

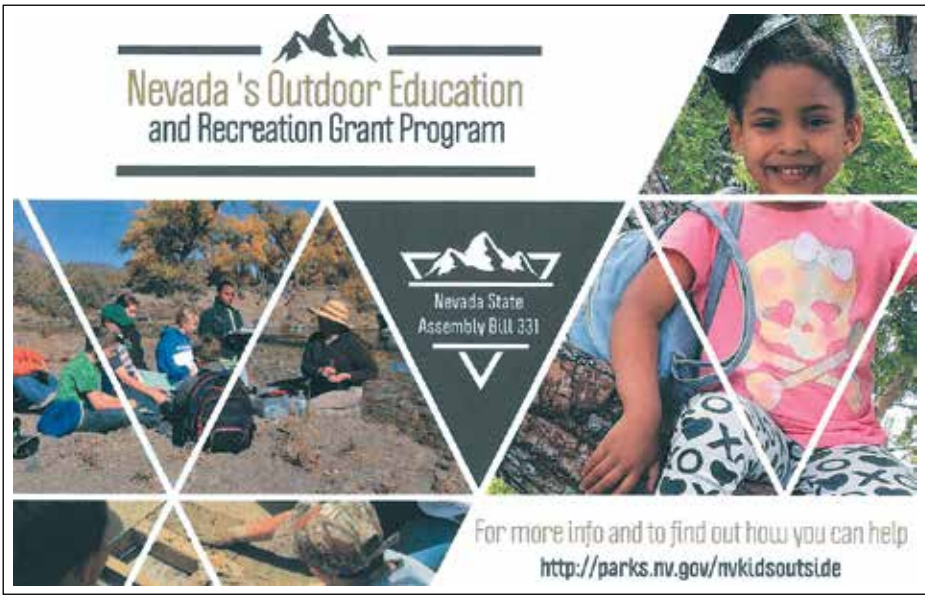


State Park outdoor education programs aim to leave no child inside, need funding

By Janice Keillor

As someone who grew up playing outside in the 70s and 80s, I have seen an enormous decline in outdoor recreation amongst kids. With an increase in digital lifestyles, this generation spends only 13 percent of life outdoors, according to the Environmental Protection Agency. I am heartened by the fact that there is an effort to reverse this decline. The “No Child Left Inside” movement has helped to spur the creation of outdoor education and recreation grant programs across the country to help reverse the trend of staying indoors. As a result, kids will not only improve academically, but also socially, mentally, and physically.

Nevada’s 80th Legislative Session played a very important role for proponents of outdoor recreation. Not only was a new Division of Outdoor Recreation approved, but a new Outdoor Education and Recreation Grant program was created under the Nevada Division of State Parks. As Nevada increases its efforts to expand outdoor recreation opportunities, encourages stewardship and conservation, and cultivates the outdoor economy, it is also starting to promote the benefits of outdoor recreation as a tool for public health and child



development. This new grant program will assist in that effort by providing funding to public and private entities to conduct outdoor education and recreation programs for Nevada students.

Nevada joins approximately 15 other states in the creation of this new grant program. Sponsored by Assemblyman Steve Yeager, the Outdoor Education and Recreation Grant program’s mission is to enable students to experience the natural world through exposure to the environment, agricultural and natural resources, and to ultimately improve students’ academic performance. The program will primarily focus on students who are economically

disadvantaged and at risk of failing academically, but there is potential for all Nevada students to benefit as the program expands.

Letter From the Publisher

Ski, snowshoe, ice skate, or build a snowman. We got plenty of snow, so bundle up, make snow angels or strap on cross-country skis. Spooner Lake State Park offers a system of meandering cross-country ski trails that wind through dense forest, across an open meadow and along the banks of Spooner Lake. The trail system is free to the public and made possible by a partnership between Nevada State Parks and Nevada Nordic, a non-profit group based in the Tahoe Basin.

People are coming from all over the country for recreation and many never want to leave. We understand why. Welcome to all our new residents who moved to Reno in the last year for jobs and a higher quality of life. I’ve had the opportunity to work with many of them, and they always say the same thing: The people in Reno are very friendly and our casual, relaxed atmosphere is a real asset. No wonder Reno is nationally ranked as one of the best small cities to buy

Along with the new grant program, an endowment fund was created to receive contributions for the grant. Since funding has not yet been allocated for the grant, fundraising will be a crucial first step in getting the program up and running. The hope is to raise enough funds to create marketing materials and start funding outdoor education and recreation projects before the next legislative session.

Janice Keillor is Deputy Administrator of Nevada State Parks.. For more information on Nevada Division of State Parks’ Outdoor Education and Recreation Grant program, or to donate, please visit <http://parks.nv.gov/nvkidsoutside>.

As Reno continues to change right before our eyes, let’s remember our local merchants. They all need our support during the holidays. Why not shovel your driveway and go explore the many new shops all over the Truckee Meadows.

Happy holidays everybody!
Richard Keillor



Richard Keillor proudly celebrates his son Grant’s graduation from University of Nevada, Reno, wishing him a very bright future.

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Holiday happenings at the libraries

Create a holiday gift for a loved one, listen to holiday carols, and enjoy the holidays at your local library.

Destress for the Holidays

December 3, 11am, Downtown Reno Library

3D...Print a 3D Snowflake

December 4, 5pm, Northwest Reno Library

It's a Wonderful Life Movie Matinee

December 8, 11am, Downtown Reno Library

DIY Bath Bombs

December 11, 5pm, Northwest Reno Library

Gift Wrap Workshop & Holiday Movie Double Feature

December 14, 1pm, Sierra View Library

Sip & Wrap

December 17, 6pm, Incline Village Library

Holiday Gift Making Session in the Quad

December 12 & 19, 3-5.45 pm

December 14 & 21, 10am-12.45 pm

At the Quad Makerspace in the Downtown Reno Library

Northstar Chamber Players. Woodwind Quartet Concert

December 17, 4pm, Sparks Library

December 17, 6pm, Spanish Springs Library

December 18, 4pm, Downtown Reno Library

December 18, 6pm, South Valleys Library

Join a Book Group in 2020

Make it your New Year's resolution to try out one of our book groups. From non-fiction to mysteries, there is something for everyone.

Four Seasons Book Club

1pm, every 1st Saturday, Sparks Library

Afternoon Book Club

2pm, every 2nd Wednesday, Northwest Reno Library

Evening Book Club

5.00 pm, every 3rd Wednesday, Northwest Reno Library

Mystery Sleuths

5.45 pm, every 2nd Wednesday, North Valleys Library

Tuesday Book Group

1pm, every 2nd Tuesday, Spanish Springs Library

SO Very Literary

2pm, every 3rd Thursday, South Valleys Library

Mystery Book Club

1pm, every 3rd Sunday, Spanish Springs Library

Listen and Learn at Upcoming Historic Reno Preservation Society Library Lectures

The Small Shall be Strong, A History of Lake Tahoe's

Washoe Indians with Matthew S. Makley, Ph.D.

Sunday, January 5, 12.30pm, Downtown Reno Library



Harold's Club-World's Largest Casino with Neal Cobb, Reno Historian

Wednesday, January 15, 5.30pm, Northwest Reno Library

The Westside Slugger. Joe Neal's Lifelong Fight for Social Justice with John L. Smith

Sunday, February 2, 12.30pm, Downtown Reno Library



Wilbur D. May with Samantha Szesciorka, May Museum Assistant Curator

Wednesday, February 19, 5.30pm, Northwest Reno Library

Black History Month

Along with book displays at library branches, here are a few events of interest during the month of February.

Movie Matinees Celebrating Black History Month

Saturdays in February at 12 pm, South Valleys Library

Black History Month Documentary Double Feature. Good Hair and I Am Ali

Saturday, February 1 at 12.30pm, Sierra View Library

The Westside Slugger. Joe Neal's Lifelong Fight for Social Justice with John L. Smith

Sunday, February 2, 12.30pm, Downtown Reno Library

Coming to Get Our Check. Civil Rights and Social Justice Struggles in the 1960's and Beyond with Professor Greta De Jong, UNR

Thursday, February 6 at 6pm, Sparks Library

Reparations Discussion with Dr. Greta De Jong, UNR

Saturday, February 22 at 2pm, Northwest Reno Library

Please visit the Washoe County Library's Calendar of Events for full event descriptions <https://events.washoecountylibrary.us>



Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

Advertising Manager: Richard Keillor: Richard.Keillor@cbselectre.com

Contributors:

Tom Burkhardt, Lori and Rob Burks, Howard Chen, Max Coppes, Lee Gibson,

Janice Keillor, Kathryn Kelly, Liesa Leggett Garcia, Hawley MacLean,

Margo Mee, Andy Pasternak, Kathrine Peake, Brian Romaneschi, David Ruf,

Maren Schmidt, Matt Schmidt, Andrea Taverner, Kerstin Tracy,

Gilbert Trujillo, Morgan Vitti, Steve Yingling

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

The Galena Times is distributed for free, quarterly. Approximately 9000 are direct mailed and 1000 are distributed to select business locations.

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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Give the Gift of Reading to raise school readiness

By Andrea Tavener

The days are getting shorter as we all get ready for the chilly winter months ahead. Whether it's holiday presents or end-of-year charitable donations, giving is on everyone's mind this season. Across Washoe County Library System, giving is part of our daily lives, and the gift we share year-round is the gift of reading.

Reading to children from an early age helps close the vocabulary gap and prepares children to enter kindergarten with needed skills. In fact, research shows that the most reliable predictor of school success is being read to during early childhood. Even better, sharing books with children promotes a lifelong love of books and reading.

Washoe County Library System's

primary strategic objective is focused on growing young readers. Two of the most powerful tools a child needs to grow successfully into adulthood are learning to read and write proficiently. Children who enter kindergarten with poor early literacy skills tend to be poor readers in first grade and even into high school. Understanding this important issue as a community partner, WCLS helped create the Northern Nevada Reading Coalition.

Partnering with the United Way of Northern Nevada and the Sierra and more than 25 other committed organizations, governmental entities and businesses, NNRC's primary goal is focus on early childhood education from birth to five years to ensure that young children have a sound foundation

when entering kindergarten. This major undertaking required the collaboration and guidance of all involved. NNRC adopted a singular, community-wide reading program offered by WCLS.

