

Tahoe Blue Crews ensure clean re-open

By Dagmar Bohlmann

When Jesse Patterson takes his 2- and 5-year-old kids hiking around Tahoe, they pick up trash when they see it. Preserving nature is in Patterson's genes. He had learned it from his parents, and he lives it every day as chief strategy officer at The League to Save Lake Tahoe, a non-profit with a holistic approach to solve the environmental challenges threatening the Lake. Aptly, his main concern this year is litter.

"Leave no trace has never been more important than now," Patterson warned. "For many, Tahoe is a Disneyland of the outdoors, but there are no people picking up after you here."

While everyone wants tourists to come back and enjoy the Lake, health concerns have now created new problems for the environment: Disposable dinnerware, cutlery, and plastic bags have become a staple for carry-out restaurants; carpooling and public transit are taboo, and single-use gloves and face masks litter beaches.

Since Lake Tahoe spans two states and four counties, regulations are different everywhere. Some parks have re-opened their facilities, but they are not yet fully trained and staffed, a situation that can cause accumulating litter.

"We want to help people make better choices," Patterson said. "Obviously, we want them to come and support local restaurants and businesses. But perhaps they could request minimal packaging and bring their own, reusable cutlery."

So, the League is starting a virtual grassroots movement to empower people to be part of the solution, instead of the problem. Focused on the preservation of the pristine Lake for future generations, the League used to organize huge volunteer-driven cleanup events. But



Tahoe East Shore Trail offers a climate refuge for visitors from Reno and California's Central Valley.

following current health guidelines, they shifted to a fleet of small strike teams, called Tahoe Blue Crews.

You can join an existing Tahoe Blue Crew or form your own. Blue Crews adopt an area litter hotspot as identified by the League, pledge to clean it three times a year, and report cleanup data online where it will be compared to a five-year-old database.

Several research institutes are monitoring environmental impact, among them the Tahoe Environmental Research Center, which keeps track of water clarity with remote sensors. But data takes time to be analyzed and since the lockdown primarily happened during Tahoe's shoulder season, a traditionally much slower a time of year, the effect on Tahoe's environment might not be that dramatic.

Meanwhile, the true test regarding tourism, traffic and trash is going to come this summer. While the cancellation of fireworks, concerts and golf tournaments might lessen crowds, Patterson said that Tahoe is still a climate refuge and many folks travel

from Reno, Sacramento and the Central Valley to escape the summer heat. He expects many first-time visitors who before the pandemic might have looked for entertainment in now-closed nightclubs, not on trails

"This summer will be really interesting," he said. "Hopefully, we will look back with amazement on how responsibly people interacted and not with the thought 'Oh man, this place

Letter From the Publisher

Hello friends and neighbors,

Year-round, I enjoy our local trails. Being outside makes me feel happy, especially now. There is no sugarcoating it, we live in difficult times. Nature offers a respite from it all. I have never seen so many people with smiles on their faces as they hike some of the nicest trails in the country. Just gazing at beautiful high desert scenery, or soaking in spectacular Tahoe vistas, lets us all rediscover our inner calm. I am no longer taking for granted just how lucky we are to call this place home.

Especially noticeable these days are families hiking together. Getting outdoors with friends and family is some of the best medicine that can be prescribed. Venturing outside, known as ecotherapy, has regenerative powers, improving mood and easing anxiety, stress, and depression. Hopefully, some of these new habits will continue after we get through current challenges. As many times as we have in our past, I trust we will all come back smarter, stronger and hopefully happier.

We are all facing challenges that require us to reexamine and recalibrate. Our signature mountain race and family festival, Galena Fest, is among the

got wrecked."

Patterson remains optimistic. His son recently asked for a backpack with a water bladder so they can go for longer hikes to pick up trash.

Dagmar Bohlmann is the Galena Times editor. She loves hiking, paddle boarding, yoga and the ethics of Leave No Trace. To sign up for Tahoe Blue Crew, visit www.keeptahoeblue.org or email tahoebluecrew@keeptahoeblue.org, or call 530.541.5388.

events that had to be postponed to 2021. In the meantime, we can create a sense of community right here on these pages.

The Galena Times is always looking for new writers and advertisers. We are here to help small business recover, because we all know how much they mean to our neighborhood. Please contact me directly for details.

Be safe, Richard Keillor



Richard Keillor enjoys the Empire Ranch Trail in Carson City to create a sense of calm and rejuvenation.

The Lodge reopens to happy customers

By Tom Burkhardt

Memorial Day weekend turned out to be the perfect time to reopen The Lodge Coffee + Wine Bar. Memorial Day's 80-degree weather brought out many hikers, cyclist and local neighbors, ready to start or finish their outing by sharing a glass of wine or a cup of coffee. Since opening in January 2019, it was the third best attended weekend, and all outside tables were occupied at one time or another.

Because of "sheltering at home" and "social distancing" measures, new manager Dotty Molt did not know what to expect. To prepare, she spent many hours training new staff just days prior to opening. Regardless, everyone had early stage nerves just prior to greeting the first customers. In the end, it turned out to be a success.

Complying with all the Governor's health mandates, indoor seating is discouraged, even though ceiling fans are whirling and both doors remain open



The first visitors are grateful to have a place to socialize when they arrived Memorial Day weekend at The Lodge Coffee + Wine.

most of the day. Even though 49 guests could be seated inside, chairs and tables have been rearranged to only

accommodate 14 with plenty of space surrounding everybody. However, three spacious outdoor decks offer safe distancing room for up to 50 guests with six foot spacing between tables.

Like so many restaurants, bars and coffee shops, The Lodge Coffee + Wine Bar had to close in March as per the Governor's orders. But behind the scenes the planning for summer programming continued. A bocce ball court will be put below the deck to host a community league with competitions and prizes. It should be great fun and a way to spend a hot summer night with friends, neighbors and a glass of wine.

Hours will be 9am until 8pm on Friday, Saturday and Sunday for now.

Tom Burkhardt is the owner of The Lodge Coffee+Wine Bar. Feel free to reach out to him with thoughts, questions, or suggestions via tburkhardt1938@gmail.com. For a look at the modified menu, visit www.thelodgecoffee-wine.com.

Donations help Assistance League carry on during crisis

By Rebecca Wilson and Katharine Peake

Kindness and generosity returned to Assistance League of Reno Sparks multiplied. Craig Holt and Kevin Robertson, owners of Sierra Nevada Construction, decided to donate a resurfacing project to the non-profit after learning of the temporary closing of the Thrift Shop, a major source of income for this all-volunteer organization.

The loss of revenue due to the COVID-related closure is impacting the organization's budget and affects the way the Assistance League can help students, teachers, seniors, victims of assault and veterans. As a result, chapter



Sierra Nevada Construction donated a new surface surrounding the Assistance League of Reno Sparks' Thrift Shop.



members are seeking ways to make budget adjustments while at the same time continuing to address community

needs. The organization's slogan has adapted to this new reality: "Still Helping – Always Caring, Transforming

Lives – Strengthening Community."

Aligning with these principles, Sierra Nevada Construction identifies social responsibility as an important part of its core values; this includes donations to various nonprofit organizations.

"Giving back to the community that helped build and guides our decision-making process when making donations," SNC president Robertson said.

After realizing that SNC had submitted a bid to resurface the chapter parking lots with a slurry seal, SNC director Craig Holt decided to revisit the location and speak with Assistance League leaders. At first, Holt considered

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The Galena Times encourages everyone to write and express opinions about the community or the paper. We welcome your stories and photos, but reserve the right to edit submissions.

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

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Discover nature from home before heading out

By Sam Bellis and Laura Azzarello

Learning about science, discovering the healing power of nature and the importance of conservation has been a cornerstone of programming at the Galena Creek Visitor Center. While in-person events are currently on hold, environmental education and STEM resources can be accessed online.

To explore the park where the high desert environment ends, and the forest lands begin kids, and kids at heart can now discover several distance learning lessons on the GalenaCreekVisitorCenter.org website. Many of these activities can be done inside the home and involve common household items.

Lessons are available for grades K-12 and each lesson plan includes a designated age range, school subjects, procedures and discussion questions, and additional resources for further learning. Files are free for all and can be downloaded and distributed by parents, guardians, and teachers to engage students in fun, education activities while distance learning.

