

The GOOD LIFE *South Reno*

JANUARY 2019

Serving the Neighbors of South Reno

FITNESS, COMMUNITY AND FAITH

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Dear Neighbors and Friends,

I don't know about you all, but at the beginning of most years I completely embrace the idea of a fresh "re-set." I am a "make a list" type of gal so writing down my goals and aspirations, whether I keep them or not, just feels good. January's re-set forces me to self evaluate, something I probably don't do enough.

A few of the top items on my list this year include being a more engaged wife and mother; a harder, smarter worker; a better listener, a bigger giver; and putting down my phone and giving more of my full, undivided attention to whomever I am with in that moment. I'm looking forward to going to lunch with old friends and not even having my phone out on the table, instead, turning it to silent and putting it away. This tells my favorite people that there's nothing more important to me than being present and being engaged with them in that very moment. I am also committing to smiling more, even when I don't feel like it, because a simple smile can change the course of someone's day and it feels good to be happy. I want to teach and practice kindness towards others with my children in new and inspirational ways and grow my faith deeper and stronger every day. Whatever your goals, let's make 2019 the best year yet.

In closing for now, I could not be more excited to expand our monthly "Hey Mamas" resident mom's article to include a new quarterly "Hey Grandmas" series with our first article by my very own mother-in-law, Kathy Mandell. I scored in the mother-in-law department. I just adore Kathy and I know you will too. If you or someone you know are a grandmother and would be interested in participating in our "Hey Grandmas" series, please reach out to me. And as always, please call, visit, and support the local businesses you see in this wonderful, growing publication, they are awesome!

CHEERS to living The Good Life and BLESSINGS to you and your family in 2019!



Alison
Alison Mandell
Publisher

In our December 2018 issue of The Good Life magazine, our Charity Spotlight story "Who Are These People (and Why Should I Care)?" was mis-credited. The author of the article is Jan Madraso. We apologize to Jan Madraso and our readers for this error.

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FITNESS, COMMUNITY AND FAITH

BY CORRINE CASANOVA | PHOTOS BY JOHNSTONE STUDIOS
WE WOULD LIKE TO THANK SOUTH MEADOWS DENTAL & ORTHODONTICS FOR SPONSORING THIS MONTH'S FEATURE STORY.



If you've ever been in an Orangetheory Fitness studio, you can't help but notice the high energy atmosphere. Russ and Alexis Riggs are local owners of the Orangetheory Fitness franchise. The two met while in high school in Tuscaloosa, AL but never dated each other. Russ even attended Alexis' wedding ceremony in 1989 with a date who was a mutual friend.

In 1999, Alexis went through a sudden and unwanted divorce, and she moved to Birmingham, AL from Baton Rouge, LA. A few weeks after arriving, she was reminiscing with a mutual friend, Reggie, and Russ' name came up. She asked about Russ and it turns out he was in Birmingham. "For some reason, my response was, 'Let's set him up on a blind date, with me! It will be fun to see him and this time, the joke will be on him.'" Weeks later, the 'fake blind date' occurred and Reggie, his wife and another friend of theirs all showed up at a restaurant to laugh at, and with, Russ," Alexis explained. When Russ arrived 20 minutes late, he didn't recognize Alexis as Reggie introduced her as 'Ann Gibson.' Russ shook her hand and sat down next to her and after about 10 minutes, Russ turned to her and said, "Alexis Culton, what are you doing here?" They all burst into laughter. One year later, on July 29, 2000, Russ and Alexis married in a small church ceremony surrounded by their immediate family.

While attending the University of Alabama, Russ took advantage of a national university exchange program where he attended UNR 1987-1988. He chose the area because he could golf and ski. He fell in love with Reno and met some great friends who he kept in touch with through the years.

In September 2014, Russ and Alexis were vacationing in Reno / Lake Tahoe area and falling even more in love with the region. During this same trip, while sitting with friends, Lisa and Jim Zaccheo, in their Reno backyard, Alexis turned to Russ and said, "Why don't we



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We Are Better Together



Charity
Spotlight

BY CORRINE CASANOVA

The local non-profit, Thank You Ma'am, wholeheartedly embraces the philosophy that we are better together. The non-profit is built on making a difference in people's lives and they do it in a unique manner.

Founder of the local Thank You Ma'am in Reno is Mignon Lagatta. She shared what captivated her about the organization, "I'm a mom, business owner and didn't have a lot of time to give back physically. While I always try to give back financially to different groups, in the back of mind, I wanted to make a difference in a different way. I also wanted to be an example of giving to my kids as well."

She learned about the Thank You Ma'am organization when she attended an empowering event preparing attendees to take their business and personal lives to the next level. The original founder of Thank You Ma'am from Seattle shared the concept with Lagatta. "When I got back to Reno, I totally ran with the idea. It's a great way to get to know our community better and connect and network with amazing women. There's a huge need out there and many local non-profits don't have federal grants to rely upon. They need community backing to keep up and running. For members, being part of Thank You Ma'am is an easy way to give back and make a difference," shared Lagatta.

The concept is pretty simple: the goal is to get 100 women to contribute \$100 four times a year to a selected non-profit. With this formula, \$10,000 goes to the selected non-profit. To select the non-profit, each member brings the name of a local non-profit they are passionate about to the quarterly meeting and enters the name into a random drawing. The names of four non-profits are drawn from a hat and then the nominators give a brief (less than five minute) pitch followed by a brief Q&A.

Each member in attendance participates and has a voice in the process. The members then vote on which cause to support with proceeds from the quarterly meeting. So far, Nevada Youth Empowerment Project, Child Assault Prevention Program, Awaken, Lexie's Gift and Project 150 have been selected. To date, they've raised over \$17,000 for these non-profits. "The meetings are amazing because it's a group of like-minded women who want to give back too. It's really inspiring. All the women have a passion for giving back too so there is a lot of amazing energy. These are a group of women banding together to make a difference. Every member receives a charitable contribution receipt at the end of the year and we don't share any members contact information," shared Lagatta.

