



Galena Fest benefits outdoor education, trails through run and ride festival

By David Gentry

Do you need a reason to get fit? Do you require an invitation to go to a local park? Or do you want to support outdoor youth education and new trails? On September 27, the seventh annual Galena Fest offers all of the above.

For those of us who love to celebrate the great outdoors, there is a lot to be excited about. This year's event will once again host the infamously challenging, signature,

uphill mountain bike race The Bloody Rose. The 12.2 mile course can be done as a two-person relay, a good idea for those struggling with elevation and several portions steeper than 15 percent. A mix of single track, fire roads, and sections of pavement greets knobby tires willing to fight for traction. Those who make the 4,000-foot ascent to the 10,128 ft. summit will be treated to amazing views of Lake Tahoe and Washoe Valley and bragging

rights for completing the challenge.

If you prefer a pair of trail running shoes over sitting on stiff saddles, the Wicked Thorn 7.25 trail run might be the better way to test endurance and spirit. Organized by the Great Basin Institute, the run takes advantage of the most scenic trails in Galena Forest. The Wicked Thorn welcomes runners of all calibers and promises to be both, challenging and rewarding.

The first woman and man in both the Bloody Rose and the Thorn will get season passes to Mt. Rose Ski Area.



with creative stations for individual self-expression.

For more information, visit GalenaFest.com and while there, strongly consider registering for one of the events. It's a great way to stay motivated for training during this last part of summer. And don't forget, the heart of Galena Fest is raising funds for outdoor youth education, Camp WeChMe, trail construction and maintenance.

Thanks again to returning sponsors as well as our new additions, such as FOX and Carson Tahoe Hospital, for making the event a success. Your contributions are doing so much for outdoor youth education and promoting new trails.

This year's event will be held on Saturday, not Sunday as in years past, so mark your calendars accordingly. If you would like be a part of sponsoring the event, please contact Galenafest@gmail.com.

Exciting cylcocross races return to Galena Fest



By Kevin Joell

The GalenaCross cyclocross event returns to Galena Fest this year on September 27 for some exciting, spectator friendly bicycle racing through Galena Regional Park. It's also a great opportunity for those who haven't tried cyclocross racing to give it a try in a fun forest

environment.

Cyclocross is a form of bicycle racing that originated in the cold European winters over a half century ago and has developed a strong following in many regions worldwide including a local race series here in Reno. A cyclocross race

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Letter From the Publisher

Galena Fest marks the start of my favorite season. Come check out the athletic and social events. Once you get involved as participant or spectator, you'll see for yourself why supporting our local parks and youth programs is so important to us.

All the same events will be returning and more prizes will be given out than ever before. In both races, the Bloody Rose mountain bike hill climb and the Wicked Thorn trail run, male and female winners will take home season's passes to Mt. Rose Ski Area.

For the seventh time, I look forward to taking on the challenge of The Bloody Rose. A new relay team event will be available this year. If you have a buddy to team up with, why not give it a go. The first team rider will ride from the start at Galena Park up to the Atoma building across from Mt Rose Ski area. The second team rider will ride from there to the top of Relay Peak.

Bring out the kids for Art in the Park or the Cyclocross racing. I saw a lot of smiling kids faces last year and I'd like to see even more of them this time around.

The festival would not be possible without all the fantastic sponsors and



Richard Keillor is ready to ride the Bloody Rose on September 27.

volunteers. Many of the people and companies have been with us from the start seven years ago (see page 3 for sponsors and volunteers). We have a solid foundation to continue the festival for many years to come and plan to support our community to the best of our ability into the future.

*See you all on September 27,
Richard Keillor*

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Michelle Davis – Western Title – Volunteer
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Karl Fendelander – Smiling Eye Media – Website maintenance

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

2014 Galena Fest Schedule of Events

Saturday, September 27, 2014 — Galena Creek Regional Park

7:30-8:00am ... Bloody Rose MTB Race Registration/Check-In
8:30am ... The Bloody Rose Competitive Mountain Bike Climb Start
8:00-9:00am ... Wicked Thorn Train Run Registration/Check-In
(A Great Basin Institute Event)
9:30am ... The Wicked Thorn Trail Run Race Start
9am-1pm ... Art-in-the-Park
(Sponsored by Pediatric Dentists and Christine Duncan)
10:00am-3:00pm ... Race Day Festival with live music
10:30-2:00pm ... Food Served
11:30am ... Kid's Bike Race-FREE-10 & Under
12:00pm ... Cyclocross Men and Women C, Junior
12:15pm ... Wicked Thorn Trail Run Awards
12:30pm ... Bloody Rose MTB Race Awards and Special Thanks
1:00pm ... Cyclocross Men B, Men B 35+, Women A/B
2:00pm ... Cyclocross Men A, SingleSpeed, Men A 35+

Look for more info on page 4



cyclocross *continued from cover page*

is usually 30-60 minutes in length and involves high intensity bike riding with obstacles that require riders to dismount and run while carrying their bicycle. Courses are a mixture of pavement, dirt, grass, and mud or sand.

The GalenaCross event will start at 12pm with the 30-minute "C" race for beginners and Juniors. Following that will be the 45 minute "B" race at 1pm for intermediate riders, Masters and single-speed bikes. The last race of the day will be the 60-minute "A"

race for advanced riders starting at 2pm. A free kids' race starts off the cyclocross event at 11:30am using part of the course.

Cyclocross registration will open at 11am. It is \$20 to register on race day. There is no pre-registration. Either mountain bikes or cyclocross bikes can be used. More information about categories and additional course information can be found at www.renogalenafest.com.

Kevin Joell is trail director of the Tahoe Area Mountain Biking Association.



(Photos submitted by D. Gentry)

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Trail racing gets heart pumping and challenges lungs



Andrew Pasternak, MD

By Andy Pasternak

So there I was, reluctantly crouched at the starting line. It was the beginning of The Wicked Thorn, a super fun 7.25 mile trail running race held in conjunction with Galena Fest. To make it even more challenging, my wife and I had done a trail half marathon race the day before.

At the start, my legs were a bit stiff and sore from the prior day which fueled my reluctance. Luckily, when the Galena High School Marching Band cranked up some great motivational music and the gun went off, the adrenaline started pumping and got me through the race.

We had a fun race and solid finish. As with anything, the more races you do, the more you learn. Let me share with you what you need to know about the Thorn and how you should get ready.

Over the past few years, like many of my running friends, I've made a steady transition from road running to trail running. In general, I've found trail running a lot more fun. Running on dirt instead of pavement is easier on my knees and hips. Also, trail running in Reno's constantly changing terrain and surface conditions demands a nimble, always adapting stride and use of different muscles.

If you are going to hit the trails around Reno, it's worth investing in a pair of trail running shoes. The running stores carry a variety of brands. It is beneficial to try on a few pairs to determine what is most comfortable. Trail running shoes are different than road running shoes, offering a more aggressive tread pattern to provide improved grip on the dirt. They typically, also feature protection near the toe to guard against those rocks and tree stumps you will inevitably encounter.

THE WICKED THORN TRAIL RUN

WHEN Saturday, September 27, 9.30 am (Pre-registration is from 8–9 am)

WHERE Galena Creek Recreation Area

WHAT 7.25 miles in length, out-and-back with a loop in the middle of the run, along the beautiful Jones Whites Creek loop in the Galena Creek Recreation Area. Timing done by chip. Awards Ceremony follows at 12.15 pm.

COST \$35, includes lunch and a beer and live music.

WINNERS of men's and women's division get season's pass to Mt. Rose Ski Area

REGISTER at www.GalenaCreekVisitorCenter.org and on Active.com, or by calling the visitor center at (775) 849-4948.



Photo by K. Matteson

If you are new to trail racing, it's important to get out and practice running on the trails. Dealing with the constant undulating terrain is different than road running. On the uphill, energy conservation is key. Depending on your individual physiology and the gradient, it may be more efficient to attack some hills by power walking instead of running. This will help conserve energy for the more run-able sections. With either running or power walking, shorten your stride, and keep your head up and chest forward. And find

your individual sustainable pace that will allow you to accelerate over the crest of the climb.

On the downhill, technique is paramount. I'm still learning downhill running and find myself losing time to other runners. In watching good downhill runners, it is more important to take smaller steps and keep your feet moving quickly than trying to take big strides down the hill.

I encourage you to sign up for the Wicked Thorn! It's wicked fun.



Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

Advertising Manager: Richard Keillor: richardk@cbivr.com

Contributors:

Paul Andrew, Amanda Bak, Steve Dalinis, Trevor DeRuisse, Andy Drymalski, Troy Fontana, David Gentry, Jodi Herzik, Amanda Horn, Kevin Joell, Janice Keillor, Liam Kilroy, Sophie Kim, Timothy Kinsinger, Andre Mentjes, Susan O'Leary, Andy Pasternak, Olivia Piccirilli, Matt Schmitt, Jeane Spada-Allgood, Gilbert Trujillo

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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 inquiries regarding the Galena Times: richardk@cbivr.com or visit our website: www.galenatimes.com

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Walk the Line in Carson City historic neighborhood



Janice Keillor

By Janice Keillor

Recently, someone asked me if I remembered that old John Wayne movie that was filmed in Carson City. I didn't know the movie, but I helped him figure out where the house from the movie was located.

Thanks to Carson City's Historic District webpage, we found it right away. That particular house just won an award in May for Outstanding Achievement in Historic Preservation and was listed on the website. I also recognized it as the historic house down the street from the

Governor's Mansion that has one of the best Halloween decorations in Carson City- a simple, yet eerie, ephemeral ghost floating on the porch.

I drove by the house at 500 Mountain Street, also called the Krebs-Peterson House, and discovered that the John Wayne movie, The Shootist, was filmed there in 1976 and was Wayne's final film role. A cardboard cutout of John Wayne is visible in the window and the sign in front describes the history of the house. Although I've been through the district many times, I've never even noticed this. I needed to do some exploring.

There's a mapped route through the Historic District called the Kit Carson Trail, better known as the Blue Line. This nickname originated because there

is actually a blue line on the sidewalk that you can follow through the district.

Some of the more notable houses along the route include the Ferris House, boyhood home to the inventor of the Ferris Wheel, and the Curry House, built in 1871 by Abraham Curry, one of the founders and promoters of Carson City. The Stewart-Nye house was home to the first U.S. Senator from Nevada, William Stewart, and later owned by James Nye, the first governor of the Nevada Territory before Nevada became a state. The Orion Clemens House was built in 1864 and was frequented by Orion's brother, Samuel, also known as Mark Twain.

Also on the tour are the former U.S. Mint, the Governor's Mansion, the State Capitol, and several historic churches. Many of the notable buildings were constructed using local sandstone cut by prisoners housed at the Nevada State Prison.

Walking the blue line through the tree-lined historic district is a fascinating lesson in Old West history. The houses are very well-maintained with most original appearances preserved, giving a true representation of Victorian era architecture. There are still concrete blocks on the curbs where people used to step off of carriages. Many of the houses on the tour are haunted and are also part of Carson City's Ghost Walk tour, a guided candlelight walking tour led by costumed actors from May to October.

If you're interested in architecture,



(Photo by J. Keillor)

The Kit Carson Trail, also known as the Blue Line, maps a route through Carson City's fascinating Historic District.

history, ghosts, the Old West, or just like walking through a beautiful neighborhood, visit Carson City's Historic District, the largest historic residential district in Nevada. You can get a map of the blue line at the Carson City Visitor's Bureau, 716 N. Carson Street, or you can download a copy from Carson City's website <http://carson.org/historicdistrictmaps>. As Johnny Cash would say, "Because you're mine, I walk the line." Check it out.

Janice Keillor is a Grant Analyst for the Carson City Planning Division.

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Volunteers build bridges on trails, seek donations

By Galena Times staff

If you have been on the Thomas Creek or Whites Creek trails recently, you may have noticed some recent improvements to the creek crossings. Volunteers from the Tahoe Area Mountain Biking Association (TAMBA) have been working through the summer to build two of three bridges slated for the area.

The first and smallest crossing was installed in June on Thomas Creek Trail above the end of Timberline Drive. This 15-foot span replaced the rickety and rotten log crossing while leaving the natural stream crossing in place for horses and bikers who don't mind getting their feet wet.

The second bridge was quite an undertaking, providing a 30-foot span to cross Whites Creek on the Dry Pond Trail. Although the original crossing was also left in place, this bridge is rated for all user groups and will provide for safe travels when the natural crossing becomes an ice dam in the winter or during the spring melt when the creek is flowing high.

Construction of the Whites Creek bridge was exceptionally challenging due to the amount of materials and the distance from the trailhead. The U.S. Forest Service delivered over 6,000 pounds of wood and 12,000 pounds of rock to the trailhead. Then it was up to the volunteers to get this up to the bridge



(Photo: Mountainbiketahoe.org)

Tahoe Area Mountain Biking Association volunteers contributed over 400 hours to install three bridges in the Galena area.

site 1.1 miles away.

According to project manager and TAMBA trails director Kevin Joell, it took 31 volunteers contributing a combined 439 hours to move the materials and build the bridge.

These bridges are built under a Volunteer Services Agreement between TAMBA and the U.S. Forest Service. The Forest Service was responsible for purchasing the bridge materials, planning and engineering, TAMBA is fundraising for the installation

costs and provides volunteer labor.

"When they suggested us installing the bridges, I immediately said to count us in," Joell said. "It was a no-brainer. They had a little bit of capital funds, enough to cover one bridge. By us coming to the table for installation, they were able to stretch that money into three bridges. It's a win-win for trail users and the taxpayers."

The third bridge is a 36-foot span that will go over Thomas Creek on the upper section of Thomas Creek Trail that leads to the Rim-to-Reno trail. Currently, the trail is hard to locate through this section and the crossing that many people take is steep and causes erosion into the creek.

Joell adds that they are still seeking donations to help with the installation costs.

"Installation of the first two bridges has cost us about \$3000 and we've raised about \$2000 so far from donations," Joell said. "Fortunately, the last bridge is right next to the road so we won't have as many costs as we did on Whites Creek."

Installation is scheduled to occur in September.

Trail users who are interested in volunteering or would like to make a tax-deductible donation towards the TAMBA trail building fund, should visit the TAMBA website at www.tamba.org.



Jodi Herzik

Programming class adds skills to resumes

By Jodi Herzik

You may not have heard of Ruby on Rails (RoR), but I'll bet you have heard of Hulu, Groupon, Living Social, Amazon and Twitter. All of these popular websites were built using Ruby

on Rails. Today's websites are moving away from being static hubs of information and becoming much more dynamic and interactive.

Ruby is a scripting language that uses simple English syntax which makes it easy to work with for both techies and non-techies. Rails is the web development framework written in Ruby language.

The Ruby on Rails formula together offers a dynamic website and web application development platform that businesses, large or small, can use to their advantage. As an open source, cost-free platform, RoR makes having a customized website very affordable when compared to vendor owned platforms without sacrificing speed,

continued on page 8



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Mother and daughter envision preschool out of the love for children

By Dagmar Bohlmann

Former elementary teacher Sandi Steenberg envisioned a preschool for her grandchild and other children that offered a quality beginning for their educational future. One day she decided, she was going to build it herself.

Having lived in South Reno for 32 years, Steenberg has raised four children who attended Lenz Elementary School.

"I was so impressed with Lenz teachers that I returned to school to earn my teaching credential," she said.

She supplemented her then single parent income with piano lessons and tutoring.

"After fifteen years of teaching Kindergarten through third grade, I felt the desire to provide a more focused, creative educational environment," she said about the reason for founding Five Hearts preschool.

Inspiration for the change was the birth of her grandson Oliver. He and his mom have lived with the Steenbergs for three years.

"My children mean everything to me," Steenberg said, explaining that the name for her preschool came to her naturally after her five precious hearts, four children



(Photos: S. Steenberg)

Mother and daughter, Sandi and Katie Steenberg, founded Five Hearts preschool to provide a healthy, hands-on curriculum to South Reno families.

and one grandchild.

They have been the beauty in her life as well as the source of great tragedy. Six years ago, her eldest son, Ryan, died in a work related accident.

"The value of family and community became even stronger as my family and I struggled through this devastating loss," she said.

It is that sense of connection that Steenberg is seeking to foster in her preschool and the building

project soon became a family affair. Ryan's best friend, Dusty Simonian, contracted the job to build the space. Her youngest son Jeremy and her husband Craig Brinkman spent many weekends putting in the white picket fence and playground. Daughter Katie, a graduate from UNR in Art, designed and beautifully decorated the space.

Living on a park-like acre with White's Creek running through the property provides ample opportunity for creek visits, yard sports and seasonal outdoor activities.

"Many families in the South Reno Community have young children and I would love to be able to explore the world with them through my preschool," Steenberg said.

She plans to provide a safe, healthy, hands-on curriculum that lets kids evolve through play and discovery.

"With our combined experience in education, music, art, dance and motherhood, Katie and I hope to fulfill our vision of a special preschool experience for the South Reno area," Steenberg said.

