



International Trails Symposium coming to Reno

By Janice Keillor

Trails – how do I love thee? Let me count the ways: I love thee for the fresh air, open space, freedom, scenic beauty, health benefits, mindfulness, and fun that you provide. The list is long and unique to everyone, but we can all agree that trails are important to our quality of life and worthy of our appreciation. Trails allow us the opportunity to experience the outdoors and connect with nature. Without this opportunity, our awareness and ability to find meaning in the life around us is diminished. We all need to get outside, and having trails in our community is one way to make that happen.

Back in 1971, at a time when the value of trails was just beginning to be realized, a very determined trail pioneer, Hulet Hornbeck, spoke out about the importance of trails to our quality of life. To explain his point, Hornbeck introduced a quote akin to his love for trails from the French poet, Antoine de Saint-Exupéry, “If you want to build a ship, don’t drum up the men to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea.” Hornbeck harnessed his passion for trails to help create the National Trails Council, with a goal of building more and better trails nationwide.

The National Trails Council spent the next 17 years championing for trails, and by 1988 decided to merge with a trail advocacy group focused on creating connected trails, the American Trails Network. This partnership was able to create a stronger and louder



Appreciating the beauty of Lake Tahoe on the new Tahoe East Shore Trail are (left to right) Laurel Harkness, Executive Director of the Society of Outdoor Recreation Professionals; former Nevada Governor Brian Sandoval; Candace Gallagher, American Trails Director of Operations; Janice Keillor, Nevada State Trail Administrator; and Mike Passo, American Trails Executive Director.

voice in the trails world by studying trail issues in America and addressing our country’s ongoing need for quality outdoor recreation through trails. Shortly after forming, this new organization, American Trails, partnered with the National Park Service and wrote a manifesto called “Trails for All Americans,” which laid the framework for trail advocacy and provided a foundation for American Trails to build upon.

Now in its 21st year, American Trails is still going strong, providing training and resources related to

SPECIAL THANKS FOR MAKING THIS EVENT A REALITY FOR NEVADA

Reno-Sparks Convention and Visitor’s Authority, Sierra Trail Works, Biggest Little Trail Stewardship, Washoe County, Humboldt-Toiyabe National Forest, USDA Rural Development, Tahoe Transportation District, Tahoe Rim Trail Association, Tahoe-Pyramid Trail, Nevada Division of State Parks, Muscle Powered, Tahoe Area Mountain Bike Association, Carson City Visitor’s Bureau, Pacific Crest Trail Association, Granite Construction, Great Basin Institute, Carson Valley Trails Association, College Cyclery, City of Reno, Carson City, the Eastern Sierra Trails Coalition, Julee Conway, Karen Mullen and Mark Kimbrough.

trails, and recognition for those whose contributions helped create an effective system of trails across the globe. Their biennial event, the International Trails Symposium, has become the largest gathering of trail advocates, trail builders, managers, planners, trail users, and businesses in the country. And thanks to the efforts and support of Northern Nevada’s trail groups and land managers, the International Trails Symposium is coming to Reno in May of 2021.

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In July our town becomes event-filled Artown

Submitted to the Galena Times

With more than 500 events in a multitude of artistic disciplines, Artown is considered one of the most comprehensive arts festivals in the country by the National Endowment for the Arts. It’s easy to get a case of FOMO – fear of missing out. Plan your July around the Artown schedule. It all starts with Opening Night on July 1.

The 24th festival season has a special kid and family focus. Starting at 4.30pm at McKinley Arts & Culture Center, Artown hosts and presents a gathering of world cultures, including performances by the Reno Taiko Drummers and the Little Swan Dancers, the Acro-Enso acrobatic team, and many more. Additionally, children of all ages and ethnicities will create

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Letter From the Publisher

Let’s hope for a really long summer to make up for the really long winter. For those of you who can’t get enough of skiing, Squaw Valley will be open until July 7th. As I write this, I just checked the Mount Rose webcam and it’s snowing heavily. Crazy to think that in a few days, it will be June.

Several years ago, two friends of mine and I went skiing, then windsurfing and afterwards golfing – all in the same day. Not too many places on the planet allow you to do this. Wish I would have added a mountain bike ride.

Year-round outdoor recreation is drawing more and more people to visit and move to Northern Nevada. The perception of Reno/Tahoe as a gaming destination has changed dramatically for those seeking a high quality of life. In this issue we highlight local outdoor activities and art events, education opportunities and health advice.

If you love Sand Harbor, the Tahoe East Shore Trail should be open by early to mid-summer. You will be able

to ride bikes or walk from Incline Village to Sand Harbor and alleviate what has become a major traffic jam at the park entrance.

Anyone who would like to contribute news to the community, please contact me directly.

Have a great summer and happy trails to all, Richard Keillor



Richard Keillor

Great Basin Institute, UNR win 4.9M Forest Research and Restoration Grant

Submitted to the Galena Times

The Great Basin Institute, in collaboration with the University of Nevada, Reno was recently awarded a 4.9 million grant to support forestry research and ecological restoration on the Sequoia National Forest/Giant Sequoia National Monument. Funded by the State of California, the project improves forest health and wildlife habitat by reducing fuels from drought- and beetle-impacted trees on the Hume Lake Ranger District.

Approximately 1,000 acres of forest will be treated over the next two years. The Institute, an environmental nonprofit founded on the campus of the UNR, will partner with Dr. Sarah Bisbing, UNR Assistant Professor of Forestry, and Principle Investigator of the

research. As part of a larger silvicultural study, data collection will provide the US Forest Service with baseline information to assess ecological restoration measures and changes in forest health over time.

"It is important to further our research partnerships on federally-managed forests," said Bisbing. "There is tremendous need to evaluate forestry practices against lessons learned at the landscape scale. Our data will help that evaluative process."

Recent drought and beetle infestation have led to extensive tree mortality. An estimated 29 million trees have been lost across the Sierra Nevada, creating extreme fire risk that threatens native species and habitat.

"The project helps protect several ancient groves of the Giant Sequoia," said Jerry Keir, Executive Director of the

Institute. "Our work together furthers conservation efforts to preserve some of the oldest living beings on earth."

The project is funded by the California legislature through the Greenhouse Gas Reduction Fund. The program seeks to minimize the loss of forest carbon from large, intense wildfires while promoting carbon sequestration efforts through biomass utilization.

The Mule Deer Foundation and the National Wild Turkey Federation will partner to convert tree material to mulch for use in the agricultural industry.

"The ambitious scope of this project well reflects the power of applied research and coordinated implementation," said Dan Smith, Forest Vegetation Program Manager for the Sequoia National Forest/Giant Sequoia National Monument. "As the government continues to reduce staffing, effective partnerships that produce on the ground results is required."

Artown continued from cover

hand-held percussion instruments representative of their cultural heritage. There will be face-painting and demonstrations, along with strolling magic performances courtesy of Broadway smash hit magician's The Illusionists.

At 6.30pm the New Breed Brass Band (Trombone Shorty's brass band) will lead a colorful, rousing parade procession into Wingfield Park, with the Envision Drummers picking up the rear of the parade as it winds into Wingfield. By 7pm, The New Breed Brass Band will do a live set of funk, jazz and hip-hop-infused arrangements. At 7.30pm, popular southern roots rocker Paul Thorn headlines Opening Night on the Wingfield Park stage.



Artown 2019 Headliners & Feature Performers

- **Opening Night @ Wingfield Park** – The New Breed Brass Band from New Orleans, followed by southern roots rocker Paul Thorn.
- **July 8** – GRAMMY-winning Okee Dokee Brothers play Artown's Family Series.
- **July 9** – International pop sensations Pink Martini – Bartley Ranch.
- **July 11** – Award-winning Austin Texas-based blues artist Ruthie Foster plays a FREE concert event at Nugget Events Center in Sparks, Nevada.
- **July 13** – The Reno Fashion Show, northern Nevada's largest fashion show extravaganza, returns to Artown at Harrah's Convention Center.
- **July 18** – Sheléa – Natural Woman: A night of soul from Aretha to Adele. Widely acknowledged

as the next great pop-soul star, Sheléa's musicianship, tone, range and vocal dexterity is astounding!

- **July 24** – Artown proudly presents Native American DJ/multi-instrumentalist and renowned hoop dancer Supaman.
- **July 25** – SteelDrivers - The group that spawned country-bluegrass superstar Chris Stapleton! – Bartley Ranch.
- **July 26** – Donor Appreciation Concert (open to the public) with Koresh Dance Company out of Philadelphia. – Bartley Ranch.
- **Closing Night** – Squirrel Nut Zippers – July 31 @ Wingfield Park.

All shows at 7.30pm. Tix available at artown.org.

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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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Bringing ice to Northern Nevada

By Joel Grace

Reno is a winter sports town, with a noticeable shortcoming: ice. The Jennifer M. O'Neal Community Ice Rink is a project spearheaded by a group of community members that identified a need in our community that was not being met. However, neither the City of Reno nor Washoe County had the bandwidth to take on a project like this. Because members of the Greater Reno Community Ice Skating Association are passionate about adding skating to our already rich offering of winter sports, they have been motivated to make the community rink a reality.

GRCISA has been in existence since 2015 as a non-profit organization. Approximately seven months ago, it formally launched a fundraising campaign for the project. The Board of Directors wants everyone in the community to have an affordable option for recreation, and to make sure that the facility is taken care of. Functioning as a non-profit allows for this and ensures that kids who can't afford to play, receive that chance through a scholarship fund.

The facility, The Jennifer M. O'Neal Community Ice Rink, will be located on Wedge Parkway in the South Valleys Regional Sports Complex, near the yellow library. Plans are well under way and will be submitted to the City and County for review. Currently, GRCISA is focusing on accomplishing its fundraising goals. As with all projects of this size, there can be unforeseen hiccups, but with the strength of the GRCISA Board of Directors and the support of the community, the success of bringing ice to Reno should be a smooth endeavor.

Phase 1 of construction consists of the parking lot, the first rink, pro shop, offices, locker rooms, bleachers, and the mezzanine shell. Phase 2 will be the addition of a 2nd rink, locker rooms to accommodate

2nd rink, bleachers, the parking lot associated, and the completion of the mezzanine.

The facility will be built to offer events tailored to all members of the community: Skating lessons for all ages, power skating, figure skating, broom ball, ice hockey, sled hockey, and curling. The ice rink will be able to host group events and parties as well. Adults and children of this community will have an opportunity to enjoy all ice-related activities, both competitively or recreationally.

Joel Grace is President of Greater Reno Community Ice Skating Association. For more information, visit www.renoice.org.

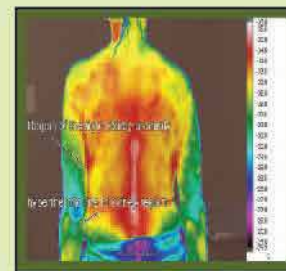
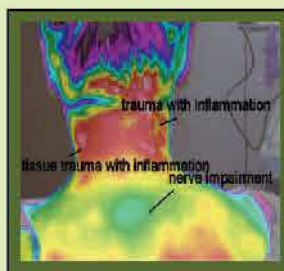


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Local organizations collaborate to build bee hotel

Submitted to the Galena Times

It's not easy 'beeing' green. Or is it?