The Galena Creek Regional Park is still open daily from 8am to 7pm. Families can spend time outside playing, learning, and appreciating nature together. While out, it is important to remember to follow safety precautions, like keeping a distance of six feet or more from other hikers and avoiding congregating in parking lots or picnic sites. It's best not to hike in large groups and stay home if you feel sick. These procedures will keep



Officially named the "Antelope Bitterbrush", the Bitterbrush is extremely well adapted to live in desert environments, which is why it is one of the most common species in this area of Nevada.



(Photos submitted by: Great Basin Visitor Center)

the Galena community safe and healthy.

A great way to enjoy the park and the online resources is to subscribe to the blog and read about ecology and cultural history information at home before heading to the trails. The center has created a new blog which highlights interesting topics about wildlife, plants, cultural history, and other interesting topics.

According to the blog post from May 21, a closer look at the leaves of the Antelope Bitterbrush shows that they have a waxy coating and are covered in tiny hairs which diffuse sunlight - both of which help prevent water loss. The plant also grows roots that have been found to be up to 15ft deep, allowing the plant to access water stored deeper in the soil. Individuals range in size from shrubs to small trees, and most live to be several decades old; though, some of the most successful have been found to be over 100 years old.

Bitterbrush provides a crucial habitat for many small animals, namely rodents, snakes, and lizards. The plant has a symbiotic relationship with these creatures: lizards will defend the plant by eating insects that are after its leaves, while the plant's seeds are a crucial

source of food for rodents. Rodents will bury a "cache" to store food for winter, and when some of these caches are inevitably forgotten, the planted seed is left free to germinate and begin the process anew.

Take a walk anywhere in the greater Reno area and you will notice that Bitterbrush is also one of the first plants to bloom in the spring. Bushes that have direct exposure to the sun will already have bright yellow, fragrant flowers, while those that are more shaded should bear "bulbs" that will bloom within the next few weeks.

Sam Bellis and Laura Azzarello work at the Galena Creek Visitor Center. Follow them on Facebook at Galena Creek Visitor Center or Instagram @galenacreek or visit GalenaCreekVisitorCenter.org to learn more about the environment we live in.

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Washoe County Library is still here for you

By Julie Ullman

Unprecedented is a word being used a lot this year. It's certainly true for the Washoe County Library System. Librarians are problem-solvers, used to finding ways to get things done. While all Washoe County libraries are closed - and that is unprecedented - one library branch has remained open: the Digital Library, and business is booming.

When local branches closed on March 15th, library staff switched focus from in-person services to virtual services. A new Digital Library Card application was created, making it easy for anyone to get a library card and start using free ebooks, downloadable audiobooks, and reference databases on the library's website at www.washoecountylibrary.us.



MANGO

Want to learn how to code or brush up on your digital photography skills? Lynda.com is full of video tutorials. Interested in learning a new language? Check out Mango with over 70 languages to learn.

Trying to keep the younger kids entertained? You definitely need to check out Tumblebooks with animated storybooks, audio chapter books and



educational videos.

In addition to these, Brainfuse JobNow helps with writing resumes and career-coaching, and Brainfuse HelpNow provides homework help for you and your children.

You can check out hundreds of magazines using RBDigital, sign up for free access to the New York Times, and even learn how to repair your vehicle with Auto Repair Source.



Find your next book to read using Libby, which also has plenty of free audiobooks. All you need is a mobile device such as a phone or tablet to use Libby. If you prefer reading on a computer, you can do that, too.

Explore new library services

In addition to digital resources, you can enjoy our new virtual story times with your favorite library staff on the Facebook group called Washoe County Library Virtual Story Time. It's free to join and there are new videos posted daily.



Our Summer Reading Program has moved entirely online this summer. This year's theme is *Imagine Your Story* and there will be badges to earn, missions to complete and fun activities

available, as well as tracking your reading minutes.

At this time, we don't have a projected re-opening date for the library branches, but check, www.washoecountylibrary.us, Facebook page: <https://www.facebook.com/washoecountylibrary/>, or the Twitter account, twitter.com/Washoelibrary, for the latest updates.

We are constantly learning about best practices for patron and staff safety and look forward to seeing

you all again in person. Until then, #StayHomeForNevada and be safe!

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. Be sure to sign up for the Library Newsletter to keep up with the latest library news <https://washoecountylibrary.us/about/newsletters.php>

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How to talk to your kids about COVID-19



Dr. Max Coppes

By Max Coppes

COVID-19 has been receiving and will continue to receive much attention worldwide over the next months, likely longer. Most attention has been focused on adults,

maybe particularly older adults. Surprisingly, children have not been affected in the same manner as we have seen in adults and seniors. In general, children infected by COVID-19 are mostly affected in their upper airways, that is their noses, mouths, and throats rather than their lower airways, the lungs. As a result, early data showed that not many children required going to hospital with pneumonia and the life-threatening symptoms requiring intensive care. In fact, relatively few children with COVID-19 have been hospitalized.

In late May however, pediatric hospitals started to recognize in some children a condition being called 'multisystem inflammatory syndrome'. This is a serious condition that requires hospitalization. At present it is so rare that nationwide pediatricians are working together to collect information on each patient and in doing so learn more about this unique COVID-19 manifestation in children. Rest assured your local pediatricians are fully aware of this condition and on the outlook. Finally, while each life lost is dramatic, as of mid-May 2020 very few children have died due to COVID-19 in the USA, compared to tens of thousands of adults.

The reason for the remarkable difference in how COVID-19 presents in children, especially that in most the symptoms are very mild, is not well understood and needs to be studied. Some people suggest that the evolving immune system of children reacts differently to COVID-19 and other viruses than the aging immune system of adults. Others suggest that the most likely reason has to do with the outside of a child's normal lung cells.

COVID-19 needs to identify a 'docking station' on lung cells to enter the cell and cause mayhem. Maybe children do not have as many 'docking stations' on their lung cells, preventing COVID-19 from massively entering a child's lung. Whatever the reason, as an academic pediatrician, I think it is important to understand why this new virus does not seem to harm children in the same way it does adults, as it is to find an effective vaccine. What can we learn from the fact that children seem to respond so differently, most with few symptoms at all, some with a very rare combination of symptoms affecting the whole body?

While most children may not get very sick from COVID-19, they are probably one of the main routes by which this infection is going to spread throughout the community. That understanding will play a role in deciding when and how to reopen schools. Meanwhile, this is the time to teach them about the importance of hygiene: good hand washing, physical distancing, and disinfecting surfaces and objects which may harbor germs. Good hygiene is the cornerstone of limiting the spread of many viral diseases, including COVID-19 and the flu. There is no better time than the present

to teach our children about the importance of washing their hands regularly and long enough.

Finally, how do you talk to children about COVID-19? Recently Renown Children's Hospital recorded several video clips of elementary, middle and high school students asking questions and pediatricians giving answers (www.renown.org/covid-19-how-to-talk-to-kids). Here are some recommendations based on my experience.

First and foremost, be honest, and always tell the truth. Kids, even the younger ones, have this canny 'truth-telling' radar that allows them to sense whether or not you are truthful.

Second, stay calm and controlled. It is ok for children to see and experience that you may be anxious (remember their truth-telling radar will make it extremely unlikely that you can hide your anxiety), but don't transfer your anxiety to them. Don't make them carry your burden, theirs is heavy enough. Remember, children may be anxious about things that you may not even have thought of, such as: will my dog or cat get sick and die?

Third, let them take the lead when talking. Telling the truth is not the same as telling them everything you know. In communicating with children, try to find out what facts they want to know more about and gauge how much they want to know. So open the door for questions and wait. Make sure to use open ended questions. Such as: What have you heard? What do you think of that? Is there anything you want to ask?

Finally, speak on their terms. Tailor your communication to what they can process. If they ask, "Do I have to worry about getting the coronavirus?" ask them what they mean, or

ask what is it that you are most worried about? Why would that be? Because that question could reflect just whether they should worry about getting infected, or worry about getting sick, or about having to go to the hospital away from home), or in some cases, worry about dying of it. As a parent, you want to know what underlying concern you are asked to answer.

Talking to teenagers is most challenging in my opinion. And while usually your input and opinion is not much valued during their teenage years, in times of deep crises you are an important reference point. Unlike toddlers, they intellectually know much more by following the news on television and social media. Their 'brains' know all that can be found publicly, but like us adults they find it difficult to integrate and grasp this knowledge with experience, making some 'facts' extra scary. With them you can share that 'not knowing for sure' is distressing to you, too. Again, don't volunteer any of your concerns, but respond to theirs.

