



Hundreds of Tahoe lovers remove litter from 10 miles of shoreline

Submitted to the Galena Times

Over 400 people volunteered along the shoreline of Lake Tahoe to protect this national treasure on a summer day in July. As part of a lake wide cleanup organized by the League to Save Lake Tahoe, participants removed 1,240 pounds of litter that would have harmed the Lake's ecology.

"The fact that so many people devoted part of the long holiday to help Keep Tahoe Blue says a lot about their

love for this place," said Marilee Movius, the League's community engagement manager. "We're grateful to the hundreds of visitors and community members who gave their time to take care of Lake Tahoe's shoreline."

Cleanup participants gathered at six beaches around Lake Tahoe, and together removed litter from ten miles of shoreline, including Commons Beach in Tahoe City, Kings Beach, Kiva Beach and Tallac Historic Site, Nevada Beach,



(Photo: keeptahoeblue.org)

TAHOE FOREST STEWARDSHIP DAY

Saturday, September 21 | 8:30 am - 12:30 pm, celebration for volunteers to follow

Location: Upper Truckee River at Johnson Meadow, South Lake Tahoe, CA

Volunteer work - 8:30 am - 12:30 pm

Lunch celebration for volunteers - 12:30 - 2 pm

Volunteers of all ages and skill levels are invited to this fun, hands-on restoration day. By pitching in, you are improving the watershed habitats that surround Lake Tahoe. Healthy forests and meadows act as natural pollution filters to Keep Tahoe Blue.

PROJECTS

This is one of the first volunteer restoration projects at Tahoe Resource Conservation District's recently acquired Johnson Meadow. We will be planting willow stakes, removing fencing, picking up litter, maintaining trails and removing invasive weeds.

WHAT TO WEAR AND BRING

Sturdy boots, long pants such as jeans, long sleeves and sunglasses (mandatory). Bring a reusable water bottle and leather work gloves if you have them.

Lunch, refreshments and a prize will be provided to all volunteers

GETTING TO THE EVENT

Participants are encouraged to carpool or, better still, to walk to ride a bike. Participants arriving on foot or by bicycle will receive a surprise reward.

MEETING LOCATION

RSVP to receive event details and where to meet. For questions and to register, please email events@keeptahoeblue.org.

Zephyr Cove and Zephyr Shoals and Regan Beach in South Lake Tahoe. Volunteers sorted and counted the items collected.

Once again, single-use plastics were the most commonly-found trash item, including 5,458 cigarette butts and 9,276 pieces of plastic, which includes cups, lids, bottle caps and straws. Most plastics do not biodegrade but instead break down into smaller and smaller pieces that may release toxins or harm wildlife and remain in Lake Tahoe for 1000s of years.

"While it's discouraging to see so

much litter on the shoreline, the data our volunteers have gathered are helping to drive advocacy for solutions to the environmental challenges at Tahoe," said Jesse Patterson, the League's chief strategy officer.

Earlier this summer, the League partnered with the Tahoe Water Suppliers Association to launch a cigarette disposal canister program lake-wide. 250 canisters adorned with creative educational messaging are being installed at "hotspot" locations around the Lake over the course of

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Letter From the Publisher

What a great summer it's been. Not too hot and the skies clear of smoke. All the good weather is not over. We still have a few months of perfect conditions to enjoy summer activities.

I recently walked the new Tahoe East Shore Trail connecting Incline Village to Sand Harbor. If you haven't experience it yet, I highly recommend giving it a try. It's about a 3-mile hike or bike ride with several spots to stop and gaze at the spectacular views. Just off the main trail, you can find numerous paths with beach access to swim, fish or just hang out. I think it's one of the nicest new additions to our area in years.

Also, the new Clear Creek Trail in Carson City affords spectacular views and a smooth riding experience. New hiking/riding trails are popping up everywhere and there's more to come. Thanks to local volunteers and trail building companies, we have more access to the outdoors than ever.

On a personal note, I was walking down the Galena Creek Trail yesterday and entered a particularly bushy area.

When suddenly, walking towards me was a very large black bear. He looked up at me in a calm fashion and I looked at him and we both walked off in different directions. He was a beautiful animal. I've come across many bears living on the side of Mt Rose. Sharing nature with its original inhabitants is one of the reasons I love it here.

Happy Trails, Richard Keillor



Richard Keillor

Virginia Street transformation underway



By Lee Gibson

The Regional Transportation Commission (RTC) of Washoe County is continuing the transformation and construction of the Virginia Street Bus RAPID Transit Extension Project. When completed, the project will better connect Midtown Reno from Meadowood Mall to Downtown Reno and the University of Nevada, Reno. This \$87-million investment in our community will create connectivity and support economic development, enhance safety and improve livability in the corridor.

The project addresses critical transportation needs, including improving transit operations by extending the RTC RAPID Virginia Line transit service to UNR, correcting Americans with Disabilities Act-sidewalk deficiencies, improving traffic operations and beautifying the corridor with new trees and lighting. Two roundabouts will be added, one in Midtown and one near UNR.

During the current phase of construction, the community will see the transformation of Virginia Street start to take place, with new, wide sidewalks, landscaping, new street lighting, new and updated transit stations, and significant safety improvements.



(Photos: L. Gibson)

Midtown Reno business are open while a \$87-million connectivity project temporarily closes lanes. By winter 2020, new trees and lighting will beautify a more efficient corridor that connects UNR and Meadowood mall.

To help construction crews complete work safely and quickly, there are lane closures along Virginia Street and on some side streets in Midtown. The RTC's project team has multiple crews working at the same time to expedite construction operations. Completion of the entire project is expected to wrap up in winter of 2020, weather permitting.

Midtown businesses are open and accessible during construction. Now, more than ever, it is important to continue to support your favorite Midtown shops, restaurants and bars.

Project Schedule:

- Summer through fall 2019 - Work on select side streets in Midtown and work on Virginia Street from Mt. Rose Street to Plumb Lane.
- Winter 2019 through spring 2020 - Work on Virginia Street sidewalks and paving from Mt. Rose Street northward.
- Spring 2019 through winter 2020 - Work on Virginia Street sidewalks and paving continuing northward to Liberty Street and the installation of a roundabout at Center Street.
- Spring 2020 through winter 2020 - UNR roadway reconstruction and transit stations begin within the project limits.

Lee G. Gibson, AICP, is the Executive Director of the Regional Transportation Commission of Washoe County (RTC). For more information about the Virginia Street Project, visit VirginiaStreetProject.com, text VIRGINIA to 797979, sign up for weekly stakeholder updates, watch weekly project update videos, and follow RTC on Facebook, Twitter, and Instagram.



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The Galena Times is dedicated to providing the Mount Rose corridor and parts of Incline Village and Carson City with a neighborhood paper that informs and connects local businesses and residents.

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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: Richard.Keillor@cbselectre.com or visit our website: www.galenatimes.com

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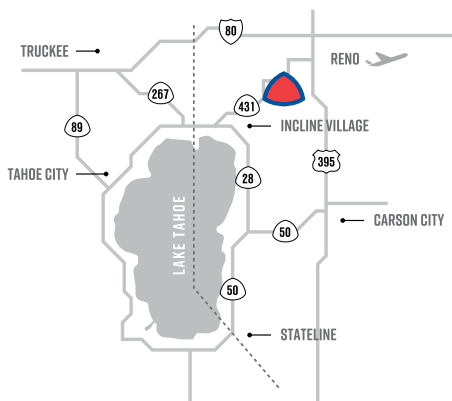


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WHERE THE SNOW IS

Enjoy fantastic fall programs at Washoe County

By Julie Ullman

Thanks to wonderful community partners, some amazing events are happening this fall at Washoe County library branches:



Nevada Humanities Literary Crawl: Unabridged

Start the sixth annual Nevada Humanities Literary Crawl at the Downtown Reno Library.

Experience Virtual Reality and create handmade items in the Quad, the library's very own makerspace inside the Downtown Reno Library. The Northern Nevada Literacy Council will hold two iSpy Family Reading programs followed by a scavenger hunt provided by Sierra Nevada Journeys at 11am and 1pm.

The Literary Crawl is an exploratory event that brings residents of Reno together to celebrate, and be inspired by, the rich literary talent in our state. The Nevada Humanities Literary Crawl presents notable local, regional, and national authors at

venues throughout downtown Reno, where they give readings of fiction, non-fiction, and poetry. See the full schedule at nevadahumanities.org.

Saturday, September 14
Downtown Reno Library
11am-2pm



Family Estate Planning Series

Attend this free, eight-week series of workshops and learn how to take charge of your own money and estate. This series is sponsored by KNPB and the Community Foundation of Western Nevada. All speakers are recognized experts in their fields. Both a morning and an afternoon series are being offered to best match your schedule. Visit <https://nevadafund.org/family-estate-planning-series/> for a complete schedule of speakers and topics.

Wednesdays, September 18 - November 6

Sierra View Library, inside the Reno Town Mall

10.30am-12pm or 1.30-3pm

Call (775) 333-5499 to reserve your seat

Dead Records Genealogy

TMCC Reference Librarian and genealogist Suzanne Malek will share how to research and discover past generations using "dead records".

Wednesday, September 18
Northwest Reno Library
5-6.30pm

African American Genealogy

African American family historians face unique challenges when researching their ancestry. Please join Suzanne Malek, TMCC Librarian, who will discuss what those challenges are and how to overcome them to build your family tree and preserve your proud heritage.

Wednesday, October 2
Northwest Reno Library
5-6.30 pm

Using Collateral Research to Find Your Ancestors

Learn how collateral research can help expand your genealogy search options and reveal even more information about your ancestors.

Thursday, October 24
Sparks Library
11am-12pm



Free magic shows

The Annual Spellbinders International Festival of Magic returns to Reno with unbelievable, mind-boggling feats of magic taking place inside Washoe County Libraries. And it's all free. <http://spellbindersfestival.com>

Multiple shows will take place at the same times, at different branches. All shows will be amazing, just pick a branch and get there early for a good seat:

Friday, November 15

3.30pm Incline Village Library, the Northwest Reno Library and the Verdi Library

5pm at the South Valleys Library and the Sierra View Library

Saturday, November 16

12pm Sparks Library

2pm North Valleys Library

Sunday, November 17

11am Downtown Reno Library



Give the Gift of Reading

Washoe County Library System seeks community sponsors for early literacy with the launch of the 4th annual Give the Gift of Reading fund raising campaign, in support of children's literacy materials. Beginning November 15 through December 31, 2019, the library hopes to raise \$20,000, enough to purchase 1,000 new children's books for the libraries' collections. Your commitment to sponsor at least one book will help prepare children in our community for an early start in reading and learning. We hope that you will be able to join the Washoe County Library System in supporting this initiative. Visit your favorite branch to donate.

