



Nature literacy improves more than just test scores

By Dagmar Bohlmann and Laura Azzarello

At the Galena Creek Visitor Center, parents and educators can help kids reconnect with nature—before it’s too late. As children spend less and less time outside, it’s taking a toll on their health and well-being. Research on anxiety, attention deficit disorders and depression has shown that children do better physically and emotionally when they are in green spaces, as nature induces positive feelings, stress reduction, and attention restoration.

Richard Louv is the author of Last Child in the Woods, The Nature Principle, and most recently, Vitamin N: 500 Ways to Enrich the Health & Happiness of Your Family & Community. He explains the importance of nature for children and what they miss by spending too much time indoors.

According to Louv, Nature Deficit Disorder, a term he coined in 2005, is not a medical diagnosis. He uses the phrase to describe what happens when the technological pendulum swings too far away from the natural world: diminished use of the senses, attention difficulties, higher rates of physical and emotional illnesses, a rising rate of myopia, child and adult obesity, Vitamin D deficiency, and other maladies.

Louv also warns about the consequences for the environment. If we don’t raise children who have a personal relationship with nature, why would they care about its preservation?

So how can we get our children to experience the joys and wonders of the natural world in their daily lives? It could be as simple as building a bat house or setting up a bird bath. Help children find special places in their own backyards to set up a tent and read stories. Revive



Looking at the world in radical amazement, kids reconnect to nature and inner happiness during exploration camps offered by the Galena Creek Visitor Center.

old traditions like crowding with a piece of hotdog on a string. Or take a hike with a scavenger list of natural things kids need to collect. For more ideas, check out Louv’s Last Child in the Woods or enroll in any of the programs at the Galena Creek Visitor Center.

Just south of Reno, off Mt. Rose Highway, the Galena Creek Visitor Center offers several opportunities for kids to spend time outdoors learning about the plants, animals, natural and cultural history around them. From school field trips to toddler activities to four-night residential camps, Galena Creek Visitor Center programs provide a safe, fun, educational outdoor experience for children of all ages.

Spring Break Exploration Camp
At Spring Break Exploration Camp (for ages 8-12), kids will be introduced to the wonders of the forest, from the biggest Jeffrey Pines to the smallest chipmunks. Campers will learn about ecology, natural history, conservation efforts, and cultural history through

outdoor games, hiking, crafts, and presentations from experts in their fields. This program will be offered both weeks of Spring Break, March 16-20 and 23-27 from 9am-5pm each day with early drop-off and late pick-up available.

Toddler Time
The love for the outdoors starts early. Once a month, two to five-year-olds listen to a story, create

a craft, and enjoy outdoor play in order to foster experiential exploration and learning. Toddler Time happens on the third Thursday of every month.

Summer Nature Camps
When summer break begins, the Visitor Center will have themed nature camps every week (excluding June 29th-July 3rd). The first four weeks are day camps, while the last four weeks are residential camps. Residential camp takes place at the WeChMe lodge located in the Galena Creek Regional Park. Here your kids will enjoy an immersive camp experience with campfires, skits, and everything else there is to love about summer camp.

Field Day Trips and Field Study Overnights

If you’re a k-12 educator, Galena Creek Visitor Center also offers field trips with NGSS and STEAM curriculum on everything from insects to water quality. The curriculum can be adapted to fit the needs of any age group. For middle and high school students, another option is a residential field study where students stay overnight in the WeChMe lodge
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Letter From the Publisher

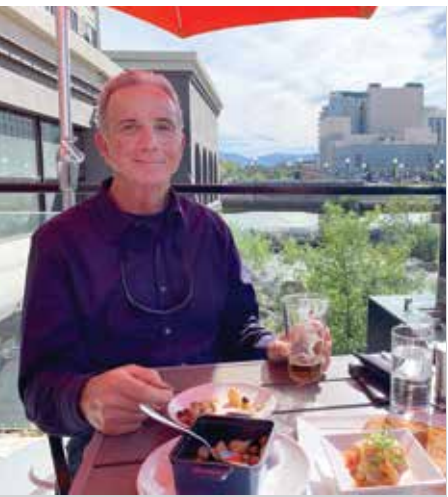
I’m very excited and happy to announce Galena Fest will be returning in 2020 thanks to the Great Basin Institute and all our volunteers and sponsors. You don’t want to miss it, so mark your calendars. This year’s festival will be held on Sunday, September 27th. Your favorite events, the Bloody Rose mountain bike race and the Thorn trail run, will be back, better than ever. The Bloody Rose will incorporate the new Tamarack Lake Trail, which will bypass the upper section of the Mount Rose Highway that was part of the previous racecourse.

If you would you like to volunteer, sponsor or help in any way, you can sign in at Galenafestival.com. This festival is a great way to meet neighbors, celebrate nature and exercise outdoors. We are stoked to share more details about this year’s Galena Fest in our summer issue.

If you’ve never experienced

Galena Fest, I recommend checking it out. It’s a family-friendly event that includes vendors, good food and live music. Whether you participate in one of our challenging events or simply come up to the forest for a cold beer, it adds up to unforgettable fun for all.

Happy Trails, Richard Keillor



Richard Keillor enjoys dining al fresco in downtown Reno.

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Assistance League finalist in Governor's Points of Light

Submitted to the Galena Times

For their unrelenting attention to the needs of the community, the Assistance League of Reno-Sparks has been selected as one of three finalists for the Nevada Governor's Points of Light award in the Nonprofit and Community Organization Volunteer Program category. This award was inaugurated in October of 2001 to celebrate the extraordinary volunteer efforts of Nevadans across the state.

"As the only organization to be honored in Northern Nevada, we're very proud of what our all-volunteer group has been able to achieve for children, seniors, veterans, and victims of abuse," stated Sue Boon, ALRS president.

The largest program supported by Assistance League is Operation School Bell, where students were able to pick out their own clothing through over 35 shopping events at local Target and Walmart stores.

Other important programs include:

Links to Learning – provides classroom teachers with awards that impact over 13,000 students

Students in Transition – assists over 300 homeless



Assistance League of Reno-Sparks volunteers improve the quality of life for those in need through various charitable programs.

students with clothing and academic needs.

Read to ME – members read to pre-school children weekly, impacting over 1,500 children

Essentials – provide grooming kits for students and seniors

We Care – supports the children at Kids Kottage who are separated from their families

Food Pantry – provides groceries to over 300 seniors each month, including home deliveries

Senior Sampler Gift Shop – provides supplemental income to over 200 senior crafters

Assault Survivor Kits® – clothing, grooming items and snacks for victims of assault

Re-Share – redistributed excess donated goods to 11 local nonprofits

Veterans Outreach – provides homeless, homebound, women and/or hospitalized veterans with clothing, bus passes and other items requested by the VA.

Scholarships

Bronze, Silver and Gold award winners will be announced on April 9, 2020 at a ceremony in Las Vegas.

Assistance League of Reno-Sparks is a 501(c)(3) nonprofit organization. The organization's Thrift Shop, Senior Sampler, and chapter offices are located at 1701 Vassar Street, Reno, NV 89502. See www.renosparks.assistanceleague.org for more information.

children in nature *continued from cover*

to spread the fun and learning over two days. Spring Field Studies are currently completely booked but keep Galena Creek Visitor Center in mind for field trips this fall and next spring.

Scholarships

Scholarships are available for all of these fabulous outdoor experiences, thanks to the generosity of the Nell J. Redfield Foundation and the William N. Pennington Foundation. Full and partial scholarships are available and based on financial necessity. Email visitorcenter@gbinstitute.org for the

application or more information, and check galenacreekvisitorcenter.org for more information.

Laura Azzarello is Great Basin Institute's Visitor Center Outreach and Education Coordinator. The Great Basin Institute advances environmental research, education, and service throughout the west. The Institute promotes applied research and ecological literacy through community engagement and agency partnerships to support national parks, forests, open spaces, and public lands. Reach her at lazzarello@thegreatbasininstitute.org or (775) 849-4948

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

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 inquires regarding the Galena Times: Richard.Keillor@cbselectre.com or visit our website: www.galenatimes.com

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Community partners welcome First Baby with scholarship

Submitted to the Galena Times

Royce Ponton gave birth to a new baby boy, Leviathan Wayne Ponton, at 12.53 am on January 1, the first baby of 2020 at Carson Tahoe; he also achieved the title of first Northern Nevada baby born in 2020!

But, unbeknownst to Royce, she had even more to celebrate. For the first time ever, Western Nevada College provided the first New Year's baby a full academic scholarship through the college's foundation. Now, when Leviathan is of age and decides to explore higher education, he will have one less thing to worry about following high school graduation.

The donation came as a wonderful surprise to the family.

"We are so excited to receive such a significant, meaningful gift for our little boy from WNC and Carson Tahoe," Royce said. "I would have loved a scholarship; so I'm grateful he will have the opportunity. Thank you from the bottom of my heart."

WNC has been providing convenient access to higher education since 1971, so with three campuses located in Carson City, Fallon, and Douglas County, Leviathan will have his choice of where to attend.

"We welcome Leviathan into the Wildcat family," said WNC President Dr. Vincent Solis. "We know what impact higher education can have on someone's life and we're excited to present this unique gift to him."

Each year, Carson Tahoe Health puts together a basket full of goodies for both the first baby born of the new year and the last baby born of the previous year. It takes a bit of luck, too, as Carson Tahoe Health delivered 1,250 babies this year, a hospital record to date.

In addition to the scholarship, Leviathan and his family received a plethora of new baby essentials from Carson Tahoe Health and WNC. As the region's only



Future Wildcat Leviathan Wayne Ponton received a full academic scholarship to Western Nevada College because he was the first Northern Nevada baby born in 2020 at Carson Tahoe Health. His parents gratefully received the gift basket from the nursing staff.

Baby-Friendly designated hospital, Carson Tahoe made certain all gifts enhanced optimal outcomes for mom and baby. Based on "10 Steps to Successful Breastfeeding," this international program recognizes birthing facilities that offer mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies.

"Although we've been offering a gift basket to the first baby born for many years, this year was especially exciting," said Carson Tahoe director of marketing and public information Diane Rush. "With the addition of the generous gift from WNC, we were able to team up with our community partner to ensure a healthy start and a future education for this sweet baby."

So, what about the last baby born in 2019? The boy and his family didn't miss out on the spirit of giving. For more than 20 years, Western Nevada Cattlewomen has generously donated a \$200 gift certificate for Butler's Meat to the last baby of the year, ensuring he or she isn't forgotten. Carson Tahoe welcomed a baby boy born Dec. 31, 2019, at 11.30 pm. to Cidney Puff. The family also received a basket of Baby-Friendly new baby essentials from Carson Tahoe.

For nearly 50 years Western Nevada College has helped students prepare for a variety of professional careers through associate and bachelor degrees, industry certifications and

workforce training. WNC offers exemplary academics, affordability and student satisfaction. Through multiple campuses, resource and learning centers, cohorts and expanding online offerings, Western is positioned to serve students throughout the state and accommodate individuals who must maintain commitments to work and family. The college's foundation awarded more than \$300,000 in scholarships during the 2018-19 school year because of generous donations from private donors and local businesses. For more information on WNC, go to WNC.edu.