Currently, there are about 40 members since it began in October 2017. As noted, to gain maximum impact as an organization, their



goal is to reach 100 members. Reno founder, Lagatta is a native Nevadan and believes strongly in giving back to the community. Thank you Ma'am is one way to do just that. If you would like more information and believe in the idea that together we are better, see www.thankyoumaamreno.org or contact Mignon Lagatta directly at 775-771-1557.

Food Bank of No NV and the Northern Nevada Children's Cancer Foundation.

Faith in God is highly important to the Riggs. They worship at Life Church in south Reno. "This faith is the glue that holds our marriage together, it makes us strive for selflessness and to work to apply biblical principles to all aspects of our lives. Since we have lived in the Southeast most of our lives, moving away from family, friends and jobs was filled with uncertainty. In the process of making the decision to move to Reno, the verse, Jeremiah 29:11 'For I know the plans I have for you, says the Lord, plans to give you a future and a hope' kept showing up. We trusted our beliefs and we could not be more pleased with our relocation. We have met wonderful people, made numerous new friends and many of these friends have become our extended family. We have been blessed in our careers and love working in an industry that makes people happier, healthier and thrive," Alexis concluded. Faith, community and fitness are the keys to success for the Riggs family.



move here?" He looked shocked and said, "You would move all of the way out here?" Alexis responded, "Why not? I love this place! The mountains are gorgeous, the weather is wonderful, the air is clean and fresh, and the people are friendly and welcoming."

Back in Atlanta, where they relocated to from Birmingham, AL in 2006, they began a casual search to explore career opportunities in Reno. That December, Russ tried out a newly opened workout studio called Orangetheory Fitness. After his first class, he joined and urged Alexis to give it a try. "I was skeptical due to a history of knee and back issues and I was happy with swimming and my spin and yoga classes. To my surprise, I tried my first, complimentary class and loved it. I was pumped to workout with a certified trainer who modified the workout for my injuries. By wearing their heart rate monitor, I received a summary at the end of the one-hour class showing me how many calories I burned and how long I had been in my fat-burning zone," Alexis shared.

Russ began exploring Orangetheory Fitness on their corporate website and was surprised to learn that the Reno market was still available. In March 2015, they purchased the franchise for northern Nevada and began the process of relocating from Atlanta to Reno with their two spaniels, Reno and Meg. They chose the location in south Reno on South Virginia Street between Patriot and Longley. In July 2016, they opened their first studio and, in August 2017, they opened a second location on Robb Drive in Northwest Reno.

Russ holds a BS in Accounting and a BS in Marketing from the University of Alabama. Alexis has a BA in Advertising from the University of Alabama. Alexis and Russ are both avid University of Alabama fans. On football game days, expect to see an Alabama flag hanging from their fence. Alexis has taught the team at Orangetheory Fitness to celebrate everyday victories with the phrase 'Roll Tide!' While Alabama athletics is near and dear to their hearts, they have become Nevada fans too. They have a tailgate spot at the Wolfpack football games where many of their friends and Orangetheory Fitness members hang out with them before the games. They also have season tickets to the basketball games and love to cheer on the Wolfpack.

The Riggs have a strong sense of community. They have worked to be a positive force in the communities in which they live. Through their two Orangetheory Fitness studios, they have raised funds for local organizations including: Step2, Moms on the Run, NV Women's Fund, The Children's Cabinet, Project 150, the Boys & Girls Club, Girls on the Run-Sierras, the American Heart Association, the SPCA of No NV, the Tahoe-Truckee and No NV Humane Societies, the

2019 Goals - Ten Essential Tips You Need to Reach Impossible Goals



BY KELLIE LEE

There's no better feeling than achieving a goal that you previously thought was impossible. When I trained for my half Ironman I went in and out of feeling unstoppable and borderline insane. I knew I wanted to accomplish this, so I had to become a person that could do it. I had to punch "I can't" in the face, tell my comfort zone to keep quiet and find a strength in me I honestly didn't know I had.

Since then I have become friends with some amazing, strong people who have achieved things I couldn't even dream up! Being friends with big dreamers and doers makes me think of all the little habits and techniques that go into achieving an impossible dream.

I bet you have this dream that keeps you up at night, that fills your heart just thinking about it, that makes the impossible feel doable. Maybe you're intimidated by your dream, or you feel too busy to make time for it. There's a lot of "what if" weeds in our brains, and in order to get out of those we've got to figure out our goals, make a plan and stick to it! Whatever is getting in the way of your dream, I hope these steps help you get started.

Ten Steps to Reach Your Impossible Goal

1. Master the Simple Stuff

Before you can even begin to set forward on your goal, you need to master the most basic parts of your day. Everything starts with the simple things like sleep, hydration and proper nutrition. Whether you batch cook, set evening routine timers, or carry a gallon of water with you everywhere you go, mastering the simple things means you are grounding yourself to handle the bigger, intimidating stuff.

2. Clear Your Calendar, and Create a New One

Someone much smarter than me once said you can do anything but you can't do everything. When you sign up for an impossible goal, you are choosing to prioritize this goal above everything else. Got that? EVERYTHING. In order to do this one thing successfully, you have to learn to create boundaries, prioritize only the things that contribute to your goal, and say so long to everything else. It's not forever, but it's for right now.

Once you clear your calendar of the busy, distracting stuff, make a game plan. Schedule daily tasks and weekly mini goals so you can reach new checkpoints each day. If you are training for a race or competition, create a fitness routine that is specifically designed to meet those goals.

3. Know When to be Realistic and When to be Unrealistic

What do Olympic athletes, self-made billionaires and Nobel Prize winners all have in common? They know how to set goals and show up for them. Goal setting is like marking up your map before a road trip, it is the only way to get to the endpoint. But not all goals are the same size—some are small and realistic, others are daunting and feel completely unrealistic. In order to reach your big, impossible goal, you need to set both realistic and unrealistic goals along the way.

Realistic goals support the bigger goal and typically involve daily practices that create healthier habits. If you want to write a book,

a realistic goal would be to write for 15 minutes in the morning. If you want to get fit then you would commit to meeting with a trainer once a week or going to the gym on your own three times per week.