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

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Assistance League wins community service awards



Katharine Peake

By Katharine Peake

With unshakable work ethic and continuous commitment, Assistance League members volunteer thousands of hours to transform lives and strengthen community in Washoe County. Now four awards for outstanding service to the community during the past year publicly

acknowledge the difference they have made.

Assistance League has received the Platinum status from GuideStar USA, an information service specializing in reporting on U.S. nonprofit organizations. This status acknowledges the highest level of commitment and transparency. Audited financial statements are publicized documenting support offered through eleven philanthropic programs.

From the Education Alliance of Washoe County, Assistance League received the Partner in Education

Champion award. This award honors four philanthropic programs which directly impact school children in Washoe County schools:

- Through *Operation School Bell*, Assistance League clothes 3,100 students and additionally provides uniforms for several schools.

- *Essentials* partners with Operation School Bell to provide each recipient student with a package of essential hygiene items. Social Intervention Program, an offshoot of Essentials, targets students, identified through their high school counselors, as needing help based on deprived homes. In addition to the basic Essentials grooming kits, these students receive face wash and hair and nail products. Essentials reaches 5,000 students.

- *Students in Transition* assists over 400 homeless high school students in completing their education through clothing and by providing for such expenses as lab fees, academic fees, and graduation attire.

- *Links to Learning* awards requests from teachers

for classroom projects, books, and other learning enhancement items such as science kits and computer equipment, impacting 13,000 students and their teachers.

Constant Contact, an electronic communication software service, honored Assistance League with its All-Star Winner award in 2018 and the All-Star 10-Year award in 2019.

Assistance League won second place in the 2019 NV Energy Power of Good Giveaway, sponsored by NV Energy Charitable Foundation, for its Students in Transition program. The NV Energy foundation honors strategic partnership nonprofit organizations with a demonstrated history of delivering innovative and effective programs to children and young adults in Nevada.

Katharine Peake is a past president and active member of Assistance League Reno-Sparks. For more information about all programs, please visit www.assistanceleague.org/reno-sparks.

Vote 'Yes' for art, view crowd-sourced selections



(Photos submitted by: A. Horn)

Campaign signs in Reno area yards kicked off a five-year partnership of the Nevada Museum of Art with the Smithsonian American Art Museum.

By Amanda Horn

This past summer, you may have noticed some unusually beautiful campaign signs around town, stumping not for political candidates, but for art. Maybe you participated by displaying one or more of these clever signs in your yard featuring catchy slogans like, "I'm with O'Keeffe," and "Hassam is Awesome." So, what was the deal?

The Nevada Museum of Art has been selected to participate in a five-year exhibition partnership with the Smithsonian American Art Museum made possible by Art Bridges and the Terra Foundation for American Art. The local kickoff to this multi-year, multi-institutional partnership started with "Vote Nevada Art," the aforementioned, month-long community-wide campaign. The crowdsourcing initiative ran July 11 through August 11. During this time, thousands of people voted to determine which artworks would hang on the walls of the Museum this fall.

SAAM made eight paintings available as contenders for this race, including works by Childe Hassam, David Hockney, Edward Hopper, George Inness, Jacob Lawrence, Georgia O'Keeffe, Angel Rodríguez-Díaz, and Severin Roesen. The Nevada Museum of Art worked closely with SAAM to select works that represented a variety of periods and artists from across American art history. By putting the artworks out to a vote, the Museum not only created a community

buzz that offered a pleasant reprieve from political campaigns, but also gave people a way to exercise their choice.

Which artworks came out on top? Hassam's *The South Ledges*, Appledore, Hopper's *Ryder's House*, and O'Keeffe's *Hibiscus with Plumeria* prevailed.

These three treasures from the nation's preeminent collection of American Art will be on view in America's Art, Nevada's Choice: Community Selections from the Smithsonian American Art Museum, opening during First Thursday on November 7, 2019. The exhibition will be on view for several months, alongside a stunning display of highlights from the Museum's E. L. Wiegand Work Ethic in American Art Collection.

Though the crowdsourced selections are the talk of the town this season, the Museum also boasts several other artworks that appeal to a wide variety of art tastes. King of Beasts: A Study of the African Lion by John Banovich opens November 9 while Galen Brown: *Sine Cere* continues to delight crowds.

More surprises await curious visitors as well.

Amanda Horn is Senior Vice President of Communications at the Nevada Museum of Art and was recently appointed to serve on the Nevada Arts Council Board. To learn more about all the Museum's offerings, including social events, talks, guided tours, and Sunday Music Brunch, visit NevadaArt.org.

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Back to School... Back to good oral health



Dr. Kellie McGinley

By Kellie McGinley

"Mom, Dad, I need a new backpack. books, shoes, pencils, and a lunchbox." The list goes on. What about a dental check-up to start the year off healthy? For many families, getting back to school means returning to routine. It can also mean getting back to good health – including

oral health. Having good oral health is important for kids to function adequately in school and to focus on the tasks at hand.

If your kids regularly see a pediatric dentist and are up-to-date with oral health examinations, fantastic! The American Academy of Pediatric Dentists recommends an oral health examination prior to matriculation into school. This may improve

school readiness by providing timely opportunity for prevention of tooth decay, diagnosis, and treatment of oral health issues.

Various oral conditions can cause pain, interference with eating and adequate nutritional intake, speech problems, self-esteem, and daily activities. If a child is diagnosed with tooth decay, there is a potential for orofacial pain, which can lead to loss of sleep, loss of school hours, and can negatively affect concentration at school. All these factors can affect overall education and learning capabilities.

Good diet and proper oral hygiene habits are great to review as your child ages into another school year and different foods are introduced that are particular to each child's wants and needs. Good foods and snacks for lunches include: natural fruits, vegetables, cheese, and meats. Whole wheat is better for teeth than refined flour. To prevent cavities, avoid sticky

carbohydrates like crackers, goldfish, fruit snacks, and stay clear of sugary food or drinks.

As a children age, they will want to be more independent at brushing their own teeth; however, it is important to talk to your pediatric dentist about good oral hygiene habits and it is always good to supervise your child or assist with brushing and flossing.

It is important to have an up-to-date dental examination to ensure your child has good dental health to start the next school year with a smile.

Dr. Kellie McGinley, a Reno native and avid sport enthusiast, received her D.D.S. from the University of Michigan School of Dentistry and her Certificate in Pediatric Dentistry from Children's Hospital Colorado. She is a passionate pediatric dentist who advocates for children and optimal oral health. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at RenoKidsDentist.com.

You don't have to just "Deal with it"



(Photo submitted by: Carson Tahoe Hospital)

**Pain is temporary, suffering optional.
Pain-management physicians can help.**

Submitted to the Galena Times

What's worse than experiencing severe pain? ... Still thinking?

Whether it's a result of an injury, an invisible illness, or a slow, post-surgery healing process, pain can be excruciating. It can make you irritable, unable to work, or even unwilling to participate in daily activities. Fortunately, there are several over-the-counter medications available to treat moderate pain such as Acetaminophen (Tylenol) or even non-steroidal, anti-inflammatory drugs (NSAIDs) including ibuprofen (Motrin, Advil) or naproxen (Aleve, Naprosyn). But what happens when those simply aren't enough?

Enter a pain-management physician; someone with special training in evaluation, diagnosis, and treatment of chronic pain.

"Pain physicians work closely with individuals to develop patient-centered care plans that can help alleviate pain and improve their quality of life," says Dr. Nels Dahlgren with Carson Tahoe Pain Institute. "It's common to see patients who have suffered for years with severe pain, without options ... who are now smiling and living the life they deserve."

What about opioids?

Like the entire nation, Northern Nevada has been hit hard by the opioid epidemic. Chronic opioid use for longer than 6 months can double a person's risk for depression, increase anxiety, affect sleep patterns, weaken the immune system, and significantly contribute to weight gain. Additionally, prolonged use can make the pain feel worse through opioid-induced hyperalgesia.

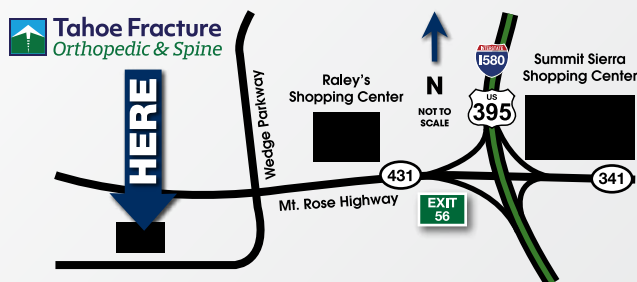
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Technology supports life with diabetes

Submitted to the Galena Times

Love it or hate it, technology affects almost everything we do throughout our daily routine. Whether we experience the convenience of using a tablet to browse the internet or use apps on a mobile device to navigate around a city, we are constantly enjoying the benefits of living in the digital age. Not only does technology make our lives simpler, but it can also make our lives healthier.

Over the last few years, new advancements in technology have given providers and patients the ability to better manage one of America's largest growing diseases, diabetes.

Registered nurse and certified diabetes educator Syndi Skilling is the diabetes program planner at Carson Tahoe Health. She says, the new technology has been very effective regarding how patients manage their diabetes. Although there are countless gadgets available, Skilling highlighted the three that have worked best for her patients.

1. Continuous Glucose Monitoring Devices: This device allows people with diabetes to get real-time glucose readings without the hassle of pricking



Diabetes educator Syndi Skilling shares new technology to help patients effectively manage diabetes and stress.

their finger for a blood sample. By tracking blood sugar levels throughout the day, individuals can see their glucose numbers anytime, allowing them to adjust their daily choices such as diet and exercise.

2. Insulin Pumps: An insulin pump is a device that is worn on the body and is loaded with insulin every 2-3 days, helping diabetics achieve better control over

the number of insulin shots needed every day. The pump is pre-programmed with individualized settings to deliver an ongoing dose of insulin over a 24-hour period, causing fewer blood sugar highs and lows.

3. Phone Apps: It can be overwhelming to think about tracking your individual health data: carb counting, glucose levels, insulin use, blood pressure, weight, fitness, etc. But phone apps can simplify all of that. With so many options in the marketplace, it's important to focus on using an app that makes managing your diabetes easier instead of complicating it.