Three Carson City entities have teamed up to ensure pollinators have an extra cozy place to land this season. The Carson City Chamber Leadership class chose the development of a bee habitat at Carson Tahoe Health's Foothill Garden.

"Bee populations are declining at an alarming rate," says Christopher Gray, Carson City Leadership team member. "Since one in every three bites of food we eat is courtesy of insect pollination, our class decided on a project that would reflect Carson City's important commitment to the health of bee populations and therefore, the health of our community."

In addition to the newly established bee hotel, Foothill Garden, whose theme is "Bee Well and Thrive," will be home to a planned pollinator garden. Carson City Parks, Recreation and Open Space is working with regional experts to plant drought-resistant flora to help attract pollinators and truly enrich the area.

"Carson Tahoe is happy to be the site for this innovative community project," says Michelle Joy, Vice President and Chief Operating Officer at Carson Tahoe Health. "We're in the business of healthcare, but wellness, prevention through nutrition, and the sustainability of natural foods should be a part of that conversation. We think healthcare can also be exemplified by giving people the tools to maintain good health."

The Foothill Garden, nestled among the foothills behind the Carson Tahoe Cancer Center, was established in 2017 as a model for sustainability in growing organic produce and educating future gardeners; allowing us to donate the bounty to the food insecure in our community. The site also serves as host to community garden classes, year-round. The Greenhouse Project, an agriculture/education-



(Photo submitted by: Carson Tahoe Health)

Local organizations create some buzz by providing homes for pollinators at Carson Tahoe Health's Foothill Garden.

based non-profit and another key player in the Foothill Garden, will manage the habitat, primarily observing the colonization and health of the pollinator residents.

"The bee hotel and the associated pollinator garden will assist us in continuing to nurture a healthy ecosystem onsite," says Will Pierz, Assistant Manager at The Greenhouse Project. "In addition to providing pollination services for the garden, many pollinator species also prey upon common garden pests often in the larval or nymph stages. We rely heavily on these insect allies to allow us to grow healthy produce without pesticides."

Although there are nearly 4,000 species of bees in North America, only 1,000 are native to Nevada, and of that 1,000 the leadership class chose a gentle leaf cutter bee to occupy its new bee sanctuary. This particular species serves the crucial role of pollinator, but acts solitarily so each bee individually builds a small nest in the different holes or rooms of the house. The leaf cutter bee was also chosen because it does not exhibit signs of aggression, making it more suitable for a community space.

The bee hotel now acts as one cog in the "well-nurtured" machine that is the Foothill Garden. All the organizations involved hope the space will serve the community in a multitude of ways.

"Increased pollinator health benefits a community's food supply, ecological resources, and furthermore, its people," says Kelsey Stalker, Community Education Coordinator with Carson City Parks, Recreation, and Open Space. "This site will also be suitable to host many different educational events for gardening, pollinator education, and interpretive hikes for people of all ages. Members of the community will be able to learn about the importance of pollination, enjoy the beauty of the garden, and be able to recreate in one of Carson City's most beautiful outdoor spaces."

Part of the impetus for this project was a recent designation – Carson City was named the 78th Bee City USA by the Xerces Society – the only city with that designation in Nevada. To celebrate this and the completion of their project, Carson City Leadership hosted an "Open Garden" on June 7, in honor of Pollinator Week. The Foothill Garden, Bee Hotel, and trail access are open to the public to visit and learn more about health and sustainability.

To learn more about the Foothill Garden, bee hotel, and upcoming garden classes, please visit CarsonTahoe.com/Garden.

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New RTC bus services operator envisions sustainability, more options



By Steven Shaw

Starting July 1, Keolis, a global transportation operator and leader in shared mobility services, will begin operating and maintaining the Regional Transportation Commission of Washoe County Nevada's fixed-route bus service RTC RIDE. The bus network serves over seven million annual passengers, including over 20,000-weekday riders and 27 routes.

Keolis' contract covers many services, including vehicle operation, customer service and workforce development and training. The transportation operator has already made its mark in Nevada by operating fixed-route local and express transit routes in Las Vegas for the RTC of Southern Nevada and launching the nation's first autonomous shuttle to operate in live traffic in the downtown Innovation District of Las Vegas.

"Keolis and the RTC share a similar vision for the future of transportation in Washoe County; we see a system with tremendous potential and a partner with a willingness to incorporate innovative transportation

solutions to make a positive and sustainable impact on the community," said Keolis Transit America President and CEO Steve Shaw. "We will be a collaborative partner with both the RTC and the Truckee Meadows community to continuously improve the passenger transport experience in Northern Nevada. We thank the RTC for putting their trust in Keolis."

The RTC plans to eventually convert to an all-electric fleet and incorporate new transportation modes into its network to improve and expand service offerings for the community. Keolis welcomes the opportunity to support the RTC's 2040 Regional Transportation Plan, which includes fostering safe and healthy communities, incorporating more sustainable transportation options, increasing passenger travel choices and supporting economic development and diversification in Washoe County.

"We believe in transportation as a catalyst for developing economic opportunities that are sustainable and meet the community's present and future needs. The RTC aims to inspire, innovate and implement an integrated, efficient regional transportation system," said RTC Executive Director Lee Gibson. "We are excited to partner with Keolis since they are closely



(Photo: S. Shaw)

Washoe County's bus service RTC RIDE will be operated by Keolis, a leading provider of passenger transportation services.

aligned with our long-term transportation vision based around people, safety, extensive collaboration with the community and federal, state and local partner agencies to sustain and enhance our valued quality of life."

Keolis operates in 16 countries on four continents around the world, including 12 modes of transportation. In the United States, Keolis currently operates transit services in six states; Virginia, Florida, Massachusetts, Nevada, North Carolina, and California.

Steve Shaw is the President and CEO of Keolis Transit America, responsible for managing all Keolis transit operations in the United States, where the company operates fixed-route bus service, shuttle service, paratransit, and taxis. Shaw has more than 35 years of experience managing passenger transport operations, beginning his career with his family's business, Shaw Bus.

trail symposium *continued from cover*

With more than 75 miles of single track trails in Reno, and 400 miles of trails within an hour of Reno, what better place to hold a trail symposium? Our world class trails are part of what makes Reno such a livable city and are a priority for many residents who enjoy an active lifestyle. An event such as the International Trails

Symposium will not only showcase Reno as an outdoor recreation destination, but will allow trail professionals and advocates from around the world a chance to network, learn from each other, and discuss ideas and challenges that they face while working towards creating outdoor recreation opportunities close to home.

The event will include training, exhibits, listening sessions, mobile workshops and a Trails Rock party that cannot be missed.

For the 2021 International Trails Symposium, American Trails is partnering with the Society for Outdoor Recreation Professionals and the Professional Trailbuilders Association to allow for

even more collaboration between trail organizations. The event will be open to all trail lovers.

Janice Keillor is Park and Recreation Program Manager for Nevada State Parks. For more information on American Trails and the International Trails Symposium, please visit <https://www.americantrails.org/>.

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Improvements take Mt. Rose Ski Tahoe even higher

Submitted to the Galena Times

After another longer than six months season filled with great events and excellent conditions, Mt. Rose Ski Tahoe is looking forward to working through the summer to provide an even better experience for all skiers and snowboarders in the upcoming season. New for the 2019-2020 ski season, Mt. Rose Ski Tahoe plans major resort improvements. With the continuing goal of adding increased value to the mountain for both season pass holders and day lift ticket buyers, Mt. Rose has several major enhancements planned.

Simple and Convenient RFID Lift Access: All season passes and day lift tickets for Mt. Rose Ski Tahoe guests will be equipped with radio-frequency identification, or RFID, reflectors for convenient lift access. No need to pull out your pass or ticket, the gates will automatically scan it as you pass through. Installation of the system will take place throughout this coming summer. Pass holders and ticket buyers alike can look forward to a seamless experience as the lift access gate equipment will be provided by Axxess International, a company specializing in custom RFID solutions. They have installed hundreds of systems at ski resorts across the globe.

Snowmaking Improvements: Always striving to



At Mt. Rose Ski Tahoe, 2019/20 season passes and day lift tickets will be equipped with RFID reflectors for easy and convenient access.



More snowmaking guns will mean more terrain, better conditions, and earlier opening dates for Mt. Rose Ski Tahoe.

be the first resort open in the Lake Tahoe area, Mt. Rose Ski Tahoe is increasing their snowmaking firepower even more this summer. Three more tower-mounted snowmaking guns located around the mountain including on Kit Carson Bowl as well as an additional six portable snowmaking machines will help the resort to open earlier with more terrain and better conditions.

Expanded Season Pass Holder Perks: All Mt. Rose season passes come fully loaded with perks, but this year they're getting even better. Pass holder perks

are all about enhancing the experience. Different Pass types now include various levels of discounts. For example, Premier pass holders will now receive 35% off food at all Mt. Rose food outlets including Lodgepole Cafe and Winters Creek Lodge. New perks include limited, free buff waxes in the Mt. Rose Tuning Center as well as special discounts at Bobo's Ski and Board.

For more information about the mountain or to purchase a season pass, visit SkiRose.com.

Service transforms lives, strengthens community



Jane Scott

By Jane Scott

On the third week of the month, nearly 300 of Washoe County's seniors eagerly await delivery of groceries and

friendly greetings from volunteers of Assistance League Reno Sparks. For nearly 40 years, Assistance League has operated the Food Pantry to serve seniors in the community. Every month, volunteers shop for bargains, fill over 800 grocery bags, and see that seniors get staples, plus some coveted extras, such as toilet paper, coffee,

and crackers. Periodically, grooming kits are added to the grocery bags. Assistance League volunteers not only distribute the groceries at the Washoe County Senior Center, but they also make personal deliveries to 54 shut-ins. Additional bags are set aside for the Reno-Sparks Indian Colony and the Nevada Department of Elder Services/Abused Seniors.

On a recent Tuesday, the Senior Center was filled with seniors who patiently waited their turn to receive two bags of groceries. First, there was a drawing for extra bags of food and bus passes. Then, in an orderly procession the seniors received their groceries from familiar Assistance League volunteers. If there was any jostling, it was at the exchange table. Here, seniors can exchange one food item from their bag for another on the exchange table. Some wait patiently apple sauce for a can of green beans. Then the apple sauce is grabbed in exchange for rice. Some love canned spaghetti while others prefer chili beans. Ultimately, most get what they want and need. Books are also available at the exchange table.

Through personal deliveries to shut-in seniors, volunteers and the grocery recipients often develop warm relationships. Volunteers learn a little about each of the seniors to whom they deliver. For example, when the volunteers add treats to the grocery bags for holidays, they see to it that the diabetic gets sugar-free candy because she loves sweets. In one case, Assistance League volunteers noted that a gentleman lacked safe and sanitary housing. These volunteers ensured that the man got on a waiting list for senior housing and helped him

move when an apartment became available. Assistance League volunteers transform lives and strengthen the community.

