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TIMES

“Serving Northern Nevada”

Winter 2020-2021

Est. 2003

Sky Tavern grows into year-round ski, hike, bike park

By Dagmar Bohlmann

Sky Tavern has a great history, and an even brighter future. Last year, the Sky Tavern Board of Directors successfully converted their short-term, reoccurring, 3-year lease into a 30-year lease with a 20-year extension option and set off an avalanche of exciting improvements and programs.

“This was a game changer, said Sky Tavern Board chairman Yale Spina. “Short-term leases did not allow for long-range planning or getting funding for capital improvements. Now that this lease is in place, it allows us to raise funds to do such things as install lights and snow making equipment.”

With snow making and lights in place, Sky Tavern will be able to offer after-school programs, high school race training, UNR ski team training, charter school ski programs, increase its adaptive ski program and host night competition events.

“Snow making and lights will allow us to sustain our current programs, open midweek and evenings to better serve our community,” Spina said. “Reno has grown tremendously over that last 20 years, and Sky Tavern needs to expand its capacity to accommodate that growth.”

In addition to snow making and lights, Sky Tavern has been making short-term improvements to expand affordable snow and summer sports programs to community families, as has been its mission for over 70



The new Rocco 2020 lift replaces the original lift that was named after Rocco Spina, formerly the director of Reno’s Parks and Rec Department. Upgrades and improvements made over the summer include a mural by Lorna Denton, artist and Sky Tavern parent.



years. Most importantly, Sky Tavern has raised most of the money to install two new lifts.

“Thanks to Ranson Webster, the Benna Foundation, the Marce Herz foundation, Greg Doyle of Greg’s Garage, and the Marshall R. Matley foundation, we have purchased two carpet lifts to replace the handle tow and the Rocco poma lift, named after my grandfather, Rocco Spina,” Spina said.

This change alone will triple the uphill capacity for Sky Tavern’s largest group, the beginners. It also allows to increase the number of adaptive skiers.

Existing lifts have already gotten an update.

“Thanks to the Mofat family foundation, we have

installed comfort bars on our main chair lift to allow more of the third level skiers on the chair lift, which will spread the skiers more efficiently across the mountain,” said Spina.

A Summer Masterplan has been created to include a hiking and biking trail system that will allow for bike camps, races, and an adaptive cycling program for all levels of riders.

“We recently overhauled three of the existing mountain bike trails and built the region’s first purpose-built adaptive cycling trail, that will be a part of our future adaptive bike program,” Spina said. “Our

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Mt. Rose Corridor plan to balance needs for stakeholder safety, development

Submitted to the Galena Times

The scenic Mount Rose Highway climbs steadily from the high desert valley just south of Reno to the edge of the Sierras where the mountains rise steeply and the vegetation changes from rolling sage brush to rocky, forested slopes. Numerous twists and serpentine turns rise to the pass called Mt. Rose Summit at 8,900 feet elevation. The road then drops into the Lake Tahoe basin, offering spectacular vistas over the

majestic, mountain-rimmed lake. Even people who commute this drive daily never get tired of its glory.

But with average daily traffic on the valley section of the Mt. Rose Highway growing from 15,000 vehicles daily in 2014 to nearly 23,000 in 2019, the Nevada Department of Transportation is undertaking a corridor visioning and planning study along Mt. Rose Highway from the Geiger Grade Veterans Parkway roundabout to Douglas Fir Drive.

NDOT will be working with agencies including City of Reno, Washoe County, Nevada Highway Patrol, and the Regional Transportation Commission

of Washoe County to identify potential future traffic needs and improvements to provide for traffic accessibility and

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Letter From the Editor

Let’s for a moment focus on the blessings of this crazy year: baking sourdough bread, raising a new puppy, learning a language with Duolingo, and exploring local trails at Galena Creek Regional Park. With a collective focus on the health of our families and neighbors, we all rose to the occasion, didn’t we? We strengthened our resilience, lengthened our patience, and never lost hope.

In this issue, we share with you how our local businesses pivoted, how unemployed workers can upskill in manufacturing for free, and how vast educational resources are available online. As much as we grieve the many losses in our community, country, and world, we also together embrace opportunities to grow.

Wait until you read details about the future of our beloved, community-run ski school Sky Tavern, better snow making at Mt. Rose, Great Basin Outdoor School’s led snowshoe outings, and the progress of the regional transportation plan.

This winter season, I wish you all the feelings of home, comfort, warmth, and stability. I hope the Galena Times brings you some ideas of how to get hygge, or cozy, with a book from the library, engage in safe outdoor fun and most importantly, stay healthy and hopeful.

