridge. Stay on the top of the ridge and eventually you will see the summit.

Once you get closer, you will need to head to the right towards a connecting ridge in order to avoid any significant descent. You can get back on a road leading up to the summit. The total distance to the summit is about 3 miles, gaining about 2,500 feet. It's a nice, gradual steepness pretty much the whole way up.

Views from the summit are spectacular. McTarnahan Hill is part of the Pine Nut Mountain Range, which dominates the views to the east. However, there are stellar views to the west towards the Sierra Nevada Mountains. On a clear day, you can see into Yosemite National Park.

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

Try yoga before hitting the trail

By Dagmar Bohlmann

Next time before you put on your hiking boots, stand upright in mountain pose, both feet hip distance, firmly rooted. Close your eyes and take a big breath to anchor your awareness in the moment. Then allow yourself five minutes to mindfully stretch before hitting the trail. Lower down onto hands and knees for the following

four poses to stretch your legs, hips and shoulders. When stretching outdoors, you can keep your back knee lifted.

Dagmar Bohlmann is a writer and RYT500 certified yoga teacher. She loves taking her yoga off the mat and into nature. Check out her website www.dagmarbohlmann.com/yogahikes.



Step right foot forward under right knee. Lean hips forward, squeezing into left gluteals and pull your lower abs in and up to open the hip flexor. Place your hands on your low back and pull the elbows toward each other to open your chest. Lift your eyes gaze and smile in joyful anticipation of a fabulous hike. Hold for five deep breaths.



Place left hand on the floor inside your right foot. Lift left arm up to open your shoulder and twist the spine. Inhale and rotate left arm up and back, exhale reach down and around. Repeat five times like a slow windmill generating energy for your time outside.



(Photos: D. Bohlmann/Model: Kelly Phillips)

Deeply bend back knee, kicking the foot towards the hip. Reach right hand behind and catch the ankle. Continue to lean forward as you deepen your twist, your shoulder opens and you stretch your quadriceps. Ready for a challenge? Reach left hand up towards a blue Tahoe sky.



Release the foot and shift your hips back until your right knee straightens. (You might need blocks or books under your hands). Flex your right foot to stretch your calf. Tilt your tailbone up to deepen the stretch for your hamstrings. Keep your spine long. Consider how this pose might help you leap across a stream. Repeat on the other side. And now go get some mud under your boots.

Keep business information safe through Information Assurance



By Ryan Gearhart

Lacking an understanding of the flow of your business's data can be like sailing across the ocean without a sail - you just hope you end up where you need to go. As absurd as it sounds, I assure you, there are thousands of businesses drifting along at this very moment. Allow me to demonstrate the importance of Information Assurance.

It is a bright and early Monday morning. You and your employees are caffeinated and ready to move mountains. Suddenly, you find out the company that has supported your customer relationship management has been absorbed, and all the data you had accrued has vanished. What is your

first step? To whom do you even reach out at this point, the old company that was bought or the new agency?

Alternatively, let us imagine that your team is constantly reviewing and enhancing documents. To streamline this operation, you keenly moved your data over to the cloud on a platform such as Dropbox. However, the employee you just hired decided to go above and beyond and did some Dropbox spring cleaning. Suddenly you need to review a document, only to find it has just vanished. What happens next? Is Dropbox backing up your files for such an emergency? Spoiler alert: only for 30 days depending on your package.

Despite the growing public acceptance of the cloud, several paramount concerns have been swept under the rug. For example, cloud agencies do not have many universal standards to be used as vehicles for comparison. Instead, each cloud agency acts as their own police force, creating standard procedures and

policies that are designed for their benefit. This means the customers are left with a deluge of legislation full of declarations, roadmaps, and proposals, most of which are not legally binding.

Even more alarming, all projections for 2017 envision ransomware as a billion-dollar industry. As this trend continues to grow, crafty cybercriminals are now developing cryptoworms: ransomware that propagates itself throughout the network and storage devices. Microsoft has already detected the first prototype (ZCryptor) back in April 2016. The possibility of losing years of data is profoundly real, and those that are not adequately prepared for this will be left in the dust.