Unrealistic goals are meant to push you further than your perceived capabilities. They are considered unrealistic because you have to remove comforts or norms in your daily life in order to achieve it (think skipping beers with friends on Friday to train for your race). Reaching these goals prime you for the ultimate goal. Maybe you train for a marathon before your 50-mile race, or you sign up for a 30-day novel writing class. Whatever it is, make sure it pushes you beyond your perceived limits, because once you achieve this unrealistic goal, you will set a new standard for yourself.

4. Work Harder Than You've Ever Worked Before

This might sound like a broken Rocky soundtrack record, but it cannot be overstated. There is no detour to reaching your goal, you have to endure the hard work and persevere through all those distractions. Things that are easy to do are not easy to avoid, and things that are hard to do are easy to get distracted from. You have to face the hard work to get to the success.

5. Get Ready to Fail ... A Lot

Failure is a byproduct of risk-taking, and risk is the only road to reward. Statistically speaking, the goal you are going after might not have a great success rate. But if you really, really want this, that is a risk you MUST be willing to take ... otherwise, what are you wasting your time for?

6. Accept the Consequences of Your Actions

Learn to take mistakes in stride and accept the consequences of your actions. If you sleep through your alarm and miss a morning workout one day, there's always tomorrow. You can learn from this and maybe set two alarms. If it happens again, then you will start to lose momentum and your goal will quickly slip back into day-dream-land. Hold yourself accountable and you will see impossible results.

7. Toss the Excuse Card

Excuses are deceptively cute and reasonable voices in your head reminding you how cozy your bed is, and how unideal the weather

is for running, and how delicious chocolate croissants are. They remind you how fuzzy and warm your comfort zone is and try to lure you back to it. When this happens, remember that you left your comfort zone behind in pursuit of your goal. When you hear that voice telling you to snooze your alarm or take a night off, tell that voice to zip it because you've got work to do.

8. Find Your Support System

Impossible goals can be isolating, so you want to make sure you have a support system that understands what you are trying to achieve, and maybe even hops along for the ride. Your support team will typically include a mentor, professional or fitness groups, and friends who share similar goals or interests.

9. Empower Others

As you push forward and achieve mini goals, you are bound to meet people who are on a similar path as you. Maybe you find a group of triathletes competing for the same race, or you come across a social media group of people who share your impossible dream. Reach out to these people and let them know you are on their side. You will tap into a new source of power within yourself when you empower others in their own pursuits.

10. Laugh Through the Tears

There will be a bunch of times when you want to cry and quit and kick and scream so someone that loves you gives you the permission to quit. Don't go there. Instead, laugh while you are crying, (which can be fun) and stay positive when the impossible part of this impossible goal overwhelms you. Remember that you can achieve this because you were able to dream it up in the first place.



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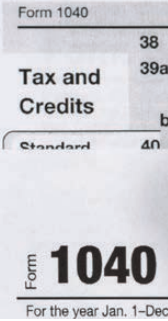
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Expert Contributor

What Should You Do With Your Tax Refund?



BY BRIAN ALLMAN, CFP®, CFA, FINANCIAL ADVISOR



You may not get much of a thrill from filing your taxes, but the process becomes much more enjoyable if you're expecting a refund. So, if one is headed your way, what should you do with the money? The answer depends somewhat on the size of the refund. For the 2017 tax year, the average refund was about \$2,760 – not a fortune, but big enough to make an impact in your life. Suppose, for example, that you invested this amount in a tax-deferred vehicle, such as a traditional IRA, and then did not add another penny to it for 30 years. At the end of that time, assuming a hypothetical seven percent annual rate of return, you'd have slightly more than \$21,000 – not enough, by itself, to allow you to move to a Caribbean island, but still a nice addition to your retirement income. (You will need to pay taxes on your withdrawals eventually, unless the money was invested in a Roth IRA, in which case withdrawals are tax-free, provided you meet certain conditions.)

Of course, you don't have to wait 30 years before you see any benefits from your tax refund. If you did decide to put a \$2,760 tax refund toward your IRA for 2018, you'd already have reached just over half the allowable contribution limit of \$5,500. (If you're 50 or older, the limit is \$6,500.) By getting such a strong head start on funding your IRA for the year, you'll give your money more time to grow. Also, if you're going to "max out" on your IRA, your large initial payment will enable you to put in smaller monthly amounts than you might need to contribute otherwise. While using your refund to help fund your IRA is a good move, it's not the only one you can make. Here are a few other possibilities:

Pay down some debt. At some time or another, most of us probably feel we're carrying too much debt. If you can use your tax refund to help reduce your monthly debt payments, you'll improve your cash flow and possibly have more money available to invest for the future. Build an emergency fund. If you needed a new furnace or major car repair, or faced any other large, unexpected expense, how would you pay for it? If you did not have the cash readily available, you might be forced to dip into your long-term investments. To help avoid this problem, you could create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Your tax refund could help build your emergency fund.

Look for other investment opportunities. If you have some gaps in your portfolio, or some opportunities to improve your overall diversification, you might want to use your tax refund to add some new investments. The more diversified your portfolio, the stronger your defense against market volatility that might primarily affect one particular asset class. (However, diversification, by itself, can't protect against all losses or guarantee profits.) Clearly, a tax refund gives you a chance to improve your overall financial picture. So, take your time, evaluate your options and use the money wisely.

This article was written by Edward Jones for use by Brian T. Allman, CFP, CFA, Financial Advisor.

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Chapter 6: Shattered

By Jessica Anderson

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It's noon. The kids will be at school for the next few hours. This will give them time to have it out. Jake knows that the confrontation with Elise will be bad. Elise will probably yell and scream. She will definitely be rigid and unforgiving. She'll be angry as hell and he doesn't blame her. The only question is whether she truly knows it is over or whether she will expect him to grovel and ask her to take him back.