Katie will continue working on her Master's degree in Human Development as well as assist in the preschool.

For more information, visit www.fiveheartspreschool.com, phone (775) 745-2411, or email fiveheartspreschool@gmail.com.

South Valleys Library shares resources and entertainment beyond books

By Julie Ullman

National Library Card Sign-Up Month

Summer may cool off, but things are still heating up at the library. September is National Library Card Sign-up Month and every Washoe County resident can sign up for a free library card. Not only will you get to check out books at your library, but with a WCLS library card you can also check out free e-books and digital audiobooks.

It's pretty easy! Just download the free Overdrive app to your mobile device, e-reader, or Smartphone and start checking out your favorite books to use on the go. If you would like a little help getting your device ready for library e-books just stop by the South Valleys Library any Friday from 3-4 p.m.

With a WCLS library card you also get free access to premium electronic databases. The Auto Repair Reference Center is a popular database with detailed instructions on repairing your vehicle. Want to learn a language? Be sure to try out the Mango and Rocket Languages databases, with complete lessons and

videos to make learning fun.

Students will find online practice tests and other tools for the ACT, SAT, GED, and AP exams as well as tools to improve math, reading, writing and speaking skills using the Learning Express Library database. And students aren't the only ones who can benefit from this great resource. You will also find career resources such as practice tests for Civil Service, Cosmetology, Law Enforcement, ASVAB, CDL and many other careers, plus tips on job search and workplace skills such as interviewing and networking.

Magic & More

In October, magician, Larry Wilson, will present four days of magic shows featuring four different amazing magicians. Prepare to have your mind blown!

Nevada history buffs will want to mark their calendars for a special program presented by the Historic Reno Preservation Society. Professional photographer and director Steve Ellison will talk



(Photo submitted by J. Ullman)

about his forthcoming documentary about Harold's Club and the Smith family.

Also this fall, photographer Bob Goodman will take us on a visual tour of the natural gardens that surround us, to highlight nature's handiwork that at times is obvious, and at times hidden.

For all program dates and times please visit www.washoecountylibrary.org/south_valleys.html to view our monthly calendars. Even better, stop by and pick up our calendar. See you at the library!

Julie Ullman is programs and youth services librarian at Washoe County Library System's South Valleys Library.

programming class *continued from page 7*

security or performance.

Today, more than ever, the number of development jobs is increasing to a point where it is impossible to fill the demand. For anyone interested in becoming a programmer, take a look at the job growth trends on indeed.com—Ruby on Rails developers are a hot commodity. Major companies have begun touting RoR as the "language of the cloud"; tech analysts predict job market will continue to show high demand for RoR developers.

To meet the growing demand for computer programmers, the University of Nevada, Reno is partnering with

professional programmers, Don Morrison and Phil Cohen, from the Reno Collective to offer two new courses at the Redfield Campus that will provide participants hands-on programming experience.

Introduction to Computer Programming is a six-session, 18-hour course designed for those with no prior programming experience. Instructors will use Ruby programming language to illustrate basic programming concepts such as variables, data types, iteration, flow control, input/output, and functions. Participants will also compare and

contrast Ruby syntax and style with other programming languages such as PHP and JavaScript, and discuss modularity and testing.

Ruby on Rails Fundamentals is a six-session, 18-hour course in which participants learn the fundamentals of building web applications using RoR by creating a small application. They will also explore topics such as RubyGems, Rails generators, MVC, creating and updating a database, simple application deployment using Heroku and more.

As businesses discover they can use Ruby on Rails to build their next-

generation products and services for consumers with a low up-front investment and overall cost savings, it makes perfect sense that we'll see even more companies using Ruby on Rails. Learn more about Extended Studies new programming courses on our website <http://www.extendedstudies.unr.edu/> or email Amy Ginder at aginder@unr.edu

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 email jodim@unr.edu.



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10:00 a.m.-10:00 p.m.
SATURDAY, SEPTEMBER 20

ALL DAY LIVE ROCK

Noon **Craig Fletcher Band**
2:00 p.m. **Hundred Ones**
4:00 p.m. **Jason King Band**
6:00 p.m. **The Novelists**
8:00 p.m. **Mark Sexton Band**

10:00 a.m.-10:00 p.m.
SUNDAY, SEPTEMBER 21

ALL DAY Country Western LIVE MUSIC

Noon **Slide Mountain Band**
2:00 p.m. **Strange on the Range**
4:00 p.m. **David John and the Comstock Cowboys**
6:00 p.m. **Kelly McFarling and the Home Team**
8:00 p.m. **Left Arm Tan**

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Questions - Email Us at info@SNPAA.org

Sponsored By The Sierra Nevada Performing Arts Association

Coolers Not Permitted in the Amphitheatre

First annual Reno-Tahoe Music Festival takes the stage this September

Submitted to the Galena Times

Ten bands will play Rock and Country music over two days as the first ever Reno Tahoe Music Festival takes the stage September 20-21, 2014 in the Hawkins Outdoor Amphitheater at Bartley Ranch in Reno.

The festival is being presented by the Sierra Nevada Performing Arts Association – a 501(c)(3) non-profit organization which was established to support the performing arts in our community, to provide scholarships to talented students in Northern Nevada and to identify children, particularly those at risk, who could benefit from a music education to help increase high school graduation rates in Nevada.

“The Reno-Tahoe Music Festival will help us achieve these goals and will help to make Reno an enjoyable Summer Music Venue,” SNPAA President Joe Morabito said. “It is SNPAA’s intention to work with local groups and others in town to produce the Reno Tahoe Music Festival and as we grow, to book additional outside big name talent to attract local participants and out of town guests.”

Free parking for the two-day Festival will be available at 10 am, which will include live music from 12 to 10pm with carnival games, food and beverages from Men Wielding Fire. Carnival games will be manned by local non-profit organizations. A portion of the game proceeds will go directly to these non-profit organizations including Damonte Ranch High School, Sierra School of Performing Arts, the Make-A-Wish Foundation, Honor Flight, Sheep Dip Inc. and Life Church Reno.

Saturday, September 20th will feature Rock bands including the Craig Fletcher Band (12:00pm), Hundred Ones (2:00pm), Jason King Band (4:00pm) The Novelists (6:00pm) and the Mark Sexton Band (8:00pm).

Health, Fitness & Sports

Cholesterol: Know your numbers

By Susan O’Leary

Health and fitness are a priority among many of us in the Galena area. Whether it’s taking a daily bike ride to remain active, or cooking healthy meals – the better we treat our body, the better we will prevent health risks and dangers. As the majority of heart attacks and strokes are caused by cholesterol build up in the blood vessels, one way to optimize health is to monitor cholesterol levels.

LDL (bad) cholesterol enters and is taken up into the blood vessels to form plaque. The formation of this plaque is responsible for the development of coronary artery, cerebrovascular and peripheral vascular disease, depending on the artery distribution involved.

What should one know about cholesterol numbers? The good? The bad? The fluffy?

The HDL (good) cholesterol is involved in recycling cholesterol thereby reducing the amount of bad cholesterol produced by the liver. HDL cholesterol levels greater than 60 mg/dL are considered protective.

The most recent AHA/ACC guidelines focus on lowering LDL (bad) cholesterol based on risk of both disease and side effects from treatment. A moderate reduction of baseline LDL (30-50%) is recommended for those with heart disease older than 75, diabetics aged 40-75 without known heart disease, and non-diabetics with >7.5% ten-year risk of heart disease based on risk factors.

For high-risk groups, like individuals with known heart disease and those without heart disease but who have high LDL (more than 190 mg/dL), it’s best to try and reduce your number by 50 percent.

Unfortunately, the LDL cholesterol concentration typically reported on standard cholesterol tests does not tell the whole story. Two individuals may have the same LDL cholesterol concentration, but have very different risks of developing heart disease. This is explained by the size and number of LDL particles exposed to blood vessels.

The small, dense, “pattern B” LDL cholesterol

particles are more likely to enter the blood vessel and develop plaque compared with large, less dense or fluffy “pattern A” LDL cholesterol particles. The smaller the LDL particles are, the greater risk of plaque development and heart attacks.

The good news is that it’s possible to modify the density and size of the LDL cholesterol to a more protective form with a healthy lifestyle (e.g. diet, regular exercise, strict control of diabetes) and with medical therapy.

Knowing your numbers is key to preventing a myriad of health concerns aside from heart disease. Some include breast cancer, dementia, Alzheimer’s, and even hearing loss.

Talk and work with your physician to achieve all of your cholesterol goals.