The Food Pantry requires many volunteers to function efficiently. Shoppers watch ads to find specials and shop where money goes the farthest. Assistance League members provide recycled paper grocery bags, saving the organization several hundred dollars each month for bags. Several women show up on bagging days to bag the groceries in assembly line fashion. A Dream Team, comprised of a group of dedicated male volunteers, helps move the groceries, load trucks and deliver bags to the Senior Center. Those that provide home deliveries pick up filled grocery bags and use their own transportation to make deliveries. It's a labor of love for the volunteers who get as much out of program as they put in.

The Food Pantry is one of eleven philanthropic programs of Assistance League Reno-Sparks, an all-volunteer organization. Funds to support the programs come from donations, grants, and the sale of merchandise from the highly-regarded Thrift Store at 1701 Vassar. Washoe County Senior Services and Assistance League set the qualifying standards for the food program.

Jane Scott has lived in Reno-Sparks for 15 years. She retired from Federal service where she had spent several years acquiring environmentally sensitive land for National Forests and Wildlife Refuges. She has been active in programs of Assistance League for the past 5 years. To learn about becoming a member of Assistance League, call (775) 329-1584.



Transform Your Child's Summer!

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Calling all Washoe County summer readers!

By Andrea Taverer

When kids stop reading, they actually lose some of what they learned over the school year, resulting in the “summer slide.” Regular reading helps kids and teens throughout the break make summer gains instead. On Saturday, June 1st, Washoe County Library System launched its 2019 Summer Reading Program, “A Universe of Stories.” Join us all summer for live music, story times, STEAM programs and special performances.

By providing hands-on learning through free events, we strive to give kids and teens a fun reason to keep reading and encourage them to discover what they like best. Participation in library events and the Summer Reading Program helps our kids be ready for continued learning in the fall. Participation is free and easy – find complete information and sign

All Washoe County Library locations will offer engaging activities all summer long, including the South Valleys Library. Take a look at just a few of the upcoming events at the South Valleys Library:

Wednesday, June 12, at 8pm visit for an evening of discussion, exploration, and observation of the night sky at our Star Tours Program.

Thursday, July 11, “A Universe of Gems” teaches attendees about local Nevada gems and minerals. Expect an expert-led lesson and hands-on experience (geared towards children ages 6 and up). Every Thursday at 4.30pm join fun, educational STEAM programs.

Wednesday, July 31 at 4 pm, features crafts, activities and fun for all ages!

For complete information about programs for kids, teens and adults at all Washoe County Libraries, visit www.washoecountylibrary.us



library! Or, visit the library website to explore the online events calendar and resources. You’ll find great activities, exciting learning opportunities, and so many ways to have fun in the summer sun. Declare yourself a Summer Reader at your favorite library today!

Andrea Taverer is the Public Information and Development Officer for Washoe County Library System, 301 S. Center Street, Reno. She can be reached at (775) 327-8360 or ataverer@washoecounty.us.

up at www.washoecountylibrary.us/summerreading. Complete the program by reaching your personal reading goal and receive a free book and themed book bag. The last day to sign up is July 31, but participants may continue to participate through August.

Discover free programs and events for all ages at all Washoe County Libraries throughout the summer. Pick up a copy of our new quarterly guide to services and events, the Washoe County Library Explorer, and explore the world-class events happening at the

Legacies of service to Reno-Sparks community



By Katharine Peake

Our seasoned members, featured in the Spring issue of Reno-Tahoe Magazine, continue to serve those less fortunate in our Reno-Sparks home. Dorothy Gates, Joanne Kimball, Joy Meyer, Nancy

Janus, Donna Nelson, Donna Hammond, and Alice Baldwin (left to right) bring different life experiences that help them accomplish varied tasks at Assistance League. Each brings strengths from varied backgrounds and occupations. Their careers include education, ranching, and nursing. Among them are two past presidents and committee chairs. Together they represent the best of Assistance League Reno-Sparks.

The commonalities each stress about their experiences at Assistance League are that they feel privileged to be part of a unique community of like-minded women: they are here to serve. They are all engaged with the activities that enrich our community. Assistance League gives these members a continuing sense of purpose and a special focus in their lives. What they all value are the mutual support, friendships and the joy of

working with their friends.

When you see these members, be sure to thank them for their service, their loyalty to our community, the inspiration they provide and most especially their friendship.

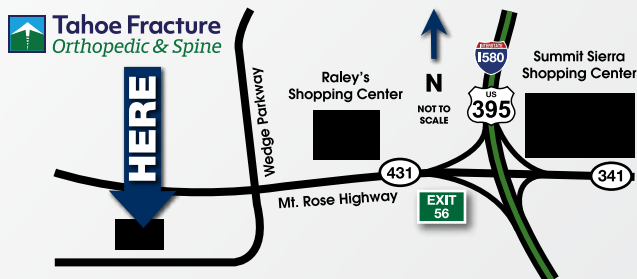
Katharine Peake is past president and active member of Assistance League® Reno-Sparks. For more information about all programs, please visit www.assistanceleague.org/reno-sparks.



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Daniel Cepela, MD
Hand & Upper Extremity Surgeon

Trees and transit operations transform Virginia St



Lee Gibson

By Lee Gibson

The Regional Transportation Commission of Washoe County will begin Phase II of 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 more than \$80 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 (ADA) sidewalk deficiencies, improving traffic operations and beautifying the corridor. Up to 240 trees will be added as part of the project.

The first part of construction included utility relocations and upgrades to aging infrastructure that took place mostly underground. When the next part of construction begins

in mid-June 2019, the community will see the transformation of Virginia Street start to take place, with a majority of the construction work and improvements taking place at road level. The corridor's transformation will include new, wide sidewalks, landscaping, new street lighting, new and updated transit stations, and significant safety improvements.

To help construction crews complete work safely and quickly, some lanes will be closed along Virginia Street and on some side streets in Midtown. The RTC's project team will have 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.

Lee G. Gibson, AICP, is the Executive Director of the Regional Transportation Commission of Washoe County. 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.

TENTATIVE 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

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Off the beaten path

By Dagmar Bohlmann

Reno Tahoe offers some of the world's best year-round hiking. Trails offer new vistas of urban areas, stretch along the Truckee River and reach deep into the Mt. Rose Wilderness for 360-degree views of the Sierra Nevada. Most are within an easy drive. Just at the start of the tree line to the south of Mt. Rose Highway, the Brown's Creek Loop Trail is a great, lesser travelled trail than those starting on the Galena Creek Visitor's Center side of the highway.

Access to the moderately trafficked, single-track hike is in the Galena Forest/St. James Village area on Joy Lake Road. Shaped like a lollipop, the well-signed trail takes hikers, bikers and horseback riders through a pine forest just above the high desert landscape of the Truckee Meadows. Initially, a moderate climb takes a little over a mile toward broad views of Reno and Washoe Valley.

At the top, a loop circles down into the canyon of Brown's Creek, across a couple of bridges, and back up to the top. If you walk counter-clockwise, the descent into the canyon is more gradual. Impressive views of Slide Mountain are matched by beautiful wildflowers and stands of aspen. After hiking back up to the start of the loop, you return down to the trailhead on the same trail you took up.

Pine and aspen trees along the canyon offer a bit of shade and during spring and early summer, a variety of

wildflowers color the slopes. Around the loop is about 1.9 miles. The total mileage of Brown's Creek Trail according to AllTrails.com is about 4.3 miles taking you from 5,692ft to 6,315ft with a total elevation gain of 990ft.

Brown's Creek Trail is open to hiking, mountain biking, equestrians, leashed dogs, and in winter people love snowshoeing here. For those who are more ambitious adventure seeker, the well-marked trail connects all the way up to Slide Mt. Ski Bowl Hwy and down to Washoe Valley.

From Reno, take I-580/US 395 south to the Mt. Rose Highway, NV 431. Go west toward Lake Tahoe for about 4 miles. Just after passing the Galena Creek Visitor Center on the right, turn left on Joy Lake Road. Slowly follow the road over a few street bumps for about 1.5 miles. The trailhead parking area is on the left. Look directly across the road for a trail marker at the beginning of Brown's Creek Trail.

TOP LEFT - Mountain bikers and hikers share the 4.3 mile Browns Creek Loop Trail.

TOP RIGHT - Views of Slide Mountain compete with vistas across Washoe Valley from Browns Creek Loop Trail.

RIGHT - Hikers feel like they can touch blue skies from their high-altitude vantage point on Browns Creek Loop Trail.



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HEALTH

E-Bike level the playing field

By Meghan Ochs

Recently, while sitting in a Cafe on Main Street in Moab Utah, a town widely considered to be an outdoor recreation and biking mecca, I was contemplating E-bikes – or electric pedal assist bikes – and where they fit into recreation demographics. E-bikes use a rechargeable battery with an electric motor which offers varying levels of assistance when you push on the pedals.

As I watched a steady barrage of jeeps, side-by-sides, dirt bikes, and mountain bikes go past toward their chosen adventure of the day, I noticed different age groups, physical conditions, and genders. I wondered how many were cyclists who once enjoyed riding, but it became too strenuous and they moved on to another less physically taxing sport? What stops us from taking up the sport of cycling or continuing to cycle into our later years, after injury, or a period of inactivity?

I have experienced times when I haven't felt capable

enough to keep up with my more experienced biking friends despite the lure of gorgeous mountain scenery. However, it occurred to me, if there were a way to eliminate the most difficult part of cycling, riding uphill, would we ride more, ride farther, explore a new trail or ride into the later years of life? Would we jump on our bike to run an errand, visit a neighbor, pick up a few things at the grocery store and leave the car in the garage?

Cycling is a great way to get some fresh air and enjoy our local surroundings in the Tahoe area with seemingly endless trails and scenic mountain roads. What if there were bikes that made our legs feel 10, 20, or 30 years younger or exponentially stronger and more fit? E-bikes are these bikes.

Today virtually every bicycle company makes a few versions of an Electric Bike. E-bikes are not a free ride. Recreationists should think of E-bikes as an assist, not a carry. However, E bikes will still improve a rider's

fitness because the rider still must pedal but can choose how much energy to exert. Many inexperienced riders, riders who aren't as young or fit as they used to be, are recovering from injury or just trying to keep up with more experienced friends, will be able to ride further and faster than on a stand-alone bike. They will be able to expand their network of riders because E-bikes can be a great equalizer or rehab tool.

While E-bikes have many benefits, they are not without controversy. Many purists prefer that E-bikes remain off our trails and roads. While E-bikes are not noisy, some feel that their addition to an already wide array of outdoor options may overcrowd trails or take away from the purity of the sport of cycling and mountain biking.

As a lover of outdoors, a once avid cyclist, and overall proponent of healthy movement, but more than anything, an advocate of free will, I urge you to get outside and try an E-bike for yourself.