Carson Tahoe Health is a local, not-for-profit healthcare system with 240 licensed acute care beds. Serving a population of over 250,000, CTH features two hospitals, two urgent cares, an emergent care center, outpatient services and a provider network with 21 regional locations. The system is headquartered on a beautiful master planned 80-acre medical campus nestled among the foothills of the Sierra Nevada in North Carson City. As the system's cornerstone, Carson Tahoe Regional Medical Center (CTRMC), voted 5th most beautiful hospital in the nation, was the first Baby-Friendly designated hospital in Nevada. Also included on the campus is Carson Tahoe Sierra Surgery, the 15-bed boutique elective surgery arm of CTRMC, and Carson Tahoe Cancer Center, an affiliate of Huntsman Cancer Institute, University of Utah. For more information, go to www.carsontahoe.com.



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RTC begins 2050 Regional Transportation Plan

Submitted to the Galena Times

The Regional Transportation Commission of Washoe County is planning for the future transportation needs of our region by starting the process of developing its 2050 Regional Transportation Plan. The purpose of the RTP is to identify long-term transportation needs and goals for our regional transportation system. The RTP identifies the transportation projects, programs and services that may be implemented through 2050.

The 2050 RTP will build upon the 2040 RTP adopted in 2017. This community-based plan will be developed through a robust outreach process and conducted in collaboration with partner agencies and public input. The plan will address safety, mobility, connectivity and traffic-operations issues that are resulting from increased population and employment growth in the region.

The Regional Transportation Plan offers the opportunity to inspire, innovate and implement an integrated, efficient regional transportation system in our community. The RTC is seeking input from everyone in our community and encourages residents to attend public meetings throughout the process. In addition to general meetings, the RTC will hold issue-based workshops and roundtables on specific topics, including transportation safety, youth-transportation issues, economic development, and transit vision.

This is a community-wide plan that is made successful by the participation of everyone in the region. As the RTC works to develop a comprehensive plan for the future, stakeholders will have many opportunities for input. The RTC wants to hear about people's commute and neighborhoods and any ideas to improve transportation for everyone.

Federal regulations require that the long-range planning document be updated every four years. The



The Regional Transportation Plan addresses safety, mobility, connectivity and traffic-operations issues in Washoe County. Stakeholders will have many opportunities for input.

(Photos provided by RTC)

RTP is the RTC's long-range transportation plan as required under the Code of Federal Regulations. It contains major transportation projects and programs for Washoe County for all modes of travel and functions as the major tool for implementing long-range transportation planning.

The RTP captures the community's vision of the transportation system and identifies projects,

programs and services necessary to achieve that vision which may be implemented by the RTC, member entities and NDOT.

The RTP is on an 18-month schedule for the development and approval process anticipated to be complete by or before May 2021.

For more information or to see upcoming meetings, visit rtcwashoe.com.

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New life for old railroad as historic Virginia and Truckee Trail

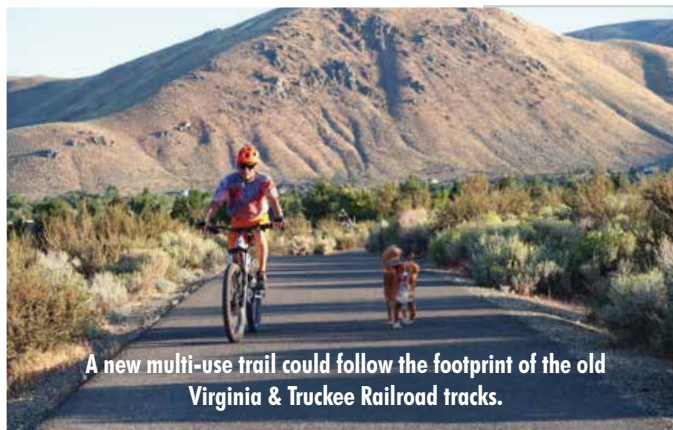
By Donna Inversin

Dedicated to building healthier places for healthier people, a small group of Northern Nevada outdoor enthusiasts has dreamed for many years of recreating the old Virginia and Truckee railroad as a rail-trail. The nationwide rail-to-trail movement finds decommissioned railroads and turns them into non-motorized paths which provide short and long hiking, biking and equestrian trails.

When the Virginia and Truckee Railroad was abandoned in 1950, the route was returned to the Bureau of Land Management and previous landowners - a mixture of private, city and county owners. Getting them all around the same table will not be an easy task. But with a lot of effort and some creative rerouting, it will be possible.

In 2017, the Carson City community group Muscle Powered supported the project which received a grant from the National Park Service Rivers, Trails, and Conservation Assistance Program to begin development of the formal Historic Virginia and Truckee Trail (The V&T). The trail will highlight the history and natural beauty of northern Nevada and help preserve remaining sections of the railway.

Now the passage of Nevada Assembly Bill 84 offers vital support for completion of 50-60 miles of paved



and compressed dirt, nonmotorized paths in the railway footprint that will connect the five counties, through a \$57.5 million grant funding program.

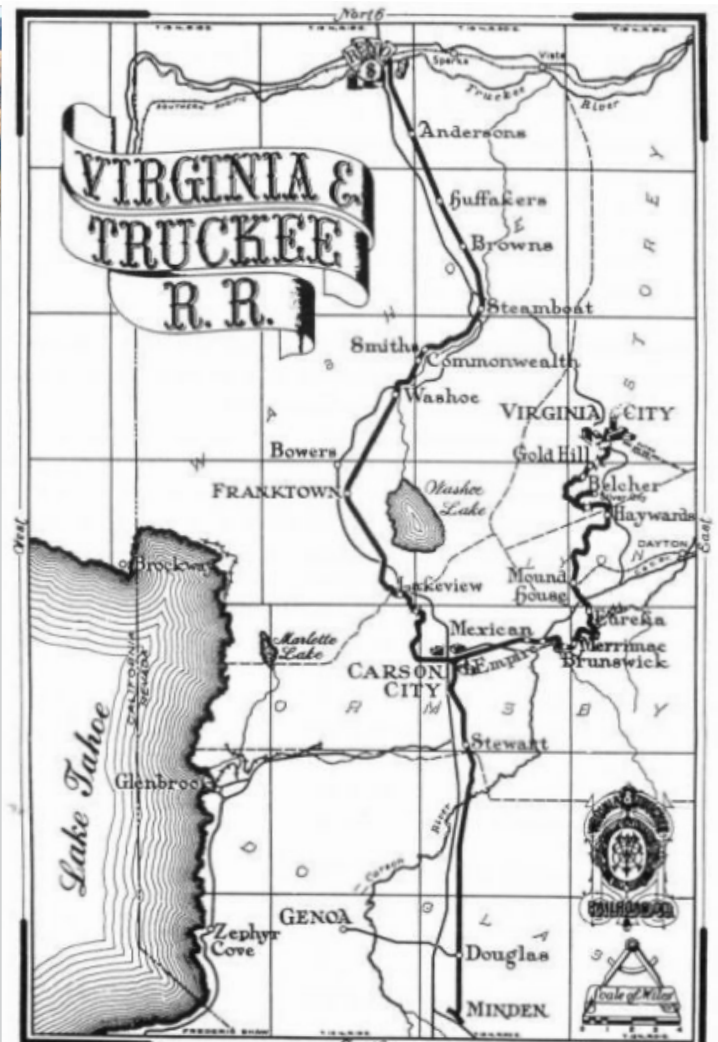
The rail-trail will also link together a handful of regionally and nationally significant trails such as the 1,800-mile Pony Express Trail, the 6,800-miles-plus American Discovery Trail and the 114-mile Tahoe Pyramid Trail. Through connections to those trails and others in Carson City and Douglas and Washoe counties, travelers can also reach the 165-mile Tahoe Rim Trail and the 2,650-mile Pacific Crest Trail.

The V&T will also attract bicycle tourism dollars by connecting Reno, Carson City, Virginia City, Minden and all of their museums and various attractions.

Donna Inversin is a retired registered nurse and lifetime hiker. She is a past

The non-motorized V&T trail will link regionally and nationally significant trails such as the Pony Express Trail, the American Discovery Trail, the Tahoe Pyramid Trail, the Tahoe Rim Trail and the Pacific Crest Trail.

(Photos provided by: D. Inversin)



president and current secretary of Muscle Powered; Citizens for a walkable/bikeable Carson City, and a member of the Historic Virginia and Truckee Trail Workgroup.

If you would like more information for you, your business, your school or to become involved in this exciting effort please contact historicvandtrail@gmail.com.

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Make memories this spring at Nevada Museum of Art

By Amanda Horn

As winter gives way to spring, our beautiful region abounds with an embarrassment of riches. But beyond the incredible vistas and fresh mountain air, a world of top-notch cultural experiences awaits you indoors. The Nevada Museum of Art, conveniently situated on Liberty Street between Downtown and Midtown, offers globally renowned exhibitions, engaging talks from a variety of seasoned experts, an acclaimed restaurant by chef Mark Estee, and more meaningful experiences that will delight any visitor. Here are the season's highlights:

America's Art, Nevada's Choice: Community Selections from the Smithsonian American Art Museum through April 19

Last summer, the Nevada Museum of Art launched a month-long, community wide campaign where the public voted to decide which artworks would come to the Museum from Washington, DC. The three paintings on view are the "winners" that received the most public votes: The South Ledges, Appledore, 1913, by Childe Hassam; Ryder's House, 1933, by Edward Hopper; and Georgia O'Keeffe's Hibiscus with Plumeria, 1939.

This is one in a series of American art exhibitions created through a multi-year, multi-institutional partnership formed by the Smithsonian American Art Museum as part of the Art



After Jean-Michel Basquiat, Untitled (Head), edition PP 1/5, 1983/2001, Screenprint, 40 x 40 inches. Collection of Jordan D. Schnitzer. © Estate of Jean-Michel Basquiat. Licensed by Artstar, New York.



Hung Liu, Official Portraits: Immigrant, 2006, Lithograph with collage, 30 1/4 x 30 inches. Collection of Jordan D. Schnitzer. © Hung Lui. Courtesy Nancy Hoffman Gallery.



Andy Warhol, Reigning Queens: Queen Ntombi Twala of Swaziland, 1985, Unique screenprint on Lenox Museum Board, 39 1/2 x 31 1/2 inches. Collection of Jordan D. Schnitzer.

Bridges + Terra Foundation Initiative. America's Art, Nevada's Choice at the Nevada Museum of Art is exclusively sponsored by the Art Bridges + Terra Foundation Initiative and the E. L. Wiegand Foundation.