The Coalition has galvanized community leaders in prioritizing early childhood literacy as a key strategy to meet the needs of Nevada's future workforce and put their commitment into action through advocacy and fundraising. It has inventoried early literacy programs in Washoe County and created an environment of cooperation and information sharing among a wide number of groups.

For most families, the library plays an important role by providing access to books that would be difficult to purchase individually. You can help the library meet this need by contributing to this year's Give the Gift of Reading campaign through the Friends of Washoe County Library, that began in November.

Give the Gift of Reading is an annual fundraising initiative during which we hope to raise \$20,000 – enough to purchase 1,000 new children's books in support of the United Way of Northern Nevada and the Sierra Kindergarten. A commitment to sponsor at least one book with a \$20 donation will help give children in our community an early start on reading and learning.

Serving as a vital center for the free exchange of ideas and information, your local library is more important than ever.



Washoe County Library is fundraising to support its children literacy initiative. A \$20 donation will help give children in our community an early start on reading and learning.

Year-round, you can help Give the Gift of Reading by becoming a member of the Friends of Washoe County Library. Founded in 1980, FWCL raises money and advocates in the community to ensure a first-class public library for Washoe County residents.

See you at the library!

Andrea Tavener is the Public Information and Development Officer for the Washoe County Library System. For more information regarding the Give the Gift of Reading campaign or the Friends of Washoe County Library, please contact her at atavener@washoecounty.us or (775) 327-8360.



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RTC study addresses growing South Meadows area



By Lee Gibson

The Regional Transportation Commission of Washoe County is studying the growing South Meadows area to identify potential improvements to ease traffic congestion and make travel safer for everyone, including pedestrians, bicyclists, drivers and transit users.

The study area includes the general south Reno area surrounding South Meadows Parkway, including parts of Double R Boulevard, Foothill Road, South Virginia Street, Double Diamond Parkway, Steamboat Parkway, Veterans Parkway, Rio Wrangler Parkway, Damonte Ranch Parkway, Arrowhead Road, Wedge Parkway, Toll Road and Geiger Grade.

The study considers different factors, including analyzing traffic patterns and transit use, land-use data and zoning information and evaluating pedestrian and bicycle movements. The RTC is also considering crashes that have happened in the area in an effort to improve safety for everyone. Making our community roadways safer for pedestrians makes them safer for all road users.

Future improvements could include reducing traffic congestion, enhancing multimodal travel options, and school-zone safety improvements. The study will look at both, long- and short-term improvements, including traffic signal upgrades, travel lane configurations, intersection improvements, potential needs for transit service, park and ride lots, sidewalks, bike lanes, multi-use pathways and streetscape improvements. Planners are analyzing current and future traffic volumes, and taking into consideration current and planned housing and retail developments.

The RTC has held two community meetings to gather information, comments and suggestions from



(Photos: L. Gibson)

Easing traffic congestion, improving safety, and enhancing travel options are among the goals of the Regional Transportation Commission of Washoe County's South Meadows traffic study. Results will help craft the 2050 Regional Transportation Plan.

area residents. An initial RTC South Meadows traffic study survey received 2,929 comments from 1,069 participants.

The study results will help identify and prioritize improvements through public input in this growing area of our community. Preliminary results of the study are available at rtcwashoe.com, and the final study will be available in early 2020.

Studies, like this one, will help the RTC and its regional partners to develop the 2050 Regional Transportation Plan. The RTP is the region's 20-year, long-range plan that guides regional transportation improvements in Washoe County through 2050. The overarching vision contained in this plan focuses on transportation as a catalyst for developing economic opportunities that sustain our valued quality of life. Community input is essential in developing the RTP to create as thorough a plan as possible.

The plan defines the long-range policies and priorities for the community's future transportation

system and serves as the blueprint to maintain our public transit network and improve our roadways, improving accessibility to all regardless of age or ability.

Lee Gibson is the Executive Director of the Regional Transportation Commission of Washoe County. For more information, visit rtcwashoe.com.

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Tune into neighborhood with coffee, wine, music

By Tom Burkhardt

For many, today's good mood is sponsored by coffee or a glass of wine. At The Lodge, we just added music to the mix. On Wednesday nights, you can chill with tunes by local legends like Milton Merlos, Frog and Toad or Jack Di Carlo.

This addition to our mountainside, community-hub atmosphere comes in response to customer requests. After filing an application with the Washoe County Planning department, The Lodge received the license to have music indoors. Wednesdays are perfect evenings for a midweek mood boost. TN Keys and Jason King Roxas might return for a visit, so put it on your schedule and get to know your neighbors and support local musicians.

Another addition to The Lodge's menu is the arrival of authentic Italian pizza. Without a kitchen, food choices had been limited by lack of space. But we aim to please and since our number one request was for pizza, we began searching for a solution. We successfully negotiated with Donna Italia for the right to serve personal 9" pizzas using an oven heated at 630 degrees which allows for to bake two 9" pizzas in less than three minutes. Made from ingredients directly sourced in Italy, discover how authentic all-natural Donna Italia pizzas pair with our extensive wine selection.

Of course, The Lodge is an inviting place for friends to get together and enjoy a smoothie or a glass of wine over conversation at all hours of the day,



(Photos: D. Bullentini)

Live music on Wednesday nights and delicious Italian pizza are among the new offerings at The Lodge Coffee + Wine bar. The cozy neighborhood spot along the Mt. Rose Highway is destined to become a community magnet.

every day of the week. But on Mondays, we stay closed to the public so we can offer up our space to private parties day or night. It's a perfect venue to gather for birthdays, company parties or to celebrate a special occasion.

We are looking forward to meeting each of our neighbors and serving your needs in an upbeat, happy atmosphere. If you have heard about us but have not stopped in to try our offerings, don't wait. Your next trip up the Mount Rose Highway could get a few tunes happier.

Tom Burkhardt owns Burkhardt Management Group, LLC and the building known as The Lodge. The Lodge Coffee+Wine Bar is located in the Galena Forest, at the base of Mt. Rose Hwy (where two lanes become one).

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Veterans Outreach program transforms lives



Katharine Peake

By Katharine Peake

Cozy winter coats and spacious duffel bags found a new purpose at the annual Veterans Stand Down held in September. Spearheaded by its Veterans

Outreach program, Assistance League® of Reno-Sparks volunteers, manned two distribution booths at the event benefitting veterans. 242 homeless or at-risk veterans attended, most arriving with plastic bags and leaving with full duffel bags.

Assistance League, and other community partners, started months before the Stand Down event by collecting over 700 warm winter coats and jackets for men, women and children. Also amassed were 263 pieces of rolling luggage/duffel bags and 129 hand knitted hats.

More than 50 Assistance League volunteers, helped at the event itself and accomplishing all the preparatory work necessary. Other Assistance League members, working in the Thrift Shop's backroom, identified and collected the coats from donation bags and many other members donated weather-appropriate clothing.

Assistance League wishes to thank Regency Veterans Association and Regency Single Ladies who donated



Assistance League of Reno-Sparks volunteers help distribute rolling duffel bags and winter coats to almost 250 homeless or at-risk veterans during the annual Stand Down event.

\$3,184 that Assistance League used to purchase new rolling duffel bags. They also helped sort, package and transport coats to the Stand Down. Other groups played crucial roles in making this event successful.

At the request of one of our Veterans Outreach committee members, Sparks United Methodist Church donated a room for storage, beginning in June, and provided their social hall space for volunteers to sort and package donations. Vietnam Veterans of America served breakfast and lunch at the Stand Down. U-Haul At Oddie Blvd. donated a truck for transportation of coats and luggage to the event.

Veteran recipients appreciated the efforts.

"Happiness is so very contagious when you receive numerous hugs from



(Photos: K. Peake)

thrilled recipients of warm, wonderful coats," said one of the volunteers.

In addition to participating in and donating to the annual Stand Down event, the Veterans Outreach Committee supports the Veterans Administration Homeless Veterans Project by donating, all year long, new underwear, gloves, healthy snacks and approximately 50 bus passes each month, providing recipients transportation to receive medical care.

Each winter, the Assistance League members sponsor a Veterans Angel Tree to gather gifts for Women and

Homebound veterans, to be delivered to women veterans hospitalized at the VA Hospital and Homebound veterans without family in the area. These Assistance League Chapters and Charmanta Auxiliary members personify our mission statement: "Transforming the lives of children and adults through community programs."

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.

Let it snow!



Liesa Leggett Garcia

By Liesa Leggett Garcia

It's so wonderful to live in the Reno-Tahoe area and to be able to enjoy the beauty of all the seasons. Winter officially begins on December 21st,

the Winter Solstice, but even before that, we get to experience the beauty of the snow.

It's always special to wake up in the morning to freshly fallen snow in the yard and across the landscape. But there's something magical about actually watching it snow. The beauty. The peace and stillness. And the snow also shows us about the infinite potential of nature.

I once read a story about Dave Brubeck, who was a famous composer and jazz musician; he died in 2012 but his work continues to be celebrated around the world. He was the master of creativity—his musical talent seemed unlimited. Until it wasn't. He would later tell of a time in his life when he was not at all creative, when the ideas just stopped coming. He lamented that there were no more ideas, no new songs to be written. Everything had been done. As a result, he went into a deep depression, feeling that his life's work was over.

Then one winter's day, everything changed. He was looking out the front window of his house and quietly watching the snow fall. Perhaps he was



contemplating the infinite quality of the patterns of nature, remembering that no two snowflakes are alike. Whatever it was, that day, something opened up in him. He realized that if this were true for snow and for nature, it had to be true for him, as well. He began to create, compose and produce again.

I especially like to draw on this story when I'm feeling the way Dave Brubeck did, before his snow epiphany. Even in the cold of winter, whether we're alone or with others, young or old, educated or not, we have the ability to access the infinite reservoir of ideas, always available to us. Maybe our business needs a boost, something new and fresh. Maybe we're discouraged by a health issue that doesn't get resolved. A relationship might feel stuck. We don't have to give up, bemoaning our helplessness and hopelessness.