In addition, Skilling recommends stress management apps that guide a participant through deep breathing exercises and meditation techniques which are helpful for those dealing with the day-to-day tasks of managing the disease.

While these are just a few of the cutting-edge advances in technology changing the way we can manage diabetes, make sure to include your doctor in any new health regime.

If you would like more information about Carson Tahoe Health's diabetes education program, visit CarsonTahoe.com/wellness or call (775) 445-8607.

Can recreational drip bars infuse health benefits?



Andrew Pasternak, MD

By Andy Pasternak

Everyone wants to be "healthier" and so called "medical spas" are always at the ready with unique offerings. The latest is intravenous hydration, especially marketed to athletes. We are now seeing this unfortunate trend in Northern Nevada as "hydration lounges" have popped up suggesting that intravenous hydration with or without additives can improve health. It's sad to see medical professionals wasting their time providing people therapies that have no therapeutic benefit, especially when we have a shortage of physicians and medical providers in our community.

Most of the spas are charging a hundred dollars or more for a \$5 to \$10 bag of normal saline. The focus of these "spas" has been to market towards athletes along with reaching out to people who are planning on either partying or were hung over from a long night.

I first want to focus on athletes because that's my main passion. To be clear: research shows NO convincing support for IV fluid administration prior to competition for performance enhancement, dehydration prevention, or muscle cramp prevention. The American College of Sports Medicine consensus guidelines specifically state, "IV fluids do not provide an advantage over drinking oral fluids and electrolytes." Organizations such as the US Anti-Doping Association and the World Anti-Doping Association prohibit routine IV fluids for athletes not because of the performance benefits but because it has the potential to dilute

samples which would then hamper drug testing results.

Getting an IV is not completely benign either. In the hospital, patients who need IVs can get complications including infections, cellulitis, inflammation of the wall of the vein with associated clotting, bleeding, bruising, and possibly more serious complications such as air embolisms. For athletes who have electrolyte disturbances after exercise (especially sodium), IV fluids can result in serious cardiac, muscular, and nervous system issues including death. Numerous case reports in the scientific literature document medical personnel giving IV fluids to athletes thinking they were dehydrated, only to make their sodium levels worse, leading to seizures and death.

I have been the medical director for the Tahoe Rim Trail Endurance Races for the last nine years. I've worked other endurance events including Western States 100 and the Tahoe Ironman. I can count the number of times on one hand that an athlete has truly needed IV fluids. When athletes do need IV fluids, they usually are critically ill. That person needs to be in an appropriate medical setting with adequate laboratory testing and not in some "spa".

People who are either planning on drinking too much alcohol or had too much to drink the night before are the other targets of these money-making schemes. My advice is simple: moderation. If you think that you need IV fluids before a big night out, you are drinking to excess. Alcohol misuse is a huge health problem in our country and the fact that medical personnel are promoting getting IVs so that people can drink more goes against the medical ethos. This would be like a physician giving a medication to counteract the effects of smoking. The goal should be

on prevention of a problem, not giving patients the go-ahead to abuse alcohol.

A final note: How is getting IV fluids considered "holistic"? The idea of sticking a large needle into one's arm for something with no scientific benefit is one of the least natural things I can think of. Listening to your body and letting your own thirst dictate when you should drink is still the best way to stay hydrated. Worried about your vitamins

and minerals? Spend your money with a local farmer to eat more fresh fruits and vegetables instead of having some vitamin created in a lab pumped into you.

I'm shocked to see people signing up for these IV services. Several my patients with serious medical conditions, including cancer, unfortunately have to go to infusion centers for their IV

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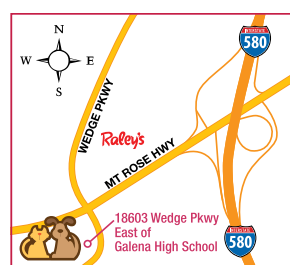


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Change can be good



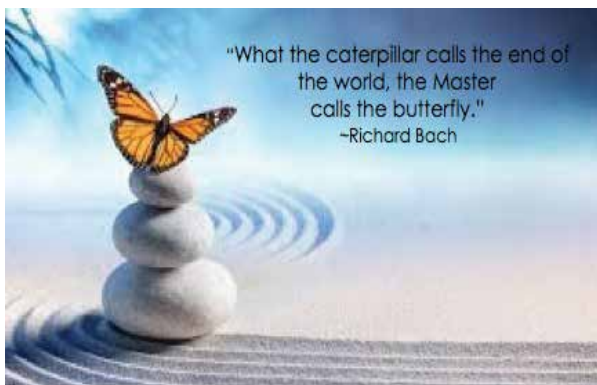
Liesa Leggett Garcia

By Liesa Leggett Garcia

It is said that the only constant in life is change, which makes it especially difficult if we want something to hang on to, something reliable and steady. Most (not all) people resist change and by resist, I mean they dig in their heels and declare they're not budging: "I like things the way they are, thank you very much."

But the nature of life—the nature of nature—is that change always happens. We are left with the choice to fight it or to go with the flow. Even if we fight it, sooner or later, it will inevitably happen... but we may have to pry our fingers off hanging on so tightly.

There's an old saying, when God closes one door, God opens another, but it can be hell in the hallway.



That "hallway" is the transitional period between what was our comfort zone, to adapting to the next new thing. The door to the old is closed but that new thing hasn't taken form yet. Uncertainty, unfamiliarity lurks in the hallway.

No one is immune to change. Leaving a job, starting a new job, retirement, moving, getting married,

having a baby, getting a divorce, losing someone you love, experiencing a health challenge—the list goes on and on—these are all ways we must move through change. But we can actually use the "hallway time" to say good-bye to the old life and appreciate all the ways it blessed us and be open to the possibilities of what lies on the other side of the next door.

When faced with the inevitability of change, I find that I'll peek through the door to see if I'm going to like it and if I want to proceed. It may take me a few peeks before I'm willing to make the change. But ultimately, I know I'm at choice—resist or be open. Instead of slamming the door shut and walking off in a huff, we can see even the difficulties as challenges that can help us grow.

Liesa Leggett Garcia is the Senior Minister of Center for Spiritual Living located in southwest Reno; it is a positive, inclusive community that teaches "Change your thinking, change your life."

Overcome fears, follow dreams, do something new



Kerstin Tracy

By Kerstin Tracy

Often, we want change. We long to feel healthier, happier, more abundant. But then we come up with excuses - I don't have time, I am too young, too

old, too this and too that. To overcome resistance to change, do something you always dreamed of doing.

Imagine floating in water with

your eyes closed and just your nose above the surface. You know your feet are gently supported by a person, but that awareness dims soon. Your brain starts wondering where you are in time and space. You might even feel a sense of anxiety, because you cannot really control what is going on.

These were my initial feelings when I was floating in the Bahamas with the intention to receive healing from dolphins. Knowing that dolphins were swimming around me kept me from ending this experience abruptly when

the anxiety came up.

I had no idea what to expect when in the water with dolphins that were there to freely share their healing powers via echolocation. I did panic for a moment when I thought I was floating into a pontoon and lost track of the person that, ever so gently but safely, held my feet. I started soothing myself by breathing deeply and by consciously relaxing my muscles. I allowed myself to have an amazing experience and let go of resistance and control.

And then there it was - a dolphin clearly 'bumped' into me on purpose, nudged my head and touched my arm all the while making clicking sounds. My fear melted away immediately and I just started beaming in joy.

I am glad I overrode my resistance, allowed myself to feel like I was floating in space, to not hear anything but the dolphins in the water and not to use my eyesight. After being 'kissed' by a dolphin or two, I feel different in a wonderful way: I feel healthier and full of energy.

Resistance to change is normal. Brains are busy as it is - they don't necessarily like to add new experiences, depending on how stressful someone's

life currently is or used to be. That said, I encourage you to practice embracing something new. Keep it safe, nothing crazy, it does not have to be dangerous.

Here are some examples: Enjoy bodywork - relax and let someone else help and facilitate a shift and change in your body. Change your driving routine - this is an easy way to prepare your brain for change. Move furniture and even better - de-clutter - who has not heard of Marie Kondo by now?

Most importantly, be the change you want to see. Allow yourself to change and grow no matter where you are. Don't settle - thrive.

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



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Broken bones in children, now what?



By Max Coppes

After a fall, children will often complain of their arm or leg hurting. Do you wait and see or seek immediate medical attention?

Most often, the pain resolves quite quickly, you do not see an abnormal lump or bump, and the child resumes their activities. Sometimes however, the child continues to complain of pain, or you notice a deformity. Other times, the arm or leg may look straight but it is noticeably swollen. Those are signs of a possible fracture, or in lay's terms 'broken bone'. Finally, if the extremity looks normal but the child continues to complain push gently on the bone; if it causes the same pain, then they likely have a fracture. In all those cases, the child should be seen at the pediatric emergency department of Renown Children's Hospital or an urgent care clinic. If they have an x-ray machine, they should be able to diagnose a fracture.

Because children are not small adults, their problems are treated differently than similar problems in adults. At every age, a child's 'broken bone' has a unique set of concerns and under certain circumstances children may need to be followed until their growth is complete.

Orthopedic surgeons are trained to address broken bones at any age,

but pediatric orthopedic surgeons, who receive a full extra year of training (called a fellowship) in pediatric orthopedics and pediatric spinal deformity, are specialized in the care of children and teenagers.

Like a pediatrician, a pediatric orthopedic surgeon has specifically been trained to focus on your child's problems at every stage of their development. As a community, we are lucky that Dr. Mike Elliott recently joined Renown Children's Hospital as a pediatric orthopedic surgeon, strengthening and expanding the excellent orthopedic services already provided in town. Dr. Elliott is Reno's only active member of the Pediatric Orthopaedic Society of North America (POSNA) and for the past 20 years, his entire practice has consisted of seeing children and teenagers only.

Because children are growing, their bones will remodel and straighten with growth. The amount of remodeling that will occur depends on the age of the child, the bone fractured and the location of the fracture. In many cases, an angled bone will in fact grow straight over the course of a year. But not always! It is for this reason that children's fractures should be followed by someone with experience in caring for children. This is also true for fractures around a child's growth plates.

Growth plates are located all over the body but typically at the end of the bones. Fractures to these areas can

result in the bone growing abnormally. Because of potential for shortening of the arm or leg, or the bone growing crooked, it is important for fractures in these areas to be followed closely for up to one or two years or even longer.