Jake is not going to try to save things. He knew it was over the moment it was clear she had found out and all he felt was relief. Relieved to stop living a lie. He can't pretend anymore. He's ashamed that he has spent the last several months sneaking around. The fact that he allowed this to happen, allowed himself to become someone he can't face in the mirror explains the level of unhappiness he has been living with. He won't go back to it.

Jake first pulls into the driveway. Then he backs up and parks on the street in front of the house. It just feels wrong to park in the driveway. He doesn't live here anymore. He notes his suitcase on the front lawn, sopping wet from the sprinklers. Way to be subtle Elise. The neighbors probably all know by now.

He goes to walk in the front door. It's locked. He tries his key. It doesn't work. The locks have been changed. It never ceases to amaze him how efficient his wife is when she sets her mind to something. He goes around the back to the sliding glass door. He had been meaning to fix the latch, which had been broken for the

last few months. A hard tug and it comes right open.

Elise is standing at the kitchen sink with her back to him when he walks in.

"Elise." He braces himself for the worst. "What are you doing here?" She asks. "You know that we don't want you here anymore," she states in a matter of fact tone.

"Don't you think we should talk? I would like the chance to explain myself." Jake says.

"What is there to explain? I know that you're having an affair with some woman named Stephanie. Is she married too? Does she have three little kids that she is abandoning to be with you?" Elise inquires sarcastically.

"What are you talking about? I'm not abandoning the kids. This is about you and me. Leave them out of it. I'm still their dad. Nothing is going to change there. And, when this is all said and done, I'm going to get joint custody of the kids." As soon as the words left his mouth he wished he could take them back. This was not the time to bring up custody of the children.

Elise whips around and without even thinking, throws the water glass she is holding at his head. He ducks- the glass shatters the mirror behind him. She is enraged that he's not even sorry that he is throwing away an 11-year marriage. He doesn't even want to try to work it out. He is already thinking about getting custody of the kids. She isn't divorcing

him- he is divorcing her.

"Elise! What the hell is wrong with you?"

"What's wrong with me? What's wrong with you?" Elise is crying and shaking, and angrily pointing her finger at him. "If you think I am going to let you take my children from me so that you and that homewrecker can play house, you are out of your freaking mind! That will never happen. Do you hear me? NEVER." Jake had never seen her so angry and he hasn't seen her cry in years.

"Elise, listen, I know you're angry. And I'm sorry that it has to be like this, but neither of us have been happy for a long time. If you're being honest with yourself you know it's true."

"No Jake. Don't you dare try to turn this on me. If you were unhappy you should have told me instead of skirting around behind my back. Up until yesterday I was happy. I was happy being your wife. I was happy with our family. I was happy until you decided to pull the rug out from under me. And now you are going to know what it feels like to have the rug pulled out from under you. You'll be hearing from my lawyer."

Elise wipes the tears from her face. She goes to the pantry and grabs the broom and the dust pan and silently starts cleaning up the broken glass from the mirror.

"Elise, I think we should tell the kids together." Jake says.

"No, we won't be doing anything together anymore. Now get out."



JESSICA H. ANDERSON is the Managing Member of Anderson Keuscher, PLLC, a boutique family law firm in Reno, Nevada. For the last 16 years she has practiced in the areas of divorce, child custody and surrogacy. Anderson has successfully handled many complex family law litigation matters as well as acted as a mediator and co-parenting coordinator for many couples. She appears on the Alice 96.5 morning show every Friday and offers practical family law advice. She can be reached at (775) 823-0049. For more information please visit www.andersonkeuscher.com.

IS YOUR CIRCUIT BREAKER TRIPPING IN YOUR KITCHEN? HERE’S WHY.

BY DAMON HOBBS, KD ELECTRIC

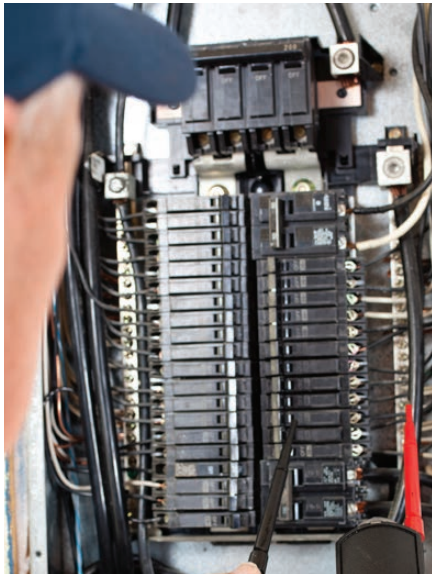
As a Master Electrician that has over 30 years of experience, the most common problem I encounter with residential electrical installations is the kitchen as it is rarely provided with enough power. According to the National Electrical Code (NEC), the minimum dedicated circuits to a residential kitchen is eight. The following is a list of kitchen appliances and devices that require dedicated circuits according to the NEC:

- Refrigerator
- Microwave
- Ventilation Hood
- Stove/Range
- Garbage Disposal*
- Dishwasher*
- Counter-top Receptacles (2)

In most cases when I see a kitchen that is wired wrong it’s mostly due to overloaded circuit breakers. The original electrician ran two dedicated circuits to the kitchen counter-tops then “piggy-backed” all of the individual appliances (i.e. microwave, refrigerator and stove/range) on the dedicated counter-top receptacles. A microwave pulls the most energy of all countertop appliances. If the microwave is going and someone starts the blender it will automatically overload the circuit and either trip the GFCI (Ground Fault Circuit Interrupter) or the circuit breaker. These situations are often more prevalent during the holiday season when the kitchen is usually the busiest room in the house. It is absolutely imperative that the kitchen have the proper amount of power.

In most cases, remedying this problem requires opening the walls to gain access to the conductors. It’s my recommendation to address these issues when there is a kitchen remodel. It is required by code to bring everything up to current national standard whenever the walls are open. In most cases the upgrades would fall under the “as is” clause.

The “as is” clause states that codes that were in place when the home was built are the standard until there’s an opportunity to bring the installations to modern standards. In other words, as long as the walls are closed there’s no requirement to upgrade the electrical system. As far as efficiency is concerned, if the kitchen circuits are tripping on a regular basis this problem will not go away. The solution is to address the electrical system as soon as possible.