Serene, summertime trail runs in the Sierra

By Steve Lang

For me, summer is a time to revisit some of my favorite old trails I haven't seen since the previous autumn, and the less traveled, the better. As a runner, I get to choose from many, many trails and destinations to in our areas. Here are a few maybe lesser known locations within a reasonable driving distance of Reno, and a reasonable distance on your feet to get there. Once you get a mile or so in, you won't come across a lot of people.

Wolf Creek Falls is a pleasant 10.5-mile round trip. Starting at Wolf Creek Campground (38.576291,

-119.697088), the trail heads south along the creek with mostly a reasonable grade, then you will get your feet wet crossing Bull Creek. When you arrive at the top of a short, steep climb, slow your breathing, listen, and look left. The falls in the early season are roaring, but they are audible all the time. In August, the pools are nice for a quick swim, too.

Grouse Lake is a spectacularly beautiful lake that is occasionally visited by backpackers, but rarely by any others. The 12-mile, out-and-back trail starts at Upper Blue Lake near the Damsite Campground (38.629198, -119.939022),

and climbs through trees and meadows into a treeless, alpine environment with amazing views before dropping precipitously for the last mile to the lake itself. When you pass Granite Lake at Mile 2, be sure to look for Wilson, the Floating Log. He's got a nice grassy head of hair. We first met 10 years ago, and we renewed our acquaintance most recently just last October.

To give some love to a location a little closer to Reno, check out Upper Price Lake. Get there either from the Davis Creek Campground (about 10.5 miles round trip with lots of uphill) or from the Tahoe Meadows trail head

on the Mount Rose Highway (about 9 miles). Either way, you will encounter a few hikers at the start and solitude after about 2 miles. From Davis Creek, you'll lose foot traffic after crossing Ophir Creek. From Tahoe Meadows the number of people drops as soon as the trail does. No matter which way you go to get to the lake, you will get your feet wet.

Get out there, see something beautiful, and maybe I'll run into you on the trail.

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

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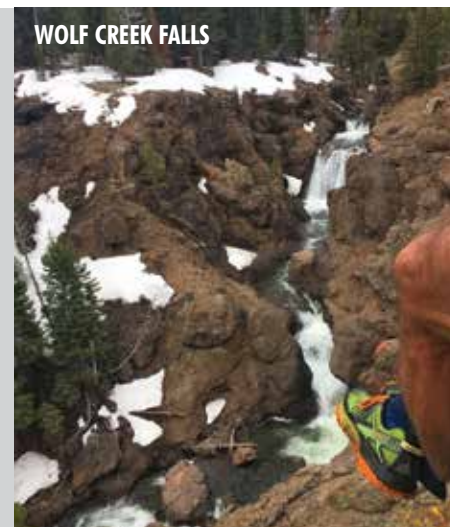


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GROUSE LAKE



WOLF CREEK FALLS



UPPER PRICE LAKE



(Photo: S. Lang)

CranioSacral Therapy may help TMJ issues



Kerstin Tracy

By Kerstin Tracy

When swallowing is hard, the neck hurts, teeth are painful, and headaches are common, your Temporal Mandibular Joint, or TMJ, might be involved. Often related to stress, grinding and clenching, whiplash injuries, abdominal weakness, or even birth itself or positioning in utero can have a powerful and long-lasting impact here. Clearly, TMJ pain is complex and far-reaching - it can affect more than just the jaw.

A CranioSacral Therapist most likely balances the entire body before working with the jaw itself and there is a reason for it: Most people with mandibular concerns carry a great deal of tension in the neck area which can radiate down the shoulder blades. A pain trigger could possibly be the Trigeminal Nerve in the

head.

Coincidentally, this nerve reaches all the way down to the third cervical vertebra in the neck. The second and third cervical vertebrae are also attachments for the dural tube, the fascial cover around the spinal cord. So, the root of the pain is not necessarily in the TMJ itself.

Posture can play an important role, too. The more the head is chronically held far forward, the more the jaw will retract until an overbite occurs. The little disc that buffers and protects the TMJ may get locked and may keep the mouth from opening all the way. The neck muscles may try to step up to the plate and compensate, which could lead to pain and headaches.

TMJ issues are complex and are generally whole-body events.

Kerstin Tracy, owner at Ready2Heal LLC, helps humans and horses suffering from complex structural and neurological problems regain their optimal health. She holds an MS in Sports Science from the German Sport



University in Cologne and a degree in holistic health in Germany and is a licensed massage therapist. She has studied CranioSacral Therapy at the Upledger Institute in Florida and has over 13 years practical experience.

7 Remedies for Jaw Pain

- Watch your posture – aim for an upright position, change the ergonomics at your desk, stand and sit tall – avoid staring at your phone for too long.
- Apply techniques that work for you to decrease your sense of stress, i.e. meditation, exercise, time in nature, breaks, etc.
- Carefully massage your cheeks and place hot compresses on the TMJ
- Ask your dentist about a night guard to reduce stress on teeth and gums as well as the jaw
- Seek help to correct pelvic imbalances
- Laugh a lot
- See a therapist who specializes in TMJ treatments

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.

Healthy, happy smiles beyond high school



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Many of our children are graduating from high school this year. My youngest is one of them. Just like me, I bet some of you are wondering where the time went.

While many young adults

are heading off to college, others will attend training programs or get new jobs. They are also making their own choices, which include the foods they are eating. Often, they are grabbing coffee, sweetened of course, donuts, chips, juice, sports drinks, and many other cavity-causing, simple carbohydrates.

Simple carbohydrates are the foods that cause tooth decay. The carbohydrates sit on the teeth, in between

the teeth and in all the nooks and crannies which allows bacteria to eat these carbohydrates leading to cavities. Please remind your child about the diet-cavity connection. We always go over diet at each 6-month appointment.

Another choice our fledglings are making is how often they are flossing and brushing. Hopefully, all that nagging by us parents will come into play. I

continued on page 21

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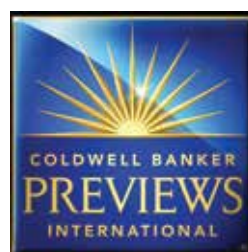
Bright and spacious home in desirable West Carson City neighborhood. 2929 square feet with 5 bedrooms and 3 bathrooms. Beautiful mature landscaping. House backs to open space with paved paths throughout. Just a short bike ride or walk to numerous trails in nearby Kings and Ash Canyons. **\$588,000.**



Private 1.79 lot in Galena Forest. Backs to Galena Creek and trail. Short drive to Mt. Rose Ski, Tahoe and Reno International airport. **\$350,000.**



960 acres with views, privacy, nature. Own a portion of Spanish Springs Mountain. Secluded yet just over 7 miles to the Pyramid Highway. The views are spectacular, flora and fauna abound. Located on the western side of the Pah Rah Range. **\$420,000.**



As a repeat client of Richard Keillor, I have always found him to be knowledgeable, honest and trustworthy. He knows Reno real estate like the back of his hand; and he's a pleasure to work with.

~ Mark V., Galena Forest Resident

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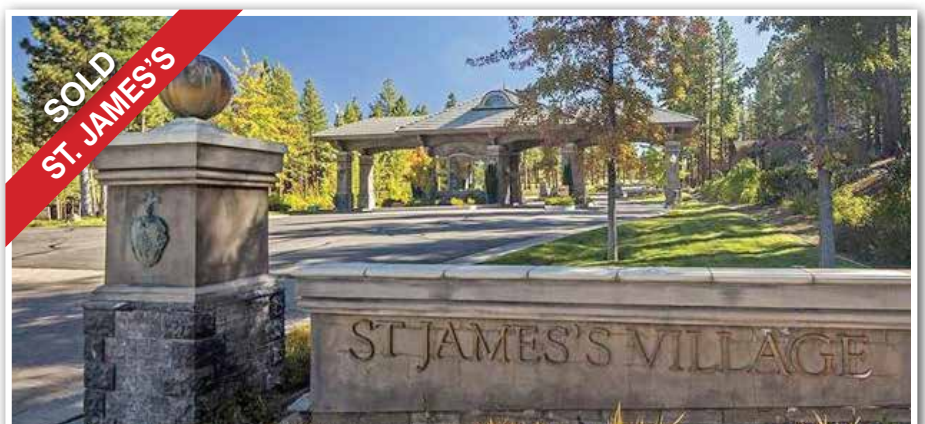
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640 acres with views, privacy, nature. Own a portion of Spanish Springs Mountain. Secluded yet just over 7 miles to the Pyramid Highway. The views are spectacular, flora and fauna abound. Located on the western side of the Pah Rah Range. **\$495,000.**



Beautiful and private, this 1.42-acre property borders undeveloped forest and mountain meadow while boasting mountain views and southern sun exposure. Build your dream home within the gates of St. James' Village. **\$270,000.**



Charming vintage home within walking distance to UNR! The main living level includes a spacious living room, kitchen with breakfast nook, one bedroom, and one bathroom. The downstairs studio includes a kitchen and bathroom. **\$295,000.**



The best of both worlds! Fully remodeled, turn- key home in the sought after Old Southwest. Some of the many features of this modern home are solid hardwood flooring, granite slab island, new shaker cabinets in kitchen, media wall with electric fireplace. **\$599,000.**



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All Area Home Sales March 5-May 27, 2019

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
3335 Joy Lake	\$925,000	\$905,317	294.02	287.77	3146	0.86	3/8/19
5820 Strasbourg Court	\$1,398,000	\$1,295,000	427.39	395.9	3271	0.5	3/27/19
16885 Rue du Parc	\$1,398,000	\$1,348,000	364.25	351.22	3838	0.8	5/9/19
20600 Parc Foret Drive	\$1,500,000	\$1,597,295	370.83	394.88	4045	0.45	4/15/19
5730 Dijon Circle	\$1,895,000	\$1,835,000	430.78	417.14	4399	0.54	5/3/19
6490 Montreux Lane	\$1,949,000	\$1,949,000	342.89	342.89	5684	0.29	5/17/19
6745 De Chardin Lane	\$2,125,000	\$2,050,000	470.97	454.34	4512	0.64	4/3/19
6619 Jung Court	\$2,298,000	\$2,298,000	393.49	393.49	5840	1.09	3/7/19
20282 Bordeaux Drive	\$4,750,000	\$4,500,000	552.97	523.86	8590	0.75	4/26/19

ROLLING HILLS/GALENA COUNTRY ESTATES

14410 Ghost Rider Dr.	\$479,000	\$470,000	270.01	264.94	1774	0.35	3/8/2019
4080 Twin Falls Drive	\$485,000	\$470,000	240.1	232.67	2020	0.32	4/5/2019
4085 Twin Falls	\$560,000	\$550,000	216.8	212.93	2583	0.29	4/11/2019
3732 Vancouver Drive	\$554,999	\$550,000	274.75	272.28	2020	0.36	5/24/2019
534 Provo Court	\$595,000	\$580,000	228.06	222.31	2609	0.3	3/14/2019
2305 Stowe Drive	\$584,900	\$584,900	277.34	277.34	2109	0.89	5/17/2019
3755 Vancouver Dr.	\$629,000	\$600,000	243.52	232.29	2583	0.35	4/9/2019
14315 Mount Snow	\$639,250	\$639,250	229.37	229.37	2787	0.41	5/15/2019
452 Calgary	\$666,500	\$655,000	195.11	191.74	3416	0.31	4/25/2019
4670 Edmonton	\$679,700	\$670,000	198.98	196.14	3416	0.28	5/23/2019