Healing depends on the age of the child, the bone fractured, and the location of the fracture. Young children heal faster than teens, who in turn heal faster than adults do. In young children, most fractures heal in 4-6 weeks and in adolescents about 6 weeks. Keep in mind though that removal of the cast does not necessarily mean the fracture is completely healed and that your child can resume all activities. For most fractures, we do not recommend going

back to sports until about 3 months from the fracture. Best is to follow the directions of your physician.

When children come out of a cast, they are almost all stiff. Fortunately, just with daily use their joints will loosen up and move normally within 2-3 weeks. If they still experience stiffness, physical therapy may be necessary. Occasionally, the type of fracture your child has, is known to cause prolonged stiffness and the pediatric orthopedic surgeon will prescribe physical therapy upfront.

Dr. Max J. Coppes, MD, PhD, MBA, is professor and Nell J. Redfield chair of pediatrics at University of Nevada, Reno School of Medicine. He is also physician-in-chief at Renown Children's Hospital.



22 Pediatric Specialties and Growing

We're pleased to welcome Pediatric Orthopedic Surgeon Michael Elliott, MD to our community. Learn more at renown.org/PedsOrtho.

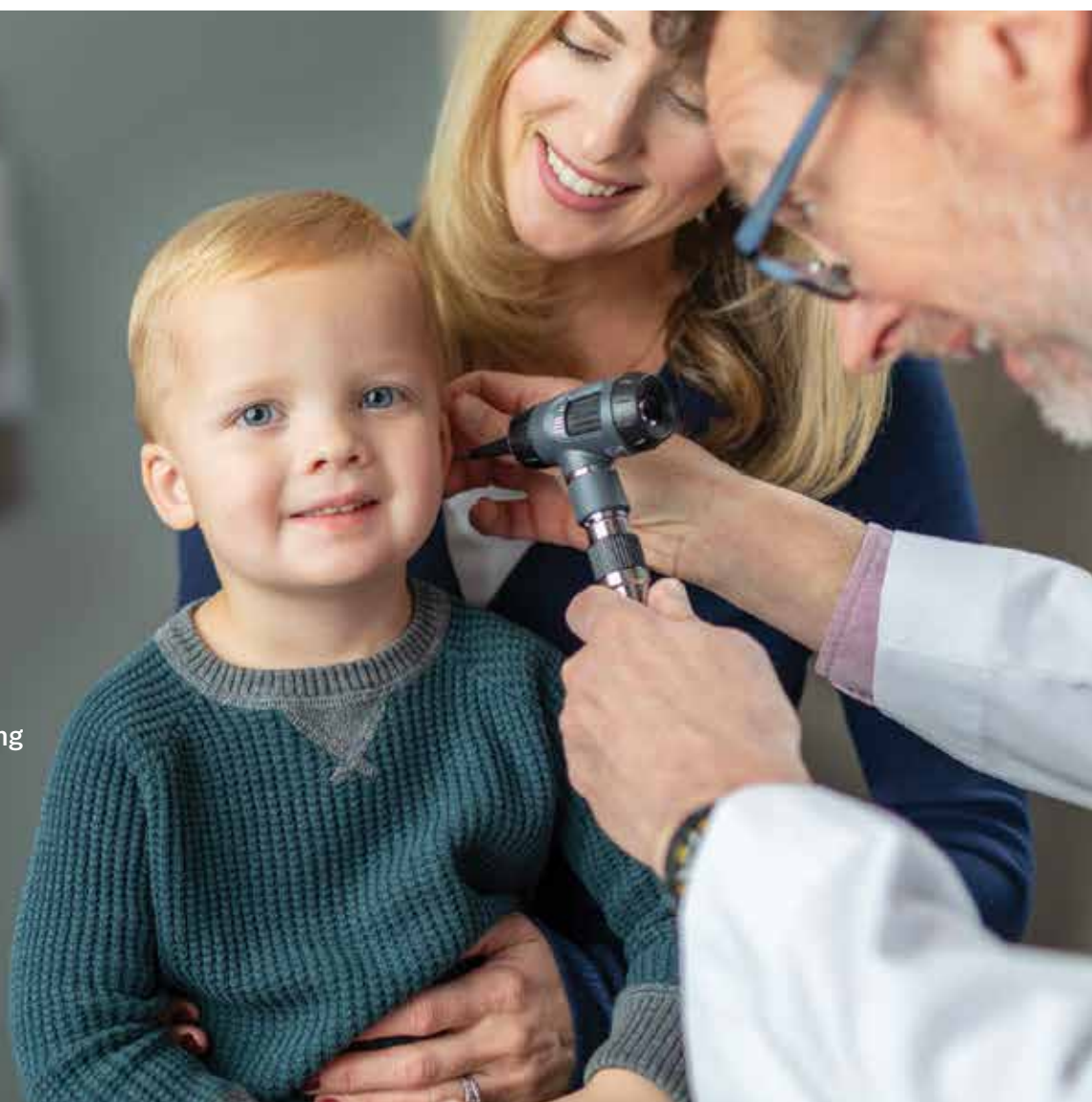
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Massage eases pregnancy pains



Meaghan Maillet

By Meaghan Maillet

Pregnancy is such a joyful time, but it is also a time of significant change...physical, hormonal, emotional, social. These changes are often uncomfortable, particularly for the first-time mother. Prenatal massage by a specially trained therapist can be a wonderful way to relieve some of the physical

discomforts of pregnancy and support the mother-to-be through the many transitions of her pregnancy. Here are some answers to common questions.

Q: How is prenatal massage different from regular massage?

A: Prenatal massage technique is very similar to any other therapeutic massage you may have received. The main differences are positioning, and the knowledge and understanding your therapist has about the changes your body is experiencing during the different stages of your pregnancy. As you progress through your second and third trimesters, you won't be comfortable in the face down position. Your therapist will be trained in the use of cushions

and bolsters to position you comfortably and will know how to provide massage to you in the side-lying position. She will understand how your muscles, tendons and ligaments are being affected by hormonal changes and how they are stressed as your center of gravity changes with your growing baby. Your therapist will also be familiar with conditions that may arise in which massage would not be recommended.

Q: At what point in my pregnancy is it safe to get a prenatal massage?

A: While some massage establishments will not do prenatal massage during the first trimester, as long as you are experiencing a healthy pregnancy without complications, you may safely enjoy massage from conception until delivery.

Q: When is it not safe to get a prenatal massage?

A: You should NOT receive massages if you have any acute symptoms of sickness such as vomiting, diarrhea or fever, if you have excessive swelling in your arms or legs, if you experience pain in your abdomen or have any vaginal bleeding/discharge, or if you notice a decrease in fetal movement over a 24 hour period. You should NOT receive a massage if you have a known complication with your pregnancy such as premature labor, pre-eclampsia or eclampsia,

or placenta previa, or if it is not approved by your OG/GYN for any other medical reason.

Q: Can I get a foot massage during pregnancy? I've heard about pressure points that might cause me to go into labor.

A: While there are specific pressure points that, when actively stimulated, can help labor progress, a general foot/leg massage will not cause you to go into labor. In your third trimester when you might begin to experience some minor fluid retention, foot and leg massage can be helpful in stimulating circulation and soothing tired muscles and joints.

Prenatal massage by a properly trained therapist can be an excellent way to relieve some of the common discomforts of pregnancy and promote relaxation for the mother-to-be.

Meaghan Maillet, LMT, is the owner of *Connective Touch Therapeutic Massage*. Recently relocated to Nevada from the Northern Virginia suburbs of Washington, DC, Meaghan has over 20 years of experience as a licensed massage therapist. She works with all ages and specializes in Sports Massage, Prenatal Massage and Traditional Thai Massage. To learn more, email meaghan@connectivetouchmassage.com or visit www.connectivetouchmassage.com.

litter continued from page cover

this summer. These "hotspots" were identified through the previous five years of beach cleanup data gathered by Keep Tahoe Blue volunteers who removed over 90,000 cigarette butts from Tahoe's shoreline.

The League is grateful to partnering land managers who maintain these areas and need help during the high impact holidays. These include California Land Management, California State

Parks, the City of South Lake Tahoe, the Tahoe City Public Utility District, and the United States Forest Service Lake Tahoe Basin Management Unit. Keep Tahoe Blue cleanups are made possible by the support of local Tahoe businesses: Heavenly Mountain Resort, Northstar-California, Montbleu Resort and Casino, Zephyr Cove Resort, Trunk Show and RnR Vacation Rentals. Cleanup equipment donations from Clean Tahoe Program,

Evolution Bags and South Tahoe Refuse.

The League to Save Lake Tahoe, also known by the slogan "Keep Tahoe Blue," is Tahoe's oldest and largest nonprofit environmental advocacy organization. The League is dedicated to community engagement and education and collaborating to find solutions to Tahoe's environmental challenges. The League's main campaigns include combating pollution, promoting restoration, tackling invasive species and protecting Tahoe's shoreline.

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Don't let sinus infections give you the blues



Dr. Paul Manoukian

By Paul Manoukian

As the summer ends and we find ourselves in back-to-school days, viruses and bacteria that we have picked up over the summer have a chance to rear their ugly heads in classrooms and offices everywhere. The onset of cold

and flu season results in runny noses and sneezing, which help the microorganisms hitch a ride to the next host. While most infections are part and parcel of normal exposures, some can result in serious sinus infections.

You might be surprised to know that low oxygen is the initial event that makes a sinus predisposed to become infected. The sinuses are lined with sweeper cells, which take debris and organisms trapped in mucus and "sweep" them toward the nasal cavity. They are swept through an opening in the sinus which is made of bone but is lined with mucous membrane. If the mucous membrane becomes swollen enough to close the opening, all the oxygen

within the sinuses is used up. The sweeper cells can no longer sweep, but the mucous membrane continues to secrete mucous, and the ensuing Petri dish is perfect for bacteria.

The resulting multiplication of bacteria and secondary swelling can cause mid-facial pain and pressure, colored nasal discharge, cough and postnasal drip, and sometimes tooth pain because of the proximity of the tooth roots to the floor of the sinus.

Sinus inflammation can take on a life of its own. Even after being treated with antibiotics, which are often first-line therapy for true sinus infections, the sinus inflammation can cause a vicious cycle, resulting in continuation of the symptoms. This is the reason that antibiotics do not always work against sinus inflammation.