Happy Trails, Dagmar Bohlmann



A former runner, Galena Times editor Dagmar Bohlmann now prefers the pace of hiking, biking and typing.

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Help the RTC plan future of transportation



By Bill Thomas

The Regional Transportation Commission of Washoe County is planning for future transportation needs of our region by continuing the process of developing its 2050 Regional Transportation Plan and wants to hear about your commute and neighborhood.

The purpose of the RTP is to identify the 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 is building upon the 2040 RTP that was adopted in 2017. This community-based plan is being developed through a robust outreach process and conducted in collaboration with partner agencies and public input. The plan will address the 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 you to attend virtual public meetings and take online surveys throughout the process.

This is a community-wide plan that is made successful by the participation of everyone in our region. There will be many opportunities for input as the RTC works to develop a comprehensive plan for our future. The RTC wants to

hear about your commute and your neighborhood and any ideas you may have to improve transportation for everyone.

Federal regulations require that the long-range planning document be updated every four years. The RTP is the RTC's long-range transportation plan as required under Title 23, Part 450 of the Code of Federal Regulations. It contains major transportation projects and programs for Washoe County for all modes of travel. It 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. It is anticipated to be complete by or before May 2021.

Bill Thomas is the executive director of the Regional Transportation Commission of Washoe County. For more information or to see upcoming meetings or surveys, please visit rtcwashoe.com.

Charities need help filling gap caused by COVID



By Meaghan Maillet

As we enter the season of giving, another consequence of COVID-19 comes to light. According to the Charities Aid Foundation of America, nearly 70% of organizations surveyed report a decline in contributions as a result of the pandemic. Many charities who serve our most

vulnerable have had to cancel their in-person fundraising events. Still, there are plenty of opportunities to give this season. But like most things in 2020, giving is being done from a distance.

Several Northern Nevada organizations are getting creative in trying to fill the gap with virtual events. Race organizers have replaced in-person events with virtual running and walking challenges. Participants track their miles online and proceeds from the events go to local non-profit organizations. Some of them will mail you a race number, t-shirt, and finishers medal for participating.

If you are not quite ready to lace up the running shoes, how about a virtual gala? Many organizations receive a large percentage of their contributions at their annual fundraising gala. This year, virtual auctions have replaced in-person events and local businesses and restaurants have donated fabulous auction items. Participants can enter bidding wars from the comfort of their couch. Black

tie and diamonds are optional.

Did you know that giving is good for your physical and mental health? Several studies have shown the act of giving stimulates a part of the brain known as the reward center. This can lead to a release of endorphins. Some potential health benefits of giving include lower blood pressure, increased self-esteem, lower stress levels and increased feelings of joy.

With the events of this year, we can all benefit from less stress and more joy.

Meaghan Maillet is a licensed 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.



Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

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

Contributors:

Laura Azzarello, Sam Bellis, Andy Brown, Debby Bullentini, Max Coppes, Ryan Golec, Emily Howarth, Kathryn Kelly, Liesa Leggett Garcia, Hawley MacLean, Meaghan Maillet, Paul Manoukian, Andy Pasternak, Mike Pierce, Bill Thomas, Kerstin Tracy, Gilbert Trujillo, Julie Ullman, Dan Van Bogaert, Meghan Walsh

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

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

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

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

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Latest news from the Ranger Station

By Andy Brown

The last remnants of fall color have likely been blown off the aspens and cottonwoods by the time you read this, but do not despair. There are still many reasons to head out to your favorite trail to explore. Fingers crossed, the snow will begin to fly before we know it and we will be surrounded by a winter wonderland with many opportunities for recreation.

Snowshoeing and cross-country skiing options are abundant throughout Galena Creek Regional Park during the winter. Worst-case scenario, you will still be able to conquer your favorite trail or just enjoy a peace-full stroll along Galena Creek even if snow does not dominate the landscape. Either way, there are a few things to know about the Park during winter.

Park hours have changed to 8am – 5pm through March 2021. Please take note that the gates on the south side of the Park will close at 5pm daily. In the event of an impending winter storm, the gates below the Galena Creek Visitor Center at the Mt. Rose Highway will also be closed to allow for prompt snow removal the following morning. Winter road conditions in the Park may be different than those along Mt. Rose Highway, so extra caution is advised. Parking may also be limited, and 4-wheel drive is recommended.

Like many other areas throughout the Park, Marilyn's Pond has undergone its seasonal transformation. Currently frozen over and closed to anglers, it is still an amazing area to explore on your stroll to see the Galena Creek Fish Hatchery and Camp WeChMe Lodge. However, the ice can be dangerously thin, so please enjoy it from a distance and stay off the surface.