The World Stage: Contemporary Art from the Collections of Jordan D. Schnitzer and His Family Foundation March 14 – May 24

The World Stage assembles more than 100 contemporary artworks by 40 American artists, including Andy Warhol, Mickalene Thomas, Wendy Red Star, Robert Rauschenberg, Kehinde Wiley, and many others. The title The World Stage is borrowed from the name

of a series of paintings by Wiley, an artist best known for his presidential portrait of Barack Obama which today hangs in the National Portrait Gallery. The artists featured in the show are unified by the country in which they live, though they possess widely diverse backgrounds, worldviews, and approaches to artmaking.

Where Art and Tech Collide through June 21

Designed to highlight the various ways artists use technology to create wonder and inspire curiosity, Where Art and Tech Collide pairs selections from the Museum's collection with signature loans by interdisciplinary

artists, including Trevor Paglen and Leo Villareal. An interactive digital artwork by Camille Utterback provides the centerpiece, igniting an exploration of the human relationship to the increasingly digital and artificial world of the future. Organized in conjunction with the 2020 NV STEAM Conference, a statewide education initiative.

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

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Libraries are more than just books

By Julie Ullman

Public libraries provide opportunities for learning in many other ways besides through books. The Washoe County Library System now offers free online access to The New York Times, both remotely and in the library. The Library's subscription allows members to read the current issue and all digital content except for Times Cooking and Crossword.

Even back issues are available. Archives are accessible from 1851 to the present day. For pre-1923 and post-1980 time periods, access is unlimited. However, articles from 1923-1980 can only be accessed remotely, with a limit of five articles per user per day.



Discover and Go: Museum Passes

Learning also happens not only by reading but via cultural immersion. Library cardholders can participate in Discover & Go, a network of Northern Nevada and California cultural institutions. Dozens of Northern Nevada and California museums, science centers, theatres, zoos, and other cultural attractions are no charge to cardholders, others are discounted.

Four local institutions currently offer passes to Washoe County Library cardholders:

- Nevada Museum of Art
- The Discovery (Terry Lee Wells Nevada Discovery Museum)
- Fleischmann Planetarium
- National Automobile Museum (The Harrah Collection)

Northern California attractions include the California State Railroad Museum, DeYoung Museum, the Oakland Zoo, the Sacramento Children's Museum, the Sacramento Zoo, the Exploratorium, the Yerba Buena Center for the Arts, and the Bay Area Discovery Museum, among others.

Discover & Go is available only to Washoe County residents. If you live in Northern California, your local library may also offer access to Sacramento and Bay Area attractions. You must be at least 14 years old to reserve passes with Discover & Go. Some offers may have higher age requirements. A limited number of passes are available each month, and most offers also limit the number of times an individual user may reserve a pass each year.

Beyond running special events and offering educational programs at the libraries, the WCLS website is host to additional online resources for job seekers, homework help, learning a new language, health and legal resources, and much more.

See you at the Library!

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us. John Andrews, Internet Librarian, contributed to this article. For complete access information for the New York Times, visit www.washoecountylibrary.us/downloads/nyt.php. For a complete list of online resources, check out www.washoecountylibrary.us/resources/databases.php

"An educated citizenry is a vital requisite for our survival as a free people."

widely attributed to Thomas Jefferson

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Turn spring fatigue into healthy habits



By Kerstin Tracy

Not everyone feels energized and excited in spring. Many people feel tired, breathless and exhausted this time a year or all year round. Often the adrenal glands get involved when it comes to chronic stress and depletion.

Adrenal glands are supercharged, golf-ball sized glands on top of the kidneys.

They produce a large number of hormones; the best-known ones are adrenaline and cortisol. The adrenal glands also deal with allergic reactions and they produce steroids to control inflammation. Adrenal glands are small but mighty.

Chronic adrenal fatigue and exhaustion can be caused by variety of sources: poor diet, excessive use of stimulants, stressful relationships, financial stress, mental stress and working non-stop, inherited lack of capacity to cope, chemical and environmental pollution and medications, illness, infections, allergies, candida, parasites, digestive and intestinal issues, injuries and pain as well as over-exercising.

What are other symptoms?

You feel tired after waking up and not very refreshed, you get a second wind at night, just when you are planning on going to bed, you need caffeine to get going in the morning or to stay awake during the day.

You may have salt cravings or sweet cravings, low blood sugar symptoms and blood sugar imbalances, or you may have increased food sensitivities. You may experience intolerances or allergies to exhaust fumes, smoke, odors, chemicals, bright light, food, or loud noises.

In addition, you could have depression and rapid mood swings, TMJ problems, grinding of teeth, headaches and migraines, dizziness, brain fog, water retention, breathing difficulties, chronic pain in the lower neck and upper back, vague indigestion and abdominal pain, chronic heartburn and a lack of ability to overcome inflammation - it's a long list. (Of course, all issues listed can have other causes. Always check with your physician.)

Still, adrenal exhaustion may be something that may apply to you and testing for it may shed some life on it.

You can support your adrenal glands naturally by:

- Decreasing your sugar and caffeine intake
- Avoiding processed foods
- Decreasing your stress level with deep breathing exercises, meditation, and/or time spend in nature

- Unplugging from your devices by 9pm at the latest
- Checking in with a nutritionist about supplements that can support your adrenal glands

• Receiving bodywork regularly - aside from the benefits of the modality applied, enjoy the fact that for that time you do not have to think or worry about anything. CranioSacral Therapy can calm down your nervous system and allow for your body to heal itself.

Be nice to yourself - drink water and eat regularly throughout the day, and take breaks - as you might have noticed, your To-Do List is endless; you might as well stop for a few minutes and rest.

Enjoy life and smell fresh wildflowers, adore the mountains around us, and let Lake Tahoe take your breath away in a good way.

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.

Local program streamlines Urgent Care procedures

Submitted to the Galena Times

Ever gone to Urgent Care to find out you were sicker than you thought? The Carson Tahoe Health Passport Program aims to make your journey to care easier. Implemented nearly a year ago, the program allows patients in need of a higher level of care to

bypass duplication of wait times and to streamline the registration process.

"If you arrive at one of our Clinics at Walmart or one of our Urgent Care facilities, and it's determined that you need a higher level of care, our staff will call the Emergency Department to let that Care Team know that

you're headed their direction," said Kitty McKay, Carson Tahoe Health Mission Integration Director. "You will be given a 'passport' to help identify you and simplify your experience upon arrival."

This unique program takes advantage of CTH's integrated health system and strives for a more cohesive path that allows patients to receive the appropriate level of care in a timely manner.

There are times when a patient accesses a Walmart Clinic or an Urgent Care, and it's determined that they require more advanced care from an emergency room. During these situations, it is understandably difficult to direct the patient to a second facility for their care. With this in mind, in 2018 a team made up of ED leadership, registration staff, the patient experience team, nurses, and providers all came together to

establish a better, more streamlined process.

"This new collaborative way of thinking is not only helping our patients," said McKay. "The Passport Program has also enhanced how well we work together, facilitating a more integrated Care Team."

"Improving the health and well-being of our community has been our mission for over 70 years. During this time, we have continuously strived to align our goals with that of our community. By implementing innovative ways to enhance the patient experience, such as the Passport Program, we are creating opportunities to effectively address community concerns while advancing the care model."

To learn more about using the appropriate level of care and to see Carson Tahoe Health's locations, please visit CarsonTahoe.com/Care.



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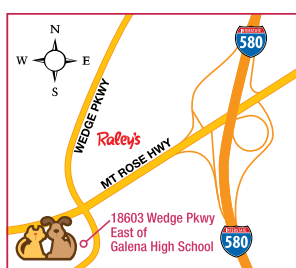


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A child or adult with strabismus, now what?



Dr. Max Coppes

By Max Coppes
Normally when we look at an object, both eyes are aligned so that they simultaneously focus on that object. This results in binocular vision:

the brain gets two identical pictures of the same object which it combines into one three-dimensional image, resulting in depth perception. When both eyes do not line up, the brain receives two different pictures of the same object, which is quite confusing. In adults this results in double vision. However, in young children, the brain in trying to avoid double vision, learns to ignore the picture of the misaligned eye and only sees the picture of the straight eye.

Misalignment of the eyes, called strabismus, is caused by a person's inability to control eye movement. It occurs in about 4 percent of the US population. Rarely is this the result from a defect in one or more of the six muscles that control eye movement, or the three cranial nerves that innervate them. In most instances, strabismus is caused by a problem in the brain's vision control center.

In adults who previously had perfect binocular vision, strabismus or double vision can occur after a stroke,

head trauma, or systemic illness such as thyroid issues. However, in most children, who are otherwise healthy, the cause for the malfunction of the vision control center, and resulting strabismus, is unknown. While it may run in certain families, most children with strabismus have no relatives with the same problem.

Strabismus may come and go or be consistently present. It is usually described by the direction of the eye's misalignment: inward turning of the eye ("esotropia"), outward turning of the eye ("exotropia"), and less common upward or downward turning of the eye.

Good vision in a child depends on normal alignment of both eyes. In children, the brain pays attention to the images provided by the straight eye, ignoring the ones from the misaligned eye. If this occurs consistently, the misaligned eye may fail to develop normal vision. This is called lazy eye or amblyopia. Therefore, all children should have their vision checked by pediatrician or family physician around 3 years of age, or sooner if you notice malalignment of the eyes. A child that fails a vision screen or has eye crossing should be seen by a (pediatric) ophthalmologist for a complete eye exam.

Amblyopia occurs in about half of children with strabismus, but in most cases can be successfully treated. As a rule: the earlier you treat, the better the

outcome. The most common treatment aims at training the misaligned eye by patching the straight eye. While this should improve vision, eye surgery is often required to realign the eye. This needs to be carefully managed and followed by a trained specialist. Even adults who have a misaligned eye can have it straightened, often leading to better visual perception and function.

While regular ophthalmologists learn about managing children and adults with strabismus and amblyopia, we are fortunate in our community to have Dr. Mitchell Strominger, a distinguished pediatric ophthalmologist and strabismologist from Tufts University, join Renown Children's Hospital and the Department of

Pediatrics at the University of Reno, School of Medicine.

A pediatric ophthalmologist has had special training to focus on children's eye problems and adult strabismus by completing extra training following general ophthalmology. They specifically learn to manage eye disorders of newborns and children, and eye movement disorders in adults. If your pediatrician or family physician feels that your child needs special eye care, or if you have adult strabismus, Renown Children's Hospital is ready to help.

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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3 tips to create athletic sustainability



Meaghan Maillet

By Meaghan Maillet

The best way to keep from being side-lined by injury is to avoid injury in the first place. Here is how American

Ultrarunning Hall of Famer Frank Bozanich has remained injury-free over 60 years of his running career.

The 75-year-old local running legend attributes his durability to genetics.

"I chose good parents," he jokes. But then Bozanich reveals what he feels has kept him injury free. Here are his three tips to keep you on your feet.

#1 Build a solid base

Bozanich's advice to anyone considering running ultra marathons is to take your time and build running distance slowly. He began his running career as a high school track sprinter and continued to run track in college. It was there that he ran his first two-mile race and eventually a 10k. He didn't run his first marathon until he was nearly 28 years old. He built a solid base before his first ultra marathon.