When all is said and done, make sure to also express hope and progress. Many people are working day and night to find how we can stop this, how we can find new cures, vaccines. The reality is that over 97% of those infected will do well, 97%! That is pretty close to the 99% for flu, right? You can say, "It's tough for all of us right now, but we have each other and that is a great feeling. Maybe we can do some brainstorming about what we can do together."

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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Access to care from comfort of your home

Submitted to the Galena Times

A doctor's visit through your phone or computer? Coming right up! Who would have thought that in a split second the ways we provide healthcare to the masses could change so dramatically?

With the onset of Covid-19, hospitals and physician practices had to adjust quickly and adapt their processes to provide uninterrupted care to their patients while practicing social distancing. Carson Tahoe, among other national healthcare providers, adapted through the use of telemedicine. With telemedicine, providers can 'see' patients for routine check-ups, including medication refills – without having them come to the office.

Monitoring a patient's health remotely introduces a new level of convenience for both patients and providers. Telemedicine can serve to enhance traditional face-to-face medicine and can complement regular doctor visits. In times like today when 'social distancing' is required, telemedicine has allowed patients to stay on top of their health without having to enter medical facilities, minimizing their risk of contracting the virus. Although some patients with complicated conditions may still need to be seen in-person, many routine follow-up visits can be

Potential benefits of choosing a telemedicine visit over an in-person visit

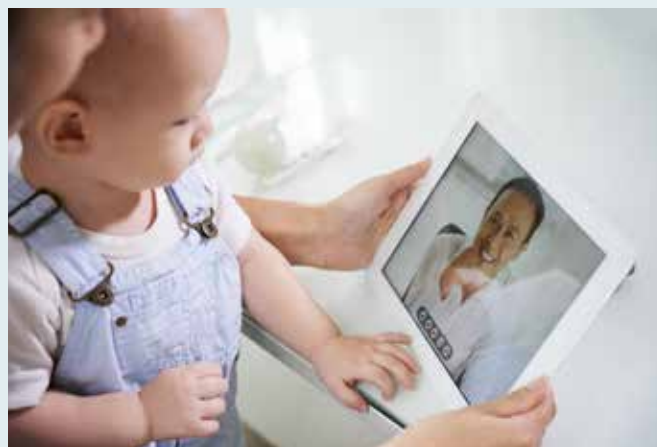
- Quicker access to your provider
- No need for a babysitter
- Save time by not traveling to and from the doctor's office
- Avoid exposure to other potentially contagious patients
- Take care of your health from the comfort of your own home

Carson Tahoe's telemedicine opportunities

- Annual wellness visits
- Routine health problems
- New patient appointments, depending on acuity
- Routine follow-up appointments
- Individual nutritional counseling services
- Medication refills
- Individual Diabetes Education appointments

Carson Tahoe's outpatient Behavior Health Services have also expanded in several areas to provide telemedicine care opportunities for:

- One-on-one therapy appointments
- Group therapy
- Psychiatry



done via computer or telephone.

Believe it or not, telemedicine has been around since the 1950's when a few hospitals started to share information via telephone. In the beginning, telehealth was used mostly to connect specialists with patients who lived in rural areas. With the rise of internet accessibility and most recently, the fear of contracting COVID-19, more people are turning to telemedicine for their medical care.

Don't worry if you're not techy. Accessing telemedicine is easy, even for the technologically challenged. Once you've tried it, you will be a fan and, these days, the average telemedicine "visit" runs about 15-20 minutes. Calls can be made via Zoom, a cloud-based video conferencing service you can use to virtually meet with others - either by video or audio-only or both. Go to Zoom.us to learn more.

If the provider feels you should

be seen in person for your specific care needs, they will arrange an in-office, face-to-face appointment. Telemedicine visits are covered by most insurances as well as Medicare. It is the wave of the future and is here to stay.

If you are interested, simply call your Carson Tahoe Medical Group provider's office and ask for a telemedicine appointment. Appointments take place via Zoom conference or phone call.



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

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Stick to routine to brace your smile



By Gilbert Trujillo

Alright, we are all staying around our homes much more these days. For many of us, our routines are completely different. Many times, a lack of solid routine can lead to issues with teeth. This amalgam of oral health advice is for those of us whose routines have been impacted...and that includes me.

Stay on a "dental" routine. Try to brush and floss after each meal, or at least twice a day. Without a solid schedule, it is very easy to forget to brush and floss regularly. If your dentist has prescribed fluoride, make sure you are still taking it.

Limit snacking. Now that we are in the house, many culinary temptations that are easily satisfied. Watch all

those simple carbohydrates that can cause tooth decay. Cookies, chips, crackers, smoothies, yogurt, juice, sodas, etc. are all simple carbohydrates that erode tooth enamel. Try to ration these.

Increase healthy foods. Meat, cheese, eggs, veggies, and water are all very healthy for us and they do not affect tooth enamel the way simple carbohydrates do. Fill up on these foods and your snack cravings are diminished.

Use a mouthguard. If you and your child are doing activities such as bike riding, trampolines, or skateboarding try to wear a sports mouthguard. Many patients visit their dentists with sports related tooth fractures. Bike helmets are great for protecting your skull but offer no protection to the teeth and mouth. We can make custom mouthguards, or you can purchase prefabricated guards at most sporting goods stores or at the big box stores like Walmart.

Make an appointment. For about seven weeks your dentist was only treating emergency patients, but as of this writing, most dentists are back to seeing their patients. Dentists have always been at the top of infection control protocols and now have increased all infection controls and mitigation efforts across the board. Now is a great time to see your dentist and make sure your teeth and gums are in top shape.

Take care of your teeth and yourselves while reconnecting and spending time with your loved ones.

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

Focus on productivity, positivity during uncertainty



By Meaghan Maillet

It was hard for me, as it was for so many others, to be told that I cannot do my job. I have had two careers in my life, the first was in health care and the second as a massage therapist. They are similar in their mission to be of service to others. But when the Governor's directive

was announced in March, I knew that to best serve others I needed to close my business and stay home. A mentor once told me that every challenge presents an opportunity. So, I decided to find the opportunities to serve my clients and my community.

Tackling the To-Do List

There are self-massage techniques I often teach my clients using two tennis balls in a sock. They are simple

techniques one can practice at home to soothe nagging muscles in between massage appointments. I decided to record videos of myself demonstrating the techniques and posted them on my website, Facebook page and Instagram to make them available to everyone. It was something I had been meaning to do for a while, and I crossed it off my To Do-List.

Using Old Skills

In preparation for a new normal, I dusted off the sewing machine and began making masks. I sewed masks for my family and friends. Then in anticipation of eventually re-opening my business, I made enough to have a supply on hand for myself and my clients. I learned to sew as a young girl, but hadn't sewn in years. I am grateful I could use that old skill in a new and purposeful way.

Learning New Skills

I am an instructor at Truckee Meadows Community

College. When classes converted to an online format, I had to quickly learn new skills and get familiar with technology that allowed me to adapt my curriculum for remote learning. It certainly got me out of my comfort zone. But I learned skills that I will continue to use, even when we return to in-person classes. This old dog learned new tricks and my students were able to complete their semester. Win-Win!

I look forward to getting back to business as usual but am happy to have found opportunities in the midst of challenge.

Meaghan Maillet, LMT, is the owner of Connective Touch Therapeutic Massage. She relocated from the Northern Virginia suburbs of Washington, DC. With over 20 years of experience as massage therapist, she works with all ages, specializing in sports, prenatal and traditional Thai massage. To learn more, contact meaghan@connectivetouchmassage.com or visit www.connectivetouchmassage.com



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Be comfortable with the unknown



Kerstin Tracy

By Kerstin Tracy

I have to admit - when I start a Craniosacral therapy session, I know practically nothing, I want nothing, and I judge nothing. I am like a tree, deeply rooted into the earth and just there. That might sound shockingly simple to you, especially since you are paying for the sessions. What does that mean and why do I share this?

Because it relates to all of us right now. Not just here in Reno, Nevada, but rather the entire world. Let me explain.

The world has changed, lives have been interrupted, and plans had to change. We also do not know when things may go back to normal, whatever that may be. We don't even know that much about the virus.

So, what can we do with this state of self and the world around us?

My profound answer is: Be at peace with it!

When I start a session, panic, angst and stress

might have taken hold of my client's nervous system. I might detect pain, discomfort or worry.