Fortunately, tools are at your disposal to combat this very threat; however, without expertise, experience, and complete buy-in, these tools can be complex to leverage. Despite this, one of the largest advantages you can give yourself this year is to outline some rigorous Information Assurance

procedures. Bear in mind, that which you cannot inspect, you cannot expect. It is imperative to incorporate accountability, or you will quickly find a lot of wasted time on your hands. Even generous amounts of preparation and forethought will be rendered useless if an employee uses a weak password to access said cloud data. Think of it as having your personal Fort Knox, but leaving the gates and doors ajar for any passerby to traipse right through.

The challenge is simple: is your vault secure? Can you inspect that your vault is secure? How do you know your vault will be secure as you move forward? Or are you comfortable enough to take an anonymous figure's word that your data is secure and protected?

Ryan Gearhart is account manager at ProTechnical Managed IT Services in Reno. For more information, contact (775) 525-2000 or visit www.protechnical.com. Ryan is always happy to share more secrets to those curious.

2017 Retirement Account Limits – How much can you contribute this year?

Provided by Hawley MacLean

In 2017, you have another chance to max out your retirement accounts. Here is a rundown of yearly contribution limits for the popular retirement savings

vehicles.

IRAs. The 2017 limits are the same as in 2016: \$5,500 for IRA owners who will be 49 and younger this year, \$6,500 for IRA owners who will be 50 or older

this year. These limits apply to both Roth and traditional IRAs.

What if you own multiple IRAs? This \$5,500/\$6,500 limit applies to your total IRA contributions for a calendar year. So, for example, should you happen to have five IRAs, you could make an equal contribution of \$1,100 (or \$1,300)

to each of them in 2017, or unequal contributions to them not exceeding the applicable \$5,500/\$6,500 limit.

Keep in mind that you can fund your 2016 IRA(s) until April 18, 2017 (the 2017 federal income tax deadline). It is best to fund your IRA for a particular

continued on page 18

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BreakThroughReno meets challenges with help from SCORE



John Strom

By John Strom

Imagine being locked in a room full of mystery and you have to figure a way to get out – and you only have an hour to do it. That’s

what BreakThroughReno is all about. It’s a brain-teasing escape game that’s essentially a live version of Clue. It’s full of challenge for up to six people, designed for fun and team building. For Phil Frayssinoux and his wife Sumiko the first challenge was getting their business started.

They got help from Carl Gerhardt,

a volunteer mentor with SCORE Northern Nevada, the nation’s largest volunteer business mentoring service. Gerhardt helped Frayssinoux and their associates solve puzzles and learn how to move on, skills also needed in the game. BreakThroughReno features four uniquely-themed games, each with its own challenges and puzzles. It’s all about communication, team work and thinking outside the box.

Phil Frayssinoux found working with Gerhardt helped him make the connections he needed to be successful.

“I tried to do everything myself,” he said. “I should have hired sooner and delegated more...and expanded faster.”

While his advice to anyone starting a new business is to follow your instincts, Frayssinoux also recommends getting a

SCORE mentor.

“They can really help you along the way,” he said.

SCORE Northern Nevada is part of the SCORE network of over 11,000 mentors who volunteer their time and expertise to help small business owners with confidential, free business mentoring. Their mission is to help entrepreneurs start new businesses and help existing small businesses be more successful.

John Strom is a SCORE volunteer and author of Maximizing Your ROI – Return on Your People Investment. He has over 30 years of experience in management training and development. For information on how SCORE can help you start or develop your existing small business, visit northernnevadascore.org, score.org or call (844) 232-7227.



Sumiko and Phil Frayssinoux got help from a SCORE volunteer business mentor when they opened BreakThroughReno.

retirement contributions *continued from page 17*

year right as that year starts, but if you procrastinated for any reason in 2016, you still have time.

High earners may find their ability to make a full Roth IRA contribution restricted. This applies to a single filer or head of household whose modified adjusted gross income falls within the \$118,000-133,000 range, and to married couples with a MAGI of \$186,000-196,000. If your MAGI exceeds the high ends of those phase-out ranges, you may not make a 2017

Roth IRA contribution. (For tax year 2016, the respective phase-out ranges are \$117,000-132,000 and \$184,000-194,000.)