SADDLEHORN/MONTE ROSA

2505 Trails End	\$825,000	\$805,000	310.85	303.32	2654	2.5	5/9/19
14250 Bandolier Court	\$875,000	\$835,000	286.98	273.86	3049	0.39	3/6/19
14245 Powder River Court	\$875,000	\$870,000	228.88	227.57	3823	1	4/22/19
3570 Aspen Hollow	\$948,500	\$935,000	329.57	324.88	2878	0.48	5/15/19
4420 Saddlehorn Drive	\$975,000	\$950,000	269.93	263.01	3612	0.45	5/3/19
14245 Table Rock Court	\$1,160,000	\$1,075,000	253.28	234.72	4580	1.01	4/25/19
14290 Sorrel Lane	\$1,250,000	\$1,200,000	267.9	257.18	4666	0.78	4/22/19
710 Saddlespur Road	\$1,250,000	\$1,250,000	324.34	324.34	3854	1.04	4/5/199

ARROWCREEK

10116 Indian Ridge	\$829,000	\$780,000	255.94	240.82	3239	0.77	3/27/19
6965 Cour St. Michelle	\$875,000	\$862,500	288.87	284.75	3029	0.59	3/20/19
3466 Forest View Court	\$875,000	\$875,000	295.11	295.11	2965	0.47	4/15/19
2931 Flint Ridge Court	\$949,900	\$919,000	228.34	220.91	4160	0.58	3/21/19
10196 Via Bianca	\$900,000	\$935,000	293.45	304.86	3067	0.31	4/8/19
6170 Sierra Mesa Drive	\$995,000	\$975,000	235.11	230.39	4232	0.46	3/7/19
10156 Via Verona	\$1,000,000	\$1,000,000	321.64	292.4	3420	0.38	5/15/19
9972 Via Mira Monte	\$1,125,000	\$1,125,000	309.75	309.75	3632	0.49	5/24/19
10542 Rue St Raphael	\$1,249,000	\$1,200,000	247.92	238.19	5038	0.51	3/27/19
10075 E Desert Canyon	\$1,450,000	\$1,406,250	368.02	356.92	3940	0.55	4/11/19
5930 Crescent Moon Court	\$1,425,000	\$1,425,000	375.99	375.99	3790	1.36	5/15/19
5722 Indigo Run Drive	\$1,525,000	\$1,450,000	286.06	271.99	5331	1.13	3/8/19
10391 Tewa Court	\$1,500,000	\$1,500,000	384.42	3902	1	3/25/19	
6864 Masters Drive	\$1,649,000	\$1,580,000	364.58	349.33	4523	1	4/30/19
6284 Mormon Tea Way	\$2,200,000	\$2,150,000	482.35	471.39	4561	1.28	5/9/19

CALLAHAN RANCH

5235 Cedarwood Drive	\$479,000	\$479,000	267.9	267.9	1788	1	3/22/19
5480 Wintergreen Lane	\$549,900	\$555,000	284.19	286.82	1935	1.06	4/22/19
5275 Cedarwood Drive	\$599,500	\$599,500	278.19	278.19	2155	1	4/30/19
5300 Tannerwood Drive	\$619,900	\$605,000	348.45	340.08	1779	1.02	3/25/19
14960 Redmond Drive	\$995,000	\$975,000	225.62	221.09	4410	1.16	3/25/19
6513 Galena Canyon Trail	\$1,999,000	\$1,860,000	275.38	256.23	7259	4.92	5/3/19

OTHER AREAS OF SOUTH RENO

3640 Lone Tree Land	\$989,000	\$875,000	413.81	366.11	2390	4.49	5/10/19
231 Snow Creek Court	\$958,000	\$930,000	262.75	255.07	3646	0.58	4/15/19
10350 Dryden	\$1,300,000	\$1,300,000	218.82	218.82	5941	2.47	4/30/19
8333 Panorama Drive	\$1,395,000	\$1,365,000	455.58	445.79	3062	5	3/7/19
9670 Passa Tempo Drive	\$1,499,999	\$1,425,000	217.93	207.03	6883	2.65	4/15/19
3520 Frost	\$1,650,000	\$1,540,000	349.43	326.13	4722	2.52	3/18/19
11115 Boulder Glen Way	\$2,100,000	\$2,100,000	459.42	459.42	4571	2	5/3/19
2372 Diamond J Place	\$2,488,000	\$2,350,000	506.31	478.23	4914	1.51	5/24/19

NW CARSON CITY

3754 Timberline Drive	\$535,000	\$525,000	227.27	223.02	2354	0.34	4/30/19
1615 Robb Drive	\$549,900	\$550,000	205.72	205.76	2673	0.23	4/5/19
1580 Robb Drive	\$579,000	\$569,000	208.95	205.34	2771	0.19	3/29/19
744 Norfolk Drive	\$582,500	\$582,500	209.99	209.99	2774	0.25	3/29/19
3699 Lakeview Road	\$599,000	\$585,000	224.34	219.1	2670	1.06	5/10/19
1740 Walnut Court	\$635,000	\$610,000	248.24	238.47	2558	0.3	4/22/19
1653 Jordan Court	\$639,979	\$644,325	240.96	242.59	2656	0.24	5/22/19
4350 Meadow Wood	\$734,900	\$734,900	127.65	127.65	5757	1.18	4/23/19
3636 Lakeview Road	\$765,000	\$750,000	160.98	157.83	4752	1.1	5/3/19
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

WEST WASHOE VALLEY

99 Landing Lane	\$565,000	\$530,000	263.9	247.55	2141	2.76	5/3/19
32 Bellevue	\$725,000	\$575,000	242.96	192.69	2984	5.39	3/28/19
5700 Old US 395	\$945,000	\$925,000	347.43	340.07	2720	2.7	5/2/19

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

Carson Tahoe Health's Emergency Department reimagedined

Submitted to the Galena Times

Carson Tahoe Health recently unveiled the completion of a major renovation to the emergency department triage area. The newly designed space, finished in April, maximizes resources for quick care (testing and treatment) and serves as a monitored, internal waiting area. Newly carpeted and furnished, the triage area was completed and opened to patients in early April.

Over the past few years, Carson Tahoe Health's Emergency Department has seen significant and continuous growth in their volume of patients. In 2016, the CTH team saw a little over 37,000 visits and that number has steadily increased each year.

"This year we anticipate over 43,000 visits and we want to be ready to provide efficient, high quality, patient-pleasing care to our community whenever they



need it," says Dustin Bass, Emergency Department Director at Carson Tahoe Health. "Process improvements, practice changes, remodeling of the triage space, and expansion are all ways we are working to address the growing needs of our community."

Patients visiting the emergency department will register, as usual, and then selectively meet with an

intake coordinator to be quickly seen by a physician's assistant or nurse practitioner. The new setup allows for patients to be treated faster at all levels of care.

Not only are Carson Tahoe employees excited to see the completion of the triage remodel, but they are also looking forward to the second phase of the emergency department expansion, set to break ground later this year. This next phase includes space for an additional eight treatment rooms, bringing the total to 26, as well as augmenting the staff and patient care areas within the emergency department.

"These renovation projects are just one way Carson Tahoe continues to adapt and innovate to provide better care for the growing needs of our community," Bass said. "We are not simply replacing the carpet and furniture but instead, we are reimagining our processes and our space to alleviate some of the stress and chaos that can often be associated with emergency care."

To learn more about Carson Tahoe Health, visit www.carsontahoe.com or call (775) 445-5164.

What you need to know about measles



Andrew Pasternak, MD

By Andy Pasternak

In public health history, 2019 is going to be memorable due to our current outbreak of measles. Measles was once thought to be almost eliminated in the United States. Currently, there are over 750 cases of measles in the US, the biggest outbreak in the past 25 years.

While Northern Nevada has been spared, people have gotten sick in both Southern Nevada and parts of California.

Measles is due to the rubeola virus. The virus

is typically spread through the air by coughing or sneezing and is very contagious. Compared to Ebola virus where one person with the virus is likely to affect two other people, one person with measles will typically spread it to 18 other people. Symptoms usually don't occur for 10-14 days after being exposed to the virus. Unlike bacteria where antibiotics usually work, there is currently no specific antiviral treatment for measles if you come down with it.

Over 85% of the people who have contracted measles have not been vaccinated or have only received one measles vaccine. Vaccinations help to protect individuals and communities. When

vaccination rates in the public stay above 95%, the virus has a much tougher time spreading and we don't see outbreaks like we are seeing now.

The measles vaccine is part of a combination vaccine with mumps and rubella and is often referred to as the MMR vaccine. Currently, we usually give a first dose of the MMR vaccine to children from 12-15 months and then give a booster around 4-6 years of age.

With this outbreak, we have been getting lots of patients calling us worried about their vaccination status. Here's what we're telling folks based on their age. There are two key years: 1957 and 1989.

continued on page 21

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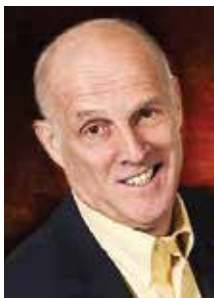
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Good night's rest not only important for parents



Dr. Max Coppes

By Max Coppes

One of the greatest challenges of becoming a parent is the ability to get enough sleep. Most parents adapt to a lack of shut-eye and borrow optimism from parents of teenagers who tell them 'there is hope.' And while it indeed gets better for mom and dad at some point in time, what about the actual sleep needs of children?

We know that sleep plays a fundamental role in child development and that lack of sleep, defined as not meeting total sleep duration, results in both physical and mental problems. Lack of sleep in children can result in irritability, stress, forgetfulness, low motivation, anxiety, and depression. Additional evidence links lack of sleep with obesity and type 2 diabetes. Sleep deprivation results in hormonal changes that affect appetite and hunger. Some healthcare providers have sounded the alarm bell, speaking of a hidden health crisis. In the United Kingdom almost 10,000 children under 16 years of age were admitted with sleeping disorders, including sleep apnea. This all suggests that we can contribute to the overall health

and wellbeing of children by helping them to get enough sleep, and our job starts immediately after birth.

Guidelines recommend that in the first 2 months of life, babies require between 16 and 18 hours of sleep, from 2 to 6 months slightly less (14-16 hours), and from 6 to 12 months about 14 hours. Children aged 1-12 years need about 10-12 hours of sleep, including nights and naps, while teens over 13 years require 8-10 hours. These are guidelines of course; remember that each child is different and may require a little more or a little less sleep.