Within the Craniosacral paradigm, we know that our bodies know the sequence it takes to heal. It just needs some resources. Craniosacral therapists can help. They look at the body as already whole and healed, not with an intention to fix anything or knowing better than your body about what it takes for it to come back to its natural, healthy state. Instead, Craniosacral therapists are equipped with great skills - one of them is to be present, grounded, neutral and totally comfortable with the unknown.

What would happen if you could stay present, calm, neutral, and totally comfortable during the times of a pandemic or any other stressful situation you might be in?

And the bigger question: How can you get to that place?

Enjoy nature, feel your feet on the ground, pretend you have roots, allow the earth to fill you with abundant nurturing and nourishing energy, breathe deeply, reassure your mind that it is safe to be in your

body. Start with 5 minutes every day of filling and nurturing yourself like that.

Once you do that, inspirations will be able to reach you, answers to questions you had can get through the otherwise busy mind. Your brain waves will calm down, and your nervous system will be in a more restful state, so it can repair and heal.

If you feel like you need help with it, contact a Craniosacral therapist. Many offer distant healing sessions that can assist in releasing restrictions in your body.

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@kerstintracy.com or visit www.kerstintracy.com.

Supporting digestion balances health



Dr. Howard Chen

By Howard Chen

Although the ability to eat and digest food is one of the most pleasurable things in our lives, our digestive system is also one of the most common health concerns. As you know, our ability to digest is influenced by multiple factors, including our stress and inflammation levels, as well as the type, quality, and

quantity of the foods we choose to put into our bodies.

However, something that we do not often consider in our gut health is the balance of the multiple bacterial species within our intestines. Specifically, this balance helps us to process food to release the correct nutrients and decrease inflammation in our gut and our entire body.

How can we potentiate an appropriate balance of the correct bacteria in our intestines? Most importantly, an appropriate amount of probiotics (helpful bacteria), prebiotics (the food for these bacteria), and even post-biotics (the food for your intestinal cells) is essential.

For probiotics, look for supplements with multiple

species of bacteria, including Bifidobacterium, Lactobacillus, Saccharomyces boulardii, Streptococcus, and my personal favorite, Bacillus coagulans, which also reaches the large intestine. Each species should have at least 10 billion colony forming units (CFUs), and an enteric coated capsule is preferred. These probiotics should be used for a minimum of 8 weeks, although I often choose continuous supplementation.

For prebiotics, I generally recommend an Inulin fiber, which is well tolerated and improves intestinal discomfort. Inulin is a naturally occurring fiber that

continued on page 15

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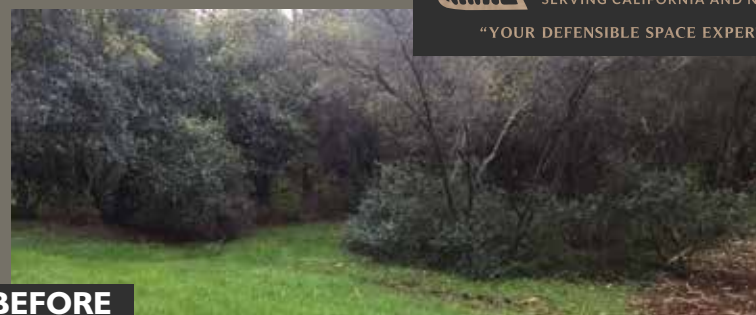
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Sensing connections: Taste, smell and COVID-19



Dr. Paul Manoukian

By Paul Manoukian

The arrival of COVID-19 has created a world not seen since the 1918 influenza pandemic. This will be a defining era of our lives. It has reminded us of our vulnerability as humans and the potential strength of nature. We are, however, empowered by the knowledge of how the virus is

transmitted, its symptoms, and how simple behaviors can be successful in not only slowing the spread of the virus, but in avoiding infection.

The advent of the Internet has allowed doctors and researchers to quickly share knowledge in a way never before possible. It is in this way that we became aware of the Ear, Nose and Throat manifestations of COVID-19. Awareness of these symptoms can save lives.

Ear, Nose and Throat doctors in France began to blog about a curious duo of symptoms. Patients would complain about a sudden loss of their sense of smell and taste, sometimes without other symptoms.

At first doctors were baffled, as these symptoms are occasionally seen in practice, usually associated with having had a bad cold.

The doctors put two and two together, testing revealed that the loss of sense of smell was associated with COVID-19 positivity. For some patients, this was the only manifestation of the disease. Because testing for COVID-19 was not yet widespread, these symptoms were used to "diagnose" the disease and for people to self-isolate.

On April 17, the Centers for Disease Control added "loss of taste or smell" to its list of COVID-19 symptoms. Then on May 4, the World Health Organization also added these symptoms to its list.

Other documented symptoms began to create what doctors call a "constellation" of symptoms: loss of sense of smell and taste, nasal congestion, fever or warmth, aches in the back that would appear, in retrospect, 3-5 days after presumed exposure.

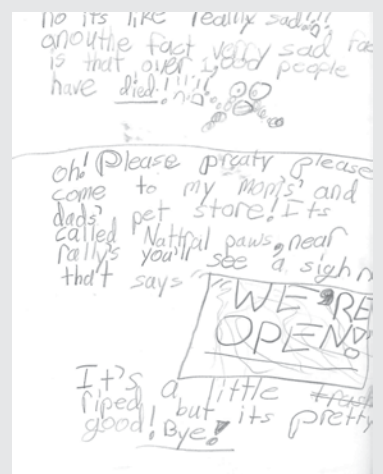
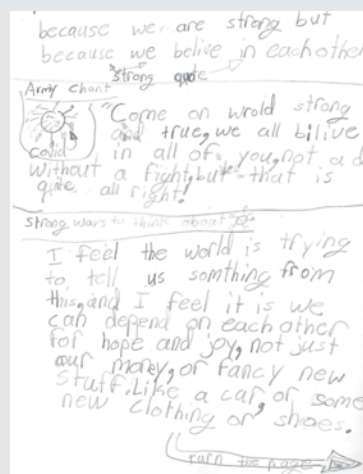
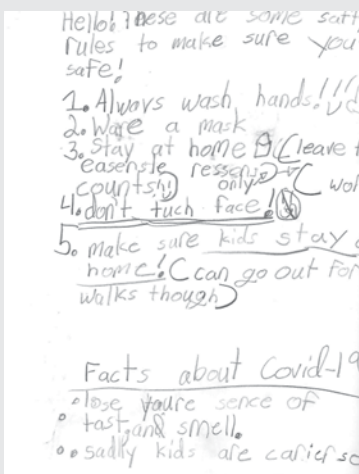
People exhibiting these symptoms should immediately self-isolate and seek testing for COVID-19. Although these times are stressful and filled with

uncertainty, we can take solace in the fact that we have knowledge of the virus and its transmission, and the fact that this pandemic, as all pandemics do, will end. Until then, please stay safe, wash your hands, and don't touch your face.

Dr. Paul Manoukian has spent most of his life in northern Nevada. After attending the University of Nevada, Reno – where he majored in health science and minored in Romance Languages – Manoukian headed east to attend medical school at Tufts University School of Medicine. He simultaneously received a Master of Public Health at Harvard University School of Public Health. He then completed his medical residency in Otolaryngology-Head and Neck Surgery at The Johns Hopkins Hospital. He founded Sierra Nevada Ear, Nose & Throat in 1995, providing a whole-patient approach to ENT care. More than treating a specific ENT condition or disease, he sees his role as caring for people and communities. Sierra Nevada Ear, Nose & Throat is proud to offer comprehensive care during these challenging times. Call (775) 883-7666 to set up telemedicine and in-person appointments.

Covid-19 through the eyes of Sophie Burks (Age 8)

Sophie is a second grader at Hunsberger Elementary, future veterinarian and owner of Natural Paws.