Instead, the next time the snow starts to fall, pull up a chair near the window and allow yourself to contemplate its quiet, peaceful beauty and the creative potential that's all around us.

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

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Don't overlook primary care (even when healthy)

Submitted by Carson Tahoe Health

The times of traditional healthcare are over. Younger generations, an increasing use of technology, and a fast-paced lifestyle are just several pieces to the new and complicated healthcare puzzle.

In a recent survey through the Kaiser Family Foundation, 26 percent of adults said they didn't have a family care provider. Of those, nearly half, namely 45 percent, were 18 to 29-year-olds.

It's no secret that millennials do not access care in the same way their predecessors did. The old way was simple – a family shared one primary care physician – this was your family doctor.

Now – people establishing care:

- want care fast
- have a plethora of research at their fingertips, they're not seeking out doctors as their first touch-point for reliable health information
- are cognizant of out-of-pocket costs
- and they are in-tune with what their peers say in word-of-mouth or online reviews.

Because of this multidimensional healthcare world,

one where people have many choices and often seek speed, convenience, and transparency, it is not uncommon that those same people back out of the healthcare sphere altogether and simply never establish a relationship with a PCP, until they absolutely need to. Even then, many younger people seek telehealth platforms online, urgent care clinics, or emergency rooms when they're in need. We have all heard valid but unexpected reasons to have a primary care doctor:

- "I got a doctor because my parents told me to."
- "I got a doctor because I finally had health insurance and I figured that was the next step."

The list goes on, but shouldn't everyone's reason be, "I got a doctor because I wanted to take charge of my health"?

The reality is that people who regularly visit their PCP statistically live longer, healthier lives.

"A primary care provider's job is to tailor care for you," said Dr. Matthew Gordon, MD with Carson Tahoe Medical Group, Reno. "The benefit of primary care is that you develop a thoughtful and meaningful relationship with your provider. They can help mitigate,

manage, and even discover health problems so you can improve your quality of life."

Not only can seeing a doctor regularly help with prevention based on age and various risk factors, but establishing a relationship with a PCP can also enable a person to catch potential health issues before they surface. Seeing a doctor regularly allows the PCP to become more aware of a patient's overall health, and nuanced history, so they can recommend tests to determine a patient's risk of developing certain diseases, such as diabetes, high blood-pressure, heart disease, and cancer. This, combined with authenticity, technology, and compassion help create a more modern healthcare experience.

Additionally, choosing a PCP allows in certain instances greater access to a healthcare system. For instance, if you visit your PCP under Carson Tahoe Medical Group, you're now referred to other specialists under the Carson Tahoe Health umbrella. This pathway ensures seamless care.

If you are looking for a primary care provider, please visit CarsonTahoe.com/Directory for more information.

Real, scary facts of vaping

Submitted by Carson Tahoe Health

The use of e-cigarettes, or vaping, has recently swept across the nation in what the FDA is calling an epidemic, with several deaths and hundreds of possible cases of severe lung injury being attributed to this new fad. And, despite the warnings, these devices have become extremely popular, especially among teens. In the last five years, the use of e-cigarettes has grown dramatically, sparking a national concern. Physicians, parents, and the Trump Administration are just a few of the many groups now sounding the alarm on vaping.

What are E-cigarettes?

E-cigarettes are devices that operate by heating a liquid solution to a high-enough temperature so that it produces an aerosol, which is then inhaled. Typically, the solution contains nicotine (though not always), other chemicals, or drugs such as marijuana. The devices can resemble traditional tobacco cigarettes (cig-a-likes), cigars, pipes, or even everyday items like pens or USB memory sticks. There are more than 460 different e-cigarette brands currently on the market. These include flavored varieties that taste like menthol, alcohol, fruit, chocolate, or other sweets. 9 out of

10 young adult e-cigarette users choose the flavored vaping alternatives.

What are the effects?

Although the long-term effects of e-cigarettes are unknown at this time, studies are showing significant health risks to users, especially to adolescents. Kenny Larsen, is a physician assistant at Carson Tahoe Health who specializes in Pulmonology. "Lung growth and function plateaus between ages 20-25," he says. "After this time, the lungs stop growing, meaning they are designed to last us the rest of our lives."

continued on page 11



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Let gratitude change your attitude



Kerstin Tracy

By Kerstin Tracy

We are entering the season of long nights, cozy times at the fireplace, gatherings, smells of freshly baked cookies, and other olfactory delights. It can be a time of deep gratitude for one another and all the bounty in our lives: sunshine, crisp air, the spectacularly colored leaves and golden sunshine, all followed by snow and much-needed precipitation.

The word gratitude has its origin in the Latin word *gratia*, meaning gratefulness or thankfulness and the emotions behind this word are extremely powerful.

Several research studies have shown the benefits that come from deep-felt gratitude: better relationships with self and others, better health, better sleep, increased happiness and the release of toxic emotions. Gratitude reduces aggression and increases empathy, improves self-esteem and reduces comparison to others.

But what about those who were faced with dramatic challenges in this past year? Could gratitude be an antidote to frustration, anger and despair?

A long time ago, when working at a physical therapy office, I spoke with a patient who had lost a leg in an accident. He was always in a good mood and

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings." — Proverb

I just had to ask him what it was that made him feel so happy all the time. My heart melted when I heard his words: "If it wasn't for the accident that I had, I would have not received the large sum of money that now allows me to follow my dreams and focus on music."

There it was - instead of seeing all the negative, he focused on the positive and gratitude changed his attitude. No wonder he recovered so well.

Gratitude changes the chemicals in our bodies as well as our brain waves by reducing cortisol levels and increasing dopamine and serotonin levels - the

happiness neurotransmitters. Brain waves change from loud delta waves to calmer and higher frequency beta and alpha brain waves. These brain waves then allow the limbic system to relax and anxiety to melt away. And because the left hemisphere of our brain quiets down, it allows for more access to imagination and creativity from the right brain while the need to control our environment fades.

Even our cells recover better, and gratitude can slow the aging process. Epigenetics states that gratitude has the power to change one's DNA.

Gratitude can facilitate a state of bliss. Let's have this every day. How will your gratitude inspire you? How will your gratitude change your body mind and soul?

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



Brian Romaneschi

Sleep apnea diagnosis could put brain fog to rest

By Brian Romaneschi

There's nothing like waking up feeling rested and

ready to start the day. The average adult requires about eight and a half hours of sleep per night, but a whopping 12% of the adult population suffers from daytime sleepiness. Are you

getting in eight hours but still feel exhausted? It might be time to talk to an Ear, Nose and Throat doctor. While there are more than 80 types of sleep disorders, one of the most common is obstructive sleep apnea, a potentially dangerous condition.

Adults with untreated apnea are at four times the risk of heart attack and three times the risk of stroke. Apnea patients have higher rates of high blood pressure and diabetes. Motor vehicle accidents are also more common in sleep apnea patients since they have an increased tendency to fall asleep while driving.

Symptoms of sleep apnea include loud snoring, falling asleep within five minutes of lying down, infrequent dreaming, gasping breaths, waking up frequently and waking up after a full night of sleep still tired. Poor concentration at school or work, daytime napping, inability to stay awake with quiet activities and irritability are also frequently reported. Pediatric sleep apnea may involve behavioral problems or bed-wetting.

To diagnose apnea, a thorough sleep history should be done. Having someone that has observed you sleep join the appointment is helpful. Once the history has been taken, a detailed exam looking at the anatomy of the nose, mouth and throat will help identify what may be obstructing breathing. For adults, a night of monitoring at a sleep facility is often needed.

In adults, the most common cause

of obstructive sleep apnea is excess weight and obesity. Studies have shown a weight loss of 10% results in a 26% reduction in the severity of apnea in adults. For more severe cases, the best treatment often involves the use of a pressurized mask.

In children, the removal of tonsils and adenoids is often successful in treating sleep apnea, as well as maintaining a healthy weight. The benefits of proper treatment include improvement in behavioral problems such as ADHD, depression, resolution of bed-wetting, cognitive function, improved concentration, and in some cases increased IQ.

Being well-rested has important implications for our overall health and well-being. If you have been suffering from a chronic sense of fatigue, chances are good that your doctor can help to identify the cause. Many of the causes are very treatable and can lead to restful and rejuvenating sleep.

Dr. Brian Romaneschi, MD joined Sierra Nevada Ear Nose Throat in 1996, just a year after it opened. He specializes in facial surgery and helping patients restore their confidence, as well as their physical appearance. Head and neck cancer, otoplasty, rhinoplasty, scar revision, eyelid rejuvenation, and laser resurfacing are also among his many strengths. Dr. Romaneschi was voted top ENT physician for Northern Nevada by Grand Rounds, a top-rated national organization of which he is a member. To contact Dr. Romaneschi, please call (775) 883-7666.

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Role-model cellphone use while driving



Dr. Max Coppes

By Max Coppes

Despite most of us knowing the dangers of being distracted while driving, recent data suggests that half of all parents use their cellphones while

driving with children in the car. Among our teenage children, nearly half of high school students over 16 years of age, who have a driving license, report texting or emailing while driving.

Taking into account that the number of cellphone subscribers has increased by more than 1,200% over the past 25 years, these data combined should be cause for concern. And indeed approximately 1.5 million (25% of total) car crashes in the US involve drivers who are either phoning or texting. Unfortunately, teens are at higher risk to be in a fatal crash than drivers over the age of 20. There are multiple factors that contribute to this risk, but they all come down to the fact that teens are more likely to underestimate unsafe situations.

Failure to recognize a potentially dangerous situation and confidence in their ability to do multiple things at the same time make distracted driving so much more dangerous in this age group. And the use of a cellphone, even hands-free, requires multitasking and therefore causes numerous distractions.

Hands-free phoning for example affects two main types of distraction: visual (we take our eyes off the road to see who is calling) and cognitive (we take our mind off our driving). Texting adds a third type of distraction: manual (we take our hands off the wheel). The more distractions, the greater the risks.

So how can we best support out teens in this regard? First, let's remind them that while hands-free use of cellphones may be allowed, it actually is illegal to use (talk or text) a handheld device while driving in Nevada, or California for that matter. But more importantly, let's help them do the right thing and give the example as parents.