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~ Meredith H

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Ask the Doctor



BY MEAGAN STRUBY, DDS, MS



After my child lost his/her two front teeth, I noticed that the permanent ones are coming in crooked and it looks like there is not enough space. How do I know when I should bring my child in to see the orthodontist?

The American Association of Orthodontists and I recommend that children be evaluated by an orthodontist no later than the age of 7. At this point, permanent teeth are usually erupting and skeletal growth patterns have emerged. An orthodontist can identify developing problems due to thumb/finger sucking, crowding, crossbites, deep/open bites, airway issues and disproportionately growing jaws. I will let you know if early treatment is recommended or “watchful-waiting” is a better approach. Most adolescent orthodontics begins between the ages of 8 and 14. Sometimes waiting too long to begin treatment can negatively affect growth and development, limiting the options for a positive outcome. At our office, the examination is educational and free, which helps put parents’ minds at ease.

I recently noticed that my teeth seem to be shifting, and I have been considering straightening them for a while. Is it too late for me to have a straighter smile? Can my child and I pursue treatment at the same time?

Absolutely, it’s never too late to reach your goal of a straighter smile! Healthy teeth can be moved at any age. In fact, one in five orthodontic patients is an adult. Since we are living longer, it is increasingly important to maintain our teeth for years to come. These days, adults are keeping their teeth more than ever before, but they may be noticing problems of recession and cracked teeth, due to a poor bite. Furthermore, many people have cosmetic concerns about their smile. Orthodontics not only helps to improve cosmetics, but it has an impact on the function and stability of a patient’s bite, as well. Whether you had orthodontic treatment years ago and notice some shifting or are concerned about bite issues, it is never too late to have a consultation to determine your options.

What If I don’t want everyone to notice that I am straightening my teeth? What are my options?

Many advances have been made in “invisible” orthodontics. Clear aligners are one such option. With a doctor-directed prescription, I customize a treatment plan, which is used to generate trays that incrementally move teeth. They are clear and fit snugly around the teeth, so as not to be obvious to those around you. Another option

is ceramic braces, which provide excellent control of tooth movement, without the shiny metal brackets. You’d be surprised by the number of adult patients I have who proudly sport sleek, low-friction, metal brackets and love them. They find that it is a great conversation piece and people admire them for confidently pursuing orthodontic treatment as an adult! Based on the diagnosis and treatment plan, each patient has different, individualized treatment options. Any way you choose, there is something to be said for an adult who cares enough to invest in orthodontics for the overall health, function, beauty and stability of their smile.

My friend ordered an online kit to close the space in between her teeth. Are there reasons I shouldn’t pursue DIY orthodontics?

There is a growing curiosity for the non-recommended trend of DIY orthodontics. It can have harmful effects, leading to gum damage, unstable tooth movement and tooth loss. DIY orthodontics lacks a complete diagnosis and ongoing supervision by an orthodontist. An orthodontist is a specialist who has pursued two to three years of additional formal training, beyond dental school. We are trained to diagnose malocclusions, provide and discuss treatment plans and reasonably anticipate the outcomes. DIY orthodontics is not recommended by the American Association of Orthodontists.

Do I need a referral to schedule a consultation with an orthodontist?

A referral from the general or pediatric dentist is not needed to see the orthodontist. However, it is important that the orthodontist be in good communication with your general/pediatric dentist. We often work together on cosmetic cases where dental restorations after orthodontic treatment will enhance the outcome. For a successful outcome, it is important for our orthodontic patients to continue their regular dental cleanings and check-ups during orthodontic treatment. It is great to be able to collaborate with my colleagues and understand what they need to give them the best chance for a predictable, long-lasting, beautiful smile.

Meagan Struby, DDS, MS is the orthodontist at South Meadows Dental & Orthodontics, located at 825 South Meadows Parkway. She specializes in the treatment of both children and adults. She can be reached at 775-852-8181. When she is not busy moving teeth, Dr. Struby is still quite busy as the devoted mother of five and wife to one heck of a guy!

ACTIVITIES

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South Reno Methodist Church
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Dec. 27 - 31
RENO CHAMBER MUSIC FESTIVAL
Nightingale Concert Hall, UNR

Dec. 29-31
SNOWGLOBE
South Lake Tahoe

Dec. 31-Jan. 1
NEW YEAR'S EVE FIREWORKS WITH THE ROW
Eldorado Resort Casino

Jan. 1
DISCO TUBING
Squaw Valley Alpine Meadows

Jan. 3 - 6
THE RENO LATIN DANCE FEST
Silver Legacy Resort Casino

Jan. 11
PBR:VELOCITY TOUR
Reno Events Center

Jan. 9-12
ANNUAL JAZZ EDUCATION NETWORK CONFERENCE
Grand Sierra Resort

Jan. 9-12
SCI ANNUAL CONFERENCE
Reno-Sparks Convention Center

Jan. 12
GRANITE GAMES THROWDOWN
Double Edge Fitness

Jan. 18
MOONLIGHT SNOWSHOE HIKES TO SNOWFLAKE LODGE
Diamond Peak Ski Resort

Jan. 18-20
THE KING AND I – THE MUSICAL
Pioneer Center for the Performing Arts

Jan. 18 – Feb. 3
BAREFOOT IN THE PARK
Reno Little Theater

Jan. 19
FULL MOON SNOWSHOE TOUR
Sugar Pine Point State Park

Jan. 23
SCIENCE DISTILLED: IN THE LINE OF FIRE
Patagonia Outlet

Jan. 26
BREW HA HA
Benefiting Sierra Arts Foundation
Nugget Casino Resort

Jan. 26
SIERRA JUNIOR TENNIS ASSOC.
National Automobile Museum

SPORTS

Wed., Jan. 2, 8 p.m.
WOLFPACK MEN'S BASKETBALL VS. UTAH STATE AGGIES
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Sat. Jan. 5, 2 p.m.
WOLFPACK WOMEN'S BASKETBALL VS. NEW MEXICO
Lawlor Events Center