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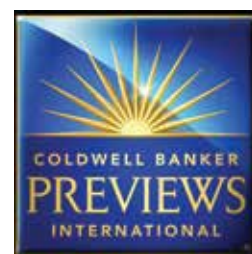
This beautiful and unique 4 bedroom, 2 1/2 bath custom home, will delight you with its quality and high-end finishes throughout. The huge kitchen that opens up to the living room boasts granite counters, knotty alder cabinets and hickory floors. **\$1,492,000.**



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All Area Home Sales March 4 - May 29, 2020

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
455 BLUE SPRUCE	\$625,000	\$632,000	288.68	291.92	2165	1.09	5/21/2020
225 S EARLHAM COURT	\$965,000	\$965,000	342.68	342.68	2816	1.1	4/2/2020
112 ELDON COURT	\$1,195,000	\$1,120,000	291.61	273.3	4098	1.03	4/28/2020
6460 MONTREUX LANE	\$1,225,000	\$1,125,000	517.97	475.69	2365	0.31	3/18/2020
5695 LAUSANNE DRIVE	\$1,599,000	\$1,400,000	303.59	265.81	5267	0.68	4/30/2020
133 WATERFORD COURT	\$1,450,000	\$1,405,000	426.85	413.6	3397	1.06	3/20/2020
645 SAND CHERRY COURT	\$1,588,000	\$1,520,000	451.91	432.56	3514	1.3	5/11/2020
5048 BORDEAUX COURT	\$1,595,000	\$1,761,989	483.77	534.42	3297	0.47	5/14/2020
6450 MONTREUX LN	\$1,995,000	\$1,860,000	521.98	486.66	3822	0.38	3/11/2020
5860 STRASBOURG COURT	\$1,998,000	\$1,998,000	388.41	388.41	5144	0.52	3/30/2020
5072 BORDEAUX COURT	\$1,800,500	\$2,115,414	405.06	475.91	4445	0.52	3/9/2020
20659 CHANSON	\$2,150,000	\$2,150,000	551.99	551.99	3895	0.46	3/11/2020

ROLLING HILLS/GALENA COUNTRY ESTATES

14100 AMERICAN PILLAR COURT	\$399,995	\$399,995	284.69	284.69	1405	0.13	5/8/2020
20 KILLINGTON COURT	\$525,000	\$520,000	207.18	205.21	2534	0.36	5/7/2020
14132 GLOWING AMBER COURT	\$519,995	\$531,292	194.39	198.61	2675	0.14	5/21/2020
14545 GHOST RIDER DRIVE	\$539,900	\$550,000	304.34	310.03	1774	0.41	3/25/2020
2470 DEER VALLEY DRIVE	\$575,900	\$565,000	258.72	253.82	2226	0.51	5/20/2020
1940 GOLDEN GATE	\$573,900	\$575,000	233.86	234.31	2454	0.22	3/30/2020
502 KETCHUM COURT	\$649,900	\$649,900	231.53	231.53	2807	0.32	3/27/2020
4435 GREAT FALLS LOOP	\$745,000	\$730,000	218.09	213.7	3416	0.44	4/16/2020

SADDLEHORN/MONTE ROSA

14501 QUAIL ROCK COURT	\$925,000	\$890,000	261.82	251.91	3533	0.48	3/20/2020
14235 POWDER RIVER COURT	\$900,000	\$895,000	297.13	295.48	3029	1.03	4/13/2020
255 DESATOYA COURT	\$975,000	\$910,000	282.44	263.62	3452	2.5	4/2/2020
4800 S SADDLEHORN	\$1,025,000	\$990,000	256.38	247.62	3998	0.98	4/30/2020
14210 POWDER RIVER COURT	\$1,300,000	\$1,200,000	389.92	359.93	3334	1.21	3/10/2020
14080 SADDLEBOW DRIVE	\$1,750,000	\$1,700,000	290.17	281.88	6031	0.78	4/3/2020

ARROWCREEK

3512 PAINTED VISTA	\$724,900	\$710,000	259.73	254.39	2791	0.31	4/24/2020
2754 SHADOW DANCER	\$785,000	\$750,000	312.5	298.57	2512	0.33	5/14/2020
10128 VIA COMO	\$917,000	\$915,000	279.15	278.54	3285	0.37	5/18/2020
5740 MUIRFIELD	\$1,099,000	\$945,000	341.09	293.3	3222	0.54	3/18/2020
6180 SIERRA MESA	\$1,299,000	\$1,100,000	291.32	246.69	4459	0.38	5/18/2020
5535 FLOWERING SAGE TRAIL	\$1,300,000	\$1,140,000	347.97	305.14	3736	0.64	3/27/2020
1017 DESERT JEWEL COURT	\$1,200,000	\$1,175,000	257.95	252.58	4652	0.61	5/12/2020
1025 DESERT JEWEL COURT	\$1,375,000	\$1,250,000	268.66	244.24	5118	0.52	3/9/2020
10542 RUE SAINT RAPHAEL	\$1,329,999	\$1,275,000	263.99	253.08	5038	0.51	4/9/2020
10106 INDIAN RIDGE DRIVE	\$1,395,000	\$1,365,000	360.37	352.62	3871	0.98	3/24/2020
10299 WINDOW ROCK	\$1,400,000	\$1,400,000	339.31	339.31	4126	0.94	5/26/2020
3356 NAMBE DRIVE	\$1,850,000	\$1,905,000	353.05	363.55	5240	2.01	3/5/2020

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5525 PARIS AVENUE	\$1,485,000	\$1,335,000	373.96	336.19	3971	1.73	5/8/2020
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OTHER AREAS OF SOUTH RENO

12005 BROKEN HILL ROAD	\$408,900	\$415,000	221.75	225.05	1844	0.34	3/27/2020
11095 BROKEN HILL ROAD	\$463,000	\$435,000	272.19	255.73	1701	0.34	4/24/2020
150 DREW DRIVE	\$535,000	\$535,000	265.38	265.38	016	0.34	3/24/2020
11130 BONDShIRE DRIVE	\$628,000	\$595,000	261.67	247.92	2400	0.36	4/15/2020
11050 BROKEN HILL ROAD	\$639,900	\$634,000	215.16	213.18	2974	0.36	3/25/2020
12650 BUCKTHORN LANE	\$649,900	\$647,400	264.73	263.71	2455	0.69	5/8/2020
1360 ELI DRIVE	\$739,999	\$710,000	382.82	367.3	1933	1.31	4/17/2020
1570 TWIN OAKS ROAD	\$730,000	\$750,000	220.14	226.18	3316	1.39	3/30/2020
5141 W ACOMA ROAD	\$975,000	\$975,000	340.43	340.43	2864	0.73	4/10/2020
5500 VENTANA PARKWAY	\$1,199,000	\$1,205,000	329.4	331.04	3640	2.61	3/12/2020
8530 BELLHAVEN ROAD	\$1,988,800	\$1,750,000	529.64	466.05	3755	2.62	5/27/2020

NW CARSON CITY

3350 DARTMOUTH	\$440,000	\$440,000	184.41	184.41	2386	0.38	4/1/2020
233 SUSSEX PLACE	\$475,000	\$475,000	253.74	253.74	1872	0.17	5/22/2020
3570 HARVARD DRIVE	\$540,000	\$530,000	176.7	173.43	3056	0.22	5/27/2020
1762 MAISON WAY	\$595,000	\$580,000	209.07	203.79	2846	0.33	5/26/2020
1811 ASH CANYON ROAD	\$585,000	\$584,000	243.45	243.03	2403	0.58	3/6/2020
4101 SANDY CIRCLW	\$670,000	\$600,000	200.42	179.48	3343	1.1	3/5/2020
2213 BRISTOL PLACE	\$650,000	\$635,000	255.6	249.71	2543	0.23	4/20/2020
3926 SIENA DRIVW	\$593,850	\$651,119	244.38	267.95	2430	0.22	3/11/2020
1041 LONGVIEW WAY	\$719,000	\$675,000	237.92	223.36	3022	1	4/17/2020
1831 VINEYARD WAY	\$675,774	\$705,128	243.87	254.47	2771	0.25	5/13/2020
4101 HOBART ROAD	\$795,000	\$785,000	160.67	158.65	4948	2.99	3/12/2020
1024 SPENCER STREET	\$1,085,000	\$985,000	252.85	229.55	4291	1	5/27/2020

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

3 steps to find gratitude in nature

By Tim Hauserman

Every time I head into nature, I find gratitude. Sure, a quiet spot in the woods with a great view of a lake or mountain is preferable, but any place with trees or vistas, or ducks floating on a pond will do. If possible, leave kids and partners at home and create a three-step stillness to discover a deep appreciation for what you have been given.

Step One: Turn off the earbuds and listen to the world instead. Stroll along at whatever pace feels right for you and just notice what shows up. See the needles on the tree fluttering in the wind, listen to the sound of water rushing over boulders in the creek, smell the pungent odor of sage after rain, or the gentle aroma of pine. Feel the soft touch of wind on your face, or the

crunch of ice or pine needles under your feet.