Here are a few practical recommendations, some that should be done before even starting a car. Ensure the "do not disturb" setting is in use on your child's phone. You can best turn this feature on together with your teenager. They will probably find the setting that allows this change faster than you will and it provides an opportunity to discuss the 'why'. Ask them at the same time to help install this feature on your own cellphone. You are committed to safety for the whole family.

Then, discuss with them that despite turning this feature on, they can of course bypass the system while driving, but that you count on them to not do so. If the temptation is too big, suggest that they store their cellphone in the back of the car or even in the trunk.

Also discuss with them how important it is to complete any urgent calls or text messages before getting into the car and save the ones that can wait until arrival at destination. This also means that if you want to ensure they are safe, you will give them a call before they start driving and ask them to contact you once they have arrived. You commit to not calling them while you know they are driving.

Another recommendation is to fill in the address you are going to on your automobile navigation system or phone app before driving and encourage the teens to do that as well.

Moreover, if using a cellphone for directions, attach the phone to a

cellphone holder. Do not put a cellphone loosely on the dashboard, on somebody's lap, or keep it in your hand. Unexpected movements of such a device are guaranteed to distract the driver in more than one way. If your child's car does not have a cellphone holder, get one this week. Do not delay, you may regret postponing it.

Finally, lead by example and share with your family what steps you have taken to increase automobile and life safety.

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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Daily aspirin therapy isn't for everyone



Andrew Pasternak, MD

By Andy Pasternak

One of the most frequent questions I'm getting asked in my office is "Should I take an aspirin every day?" Since the Bayer company began selling it in 1899, aspirin is one of the most commonly used medications in the world - and even longer if you consider that people used willow

leaves and other salicylate-rich plants for thousands of years which has similar chemical compounds. For an inexpensive medication, aspirin has a lot of benefits including pain reduction, lowering fevers, improving headaches and anti-inflammatory properties.

For a number of years, the medical community has also been recommending aspirin for the primary prevention of heart attacks and strokes. Primary prevention means that we are using the medication to try and prevent the disease for people who are otherwise healthy. In 2017, about 25% of Americans reported taking a daily aspirin.

Recently, the role of aspirin in preventing heart attacks and strokes has come into question. Some large

studies have looked at the benefits of aspirin and have found that its role in preventing heart attacks and strokes may not be as large as we once thought. Patients are doing a better job of reducing their risks of heart disease by taking cholesterol lowering medications, quitting smoking, and keeping their blood pressure under control. A theory is that the benefits of those interventions on cardiovascular health overshadow any benefit a person would get from aspirin.

Physiologically, aspirin works in a few ways. One main thing it does is making your platelets less sticky which "thins out" your blood. While aspirin can be beneficial for someone who is having a clot in an artery that is causing a heart attack or stroke, it also increases the risk of bleeding. In the past, researchers have primarily focused on only the benefits of the medications. In more recent studies, there has been a more balanced approach looking at both the risks and the benefits of the medication. As an example, a recent major study showed that while aspirin did slightly reduce the risk of stroke and non-fatal heart attacks, aspirin didn't change overall death rates and also contributed to an increased risk of major bleeding. As a result of this and other studies, the American Heart

Association and American College of Cardiology now recommend that aspirin only be used in people with a high risk of heart attack or stroke and a low risk of bleeding. They also recommend that people over the age of 70 should not be taking aspirin for primary prevention.

It is important to point out that these studies are focusing on patients who have no history of heart disease or stroke and are at a low risk of heart disease. For people at a high risk of heart disease, aspirin may still be helpful. If someone is having a heart attack, a single dose of aspirin is still one of the most beneficial, simple, thereby early interventions to help keep the heart attack from getting bigger and potentially saving the person's life. Aspirin still has a role in treatment for people who have had heart disease and/or who have had a stroke due to a blockage in their arteries. And if you have questions, as always, talk to your doctor who knows you the best.

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.

Brushing 101: How to brush a little one's teeth



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

New parents eventually face the fact that they need to brush their child's teeth. This can be a daunting task because most little ones do not want to

be brushed. I'm sure many parents will agree with this. Here are some helpful hints and insights based on over 20 year of being a pediatric dentist and a dad of two girls.

OK, let's get this out of the way. Baby teeth need to be brushed just like adult teeth as soon as the baby teeth come in. Kids don't lose all their baby teeth until 12-14 years old. Tooth decay can cause

pain and infection, so start brushing if you haven't already. I recommend an adult brushing their child's teeth until age 10 or so. Most kids really don't have the dexterity or the understanding of what a complete brushing should be.

The reason we brush is to remove food and plaque before the bacteria in our mouths consume that food and secrete acid. The acid is what causes tooth enamel to erode and become cavities. Limiting simple carbohydrates are a great way to prevent cavities.

The most important thing is for the parent to get the child in a comfortable position. At our house, we used to put our little girls on the vanity sink lying on a towel. That way they were at a height that made it easy for us to see and brush. I always start on the upper right then the upper left, followed by the lower left and ending on the lower right. Soft, circular motions are advised covering the entire surface of the tooth. Cavities start wherever the food/plaque is left behind, so get the entire tooth brushed, then move on.

I love using an adult electric toothbrush because this will eliminate the need for the parent having to move

the toothbrush in circular motion. The electric will do the job and you just have to make sure it is covering the entire surface.

If your child fusses during this, try not to get upset. You are not hurting the child and only helping them. Sing a song and be upbeat. Eventually, the child will grow to accept getting the teeth brushed.

Remember, use a soft toothbrush, a little pea sized amount of toothpaste and try to have fun. Brushing at least twice a day is important and more if your child snacks frequently on simple carbohydrates.

That's it! Be methodical and patient, brushing will get easier. Oh yeah, I forgot one more thing...now you need to add flossing!

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.

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Chinese medicine heals with seasonal approach



Howard Chen, MD

By Howard Chen

In Chinese Medicine, the key to harmonious living and continuous thriving throughout our lives involves the understanding of the general trends of the season that we live in and adjusting our thoughts and behaviors accordingly to flow with, rather than fight against the season.

From the Chinese Medicine perspective, the current season of Winter began on November 9th, 2019. Winter represents a time of cleansing and repair, a process that allows our bodies and spirit to rest and recuperate. In this season, we turn inwards and nourish our essential core - our bodies and spirits.

The organs associated with the Winter include the Kidney and Bladder. From the perspective of Western medicine, these organs eliminate water soluble toxins from the body. However, from the perspective of Chinese medicine, these organs are responsible for maintaining our energy reserves, and supporting the reproductive

organs and the back of the body respectively.

There are many ways to nourish our bodies and fully potentiate the natural recuperation and repair process that takes place during the Winter months - these include appropriate sleep and food, and the use of Acupuncture and Chinese Herbs.

Sleep

Given the reduction of daylight hours, it's natural for the body to sleep more than in other seasons. As the winter energy is most active during 9PM-3AM, deep sleep during these hours is most harmonious with the season, as well as the body's repair processes.

Food

The cold of the season requires us to ingest foods that will strengthen and replenish the kidney and bladder. Listed below are examples of simple traditional foods that are both warming and nourishing to these organs.

- Dairy - sweet cream
- Fish/shellfish - carp, cod, herring, plaice, salmon, shrimp, tuna
- Fruits - coconut and coconut milk, peaches, plum
- Grains - black sticky rice, corn, quinoa

- Herbs - chives, parsley
- Legumes - adzuki, black, black soybeans, chickpeas, green beans, lentils
- Liquids - warm drinks
- Nuts - chestnut, pistachios, walnut and walnut oil
- Seeds - black sesame, lotus seeds, fennel and fennel seeds
- Spices and Seasonings - star anise, carnation, cinnamon, cumin, dill, pepper
- Vegetable - sweet potatoes

Acupuncture and Chinese Medicine are also helpful in helping the body adjust to the winter months.

Howard Chen, MD is a board-certified family physician who is also board certified in Integrative Medicine, Lifestyle Medicine, and Medical Acupuncture. He is the director of The Chen Center, a concierge Integrative Medicine and Medical Acupuncture clinic in Reno, NV. Dr. Chen believes that the prevention and reversal of illness through integrative and lifestyle solutions is as important as the management of disease.

For more information about the concierge primary care practice or to schedule acupuncture, visit www.thechencenter.com or call (775) 451-CHEN (2436)

vaping continued from page 7

Larsen also stated that most damage to the lungs usually doesn't show up until later in life. This is one of the reasons it is difficult to accurately assess the real harm associated with long-term vaping."

Tobacco companies market "smoke free" vaping as a "less harmful" alternative to smoking, as some of the aerosols don't contain nicotine; but that designation is not true according to Carmella Downing, Physician Assistant and Cardiology Specialist at Carson Tahoe Health.

"Even without nicotine, inhalation of foreign particulates, which have been found in vaping products, is a gamble that could have deadly results," said Downing.

The use of e-cigarettes can lead to serious lung damage and disease and slow brain development in younger people.

"From the perspective of someone who specializes in chronic lung disease, anything other than air inhaled into the lungs, has the risk of causing long-term

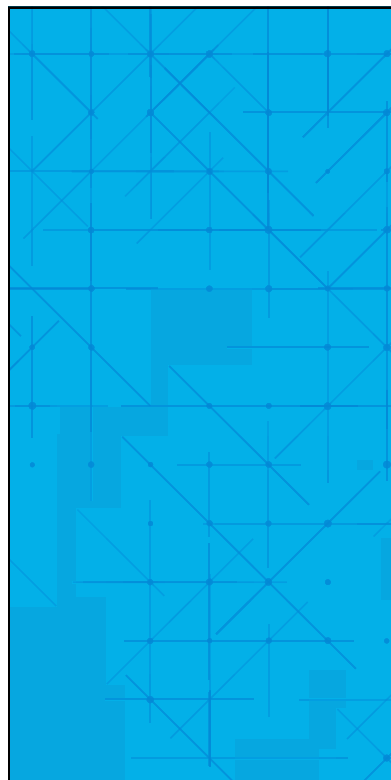
damage," said Larsen.

What can you do?