#2 Listen to your body and keep perspective



Massage therapist Meaghan Maillet works with athletes of all levels. Ultrarunner Frank Bozanich is one of her regular clients.

Bozanich is a firm believer in listening to the cues his body is giving him. He would rather not finish a race if he feels the pain of a potential injury, than run through it and risk being sidelined later. In his service as both a U.S. Marine Corps officer and in law enforcement, Bozanich has seen life and death situations.

"A race is not life or death," he said. "You're not going to win every race, and that's okay."

#3 Warm up and recover

Bozanich always does a warmup run before any race, whether it's a 5k or a 100 miler. He never starts cold. The day after a race he goes for an easy recovery run to loosen his legs and prevent stiffness. He also gets chiropractic adjustments and enjoys



the occasional sports massage. When asked about other self-care strategies, he says he has never caught onto any of the sports performance trends. He doesn't go to hydration lounges, nor does he use any designer nutrition products. He credits his wife's fabulous cooking for keeping him fit

and healthy. And to this day, the only race nutrition he uses is flat Coke and water.

Bozanich continues to run daily on the roads and trails of Reno. He still races and enjoys competitive success. He plans to run another ultramarathon this summer. His Hall of Fame bio states, "Of all the superstar athletes featured in the American Ultrarunning Hall of Fame, Frank Bozanich has ultimately turned out to be the most durable."

Meaghan Maillet is a certified massage therapist and founder of Connective Touch Therapeutic Massage at 16520 Wedge Parkway, Suite 300 Reno. Connect by calling (703) 568-2010 or visit www.connectivetouchmassage.com. To learn more about Frank Bozanich's running career, visit www.americanultra.org.

Is fluoride the superhero for teeth?



Dr. Kellie J. McGinley

By Kellie J. McGinley

Dental decay or cavities occur because bacteria in the mouth feed on sugars from

the diet. The assault on tooth enamel is constant – with every bite. How can we prevent cavities from happening? The simplest answer: limit sugars and refined carbohydrates, clean your teeth, and bring fluoride to the rescue.

Throughout the day, we constantly expose our teeth to food and liquids that can be harmful to our teeth. Fluoride aids in re-mineralizing teeth that have been exposed to food/drinks and prevent the de-mineralization or decay process. Fluoride helps to create a surface on the tooth that bacteria have a difficult time breaking down; therefore, fluoride reduces the risk of cavities.

Pediatric dentists often get the question, "Is it recommended to have fluoride for baby teeth?" The answer is, Yes! Primary or baby teeth are vulnerable to getting a cavity because of the thinner enamel or outer layer and the diet children receive. We need to protect all teeth, especially baby teeth, from cavities to keep kids free of dental disease and prevent dental pain. Research has shown us that children who do not use fluoride have a greater risk of cavities, especially at a young age.

Fluoride has a proven superpower but unlike in some other large communities, northern Nevada has not optimized fluoride in public water sources. Therefore, supplementation should happen elsewhere, for example,

through fluoride toothpaste, topical fluoride at the dentist office, and/or prescription fluorides. Pediatric dentists make sure your child is receiving the correct fluoride supplementation. Talk to your dentist to see what the correct amount for your children is, as it varies with age.

The American Academy of Pediatric Dentistry recommends brushing for your child twice a day with fluoride toothpaste. For children under 3 years old, a "smear or rice-size" amount of toothpaste is recommended. That way if they swallow the small amount, it will not harm them. For children aged 3-6 years old, a "pea-size" is an appropriate amount of toothpaste. Keep toothpaste stored away from the child's reach. A professional topical fluoride application at each dental cleaning visit is also encouraged by the AAPD.

Some physicians are now encouraged to also apply topical fluoride to at risk children in their office to prevent dental decay. Research has proven fluoride to be safe and effective to control dental decay. Talk to your dentist or visit www.aapd.org for more information and research articles on fluoride and dental decay prevention for children.

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



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Awaken from winter into time of healthy growth



Howard Chen, MD

By Howard Chen

In the Chinese Luni-Solar calendar, the beginning of the New Year, as well as the beginning of spring, started February 4, 2020. As many of you might know, this is the year of the Yang Metal Rat. The Rat has qualities of water, making this a year with the energetic qualities of both structure and flow, or when taken together, show a need to allow fluidity into our normally structured lives.

In the framework of Chinese Philosophy, the spring is the time of growth that happens after we have gathered all the necessary resources and regenerated our deepest energies during winter. Spring is the time when we begin to emerge from the folds of inward attention to focus on achieving ideas that we've incubated during winter. Spring also represents a time of increased physical movement, and when life speeds up from the relative

stasis of winter.

From the Chinese Medicine perspective, "harmonizing with" rather than "fighting against" the energy of the season is essential for facilitating continued or improved health in ourselves and our loved ones. I recommend allowing physical movement, intellectual growth and daring to try rather than fearing consequences. I recommend incorporating more of the green color and an eastern direction into your life for the next three months, as well as foods with a sour taste. Furthermore, allow anger and frustration to well up within you, but let it pass, rather than holding onto these emotions.

During this time, we need nourishment that will allow us to think big and put our inspiration into action. As such, some Western foods that will help us to achieve these goals include:

Beans and seeds: Adzuki beans, bean sprouts, Lotus seeds

Dairy: sour cream, unsweetened yogurt

Fruits: apples, apricots, blackberries, blueberries, currants, gooseberries, grapes, kiwis, lemons, limes,

lychee, mandarin oranges, mangos, mirabelles, oranges, peaches, pineapples, plums, pomegranates, raspberries, strawberries, tomatoes

Grain: quinoa, spelt

Seasonings: vinegar

Vegetable: rhubarb

The combination of Western and Eastern medicine can be termed "Integrative Medicine", and I find its use to be quite beneficial in helping patients adapt to seasonal and life changes.

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. Consider subscribing to his newsletter for health and wellness updates. For more information about the concierge primary care practice or to schedule acupuncture, visit www.thechencenter.com or call (775) 451-CHEN (2436)

Springing out of seasonal allergies



Dr. Paul Manoukian

By Paul Manoukian

If April showers bring May flowers, you can be sure that allergy season will soon be underway. Nasal allergy, also known as allergic rhinitis, is

actually a complex set of reactions from environmental allergens that are inhaled. The most common form of these

environmental allergens are seasonal pollens from blooming plants, although many allergens can occur right in your own home.

Symptoms can include sneezing, itchy watery eyes, itchy throat, and nasal discharge of clear mucous. Symptoms of allergic rhinitis differ from symptoms of sinus inflammation which are usually mid-facial pain and pressure, tooth pain, and colored nasal discharge which may be foul smelling.

Many people diagnose themselves

with allergic rhinitis and treat themselves with over-the-counter medications such as antihistamines and nasal steroid sprays. While these can be effective treatments, the gold standard is to have your skin tested for inhalant allergens.

Skin testing allows your Ear, Nose and Throat specialist to tailor a treatment plan to your specific sensitivities. This test is now performed virtually pain-free in one sitting.

Once diagnosed, allergic rhinitis can be treated with three different methods.

The first method is environmental control. This may include avoiding the allergen, filtering the allergen from your home with a specialized filter called a High Efficiency Particulate Arrestance, or HEPA filter, that is made to collect the tiny pollens that cause allergies, and updating the flooring in your home to tile or wood instead of carpet.

The second method to treating this annoyance is with medication therapy. These include nasal steroids to decrease

continued on page 15



Are your allergies springing to life?

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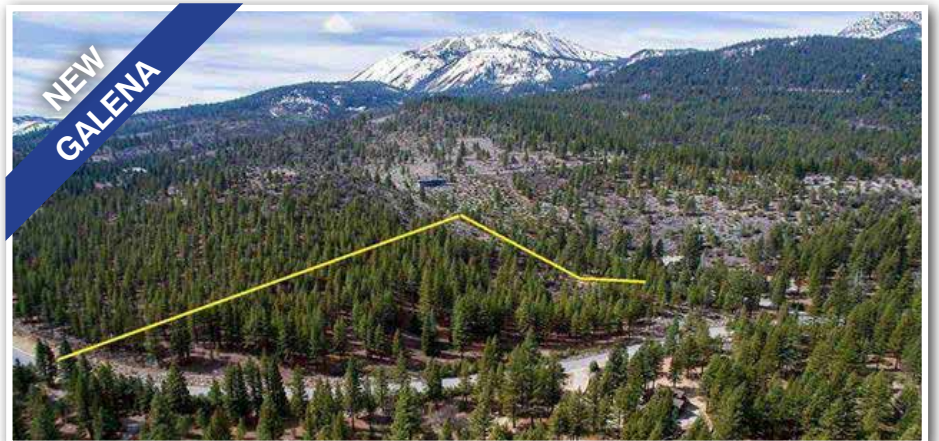
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~ Ben and Susan, New Timberline Residents

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200 Black Pine Drive	\$782,500	\$775,000	330.17	327	2370	0.49	12/17/19
16975 Mountain Bluebird Drive	\$860,000	\$830,000	296.65	286.31	2899	1	2/3/20
17000 Evergreen Hills Drive	\$1,000,000	\$967,500	240.91	233.08	4151	1.01	1/31/20
6315 Fleur Court	\$1,275,000	\$1,225,000	436.2	419.09	2923	0.22	2/7/20
1000 Blue Spruce Road	\$1,395,000	\$1,360,000	378.15	368.66	3689	0.52	12/10/19
5750 Nordend Way	\$1,345,000	\$1,495,365	407.58	453.14	3300	0.36	12/12/19
5845 Strasbourg Court	\$1,899,000	\$1,800,000	421.72	399.73	4503	0.49	12/4/19
5920 Lausanne Drive	\$1,899,000	\$1,899,000	327.92	327.92	5791	1.26	12/23/19
6080 Lake Geneva Drive	\$2,695,000	\$2,500,000	450.52	417.92	5982	0.86	1/3/20
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3675 Butch Cassidy	\$499,500	\$482,500	239.8	231.64	2083	0.33	12/6/19
3880 Corvallis	\$525,000	\$510,000	259.9	252.48	2020	0.28	2/7/20
2197 Solitude Dr.	\$587,000	\$550,000	267.18	250.34	2197	0.37	2/6/20
4175 Twin Falls Drive	\$664,900	\$665,000	194.64	194.67	3416	0.28	1/21/20
4620 Edmonton	\$679,000	\$674,000	198.77	197.31	3416	0.32	2/13/20
3806 Bellingham	\$749,900	\$725,000	219.53	212.24	3416	0.45	1/3/20

