Over 7.4 million people have been affected by diabetes in the United States according to the Census Bureau, many of which are baby boomers born between 1946 and 1964. An estimated 5 million more people have diabetes but do not know it.

Recently, the University of Nevada Reno, School of Medicine, Associate Professor Dr. Seungil Ro, Ph.D., was awarded a sizeable grant following an important discovery—finding a molecule that can be used to inhibit and treat Type 2 diabetes. The research helped obtain $2 million in funding for project development over the course of the next three years.

Dr. Ro discovered that Type 2 diabetes can be caused by gastroparesis, a condition where stomach muscles stop working properly and therefore have difficulty moving food from the stomach to the small intestine.

"This new finding is contrary to the current paradigm that suggests that diabetes causes gastroparesis," said Ro. "However, our findings are supported by the results of gastrectomy surgery (removal of a part, or all of the stomach), which have been shown to significantly alleviate the symptoms that arise in Type 2 diabetes patients."

The most common form of diabetes is Type 2, which is a lifelong disease that causes blood glucose (sugar) levels to rise coupled with the inability to produce the insulin needed to regulate normal blood sugar levels. Diabetes, which is among the five leading causes of death in the U.S., develops when the pancreas fails to produce sufficient insulin. Without insulin, sugar builds in the blood and can eventually cause such complications as heart disease, strokes, kidney failure, blindness and hypertension. The direct cause of the disease remains unknown, making it challenging to discover effective treatments.

Ro is researching what causes obesity and Type 2 diabetes in the hopes of uncovering any underlying causes. His research focuses on smooth muscle biology and gastrointestinal motility disorders.

"This funding will allow us to begin testing FDA-approved drug candidates that will restore the function of gastrointestinal regulatory cells," said Ro. "The YUYANG Dnu Co., Ltd. funding contract will serve as a springboard to transfer these discoveries into efficacious drug treatments that are commercially available."

YUYANG will have the rights to negotiate an exclusive license with the University of Nevada, Reno for the intellectual property that results from this research. With that, the company will work toward the development of new treatments with UNR School of Medicine.

"The outstanding work of our faculty, from basic research to translational research, is attracting attention," said Mridul Gautam, Ph.D. UNR vice president for Research and Innovation. "With the support and investment of YUYANG Dnu, a global company, we will continue to enhance the competitiveness of our faculty, helping them grow their research and make a difference in the lives of many."

"This dedicated research funding is evidence that UNR is at the forefront of innovative solutions to improve global health," said UNR School of Medicine Dean, Thomas L. Schwenk, M.D.
May 12 - Bill Engvall, comedian, Silver Legacy, 8 p.m.

May 16 - Historic Reno Presentation Society Series: The Hot August Nights Story, David Hansen, Northwest Reno Library, free, (775) 787-4100.

May 18 - Amgen Tour of California Men’s and Women’s Race, South Lake Tahoe, bicycle race.

May 18 - Nitro Circus, Next Level Tour, Greater Nevada Field, 6:30 p.m.

May 19 - Downtown Reno Wine Walk, 2-5 p.m., Riverwalk District, $20.

May 20 - Poison with special guest Cheap Trick, 8 p.m., Grand Sierra, Grand Theatre.

June 3 - Yanni, 8 p.m., Grand Sierra, Grand Theatre.


July 3 - Kenny Chesney, 2018 Lake Tahoe Summer Concert Series, Harveys Outdoor Arena.

July 7 - Amplified Summer, Alt Rock Reload, Hard Rock Casino, Lake Tahoe, 5 p.m.


July 14 - Pops on the River, Remember When Rock Was Young, The Elton John Tribute, 5 p.m., Wingfield Park, Reno.

July 16 - Bravo on the Beach, Reno Phil Orchestra & Guest Artists, Summer Concert Series, Sand Haror Circle.
Recently, the world’s oldest person, a Japanese woman gained fame when she died at age 117. Nabi Tajima, from the town Kikai in southern Japan, was born August 4, 1900. Tajima was the last known person born in the 19th century, but she was not alone in her longevity nor was she the oldest living woman in the history of the world. That distinction falls to Jeanne Calment of France (1875-1997), who lived to the age of 122-years, 164 days. She was reported to have met Vincent van Gogh when she was 12 or 13.