Start the conversation! Discuss the dangers of e-cigarettes with your children and let them know the damages it can cause not only now, but in the long-term. Due to the escalation of vaping, it's addictive properties, and the increase of vaping-related illnesses, the Trump administration, along with top health officials, are discussing possible ways to keep this product away from adolescents

and young adults. Other countries around the world have already acted to ban e-cigarettes.

There is still much to learn, but the bottom line is: vaping poses significant, avoidable health risks to users. The Center for Disease Control are encouraging people to learn the risks associated with e-cigarette usage, and advised consumers to stop vaping if they experience symptoms that include cough, difficulty breathing, vomiting, and fatigue.



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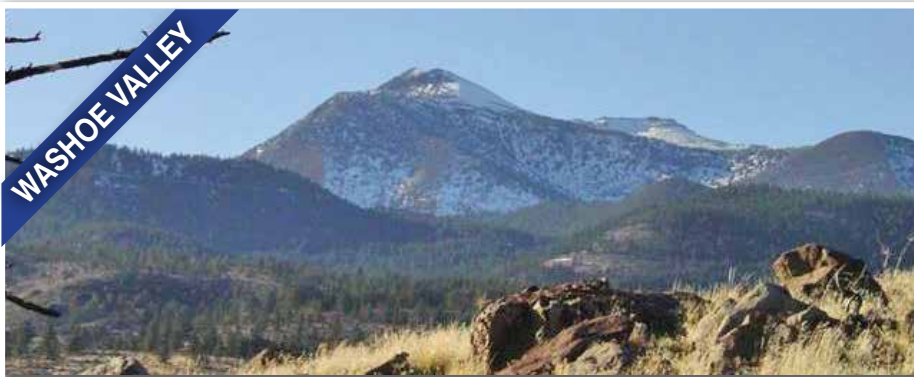
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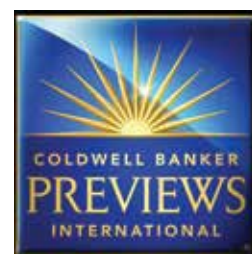
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All Area Home Sales September 11 - December 1, 2019

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
25 Winterberry Court	\$374,900	\$414,000	176.09	194.46	2129	0.52	11/25/19
16777 Big Pine Drive	\$639,000	\$635,000	289.93	288.11	2204	0.99	9/20/19
6784 Dry Creek Road	\$729,000	\$695,000	294.78	281.04	2473	1.02	10/17/19
450 Yellow Pine Road	\$799,000	\$735,000	220.41	202.76	3625	1.29	10/15/19
4000 Blue Spruce Road	\$797,000	\$755,000	316.52	299.84	2518	0.5	0/18/19
900 Douglas Fir Drive	\$875,000	\$860,000	250.29	246	3496	1	10/18/19
100 Yellow Pine Circle	\$898,000	\$875,000	273.03	266.04	3289	1.33	11/20/19
500 Douglas Fir Drive	\$915,000	\$880,000	329.14	316.55	2780	1.13	11/22/19
6355 Wetzel Court	\$995,000	\$995,000	441.44	441.44	2254	0.2	11/27/19
320 Timbercreek Court	\$1,085,000	\$1,085,000	330.19	330.19	3286	1.05	10/11/19
6000 Gauguin	\$1,275,000	\$1,200,000	366.17	344.63	3482	0.78	10/3/19
6475 Montreux Lane	\$1,250,000	\$1,215,000	475.83	462.5	2627	0.23	9/18/19
20585 Parc Foret Drive	\$1,125,000	\$1,220,654	432.53	469.3	2601	0.33	10/7/19
5925 Cartier Drive	\$1,249,500	\$1,249,500	392.18	392.18	3186	0.54	11/8/19
42 Bennington Court	\$1,375,000	\$1,350,000	318.51	312.72	4317	1.71	10/18/19
1005 Yellow Pine	\$1,595,000	\$1,450,000	400.85	364.41	3979	1.06	9/30/19
229 Shepherds Bush Court	\$1,599,000	\$1,500,000	398.46	373.79	4013	1.22	9/27/19
20640 Parc Foret Drive	\$1,560,000	\$1,767,165	368.01	416.88	4239	0.45	9/18/19
20307 Bordeaux Drive	\$2,195,000	\$1,950,000	469.32	416.93	4677	1.82	9/12/19
5580 Lausanne Drive	\$2,049,000	\$1,980,000	472.34	456.43	4338	0.94	10/1/19
5880 Chambery Circle	\$4,450,000	\$4,400,000	489.44	483.94	9092	0.99	10/15/19

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2035 Honey Ridge Drive	\$469,000	\$469,000	243.26	243.26	1928	0.2	10/11/19
14355 Ghost Rider Drive	\$560,000	\$545,000	228.38	222.27	2452	0.35	10/30/19
1970 Honey Ridge	\$568,000	\$548,000	231.65	223.49	2452	0.23	10/15/19
3906 Bellingham	\$589,000	\$580,000	228.03	224.55	2583	0.34	10/15/19
4385 Great Falls Loop	\$580,000	\$580,000	224.55	224.55	2583	0.29	11/8/19
481 Corvallis Court	\$635,000	\$635,000	185.89	185.89	3416	0.35	10/11/19
332 Winter Park Court	\$688,000	\$665,000	231.96	224.21	2966	0.38	9/13/19

SADDLEHORN/MONTE ROSA

14300 Quiet Meadow Drive	\$779,000	\$760,000	261.32	254.95	2981	0.41	10/15/19
14280 Table Rock	\$799,000	\$795,000	279.86	278.46	2855	0.97	10/4/19
14540 S Quiet Meadow Drive	\$855,000	\$845,000	294.22	290.78	2906	0.41	9/13/19
3870 Nature Trail	\$899,000	\$872,000	311.07	301.73	2890	0.45	11/21/19
14600 S Quiet Meadow	\$890,000	\$892,500	263.31	264.05	3380	0.82	9/30/19
1470 Taos Lane	\$899,000	\$899,000	264.02	264.02	3405	0.5	11/25/19
14065 Moonrise Court	\$995,000	\$995,000	230.64	230.64	4314	1.32	9/27/19

ARROWCREEK

2699 Wind Feather	\$624,000	\$621,000	289.83	288.43	2153	0.31	10/11/19
490 Tularosa Court	\$780,000	\$785,000	231.52	233.01	3369	1.07	11/19/19
3474 Forest View	\$859,000	\$825,000	289.71	278.25	2965	0.33	10/3/19
10058 Via Ponte	\$995,000	\$900,000	274.03	247.87	3631	0.37	10/18/19
10556 Rue St. Raphael	\$1,229,000	\$1,160,000	216.68	204.51	5672	0.33	10/11/19
1206 Broken Feather Court	\$1,410,000	\$1,410,000	279.1	279.1	5052	0.88	11/8/19
6768 Masters Drive	\$1,490,000	\$1,450,000	266.26	259.11	5596	1.1	11/15/19
432 Socorro	\$2,100,000	\$2,100,000	414.12	414.12	5071	1.2	10/31/19

CALLAHAN RANCH

16395 Callahan	\$389,000	\$370,000	235.47	223.97	1652	2	11/15/19
5445 Tannerwood Drive	\$595,000	\$585,000	266.94	262.45	2229	1.05	10/22/19
14840 Redmond Drive	\$899,700	\$890,000	279.67	276.66	3217	1.16	9/13/19
6390 Galena Canyon Trail	\$2,695,000	\$2,405,750	523.5	467.32	5148	4.28	11/4/19

OTHER AREAS OF SOUTH RENO

5837 N White Sands	\$569,900	\$559,000	298.53	292.82	1909	0.34	11/25/19
1630 Zolezzi Lane	\$665,000	\$635,000	284.67	271.83	2336	0.99	11/22/19
955 Lampe Road	\$725,000	\$687,500	274.62	260.42	2640	1	11/14/19
5070 W Albuquerque Road	\$759,000	\$740,000	272.04	265.23	2790	0.38	9/18/19
12550 Fieldcreek Lane	\$775,000	\$800,000	256.54	264.81	3021	0.72	11/12/19
2501 Holcomb Ranch Lane	\$1,700,000	\$1,220,000	301.9	216.66	5631	3.01	11/8/19
2303 Diamond J Place	\$1,645,000	\$1,525,000	391.67	363.1	4200	1	11/8/19
10700 Dryden Drive	\$2,200,000	\$2,100,000	518.62	495.05	4242	4.89	10/18/19

NW CARSON CITY

148 Coventry	\$419,000	\$390,000	223.82	208.33	1872	0.14	10/16/19
197 Lotus Circle	\$398,000	\$398,000	226.91	226.91	1754	0.39	11/8/19
2035 Desert Peach	\$469,900	\$469,900	239.38	239.38	1963	0.22	10/14/19
3100 Upland Court	\$510,000	\$485,000	218.79	208.07	2331	0.35	11/15/19
1910 Maison Way	\$500,000	\$500,000	159.39	159.39	3137	0.28	10/25/19
3160 Ash Canyon Road	\$599,000	\$540,000	145.25	130.94	4124	2.11	10/17/19
3266 Dartmouth Court	\$529,500	\$540,000	219.98	224.35	2407	0.28	9/30/19
3279 Upland	\$599,900	\$599,900	217.83	217.83	2754	0.33	10/3/19
1321 Longview Way	\$724,995	\$613,000	176.74	149.44	4102	1	9/12/19
3660 Lakeview Road	\$636,500	\$628,000	253.99	250.6	2506	1.04	11/4/19
2049 Amberwood	\$699,000	\$670,000	210.86	202.11	3315	0.28	9/27/19
2700 Manhattan Drive	\$995,000	\$940,000	321.28	303.52	3097	1.03	11/18/19
2689 Wellington South	\$975,000	\$975,000	237.57	237.57	4104	1	10/10/19

Core Four team captains create inclusivity on trails

By Margo Mee

Who knew that six years ago, when these kids set foot on a cross country course, they would build a lasting friendship and create hundreds of memories? Kate Indart, Baylee Mee, Bryce Welton and Ben Baker all started running at Pine Middle School in 2014, but it wasn't until they all joined the Galena High School Cross Country team that they really bonded. Being freshmen on a developed team with seasoned upperclassmen, the foursome found solace in each other as they maneuvered high school athletics.