Wed., Jan. 9, 8 p.m.
WOLFPACK MEN'S BASKETBALL VS. SAN JOSE STATE SPARTANS
Lawlor Events Center

Sat., Jan. 12, 2 p.m.
WOLFPACK WOMEN'S BASKETBALL VS. FRESNO STATE
Lawlor Events Center

Wed., Jan. 16, 6:30 p.m.
WOLFPACK WOMEN'S BASKETBALL VS. BOISE STATE
Lawlor Events Center

Sat., Jan. 19, 7 p.m.
WOLFPACK MEN'S BASKETBALL VS. AIR FORCE FALCONS
Lawlor Events Center

Wed., Jan. 23, 8 p.m.
WOLFPACK MEN'S BASKETBALL VS. COLORADO STATE RAMS
Lawlor Events Center

Wed., Jan. 30, 6:30 p.m.
WOLFPACK WOMEN'S BASKETBALL VS. UNLV
Lawlor Events Center



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Hey Grandmas!



BY KATHY MANDELL

Seriously, it's 2019?! I remember hearing that when we get older the time seems to "fly by," and for me it's true. I wish I could slow this phenomenon down but instead, I've decided to make the most of each day. Many clues coming from others alert us to the fact that we're getting "old." It may be the clerk checking us out at the store who says, "Have a nice day, dear," or that we have sadly become "invisible" to those we pass in the mall or wherever we may be. My first instinct is to give them all a piece of my mind but with age comes wisdom and the better part of me moves on.

Grandchildren, on the other hand, have a way of humbling us in innocent and loving ways as we grow wiser. I'll always remember reading a story to my three-year-old grandson as he looked up at me with great concern and said, "YaYa, your face is cracking!" I wanted to cry but had to laugh and then explain that it didn't hurt and that it's just part of being a grandma.

For me, grandchildren are the best part of growing older and in fact, they make it bearable as well as a blessing. They actually do keep me young at heart. The aches and pains just don't seem to matter as much when I'm asked to do activities that

were once so easy. Remember jump roping, getting up and down from the floor without getting on all fours, climbing in and out of a swimming pool with ease or having sleepovers and not struggling to stay awake beyond nine o'clock?

As we begin a new year we can look back at our favorite memories and look forward to new ones. Thankfully, new adventures await such as birthdays, church and Sunday dinners, Easter egg hunting, Cabo vacations, swimming at Tahoe, the Fourth of July, Thanksgiving, cookie decorating (oh the mess) and Christmas. Of course, baseball, basketball and soccer games require being in two different places at once, but I wouldn't have it any other way. Finding all the right words on the tip of my tongue may become more challenging these days, but loving, hugging and spending time with my family remains the best part of being a grandma.

Wishing you joy in this new year!

Kathy

Kathy Mandell is a resident and grandma to five wonderful grandchildren: Jackson, Hudson, Georgia, Kathryn and Jameson.

What's Cooking?

Impossible Bacon Pie

Submitted by: Carol Nielsen

Ingredients:

- 12 slices bacon, crispy fried and crumbled
- 1 cup shredded Swiss cheese (about 4 oz.)
- 1/3 cup chopped onion
- 2 cups milk
- 1 cup Bisquick
- 4 eggs
- 1/4 tsp. salt
- 1/8 tsp. pepper

Directions:

Heat oven to 400 degrees. Lightly grease 10-inch pie plate. Sprinkle bacon, cheese and onion in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with a hand beater. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, about 40 minutes. Let stand 5 minutes. Makes six servings.

Why I like this recipe: It's easy to make and it's delicious. My kids love it!

Sweet Potato Mousse

Submitted by: Leslie Korn

Ingredients:

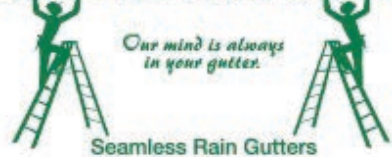
- 2 baked sweet potatoes, skin peeled
- 1/2 cup fresh whole cream
- 5 drops stevia
- 1 tsp. cocoa powder

Directions:

Whip up the sweet potatoes and fresh cream in a food processor
Stir in the stevia
Place in cups and top with cocoa powder

Why I like this recipe: Sweet potatoes can taste great as a dessert and this is super easy to make.

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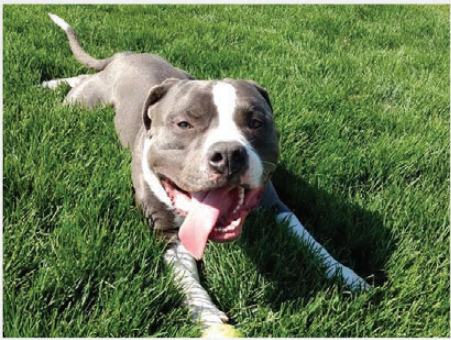
Pet: Fonzarelli – AKA The Fonze or Fonzie
Owners: Troy and Stephanie Herrera – Owners of Adventure Pet
Age: Two Years
Breed: Cirneco dell'Etna
My Story: After two very time intensive and challenging rescues Troy and Stephanie decided to search for a dog with very specific characteristics. Fonzie's breed is very rare and there are only a handful of breeders in

the United States. They wanted a medium size dog that was energetic, trainable, loved people and other dogs. Also, this dog had the responsibility of being the Ambassador for Adventure Pet. Fonzie was destined to be a diabetic alert dog but unfortunately the woman who was going to get him started to go blind so she would need a larger breed dog to help with her condition. Before Fonzie could even open his eyes, he had always been drawn to the sound of people's voices. Fonzie has lived up to everything, he is a wonderful, passionate bundle of high energy mischief.
Motto: Never turn your back on a snack.
Favorite Song: Happy Days theme song, of course!