Still living is another Japanese woman, Chiyo Miyako, who turned 117 ten days after Tajima’s death on May 2, 2018. And last September 15, 2017, Violet Brown of Jamaica passed away at 117. Following right behind these three women is Masazo Nonaka, a Japanese man who is 112 years of age.

Women supercentenarian’s are living longer than men. Six have lived to 117, one to age 119, and Calment at 122 years. Why are people, excluding unconfirmed claims of extreme old age, living longer?

If you listen to Sonia Arrison or read her latest book, “100 Plus: How the Coming Age of Longevity Will Change Everything,” you begin to understand why we are living longer than ever before. Arrison believes that before not too long humans will be living to 150, surpassing supercentenarian’s (people living beyond age 106) will become commonplace.

For the average person, the thought of normal life expectancy reaching 150 is unthinkable, science fiction. But for Arrison, the groundwork has already been laid. “Maybe we can have knowledge that allows people to be healthier a longer period of time,” she told a recent college audience. Arrison believes education has a lot to do with it.

If living to 150 is possible, the very existence of a longer life will change everything we know and how we are thinking. Arrison writes “Humanity is on the cusp of an exciting longevity revolution. The first person to live to 150 years has probably already been born.”

What will your life look like if it were possible to live to 150? Would we outlive our children, our spouses, friends, and people we know, and would we find it easy to adjust to new beginnings, ready to adapt. Would we outlive our finances, overcome physical disabilities, or would it be possible to regenerate ourselves.

In 100 Plus, futurist Arrison takes us on an eye-opening journey to the future at our doorsteps, where science and technology are beginning to radically change life as we know it. She introduces us to the people transforming our lives: the brilliant scientists and genius inventors and the billionaires who fund their work.

In the very near future Arrison says fresh organs for transplants will be grown in laboratories, cloned stem cells will bring previously unstoppable diseases to their knees, and living past 100 will be the rule, not the exception.

Arrison, whose grandfather was born in 1913, had plenty of motivation to author 100 Plus. On his 102 birthday he gave a speech with the opening line, “I can’t wait to see what happens over the next 100-years.”

Living in Silicon Valley, Arrison believes biology will become an engineering project, extending the lifespan. Working as a tech writer and analyst, she says the human genome can be written much like computer language, it just needs to be realized (A hacking of the biocode rather than computer code).

“The Holy Grail will be to see what genome affects what diseases.”

“Aging is not written in stone.” 100 Plus gives readers a comprehensive understanding of how life-extending discoveries will change our social and economic worlds, helping us navigate the journey of life beyond 100 years.

“What technology is enabling us to live longer, the big question is will we live long enough to see it?” she said, adding, “the real agenda is to push the longevity revolution forward.”

100 Plus: How the Coming Age of Longevity Will Change Everything can be purchased through Amazon, $10.78-$14.99 in hardcover, or $3.39-$14.90 in paperback.
All three women were born in the United States. All three have college degrees. All three write mystery novels. All three have received awards for their books. All three set their novels outside the United States and fill them with authentic detail and a strong sense of place, different cultures. Who are these women?

Donna Leon is the oldest, born in 1942 in New Jersey. She is the most prolific of the three. There are 27 titles in her Commissario Brunetti series, set in Venice, Italy, where Leon has lived for a number of years before a move to Switzerland.

In the Brunetti novels, he is joined in the series by his wife, a university professor, and two children, an egotistical Vice Questore Patta (his boss), Inspector Vianello, and the lovely, super-efficient secretary-receptionist to Patta, Signorina Elettra. Venice is an important and large part of the series; each book comes with a map.

Besides Brunetti’s sleuthing, Leon has produced two nonfiction titles and three books that include musical recordings (another of her passions). German television has produced 22 Commissario Brunetti programs (available from Amazon, with subtitles in English). Although the Brunetti books were all written originally in English, and translated into several languages, by an agreement required by Leon, the novels cannot be translated into Italian.

Book one, published in 1992 was “Death at LaFenice”. Leon’s latest, in 2018, is number 27 and titled “The Temptation of Forgiveness.”