Over that freshmen season, they made strides on the course and grabbed pivotal spots on the team. By their sophomore season, they were developing in their role as cross country ambassadors to recruit runners for upcoming seasons and show they were integral to Galena Cross Country. This carried over into their senior year, when both Galena cross country teams participated at the Nevada State Meet.

They always found time for each other and a few laughs.

"Laughing as much as we did is probably what really helped us get through some of our grueling workouts over the years," said Kate Indart.

"We all very much enjoyed the overnight trips to meets in California," Baylee Mee added. "Not only did we have great adventures, but many times those meets



Known as the Core Four, Galena High School team captains Bryce Walton, Kate Indart, Baylee Mee and Ben Baker (from left) have been running cross country together since Pine Middle School.

produced personal bests."

Even though running has made an impact on their lives, none of the four plans on running cross country in college. That doesn't mean they won't be busy. Kate hopes to attend the University of Colorado, Boulder where she'll be a member of the cycling and triathlon clubs. Baylee will play women's lacrosse at Colorado State University-Pueblo. Bryce will be heading out on a two-year mission but hopes to run track upon his

return. Meanwhile, Ben will keep hitting the trails at the University of Nevada, Reno, but not on an established team.

These kids are top-notch student athletes, it's not a surprise they've been so successful.

"Our success has also come from listening to our coaches," said Bryce Welton. "We've learned so much, including the importance of being dedicated to training, paying attention to the details of the sport and our bodies."

Ben Baker agrees.

"We all learned about our capabilities and that we could push ourselves more than we thought we were capable," he said.

Their friendship over the years showed on and off the course, and they naturally made it easy for underclassmen to feel comfortable on the team. Being Team Captains in their Senior year was a natural extension for them as they had been fulfilling leadership roles throughout their high school career. Known as the Core Four, they made sure everyone felt welcome and inspired to do their best on the Grizzlies' cross country team.

Margo Mee is a Family Ministry Assistant at Reno Christian Fellowship who spends her free time supporting her kids' athletic endeavors. Always there with a camera, Margo enjoys cheering on the sports teams at Galena High.

Gimmee! Gimmee!



By Maren Schmidt

'Tis the season to be jolly. If only our over-demanding children would stop with the demands for this and that, and this again.

For a second, try to see the world from your child's point of view and you might see that some

of the following situations help create and reinforce their whiny requests.

Too many commercials. Lots of money is spent on advertising to our under sixes, and even more so around the holidays. Cut down on commercials and you'll see a decline on the phrase, "I want..."

Rewarding behavior with a toy or treat. Do you bribe your child into compliance? Be aware of how many

times you offer a material favor to get your child to change behavior. Think about how that feeds the gimmee's.

Instant gratification. Teach your child to wait and learn to delay gratification, a little bit at a time. For example, if he or she asks for a snack, don't drop everything you are doing to get a snack. Say, "Let's finish folding the laundry, then we'll get a snack."

continued on page 17

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Grizzlies head coach energizes football team

By Eilish Kelderman

This year, Galena High School welcomed new head football coach, Aaron Cook. Coach Cook joins the Grizzlies as a first-time head coach at the age of 30. Although he is young, he brings over a decade of coaching experience at the high school level.

From early on, Cook loved the intricacies, strategies, and toughness of the game of football. By ninth grade, he had completed his first playbook. He graduated from Damonte Ranch High School in 2007 and played on the defensive line throughout his high school career. Immediately following high school, Cook started coaching at Damonte Ranch High School in 2008. He coached at Damonte for 11 years under Coach Amantia and current head coach, Shawn Dupris. Throughout those years he also spent some time coaching Sierra Youth Football League, Damonte basketball, and Pine Middle School basketball.

Cook's main passion remained in football and he began developing his



Galena High School football is writing a new chapter of success under new head coach Aaron Cook.



(Photos: E. Kelderman/galena.smugmug.com)

philosophies and styles of play. He describes his coaching style as innovative and aggressive. His mind is always on scoring and he characterizes himself as an offensive-minded coach.

The close-knit community initially attracted Coach Cook to Galena High School.

"What sealed the deal for me was the sense of school pride amongst the students and unparalleled support of the parents," he said.

Coaching goes beyond just the game of football for Cook. He believes in teaching young men that during tough times in life you can draw on the lessons of the team sports.

"Dedication and hard work will bring you success in anything," he said. "On and off the field."

The year's game against the Douglas Tigers was a big highlight for the team. The Grizzlies pulled out a breathtaking, come-from-behind win against the Tigers

in the last 12 seconds of the fourth quarter, the final score being 25-24.

With the 2019 season coming to a close, the Grizzlies are all ready to hunt for more success next season. The team is looking to build off this year's success by bringing in more students who want to play and make playoffs in 2020. Students interested in joining the program should anticipate acquiring knowledge about football at a high level, learning to compete on and off the field, having fun with their friends, and being successful at the game. Coach Cook is ready for the upcoming season and to work collectively with his players and coaching staff to accomplish great things.

"Together, we have a bright future," he said.

Eilish Kelderman is a Master's student studying Social Work at the University of Nevada, Reno. She is a staunch disability rights advocate, has experience working in higher education, and a devoted Galena football supporter.

How can Nevada students make the grade?



Kathryn Kelly

By Kathryn Kelly

Just in: The national ACT results for the 1.8 million students who took the ACT last year, and the news is not good. Once again, Nevada student scores are last in the

country: #51, behind Washington D.C.

Because graduation requirements and grades vary by state, many colleges rely on the ACT to tell how Nevada students compare with their peers across the country. Research shows that the ACT scores in English and math reliably predict success in college through sophomore year, even more so than the SAT, both of which are accepted

college entrance examinations. And it's great that Nevada is one of 17 states that require the ACT of all graduates. Yet only 12% of Nevada graduates – one student in eight – met all four ACT College and Career Readiness Benchmarks in 2019. Disappointingly, both ACT and National Assessment of Educational Progress scores for black and Hispanic students are significantly lower than for white and Asian students.

Why can't Nevada increase student performance? One reason is the unrelenting emphasis on increasing graduation rates without requiring students to show evidence of proficiency by graduation. About half of Nevada students require remedial English, math, or both when they enter college – and that figure excludes those who choose not to attend college. What is the value in increasing the number of students who graduate, if half of them quickly discover they have to take "bonehead" English or math in college to make up for what they didn't learn in high school? Instead of a relentless push to get a diploma in students' hands, districts and teachers should be rewarded for helping students achieve ACT benchmarks of competence. Increasing pay for master teachers, as proposed by former State Superintendent Jim Guthrie, would be an excellent place to start.

Another reason for lack of performance is that Nevada state and school boards do not hold superintendents accountable for results. In Nevada, the Washoe and Clark superintendent positions are considered lucrative revolving doors with no incentive to improve student performance tied to salary. At \$447,753, the Washoe County School District superintendent earned over twice what the Governor earned in 2018, without being accountable to voters, parents, or students for ensuring

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- [Nevada Department of Education](http://nevadareportcard.nv.gov/di/)
- [Transparent Nevada](https://transparentnevada.com/salaries/search/?q=superintendent)

student success in the lowest-performing state in the nation.

What does not help student proficiency and ACT success, apparently, is more money. According to the Nevada Policy Research Institute, Nevada is projected to spend \$10,197 per student this school year, "a near tripling in inflation-adjusted, per-pupil education spending since 1960." That's excluding revenues from grants, charitable donations, crab feeds, jog-a-thons, and significant other sources of annual revenue. Yet the 2018 Nevada School Finance Study commissioned by the State Legislature concluded that current expenditures are already sufficient to ensure all students can meet all state standards and requirements.

International data from the Programme for International Student Assessment (PISA) will be published December 3. Let's hope for some improvement in US standing compared to other countries.

Kathryn E. Kelly, DrPH MEd, is Executive Director of not-for-profit I•School in Incline Village, which also offers college counseling and ACT/SAT prep. She may be reached at kkelly@ischools.us.

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Free history, science lectures at Western Nevada's observatory

By Steve Yingling

The gift of learning and teaching about the world we live in and beyond is an essential part of Mike Thomas' life. And for more than a decade, Thomas has been providing free lectures at Western Nevada College's Jack C. Davis Observatory as part of his Northern Nevada lecture series. His passion for astronomy also includes a seven-year stint as president of the Western Nevada Astronomical Society.

In December, Thomas will talk about "Civilization" and the "History of Aviation" at JCDO.

On Friday, Dec. 13, his "Civilization" presentation will cover recent archaeological discoveries that have changed our understanding of early man.

Thomas will cover the first aviation attempts to the exploration of space in his presentation "History of Aviation" on Saturday, Dec. 14. Both presentations are free and begin at 6.30pm. Doors to JCDO open at 6pm.

Last February, the Northern Nevada lecturer began giving two presentations per month at WNC. His Friday talks are usually about history and his Saturday presentations customarily focus on science.

Free Mike Thomas WNC Lectures

Civilization – December 13, 6:30pm

History of Aviation - December 14, 6:30pm

On Saturday nights when lectures aren't scheduled, the observatory is open to the public from sundown to 11pm. At this time, the Western Nevada Astronomical Society hosts Star Parties, bringing together people with an interest in astronomy.

The lectures and Star Parties are free and open to the public. The observatory is located at 2699 Vanpatten Drive in Carson City.



Mike Thomas offers glimpses into history and science in his free lecture series at Western Nevada College.

Steve Yingling is public information and project manager at Western Nevada College. For more information about Mike Thomas and his lecture series, go to <https://www.mikethomaslectures.com/>

gimme from page 15

Learning to wait helps children learn to be careful about their requests.

Too many gifts. Does your child get a gift every time grandparents visit or every time a parent goes on a business trip? Too many aunts or uncles? Ask the adults in your child's life to cut back on the gift giving.

Shopping trips. Taking our children shopping can bring out an outbreak of the "wannas." Try to avoid shopping trips if possible. If you can't, bring along a favorite book or toy for your child to hold.

Try to understand that everything is new and exciting for your child. Sometimes "I want" only means "I want to know what that is, what you do with it, what it feels like." Curiosity can at times be sated with a word or explanation.

Offer your child some choices. "Do you want green apples or red ones?"