Pet: Fluff
Owners: The Miller Family
Age: Two Years
Fluff's Story: We were given Fluff by a friend and she immediately became a beloved member of the family. She is our only cat and has one doggie brother. We sometimes call her Fluff Butt because she always walks with her booty high in the air.
Favorite Song: Shut Up and Dance With Me



Pet: Sig
Owners: Troy and Stephanie Herrera – Owners of Adventure Pet
Age: Four Years
Breed: Belgian Malinois
My Story: Sig was the second rescue for Troy and Stephanie. He was part of a feral pack at 16 weeks that came from Los Angeles. After a few months of owning Sig it was realized that he was born with cataracts in both eyes. His vision is like seeing through a kaleidoscope with no depth perception. With that, Sig has a lot of fear and anxiety but is able to live a happy and full life under the care of the Herrera's. He gets to hike every day and enjoys his naps after each adventure.
Motto: Do the best you can do with what you got
Favorite Song: Ohh Wee by Cru (Sig's nickname is Woo Woo)



Pet: Hank
Owners: Scott, Cami and Sienna Stites
Breed: merican Staffordshire Terrier
Hank's story written by Sienna Stites: When the Stites family got Hank he was the most intelligent dog they had ever met. When they took him home they knew he was

the perfect family member. Sienna called him fur brother for life. "Til this day, he is still the perfect dog.
Motto: Fur Brother for Life



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UNR, Where Are They Now?

BY CORRINE CASANOVA



Allison Fannin

Q: Where are you from? Vallejo, California
Q: What year did you graduate from UNR? I received my bachelor's degree in 1998 and my master's degree in 2005.
Q: What is your degree in? My bachelor's is a dual major in elementary education and special education. My master's is in elementary education.
Q: Why did you choose UNR? My mother received her degree in secondary education from UNR. She loved her experience at UNR and I was more than happy to create my own memories. I also loved the area as I enjoy snow skiing and water skiing.
Q: Do you have a great memory that you would like to share when you were at UNR? I have so many incredible memories at UNR. However, each of those memories includes the amazing friends I made at UNR that I am still friends with today. These friends are the reasons I decided to stay in Reno and raise my family here.
Q: What is your occupation now? I am the principal at Katherine Dunn Elementary School.
Q: What is your favorite song from your college years? Killing Me Softly by the Fugees.
Q: What is your philosophy when it comes to life and work? My outlook is always have a positive attitude. Whether it is at work or home, I find the positive in each situation and run with it. This philosophy works well for me at home with my two children and at school with my 550 children!



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2019 INTERIOR DESIGN TRENDS

BY ROBBY WILLIAMS, INSIDE DESIGNS

Modern Traditional Style and the 2019 Color of the Year, Living Coral

Each fall, the design industry heads to High Point, North Carolina to see what is trending in interior design for the next year. With much anticipation, in December, we find out what the new “color of the year” will be. The 2019 color of the year is Living Coral, described by International Color Authority Pantone as, sociable and spirited. “The engaging nature of Living Coral welcomes and encourages lighthearted activity. Symbolizing our innate need for optimism and joyful pursuits, Living Coral embodies our desire for playful expression.” The color of the year, surprisingly, can easily be paired with many other colors, from Chocolate Brown to Charcoal Gray.

We think this is a classic color that will stand the test of time! Also spotted in many showrooms this market was Navy Blue velvet sofas and chairs. This deep jewel tone is another color that fits well in most color schemes and works beautifully paired with the 2019 color of the year, Living Coral.



After many years of mid-century modern and contemporary influences in home interiors, we are very happy to see an emerging trend circling back to traditional style. Furniture manufacturers, although still favoring clean lines, are using more traditional shapes in sofas and chairs. Showrooms featured curved or kidney shaped sofas and rounded chair backs and curved arms, many paired with nesting coffee and end tables, often made from metal or walnut. Combining clean lines and traditional shapes looks fresh and current and works well with the architecture of Northern Nevada homes!



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Spirulina Cacao Sweet Loaf

Submitted by: Katy Dejean, Private Chef

Ingredients:

- 3/4 cup coconut flour
- 3/4 cup gluten free all-purpose flour
- 1 Tb. cinnamon
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 Tb. tapioca flour
- Pinch sea salt
- 1-1/2 cups xylitol (reserve 1/4 cup to top loaf)
- 1 Tb. spirulina
- 1 1/2 cups unsweetened organic applesauce
- 2 Tb. cacao powder
- 3 eggs

- 1/4 cup coconut milk (or nut milk)
- 1 Tb. melted coconut oil (for top of loaf)
- 2 Tb. chopped almonds or pecan (for top of loaf)

Directions:

Preheat oven to 375 degrees. Mix all dry ingredients together (except spirulina and cacao) add wet ingredients until mixed well. Separate equal portions of batter into 3 separate small mixing bowls. Add spirulina to one bowl and mix together, add the cacao to another bowl, mix well (you will have 3 colors, plain batter, green, and chocolate). Use nonstick loaf pan, add dollops of each color batter to make desired design (using knife or toothpick to pull thru batter). Brush melted coconut oil over loaf and

sprinkle reserved xylitol and chopped nuts on top.

Bake for 35-40 min at 375 degrees until center is set.

Why I like this recipe:

This is one of my favorite recipes I've created. It's delicious with coffee or tea, and the very best part is that it's very healthy!



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New Year, New You: How to Live Well

BY CHELSEA SCOTT

New Year’s resolutions are positive tools to lead us toward living a better and healthier life. Popular goals made this time of year include being healthier and losing weight, which is evident by the swell in January gym memberships. Others say making more money is high on their list for the new year. Interestingly, Americans’ resolutions in recent years have trended more toward committing to a higher quality of life, with “living life to the fullest” being at the top of most lists (Money.com). If you’re excited by this new resolution trend too, here are a few ways to “live well” in 2019.

Imagine the Perfect Day

What does the perfect day look like to you? For many of us, it includes a mixture of productivity and free time. If you have an idea in mind of what makes you happy and what your ideal day looks like, it becomes more likely you will seek those things out more regularly.

Make Connections

Living well has much to do with the people we surround ourselves with. Beyond spending time with friends and family, take a moment to seek out a neighbor or someone in your community. You can never have too many friends.