Elizabeth George was born in 1949 in Ohio and has 20 Detective Inspector Lynley books to her credit. Set in Great Britain, often in London, DI Lynley is attached to New Scotland Yard. He often works with the stubborn, scruffy Sgt. Barbara Havers who resents his noble title of Lord Asherton due to her working-class background. Other regulars in the series include long-time friend Simon St. James and the Lady Helen Clyde.

The first book in the series was the award-winning “A Great Deliverance” in 1988. Public Broadcasting (PBS) has made an Inspector Lynley series and changed the DI’s hair color from...
blond to black (a bit of a shock for fans of the books). Sgt. Havers fares better on the screen in appearance and character.

George has written four Young Adult books, plus a pair of short stories, edited a crime anthology, in addition to those 20 Lynley books. Her most recent book, in 2018, is the meaty, 692 page "The Punishment She Deserves", with a large cast of unusual individuals, a murder (of course) and tap dancing lessons for Sgt. Havers.

Deborah Crombie is a Texan through and through, born in 1952. She sets her Duncan Kincade/Gemma James crime novels in Great Britain as does George. There are 17 titles in her series that features Kincade at Scotland Yard and Sgt. James in the Metro Police. A romance blooms as the books progress and young children add to the complications of a law enforcement household. Each book includes a charming, area map.


If you're not familiar with these mysterious women, you'll find their books – in numerous formats, from Large Print to E-Books – at bookstores, online vendors, and the Library.

Do begin with the first book in a series to follow the continuing development of these great stories and fascinating characters.
• Through May 13 - Marking the Infinite: Contemporary Women Artists from Aboriginal Australia, Nevada Museum of Art.

• Through July 8 - Enrique Chagoya: Reimagining the New World, Nevada Museum of Art.


• Through September 30 - Trevor Paglen: Orbital Reflector, Maylar balloon hanging in the Donald W. Reynolds Grand Hall, contemporary art.


• May 1 - Oct. 14 - Celebrating Israel's 70th Anniversary: Michael Rovner and Tal Shochat, Nevada Museum of Art.

• May 28 - Carol Foldvary-Anderson, McKinley Galleries East and West.

• June 9 - Sept. 2 - Manet to Maya Lin, Nevada Museum of Art.


Reno Little Theater (RLT) is the oldest continuously running community theater in Nevada, currently in their 83rd season. They offer a well-rounded slate of plays yearly, typically 6 main stage shows, with several smaller productions which run for a weekend or so.

“We try to balance offering classics, with newer and edgier works. Our audience ranges from kiddos to those in their 90s,” states Leah Wigren, RLT Chairperson.

Since 1935, RLT has staged over 2,750 performances of more than 500 shows. “We estimate that more than 6,000 different people have helped put on the show!”

Interested individuals can get involved at all times of the year by auditioning to act during casting sessions. By greeting theater patrons as ushers and box office personnel, concessions, mailing newsletters, working on publicity and fundraising. If working with your hands and helping build the scenery, creating costumes and props is your interest, that is an area that Reno Little Theater would be happy to have you involved in.

Operating the light and sound boards is a need the theater has as well. Stage manage or direct a play, or being involved on the Play Discovery Committee. “This group reads plays, meets once a month like a book club, rates the plays, and suggests ones to pass on to the Play Selection Committee our staff runs. RLT believes that it is the family of volunteers that keep the organization running smoothly and each of the special talents each person brings helps to make the theater that much more grand.”

RLT is unique because it has run for the vast majority of its life solely due to unbelievably hardworking and inspiring volunteer service. Currently they have 5 paid staff – only in the last five years. For decades, RLT was run by devoted volunteers who acted, directed, held auditions and cast roles, obtained script rights, paid bills, raised funds, ran concessions, box office, costuming, props, board service etc.
Additionally, RLT is the only community theater in town that owns its building. Astute volunteers acquired and sold properties over the years, culminating in their lovely building located on Pueblo St. which debuted about six years ago.

RLT was located on S. Virginia St. years ago, but the City razed the theater for a casino parking lot. Hug High School welcomed RLT for several years, while we built the current site. Through it all, not a year went by that RLT did not put on at least five plays a year.