SADDLEHORN/MONTE ROSA

14285 E Windriver	\$764,900	\$735,000	250.87	241.06	3049	0.42	12/9/19
14285 Sorrel Lane	\$1,180,000	\$1,155,000	261.76	256.21	4508	0.91	12/13/19
13230 W Saddlebow	\$1,250,000	\$1,175,000	285.26	268.14	4382	1	1/10/20
14230 Powder River Court	\$1,325,000	\$1,300,000	315.48	309.52	4200	1.01	2/6/20
605 Oxbow	\$1,600,000	\$1,512,500	337.27	318.82	4744	0.93	12/23/19
3665 Boulder Patch	\$1,764,945	\$1,525,000	455	393.14	3879	1.04	1/30/20
4665 S Saddlehorn Drive	\$1,895,000	\$1,855,000	300.79	294.44	6300	0.64	12/30/19

ARROWCREEK

3140 Cobble Ridge Ct	\$880,000	\$880,000	236.94	225.41	3904	0.77	12/5/19
3430 Forest View Ln	\$914,987	\$910,000	290.29	288.71	3152	0.31	2/26/19
5640 Rue Saint Tropez	\$998,000	\$948,000	235.93	224.11	4230	0.33	12/31/19
10280 Via Bianca	\$981,000	\$951,000	319.86	310.07	3067	0.5	1/29/20
6205 Elk Ivory	\$974,900	\$962,500	217.47	214.7	4483	0.29	12/19/19
10030 Via Solano	\$1,025,000	\$990,000	265.27	256.21	3864	0.5	2/3/20
2975 Stonebridge Trl	\$1,049,000	\$1,015,000	342.25	331.16	3065	0.35	12/27/19
489 Tularosa Ct	\$1,250,000	\$1,140,000	319.61	291.49	3911	1.3	1/30/20
5900 Flowering Sage Court	\$1,449,000	\$1,450,000	333.18	333.41	4349	1.05	2/21/20
6532 MASTERS DR	\$1,688,000	\$1,525,000	358.01	323.44	4715	1.15	2/19/20
5880 Flowering Sage	\$1,845,000	\$1,800,000	286.8	279.81	6433	1.17	2/27/20
6372 Mormon Tea Way	\$2,995,000	\$2,900,000	516.29	499.91	5801	0.92	2/11/20

CALLAHAN RANCH

15345 Fawn Lane	\$399,900	\$300,000	543.34	407.61	736	2.35	2/11/20
5430 Tannerwood	\$545,000	\$545,000	307.91	307.91	1770	0.98	12/16/19
5380 Tannerwood Drive	\$579,000	\$555,000	324.19	310.75	1786	1.13	12/5/19
4935 Thompson Court	\$795,000	\$720,000	265.89	240.8	2990	1.16	12/13/19
15447 Balsawood Drive	\$739,000	\$720,000	281.74	274.49	2623	1	1/14/20
5345 Cross Creek Lane	\$975,000	\$900,000	332.08	306.54	2936	1.78	12/6/19

OTHER AREAS OF SOUTH RENO

470 Octate Circle	\$599,900	\$580,000	314.25	303.82	1909	0.37	2/7/20
1180 Monte Vista	\$650,000	\$640,000	352.11	346.7	1846	1.32	2/18/20
10985 Dryden Drive	\$695,000	\$670,000	221.62	213.65	3136	2.5	2/27/20
600 Dancing Cloud Ct	\$675,000	\$675,000	284.09	284.09	2376	0.44	1/15/20
1320 Celese	\$721,000	\$700,000	281.75	273.54	2559	0.99	2/19/20
5665 N White Sands	\$750,000	\$772,500	295.28	304.13	2540	0.4	2/12/20
3975 Lamay Lane	\$825,000	\$779,094	265.02	250.27	3113	1.13	1/31/20
3550 Lamay Ln	\$869,580	\$850,000	474.66	463.97	1832	1.97	12/2/19
6125 Mesa Road	\$930,000	\$910,000	255.07	249.59	3646	0.8	1/27/20
801 Mile Circle	\$1,175,000	\$1,100,000	432.46	404.86	2717	2.4	12/5/19
11255 Dixon	\$1,350,000	\$1,100,000	292.91	238.66	4609	2.09	2/13/20
8451 Lakeside Drive	\$1,350,000	\$1,200,000	291.7	259.29	4628	3.31	2/13/20
5095 W Acoma	\$1,300,000	\$1,200,000	463.62	427.96	2804	7.21	2/20/20
3400 Frost Ln	\$2,350,000	\$2,150,000	587.35	537.37	4001	2.27	12/31/19

NW CARSON CITY

317 Sussex Place	\$439,500	\$420,000	273.32	261.19	1608	0.14	12/3/19
2142 Saint George Way	\$529,000	\$500,000	274.52	259.47	1927	0.25	12/6/19
1644 Evergreen	\$524,500	\$505,000	243.27	234.23	2156	0.18	1/17/20
10 Canyon Drive	\$549,900	\$525,000	216.84	207.02	2536	1.28	1/22/20
2717 Christmas Tree Drive	\$599,000	\$580,000	220.79	213.79	2713	0.22	1/15/20
3667 Lakeview	\$619,000	\$600,000	213.67	207.11	2897	1.26	2/18/20
180 Cogorno Way	\$650,000	\$650,000	141.86	141.86	4582	1	1/16/20
3760 Paradise View	\$659,000	\$659,000	250.38	250.38	2632	1.32	2/28/20
2653 Wellington South	\$875,000	\$868,800	271.23	269.31	3226	1	12/20/19

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

March into mindful eating

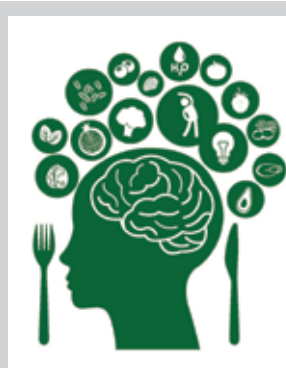
Submitted to the Galena Times

Be it for the sake of weight loss, better habits, or a desire to find more pleasure surrounding food, we can all relate to wanting to refine our eating habits. March is National Nutrition Month and the theme “Eat Right Bite by Bite” focuses on slowing down and paying attention.

“If you want to give mindful eating a try, start slowly - just one bite at a time,” says Rachael Roberts, nutrition manager at Carson Tahoe Health. “Really pay attention to what you are eating and why.”

What is Mindful Eating?

It is not much different than it sounds, mindful eating is an approach to eating that focuses on awareness. It has little to do with calories, protein, carbohydrates, or fat, but instead teaches us to acknowledge our physical and emotional hunger cues and responses



to food. It guides you to listen to your body as mind-less eating may lead to binge eating, weight gain, poor health, guilty feelings and more.

How to Eat Mindfully?

- Notice and honor your hunger

Learn how to differentiate between true hunger and other eating triggers such as boredom, stress, sadness, or anger

- Focus on your meal without

distractions

- Chew slowly, savor each bite
- Engage your senses and notice flavors, textures, colors, and smells
- Stop eating when you start to feel full (this can take up to 20 minutes)
- Notice how you feel after eating different foods and portion sizes
- Respect your body and remember we all have a different “genetic blueprint.” No matter what size or shape you are,

develop an appreciation for eating habits that makes you feel your best.

Benefits of Mindful Eating

- Weight Management – mindful eating can help you get out of a dieting mindset so you can settle into long-term behaviors and results.

- Improved Mood - you learn how to appreciate the experience of eating, which in return helps you do the same in other areas of your life.

- Awareness – becoming an observer of your thought patterns and behaviors about eating will create space to pause and feel in control of day-to-day options and choices

- Mindfulness - in general, being mindful can help lower cortisol levels, blood pressure, stress levels, and heart rate.

For more information about Nutrition Services at Carson Tahoe Health, please visit www.carsontahoe.com/nutrition

seasonal allergies *continued from page 11*

the reactivity of the nose and eyes and antihistamines taken in eye drop, nasal spray or pill form. Combinations of these medications are tailored to the particular patient’s symptoms with the help of an ENT specialist.

The third method is called immunotherapy. Immunotherapy exposes patients to small doses of the allergen at first and gradually increases exposure to change the immune system’s response. It can be given in injections every one to two weeks in the

doctor’s office. Most recently, this method has seen success administering drops of the allergen under the tongue. This is called sublingual immunotherapy and is quite popular amongst patients who wish to enjoy the freedom of administering their own treatment, or those who have a busy travel schedule. Immunotherapy is usually prescribed when both the first and second methods of treatment have not been successful in reducing symptoms.

Dr. Paul Manoukian has spent most of his life in

Northern Nevada. After attending the University of Nevada, Reno – where he majored in health science and minored in Romance languages – Manoukian attended medical school at Tufts University School of Medicine. He simultaneously received a Master of Public Health from Harvard University School of Public Health. He then completed his medical residency in Otolaryngology-Head and Neck Surgery at The Johns Hopkins Hospital. He founded Sierra Nevada Ear, Nose & Throat in 1995, providing a whole-patient approach to ENT care.



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Mutual of Omaha

MORTGAGE

Summer fun with forest, water, wildlife

By Amber Dawn Seifert

"Safety first, education second, fun always" is what children enjoy with Great Basin Outdoor School, a local nonprofit that promotes cooperation, respect, and responsibility in the outdoor classroom. Naturalists teach educational programs that focus on forest, water, and wildlife ecology, geology, and astronomy and support Washoe County School District curriculum standards.

Parents and grandparents do not have to look further for their child care needs this summer. Summer Adventure Day Camps are an exciting education opportunity for children aged 6 to 12 to spend summer outside learning about the environment around them. The three Summer Adventure Day Camp programs will be hosted at the River School Day Farm in Reno June 15-19, June 22-26, and June 29-July 3. Hiking, recycled crafts, and science guest presenters will keep your children engaged with hands-on activities while learning important lessons about the world around them. The



Great Basin Outdoor School offers summer camps that get kids interested in the natural world.



(Photos: A. Seifert)

9am to 4pm weekly program fee is \$205, with options for before and after care, as well as sibling and educator discounts. Register now at www.greatbasin-os.org/summer-day-camp.

"The best thing about Great Basin Outdoor School is that we have fun, and everyone is treated equally," said a student in an overnight science camp. For overnight programs, students sleep in heated cabins and eat three delicious meals a day, all on the beautiful

shoreline of Lake Tahoe. Students are accompanied by their fellow classmates and teachers and are taught by Great Basin Outdoor School naturalists. Science camp activities include hiking and actively participating in outdoor lessons. Students are challenged to make a difference in their own lives and communities with what they learn. Spring science camps are filling fast and more openings are available for fall overnight and day programs.

Great Basin Outdoor School is committed to educating not only children but teachers as well. Through Project WET (Water Education for Teachers) workshops, teachers earn professional development credit while learning new and exciting ways to teach their students about our watershed. At this year's family-friendly Summer Saturday of Learning, educators can bring their own school-age children to this Project WET workshop on June 27th at the River School Farm from 9am to 5pm. See details and register at www.greatbasin-os.org/workshops.

Amber Dawn Seifert is the public relations and community outreach intern for Great Basin Outdoor School. She is a senior at the University of Nevada, Reno and will graduate this spring. For frequent updates, like the Great Basin Outdoor School Facebook page, visit www.greatbasin-os.org, or reach Education Director Summer Grandy at Education@greatbasin-os.org or (775) 324-0936.