Aside from the total amount of sleep over a 24 hour period (total sleep duration), many parents are apprehensive about their babies ability to sleep through the night, defined as the longest period of uninterrupted sleep, typically 6 to 8 hours. This usually is achieved at age 5 to 6 months, but not infrequently occurs many months later, especially in breastfed children. Fortunately, it does not look like that a late start in sleeping through the night has any serious developmental effects. A delay, however, is well known to affect the emotional wellbeing of parents, predominantly mothers.

The biggest challenges for toddlers and pre-middle school children with regard to sleep include

bedtime resistance, night awakenings and difficulty returning to sleep, and nightmares. In general, we recommend implementing sleep friendly routines: stick to the same bedtime and the same bedtime routine. Ensure for a calm, quiet, and dark bedroom environment if you use a dimmer, set it at the lowest setting. Use the child's bedroom for sleeping; do not allow television, or any other form of screen time in your child's bedroom. Tuck your child into bed in a sleepy but awake state. This will help your child to return to sleep if he/she wakes up in middle of the night. After a nightmare, calm your child down and return child to their bed surrounded with items of comfort.

When looking at high school students, data indicates that about three-quarter of our high school children are not getting enough sleep. The reasons behind this are complex and include genuine biological changes related to age that affect the way we sleep and socioeconomic changes that provide teenagers with major distractions that challenge healthy sleep hygiene. With regard to this age group, the Center for Disease Control recommends that teens sleep in a dark and quiet room, limit the use of electronics before bed, and maintain a consistent sleep schedule on both weekdays and weekends. In addition, the American Academy of Pediatrics

strongly recommends that middle and high schools not start before 8.30am. Ample evidence demonstrates that delaying school start times is an effective countermeasure to chronic sleep loss in teenagers and in fact improves their physical and mental health as well as their academic achievement. Unfortunately, we fall short of this recommendation in Washoe County and around most of the United States.

So now that the sleep needs of children have been described, little would seem to stand in the way for a good 7 to 9 hours night rest for parents, right? Well, much of what applies to children also applies to us. We, too, need routine, going to bed around the same time, to sleep in a cool, dark, quiet environment, without the distraction of TV, smartphones or any other mobile devices just before turning off the lights. Keep in mind, like your child, we also need to wind down and shift into sleep mode. Try to spend a half hour or so before going to sleep doing something that calms you, like reading a book or listening to soothing music. Then turn off the lights and sleep tight.

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.



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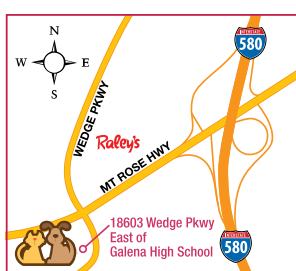


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Focus on your center, trust your inner wisdom



Liesa Leggett Garcia

By Liesa Leggett Garcia

When I was 15, I learned how to type in a summer school class at Reno High School. The first thing we learned was how to place our fingers over the keyboard. The two keys that were (and still are) smack in the middle, the keys that our two index fingers were supposed to

start on, had little bumps on them so that without looking, we could feel for them to get ourselves in the right place. The idea was not to look at our fingers when we typed, but to keep our focus on the words we were typing. Intuitively, because of the bumpy keys, we'd keep ourselves on track. Otherwise we'd type "awdsf eiabn soof aeiflz."

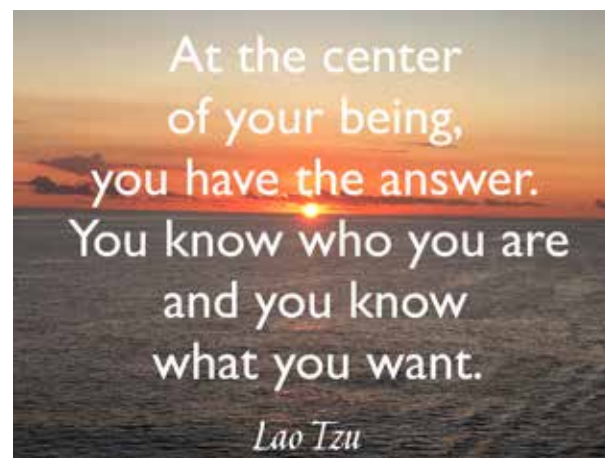
Having the skill of typing has been invaluable throughout my life. But the unintended lesson for what I learned is just as valuable. Maintaining my

center. Or finding it again when I get unfocused or begin to doubt myself. To intuitively recognize my center is a feeling, it's a certainty, an inner knowing, that lets me know I'm on the right track.

The legendary Taoist philosopher Lao Tzu said, "At the center of your being, you have the answer. You know who you are and you know what you want." And when you do, you can trust yourself, which translates into self-confidence.

You've probably experienced that feeling of "Yes! This is it!" when you've landed on the perfect solution to a problem or when you can see clearly what to do and how to do it. There's almost a sense of euphoria about it. That's finding your center. When you know you're in tune with life.

Whether it's on a computer keyboard or a piano keyboard, the key is finding the key. Even on a piano keyboard, we're instructed to find middle "C." When you do find it, beautiful music and beautiful words are created. You don't have to look down at your fingers,



you can create by trusting your inner wisdom to find your center.

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

Brace for uptick in blood-sucking ticks

By Greg Hayes

Anecdotal evidence in the Tahoe and Truckee area indicates ticks have become much more prevalent in recent years. My own experience confirms this impression. Over 45 years of hiking in the eastern Sierra, the first ticks I ever encountered were in 2014. Since then, they have become a common feature of late spring and summer up to about 6,000 feet.

Research indicates that the gradual warming of our planet is the primary variable. Warming creates better conditions for survival and reproducing and voilà, tick numbers climb. Many other critters can expand their numbers and range as well. An excellent example is the red fire ant, which invaded the American South in the 1980s and continues to move steadily northward.

Also impacting the prevalence of ticks is weather. A wet winter means an increased population of ticks in the following warm season—and the next one as well. That's because ticks like humidity - thus their propensity for armpits and inner thigh. Even in the low humidity of Nevada, a greater number of moist microhabitats following a wet winter provide fertile breeding ground for ticks.

There are two ticks common to northern Nevada: the Rocky Mountain Wood Tick, which can survive up to 10,000 feet, and the American Dog (or Wood) Tick. In the past, their numbers were quite low, but now they are steadily growing. Neither tick is known to carry Lyme disease, you will be relieved to know. But Rocky Mountain Spotted Fever and Tularemia are possible. These diseases are uncommon but serious—and also very treatable. If you spike a fever or see a rash up to two weeks after a bite, please see your physician.

The Rocky Mountain Wood Tick can also cause Tick Paralysis, a serious and potentially fatal condition caused by a neurotoxin some ticks secrete. A rapid, almost miraculous cure is achieved by the simple removal of the tick.

Best way to remove a tick: Grasp it from the side as close to the skin as possible with fine-tipped tweezers. Pull steadily upward. No twisting or jerking. Avoid crushing the body of the tick. If some mouth-parts remain, use the tweezers to remove. If some parts are not possible to remove, just leave in place. Wash the bite site and your hands thoroughly. For disposal, flush the tick or use a sealed plastic bag.



Be aware! Check pets and humans after every outdoor adventure.

Dr. Greg Hayes is a physician by training and an emeritus professor at the University of Nevada, Reno in what is now called the Division of Public Health. For many years, Dr. Hayes ran a public health department in the eastern Sierra. He loves hiking, cycling, swimming, triathlons, and travel

Screen for cancer before it shows on x-ray



Martin Stivers

By Martin Stivers

Knowing your body's temperature has been part of medicinal diagnostics for centuries. But with recent advances in technology, temperature can now be used to detect cancer even before it shows up on x-ray.

Using temperature in medicine is nothing new. In Ancient Greece, the father of medicine, Hippocrates, referenced the heat of the body as "Calidum innatum" and suggested that beneath it you will find the disease.

Not much has changed in the fact that abnormal body temperatures are indicators of illness, injury and disease in the body. What has changed is the way we find, track and deal with it. Tracking inflammation and abnormal temperature is no longer a guess or estimation.

With the new state of the art Fusion technology,

physicians can measure with high accuracy minute areas of the body size of a pixel. Visual images of the changing temperatures in both video and still imaging include between 71,000 and 321,000 temperature measurements. Most important of all, this technology can detect the very first change in temperature, either hot or cold, in any part of the body.

Why is this important? What can knowing this do to help us?

Disease is a metabolic process, meaning that it causes cellular and molecular activity to change within the body. Mutation of cells, such as cancer cells, are highly affected by the protein molecule in our blood. The inability to break down and utilize protein in a normal manner results in a release of nitric oxide causing the cell to become enlarged and less constricted than the healthy cells surrounding it. The result is a temperature increase of the bad or mutated cells, between healthy and sick cells. Fusion technology allows true, early detection and without waiting until the cells become large enough to x-ray as a tumor.

Another temperature anomaly that occurs in the body is called angiogenesis, or the creating of a crude vessel to transport blood to a diseased portion of the body. As this vessel is not part of the vascular system, it has no nerve in it. When the central nervous system is challenged to close off or vaso-constrict, these newly formed vessel-like veins do not close, they simply don't get the message from the brain. They remain engorged with blood and are much hotter than the vasoconstrictor vessels. Our new ability to accurately measure the finite difference in the cells and vessels, allows for early identification of potential disease before it can become widespread.

Dr. Martin Stivers II, Ph.D., CPT, CLET, is the founder and director of Integrative Imaging Center, Reno, and exclusive provider of "Fusion Technology". He received his degree from University of British Columbia, Vancouver, BC, Canada and holds multiple certifications in Thermography. He is the longest practicing thermographer in Nevada. For more information, call (775) 826-1200.

Keeping up with cat care



By Matt Schmitt

Cats may seem independent, but cat care essentials provide health benefits. Scratch these down!

Keep cats safe by keeping them indoors.

Roaming cats can be susceptible to injury and infection, as well as become prey for predatory animals. Outdoor cats are also more likely to be exposed to dangerous diseases. Feline Leukemia is spread through saliva that can be passed by animals grooming each other, drinking communal water, or inflicting bite wounds. The good news is that there's a vaccine for Feline Leukemia. Include it in your cat's Wellness Program! Feline Immunodeficiency Virus results from bodily fluid transfer, such as a bite wound or sexual contact.

Even indoor cats can get into mischief

Take the following precautions: Screen windows. Close washer and dryer doors. Check drawers, closets and cupboards before closing them. Outfit with collar and ID tag and microchip, in case your indoor cat gets outdoors. Check house plants for toxicity. Aloe, philodendron and Easter lilies are especially bad for cats.



Set a feeding schedule

Portion nutritionally balanced food at regular feeding times. Free feeding can lead to unhealthy weight issues.

Groom often

Although cats usually groom themselves, brush regularly to prevent matting and reduce shedding and hairballs. Supplements can provide lubrication for ease in passing hairballs. This is also a good time to check for lumps or injuries.

Keep litter boxes clean

Scoop once daily, and wash in hot, soapy water with weekly litter change. Adhere to the 1+1 rule – one litter box per cat, plus one more. Place in a quiet,

convenient spot. Cats like privacy, too!