Make a wish. Simply respond to a request, "Let's put that on your birthday wish list." Perhaps you can keep a list in your purse to add to immediately and with a flourish.

Say what you mean and mean

what you say. No means no. Don't give into a tantrum. If your child is prone to tantrums be prepared to leave your shopping trip and go home. You will probably only have to do this once in your life. My grown daughters remembered the one time we had to leave a store. As they told me recently, "A great listening moment."

When your child suffers from a bad case of the gimmees, remember to try to see it from his or her point of view and then redirect behavior by changing the situation and changing expectations.

In this way you can help your child learn that life has limits. We can't always get what we want. But if we learn to wait and think, we can learn to understand what we truly want.

Maren Schmidt has over thirty years of experience working with children, and their families, as a parent, Montessori teacher, Girl Scout leader, Sunday School teacher, Montessori school owner and administrator, parenting coach and workshop leader. This blog post was published with her permission. Sign up for her newsletter at www.marenschmidt.com.

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Santa is bringing new pet, now what?



By Matt Schmitt

Year after year there is one holiday gift that undoubtedly tops the list: an adorable new puppy or kitten under the tree. That means immediately following Christmas, a surge of fuzzy cuteness turns household routines upside down. As delightful as they are, consider a few factors before Santa delivers

a four-pawed present:

1. Getting the right supplies. Your new family member will require a lot of attention and supplies. You'll need to make sure you have the basics, like reliable puppy food, a bed, collar and leash, ID tags, and a litter box or potty-training pads. And of course, chew toys and other play toys. Puppy teething is no cakewalk. Avoid toys that can possibly be swallowed.

2. Establishing medical care. Beyond basic supplies, you'll need to have a training plan, consider enrolling in a pet insurance policy, and of course, establish your new



pet as a patient at your veterinarian's office. Your vet will discuss a vaccination and deworming schedule, as well as spay/neuter options, microchipping, and other pertinent puppy and kitten topics.

3. Set up playdates and regular exercise. This is especially important for puppies, once they are up to date on all vaccines. The first year is critical for socialization, especially human interaction and with other dogs. This

process can become hectic during the holidays if you are expecting unfamiliar faces in and out of your home, so it is great to plan ahead and ensure your puppy doesn't get spooked.

4. Prepare for the commitment. Training a puppy or kitten takes an effort from the entire family. Your new family member will be a lifelong companion, not just during the holiday season, so it's important for everyone in the family to be on board with the responsibility. In addition, establishing a plan for the duties of caring for your pet from the beginning is really important... and a great way to get kids involved by giving them responsibilities. When training puppies remember, "Nothing is for free." They must do something to get something including treats, food, toys, or going outside.

Finally, remember to have fun. Enjoy creating new memories and the great adventure of pet ownership ahead.

Dr. Matt Schmitt, VMD, and his team at South Reno Veterinary Hospital has been dedicated to delivering the highest quality service in a friendly and caring environment since 2004. Learn more at www.southrenovet.com.

Mingle and jingle with pets at anniversary party

By Lori and Rob Burks

Come by with your hound(s) and mingle and jingle! As dogs will be served holiday pumpkin lattes, Natural Paws is hosting their 10 Year Anniversary Holiday Party on Saturday, December 14th from 3-6pm. Meanwhile, owners enjoy something a little stronger from Mutt Lynch Winery with a commemorative wine glass for a \$10 suggested donation to ResQue and SPCA.

Carolers will be out and about, singing tunes like Jingle Dogs and Santa Doggy while attendees enjoy their 'take your own'

Santa Selfie with a pet-loving, hipster Santa mingling with the crowd. Natural Paws will also be raffling off a huge pet gift basket with \$200 of fun dog and kitty goodies with all proceeds benefiting the rescue groups. And wait there's more!

In appreciation of 10 years of support, enter for your chance to win a free year of delicious Kibble and Raw dog food. And no holiday party would be complete without an ugly holiday sweater contest. A \$50 gift certificate will be awarded for the Ugliest Dog Sweater (\$25 for runner

up) – of course owners are welcome to wear them, too.

This fun holiday event will also features numerous dogs and cats available for adoption from ResQue and SPCA. So, if you're looking for a new member of the family for the holidays, come by and fall in love! Both rescues are always also in need of blankets, collars, harnesses, food and bedding and any donations are appreciated. Cash donations are welcome also.

Each adoptee will receive a 5 pound bag of dog food to start the new family

member off with excellent nutrition and health. Come by and celebrate 10 years of Natural Paws serving our wonderful South Reno community.

Lori and Rob Burks own Natural Paws, a competitively priced natural pet food and supply store, located in the Raley's Center at Galena Junction in South Reno and is doggedly committed to pet rescue. For more information, visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawslori@gmail.com or call 775-853-3533.



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Enjoy serene splendor of winter gardens

By David Ruf

Some people look at the forest and see only a mass of green, some see the trees, but others see the details of the entire picture: the shapes of the multitudes of trees and shrubs, the color and depth of the color of the trees, and the nuances of the structure weaving in and out.

I find most naturalists, whether bird watchers, flower connoisseurs, herbalists, backpackers, or fishermen, all enjoy the total picture with all its details. Fall and winter offer a unique opportunity to see the landscape anew.

When I visited my grandmother for Thanksgiving in the Boston area one fall, I took a day and went to the Arnold Arboretum. Granny was confused as to why I would go to such a place when

there were no flowers, most of the fall color was gone, and there was little to no interest for her. However, I was elated to look at the myriad of fruit clusters displayed so enticingly. Some seemed to almost float in the air, others pulled the branches down, almost to the ground, and others yet offered dazzling displays.

The shrubs displayed long chains of pink and white fruit, clusters of reds, oranges, purples, and iridescent blues, while skyward, I was enamored with the reds, yellows, and orange jewels that adorned higher branches.

Looking past the fruit, I soon became entangled in the beauty of the tremendous variety of structures that seemed to embrace the low-slung clouds of the day. Some trees were buttressed,



some had strong arches that stretched up to the clouds and out to their fellow trees. Others were wispy and delicate, waiting for a breeze to sway their delicate appendages. The shrubs offered many of the same structures and worked at bracing the evergreens like the best of friends.

In another section of the Arboretum were the ornamental grasses. Most of the public have seen the tall, upright, stately grass that resembles wheat, but the offering laid out before me was as spectacular as any Thanksgiving Day feast. Blue and green mounds with golden spears of seed heads shot upward and larger grasses were covered in black, white, and cinnamon-colored pussytail-looking adornments. Around the bend, I was greeted by two different waves of pink that were glowing in the overcast light. Lastly, I was mesmerized by the

beauty of the larger grasses that burst heavenward like fireworks, waiting patiently for a breeze to make them sway and dance, sometimes independently and other times in unison.

This is what winter structure offers when you step out your door and look. I mean really gaze upon the delights that nature gracefully displays. So, use our warm and sunny winter days to take a peaceful walk through some neighborhoods, and enjoy the serene magic of winter's beauty.

David Ruf is the owner and manager of 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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Keep holidays healthy with simple food swaps

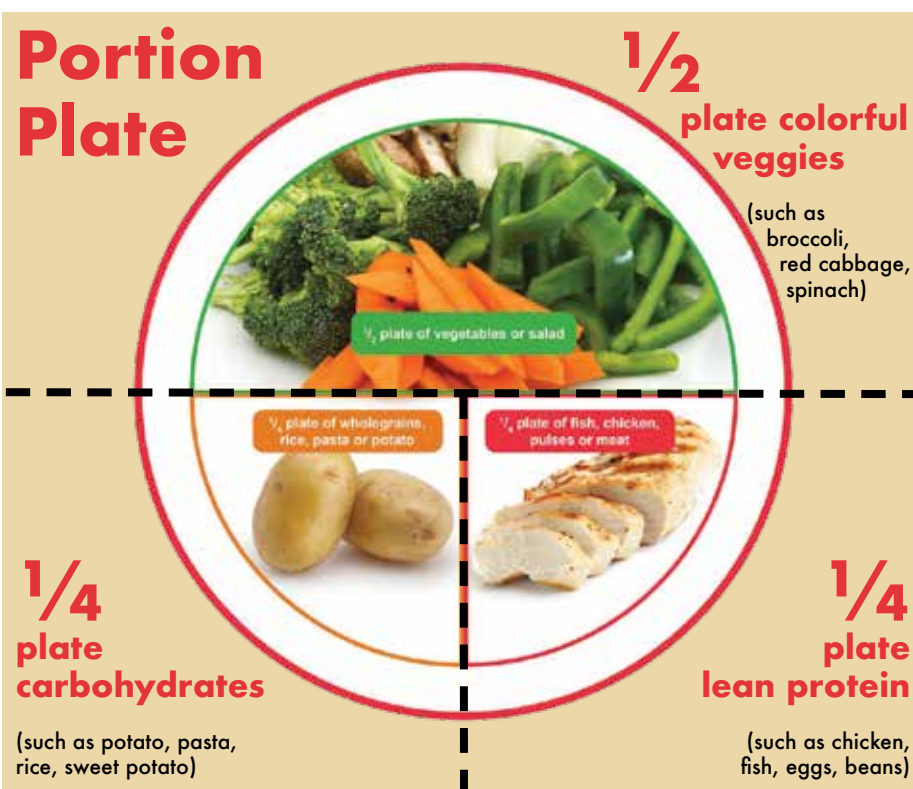
By Morgan Vitti

The holiday lights are up all around town, the weather is getting colder and your pants might already be a little tighter than usual. Avoid a holiday diet disaster with portioning and healthy swaps. Let's break down your portioning into the things you will put on your plate; carbohydrates, protein, vegetables and desserts. An easy tool to use is your plate. Half your plate should have vegetables, $\frac{1}{4}$ will carry protein and $\frac{1}{4}$ will be carbohydrates.

Vegetables will take up the most of your plate. This doesn't mean that you should fill your plate with green bean casserole. Many dishes drench vegetables in sauces, creams, butter and fatty oils. Vegetables are flavorful without all that stuff. Because half your plate should be vegetables, pick one to three to fill your plate. Pick the simplest vegetable dishes to avoid any unnecessary calories.