Set Aside Quiet Time

Whether it’s 20 minutes of yoga in the morning, a moment of meditation before you fall asleep at night or listening to relaxing music as you wind down, quiet time is important. Use this daily time to think about the day and what you are grateful for.

Love People (And Yourself!) as They Are

This is tough. It’s human nature to want to change people. Our spouses and children, especially. The more we love and accept people for who they are now and stop waiting for them to change, the happier we will be. This is known as unconditional love, and it’s incredibly empowering to give and receive it.

Become A Minimalist

Or at least live more minimally. Getting rid of clutter can be extremely difficult, but it’s a good place to start. Do one room a month so you don’t get overwhelmed. Sort out things you haven’t used or worn for six months and donate them. For those of us who are visual people, removing clutter can help make us feel more relaxed. Donate everything that is in good condition.

Sources consulted:
www.time.com/money/4163867/top-new-years-resolution-2016/
www.nosidebar.com/live-intentionally/





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20980 Mount Rose Highway	4,572	4	4	\$529,500	3613 Silver Vista Drive	7,524	5	4	\$2,590,000
3705 Ranch Crest	3,075	4	3	\$599,000	60 Hawken	5,095	3	4	\$2,695,000
1815 Hunter Creek	2,148	3	3	\$628,000	5860 Lausanne Drive	7,067	5	5	\$2,900,000
2490 Homeland	3,930	4	3	\$775,000	11000 Boulder Glen Way	8,795	6	6	\$3,399,000
1140 Flanders Road	3,310	4	4	\$820,000	5775 Lausanne Drive	9,203	4	4	\$3,495,000
13450 Fieldcreek Lane	3,775	4	4	\$879,900	3630 Lamay Ln.	5,274	4	3	\$3,500,000
6574 Champetre	2,047	3	3	\$1,725,000	11090 Boulder Glen Way	7,831	5	7	\$4,495,000
1725 Holcomb Ranch Lane	4,200	4	3.5	\$1,643,000	5625 Foret Circle	9,581	5	6	\$4,995,000
9670 Passa Tempo Drive	6,883	5	5	\$1,599,999	5635 Foret Circle	9,100	4	5	\$5,950,000
12860 Silver Wolf Road	6,005	4	6	\$1,399,900	2750 Holcomb Ranch Lane	7,500	6	7	\$6,950,000
2435 Whites Creek Lane	5,254	6	5	\$1,395,000	3820 Frost Lane	10,306	4	4	\$7,700,000
13345 Stoneland Drive	4,368	5	6	\$1,125,000					

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16305 Bordeaux	2,969	4	3	\$750,000	16885 Delacroix	4,222	4	3	\$1,425,000
12615 Thomas Creek	3,225	4	3	\$775,000	6584 Champetre Court	3,092	3	7.5	\$1,450,000
40 Winterberry Court	2,888	3	3	\$800,000	1285 Springer Court	7,081	6	6	\$1,525,000
225 S. Earham Court	2,816	4	3	\$965,000	14960 N Timberline	4,701	5	4.5	\$1,750,000
6330 Wetzell Court	2,625	3	4.5	\$1,050,000	16 Monte Rosa Court	4,462	4	6	\$1,865,000
3455 Quilici Lane	5,343	6	3.5	\$1,078,000	6130 Lake Geneva	6,019	5	6.5	\$2,275,000
675 Meadow Rock Lane	3,357	4	3.5	\$1,100,000	4645 Alpes Way	9,000	7	7	\$2,660,000
5645 De Maitre Court	3,441	4	3.5	\$1,190,000	12360 High Vista Drive	6,733	4	7	\$2,900,000
11500 Thomas Creek Road	4,906	4	2.5	\$1,200,000	6825 De Chardin Lane	8,247	6	5.5	\$3,790,000
16555 Evergreen Hills Drive	3,637	3	5	\$1,350,000	2400 Kinney Lane	10,736	6	7	\$3,949,000
17010 Mountain Bluebird Drive	5,824	5	4.5	\$1,360,000	5640 Foret Circle	9,081	4		\$4,900,000
630 Piney Creek Road	4,412	4	7	\$1,360,000					

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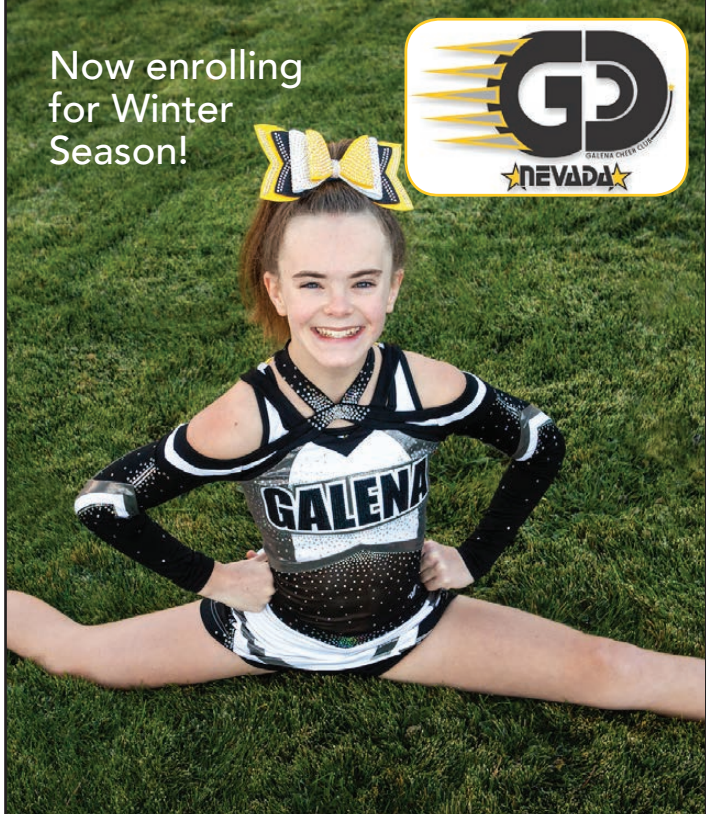



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