Maintain healthy claws

Provide a scratching post and occasionally trim nails. Cat Scratch Fever is real. Scratches and bites from cats can pose health threats to humans, especially elderly and young people, and those with compromised immune systems. Immediately clean a cat scratch or bite and consult your physician.

Make time for playtime

Physical activity is healthy. Laser pointers, balls, pole toys and catnip toys stimulate activity. Provide a window perch, and when possible, play with your cat outside.

Schedule regular wellness exams

Keep up with vaccinations and dental care while adjusting nutritional needs as cats age. And pay attention to any changes in habits or behavior that may signal a health issue.

Providing a safe environment, healthy habits and loving play will make for a purr-fectly wonderful life for you and your cat.

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.

Stunning perennials attract butterflies, hummingbirds, eye of neighbors

By Mary Sattler

Every year it is happening again: Spring arrives, and your yard erupts into color with flowers and bright green

and blue foliage dazzling the eye with heavenly beauty. Then a shift happens: Summer shows up, the heat kicks and brings forth dullness, characterized by

few flowers and matte-colored, green leaves. If you feel jealous of your neighbor's yard showing off with the color you want, now is the time to act. Most garden centers understand your feelings and will do their best to help you turn your envy into positive, perennial change.

When thinking of summer blooming shrubs, roses come to mind. Flower Carpet roses have set a huge standard since they were developed more than 20 years ago. They bloom three to four times in amazing flashes of color. Red is the most common, but pink, coral and white are also very popular. Alternatively, Drift Roses are lower growing, have smaller flowers and fit smaller areas that Carpet Roses tend to overtake.

New summer additions in the last five years are the "Miss" series in the Butterfly Bush group. They are compact growers with beautiful spikes of ruby, violet, and pink that adorn the tops of these 4- to 5-foot tall shrubs. Another group of Butterfly Bush is the "Pugster" series; these are very dense shrubs, only getting 2 by 3 feet with large leaves and flowers. They are truly impressive additions for they attract butterflies, hummingbirds, and the eye of the neighbors. Also, they are low maintenance, require low water, and resist deer, rabbits, and most insects. They do best in full sun areas that don't stay wet.

One of the shrubs many new residents of Nevada from California miss is the Crape Myrtle. Several varieties bring their vibrant colors to adorn any yard. These hardy, dwarf



With colorful flowers and pointy green and sometimes variegated leaves, Dwarf Butterfly Bushes add texture and interest to the front of flowerbeds.

shrubs grow three to five feet tall and wide. Crape Myrtle love the heat and drier sites rather than wetter ones. The flowers are red, cherry pink, and violet on glossy foliage that ranges from bright forest green to a reddish purple. Crape Myrtles attract birds and butterflies and have few pests to hamper their growth.

For shrubs with colored foliage, look at the Ninebark family, the Barberry family, the Shrub Dogwood family, and the Elderberry family. Not only do we get amazing, colored foliage, but an added benefit in the flowers. Armed with this knowledge, you can leave bland, boring summer yards behind and make yours pop with color and interest. Delight in summer's beauty with pleasant evenings and bright, beautiful mornings.

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.greenhousegardencenter.com, by calling (775) 882-8600 or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City.

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Summer calls for chilled, white wine



By Debby Bullentini

There is more to white wine than chardonnay. In the past few years several white wines seem to be gaining popularity in style, structure, and taste. These wines in the past have been thought of as sweet wine. Sure, there is a sweetness to Gewurztraminer, Riesling, Moscato, and Moscato d'Asti, but they are also being made in an off dry and dry style giving pleasure to a variety of palates. People have sung the praises of sweet whites and suggested that, in their past, the wines may have been the target of some serious nose turning wine snobs, today they are making a resurgence and gaining respect.

Gewurztraminer is an aromatic white wine grape variety, grown best in cooler climates. It has high natural sugar and the wines usually range in sweetness from very sweet to dry. Its bouquet commonly consists of lychee, grapefruit, and spice, but also

highly perfumed aromas of rose petals, passion fruit, and floral notes. It is not common to notice some fine bubbles on the inside of a glass. The sweetness of Gewurztraminer is a perfect match for Moroccan, Indian, and Asian food, balancing the exotic spiciness. It also pairs very well with ripe cheeses as well as fatty dishes like pork, goose, wild game, and especially smoked salmon.

Riesling, another wine varietal on the rise, is a white, aromatic grape displaying flowery, almost perfumed, aromas as well as high acidity. It is used to make dry, semi-sweet, sweet and sparkling white wines. Riesling wines are usually varietally pure and are seldom oaked. It is usually included in the "top three" white wine varieties together with Chardonnay and Sauvignon Blanc. Great food pairings for this tasty wine include spicy appetizers, ham, fruit sauces, chicken, light fish and pork dishes.

Moscato wines, made from the

Muscat grape, tend to be a bit on the sweet side. Moscato is usually preferred by beginners and people who don't drink a lot of wine, however, that doesn't mean the wine drinkers who have already developed a sophisticated appreciation for wine can't enjoy sweet or semi-sweet wines. Moscato wines tend to be a perfect summer wine. It is crisp, fruit-like taste and comparatively low alcohol content make Moscato a fine afternoon light lunch companion, to pair it with fresh berries, fruit tarts, biscotti, and other light appetizers. The Muscat grape is also used in making sparkling wines such as Moscato D'Asti from Italy.

Moscato D'Asti is a sparkling white wine produced mainly in northwestern Italy. It is a sweet wine, low in alcohol.

Its fleshiness, elegant floral aromas, and delicate flavors of peach and apricot characterize it. It is generally fuller and more complex, with beautiful finesse. This wine is usually partnered with dessert, particularly the classic panetonne, fruit tarts, or with dry pastries made with almonds and hazelnuts. It can also be enjoyed as an aperitif.

When looking for a white wine to serve at your next dinner party, or one to enjoy while relaxing on a beautiful spring afternoon on the patio at The Lodge, don't hesitate to try the other white wine.

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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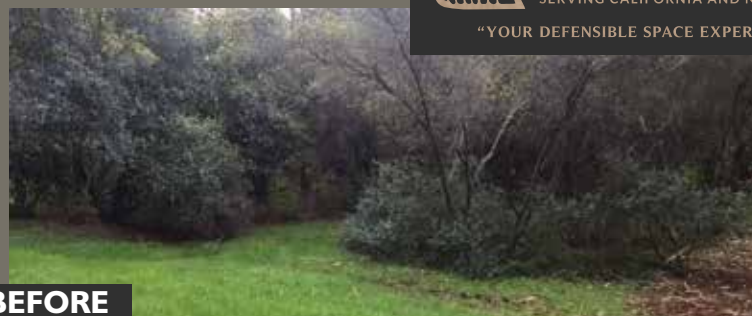
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Travel stories last a lifetime

By Jill Savery

I wanted to find out a bit about the ski trips with local organizer MacLean Adventures. I was referred to Tracy Murphy who had been on several trips. The other day, I had the opportunity to sit down with her to learn about her experiences.

How about a bit of background Tracy - how did you become involved and where have you been?

My husband, Jim, and I met Hawley MacLean about 11-12 years ago when we went on a trip to Mexico with a group of four couples. Hawley found out I was a skier and suggested I give the next trip to cat ski in Canada a try. It was a fantastic time. I happen to love skiing although Murph, my husband, doesn't ski anymore. We now go on a trip prior to the ski trip that links up with the ski group. He returns home then I get to go ski. We've been to Canada, Switzerland, Austria, Japan, Italy, and in March this year we are going to France. Our sons love to snowboard as well and have been on some of the trips.

How was the trip to Austria? Where did you go and who goes along on these trips?

We went to Prague first for a week of sightseeing - it is a beautiful city and region of the world. Then



Jill, Tracy, and Will MacLean enjoy a carriage ride in Vienna with friend Dawn Potter (2nd from left) before heading into the Tyrolean Alps for a skiing vacation.

we took a train to Vienna and met up with the people on the ski trip. Some have been going on MacLean trips for years and we now have friends from the East Coast that we look forward to getting together with each year. The trips are first class - all details are arranged, terrific meals, events, transportation - it's a real treat to go on these adventures.

Austria was special, Dawn Potter, my ski mate and friend since seventh grade, went as did my brother Lynn, his wife Debi and their daughter Krystal. After

tasting and rating every strudel we could find in Vienna, we took the train to Salzburg and then up into the Tyrolean Alps to St. Anton where we stayed at the incredible Mooser Hotel - a lodge perched on the edge of the slopes. From here, ski guides take you for the day across the mountains, into small villages for spectacular lunches and eventually back to the well-deserved spa at the hotel.

Do you have a fun story from any of the trips to share?

In Switzerland, we took a train up the mountain to go "sledding down the mountain" on a sled. A few shots of medicinal Jägermeister and we fearlessly hopped on these little sleds lying back - steering with our feet - arms out to the side to balance - hell-bent for leather down the hill. I managed to fall off-holding onto the sled, ripping down the sheer ice. My brother jumped to my rescue only to shred down the ice after me. Sure, it was going to be a disaster. But miraculously neither of us had a scratch at the bottom, only lots of laughs and stories for a lifetime.

Jill Savery is a co-owners of MacLean Adventures. Only three spots are left for Italy, Switzerland is sold out. To reserve your place, visit www.macleandventures.com or call (775) 683-9115.

Solo travel: broadening horizons

By Nina Bohlmann

The nervousness surrounding my trip to India came in waves. At times I felt confident in my lack of a concrete plan and the flexibility that it brought. At others, comments about dangers of travelling solo as a 21-year-old woman started to worry me. Headlines about kidnappings, travel accounts about

assaults and muggings, the fact that I don't speak a word of Hindi, the fear of the unknown that whispered in the back of my mind in the weeks leading up to my flight, all tempted me to enter the downward spiral of internet searches and worst-case scenarios.

But each time I took a breath and consciously chose to focus on positive

stories I had heard, my excitement for this new adventure grew exponentially: 6 weeks in India by myself culminating in a 4-week yoga teacher training in Goa, South India. Colors, smells, tastes and sounds that I had never seen before awaited. I anticipated experiences that held the potential to change the way I see the world and broaden my horizons.

This breath and a conscious optimism would carry me through the entire trip and, in short, it was so much more than I expected.

By staying in hostels and striking up conversations with people in the common areas, I met visitors from all over the world. Not only did this result

continued on page 21

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Whether on a bumpy camel ride in Pushkar, an early morning visit to the Taj Mahal with a newly made friend from South Africa, or in Agra Fort, Nina Bohlmann learned to appreciate new vantage points while travelling solo in India.

pediatric dentist *continued from page 11*

always recommend brushing and flossing twice a day. However, if your child snacks often, then I recommend more flossing and brushing. The longer carbohydrates sit on teeth, the higher the chance a cavity could start. We will assess how effective your child's oral hygiene is at each cleaning appointment.

Although we are a pediatric dental practice, we will still see your young adult for a few more years. We use this time to make sure they understand how diet can negatively affect their teeth. We also assess how well they are flossing and brushing. Since most of our patients have had protective dental sealants, we also make sure these sealants are intact and still protect their teeth.