The key is restoration of the oxygen flow. Nasal saline irrigations and topical nasal steroid sprays are designed to decrease the swelling of the mucous membrane, and thereby restore the opening to the sinus. For severe cases, or those that do not respond to therapy, minimally invasive techniques

are available to dilate the opening of the sinus and thereby restore oxygenation to the sinus.

If you are getting symptoms of an upper respiratory tract infection, rest and saline irrigation may be the only thing you need to get well. If symptoms worsen and last more than 10-14 days, you may want to visit your primary care provider. If initial therapy is not successful, a visit to the ear, nose and throat doctor may be just what you need to turn it around.

Dr. Paul Manoukian has spent most of his life in northern Nevada. After attending the University of Nevada, Reno – where he majored in health science and minored in Romance languages – Manoukian headed east to attend medical school at Tufts University School of Medicine. He simultaneously received a Master of Public Health at Harvard University School of Public Health. He then completed his medical residency in Otolaryngology-Head and Neck Surgery at The Johns Hopkins Hospital. He founded Sierra Nevada Ear, Nose & Throat in 1995, providing a whole-patient approach to ENT care. More than treating a specific ENT condition or disease, he sees his role as caring for people and communities.

pain continued from page 6

"At Carson Tahoe, we see people with a variety of pain and medication issues, including opioid addiction," Dahlgren explained. "Fifteen percent of Americans who are prescribed opioids for chronic pain eventually develop an opioid misuse disorder. A pain management specialist can work with an individual and create

a personalized plan to help get the addiction under control."

Chronic pain is debilitating and often negatively affects a person's quality of life. By assessing the entire person, mind, body and soul, a pain specialist can keep pain at bay through treatments such as medication management, physical rehabilitation,

meditation, and even surgery.

"Medications such as opioids, Tylenol, and Ibuprofen can only help so much. There are often better, safer, and more effective options for chronic pain including advanced pain-relieving procedures," says Dahlgren. "By adopting a multidisciplinary approach and evaluating all the treatment options,

we can reduce pain, allowing the patient to live a healthier, happier life. In most incidents, we can even eliminate their use of opioids altogether."

Dr. Nels Dahlgren is a certified pain management physician for the Carson Tahoe Pain Institute in Carson City. For more information, visit CarsonTahoe.com/Pain-Institute.

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3050 Blue Spruce	\$975,000	\$937,500	218.66	210.25	4459	1	8/30/19
74 Bennington Court	\$1,195,000	\$1,100,000	281.38	259.01	4247	1.91	9/3/19
20645 Parc Foret	\$1,095,000	\$1,177,665	413.68	444.91	2647	0.29	8/9/19
16840 Delacroix	\$1,275,000	\$1,237,000	366.17	355.26	3482	0.53	8/6/19
5795 Clarens Court	\$1,488,000	\$1,300,000	366.32	320.04	4062	0.51	8/15/19
5610 Alpinista Circle	\$1,280,000	\$1,399,559	406.87	444.87	3146	0.52	8/6/19
4575 Joy Lake Road	\$1,400,000	\$1,400,000	321.69	321.69	4352	1.63	6/3/19
5755 Nordend Way	\$1,275,000	\$1,403,247	386.36	425.23	3300	0.35	8/5/19
201 N Big Sage Lane	\$1,439,000	\$1,410,000	441.01	432.12	3263	1.01	7/30/19
16956 Rue du Parc	\$1,429,000	\$1,410,000	372.33	367.38	3838	0.61	8/16/19
20575 Chanson Way	\$1,550,000	\$1,535,000	496.79	491.99	3120	0.37	6/4/19
550 Mount Mahogany Court	\$1,695,000	\$1,675,000	334.91	330.96	5061	1.31	6/20/19
158 Antigua Court	\$1,900,000	\$1,700,000	297.85	266.5	6379	1.07	8/29/19
6533 Champetre Court	\$1,799,000	\$1,725,000	581.82	557.89	3092	0.36	7/2/19
20520 Latour Way	\$1,899,000	\$1,797,500	526.18	498.06	3609	0.31	6/7/19
20620 Parc Foret Drive	\$1,500,000	\$1,867,143	370.83	461.59	4045	0.45	8/9/19
135 Keaton Court	\$2,199,950	\$2,156,250	432.3	423.71	5089	2.65	8/29/19
6705 De Chardin Lane	\$2,445,000	\$2,375,000	564.53	548.37	4331	0.88	7/2/19
4849 Nestle Court	\$2,595,000	\$2,525,000	419.36	408.05	6188	0.71	6/4/19
6795 De Chardin Lane	\$3,145,000	\$2,981,250	587.85	557.24	5350	0.64	8/29/19
6440 Dubrou Court	\$3,799,000	\$3,575,000	496.54	467.26	7651	0.67	6/24/19

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14019 Dancing Flame Court	\$528,995	\$528,995	185.61	185.61	2850	0.17	7/30/19
3783 Portland Drive	\$535,000	\$530,000	300.73	297.92	1779	0.36	6/21/19
3845 Corvallis Drive	\$585,000	\$585,000	226.48	226.48	2583	0.32	5/29/19
14225 Ghost Rider	\$599,000	\$599,000	244.29	244.29	2452	0.4	5/28/19
4005 Corvallis	\$609,000	\$610,000	216.96	217.31	2807	0.28	6/28/19
611 Moab Court	\$630,000	\$625,000	184.43	182.96	3416	0.33	8/29/19
489 Corvallis Court	\$660,000	\$635,000	220.59	212.23	2992	0.37	8/14/19
405 Solitude Court	\$649,000	\$645,000	218.81	217.46	2966	0.43	8/2/19

SADDLEHORN/MONTE ROSA

4285 Wild Eagle Terrace	\$749,000	\$749,000	284.25	284.25	2635	1	7/31/19
14360 Quiet Meadow Drive	\$787,000	\$760,000	257.69	248.85	3054	0.52	6/21/19
14680 S Quiet Meadow	\$810,000	\$810,000	273.19	273.19	2965	0.58	8/27/19
14275 Domingo Court	\$835,500	\$825,000	265.15	261.82	3151	0.5	8/6/19
14531 Quail Rock Court	\$875,000	\$850,000	309.84	300.99	2824	0.5	6/20/19
14155 Saddlebow Drive	\$974,900	\$982,000	256.55	258.42	3800	1.03	7/12/19
14582 Grey Rock Court	\$1,100,000	\$1,025,000	267.18	248.97	4117	0.39	7/31/19
7005 Quail Rock Lane	\$1,100,000	\$1,150,000	305.56	319.44	3600	0.49	5/31/19
14305 Quail Ravine Court	\$1,600,000	\$1,582,000	327.13	323.45	4891	0.89	6/24/19
14284 Quail Springs Court	\$1,699,000	\$1,650,000	409.3	397.49	4151	1.1	8/30/19
14285 Quail Springs Court	\$1,795,000	\$1,795,000	329.9	329.9	5441	1.02	7/30/19

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3446 White Mountain Court	\$625,000	\$625,000	260.85	260.85	2396	0.28	7/17/19
558 Spirit Ridge	\$685,000	\$685,000	274.77	274.77	2493	0.4	7/19/19
621 Rabbit Ridge	\$690,000	\$690,000	274.14	274.14	2517	0.38	8/23/19
2775 Sky Horse Trail	\$735,000	\$735,000	243.46	243.46	3019	0.59	6/28/19
3429 Forest View Lane	\$824,000	\$783,000	277.91	264.08	2965	0.38	6/25/19
10112 Via Fiori	\$900,000	\$890,000	334.7	330.98	2689	0.44	5/28/19
3327 Forest View Lane	\$935,000	\$925,000	296.64	293.46	3152	0.28	8/12/19
2938 Flint Ridge Court	\$989,900	\$989,900	238.3	238.3	4154	0.32	7/31/19
10487 Rue D Flore	\$995,000	\$995,000	273.05	273.05	3644	0.36	7/5/19
2897 Granite Pointe Court	\$1,299,500	\$1,299,500	268.71	268.71	4836	0.67	8/9/19
5747 River Birch Drive	\$1,499,000	\$1,500,057	358.18	358.44	4185	1	5/29/19
6704 Masters Drive	\$1,648,000	\$1,648,000	346.36	346.36	4758	1.07	6/28/19
6769 Rabbit Brush Court	\$2,250,000	\$2,050,000	398.65	363.22	5644	1.29	7/19/19
3464 Arivaca Court	\$2,200,000	\$2,150,000	365.57	357.26	6018	1.48	7/19/19
5915 Flowering Sage Court	\$2,285,000	\$2,245,000	400.04	393.03	5712	1	7/17/19

CALLAHAN RANCH

5355 Cedarwood	\$459,000	\$459,000	353.08	353.08	1300	1.01	6/12/19
5230 Goldenrod Drive	\$465,000	\$464,000	324.95	324.25	1431	1	5/31/19
5480 Tannerwood	\$550,000	\$530,000	202.88	195.5	2711	1.06	7/31/19
16257 Callahan Road	\$571,000	\$550,000	350.74	337.84	1628	1	7/16/19
6035 Wintergreen Circle	\$568,000	\$575,000	280.63	284.09	2024	1	6/19/19
5325 Mistral Court	\$945,000	\$927,000	257.84	252.93	3665	1.38	7/11/19
5385 Mountain Creek Court	\$1,139,000	\$999,900	400.63	351.71	2843	1.04	7/31/19
5360 Biarritz Court	\$1,175,000	\$1,180,000	266.44	267.57	4410	1.66	6/20/19
15000 Napoleon	\$1,250,000	\$1,200,000	341.06	327.42	3665	1.2	7/31/19

OTHER AREAS OF SOUTH RENO

30 Cassas Court	\$989,500	\$989,500	328.3	328.3	3014	2.57	6/17/19
12670 Silver Wolf Road	\$999,500	\$990,000	232.06	229.86	4307	0.65	8/19/19
1700 Davis Lane	\$1,199,000	\$1,200,000	586.02	586.51	2046	2.45	6/27/19
820 La Guardia Lane	\$1,220,000	\$1,220,000	392.03	392.03	3112	1.18	6/27/19
10450 Thomas Creek Road	\$1,649,000	\$1,500,000	474.4	431.53	3476	2.5	8/26/19
2475 Faretto Lane	\$1,800,000	\$1,725,000	559.88	536.55	3215	6.65	8/26/19

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2242 Manhattan Drive	\$1,299,900	\$1,225,000	219.28	206.65	5928	1	5/13/19
4150 Numaga Pass	\$1,200,000	\$1,250,000	248.86	259.23	4822	2.09	4/26/19

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

Reno Devo team takes on the Rockies

By Ried and Kate Indart

Your heart is racing. Your blood is pumping. Nervous jitters fill your body. But you're not the only one feeling this way. You're lined up with 140 of the best junior mountain bikers in the country. Each one of them is feeling the pressure of hopes and expectations they have for the next 90 minutes of their lives. Each one is ready to race their heart out. They've all trained, prepared and made sacrifices to be here. They want it as badly as you do. 10 seconds until go-time. You take a few, final deep breaths. The gun goes off and chaos ensues between 17 to 18-year-old boys going all out on two wheels for an hour and a half to fight for a spot on the podium.