Dr. Susan O’Leary is board certified in Cardiovascular Disease and Echocardiography. Her areas of focus at Carson Tahoe Health include Coronary Artery Disease, Vascular Heart Disease, General Cardiology, Cardiomyopathies and Non-Invasive Imaging. Dr. O’Leary is welcoming new patients. For more information or to schedule an appointment please call (775) 445-7650 or visit www.CarsonTahoe.com

5 tips for feeling good about yourself



Dr. Andre Meintjes

By Andre Meintjes

Start the day off right by planning what you are going to do to feel good about yourself. It does not have to be complex nor does it need to be big. It is not difficult and will give you such presence in all you do. You will have vastly better interactions with others, too. Planning how you are going to feel good about

yourself each morning can only lead to a satisfying day.

• **I will have erect posture throughout my day.**

Having upright posture demonstrates such great body language. It shows your confidence and makes you feel in charge of your day. Your muscles, ligaments and joints will be in their ideal, functional position, too.

• **I will do one small good deed for someone else, no return expected.**

Let someone into your lane ahead of you while driving. Buy the person behind you coffee "because you can." Take flowers to an assisted living center and ask an aid to give it to someone having a tough day. Give a homeless person a pair of shoes.

• **I will say "sorry" – it is a liberating word of inner strength.**



(Photo by A. Meintjes)

Andre Meintjes experiences a taste of freedom during a mountain bike ride in Moab, Utah.

Apologize to someone accepting your mistake unconditionally. It's as simple as saying, "I am really sorry for" Be absolutely genuine about it to experience the freedom that comes with it.

• **I will laugh at myself – I am human.**

Are we not the funniest things on the planet!? Surely, you can find something about yourself that makes you laugh. Forget something ... again? Dance and sing

really badly in your car and know you are a rock star? Try getting the car next to you rocking with you.

• **I will be genuinely present in my conversations with others.**

It is inspiring to talk to someone who is looking you in the eye and is clearly interested in what you have to say. If you really pay attention to the person talking, opportunities for follow-up questions arise one after the other. You will be amazed at what you learn from a truly incredible fellow human being. How about that unassuming old man who received a Bronze Star at Iwojima? How about that young teenager who created an entire anti-bullying program and wants to be a motivational speaker? How about that Mom and Dad who have such a beautiful relationship with their kids?

Try these for the next five days and see how you feel. I would love to know how it went for you.

Dr. Andre Meintjes, M.P.T., C.F.E., Ph.D., is author of *The 20 Minute Travel Workout*. As a physical therapist, he founded Custom Physical Therapy in 2002 to providing rehabilitation in a fun, efficient and effective way through evidence-based intervention. He is founder and president of IMPILO Health in 2013, a health consulting and coaching company that works with individuals and organizations to limit healthcare costs through prevention. Contact him at takechargehealthspeaker@gmail.com.



Gilbert A. Trujillo, DDS

By Gilbert A. Trujillo

Our little ones are back to school and back to after-school activities and sports. These times are great fun, but

also can give rise to dental trauma in children.

Trauma to the primary and permanent dentition is quite common, especially in toddlers and adolescent males. It can be due to falls, sports, or motor vehicle accidents and can range from a bumped tooth, swollen lip, broken teeth to completely knocked out (avulsed) teeth.

The longer the tooth stays out of the tooth socket, the worse the prognosis gets.

Parents should know that if any trauma occurs to the oral region, they should contact their dentist immediately. Many parents wait too long so that treatment is drastically compromised. Early treatment will yield the best results.

If a tooth is completely displaced out of the socket – knocked out – the parent should try to immediately reposition it back in the socket and then proceed to the dentist. When putting the tooth back in, make sure you have the tooth facing the front and that it matches the other front tooth. Also, try to push the tooth all the way up where it originally was.

If this is not possible, the parent should place the tooth in milk and proceed to the dentist. The tooth should not be cleaned so as not to damage the tooth. Time is critical.

If the tooth is pushed in toward the back of the mouth contact your dentist. Many times the tooth is pushed so far back that the lower teeth can't close so the dentist will need to reposition the tooth back to the original position.

Any blow to the jaw should be examined because many fractures go

unnoticed and a neurologic examination should be conducted.

All children playing sports should wear mouth guards. Many injuries can be avoided with a proper fitting mouth guard. Just like a helmet protects from head injuries while riding bicycles, the mouth guard can save teeth.

Our office is here to serve our little patients, ready to check out any dental trauma. We are always on call or share call with other pediatric dentists so you will have access to a dentist every day of the week, around the clock. It's better to be safe than sorry when it comes to your child's smile.

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

In children's dental trauma time is critical



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By Jennifer Barrett

Exercise is vitally important as we age. It provides several whole body benefits. Exercise can help older adults maintain and lose weight. Naturally as we age our metabolism slows down and exercise helps to build muscle mass which aids in

Stay fit and healthy at 50+

burning calories.

Individuals who exercise have less illness and disease. Exercise improves immune function, blood pressure, bone density, and digestive health. Individuals who exercise have lower incidence of diabetes, heart disease, colon cancer, Alzheimer's disease, and osteoporosis.

Exercise enhances mobility, flexibility, and balance. Studies have shown by improving your strength, posture, and flexibility it will reduce your risk of falls. Strength has also been shown to reduce the symptoms associated with arthritis. There are also several mental benefits to exercise as well. It has been shown to improve sleep and sleep habits resulting in ease of falling asleep and deeper sleep patterns. Research has shown exercise can boost your mood and greatly reduces depression. Lastly, exercise improves brain function by reducing memory loss, cognitive decline, and dementia.

Physical therapy has long been known as the solution following an injury, but physical therapy can also play an

important role when no injury exists. It can help people ages 50 and older remain active, fit, and mobile. Often people have questions or are nervous when starting an exercise regimen.

Physical therapists are experts in restoring and improving range of motion, strength, function, and biomechanics. A physical therapist is the ideal resource for designing an appropriate exercise program. Rather than going the gym blindly, consult with a physical therapist first. They will assess your current functional level, design a program, and progress it appropriately to reach your ultimate goals. Under the supervision of a PT you can safely begin your exercise routine without fear of injury and enjoy all the benefits of exercise.

Jennifer Barrett is the director and owner of Galena Sport Physical Therapy and provides a comprehensive ACL prevention program. To schedule an initial evaluation with a licensed physical therapist, call Galena Sport South (775) 384-1400 or Galena Sport Midtown (775) 322.4555.

How to master the art of riding uphill



Trevor DeRuijs

By Trevor DeRuijs

To me, fall means one thing, climbing. As the trees change from green to orange, I am reminded that one of my favorite events and races of the year is fast approaching. The Bloody Rose mountain bike hill climbing race is always a top priority on my calendar. It doesn't even matter how many times I complete

in this exhausting event, it never seems to get easier. Here are some tips for anyone looking to tackle this incredible 12.2-mile climb.

Gearing and Cadence

This is quite possibly the biggest issue I see on huge climbs like the Bloody Rose. With some of the rocky grades well exceeding 20% on this monster of a climb, most riders can

expect to spend a lot of time around 3-6 mph. With this being said, having a front chain ring that allows you to pedal between 85-95 rpm all the way down to 3 mph will prevent a tremendous amount of unnecessary pain. When your cadence drops below 70 rpm, you begin putting a lot of extra strain on your knees, leg muscles, and even back. Even if your friends make fun of you for your "super granny gear," you can tease them right back when you smoke them to the top of Relay Peak.

Seat Height

When you're climbing for this long, it's difficult to not start to feel some fatigue in your lower back, gluteals, or hamstrings. However, a proper body position on your bike can reduce these negative effects while also giving you some added performance.

First, make sure your seat is at proper height. While sitting on the bike, place your heel on a pedal while it is at 6 o'clock. Your leg should be completely straight and you shouldn't have

to move your hips to reach the pedal. Next, place a pedal at 3 o'clock and sit on the seat. The center of your knee cap should be perfectly in line with the ball of your foot.

Nutrition

I know you're in pain, but you have to remember to fuel along the way. If you can, set an alarm for every 5 minutes while you're climbing. When it goes off, take a small drink of water or electrolytes. This simple task will pay off tremendously when you reach the final switchbacks.

Best of luck to everyone competing this year! I hope these tips get you to the top of Relay Peak faster than any year before. Those who make the 4000 ft ascent to the 10,128 ft. summit will be treated to amazing views of Lake Tahoe and Washoe Valley. See you there!

Trevor DeRuijs is a professional mountain bike racer. To stay in touch visit him at Twitter: @TrevorDeRuijs, Instagram: @TrevorDeRuijs, or Facebook.com/DeRuijs633.