We employ licensed dental hygienists for your

young adult's checkup and cleaning appointments to make sure everyone is doing an adequate job of keeping their teeth clean and healthy.

During the school year, we can see young adults when they come home during school vacations. Just call us to make an appointment. We love catching up with your child and watching them grow up.

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

measles *continued from page 15*

1) If you born before 1957, you likely don't need the MMR vaccine. Prior to the vaccine, which came out in 1963 there, is a 97-98% chance you were exposed to the virus (because it is so contagious) and likely have antibodies to fight off the virus.

2) If you were born after 1989, and your parents followed the immunization guidelines, you have likely gotten two vaccines and should have immunity against the virus.

3) If you were born between 1957 and 1989, the answer gets a bit murkier. You probably got one dose of the vaccine, which is about 93% effective. Interestingly, people born between 1967 and 1976 may be less immune than other people in that age group. In this age group, we will talk to people about their risks and will review the vaccine records, although they are often difficult to track down.

If there are questions, talk to you physician or provider. One solution is to do a blood test to see if you are immune to the measles virus. A second simpler solution is to just get another MMR vaccine. The vaccine is very safe and getting another vaccine helps to boost your immunity. We have been recommending the MMR booster for people traveling to areas of the world where measles is still prevalent (like the Philippines, Israel or sadly now Brooklyn).

With proper immunizations, measles is a preventable disease.

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.

traveling solo *continued from page 20*

in fascinating conversations, but I also got tips on where to go and where to stay. The best part was meeting Emma Green from Cape Town, South Africa who was travelling the same route. It was such a blessing to meet someone to share experiences with from cliché camel rides through the dessert and early morning pictures in front of the Taj Mahal to being invited to weddings by strangers and taking the long way to destinations to get off the beaten path.

Beyond the sights I saw, I also realized that my stereotypes about India were wrong. Levels of development and wealth vary incredibly, but many cities boast a bus and metro infrastructure that is easier and cleaner than that of many American cities. I ate the most amazing food, while probably increasing my spiciness tolerance by 50%. I learned how to find inner peace amidst levels of chaos I had never seen before. While traveling solo, I never felt alone; I was surrounded by a community of open, likeminded travelers. And I felt incredible joy speaking with friends I made in the smaller towns, learning about life in

cultures different from my own.

But I also felt deep sadness in the disparity between the main road of shanty towns catering to the white tourist, and the road next to it, where people slept on the floor in make-shift tents. I also learned what it feels like to be the only white person in a bus, and what it means to become conscious of my own race. I caught myself bartering with merchants over the equivalent of a dollar, which they needed so much more than I did, and I started to question my own capitalist mindset.

Travel is not only about seeing the sights – it is about the changes within ourselves through these new experiences. Getting out of the daily grind reminds me to see the world with eyes of curiosity, to question everything and to be open to different perspectives. Now, back in my normal life, I try to apply these things I've learned and to fearlessly face my future as a mindful global citizen.

Nina Bohlmann grew up in Reno, NV and is currently studying Political Science at the Free University of Berlin in Germany. To see more of her work or to get in touch, visit her website at ninabohlmann.com



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Is your child's mind a mystery to you?



Kathryn Kelly

By Kathryn Kelly

Does your child not do as well in school as you think he should, or do you worry that she may have some undiagnosed learning difficulty? Is he not working to his potential, or has problems paying attention? Does she struggle with executive functions,

such as keeping organized and prioritizing tasks appropriately?

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We have used Mindprint with great success at I•School for several years. Because every student is a blank slate to us, Mindprint helps us identify student strengths and weaknesses to personalize academic content and delivery from day one. If we know how the child learns best, we can choose the right tools to help her succeed. Adapting how content is delivered to how the student most readily learns – instead of asking students to adapt to one-size-fits-all education – leads to a much happier learning experience for the student, and thus better subject mastery.

Students age 8-21 take the assessment in front of a computer, with a headset and mouse. There is nothing to study or prepare for; it's more like playing video games with different challenges. Results are processed by the University of Pennsylvania and emailed to parents within hours.

The Mindprint report shows how each student's set of skills is as unique as a fingerprint, and – most

importantly – leads you to a Toolbox of personal recommendations of strategies, apps, board games, and other resources unique to that student's needs and abilities. It will even tell you whether the ACT or the SAT is better suited for your student, and why.

Mindprint President Nancy Weinstein, a graduate of University of Pennsylvania, Harvard, and Wharton, combined her science and business acumen to create Mindprint when she could not get answers to questions about her own children.

Read more at www.mindprintlearning.com, and take special note of the "Free Resources" tab at the bottom where Weinstein offers a carefully curated and extensive list of articles on all these subjects, and more. You will leave with lots of ideas and strategies on how to help your child excel.

Kathryn E Kelly, DrPH MEd, is Executive Director of not-for-profit I•School in Incline Village, which leverages advances in learning science and technology to improve academic success. She may be reached at kkelly@ischools.us.

10 ways to keep math skills sharp

Submitted to the Galena Times

While summer is the time for fun in the sun, it's also when your child's math knowledge is in danger of slipping away. On average, students lose about 2.6 months of learning in math over the summer. The good news is, there are ways to combat what educators call, "the summer slide."

According to researchers, summer learning loss can have long-lasting effects, including lower test scores, lower self-confidence, and lower chance of high school and college success. Math teachers spend three to six weeks at the beginning of the school year reteaching math skills taught the previous spring. Fortunately, two months of subject-focused learning is all it takes to improve specific learning skills.

The summer months are the ideal time to reinforce last year's learning and introduce new concepts that will help in the year ahead. Children have more time, are less tired, and are better able to focus when they don't have the burden of classes, homework and extracurricular activities. Choose whichever activities you and your child will enjoy most, and have fun making memories that you both will cherish.

Here are some fun ways students can keep their math skills sharp and be prepared for the year ahead:

1. Bring math into the kitchen.

So much of cooking involves math. Following a recipe uses concepts like sequencing and counting. Baking requires precise measuring, and scaling a recipe requires multiplication or division. Start with something simple, like a smoothie recipe. Once your child is comfortable following a recipe, ask them to double it, which requires thinking proportionally.

2. Play math-based games.

Any board or card games that use money, keep score, or require strategy,

such as Monopoly®, blackjack, Scrabble®, chess, and Blokus®, are math-based games. There are also plenty of fun games to play when you're traveling. Playing games can improve your child's numerical fluency, logic and probability skills. It's also a great way to spend time together!

3. Go shopping.

Ask your child to find the discounts, compare prices and calculate multiple items. Bring coupons and ask them to compute the savings. Visit a farmer's market for a fun, healthy, math-focused activity. Give your child some cash to spend and let them find out what they can buy with it.

4. Listen to music.

Music is inherently mathematical. The familiar patterns in your favorite songs follow a mathematical structure. Find out if your community has free summer concerts in the park. See what summer music activities are offered to children in your area. Listen to music together at home. Clap to the beat. Talk about the repeated patterns. Get up and dance!

5. Take a field trip to a science center or museum.

When the day is wide-open, go to the museum! A trip to the nearby science center or museum is a fun, math-focused experience you and your child can enjoy together. Learn about inventions and innovators, engage in interactive exhibits and hands-on activities, and stimulate your brain to think mathematically. It's the perfect place for your child to imagine a future in science.

6. Watch sports and do the math.

Incorporate math when you're watching sports together. Encourage your child to keep statistics on their favorite baseball team or player. Keep track of how much time passes between goals when you're watching a soccer

game. Compare football players based on touchdowns, yardage and tackles made. If your child plays basketball in the backyard or at a nearby court, they can take measurements and compare them to an official-sized court.

7. Read math-based books.

Having the extra time to read is one of the joys of summer. When math is an integral part of the story, your child gets the added benefit of thinking mathematically at the same time. Some titles to look for are "Secrets, Lies and Algebra" by Wendy Lichtman, "The Phantom Tollbooth" by Norton Juster, and "The Number Devil" by Hans Magnus Enzensberger. We have dozens more recommended books for all ages.

8. Start a business.

Summer is the best time to earn some extra spending money. Encourage your child to start a business doing yardwork, babysitting, or walking dogs in the neighborhood. It's a great way to learn about accounting, calculating expenses and managing profits.

9. DIY, together!

When your child is involved with a home-improvement project, they are doing math as part of the process.

Depending on the task, they will be working with numbers, spatial thinking, measurements, angles, calculating area and problem-solving. It's a wonderful way to accomplish a goal as a team!

10. Find the right summer math learning program.

Summer presents valuable chances for kids to dig deep and explore concepts not necessarily covered in school, while learning at their own pace. Find a summer math program that specializes in creative, effective ways to teach math and works with your family's summer schedule. Mathnasium offers Summer Workout Plans that focus on fractions, multiplication, algebra readiness and more. We have fun and prepare kids to succeed in the coming school year.

Summer math learning programs aren't just for kids who are struggling; they're for anyone who wants to catch up, keep up or soar ahead. Parents who enroll their children in summer learning are not only taking steps to avoid the summer slide, they're helping their child start the new year strong, so they can keep moving forward. This summer could be the season your child discovers how fun learning math can be!



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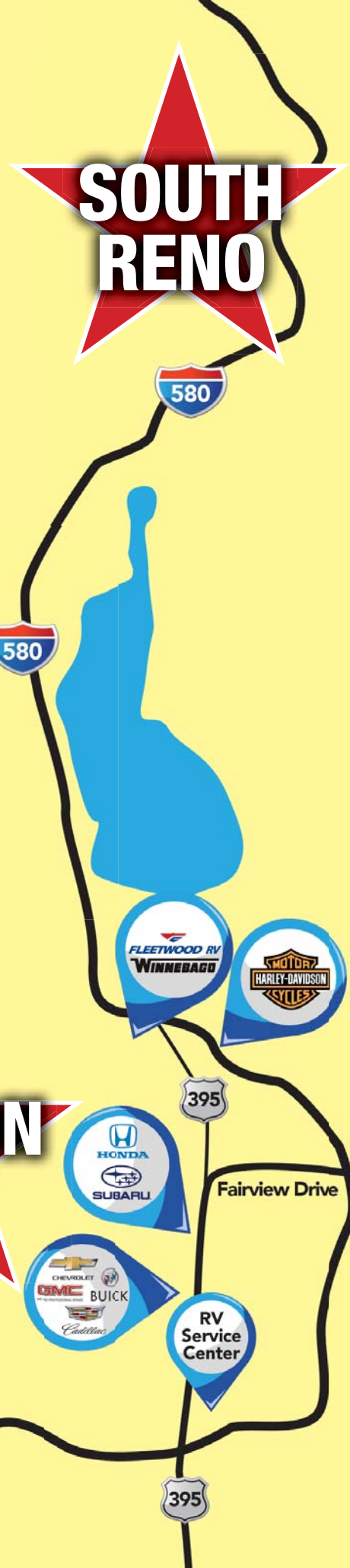
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