Step Two: As you walk, find stillness in your mind and appreciate how good it feels to move your body along on this trail. If you stay alert, you will see that while a forest or a desert at first glance might seem to be uniform, it turns out that you will encounter many unique trees in the forest, many rare rock formations in the desert. Everywhere you look, there is a new angle of understanding into what this piece of nature is. Breathe it all in.

Step Three: Stop. Sit. Observe. Give yourself at least ten minutes to just sit there. This might be hard for someone who is used to always being on the go. But it is worth it. Because now, as you think about what you have seen and heard, you can't help but smile



in appreciation. And find gratitude for what being in nature can bring to your life.

Tim Hauserman writes for Gr8fulcards and is the author of several books, including the Tahoe Rim Trail, 4th Edition to be released this July.

Find happiness in the here and now



Liesa Leggett Garcia

By Liesa Leggett Garcia

A Zen story illustrates how to live in the here and now. A monk was being chased by a tiger. He came to the edge of a steep cliff and had nowhere else to go. As he looked behind him, the hungry tiger was fast upon him. As he peeked over the side, he noticed what seemed to be strong vine winding down the

side of the cliff.

He quickly crawled over the edge of the cliff and hoisted himself down, clinging to the vine, descending towards safety. Slowly, he worked himself down the cliff, away from the tiger towering overhead, licking his chops. But just as he was feeling relief from fleeing the tiger above him, he looked down, and saw another tiger awaiting him on the ground.



Clinging to the vine, he froze, until he noticed a mouse who was gnawing away at the vine. It was at that very moment that he also spotted the most beautiful strawberry he had ever seen—right within arm's reach. He plucked the strawberry and bit into it. And he enjoyed the sweetest, juiciest, best tasting strawberry he had ever had in his life. Although only minutes from death, the

monk was able to truly enjoy the here and now.

Life is always sending us tigers, and life is always sending us strawberries. Unfortunately, we tend to focus so much on the tigers, that we miss the strawberries. Living in the here and now doesn't mean we don't take care of what needs taking care of; it does mean that we divert our attention from worrying about the future and things that may or may not happen.

Living in the here and now also means finding peace in what's in front of us. Accepting what is and letting go of the notion that it must be different for us to be happy.

We may not always be able to control the circumstances in our lives, but we can always control how we react to those circumstances.

What strawberries are right in front of us?

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

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Planning for income to last in retirement



Tim Kinsinger

By Tim Kinsinger

According to Fidelity Institutional Asset Management, there are five key financial risks facing retirees that could limit their success in reaching their retirement income goals. The first is longevity. For a married couple both age 65 there is a 50% chance of one spouse surviving to age 94. Many people underestimate their lifespan and therefore risk outliving their assets. You must realistically plan for the possibility of living longer than you think.

The second risk needed to be addressed is the expense of health care. Longer life spans, rising medical costs, declining medical coverage, and possible shortfalls ahead for Medicare all add up to make meeting health care expenses a critical challenge for retirees. Retirees should maximize savings specifically intended to meet health care expenses including the possibility of long-term nursing

care. Fidelity estimates that a 65-year-old retiring couple will need approximately \$285,000 to cover medical costs in retirement.

The third risk that needs to be addressed is asset allocation. Retirees with a portfolio overly concentrated in conservative investments may expose themselves to a greater risk of outliving their assets. The key to long lasting retirement income may depend on a balanced asset allocation to help provide relatively little downside risk, while potentially providing a relatively high upside benefit.

The fourth risk is inflation. Inflation increases future costs and erodes the value of assets set aside to meet those costs. Include investments in your portfolio with the potential to outpace inflation.

Excessive withdrawals are the fifth risk associated with retirement income planning. Withdrawal rates much above 5% may increase the likelihood that you will deplete your assets prematurely. Use as conservative a withdrawal rate as possible, particularly in your early years of retirement.

Creating your retirement income plan is a multi-step process. First, determine your income needs in retirement. Next identify your sources of income. Then compare your income and expenses. Allocate your investment portfolio taking into account such factors as your age, withdrawal rates and risk tolerance. And finally, monitor your plan regularly to make adjustments as your life changes in retirement.

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.

This article is derived from information obtained from Fidelity Institutional Asset Management, a leading provider of retirement income solutions and is provided by Timothy Kinsinger, Certified Financial Planner and Certified Retirement Income Specialist. The information is general and educational in nature and is not intended as a solicitation of securities of any kind, nor should it be construed as legal or tax advice.

donations continued from page 2

delaying the payment until next year, allowing the Thrift Shop income to recover.

Realizing the financial situation facing Assistance League and the vital work the organization provides, Holt and Robertson decided to do this project free of charge.

Assistance League members appreciated this generous offer that will allow them to continue to focus on community needs such as purchasing clothing for Washoe County school children, providing teachers with monetary awards for classroom projects, delivering food for seniors, and addressing the needs of veterans.

"This donation by Sierra Nevada

Construction will allow us to direct more of our budget to our philanthropic programs," said Sue Boon, president of Assistance League. "We are very grateful for this very generous donation."

The largest of these programs, *Operation School Bell*, begins operation in September. Also busy in the fall are programs like *Links to Learning*, focusing on impacting classroom learning, and *Students in Transition*, focusing on homeless high school students. *Food Pantry*, a program to supplement county-provided food to low-income and home-bound seniors, operates year-round. Volunteers were able to continue this operation.

Veterans Outreach provides personal

hygiene supplies for homeless vets as well as winter coats, household supplies, and bus passes allowing these important residents to attain medical care at the VA Hospital. These services continued with innovative ideas including arranging meal delivery through internet sources and continuing to supply hygiene products, again using internet suppliers. Currently in the planning stage is the second annual baby shower for pregnant and new mother veterans.

Other programs involving direct contact with our beneficiaries had to be suspended: *Read to ME* where volunteers read to pre-school children in one-to-one sessions; *Senior Sampler Gift Shop*, which provides a venue for sale of senior-made

craft items; and *Re-Share* that distributes excess donated goods to 11 local nonprofits.

Meanwhile, Assistance League members are working behind the scenes sewing and distributing face masks and researching and selling donated items on eBay.

Rebecca Wilson, a retired educator and school administrator, is a member of Assistance League of Reno-Sparks and serves as a member of the marketing committee.

Katharine Peake is past president and active member of Assistance League Reno-Sparks. For more information about all programs and how you can make a difference to those less fortunate in our community, please visit www.assistanceleague.org/reno-sparks.



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Adopt healthy habits for home-bound pets



By Matt Schmitt

While pets are not known to carry COVID19 virus, safety restrictions may limit routine visits to your veterinarian. Here are some tips to be prepared while staying at home with your pets.

Order extra pet food to keep additional food on hand. Pet food could be affected by any food shortages. This is especially true for prescription pet food. If you have to change food and have advanced notice, do it gradually over at least seven days to prevent digestion problems.

While restrictions may keep families cooped up, pets couldn't be happier having more people at home. Get those doggies out for a walk or run. They love it. The exercise is a great release for us too, and who doesn't enjoy watching their dog on a walk or chasing a ball. But with more people outdoors in warmer weather, play it



safe and keep dogs on a leash when around other dogs.

Continue to maintain your pet's general health and wellness. Keep up with vaccines to avoid a resurfacing of an illness, such as parvo, that is easily prevented.

If you are unable to leave your home, ask a friend or family member to bring your pets to your veterinarian. House calls are also available that maintain safe distances

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If you are giving your pet anything by mouth, even if it is over the counter, contact your veterinarian for effective and safe doses before giving it.

Hydrogen peroxide causes vomiting and can be used if your pet swallows something harmful. Some poisons or objects can do more damage coming back up. Regardless, your pet may need additional help.

In a pinch, Benadryl can help with allergies, insect bites, and some swelling. It can also provide some degree of mild relaxation. It isn't the drug of choice but is relatively safe and available over the counter.

Keep extra pet prescription medication on hand and allow for additional time when refilling in case of shortages or delays.

For more on pets and COVID visit www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html.

and keep at-risk people from going out in public.

Remember to keep you and your pets safe and healthy as we work through this together.

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.

digestion *continued from page 8*

is found in the skins of fruits and vegetables. Because most of us only get about a tenth of the necessary daily fiber, I recommend Inulin supplements.