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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. **\$198,000.**



3 BR, 2.5 BA, 3 car garage, 3306 sq. ft. situated on approximately 1.17 acres among towering Jeffrey Pine trees. The great room with soaring ceiling is complemented with floor to ceiling picture windows bringing the outside landscape and light into every room. **\$689,000.**



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.**



Located in the gated area of Scotch Pine, this lodge style home has beautiful open beam ceiling, wood flooring, charming kitchen and tranquil covered deck. Granite countertops, stainless appliances and decorator touches. Walkout to secluded patio from the downstairs. **\$895,000.**



Nice single story Galena Forest home. Two BR and a large office/loft area that can easily be converted into a 3rd BR. Separate large shop area. Beautifully landscaped with private court yard and low maintenance. Close to skiing, shopping and Lake Tahoe. **\$675,000.**



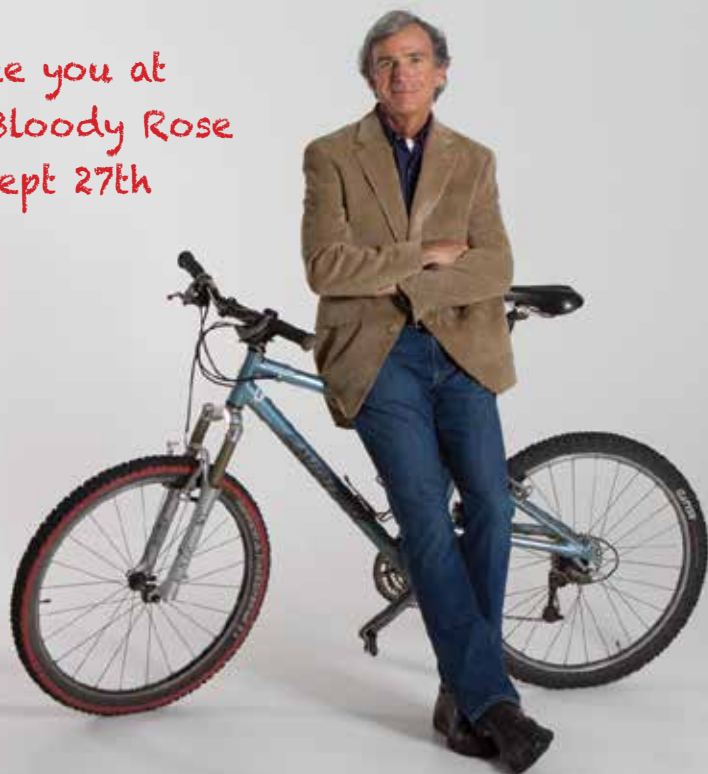
Beautiful custom home in the prestigious neighborhood of Windy Hill on 3.28 acres. This one-of-a-kind property has secluded privacy and is still minutes from town. Gorgeous chef's kitchen has stainless appliances overlooking the in-ground pool. **\$1,390,000.**



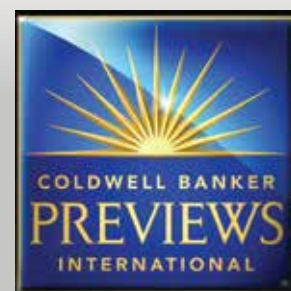
Fabulous St. James Village home on 1.7 acres. Quality construction throughout, 4 BR, office, gym, rec room, large golf shop/driving range and wine cellar. Great room with full wet bar and game room surround sound system. **\$1,659,000.**



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First Tee teaches kids more than golf



Paul Andrew

By Paul Andrew

When our generation was growing up, we would take our footballs, mitts or basketballs to a local park and set up pick-up games with other kids. As long as we were home by dinner, we didn't get in trouble. Kids would set the rules, divide the teams, and handle disputes when they occurred.

From soon after they learn to walk, kids today are shuttled around to countless sports and activities, all run and controlled by adults. What seems to be missing today in this parent-driven sports overdose is the ability for young people to organize, think and work out challenges themselves without being told what to do

by older people.

Unlike most organized team sports, golf requires self discipline, emotion control and the ability to overcome mental negativity that challenges most of us throughout life. In golf, we aren't trying to intimidate or taunt an opponent, thanks ESPN, but we compete against ourselves and the always difficult task of hitting a small ball around a large lawn in as few shots as possible.

First Tee, a nation-wide youth golf program, teaches young people the sport of golf, plus invaluable skills that will be carried by these participants throughout their lives. The organization, with more than nine million participants nationwide, provides educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.

Here in Northern Nevada, the program

is run by LPGA Professional Chris Dewer. He has been involved with First Tee for thirteen years and run the local chapter for six years.

"We've grown from 100 kids, to over 1,400 today," Dewer said. "We're looking to continue to grow."

"In our program, we are training future leaders, teaching kids life skills and how to deal with the highs and lows of life," Dewer added. "Golf is an individual sport where you don't have referees or rely on anybody else."

Accepting kids from between the ages of 5 and 18, there is a minimal cost to participate, though opportunities are available for all kids.

"We don't turn anybody away," Dewer said. "Between 50 and 60 percent of our participants are being assisted financially."

Groups are divided by age groups, with opportunities to progress to



(Photo submitted by P. Andrews)

First Tee, a nation-wide youth golf program, teaches 5 to 18-year-old golfers invaluable life skills.

different levels based on their skills and participation.

"Our kids have opportunities to play collegiately," Dewer added. "We had one local girl play in the First Tee Open at Pebble Beach last year."

Paul Andrew is Sales and Marketing manager for Menath Insurance in Incline Village. He can be reached at (775) 762-8204. To get your child involved in First Tee, or help as a parent volunteer, the local office can be called at (775) 851-2332, or visit www.1sttee.org.

We don't solve our problems, we outgrow them



Dr. Andy Drymalski

By Andy Drymalski

Speaking on the subject of recurring psychological struggles, Carl Jung once noted that, "we don't solve our problems, we outgrow them." If this is true, then therapy is really about helping people to grow and, eventually, to outgrow certain issues or unhelpful life patterns. But what, exactly, does it mean to outgrow something?

it mean to outgrow something?

Growth is a process of ordered development. It is

the spontaneous impulse and movement of a unique life force towards self-expression. For example, given the right conditions an acorn will become an oak tree. With germination it extends a root into the soil and a shoot into the sunlight above. It continues to grow in this way until it becomes a mature tree capable of bearing its own fruit.

The oak tree is the acorn's inherent and intended destination. And, just as an arborist doesn't prune an oak tree into the form of a weeping willow, so a therapist's role is to help each individual achieve their destiny, not someone else's. To help someone grow is to help them fulfill their deepest potentials and calling. But, in order to

do this, the therapist must follow the blueprint of their unfolding nature. The therapist must have insight into the client's process.

There is a unique process, or sequence of events, that guides and defines an individual's growth.

Before an oak tree produces acorns it must first attain a certain size and hormone balance within the tree. Flower development, pollination and fertilization must all occur, and in a specific order, before an acorn appears.

Psychological growth also tends to occur in a sequential manner. For example, the ego,

continued on page 15

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Metabolic Testing: The secret tool for a healthy lifestyle



Troy Fontana

By Troy Fontana

As a fitness professional, I get a lot of questions regarding weight loss, performance enhancement, and a slew of other topics about fitness. The most common question people ask me is, "What is the single most important thing I can do to get to my goals faster?" I could talk about literally

hundreds of topics that are sure to improve overall progress, and the question of which one is best depends on the individual. There is one thing, however, which benefits every single person looking to improve his or her physique.

I will share with you the secret tool that is certain to increase exercise adherence, improve motivation and add to the overall satisfaction that comes with achievement: metabolic testing. What is metabolic testing? Well, it's actually quite simple, which is why it's so effective. A metabolic test tells you everything you need to know about the current status of your metabolism, from the amount of calories you need to consume to lose or gain

weight, your anaerobic threshold, your VO2 Max, and much more.

The two major dimensions of exercise are volume and intensity. These simply refer to how much and how hard you train. Without knowing the most effective targets to balance volume and intensity, individuals are liable to spend countless hours in the gym only to notice minimal results, or none at all. In addition to the error of not training hard enough, it is also easy to train too hard. Plus, we all know the feeling we get when we've seen tremendous progress for weeks or months only to suddenly stop or go downhill. The latter is what's known as the dreaded plateau. Busting through plateaus has been all but an obsession for bodybuilders, elite athletes and Olympians.

Metabolic testing takes the guesswork out of exercise. It is the layman's window into the vast, seemingly mysterious world of exercise physiology. When you utilize this incredible tool the days of overtraining, undertraining, and working towards more frustration will be over. With this information you will never, ever waste an hour in the gym. You will know at any given time whether you are in your target range of intensity.