“We believe RLT has been so successful because of the love for theater and community shared by volunteers, staff, and patrons, and their willingness to work for very little (or no) money. People can exercise their creative streak, or help sell candy bars, all in service of the mission of quality entertainment for all ages,” said Wigren. “There is real work to do and eager hands to do it.”

Further, much of RLT success is due to Reno’s generosity, with donations by individuals and other arts organizations, businesses, and the City.

Reno Little Theater is located at 147 E. Pueblo St. Reno, NV 89502 775-813-8900, or email info@renolittletheater.org. Other emails are under "Contact Us" section of our website, renolittletheater.org.

A Funny Thing Happened on the Way to the Forum, showdates beginning July 6, 7:30 p.m., $25.

The (Curious Case of the) Watson Intelligence, showdates in May beginning May 4, 7:30 p.m., $25.
Some people have brown eyes, some have blue. Some people in Reno know all about the new Reno Renaissance Hotel, some do not. If you are among the latter group, you are missing something; get thee to the “in” group.

Formerly the Sienna, but no longer recognizable as such, this deluxe, up-scale non-gaming hotel was stunningly rennovated and officially opened last May as a Mariott Renaissance product, the Reno Ranaissance Hotel at One South Lake Street, just across from the Auto Museum and in the heart of the trendy new Mid-Town area.

The only hotel in Reno that is actually on the river, The Shore Room restaurant allows the...
My Generation

Renaissance / from page 25

chance to watch the Truckee rushing by just below from a table by the window, making it one of my favorite places for lunch. Even more delightful is watching it from the adjacent terrace that juts directly out over the Truckee, complete with the sound of roaring water patio fire for Al Fresco atmosphere and warmth. And that terrace is the best place in town to watch the Reno Aces fireworks.

Chef Jacob Burton has devised an interesting and eclectic menu that offers some unique dishes as well as new twists on old favorites. The delicious fries that accompanied a hamburger on a recent visit are quite understandably a “house special”.

Its proximity to the Pioneer Center makes it the perfect place to stop before or after a performance and their special Pre-Show Menu offers a choice of appetizer, entrée and dessert for $30. Bottomless Mimosas are available for Saturday/Sunday Brunch; $12 per hour will keep your glass filled for the duration. Wine Wednesdays offers include no bottle corkage fee if you bring your own wine or 50 percent off selected wine bottles (changes weekly).

The bar area, also adjacent to the terrace, is one of the most delightfully inviting places I have ever seen where “Bar Bites” are offered all day with half price on both food & beverage, Monday-Friday between 2 p.m. – 5 p.m.

The Shore Room is open, serving breakfast or lunch from 7 a.m. to 2 p.m.; dinner from 5 p.m. to 10 p.m. For more information, call 775-682-3900

And that’s not all; what was the casino area in its former life has been reincarnated as extraordinarily popular Bocce Courts that are seemingly continuously full, not only with hotel guests (they are flourishing in booking groups) but with locals as well.

If you decide to be among the “in the know” crowd, you may be in for a pleasant surprise.
A Celebration for Every Occasion – Why Group Travel Works

Have you ever thought it would be fun to take a vacation with a group of close friends, fellow members of a club or organization, or take that family vacation to celebrate a milestone anniversary? Cruise lines love to welcome all types of groups on their ships and they often offer extra benefits to those creating and booking into a group.

Group travel is more popular than ever as a way to vacation with family or friends, or any other group traveling together, whether large or small. For families who live far apart it is a great way to connect with their parents and/or grandparents. You see them everywhere. When you are on vacation, they are the fun-loving group wearing the florescent t-shirts proclaiming, “Save Me, I am on a Family Vacation”. At dinner on the cruise ship they are seated together and going over the day’s events. It could also be a group of friends from high school, college, your local Rotary or golf club, a hobby group, your church, girlfriend getaways, bachelor parties, the list goes on and on for affinity group travel. You are traveling with those people who have similar interests as you.

There are many benefits of booking a group on a cruise. First is lower pricing and the rates are guaranteed for the categories that are held (even as the rates on the rest of the cabins may increase the group rates are locked in). Without booking into a group, the rates are always subject to change, so Aunt Marge might end up paying more than Uncle Bob, and that could cause problems! Setting up a group prevents that from happening. In addition, groups are often offered extra amenities ranging from onboard credits, a complimentary bottle of wine or cocktail party, specialty dining or other amenities. It all depends on the cruise line.