Renew your love for trails

By Steve Lang

Spring – a time of regrowth and renewal. In 2020, this has a double meaning for me. In addition to the regularly scheduled renewal of the season known through plants budding and flowering, eggs hatching and larvae squirming, and the emergence of the trails from frozen mud and icy snow of winter, I am coming off a forced hiatus.

Last year ended with surgery to repair an injury sustained in a race in August, and a subsequent months-long journey of recovery and physical therapy, I'm back and glad to be.

It's always a crapshoot trying to figure out which of my favorite routes will be passable early on. But one that is usually dry first and is not widely traveled is the trail to Jumbo Falls,

conveniently located just minutes away from Reno in Washoe Valley.

What's that? You didn't know there was a waterfall on the east side of the valley? Yep. It's a beautiful, but seasonal, 30-ish-foot waterfall accessible via a 12-ish-mile round trip starting from the off-highway vehicle parking area on Jumbo Grade. If you have a 4x4, you should be able to get further up. How

much closer you ascend depends on the condition of the Jumbo Grade and the combination of your and your vehicle's abilities. A motorcycle can get all but the last 200 feet to the top of the falls. However, the real treasure is getting to the bottom, requiring a bit of a scramble down some slick rocks: the hidden Shangri-La of moss in an arid landscape

continued on page 19

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Branch out, explore new places

By Hawley MacLean

Spring is just around the corner, and with it often comes a natural desire for new, exciting opportunities. Have you ever thought of going to one of the greatest freshwater fishing lakes in the world? Or how about discovering all shades of green in the sweeping highlands of Scotland?

Great Bear Lake in the Northwest Territories of Canada lies within the vast reaches of the Arctic Circle. For thousands of years, Great Bear Lake has been home to the indigenous Sahtu Dene people. It is one of the largest lakes in the world and home to vast wildlife, both on shore and beneath the lake's cold waters. Only a handful of lucky fishermen get the chance to cast a line in this protected lake, so it is certainly a special opportunity. This national historic site is all catch-and-release: Lake Trout, Grayling, and Arctic Char can be caught under the Arctic's midnight sun in July. This lake holds almost every freshwater fishing record. Great Bear Lake offers a wonderful opportunity to celebrate nature and the incredible wildlife we often overlook during our travels.

Nature is also at the top of the list for anyone who might think about visiting the northern reaches of the United Kingdom. Scotland is a beautiful country full of scenic views, ancient culture, and of course, delicious whisky and some of the best seafood on the planet. If you travel in small groups, you can look forward to connecting to local people who are known for their incredibly hospitality. Scotland's rich history is apparent in both the cities and countryside, so there will always be a chance to learn and appreciate culture no matter where you find yourself. It is the perfect chance to try new things, like eating some haggis, a traditional, minced Scottish dish made with sheep's heart, liver, and lungs, often mixed with minced onions, spices, and oatmeal. Scotland also offers an



Hawley MacLean has been visiting the remote Great Bear Lake in the Northwest Territories of Canada with his family since the 1960s. As chief adventure planner for MacLean Adventures, he now is taking travellers on unforgettable adventures around the world.



(Photos: H. MacLean)



item to add to your bucket list, the Scottish Military Tattoo. This huge celebration of music, fireworks and dancing in front of Edinburgh Castle is a definite addition to unforgettably spectacular events you must see in your life.

Whether you will be floating on a boat across the vast waters of Great Bear Lake or enjoying life to the fullest amongst the Scotts, spring certainly

reminds us how wonderful it is to branch out and try something new.

Hawley MacLean is the chief adventure planner of MacLean Adventures. He 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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Safety tips for best paw-sible adventures in Galena



By Matt Schmitt

The incredible, natural scenery of Reno yields great opportunity for adventure, and the only thing that could make a beautiful hike even more magical is having your beloved pup by your side. However, it's important to remember that enjoying nature with your dog requires awareness and responsibility, especially when the well-being of your dog may be at risk. Before you hit the trails, consider these safety tips to keep your dog happy and healthy on your outdoor adventure.

- **Remember doggy bags.** Feces, unknowing to owner, can contain eggs of parasites that can be passed to people and other dogs. There is little worse than enjoying the smell of pine interrupted by the odor of dog poop. Pick it up and pack it out. Be responsible.

- **Be aware of laceration risks.** Lacerations are superficial cuts or tears in the skin, commonly caused by your dog digging around or playing in places they shouldn't be. While you're out on a trail, you should be scanning the environment for areas that pose a



risk for lacerations – such as thick, thorny brush, sharp rocks, branches or manmade objects like wire fences. If your dog happens to get a laceration, don't panic! Contact your veterinarian to at least look at the wound, and your dog will stay happy, healthy and ready for the next adventure in a few weeks.

- **Travel safely.** Bringing your dog anywhere in the car poses risk, however, it is even more important to practice good travel safety when traveling into natural areas that have bumpy roads and sharp turns. If your dog is a large breed, the best way to contain Fido is in the rear of the car, preferably with a divider.

This prevents slipping and sliding between the car seats and the car floor, which can cause injury. If your dog is a smaller breed, invest in a car-safe harness restraint system. Keep noses and feet inside the car, and no lap riding!

- **Double-check ID tags and microchips.** In the worst-case scenario of becoming separated, you want to feel confident that your dog can be properly identified and brought back to you. Double-check before every outdoor adventure that the ID tags on collars are secured and have accurate information. If your dog is not microchipped, contact your veterinarian and make an appointment to have a microchip implanted and registered, and keep your microchip information up to date. It's always better to go through the extra effort to know your pup can end up where they belong.

There's no better feeling than getting fresh air with your dog, especially in the gorgeous landscape of the Sierras and Truckee Meadows. Have fun and remember to put safety first!

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

Community-based program helps families with pets

Submitted to the Galena Times

Wag it Forward is a community-based program to aid families and their pets. Originating from the widespread Pay it Forward campaign, Natural Paws, a natural pet food store in Galena, has designed Wag it Forward to spread the wagging happiness of beloved pooches and aid the community.

The first priority of the Wag it Forward program involves helping local families who have been struggling to keep their pet(s) due to recent financial difficulties. Wag it Forward will feed families' pets

who are in need due to a recent job loss or illness in the family or because of another family crisis.

Since the program initiated in 2017, Natural Paws has helped many pet owners including a family of 10 (6 children, 2 parents and 2 dogs) and a family that lost their house in the Little Valley fire. Natural Paws started the program last year in cooperation with Stella & Chewy's, Nutrisource, Lotus, FROMM and Natures Variety pet foods.

"The Reno community has been so supportive of our pet supply store and we want to pay it forward

and give back to the community that has given us so much," said Natural Paws owners Lori and Rob Burks. "We love Reno and are so fortunate we are able to raise our daughter Sophie and grow our business within such a wonderful community. Now it's our turn to help someone else."

If you know a family in need please send their written story by email to naturalpawslori@gmail.com. For more information, please visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call 775-853-3533.

Mutts in May adoption Saturdays pairs pets with parents

By Lori and Rob Burks

Whether pure-bred or mutts, dogs and cats come in many sizes and temperaments: quirky or mellow, active or easy-going, slobbery or cuddly. What they all have in common is that they are loveable, incredibly loyal, and many are looking for a home. Natural Paws, a natural pet store in South Reno, will host their annual "Mutts in May" adoption days every Saturday throughout May from 10am to 1pm, so you can find the perfect fit for you and your family.

Natural Paws will host several rescue groups each Saturday including the Pet Network Humane Society, Nevada Humane Society, the SPCA, and ResQUE. Twenty percent of dogs in shelters are purebred so there will be a large selection of

adorable breeds and mutts.

Each adoptee will receive a free 5 pound bag of kibble from Natural Paws as well as a lifetime of free pet food advice for their dog or cat.

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. They are doggedly committed to pet rescue. For more information, visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), naturalpawsreno@yahoo.com or call (775) 853-3533.

"Saving one dog will not change the world, but surely for that one dog, the world will change forever."

~ Karen Davison



(Photos: L. Burks)

Adoptees enjoy the unconditional love of their rescue pets.

Flowering trees usher in spring

By David Ruf

The rebirth of life – that's what spring is for so many of us each year. We are done with the starkness, the grey colors, the drabness, and deep in our souls we long for life and the rebirth of color.

I enjoy the tough flowers like crocus, who herald the coming of spring, the pansies and violas whose little multicolored faces smile back through the last winter proclamations of wind and snow. The cheery, gold wands of forsythia point upward and outward to entice us to enjoy cool days and warming sun.

Then we see it. It might happen so fast, we are in awe. The flowering trees demonstrate their beauty and glory from down by the river, marching up the gentle slopes to the foothills.

Fruit trees, peaches and nectarines, explode with white, light pink, or dark pink petals by the thousands. They, like most flowering plants, are in their glory for three weeks. When you count the days, it's 21, the hours, it's over 500. We might have but a fraction of time to become aware and enjoy them, but they are just the beginning. As they drop their petals, we are then transported to a vast array of colors displayed by the apples and crabapples. Thousands upon thousands



of these brightly colored stalwarts of spring flaunt enough color to command your and everyone else's attention.

The newer selections of ornamental crabapples have even better color, bigger flowers, and as added bonus, smaller fruit (Royal Raindrops) or maybe even no fruit (Spring Snow). They can stand tall (Rejoice) or drape over a retaining wall (Louisa), spread wide and low (Pink Princess) or become the signature shaped tree for the side of the front yard (Showtime). For this group of trees to produce so much color, proclaiming spring has arrived, is a wonderful boon to us living in

'Sagebrush Country'.

For areas out of the strongest of winds and where shade falls gently upon them, three other trees usher in spring: flowering cherries, flowering Dogwood trees—my parents' favorite – and Redbuds with their exciting and diminutive-sized flowers. Though these trees may be advertised for sunny, open locations in magazines, because of our growing conditions in the Silver State with high winds, bright sunlight, low humidity, and low rainfall, we have found that they perform so much better where they can be blessed with nurturing caring habitat and shelter. Older parts of town and areas where pines are tall are some of those desired locales.

So, as God breathed on the ground and brought forth life, I ask you to breathe in the beauty, buy a flowering tree, plant it where it can be enjoyed and reveled in every spring. You will have brought forth rebirth and life, welcoming a new year.

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.

trails continued from page 16

of sage and pine. Being seasonal, the falls dry up when the water disappears, so now is the time to go see them. I was there last April, and it was lovely.

Unfortunately, the route is too complicated to describe, and there are no trail markers to guide you. However, the falls are identified on Google Maps at 39.330247, -119.692133, and it's a straightforward exercise to plan a route via the satellite view, where you can see the various 4x4 and motorcycle tracks to lead you there. The route goes past the relatively

well-known basalt pillars, through groves of single leaf pinon pine, and over a knoll with its seemingly out-of-place stand of tall and stately Jeffery pines.