More importantly, when you retest, the excitement you'll feel when you see your measured progress will be unmatched.

It used to be available only to professional athletes or those who had tremendous amounts of money to spend on athletic coaches and elaborate equipment. Now, however, you have full access to the significant world of metabolic testing. South Reno Athletic Club has a program in place to provide you with the data you need to harness your metabolism. Additionally, we use a unique system to help our personal training clients achieve success. Clients receive a detailed metabolic test, supplement suggestions, specified nutritional recommendations, and the biofeedback of a heart rate monitor when working with one of our personal trainers.

Troy Fontana is the Director of Personal Training at South Reno Athletic Club. In 2010, Troy was internationally recognized as the "runner-up" for IDEA's Personal Trainer of the Year award. He is also a recognized professional speaker, sharing his fitness philosophies at numerous events. Additionally, Fontana is the author of A Climb to the Top: An Inspirational Journey to the Ultimate You, and has published over 150 fitness related articles.

solve our problems *continued from page 14*

or conscious mind, emerges gradually from the unconscious during the first two years of life. During the next two years, this young ego begins to assert itself more and more, a stage sometimes called the "Terrible Twos." The maturing child develops a sense of independence and autonomy. As development progresses, new challenges and potential achievements come into view all the way to late adulthood.

An individual's psychological process is reflected in their dreams, relationships, symptoms, synchronicities, and other life events. Just as an arborist can predict what

will occur next in a tree's seasonal growth patterns, psychologists who study the language of the psyche can understand what psychological process is trying to take place in a client's life. With this awareness they are able to help the client discover and follow their own destiny.

The development of consciousness is an integral part of our psychological growth. To become more conscious is to perceive, experience, and respond to the world from a deepened and more encompassing perspective. To regress is to go backwards and to undo or over-ride growth that has already occurred. To become more conscious, on the

other hand, is to progress, to become more discerning and flexible in your interactions with the world.

Because you see through new eyes and feel through a new heart, your problems are transformed. Self-destructive attachments lose their power and psychological issues are dissolved, releasing energy for new growth.

Dr. Andy Drymalski is a licensed psychologist in Reno and Carson City, specializing in psychotherapy for depression and dream analysis. For more information call (775) 786-3818 or visit www.renocarsonpsychologist.com.



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Control from the grave – a wealth management strategy



Timothy Kinsinger

By Timothy Kinsinger

Many of us have spendthrifts in the family that can't seem to save a cent and spend whatever they have earned or received, often frivolously.

Many of those fortunate enough to receive an inheritance or a substantial monetary gift often spend it wastefully, with little or nothing of lasting value to show for it. Then there are those who borrow from friends and relatives and never pay them back. And, unfortunately, there are those prone to make bad investment decisions and lose their nest eggs.

For those of us that have children, grandchildren or love ones that are like this, we are often reluctant to leave our estates outright to them on death. In some cases we would like to have control over how our heirs' inheritance is used when we are gone. This can be accomplished in a number of ways.

Trust.

One way is by creating a trust or trusts on death that holds inherited assets to be managed by a third party (trustee) with a fiduciary responsibility to the heir(s). The trustee often is empowered to distribute income and/or principal for the beneficiary's health, education and welfare. Whatever is

left at the beneficiary's death is distributed to the beneficiary's heirs or to others predetermined by the creator of the trust.

This method requires preparation of trust documents with its legal costs, the appointment of a trustee(s), the payment of fees to a trustee and money managers to manage the assets of the trust, and the costs of annual tax accounting. One very important requirement is the selection of a trustee. Trustees are commonly a family member or members, a trusted friend, a trusted professional (attorney, CPA, etc.) or a trust department of a bank or other financial institution.

Typical compensation for trustees can range from 1% to 3% per year of trust assets. Trust preparation fees can be several thousands of dollars. The trustee must be able to manage the assets, distribute funds often at his discretion and be legally liable for the fiduciary responsibilities of the beneficiary of the trust. This is a practical method of controlling assets from the grave, but because of its expense, it is often prohibitive to all but the wealthiest or most desperate situations.

Insurance annuities.

A more inexpensive and easier alternative to controlling assets from the grave is to create immediate insurance annuities at your death that leave guaranteed lifetime incomes to the heirs.

This method eliminates the need for legal fees and trust document preparation fees. It eliminates the need for trustees with their fiduciary responsibilities and their cost. And it eliminates the need for tax preparation.

Some of the disadvantages of this strategy.

1. There is little or no residual estate value the heirs' estate at their death. Depending on the terms of the payout the insurance company often keeps all of the principal at the heirs' death.

2. The investment return, while guaranteed, is usually mediocre at best.

3. Finally, there are no provisions for trust the payment of principal for extraordinary needs like health, education, and welfare of the heirs.

Special beneficiary designations.

A third alternative, and one that is gaining traction in the financial and estate planning community, is the use of special beneficiary designations that pay beneficiaries systematic lifetime income based on IRS life expectancy tables. An insurance company administers the pay out, but it is not an immediate annuity, or a life insurance policy. It is an actual investment portfolio managed by individual fund management companies for the benefit of the beneficiary. The beneficiary chooses the investment options from a broad range of money managers or indexed funds.

Each month, they receive distributions

based on their life expectancy and investment performance. They get the income as a return of principal and growth. Only the growth is taxable, so substantial portions received are tax free. There are no trustees, no tax returns, no legal fees, and expenses are low relative to other options.

You can also stipulate principal to be released to the beneficiaries at certain ages. I nickname this method of estate distribution as "The Poor Man's Trust", although it is often used by the wealthy, and mostly by women, since they usually survive their spouses. In my practice, we're using it also to distribute assets to spendthrift heirs, grandchildren and other relatives, spouses of heirs and even charities.

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

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Medicare enrollment options for 2014-15



Steve Dalinis

Provided by Steve Dalinis

Key Medicare enrollment periods are approaching. This fall and winter, there are three periods in which Medicare beneficiaries can

either enroll or disenroll in forms of coverage.

Oct. 15-Dec. 7: Open enrollment period. This is when you can exit Original Medicare (Parts A & B) for a Medicare Advantage Plan (Part C) and change your prescription drug coverage (Part D). You can also get out of a Part C plan and go back to Parts A and B during this period.¹

Dec. 8: Annual enrollment period begins for 5-star plans. As you probably know, Part C and Part D plans are assigned ratings. Beginning December 8, 2014 and ending November 30, 2015, a window opens for you to enroll in a 5-star Part C or Part D plan. You can do this once per 365 days. How do you find the 5-star plans? Visit www.medicare.gov/find-a-plan.²

Jan. 1-Feb. 14, 2015: Disenrollment period. Should you join a Part C plan in late 2014 and subsequently want to reverse that decision, you can disenroll from that Part C plan within this window of time and go back to Original Medicare (Parts A & B) with a stand-alone Prescription Drug Plan (Part D).¹

Do you have to confirm your Medicare enrollment using the health insurance exchanges? No. If you have Original

Medicare or a Medicare Advantage plan through an HMO or PPO, you are insured in the eyes of the federal government. If you need to make changes to your Medicare coverage, you don't need to go to the exchanges to do so. (For the record, you can't buy Part D coverage or Medigap insurance via the health insurance exchanges.)³

The Affordable Care Act has enhanced Medicare benefits. It gives Medicare recipients in the "donut hole" avenues to brand-name prescription drug discounts, and recipients may now take advantage of free preventive benefits, cancer screenings and an annual wellness visit.³

There is some fine print worth noting, however. If you have only Medicare Part B coverage (medical insurance), you are considered to lack minimum essential coverage under the ACA and you could end up having to pay the penalty for being uninsured. If you just have Medicare Part A coverage (hospital insurance), you are considered covered under the ACA. To repeat, anyone with Original Medicare coverage (Parts A & B) is covered under the ACA.³

What should you look for in a Part C or Part D plan? Be sure to take a look at a few key factors.

While premiums matter, overall plan expenses ultimately matter most; scrutinize the copays, the co-insurance and the yearly deductibles as well. Attractively low premiums might not tell you the whole story about the value of a Medicare Advantage plan.

How inclusive is the plan network? Assuming the plan has one, does it include the hospitals you would choose and the

physicians that now treat you?

Regarding Part D, how wide-ranging is the prescription drug coverage? Look at the list of approved drugs (the formulary). If the drugs you want or need aren't listed, you are probably going to have to open your wallet to pay for them. The frustrating thing about formularies is how they change; drugs on this year's list may not always be on next year's list.