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Probably the biggest benefit to creating a group is that the person who puts it together and invites others is considered the “Tour Conductor” (TC) and may be able to get a free cabin berth if enough people join in on their group. The TC credit would be used to pay for their berth if the minimum number of people join their group (based on the policy of the cruise line chosen). For most larger cruise lines, it takes 8 cabins (16 people) to earn a TC credit. With some cruise lines, it only takes 5 cabins (10 people). I am going to review two cruise lines and their group policies to give you an idea of what it takes to create a group, which is very little, but the benefits are great!

**AmaWaterways – River Cruising in Europe**

River cruising is a great way to see Europe up close with your boutique hotel taking you to amazing destinations. The ships are intimate with anywhere from 100 to 160 passengers. After a group is set up, they receive the following benefits:

- $250 reduced cruise fare per person.
- 1 complimentary TC credit for every 9 full-fare (double occupancy) paying cruise guests. The TC credit is based on the average cabin price of the first 9 guests – this is unlimited so if you have 18 people join you, you get two TC berth credits and so on!
- Some of their itineraries offer solo traveler waivers for your single travelers in your group.
- AmaWaterways always has at least one included complimentary shore excursion at each port and unlimited complimentary wine and beer served at lunch and dinner on ship.

As the river ships are much smaller, space isn’t actually held, but you can book as many cabins as you wish as long as there is availability on the ship. For this type of trip, I recommend setting up your group more than 1 year in advance. For example, I have a winery owner client who created a group for their wine club members for July of 2019 in Portugal on the Douro river. This way, their club members have their pick of staterooms. You can take a look at their routes and itineraries at www.amawaterways.com

**Star Clippers – a private yacht-like experience on tall ships**

Star Clippers are intimate sailing ships with only 170 to 227 guests. Their 3 ships offer casual and relaxing itineraries built on wind charts for optimal sailing. Their combination of “must see” destinations and off-the-beaten-path hidden gems (that only small ships can get to) offer a truly memorable vacation. They sail in the Mediterranean, the Caribbean, Bali, Indonesia and Thailand. After a group is set up, they receive the following benefits:

- 1 complimentary TC credit for every 9 full-fare, (double occupancy) paying guests. The TC credit is based on the most sold cabin category. Another TC berth is earned at the 20th paid guest.
- Flexible deposits and cancellation schedule.
- Even within groups, depending on group size, there may be solo traveler waivers for the single travelers in your group.
- Group amenities include an onboard credit offered to those booked in your group.

I wanted to show you Star Clippers since they offer a unique vacation option that is different from the engine powered cruise lines and their tall sailing ships are exquisite. You can take a look at their routes and itineraries at www.starclippers.com

These are just two examples of the benefits of setting up a group on a cruise. Most cruise lines will still allow for the guaranteed pricing and amenities even if you are not able to meet the minimum booking requirement to get the TC credit. You would still get the locked-in pricing and amenities even with just two cabins booked in your group. This way, there is no down side for setting up a group if you aren’t sure you how many friends or family can join you. I hope that now you are armed with this information, you will consider creating your own group for an adventure in 2019! Where will you go next?
Mountain bikers are a special breed of crazy, and Tahoe South’s legendary trails draw these daredevils from far and wide. Some of them even live here permanently, so your knobby tires will be in good local company.

From the heart-pounding downhill track of the Saxon Creek Trail (nickname: Mr. Toad’s Wild Ride) to the gorgeous Flume Trail there are rides for every technical level. For the truly ambitious, you can link trails and ride seven summits in one day.

Tahoe South has been designated as a Bike Friendly Community, so bike paths for the social spin are plentiful and so are local bike shops staffed by experts that rent and sell quality bikes. The famed loop around Lake Tahoe is 72 miles of scenery: deep blue water, Douglas Fir groves, and breathtaking views of Emerald Bay. The road also passes quaint waterfront lodging and plenty of eateries to fuel the journey.