I'm planning an excursion there soon, as I renew my love affair with the trails in Nevada after a winter of recovery. If you want to come along, drop me a line.

See you on the trails!

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



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Galena Cheerleaders get crowds excited, team pumped



Denali Vinson

By Denali Vinson

Some people may think cheerleading is just a group of girls (and boys) waving pom-poms around. But cheering is more complex than this, involving gymnastics, dance and stunting. The cheer squad memorizes about 35 routines, ranging from simple group cheers to a complex dance routine. I am a freshman cheerleader for Galena High School. At the beginning of this school year, I found out that there were a couple of open spots on the cheer team. I did not have any previous experience with cheer, but I have always loved to dance. So, I decided to give it a try.

After weeks of observing and shadowing cheer practice, I tried out and I made the team. Cheering for Galena High School is a very big responsibility. Our coaches have emphasized that the cheer squad represents our school, our coaches, and our student

body, and so we always must be on our best behavior. When we are cheering, we are kind and respectful to the other schools and their teams.

Stunting involves groups of cheerleaders working together to do baskets, lifts, and other more complex stunts. Strong cheerleaders serve as base, lighter cheerleaders are called flyers, and other cheerleaders are spotters who help catch falling cheerleaders should things go wrong.

Each stunt is carefully choreographed so that each cheerleader performs his or her role at the proper time. The base cheerleaders work together with the flyer to lift the flyer into position. The spotter helps stabilize the flyer's legs. The flyer tenses every muscle in her body. We all put on happy smiles to make it look effortless, but stunting is hard work. All the cheerleaders need to be perfectly in sync to accomplish the stunt.

Officially, cheerleading is classified as a high school "activity" rather than as a "sport." However, cheerleading does involve high levels of athleticism and precise teamwork. Most cheerleaders participate in

training camps and practices throughout the summer, and we practice for several hours each week. We also do stretching and conditioning drills to stay in shape.

Recently, the Galena High School cheer squad participated in a competition against most of the other high schools in our area. I was not able to participate in the competition, but I was there all day cheering on my team. Watching them compete in front of a large crowd and a panel of judges was nerve-wracking, even though I wasn't on the mat with them.

Galena won first place in the game day category and second place in the dance category. The cheer team experienced lots of ups and downs this season, including a coaching change this fall, new girls (like me) were added to the team after school started, and a couple of girls quit for personal reasons. But our team has pulled through and succeeded through hard work.

Denali Vinson is a freshman at Galena High School. She is grateful to upperclassmen on the team, coaches, and team captain who helped her feel more confident in front of crowds and in high school.

How to get school credit while traveling

By Kathryn Kelly

Do you want to be a foreign exchange student but fear having to stay in high school five years to graduate? Or are you a family with a chance to travel for several months and don't want your student to lose ground in school? First of all, congratulations. A chance to explore new cultures is a major gift to any child's future. The benefits earned in these months abroad will far outweigh any time lost in a traditional classroom.

The typical options to get credit while traveling are:

- homeschooling (much easier to do in years prior to high school)
- making prior arrangements with your current

school before you leave to obtain credit (typically very challenging),

- or for teens, take a "gap year" after graduating from high school.

Getting high school credit poses the major challenge to overseas travel, and requires advance planning, extensive documentation and a lot of parent involvement. State requirements vary for elementary and middle school, but typically students in grades K-8 should be able to transition back into the next level grade upon return if they have kept up in English and math.

But there's a fourth option: working with an alternative school to design a curriculum in advance

that will receive credit on a US transcript upon returning home. This involves teaming with a WASC-accredited school to ensure coursework transfers to a high school transcript on return. It begins with taking an inventory of your travel plans and student interests and may involve designing classes tailored to the countries visited. For example, for a family spending six months in Thailand (or Brazil, or South Africa), courses may include Thai culture, history, food, language, geography, law, art, music, environment -- with all children participating at their level of ability. For high school, the program should be tailored to that

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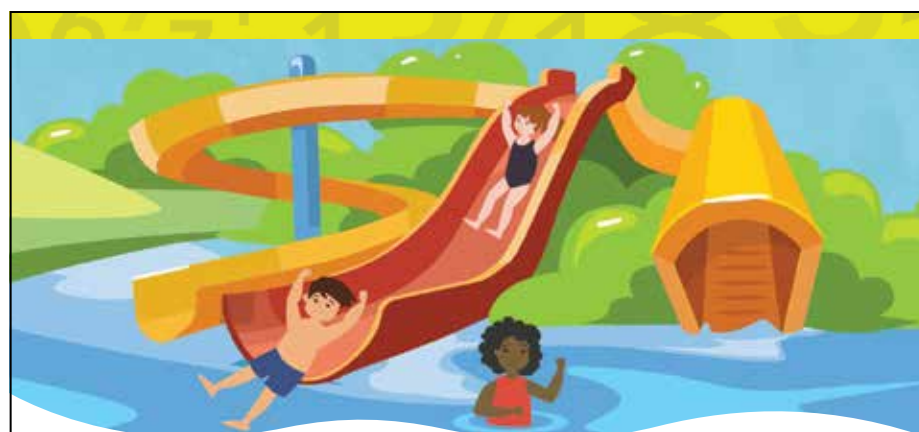


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Explaining Washoe County School District's process for weather delays, cancellations

By Scott Kelley

It was a dark and stormy night. Snow blanketed the region, while falling temperatures iced roads and sidewalks. Equally ominous were weather reports warning that warm weather on the horizon would melt much of the snow and ice, causing creeks and rivers to overflow their banks.

The above reads like the beginning of a novel, but Washoe County has seen inclement weather slam our region and wreak havoc on roads from snow and ice, winds, floods, avalanches, rockslides and fallen trees. Washoe County School District bus drivers begin driving every school day starting at 3 am. Asking them to negotiate these hazards is not safe.

When WCSD officials make the decision to allow, delay or cancel school, they are guided by approved policies and regulations that focus on the safety of students, transporting students safely, and workplace safety. These decisions are made in accordance with WCSD's emergency management plans, which are submitted to the State of Nevada on an annual basis.

When a storm approaches, WCSD officials study up-to-date weather maps to gauge what conditions might be like the next school day. They consult with officials from local government, the National Weather Service and National Oceanic and Atmospheric Administration before making informed decisions using the best and most recent information available.

Hazardous conditions might necessitate a two-hour delay, which allows morning rush hour to clear and time for the roads to become safer before school buses and parents can transport their students. Another option is the use of winter bus stops, which provide alternate locations for buses to pick up and



(Photo: S. Kelley)

School closures depend on safety of Washoe County school buses ready to deploy - or not - at 3am from the Sparks transportation hub.

drop off students. Winter bus stop locations are shared with families at the beginning of each school year and are listed on WCSD's Transportation webpage (washoeschools.net/Page/527). The worst weather might require WCSD to cancel school for a day, or for several days. None of these decisions are taken lightly.

Whatever the case, WCSD's communications team works quickly to spread the word to families and staff through email via the Blackboard Connect system and social media. Local media outlets are contacted so they may begin broadcasting the information immediately. In Incline Village, parents and guardians of Incline students may call the Incline Parent Hotline at 337-7509 for information about possible delays or cancellation of classes at their schools.

Many have questioned why WCSD delays or closes all schools, and not just the schools affected

by extreme weather. The reason is because conditions change constantly, making it impossible to predict exactly where and when storm hazards will occur.

For instance, Galena and Arrowcreek sit at higher elevations than the cities of Reno and Sparks. Weather patterns could mean the roads of Galena and Arrowcreek are icy while roads down in the valley are merely wet. Caughlin Ranch Elementary School isn't in the Truckee River flood zone, but the buses that take students to Caughlin originate from WCSD's Sparks Transportation Yard, which is in the flood zone.

Trying to manage the ever-changing weather and resulting conditions across such a diverse region hourly is impossible with today's technology.

As a father, school board trustee and member of this community, I can't think of a worse scenario than sending school buses loaded with thousands of students onto roads that might be icy, flooded, covered in mud, or jammed with stalled vehicles.

School cancellations are tough, especially on families with working parents who must take time off or arrange day care for their children. However, when it comes to student safety, WCSD must be cautious in its approach and diligent in its decision-making.

Our students are our most precious resource and keeping them safe in the face of dangerous road conditions and unpredictable weather is WCSD's No. 1 priority.

Scott Kelley is the Washoe County School District Trustee for District A, which includes Incline Village, Washoe Valley, and southern Reno. He is married and lives in Arrowcreek. He and his wife have two sons who are zoned for Hunsberger ES, Herz MS, and Galena HS.

school credit *continued from page 20*

student's college and career aspirations. All courses should be carefully vetted to ensure they meet standards for academic rigor and student engagement as well as state graduation requirements.

Does this work? Absolutely. One student graduated early and was accepted to Temple University's campus in Tokyo to double-major in International Business and Japanese, after a high-school career filled with family travel overseas and extended absences for ski competitions. Another spent six months in Brazil, and upon return got a 5 on the AP test he was

studying for -- and achieved a Seal of Biliteracy in Portuguese.

With a little advance planning, getting credit while traveling can be a fun and stimulating addition to an exciting year.

Dr. Kathryn Kelly is a toxicologist, science teacher, and college counselor. Born in Canada, she spent four of her secondary and college years in Germany and Austria before graduating from Stanford and Columbia. She founded iSchool to enable motivated students to earn academic credit while pursuing their dreams anywhere in the world. She may be reached at 775-831-2423 or at kkelly@ischools.us.

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Project 1000 Grace Orphan Care, building a brighter future

By Timothy Kinsinger

Financial wellbeing is a liberating feeling. Just ask anyone who has attained it. Financial success frees you of the stress of having to make ends meet. To me, however, there is more to it than just making a living; I believe that we all have an obligation to give. I'll tell you how I do and how you can, too.

I give to the poorest of the poor. Most of the poorest countries in the world are in Africa and one of them is Malawi. Malawi is a country of 18 million people with over a million orphaned children. In 2013, I traveled to Malawi and visited Grace Orphan Care, a day care center for orphans and disadvantaged children. At the time, 200 kids were being fed, educated, and cared for. When I returned two years later, Grace was in decline and disrepair. Attendance was down to 50 kids. They'd lost their funding. For the cost of Montreux monthly golf dues, I founded and funded Project 1000 Orphan Care Foundation.

Project 1000 is a charitable foundation that supports Grace Orphan Care in Zomba, Malawi. Grace provides pre-school education, adult supervision and meals to orphans and disadvantaged children a day. Since then attendance has grown to over 500.



(Photo: T. Kinsinger)

Local wealth manager Timothy Kinsinger started the non-profit Project 1000 Orphan Care Foundation to support orphans in Malawi. He is looking for donations to fund a second day care center.

It's amazing how much our money helps. Our children are fed a vitamin-fortified porridge called nsima, which is the staple diet of most sub-Saharan African people. It provides enough nutrition to subsist on one meal a day if necessary. It costs 10 cents a meal. Fifty dollars a day feeds 500 kids.