Mountain biking is a tough and brutal sport, definitely not for the weak of heart. It requires physical endurance, technical skills, all-around strength and mental game. In July, 20 junior athletes from the Reno Devo team traveled to Winter Park, Colorado to compete in the 2019 Mountain Bike National Championships. All 20 riders were able to finish their races against the fastest kids in the nation.

Drew Swall brought home some hardware and stood on the podium after finishing third in the men's 19-24 cross country race. Other notable achievements include 10th in the 15-16 girls' cross-country race and 15th in the 11-16 girls' short track race for Mya



CLOCKWISE:

1. Reno Devo team mountain bikers line up at the National Championships in Winter Park, Colorado.
2. Drew Swall battles uphill to finish third.
3. 15-16 year -olds focus at the start of the race.
4. Crispin Hilliard and Reid Indart visualize their race.
5. Mikaela Echo preparing to push the pedal one stroke at a time.



Dixon as well as 16th in the 17-18 girls' short track race for Kate Indart.

The team spent a week together in one house. When they were not out riding, or at the venue watching races, they were resting, going over race plans, strategizing, making sure bikes were working properly with no flaws. All team members washed their bikes

after every ride. The amount of work these athletes put into keeping their bikes in tip top shape is very impressive. Everything must flow with each other. If one thing is out of alignment, the bike doesn't function as it should.

All in all, the Mountain Bike Nationals trip was a great success, podium or not. Everyone on the team

looks forward to this week for the entire year. Whether you have a good race, a bad race, a podium or a crash, it's all part of the experience, and you have a ton of fun, no matter the result.

Ried and Kate Indart are seniors at Galena High School and have been on the Reno Tahoe Junior Cycling Team, Reno Devo, for many years.



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Don't tell anyone, but autumn is best for trail running

By Steve Lang

Autumn is the best time to hit the trails in the Sierra. Temperatures are cooler, trails are much less crowded, and the views are even more spectacular. Crisp mornings without heat haze or smoke from wildfires are a siren call to me.

I don't need to carry as much water, so that's a bonus. Since snow usually doesn't close trails until mid-November, I take the opportunity to bank some high-country miles before winter hits, and you should, too!

Three of my favorite routes to run in the fall are Dardanelles Lake



(Photos: S. Lang)

Running on trails near Dardanelles Lake, Scotts Lake or Marlett Lake provides beautiful fall colors and vistas without crowds.

and Scotts Lake south of Reno off Highway 89, and Marlette Lake from Spooner State Park. All three provide beautiful fall colors, with Scotts adding in a nice view over

Hope Valley.

Of the three, the one I like the best is Dardanelles Lake. Start from the trail head on South Upper Truckee Road. The colors of the understory and aspen are spectacular as you climb toward Round Lake. Take the turn to Dardanelles Lake and enjoy the beauty of the aspens along your 10-ish mile out-and-back journey.

The shortest of the three is Scotts Lake, a comfortable 8-ish mile round-trip starting from the Big Meadow trailhead just west of Luther Pass on CA 88. From the parking area, go south across the highway and head toward Round Lake, and after about 3/4 mile, turn east at the trail junction. The trail slopes up the valley, through aspen groves and the ones on the slopes of Waterhouse Peak to the north have

shown orange and red in past years.

The closest of the three to the Reno area is the trail to Marlette Lake. Starting from Spooner Lake State Park, there are plenty of aspen along North Canyon Road before you turn onto the single-track to the lake, as well as on the east side of the lake itself. Depending on how much you play around the lake, the out and back is about 10 miles.

If you've got the energy on your way back when you crest the ridge from Marlette, drop over to North Canyon Road and make your way up the Z road to Snow Valley Peak to take in the 360° views, but that'll add a few miles and a lot of climbing.

Steve Lang is a local runner, cyclist and traveler and a consumer of words, images, black coffee and beer.



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Create graceful movement with grass

By Mary Sattler

With the coming of fall, the season of ornamental grasses arrives. In the autumn winds, they look like dancing ballerinas whose feet are tethered to the ground while graceful leaves sway and bend for hours and days with few cares.

The Karl Foerster grass is the number one grass planted in the Americas. It is early to rise and bloom and fits in most sites because of its tall, slender shape that looks like wheat.

Dwarf Pampas Grass has become a favorite for several reasons: extra-large, white flowerheads sit on top of the flick, green blades; it is sterile; and it maintains its leaf color well into the winter months.

Relatively new to the Northern Nevada landscape is the Little Blue Stem grass. This short stature grass has a metallic blue cast to the leaves in the summer and with fall changes into a maelstrom of colors. Orange, purple, red, and blue all contribute to the show. It, too, is normally narrow and upright in nature.

The Miscanthus family has probably the largest offerings in varieties with Dwarf Maiden, Gold Bar, Huron Sunrise, Variegated, Adagio, and Flame, to name a few. I love fall color, so Flame is one of my favorites with its shades of red that change weekly as the weather cools.

All these grasses need a heavy pruning each



(Photos submitted by: M. Sattler)

Grasses add movement, color and texture to garden landscapes. Keeping them uncut in fall adds visual interest in winter.

spring, usually down to within two to four inches, sometime in March. This often leaves a barren area that some people need to fill with spring flowering perennials. Try the yellow flowering alyssum, the pasque flower with purple or red, daisy-shaped blooms, or any of the new varieties of catmint. For heightened summer interest, coneflowers or hummingbird mint are fine choices. If aiming for a big fall show, add asters and upright sedums. Enjoy extra visual interest with these supporting players.

These grasses are deer and rabbit resistant and can be planted singularly or in groups or waves for

a huge impact. Allowing them to remain uncut in the fall adds continued interest in the winter. A blanket of snow and the winter sun shining through the colors creates soft gowns that these grassy dancers wear.

Mary Sattler is the events and class/workshop manager at Greenhouse Garden Center with 19 years of experience. visit Greenhouse Garden Center. Subscribe to the Greenhouse Garden Center's monthly email newsletter which has current To-Do gardening tips. You can sign up on www.greenhousegardencenters.com, by calling (775) 882-8600 or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City.

drip bars from page 7

treatments. These people would do almost anything to not have to get an IV. Maybe it's because I take care of patients with serious and life-threatening medical issues that I find

the idea people cavalierly signing up for this completely unnecessary and potentially harmful therapy so egregious.

The bottom line is simple: Save

your money. Drink when you are thirsty and eat healthy foods.

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver

Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.

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Pet pancreatitis – the inside scoop of gastric discomfort



By Matt Schmitt

Pancreatitis means “inflammation” of the pancreas, but there is more to it. The pancreas is responsible for releasing enzymes that aid in digestion. When it’s working normally, those digestive enzymes activate upon reaching the small intestine, but in a dog

with pancreatitis the enzymes activate upon release. This premature activity can inflame and cause damage to the pancreas as well as to surrounding tissue and organs, like the liver.

While pancreatitis is a condition for which small and toy breed dogs are particularly susceptible, several causes and conditions can bring it on in any dog. Topping the list is a high fat diet, especially when a dog is served a large helping at one feeding which happens often during holidays when family members are compelled to share their feast with the family pet.

Painful symptoms include a hunched back, vomiting and diarrhea, loss of appetite, bloated abdomen, weakness, lethargy and fever. Once a dog develops pancreatitis, it is more susceptible to experience a recurrence. A veterinarian can diagnosis pancreatitis via

• physical exam including stomach, gums, heart and body temperature



• Pancreatic Snap Test – blood test providing an instant read on elevated pancreatic enzymes

- X-rays reflecting illuminated images in pancreatic area
- ultrasound imaging
- medical history.

Once diagnosed, the appropriate treatment of pancreatitis should start with pain management, along with early intervention to prevent further complications. Treatments also include fluid therapy, antibiotics, and anti-nausea medication.

Keep table scraps away from pets and keep feeding portions small – better to feed smaller amounts more frequently than large meals all at once – and you’ll be helping to make sure that pancreatitis doesn’t strike.

Approaching Holiday Hazards

From Halloween right through New Year’s, the occasions abound for pets to sniff and snatch a variety

PREVENT PET PANCREATITIS

- Don’t let your dog become overweight.
- Avoid high-fat diets.
- Avoid giving your dog table scraps.
- Discuss all medications your dog is receiving with your veterinarian.
- Don’t let your dog have access to garbage.

of foods that are simply not good for them. Candy with chocolate and sugarless gum with xylitol can prove poisonous and even fatal to animals. Keep those Trick or Treat bags out of paw reach.

Thanksgiving and Christmas feasts are not only abundant with food that’s not pet-friendly, they are also attended by people who want to “share.” Resist the sweet eyes and wriggling noses of furry family members and keep them on a regular feeding plan with food that is familiar, not fancy. That’s how you keep the Holidays healthy and happy for everyone.

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.

Chewy or corky? Wine lingo, demystified

By Debby Bullentini

Probably the most confusing aspect of wine is the vocabulary involved. Snooty as they may sound, however, basic wine descriptors can come in

handy whether you’re visiting a local wine shop, winery, or hosting a wine tasting. After all, many common wine terms allow you to articulate what your wine preferences are; light-bodied or

full-bodied, earthy or fruit.

Beyond basic wine terminology, however, there are several adjectives used by wine enthusiasts that can be hard to understand. The use of wine tasting descriptors allows the taster to qualitatively relate the aromas and flavors experience and can be used in assessing the overall quality of wine.

Wine appreciation has much more to do with the sense of smell than the sense of taste. All humans are born with roughly the same sense of smell, yet a wine maker or wine expert may distinguish several hundred different aromas, whereas a novice may distinguish only eight or ten. The only difference between the two is practice and vocabulary. A taster’s own personal experiences play a significant role in conceptualizing what they are tasting and attaching a description to that perception.