- **Flume Trail (East Shore, NV):** This trail is approximately 14 miles one way, and averages between 7000’ and 8100’ elevation, sitting above Lake Tahoe’s North East shore. A Tahoe classic, with breathtaking views over Lake Tahoe’s Eastern Shore, this trail is moderately difficult. See for yourself why this trail is so frequently photographed for magazines. The trail is relatively smooth, and fun for intermediate riders and beginners who are ready for a strenuous ride. Professional shuttle services are available, or consider including the Tahoe Rim Trail to make it a loop ride back to your car. Another option includes starting at Mount Rose Summit at the Tahoe Meadows trailhead and riding down to the Flume Trail.

**Directions:** Spooner Lake State Park is located at the intersection of Highway 50 and Highway 28 on the east shore.

- **Mr. Toads Wild Ride/aka Saxon Creek (South Lake Tahoe):** An iconic rocky, technical and fun decent, this trail gives advanced riders a satisfyingly long 6 mile downhill.
Travel / from page 29

Plunging through towering forests and boulders on the upper sections then giving way to fast, banked turns on the lower sections. Bring your longer-travel bike.

By starting at Heavenly’s Stagecoach Lodge off Kingsbury Grade and riding the TRT to Star Lake, over Freel Peak and onward to Toads you can make this a longer ride of nearly 30 miles, typically called the “Punisher” – or for the super endurance riders start at Mount Rose for the 60+ mile “Uber Punisher”.

Directions: Take Pioneer Trail towards Meyers, turn left onto Oneidas Street, after passing a few houses this turns into a paved forest service road called Fountain Place, follow for about 1/4 mile, there is a large dirt parking lot on your right, this is where the bottom of the trail ends. If you park here you can loop it by riding up the paved Forest Service Road to Armstrong trail. The other option is to ride or shuttle up to Highway 89 and meet up with the Big Meadow trail head. Do not try to ride up Mr Toads trail.

The Bench, TRT (Stateline, NV to Spooner Summit): This section of the Tahoe Rim Trail starts high and takes you above tree line, with spectacular lake views along the way. Intermediate and Advanced riders will enjoy how this trail has just enough rocks to keep things interesting but very rideable. This ride is typically done as an out and back from either Spooner Summit or Kingsbury Grade. There is a big wooden bench with arguably some of the best views of Lake Tahoe halfway between Spooner and Kingsbury, hence the name of the trail.

Directions: Take Kingsbury Grade / State Route 207 in Stateline, NV towards the top, turn left onto North Benjamin Street, keep following until the very end where you will see a large parking area and Tahoe Rim Trail sign and trail head. Or start from the TRT trailhead on the South side of Highway 50 at Spooner Summit.

Powerlines Trail (South Lake Tahoe): Smooth rolling single track takes you from town near Heavenly Cal Base, up and along the forest above the neighborhoods of South Lake Tahoe. Very suitable for beginners to intermediates — and everyone can use it to connect to other trails, such as Corral, Cedar and Cold Creek. Easily accessible from many points in town. West of High Meadow road this turns into a dirt road that meets Fountain Place and the Corral area.

Directions: Head to the top of Ski Run Blvd. and take a right onto Saddle Road, this dead ends after about a block, there is limited on street parking. Another access area is the High Meadow trail head, turn up High Meadows Road off Pioneer Trail and drive on the dirt road until the gate. You will see a map kiosk here.

Chimney Beach Trail (Incline Village, NV): Short but fun descent from the hill above Marlett Lake (South side) near the Flume Trail down to Highway 28 above the Thunderbird Lodge. End with this trail after riding the Flume or TRT, however it’s recommended to arrange a shuttle or leave a car at the parking lot on Highway 28.

Directions: Bottom of the trail has a paved parking lot on the mountain side of Highway 28, near the entrance to the Thunderbird Lodge.

Tahoe Meadows, TRT (Incline Village, NV): This is a really fun and scenic section of the Rim Trail open to bikes on even numbered days. You start at over 9,000 feet in elevation and drop down gradually over about 8 miles until reaching Tunnel Creek Road and the intersection of the Rim Trail. From here you can either take the Flume or continue on the TRT where the ride turns more tricky with some climbing to Snow Peak. This is recommended as a point to point, although it is not unheard of to ride back up to Mount Rose as an out and back.

Directions: TRT trail head is at Mount Rose Summit with a large paved parking lot and rest room.
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