401(k)s, 403(b)s, & 457s. Each of these workplace retirement plans have 2017 contribution limits of \$18,000, \$24,000 if you will be 50 or older this year. If you are a participant in a 457 plan and within three years of what your employer deems “normal” retirement age, you can contribute up to \$36,000 annually to your plan

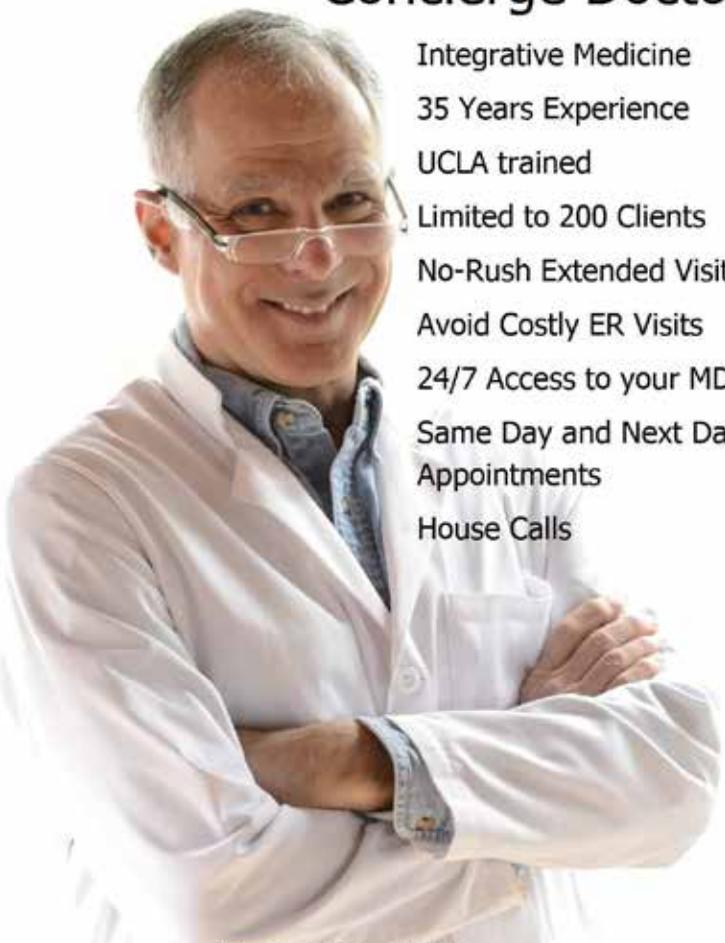
during the last three years preceding that “normal” retirement date.

SIMPLE IRAs & SEP-IRAs. In 2017, the contribution limit for a SIMPLE IRA is \$12,500; those who will be 50 or older this year may contribute up to \$15,500. Federal law requires business owners to match these annual contributions to at least some degree; self-employed individuals can make both employee and employer contributions to a SIMPLE IRA.

Business owners and the self-

employed can contribute to SEP-IRAs, which accept contributions of pre-tax dollars. As a consequence of contributing pre-tax dollars, you reduce your taxable income. The annual contribution limit on a SEP-IRA is very high – in 2017, it is either \$54,000 or 25% of your income, whichever is lower.

Hawley MacLean may be reached at (775) 329-3047, hawley@macleanfinancialgroup.com or by visiting www.macleanfinancialgroup.com.



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Your daughter's bachelor's degree in just two years?

By Morgan Walsh

Coming March 25 to Western Nevada College is a special presentation for students who want to achieve a university degree in as few as two years. The event begins with an overview of proven methods to slash total college costs and get graduates earning faster. Students learn how to accelerate their path from high school through community college and transferring to the university for their B.S. or B.A. degree. Using the College Level Examination Program (CLEP), and a well-thought out transfer plan into University of Nevada, Reno or another major university, the student follows a flexible and efficient course of study tailored to each individual.

"We are excited to host this important resource for motivated adults, students and parents," says Linda Whitehill, coordinator of the WNC Continuing and Community Education. "As students take full advantage of accelerated learning toward their degree, the efficiency and reputation of WNC and UNR are both enhanced. It's a very fine win/win for all concerned."