I don't do this all by myself. A handful of others pitch in which affords us the services of five teachers,

a night security guard, and a couple of assistants who cook. We maintain an infrastructure that includes a well, classrooms, a maize mill, and approximately two farmed acres. On Sundays, we rent the classrooms to a church for additional funding.

We hope to raise more money soon to fund another struggling day care center which we have already identified. All systems are in place to make sure our money feeds an additional 500 kids a day. All we need is a little more funding.

It's surprising to me how easy it was to support 500 students and I fully anticipate getting to 1000. Thereafter, who knows? Maybe it should be Project 10,000. All it takes is money, organization, and dedication. Our donors who travel to Malawi pay all of their expenses (travel, lodging, transportation, food, safari expenses, etc.) so all of your donated money goes to work.

Timothy Kinsinger is a wealth manager and owner of Nevada Investment Management on Wedge Parkway. He has worked with retirees for over 30 years and currently manages over \$130,000,000 in retirement plans for hundreds of Northern Nevadans. If you would like to help sponsor this program, visit www.project1000orphans.org and view the videos.



Liesa Leggett Garcia

Time for spring cleaning?

By Liesa Leggett Garcia

Spring has always been the time on the calendar that bids us to get into those drawers and closets and do some serious cleaning, sorting and purging. I suppose it's because spring is a time for newness; the old has run

its course and something new is burgeoning. A space must be created for new leaves, new buds, new life. But what of the old?

We take our cues from nature and follow the natural rhythms of life, which is why annual spring cleaning feels right. Not necessarily fun, but right.

How do we know if we even need to do this? Where do we start? How do we decide what to release and what to keep? It starts by checking in with our gut—how do my surroundings look, and more importantly, feel? If my house is overflowing with “stuff,” that might be a

clue that it's time to tackle it. Some questions we can ask as a self-assessment are, do you feel comfortable having people visit your home—as is? Do your clothes in your closet fit you? Do you have things you never wear or use? Do you regularly misplace your car keys or your glasses? Oops—that might be a question for another topic. When was the last time you saw your dining room table? Can you park in your garage?

If we arrive at the conclusion that maybe our stuff is taking over our lives, there may be deeper questions to explore. We may be filling our lives with “stuff” to make us feel better, which can cover up other cluttering thoughts. Spring cleaning may be more about taking an inventory of the thoughts and beliefs we hold about ourselves and determining which of those thoughts no longer serve us.

Are there old beliefs you've held on to since childhood that you fall back on, more out of habit than anything else? Ask a similar question, do these still fit



who I am? They may no longer be relevant. It may be time to let them go. Just like the bell bottoms in the back of the closet.

By releasing the old, we make way for something new and maybe something even more beautiful and wonderful to come into our lives. But we'll never know, until we let go.

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.”

Size does matter

By Debby Bullentini

You've seen them, those extra-large, giant or even enormous bottles of wine or champagne. But do you know the names for these different wine bottle sizes, how much wine they contain, and more importantly, what size you might get for your own party or event?

While it's pretty easy to find magnums, the larger-format bottles are rarer, and usually available only at auctions. As you might imagine, larger bottles are considered collectibles because of their rarity. Larger bottle sizes are well suited to longer aging of Bordeaux wine, or other wines. Wines from larger formats age more slowly and possibly even develop more complexity and nuances than wines from smaller bottles. This is due to the smaller amount of air that resides between the cork and the wine inside the bottle.

Interestingly, there are many unique names for wine bottle sizes that were named after Biblical characters. Below is a list of the most frequently used wine bottle sizes, their names, and the amount of wine they contain:



Split: 187 ml (1/4 bottle)

Half Bottle: 375 ml

Standard: 750 ml

Magnum: 1.5 L (2 bottles)

Jeroboam: 3 L “First King of the Northern Kingdom” (4 bottles)

Rehoboam: 4.5 L (6 bottles)

Methuselah: 6 L “Oldest Man” (8 bottles)

Salmanazar: 9 L “Assyrian King” (12 bottles)

Balthazar: 12 L “One of the Wise Men” (16 bottles)

Nebuchadnezzar: 15 L “King of Babylon” (20 bottles)

Solomon: 20 L “King Solomon, the wisest of all men, King of Israel, Son of David” (26 bottles)

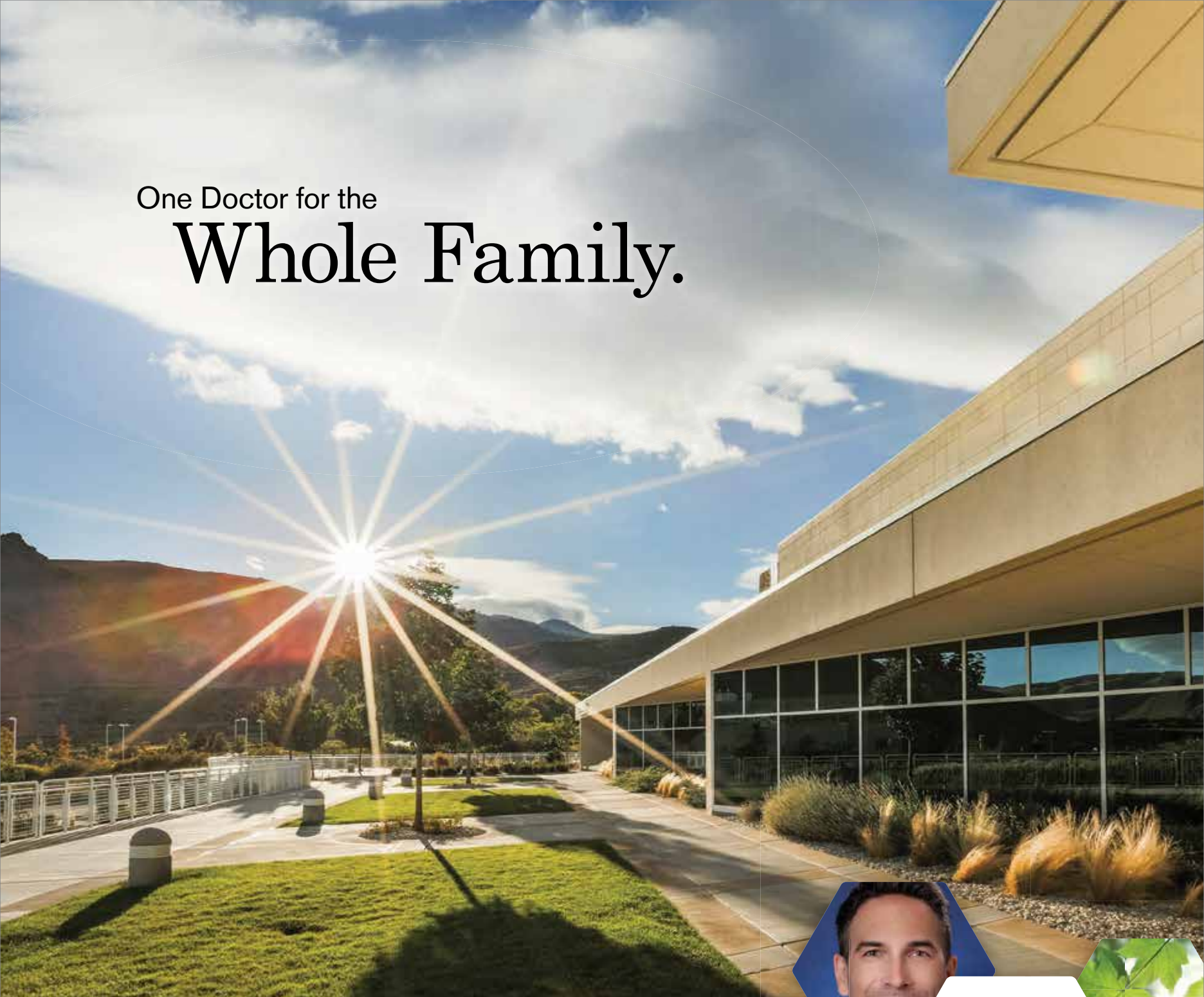
Melchizedek: 30 L “Name of several priesthoods in different religions including the Church of Jesus Christ of Latter-day Saints” (40 bottles)

Whether it's a split of bubbly for you to enjoy just for yourself, or a Methuselah shared with friends for a special celebration, the wine inside will always be perfect for any occasion.

Cheers!

Debby Bullentini is the manager of Lodge Coffee + Wine bar, open Tuesday-Thursday 1pm-8pm, and Friday-Saturday 9am- 9pm, Sunday 9am-7pm. Happy Hour: Tuesday 5-7pm, 20% off all bottles and cheese boards. Live music on Wednesdays 5.30-7.30pm.

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Specializing in family medicine, Dr. Gordon cares for patients of all ages and life stages. He obtained his medical degree from Medical University of the Americas, West Indies and completed his residency at the University of Wisconsin School of Medicine and Public Health in Eau Claire, WI. Dr. Gordon is excited to join Carson Tahoe Medical Group and thrilled to be part of the South Reno community. And, when he is not diligently caring for his patients, you'll find him enjoying the great outdoors. Carson Tahoe is proud to have Dr. Gordon as a new member of our healthcare team.

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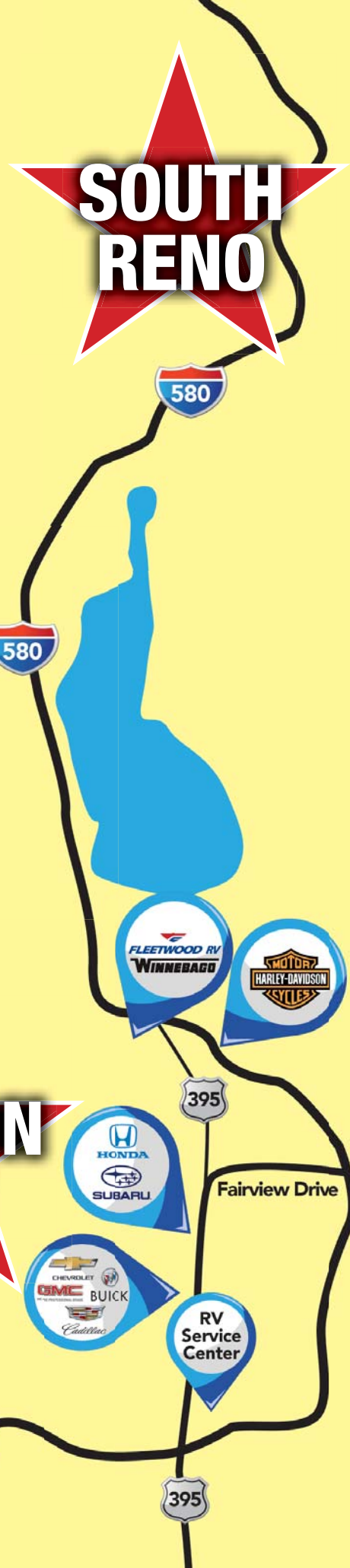
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