Finally, a useful post-biotic is butyrate, a nutrient that comes to us from butter, which feeds the cells of the large intestine. I recommend obtaining the most bio-available butyrate supplement, in the form of tributyrin.

It's important to recognize that working towards a balanced gut is not just useful for our digestive health, it's a factor in nearly all chronic and difficult to diagnose diseases, having the power to

affect our mood and cognitive function, and chronic illnesses such as arthritis, diabetes, heart disease, and even some types of cancer. A balanced gut is truly the "magic pill" we have all been seeking.

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.

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Parenting with iron hand in velvet glove

By Maren Schmidt

Oh, what challenges we have as parents trying to find the right fit for our parenting style. If we come down too strong on an issue, we think perhaps our need for control is bubbling over. If we ignore a problem or allow bad behavior to get its way, maybe we've given our power away.

When we vacillate between an authoritarian and permissive style, our children flounder under the inconsistencies. Many of us are plagued with guilt as we over-react and then back down in dealing with our children. How can we be both kind and firm?

First, we need to act instead of react to situations.

When we are involved in a conflicted situation, we need to stop, step back, observe and think before we act. What do we really want our children to learn from our handling of a situation? To be bossy, look for blame and learn punishment as a teaching tool? Do we want our children to think that they are the center of the

universe and nobody else's needs should be considered?

When we step back, observe and think we find common ground and solutions instead of fault, and realize that we, as parent leaders, are the ones that need to change first in order for our children to change. This takes some inner resolve.

After we have come up with a solution, we need to get over our past mistakes.

Make your parenting a guilt free zone. The past is done, and we shouldn't spend anytime about the shoulda-beens, coulda-beens, mighta-beens. We make the best decision with the information we have.

If we use the power of love in our decision-making instead of succumbing to the power of guilt, we give those around us, as well as ourselves, permission to make mistakes, to learn from those mistakes, and to learn to be compassionate. Not permissive. Compassionate.

When we are kind and firm our children understand that they are part of a family where power is shared.

Our children understand that there are boundaries, but those boundaries can be enlarged with learning skills and accepting responsibility.

When we find the right balance of kind and firm, we delight in truly understanding the unique personalities of our children. With our loving guidance our children trust us to try to make the best decisions we can for our families. Our children grow into capable, caring adults when we trust them to learn and grow from their lives' lesson—their accidents, mistakes, along with accomplishments.

As parents we take one step at a time, day by day, acting instead of reacting, expressing love instead of guilt or fear, and seeing learning opportunities in situations where permissiveness might lead to overprotection. With the balance of kindness and firmness we can walk hand in hand with our children, wearing a soft velvet glove on a strong, yet loving hand.

Maren Schmidt has over thirty years of experience working with children, and their



families, as a parent, Montessori teacher, Girl Scout leader, Sunday School teacher, Montessori school owner and administrator, parenting coach and workshop leader. This blog post was published with her permission. Sign up for her newsletter at www.marenschmidt.com.



Fiona McElhany

Modernize mood with mixed upholstery

By Fiona McElhany
Spending more time at home allows us to really appreciate our environment, and to make the best with what we have. While everyone is excited to get out and

enjoy the summer, many of us are ready to bring friends together again at home. To prepare for your next gathering or party, why not add something a little different to your home décor?

Of all the colors, shapes, and textures in our homes, textiles can bring a lot of character to the room. Through bold colors and prints, you can add a statement



to liven up a room. Alternately, combining neutral tones reveals the beautiful nature and texture of each textile.

Fabrics can easily be changed to evolve with your taste. If you're ready to update your dining chairs or a living room set that have had a lot of use left, consider revamping the look of your furniture with a new and amazing fabric before letting go of your set. Keep your nicely framed and crafted furniture and change what you can. One of the easier DIY projects is reupholstering cushions, as you can reuse the fill and have an existing pattern to follow.

Mixed upholstery was once popular during the midcentury modern era and has really come back to make a highly stylized and contemporary statement. Mixing upholstery can work on many styles of furniture, from traditional to rustic, and compliments the shape of the furniture. Combining different fabrics is a

subtle way to turn any piece from ordinary to fabulous.

Mixed upholstery can look great on lounge chairs or dining chairs, too. Choose a decorative fabric for the back, and a durable, yet elegant fabric for the inside cushions.

Reupholstering can be a great and easy project to try at home, and it really makes the best of what you already have. Before you invite friends over to enjoy the summer, create a new statement piece. The thoughtful details you add to the home are in style.

Fiona McElhany grew up in Carson City and graduated from the University of Nevada, Reno. She currently works for Aspen Leaf Interiors as conceptual designer. She loves creating and is an active leader and participant within the arts community, serving on the Holland Project's Gallery Committee and founding a non-profit printmaking cooperative, Laika Press. Reach her at fionamcelhany@gmail.com



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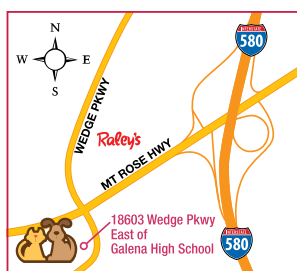


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Accessorize your garden with color

By David Ruf

It happens often, sometimes daily. A first impression is made. Many are average, some are poor, some are good, but those that are great do stand out. You remember them for years, or even your lifetime. When it comes right down to it, you might even recall color, shape, smell, the time of day or lighting.

Often something like an accessory will trigger that impression. In the fashion industry, many use the saying, “accessorize, accessorize, accessorize.” Often the same can be true for your car, your home, and your landscape. What is your landscape but one of many outdoor rooms surrounding your home?

Like a woman in a dress wearing a beautiful piece of jewelry or a gentleman in a tux looking sharp with his pocket kerchief, the idea of accessorizing one’s yard can easily happen by planting pockets or waves of color and this usually means annuals or annual color.

A yard in Northern Nevada is often adorned with petunias in the bright, sunny, windy areas. These workhorses are tried and true for so many of us. The plants have evolved and been bred for years so that these are not your mother’s petunias. Bigger flowers, unusual colors, more flowers, delightful fragrance, and plants of all shapes and heights. The Million Bells are



(Photo courtesy: Proven Winners)

Petunias accessorize landscapes with an annual show of color.

one of the new darlings on the block offering thousands of flowers on each plant all summer long. Myself, I am fond of the Wave Petunias with their ability to grow 3 to 6 feet wide in a season. Again, with hundreds to thousands of flowers per plant. For shady areas look to the new coleus varieties or the new impatiens. These have foliage that radiates and entices one to come in closer. Give them a look at the nursery or online should

you be staying home.

The selection of offerings continues to expand yearly, but three things will make a huge improvement on how your plants present. First, add organics to the soil. Second, remove most to all of the flowers from the plant when planting and lightly score the roots. Lastly, fertilize in May, June and July.

Watch for bugs, bunnies and deer or other hungry creatures that may cause you grief. Spray to prevent is always better than after the plants are gone.

Having a spot of summer color like a brooch or a huge band reminding one of a sash or a shawl will be the big accessorizing item for the yard. Take a picture of the area and time of day. Pick out your favorite color or colors and then ask for a recommendation of plants along with some fertilizer like Bumpercrop Rose and Flower. This should make a wonderful impression and brighten up you, your yard, and the whole neighborhood.

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

Carson Tahoe Health Foothill Garden grows into outdoor community hub



(Photos submitted by: Carson Tahoe Health)

Community collaborations created The Foothill Garden on Carson Tahoe Regional Medical Center’s campus. It includes a hoop house, bee habitat and newly planted trees along the Serenity Trail.

Submitted to the Galena Times

It seems each season Carson Tahoe Health’s Foothill Garden grows. What originally started out as a simple hoop house to donate fresh produce to seniors through Meals on Wheels is now an outdoor garden mecca, which serves as a scene for garden classes, a trailhead connecting several area paths, and now a lush and aromatic space for the community.

“Our Foothill Garden is an extension of what we do, system-wide,” says Alan Garrett, Carson Tahoe Health president and chief executive officer. “Our focus on wellness, inside and outside hospital walls allows us to tune into the many contributing factors to healing ... one of which is nature.”

In late summer 2017, Carson Tahoe teamed up with The Greenhouse Project, an agricultural and education-based nonprofit, to build the Foothill Garden on Carson Tahoe Regional Medical Center’s campus. Located behind the Carson Tahoe Cancer Center in north Carson City, Foothill Garden includes a large hoop house and several raised plant beds. The gardens are managed by The Greenhouse Project, experts in Nevada agriculture,

worked by students who want to learn more about sustainability, and several helpful volunteers.