Every fall, Medicare plans mail out Annual Notice of Change (ANOC) letters to their plan members. Use this notice to determine if your current plan is still right for you and your medical care needs. If you don't receive such a letter by September, contact your plan.⁴

How expensive will Part D coverage be next year? In April, The Centers for Medicare and Medicaid Services (CMS) issued the finalized 2015 Standard Benefit Model Plan parameters. (The definition of "Standard Benefit Model Plan" = the minimum allowable Part D coverage.) Under those parameters, the initial deductible for standard Part D prescription drug coverage will go up \$10 to \$320 next year. After your total prescription drug costs surpass \$320, you'll pay 25% of your total prescription costs between \$310-2,960. You'll find yourself in the "donut hole" between \$2,960-4,700 next year (compared to \$2,850-4,550 for 2014). Next year, Part D enrollees will get a 55% discount on the total cost of brand-name drugs they buy while in the donut hole. Should your total prescription drug costs exceed \$4,700 in 2015, you'll be eligible for catastrophic coverage, leaving you on the hook for just 5% of drug costs above that level.⁵

The Centers for Medicare & Medicaid Services projects monthly premiums for MA plans and standard Part D plans toward the end of each year. In late 2013, it forecast average monthly premiums of \$31 for a standard Part D plan in 2014 and average monthly premiums of \$32.60 for an MA plan in 2014. The 2015 monthly premiums are likely to approximate these.⁶

Steve Dalinis is President of Sales, MFG Benefits and may be reached at (775) 329-3041 or steve@mfgbenefits.com.

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Getting back on track includes scheduling annual for pets



By Matt Schmitt

The start of school signals the time to get back to schedules and appointments. Along with doctor and dentist visits, music lessons, sports practices and club meetings, your pet's annual checkup with your veterinarian should be on your calendar.

Annual Check Up

In addition to a complete physical exam, annual blood tests and chemistry screens assess vital organs, and a fecal test helps identify worms and parasites. Consider a heartworm test, too. Your dog may not have travelled to mosquito country, but others have, and a single mosquito bite can spread heartworm disease through blood contamination.

Seniors Deserve Special Attention

Senior pets have advanced care requirements, starting at about age 7. Remember that they age more quickly than we do.

Regularly scheduled wellness exams are important because a lot can happen between their visits. Senior exams should include electrolyte analysis and urinalysis, along with X-Rays which can aid in early detection of some diseases.

Many diseases and health issues, when caught early, are treatable. In addition to regular exams, be vigilant about changes in your pet's body and behavior, signaling the need for attention.

Updated Vaccinations

Maintain current vaccinations. Rabies, Parvo and Distemper vaccines are your pet's best defense against preventable disease.

A puppy's vaccine series typically consists of four applications over nine weeks, culminating in the critical rabies vaccine. If your dog goes to day care or a kennel, you'll also need to be current on Bordetella.

Time to Spay Neuter?

Not only does having your pet spayed or neutered help population control, but pets who have undergone this procedure tend to be better behaved, calmer and more affectionate.

Most day cares require that your pet be spayed or neutered. And here's the best reason: Spaying and neutering helps reduce the incidence of some of the most common types of cancers, such as breast, uterine, prostate and testicular.

Brush Up on Dental Care

Even the most caring pet owner can overlook the importance of dental care. Symptoms of dental problems are easily missed, and often aren't evident until an issue has reached advanced stage. Gingivitis, Tartar and Periodontal Disease can be prevented by routine cleanings.

Oral care is about more than teeth. Bacteria can enter the bloodstream and travel to lungs, heart, kidneys and liver, causing serious illness.

Take a Hike!

Keep pets active and involved in family activities. It's



Nathan, Max, Alyssa and Spencer Schmitt take their dogs Chester and Ketchum on a hike.

important to take time for your pets. Their quality of life totally depends upon you.

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.

Horses empower and educate in fun and functional therapeutic setting

By Jeane Spada-Allgood

Horses are powerful teachers. A multitude of life and social skills can be developed through work, play and therapy with these amazing animals. Equine Therapy can help build confidence, self-efficiency, communication, trust, perspective, social skills, and impulse control.

LEADwithHorses is a local organization that taps into the natural ability of horses to address various educational and therapeutic goals. Promoting Leadership, Education, and Active Development through hands-on activities with horses, LEAD's equine assisted programs are both fun and functional. LEAD offers equine assisted learning (EAL) and partners with licensed therapists to offer equine assisted psychotherapy (EAP). These experiential

approaches use horses as co-facilitators in the educational and therapeutic processes.

Equine assisted activities are a powerful and effective means to reach students who may be struggling in traditional settings. Conventional classrooms and counseling offices can be restrictive and limiting for some people. LEAD provides an effective alternative. LEAD programs address an array of mental health and human development needs, and develop wide-ranging skills that can be carried over into other contexts, ranging from communication and emotional regulation to leadership and stress management.

Qualified LEAD instructors develop classes for a variety of ages, and diverse workshops are offered throughout the year. LEAD specializes in educational and therapeutic courses for adolescents as well



Equine Therapy builds confidence, trust, and social skills. LEAD - Leadership, Education and Active Development - with Horses specializes in educational courses for adolescents and people with Autism.

as customized programs for individuals. Proven educational and therapeutic affected by Autism Spectrum Disorder.

continued on page 19

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Senior takes on different names for summer internship

By Olivia Piccirilli-Platt

High school juniors often use their last summer break to gain insights into the workplace through summer jobs or internships. Most stay close to home, often they work in offices. I decided to do it a little differently and interned on a small Alaskan cruise ship.

This summer can be measured in nicknames. As soon as I landed in tiny Gustavus, Southeast Alaska, the gateway to Glacier Bay National Park, my aunt and cousin welcomed me to their hamlet of less than 500 year-round residents with a loud "Ollie!" But this town, where not waving to a passing car on the two-lane road is considered rude, was not my final destination.

Shortly after boarding the 96-foot tour vessel Sea Wolf my next nickname found me. During my four-week internship I would get an all-encompassing education by spending a day with each of the five crew members on the Sea Wolf to learn about their jobs as we cruised around Glacier Bay. Each day followed a rough schedule written on a white board. Due to a spelling mistake made by the captain on said whiteboard, I found myself going by the name Ovilia.



Galena High School senior Olivia Piccirilli-Platt (far right) spent four weeks interning with crew members aboard the tour vessel Sea Wolf cruising Glacier Bay, Alaska, this summer.

And thus the nickname floodgates opened.

Around the galley – or kitchen – I was known as Ovilia, Bolivia, Olympia, Ophelia, Oleafia or any name that happened to start with an O. Under these names, I did countless dishes, spun lettuce, chopped vegetables,

pulled food from the walk-in fridge below deck, fought crabs (and lost) and any other job that needed doing.

I am less proud of one of my other boat names. Due to a lack of attention span and awareness, I was given the name Oblivia. When under this name, I could be found attempting any manner of impossible tasks that actually had simple solutions. Whether it was trying to dry railings in the rain or accidentally spraying guests with a garden hose, Oblivia wouldn't be far from the scene of the crime.

One other job of the intern is to help the engineer launch the ship's eight kayaks from the top deck into the water. When performing this duty, I worked under the name Almond or O. Rain or shine we would be out on the top deck launching yaks and sarcastically talking about nothing.

No matter the weather or our mental states there was always the joy of working outside. Being surrounded by majestic mountains and pristine wilderness areas, I often said out loud, "I could be looking out an office window right now."

Olivia Piccirilli-Platt is a senior at Galena High School.

horses continued from page 18

approaches combined with the power of horses to support, encourage, and empower young people yield measurable results. Teens participating in LEAD programs become better at decision making, communication, and goal setting; appropriately challenging activities build confidence and self-efficacy. Equine activities offer a unique and exciting opportunity to tap into and nurture potential, and can play a critical role in adolescence by providing healthy outlets for experimentation, reducing engagement in negative

behaviors, and promoting positive development.

Even people with autism can benefit from equine therapy. Distinct goals, based on personal needs and abilities, guide the learning process for individuals with autism. Working one-on-one with horses creates a tangible avenue to address challenges with regulation, social skills, planning and problem solving, sensory integration, and communication skills. Horses are social animals and read and respond to non-verbal interactions with their human partners.

Clients benefit from this nonverbal exchange by participating in activities that require follow-through, emotional regulation, and focus. The multi-sensory, experiential learning environment creates a direct avenue to expand and generalize skills learned in more traditional settings.

Jeane Spada-Allgood is instructor and equine specialist at LEAD. She can be reached at (775) 223-5181 or jeane@leadwithhorses.net. For more information, visit www.leadwithhorses.com or send an email to info@leadwithhorses.com.