Who benefits from the presentation? Motivated high school juniors and seniors, and their parents who want to avoid crushing college debt and qualify earlier for higher-paying, post-graduate employment. Adults looking to move up at work who must achieve a degree as quickly as possible. Home-schoolers

who want to acquire the university credential as their next step in learning and career goals.

Learning the full value of an accelerated degree is an eye-opener to parents and students. College debt now exceeds an average \$40,000 nationwide. Direct savings of tuition, fees, books, transport and housing amounts to tens of thousands over a typical college career. Accelerating a degree qualifies the graduate for full-time employment two to four years sooner than her peers, making her more competitive for top jobs and adding thousands to life-time earnings.

According to the Nevada System of Higher Education, more than half of college students now enrolled in Nevada spend six years in obtaining their degree. Many students change majors and struggle to remain in school. Students who learn how to use CLEP follow thousands who have successfully accelerated their graduation without taking on an unreasonable academic load, earning their degree in a fraction of the time most students spend in college. Because CLEP introduces the student to a wide variety of college subject matter, students quickly gain a feel for what majors fit their tastes, goals and talents. The adult who returns to school for his credential views CLEP as clearing a direct path to a degree with no time or resources wasted.

Who wins with this method? The

student wins who feels empowered to achieve success rapidly, avoid excess debt, incur much less tuition expense, and move into higher earning capacity quickly. The college and university win when their overall stats for early graduation rise. And parents win who launch their student into academic success with less cost and much less debt.

The event is offered through WNC Community Education and will not earn academic credit at WNC. Save the date: Saturday, March 25 from 2-4pm at the Carson Campus of WNC. Registration is now open for the CLEP Prep Presentation. For more info, visit clep.WNCFriends.ORG or email Symposium.WNC@gmail.com. Seating is limited. Reserve today.



Linda Whitehill co-ordinates Continuing and Community Education at Western Nevada College.



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Should schools continue to fund arts programs?



Noelle Kim

By Noelle Kim

Many believe that supporting arts programs is a waste of resources which otherwise could be used to promote a more rigorous academic curriculum. Despite being a school dedicated to academic excellence, Sage Ridge School requires students to participate in the arts every year, giving them the opportunity to immerse themselves in the worlds of theatre, music, and visual art. Sage Ridge believes art education plays a crucial role in facilitating a student's development, academically, socially and culturally.

Ana Ohnersorgen, a current junior at Sage Ridge School, has been participating in theatre productions at Sage Ridge School since she began attending in fifth grade. She believes the arts to be supportive, allowing her to work with people of different ages and experience levels.

"I don't only learn skills," she said, "but I learn more about myself."

Over the years, she has also become more comfortable in regards to public speaking.

"Public speaking used to be a big fear of mine," she said.

Her acquired confidence has allowed her to excel

not only in theater but also in academics and other extracurricular activities such as speech and debate. Ohnersorgen asserts that arts education is important in creating an outlet for many students to relax or work out any tensions in their lives.

"It helps free the mind," she said.

As a result, students might experience greater success on tests or in any academic endeavors.

"Working in a group helps instill a sense of pride of accomplishment," she said, adding that it also boosts self-esteem and confidence.

Ross MacNeil, a current junior at Sage Ridge, also believes that arts education is a vital aspect of a student's academic experience.

"Arts courses let a student explore their imagination," he said. "Without them, education would be unfortunate because it would bury this valuable creativity."

MacNeil believes that arts education allows students to grow in unique ways that no other class can offer, teaching skills that no other class can teach.

"Arts also have the potential of allowing students to blossom socially," he said. "Students are forced out of their comfort zone, allowing them to gain confidence that they did not know."

MacNeil currently participates in ceramics. He says that this class has exposed him to a new interest and that if he had not participated in this class he

would not have realized his passion for ceramics.

"To explore oneself is a beautiful thing and also a critical part of personal growth," he said.

Cameron Crain, the current director of development and former theatre educator at Sage Ridge, has taught for fifteen years.

"The arts provide vast benefits to students learning to effectively use their creative minds," he said.