Last spring, a Bee Hotel/Habitat and Pollinator Garden was added to the space. Created through community partnerships and spearheaded by the Carson City Chamber Leadership Class of 2019, the habitat facilitates healthy flora and creates and space for non-aggressive bees to “nest.” The project began after Carson City was named the 76th Bee City USA in the nation.

The newest addition, though, is a similar effort, as members of the Carson City Chamber Leadership Class of 2020 planted new drought tolerant and disease resistant trees along the Serenity Trail in April. Tree planting can improve the quality of the air and water in the environment, keep our city cooler, and enhance both the beauty and resilience of the climate of our neighborhoods.

The project was another layer of great community collaboration, alongside a grant from the US Forest Service and the Nevada Division of Forestry’s Urban and Community Forestry program and implemented by the University of Nevada, Reno’s Carson City Extension faculty.

“Planting trees in the northern corner of the Carson Tahoe Medical Campus was not only fun, but also rewarding,” says Lisa Taylor, one of the Carson City Chamber Leadership Institute students who also works as the UNR Extension Educator in Carson City. “It is an enriching place to walk, jog or just enjoy being out in nature.”

With warmer weather and perhaps, a

new horizon, Carson Tahoe encourages the community to visit the dynamic space, while maintaining proper “social distancing” for safety.

Throughout the year, The Greenhouse Project hosts gardening classes on various topics, both virtually and in-person. Visit the online calendar at CarsonTahoe.com for more information.

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How to interpret new ACT scores



Kathryn Kelly

By Kathryn Kelly
ACT results for Nevada class of 2019 weren't good — at a composite score of 17.9, they are the lowest in the nation, with only 12% of Nevada

graduates — one student in eight — meeting all four ACT College and Career Readiness benchmarks.

In February, all juniors in Nevada public schools took the national ACT test as a requirement for high school graduation to assess readiness for college and career. Score results arrived in the midst of the COVID-19 lockdown. Here is a guide on how to interpret your results for your student and school district.

What do ACT scores mean? Each section of the four-part test gets a score up to 36; those four scores are averaged to give a composite score

of up to 36. The national average for 2019 was 20.7. If your grades are below a B average (3.0) you can get into the University of Nevada, Reno with a composite score of 22.

So in terms of being ready for college and career, ACT suggests the above benchmarks are the ones your student should aim for before graduating from high school.

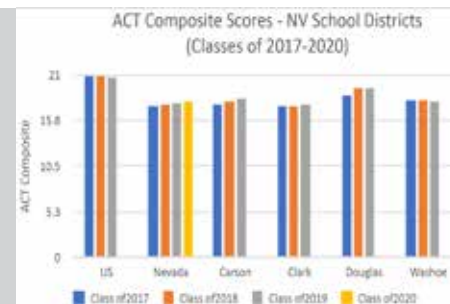
Is the ACT a good benchmark of college and career readiness? Yes. Whereas most of us were more familiar with the SAT when applying to college, ACT has grown and has now slightly edged out SAT in the number of students taking the test to apply for college. Colleges accept both exams equally.

Some takeaways:

- ACT scores nationally aren't trending down as they seem. As more states adopt the ACT as a graduation requirement, the number of non-college-bound test takers increases, pulling average scores down.

ACT Test	ACT Bench-mark	% NV Students Achieving Benchmark	% US Students Achieving Benchmark
English	18	38	61
Math	22	22	41
Reading	22	27	44
Science	23	19	36

ACT benchmarks for college and career readiness are 18-23, depending on the section of the test, as shown in this chart.



Scores show how area school districts compare to the rest of Nevada and the US in the last three graduating classes.

- Local districts are generally improving but have a long ways to go to meet the state Education Department vision of "All Nevadans ready for success in a global 21st century."

- The district scores do not bear out the frequent claim that "Nevada would not be last in the country if we could only exclude Clark County."

- If your child's composite score is above the Nevada average of 17.9, congratulations —but shoot for the national benchmarks of 18-23 as a

goal, or a composite of 22. The more competitive colleges will expect composites of over 30.

Kathryn E. Kelly, DrPH MEd, is Executive Director of not-for-profit iSchool in Incline Village, which also offers college counseling and ACT/SAT prep. She may be reached at kkelly@ischools.us. Want to see how your school compares to others in your district, state, nationally, or internationally? Check out act.org, NAEP, PISA, nevadareportcard.com, and transparentnevada.com.

Committees contribute to WCSD success

By Scott Kelley

Community input is important to Washoe County School District and many volunteer committees advise the School Board and Superintendent. These committees provide fresh perspectives on diverse topics that

may differ from those of WCSD staff regarding educational programs, safety, operations, financial reporting, maintenance, or supporting services. Committee members also ensure WCSD initiatives address current standards, meet the needs of

students and their families, and have appropriate resources to support high quality public education.

When WCSD ranked as Nevada's third best school district based on academic performance or WCSD posted its highest ever graduation rate in 2019 — a terrific 86% — with 4,064 students receiving their diploma, these positive developments were thanks in-part to the hard work of many dedicated committees. Here is a peek into the work behind the scenes.

Audit Committee assists the Trustees in fulfilling oversight responsibilities related to WCSD's financial reporting obligations, internal control processes, and compliance with laws, regulations and ethics.

Capital Funding Protection Committee provides oversight of the capital expenditures for the acquisition, construction, repair and revitalization of your schools.

Career and Technical Advisory Technical Skills Committee reviews career tech curriculum for its effectiveness in preparing students to enter the workforce, and which works with local business and industry to develop work-based experiences for students.

Education Alliance Board of Directors improves the education of all students by facilitating partnerships and supporting college/career readiness and workforce development.

Group Insurance Committee oversees the activities of WCSD's

self-insured medical and dental programs.

Safe and Healthy Schools Commission studies issues relating to the safety and security of schools, which may include prevention/intervention, mitigation, preparedness, emergency response, and recovery.

Student Attendance Advisory Committee reviews data on student attendance and truancy, identifies factors that contribute to truancy, and recommends policies and programs to reduce truancy.

Zoning Advisory Committee makes school attendance zone recommendations based on citizen input, community demographics, residential home construction, school overcrowding, and other factors.

WCSD is always looking for volunteers to serve on committees, most of which are open to members of the public and generally meet once every couple of months. Committee terms are typically two years and expire each summer.

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

If you have the time to volunteer and are passionate about making a difference in the school district, please visit www.washoeschools.net/site/Default.aspx?PageID=5410 and submit an application.

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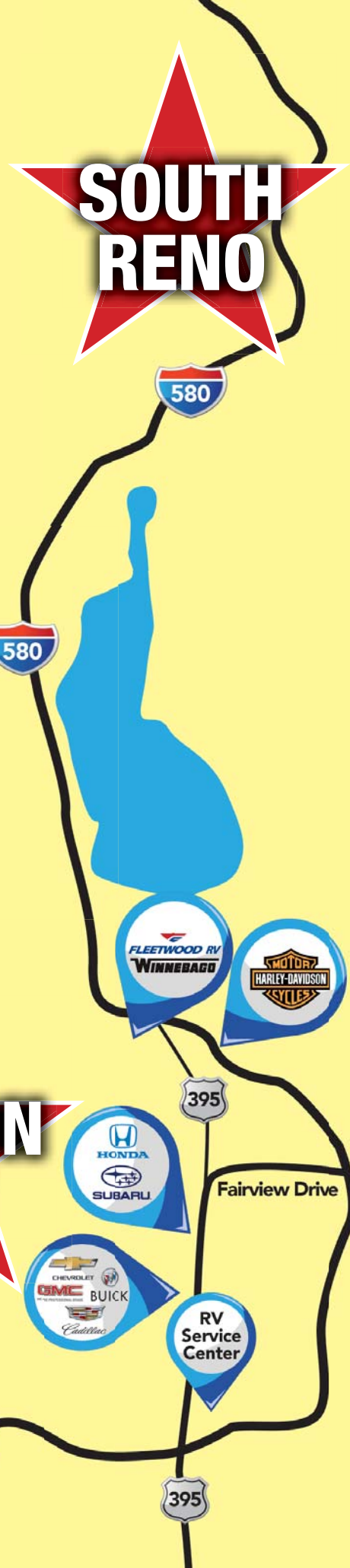
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