The following wine descriptors are common terms you can use to describe a particular wine. Descriptors can help you put words to the wine you taste and or don’t like in a wine and communicate that to another person who can steer you toward a wine you’ll like.

Aroma or bouquet. The smell of a wine. Some aromas associated with wines include fruits, herbs, flowers, earth, grass, tobacco, butterscotch, toast, vanilla, mocha, and chocolate.

Body. The apparent weight of a wine in your mouth, which is usually attributable principally to a wine’s alcohol. You can classify a wine as light-bodied, medium-bodied, or full-bodied.

Crisp. A wine with refreshing acidity.

Acidity is more of a taste factor in white wines than in reds. White wines with a high amount of acidity feel crisp.

Dry. In winespeak, dry is the opposite of sweet. You can classify the wine you’re tasting as either dry, off-dry or sweet.

Finish. The impression a wine leaves in the back of your mouth and in your throat as you swallow it, an aftertaste. In a good wine, you can still perceive the wine’s flavors, such as fruitiness or spiciness, at that point.

Fruity. A wine whose aromas and flavors suggests fruit; does not imply sweetness. You can describe it as stone fruit, tropical, or even dried fruit.

Oaky. A wine that has oak flavors, smoky, toasty, often resulting from storage in oak barrels either during or after fermentation.

Soft. A wine that has a smooth rather than crisp mouthfeel. Soft wines typically have a low amount of acidity.

Tannic. A red wine that is firm and leaves the mouth feeling dry. Tannins alone can taste bitter, but some tannins in wine are less bitter than others. Depending on the amount and nature of its tannin, you can describe a red wine as astringent, firm, or soft.

For further exploration the Wine Aroma Wheel is an incredible tool to use to learn more about wine and enhance your ability to describe the complexity of flavor with specific descriptors and vocabulary.

Debby Bullentini is the manager of Lodge Coffee + Wine bar, open Sunday-Thursday 7 am-7 pm, and Friday-Saturday 7 am- 8 pm, with extended summer hours.

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Is Artificial Intelligence here to stay?

By Jamal Azzam

Artificial Intelligence is a fascinating branch of Computer Science focused on making machines act and perform tasks intelligently. Although AI is not new, it came to light in the mid 1950's as a summer vacation project but did not make much progress due to the limited computing power available then.

With the advancement of computing power and other new enabling technologies, AI has gained strong momentum in the past 10-15 years touching on every aspect of our lives. SIRI for iPhones, Google Assistant for Android devices, and Alexa by Amazon are examples of Artificial Intelligence applications that we use and interact with on daily basis.

Those services rely on what is called "Natural Language Processing" and "Machine Learning," meaning we can interact with computers by talking to them naturally the same way we talk to other humans. Applications are getting more sophisticated as their Machine Learning algorithms become smarter. The more we interact with them, the more they learn and the better they become.

The race is on, and many large and small organizations are making vast investments in AI in just about every facet of our lives: business,

medical and health, remote monitoring, manufacturing, agriculture, security, automation, defense, and surveillance.

As with any powerful technology, there are positives and negatives. On the positive side, AI has the potential to make our lives easier, our jobs richer, our health better. On the negative side, AI has the potential of compromising our privacy, opening the door for manipulation, and increasing addiction to electronic gadgets such as smart phones and social media. Recently though, there has been an outcry in the US for the government to step-in and regulate AI due to ethical implications.

Regardless of how we feel about AI, it is here to stay, and its progress is accelerating at a very fast pace, influencing even how we get around our cities. I recently had the option to be taken to the airport in Las Vegas in a car with a driver, or by a driverless car. While the driverless car still has a person inside to make sure everything goes ok, the car pretty much does all the work autonomously.

Jamal Assam is Sr. Director - Global Systems - Product Management at IGT, a subsidiary of International Game Technology PLC. He writes about Artificial Intelligence not from a technical vantage point but to see how it influences our lives.

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Venture off the (b)eaten path

By Dagmar Bohlmann

Beyond many touristy districts awaits a culinary, urban adventure that requires no more than a good appetite and walking shoes. In just about every larger city, including Reno, food tours are welcoming pedestrian gourmets who are hungry for local insights and cultural curiosities.

Stephanie Lerude is an advocate of food tours. The Reno High School college counselor has been exploring unusual back alley hideaways and vibrant outdoor markets in many cities – in the US and abroad.

“Food and culture are very much intertwined,” Lerude said. “I enjoy learning about culture and history of a place through food.”

With her two sons, Griffin and Ben, living in different cities, she often plans a food tour into her visits. Giffin still goes to a taco place they discovered on a Chicago food tour that led them past Hugh Hefner’s mansion. When he lived in the Bay Area, they snacked their way through San Francisco’s North Beach, discovering prohibition era tunnels where booze was smuggled during Prohibition.

“You never know what you are going to find,” said Lerude, and that is what attracts her to this sometimes sweet, sometimes salty but always

fresh and funky way of seeing a city.

When visiting her son Ben in New York City’s Tenement District, they walked two miles and noshed Jewish bagels and dumplings while learning about stories of immigrant families. They stopped at a pickle shop, sampled Dim Sum, and smelled the aroma of faraway places in a spice shop on the Lower East side.

“I have made it a habit to research local tours and book them towards the early end of my trip to get tips for restaurants and things to see,” she said.

Most tours are small – between eight to ten hungry foragers – and tend to partner with businesses that only locals frequent.

“You would walk by that mom-and-pop shop without knowing how great their food is,” said Lerude.

Often tour leaders are artists or performers who guide on the side, sometimes you’ll get an entrepreneur or history buff, Lerude said. In three hours or less, a budding actress from comedy club Second City cracked a few jokes about all five “Chicago-style” culinary masterpieces: hot dogs, pizzas, Italian beef, popcorn and brownies.

“In Berlin, we ate in Mitte, a fascinating district we otherwise would not have seen,” Lerude said. “We



(Photos: Reno Food Walks)

Pedestrian gourmet Tina Montella learns about fresh and funky food not only when travelling but also at home in Reno. Her friend Melissa Smith (r) started Reno Food Tours three years ago.

Favorite Food Tours from Fine Dining to Food Carts

Chicago Food Planet www.chicagofoodplanet.com

Berlin Food Tour www.berlinfoodtour.de

San Francisco Food tours www.edibleexcursions.net/japantown

Foods of NY Tours www.foodsofny.com

Austin Eats Food Tours www.austineatsfoodtours.com

Portland: Forktown Food Tours forktown.com

Reno Food Tours renofoodwalks.com

saw lots of cool, local places including an alley with incredible murals and stumbling stones reminiscent of deported Jewish families.”

In Amsterdam, Lerude and husband Eric strolled through the centuries-old Jordaan district with its quiet streets, picturesque canals and crooked houses from the 17th century only to taste many Dutch delicacies at authentic places such as a cafe from 1642, a butcher shop from 1890 and a neighborhood food court they would not have discovered alone.

Aside from finding unexpected, culinary and cultural delicacies, Lerude savors meeting and eating with locals and other travelers open to trying new food.

While many tourists search Trip Advisor or a hotel concierge for restaurant recommendations, Lerude suggests asking your food tour guide or consulting the Culture Trip app.

Tina Montella agrees. The mother of four from South Reno knows that when travelling, you have to eat anyways. “But a lot of times I don’t

even know where to begin picking a restaurant,” she said.

Montella has been on a food tour in Atlanta and besides finding restaurants and understanding what specialties they are known for, her tour guide also pointed out graffiti murals and whimsical miniature doors of Tiny Doors ATL. And in Seattle, she took a spirited Booze’n’Bites tour walking through a neighborhood off the beaten path.

But it’s not just about deciding where and what to eat or drink when traveling far distances. Montella’s first food tour was actually in Reno.

“Especially for someone like me, who lives in South Reno, and doesn’t always venture towards downtown, Reno Food Tours are fabulous,” she said. “I just never knew where to park or where to eat or I didn’t want to deal with the tourists. But on the food tour I not only discovered some fantastic local restaurants but also learned some history about Reno and got to see the murals of Midtown.”

Her advice: “Come hungry!”



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Debra Lynn Markoff, D.D.S., has been practicing dentistry for over 25 years and has enjoys the advances in technology that have improved treatment options and patient comfort. She says “I love working with my hands and people so dentistry is a good fit for me.”

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Hidden gems offer insights into local traditions



Wengen is a small Swiss Alpine village in the Bernese Oberland region. Known for its timber chalets, belle époque hotels, and that no cars are allowed. A cable car reaches Männlichen's slopes and trails, with spectacular views of Eiger and Mönch peaks.



Elko, Nevada, still is the "Great American West". A land of adventure, it welcomes the annual National Cowboy Poetry gathering. The raw majesty of Elko County's Ruby Mountains and rugged canyon streams tell stories of a simple past that is not so far away.

By Hawley MacLean

What do the rustic 36th annual Elko Cowboy Poetry Gathering and the ultra-chic Swiss ski resort town Wengen have in common? Well for one, they are both destinations that are off-piste, yet have welcomed visitors from the Reno-Tahoe area and they offer more than you would think.

These hidden gems highlight the idea that traveling is a celebration of another culture or way of life, and though outwardly different, the experiences travelers have here are truly unforgettable.

The Elko Cowboy Poetry Gathering blossomed from a tight-knit community and has since become a way for cowboys and ranchers to share their lifestyle with others. They get together every year to share poems, songs, and performances as an artistic representation of the Wild West's rugged lifestyle. This is truly a celebration of Nevada's

beginning, and through exhibitions and workshops, visitors take in a simpler way of life and revel in the art. Though rustic and certainly not a mainstream destination, this gathering illustrates that our simple past is not so far away.

On the other end of the rustic spectrum, the traditional Swiss Alpine village Wengen is rather lush, cozy, and anchored in year-round, outdoor activities. Nestled in the heart of the Bernese Alps, its dramatic mountain slopes offer the perfect backdrop for hiking and skiing. While it is not a destination that many US travelers seek out, Wengen's pristine natural beauty makes it one of the most stunning places in the world. Traveling here offers insight into the rural Swiss lifestyle, which involves enjoying the wonderful outdoors, delicious meals, and most importantly, the company of good friends.

Both destinations illustrate the importance of traveling with friends, as well as the opportunity for making new friends on the way. The Poetry Gathering and Wengen both encourage participation in local traditions, even if you are just sampling it as a guest.