Crain explains that actors are forced to utilize many academic skills while participating in a theatre production.

"Students must research to properly immerse themselves in the world of the play and use memorization skills to recall their cues and lines," he said. "Furthermore, students learn to hone their responsibility skills by supporting their fellow cast and crew members."

"Artists become creative problem solvers by learning to find innovative ways to improve their situations," he said.

Students need more than just skills and knowledge to be productive and innovative as adults in today's global society. Imagination, inspiration, originality, and inventive problem solving are essential tools for success. It seems that art education is a great way to cultivate that creativity.

Noelle Kim is a junior at Sage Ridge School.

Summer learning prevents loss of up to 2.5 months of math

By Neetha Govind

Summer learning loss is a phenomenon parents and educators have long acknowledged as a significant setback to academic achievement. According to researchers at Johns Hopkins University, math proficiency is particularly susceptible to the summer learning slide. Students lose between two and two and a half months of the math computational skills they learned during the school year. Additionally, the summer slide can have long-lasting effects on a student's academic life.

"Early summer learning losses have later-life consequences, including high school curriculum placement, whether kids drop out of high school, and whether they attend college," said chief instructional officer at Mathnasium Larry Martinek.

Experts widely agree that summer

math studies provide a solution. Studies have shown that students who attend summer programs with a math component score higher on math tests the following school year than students unable to participate in summer instruction.

Incorporating math studies into a student's summer routine brings other significant benefits.

"Take advantage of the more relaxed environment of summer break as a golden opportunity to improve math performance," Martinek said. "During summer break, children have a lot of unstructured time, allowing them to unplug their busy minds and become more focused."

These are ideal conditions for effectively absorbing new information and having a sudden 'aha' moment when concepts click into place.

"We have found the summer months to be a great opportunity for students to work on mathematics," Martinek said. "We have seen children make great strides with a serious commitment of just two to three hours a week."

Neetha Govind is center director at Mathnasium Diamond. For more information on how to combat the summer slide, contact (775) 800-7457 or visit www.mathnasium/diamond to schedule summer sessions.



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Double duty dishes – Whip up extra meals in minutes using leftovers



By Marni Bistany

By Marni Bistany

Roast chicken, extra salmon, grilled veggies, a piece of steak...how many times do you end up with leftover food and you're stuck microwaving it or worse, throwing it out?

Instead, how about planning for leftovers, so you're making more than one meal at a time? I always make double the amount of what I need to serve, just so I can have a few extra meals with little effort.

For instance, with extra steak you can make fajitas or a steak salad with red and yellow peppers, avocado, red onion, arugula and romaine. You could also throw it into a stir fry after veggies are cooked.

With leftover salmon and cod, try salmon or cod cakes. Just add scallion, capers, diced red pepper, leftover potatoes, lemon, dill and a touch of mayo or a beaten egg. Roll in Panko crumbs and press into a four inch round cutter before baking in hot oven.

How about salmon salad for an elegant lunch, tuna salad for a casual barbecue, salmon crepes for a dinner entree, or tuna salad wraps for lunch?

I once made seven meals for two utilizing every bit of a roast chicken, just to see how far I could stretch a five-pound bird:

- slices from one breast, off the bone with pan juices
- curried chicken salad, from breast and thigh
- chicken and spinach quesadillas (thigh and leg)
- black bean and chicken enchiladas (breast and leg)
- spicy chicken wing snack



Cast iron whole roast chicken effortlessly turns into a curried chicken salad on a later day.



Above: Wild Sockeye Salmon Salad using leftover grilled salmon. Complete recipe can be found at www.fiveminutemeals.net.



- chicken stock – made enough for one gallon of broth plus leftover for the soup below
 - vegetable soup made from the chicken stock vegetables, broth, herbs and blended.
- Marni Bistany has been a private chef and caterer for over twenty years and is the creative force of ChefOrganic

while writing a food blog, www.fiveminutemeals.net in her spare time. She's garnered rave reviews cooking for VIP clients and their families in the Hamptons, Aspen, the Bay Area and Lake Tahoe and is bringing her special brand of cooking to the Reno area this season. Connect with her at www.cheforganic.net to plan your next event.



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