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Outdoor education infuses adventure into learning



Sophie Kim

By Sophie Kim

For most back-to-school students the learning begins and ends within the confines of four walls of a classroom. However, each year, every Sage Ridge student starts off the year learning in a different kind of setting. They lace up their hiking shoes for an educational

trip into the great outdoors.

During outdoor education, a week-long educational retreat, students and teachers travel to anywhere from Yosemite to the California coast and experience a distinctive kind of schooling. Just as the name implies, Outdoor Education provides an opportunity to learn about nature in a more natural way. Students get a hands-on experience with educational topics that might be studied in the coming year.

Michelle Gallivan is a middle school science teacher at Sage Ridge School.

"The Outdoor Ed setting can be used in future lessons, such as science classes, to discuss the ecology of the area visited on Outdoor Ed and human impacts on the area," Gallivan said. "Students get the chance to take on new challenges and thus learn more about themselves."

"They can push their comfort boundaries," she said. "And by taking risks safely and with guidance from peers and adults, the students learn to challenge themselves and they may learn a little bit about their own strengths and weaknesses."

Carly Williamson is an eighth grader at SRS. "It can show students how to learn outside of a classroom," she said. "Outdoor Ed week also provides the students with an opportunity to stretch themselves in a new direction."

But perhaps the most important impact this shared cultural experience brings is the sense of community

it fosters amongst the students and the teachers.

"With the OE experience in the first month of the year, classmates take part in activities that can be used as an ice breaker in conversations throughout the year," Gallivan said.

It allows students to get to know each other and thus promotes a strong sense of school camaraderie and awareness. These lasting relationships form not only between students, but also with the faculty members, who accompany the students on their excursions.

"The students and teachers are reminded that we are all human which creates a stronger understanding of each other and strengthens rapport moving into the school year," Gallivan said.

So at the start of every year at Sage Ridge, every student and faculty alike put on their adventure gears and head outdoors for some lessons that are always quite rewarding.

Sophie Kim is a junior at Sage Ridge School.

Students welcome new peers at Davidson Academy



Amanda Bak

By Amanda Bak

Starting at a new school is never easy; it can be awkward, stressful, and even scary. No one wants to be labeled as the oddball and so the first couple of days are crucial, thus nerve-racking – after all, you only get one chance to make a first impression. Knowing how uncomfortable and

anxious new students can be at the beginning of the school year, Davidson Academy created the Peer to Peer program.

"The purpose of the program is to pair our new

students with a current Davidson student to help ease their transition into Davidson," head of the Peer to Peer program Shannon Harrison said. "Peers take time to reach out to our new students before school starts, answer any questions they may have, and give them a tour of the school."

This year, 36 new students will start at Davidson and each one of them has been paired up with a current Davidson student from whom they can receive first hand advice.

Freshman Courtney Shinagawa came to Davidson as a sixth grader in 2011.

"As a new student, I was assigned a peer just like everyone else," she said. "Having someone who was

willing to answer all of my questions and getting to know someone from Davidson before I even went there, made my transition to a new school so much easier and more exciting."

The Peer to Peer program not only helps new students at Davidson, but it also benefits returning students who are paired with a new student.

"After my first year, I applied to be one of the returning students in the Peer to Peer program and it has really been a rewarding experience," said Shinagawa. "I've not only gained leadership and communication skills, but I've also had the chance to create close friendships."

continued on page 22



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Fall in love with art

By Amanda Horn

As days grow shorter and crisp cool air dances among the pines, we settle into autumn's playful rhythm. She boasts a creative spirit all her own, evidenced by the golden panorama cradling the Sierras, the yellowing aspens, the ripening orange garden bounty.

With an internal landscape this season dedicated to the intersection of art and environment, the Nevada Museum of Art

invites you to harvest fall's colorful energy and create your personal art experience. Take an art class at the newly remodeled E.L. Cord Museum School, venture into a Friday afternoon Art Bite, or take in a Sunday afternoon cinematic masterpiece after enjoying a chez louie Sunday Music Brunch with live music, bottomless mimosas, Bloody Mary bar and seasonal artful dishes.

The Nevada Museum of Art's feature fall exhibition, Late Harvest, sparks a



(Photo submitted by A. Horn)

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thought-provoking dialogue of what it means to be wild in the 21st century, juxtaposing traditional nineteenth-century wildlife painting with contemporary art using taxidermy. A second feature gallery transports observers to Antarctica's Ross Ice Shelf, where artist Lita Albuquerque installed a living star map, Stellar Axis.

The eclectic exhibition mix invites you to fall not only into art, but also deeper into Nevada history. Bring the whole family to explore The 36th Star: Nevada's Journey from Territory to State. The exhibit honors Nevada's 150th birthday with a collection of historical treasures borrowed from the Library of Congress, the National Archives, and several state Museums, telling how the 36th state came to be "Battle Born."

The star of the show appears Nevada Day weekend, at the close of the exhibition, and definitely warrants a special trip. The original Emancipation Proclamation signed

by President Abraham Lincoln, on loan from the National Archives in Washington, D.C., will be on view October 30 through November 2. The document hasn't been on the West Coast since World War II. And due to its fragility, it's rarely on display at all.

Situated on the border of downtown and the ultra-hip Midtown District, the Nevada Museum of Art is a cultural mecca for locals and visitors alike. The only accredited art museum in the state delivers more than 35 exhibitions annually, the landscape shifting from contemporary exhibits to shows celebrating classical antiquity. This mid-sized art museum rivals institutions found in much bigger locations, inspiring wonder in even the most skeptical art consumer.

Amanda Horn is director of communications at The Nevada Museum of Art. The museum is open Wednesday through Sunday. Visit NevadaArt.org for complete details.



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Community service hours present a dose of adventure

By Liam Kilroy

The heat was familiar. But the rain, the mud and the lush forest were not. And the damp heat was definitely the first thing I noticed when I got off the plane in Managua, Nicaragua during the first week of July. What in the world was a high school kid from Reno doing in the second poorest country of the Western Hemisphere during the heat of summer? Lending a hand to build a school.

Most high school students — myself included — look forward to sleeping in, kicking back and perhaps working a convenient nearby job, but this summer I signed up for a remote adventure. It involved waking up at 5 am, digging trenches in the pouring rain, and eating nothing but rice and beans, every day for a week. Believe it or not, it was fun and rewarding.

"In America we take education for granted, so it was really eye-opening to meet children who didn't have a school," said Brittany Leonard, a Bishop Manogue Catholic High School sophomore who was in my group. "The fact that we were able to help build a place where these kids and their parents will be able to learn made me feel like I'm changing the world one step at a time."

Brittany and I were in Nicaragua with buildOn, a non-profit organization that has been sending groups of students to impoverished, so-called Third World countries to

build schools in remote villages for more than 20 years. The organization has built schools in Nicaragua, Haiti, Senegal, and Nepal, but also in poor communities in the U.S.

For high schoolers, going on a buildOn trek generally involves fundraising and a weeklong trip to a remote village. My group — six students from different high schools and three parent chaperones — went to the village of Bamboo in northern Nicaragua. We stayed with local families, eating and sleeping in their teeny, rudimentary homes with no indoor plumbing.

The work was physically hard. Our buildOn crew, with help from all the local villagers, dug holes and trenches that would become part of the school's foundation. We dug to prepare for the next crew who would come to pour cement and lay bricks.

After working every day from sunrise until noon we had cultural activities that involved the main beneficiaries of the school: the kids. Mostly we got to know each other by playing Frisbee and catch, despite the never-ending rain. Realizing that we were playing a small part in providing these kids with a safe and dry place to learn made up for strenuous travel, early morning wake-ups, and irritating mosquito bites.

Before we knew it, it was time to leave. I came back to Reno more



(Photo S. Leonard)

Children of the muddy hamlet of Bamboo, Nicaragua, will enjoy learning in a school that Reno high school students helped build this summer.

appreciative of the opportunities we all have here in the U.S. and grateful that there are organizations like buildOn whose only goal is to make other people's lives better. I look forward to returning to Nicaragua — or maybe Haiti or Nepal — next year to help build another school.

Liam Kilroy is a senior at Bishop Manogue Catholic High School. For more information on how to get involved with buildOn next summer, email LiamKilroy@gmail.com, or Sonja Leonard, buildOn's local organizer via www.sonjaleonard.com. For more information about buildOn, check out www.buildon.org.

new students *continued from page 20*

Because of the Peer to Peer program, new students at Davidson can feel more comfortable, since they will at least know one friendly face before school starts. Rather than fear the first day of school,

Davidson's Peer to Peer program gives new students something to look forward to and be excited about.

Amanda Bak is a junior at the Davidson Academy.



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