Hawley MacLean, co-owner of MacLean Adventures, grew up learning about the value of visiting new places, and now shares his passion for travelling with others who would like to explore some incredibly interesting new destinations. For more info, visit www.macleandventures.com or call (775) 683-9115.

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Avoid “New Math” blues



By Ailene Azzam

So often I hear parents say, “This is not how we did math in school” or “I tried to help my child figure out one problem and after 45 minutes we gave up.” As educator and parent, I sympathize with those who are trying to help their children navigate through what many refer to as the Common Core Curriculum. At its inception, I was a member of the Common Core Adoption Committee, charged with the task to review the Common Core Curriculum. I repeatedly highlighted gaps in learning that “Common Core” instruction was going to create, but it fell on deaf ears.

Washoe County School District teachers are required to use Common Core State Standards to guide their instruction. Unfortunately, what happens in the classroom doesn’t stay in the classroom. Students’ backpacks are filled with “new math” homework and parents are frustrated trying to make sense of what appears to be nonsense.

So now what? The math is not really new. Common Core instruction is trying to avoid teaching children



Solve the Common Core crisis by engaging your children with games to practice math skills.

algorithms and encourages them instead to experiment with numbers. While we learned “put down the 2 and carry the 1,” we never learned what that actually meant. Common Core has some merit, as the intent is to help children make sense of numbers and provide a variety of strategies to help children learn how to solve mathematical problems. Not all children learn the same, teaching them a variety of strategies has its benefits.

Finding the balance is the key to solving the Common

Core Crisis. I encourage parents to share the way they learned to solve math problems with their children. I also believe children do need to practice their math facts and work on rote memorization. Additionally, Common Core lacks standards in teaching children coins and their values, a task that used to begin in kindergarten.

The absolute best way to help your children develop their basic understanding of numbers and math concepts is by playing games. Worksheet after worksheet is not going to solve the problem.

Playing games using dice and cards captures children’s attention, is a fun way to strengthen brain development, math fact recall, and it creates wonderful family memories.

Imagine your child could accidentally learn something new while having fun. Keep the word “learning” out of your game playing, that’s our little secret.

Ailene Azzam is a recently retired elementary education teacher. She has her Master’s Degree in Elementary Education and is nationally board certified. She has an extensive background in teaching, not only elementary aged children, but college students as well. She is the founder of Smarter, Better, Faster Math. Please email any questions regarding elementary school education to SFBmath@gmail.com. Aileen will share her opinion and/or research in future articles.

How to get college credit in high school



By Kathryn Kelly

Northern Nevada enjoys some excellent “dual credit” options for high school students wanting to earn college credit while in high school. The

advantages: one semester of college equals one year of high school credit. You can be done with a full year high-school course in time for college applications in January. There are many excellent professors offering a wide variety of classes not available in high school. You can replace a poor high school grade – like freshman or sophomore English – with a college course. And in your applications, colleges see you taking advantage of challenging educational resources. That’s key in applying to the tougher schools.

How is dual credit different from Advanced Placement classes? Taking college courses ensures you gather college credit while in high school, credit which transfers to most but not all colleges. Better colleges will certainly be looking for a combination of AP and dual credit courses where available.

How to start? Go to tmcc.edu or wnc.edu and click Apply. You will be asked several questions designed to generate an NSHE number which will be good at any school in the Nevada System of Higher Education (including UNR, TMCC, and WNC). When the NSHE number arrives a few days later, you may start to enroll in courses at either institution with parent and counselor approval. Very motivated but under 15? Request permission to take the class. Many classes are less than \$100

for high school students.

Fall classes started in late August, but TMCC in particular offers several “late start” options for condensed courses that start in October; check now before they fill up. Both colleges offer many online courses so there is no need to ever go to campus. English and math courses require an Accuplacer placement test, which may be taken at no cost at either college. Find out which test will be required and study the sample questions at www.accuplacer.com.

Classes to check out: English 101/102 (composition, which can replace a poor freshman or sophomore English grade); Intro to American Politics (for high school Government credit); US History after 1877 (to meet the graduation requirement for US history), as well as fun science courses like Astronomy and Environmental Science. There are many career-oriented classes as well; the Applied Industrial Technology classes at WNC prepare students not just for jobs tomorrow, but for jobs that don’t even exist yet. The professors have been universally welcoming of high school students and readily make themselves available during office hours, in person or online.

Dual credit courses have opened many doors for Nevada students. Several students have graduated with enough college credits to be admitted as sophomores, which is a tremendous savings of time and tuition. Go take advantage of this great academic resource.

Kathryn Kelly, DrPH MEd, is Executive Director of not-for-profit I School in Incline Village, which also offers college counseling. She may be reached at kkelly@yourcollegeconsultant.com.

INSIDER TIP

When you find a course, check out the professor at ratemyprofessors.com before you sign up to be sure they rank 3 or above. This website has been a reliable indicator of which professors communicate the subject well and inspire students to work hard and learn.

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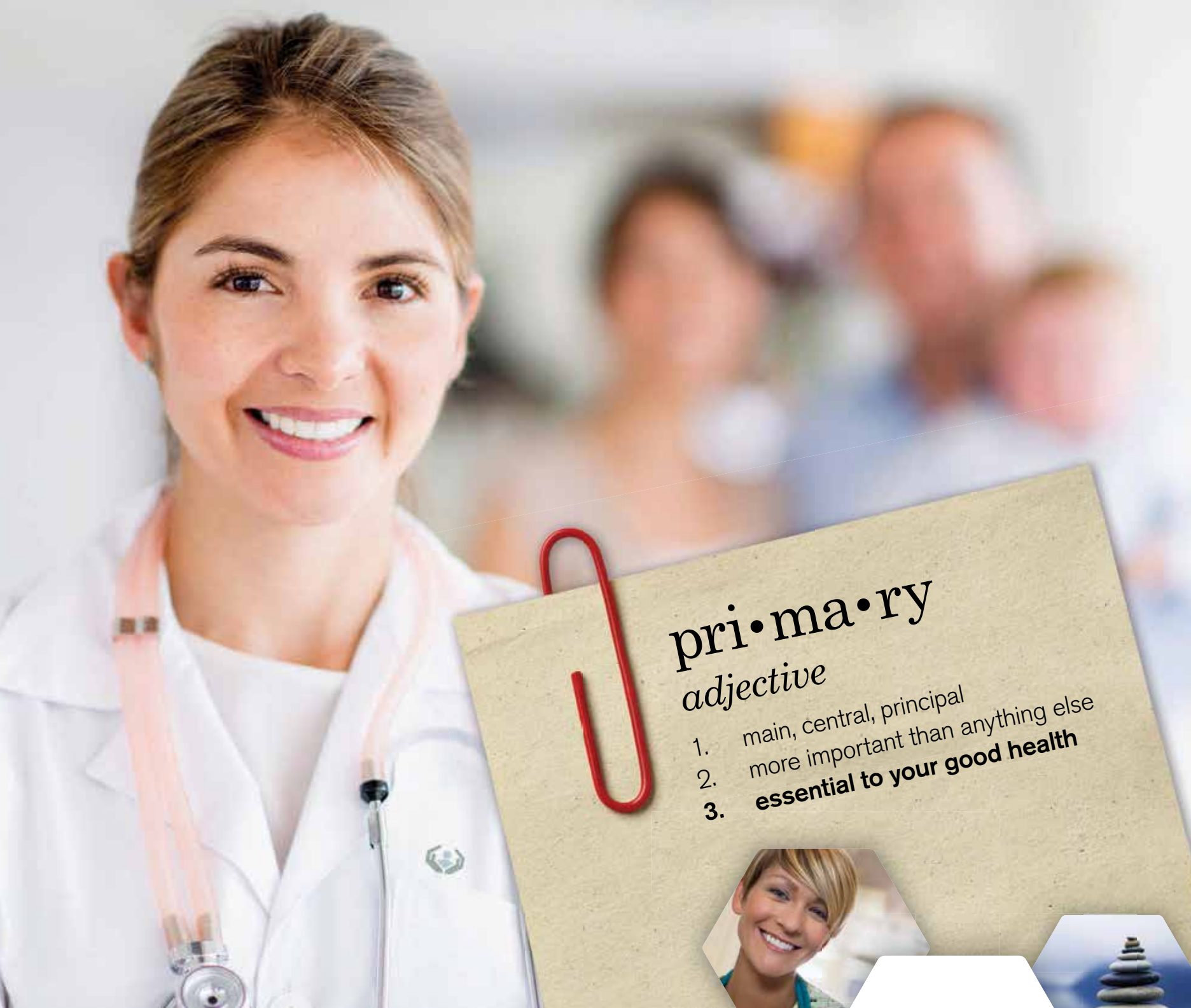
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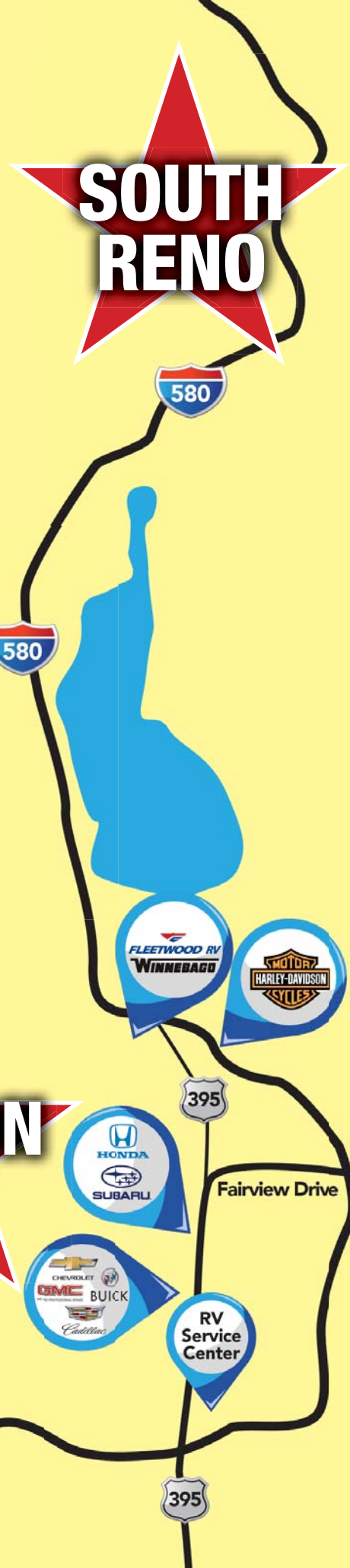
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