Healthy Swap: Grill or pan cook green beans or brussels sprouts with seasoning or herbs. Skip the creamed spinach and have sautéed spinach or a spinach salad. Or, bake some sweet potatoes in the oven and sprinkle cinnamon on top.

Protein sources during holiday meals commonly include turkey,



chicken, roasts and more. When filling your plate, you want $\frac{1}{4}$ of your plate to contain protein sources. Try to choose protein dishes that have the simplest seasonings and the least amount of creams, sauces, cheeses, etc. Try to select thinner slices of meat.

Healthy Swap: Roast your meats instead of frying them. Instead of gravy on top, try pesto, pureed parsley or cranberry sauce. Use

healthy oils such as olive oil. Use simple seasonings or herbs for great flavor.

Carbohydrates are delicious. Let's get something out of the way though: Carbs are not all bad for you and will not make you instantly gain fat. Of course, there are better types and amounts of carbs to eat. Your carbohydrates during the holidays will most likely be things like mashed

potatoes, pasta, stuffing or bread. Pick one or two carb sources – just make sure they are only filling $\frac{1}{4}$ of your plate.

Healthy Swap: The way we cook and serve carbohydrates is what's important. If you like sour cream on your baked potato, replace it with Greek yogurt. Replace noodles with spiraled zucchini. Use mashed cauliflower instead of potatoes. Use olive and coconut oil.

When it comes to dessert, listen to your body's natural signals. Pick one or two small servings as long as they fit on your plate. That doesn't mean stack your desserts mountain high.

Healthy Swap: Ditch the pie and simply bake apples and pears. Try frozen grapes instead of ice cream. Use avocado in place of heavy cream in chocolate dishes. Skip the eggnog and sip a cup of cinnamon tea.

Morgan Vitti is a Certified Personal Trainer and a USPA Strength Coach who specializes in Women's Health and Nutrition. She is a yogi, competitive powerlifter, and believes that nutrition and exercise are a way of life, not a strict regimented plan. She teaches her clients at Roundabout Meal Prep to use their nutrition and exercise as tools to feel comfortable and confident in their bodies and lives.

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New Year, new travel adventure stories

By Hawley MacLean

The beauty of travel memories is that the more often they are told, the longer they last. As holidays approach and families gather, adventure stories will be shared across generations and memories of 2019 might turn into plans for 2020.

Al Savery and Pam Murphy traveled with MacLean Adventures to Italy and Switzerland. In Italy, they captured personal postcard images of the Leaning Tower of Pisa and took in the splendor of Galleria dell'Accademia, the art museum in Florence best known as the home of Michelangelo's sculpture David.

"These cultural experiences provided great insight to past and present Italy," they said, leaning back into a relaxed Italian lifestyle by savoring Tuscan cuisine and enjoying Venice from a serenaded gondola ride in the canals.

Partaking in a guided trip often allows for insights beyond guidebook knowledge, according to fellow travelers Joe and Teresa Chavez.

"We learned a tremendous amount," they said.

In Switzerland, the group shifted perspective from cultural education to outdoorsy enjoyment. Travelers went from Venice to Zermatt, Wengen, Montreux, and several other nearby towns. For Betsy Savery and Mike Boumansour it was a trip of a lifetime.

"If you leave this planet without seeing this country you will have lost a fantastic opportunity," Savery said.

When Randy and Christi Cunningham share their travel stories, they'll be talking about soaring across the Alps.

"Parasailing over Zermatt, mountain biking



Jill Savery and Hawley MacLean (top right) lead personalized tours to Italy and Switzerland. Small group travel allowed time for adventures in Cinque Terre (top left) and near the Matterhorn (bottom left) but also for rest (Betsy Savery and Mike Boumansour bottom right).

in St Moritz and the Whitepods, and hiking in the mountains with some of the most beautiful landscapes imaginable was the pinnacle of the Swiss experience," they said.

Scotland, added due to popular demand, will bring a visit to the vast highlands and a sampling of the iconic Scottish lifestyle. Scotland is not just the land of Braveheart, haggis, and sheep herders. Its rugged landscape is filled with historic castles, stunning lochs and green mountains, whiskey distilleries, and welcoming locals. Expect to pick up some Scottish phrases like "wur tearin' the tartan" so you, too, will be "engrossed in riveting conversation" perhaps about your travel adventures when you celebrate the holidays with your loved ones.

As we celebrate the holidays and enter a new year, we have a chance to look forward to new opportunities. While MacLean Adventures, will again host groups at the Elko Cowboy Poetry Gathering and return to the stunning Switzerland and Italy, the travel organizer now has added a new destination: Scotland.

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



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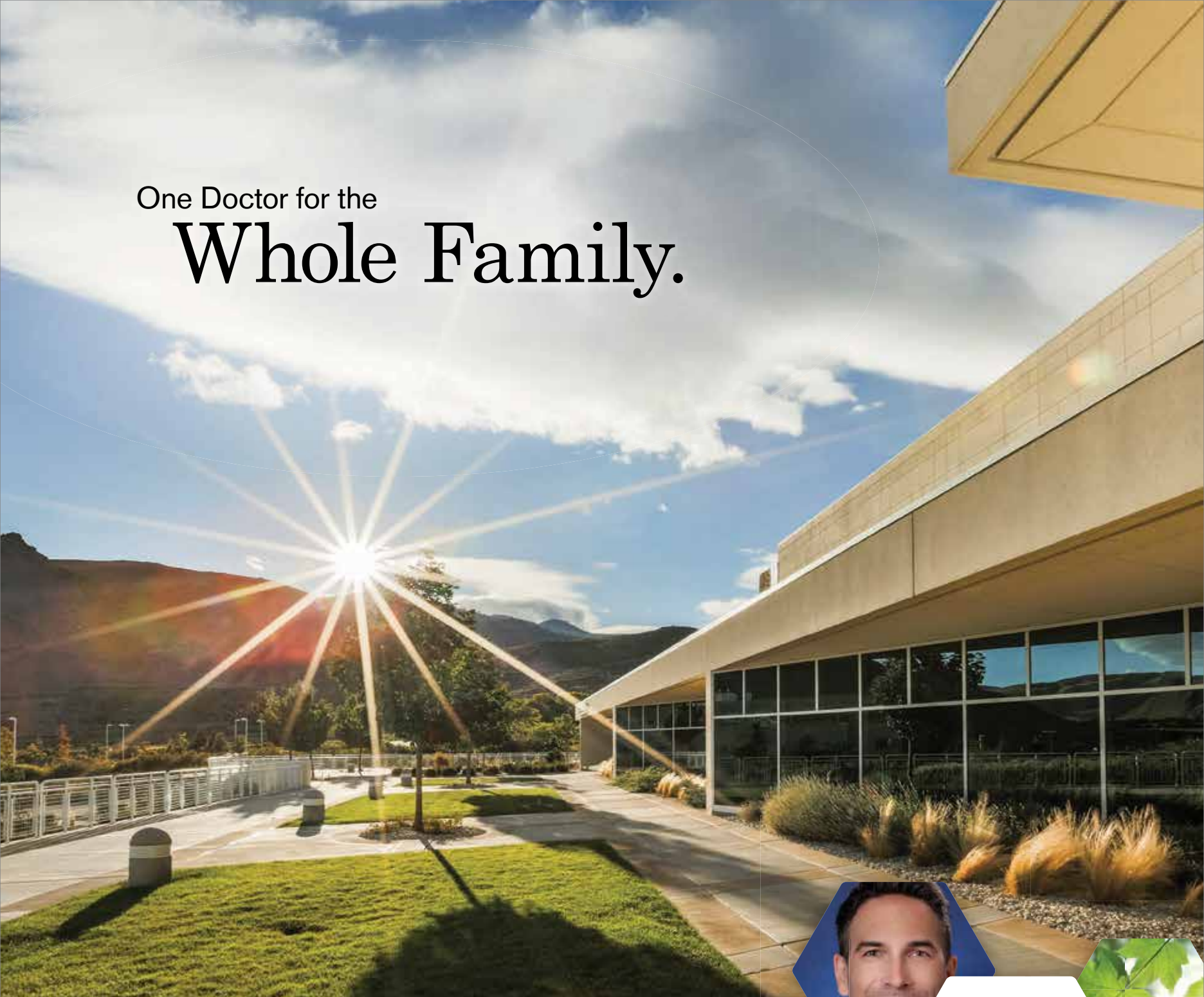
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Dr. Gordon is accepting appointment of all ages and life stages.

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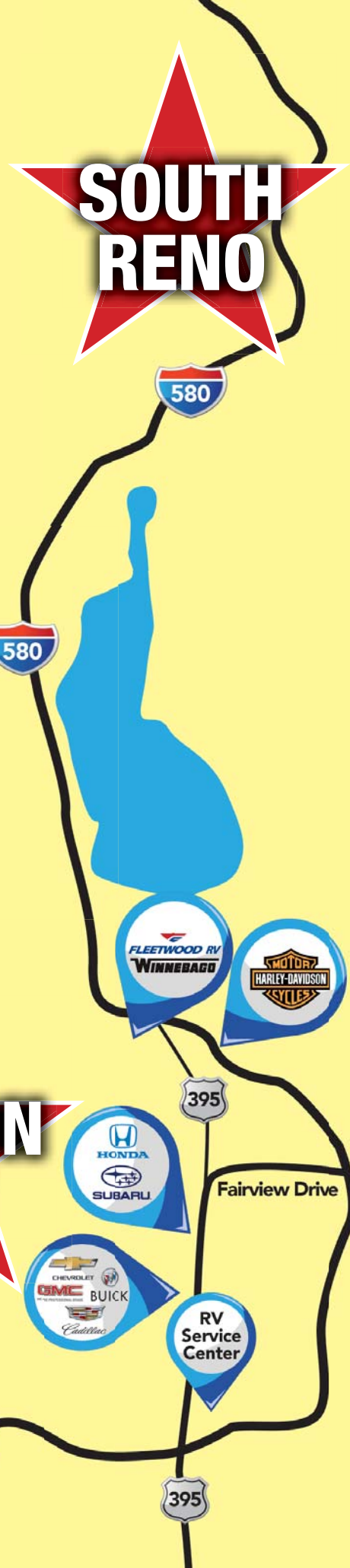
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