Like Marilyn's Pond, the creeks throughout the park can also present unseen hazards in the winter. So, it is advised to keep a close eye on pets and children. Please also keep in mind that pets are always required to be leashed in the park and cleaning up after them is appreciated.

In the event that we do get an abundance of snow, a few small sledding areas are accessible from the Jones Creek Trailhead parking area, a short distance from the Galena Creek Visitor Center, as well as by



(Photo submitted by: A. Brown)

crossing the walking bridge over Galena Creek, within the Park's south entrance. Restrooms are available at both trailheads year-round.

The Galena Creek Visitor Center remains closed currently, but we hope to see it re-open as soon as it is safe. For those of you who like to take part in the seasonal tradition of venturing out into the forest to hunt for the perfect tree for the holidays, you may want to take note that Christmas tree permits will not be sold in-person at the Visitor Center this year, due to the closure.

Christmas tree permits for National Forest System lands on the Humboldt-Toiyabe National Forest's Bridgeport and Carson Ranger Districts will be available for purchase online through www.Recreation.gov, as well as in-person at multiple locations. Details about designated cutting areas, vendors and types of trees that may be cut can be found at <http://bit.ly/HTNFChristmasTreePermit>.

While tree cutting areas are accessible from Galena Creek Regional Park, it is important to note that cutting trees from within the park is not permitted. This has been a serious problem for the past few years, so we are hoping to provide as much information as possible to ensure that Park resources are protected.

Andy Brown is a Washoe County Park Ranger at Galena Creek Regional Park. Information about access and restrictions can be found at the parking areas throughout the Park, but feel free to contact (775) 849-2511 with any questions.

Christmas Tree Permits 2020

Customers who wish to purchase a permit this season can create or login to a Recreation.gov account online to complete the transaction. Tag prices will cost an additional \$2.50 when purchased through the website.

Please read and follow rules and regulations of collecting Christmas Trees to protect the ecological integrity and aesthetic value of our forests.

WHERE TO CUT

Each Christmas tree permit is valid for the cutting of a tree in specific areas on lands managed by the Ranger District for which the permit was purchased. Do not cut in wilderness areas, designated campgrounds, or National Forest Administrative sites.

Please ensure you are truly on National Forest System lands. No cutting on private property, within county parks, and your permit is only valid for the Humboldt-Toiyabe National Forest.

Do not cut within active project areas – if you see crews or heavy equipment working, please find a different area to cut.

HOW TO SELECT

Stump height: 6 inches maximum

Stump diameter from the ground: 6 inches maximum

HOW TO CUT

Take the whole tree. Do not remove the top of the tree; cut down the entire tree.

If snow is on the ground, remove it from around the stump so you can accurately measure the stump and tree height.

Do not cut five needle pines. Popular species for Christmas trees on the Humboldt-Toiyabe are Jeffrey pine, ponderosa pine, white fir, red fir, lodgepole pine, incense cedar, pinyon pine, and western juniper.

Ensure the tree you have selected to cut is within 10 feet of another living tree.

For more information about tree permits, please call the Carson Ranger District Office of the Humboldt-Toiyabe National Forest in Carson City at (775) 882-2766 or the District Supervisor's Office in Sparks at (775) 331-6444.



Happy HOWLidays

NATURAL



PAWS

@ Raley's Galena Center

Brooke Olson Photography

775-853-3533

Assistance League donates laptops to Education Alliance

Submitted to the Galena Times

Assistance League Reno-Sparks has partnered with Education Alliance to purchase over 430 new laptops for Washoe County School District to check out to students without home technology for part-time distance learning.

When confronting the uncertainties of a new school year, members of two of the philanthropic Assistance League programs approached the executive director of Education Alliance, Kendall Inskip, to discuss the most pressing needs in the school district.

Delores Clewe, chair of Links to Learning, had first heard about the need through her husband's Rotary Club.

"I heard of a need for computers to be checked out to WCSD students," she said. "His club gave a donation to Education Alliance, the organization working with Washoe County schools."

As a retired teacher, Clewe realized the importance of computers to student learning, especially in this pandemic. She invited Inskip to attend a Links committee meeting and explain this need. Also attending this meeting were Fran Fricke and Barbara Tomac, co-chairs of Operation School Bell.

"Kendall informed us the possibility of distance learning requiring computers for students would be a huge problem for many students who do not have access to a computer," said Fricke. "We then realized we could help meet this need through a donation to Education Alliance from Assistance League



Recognizing Assistance League's donations to the Education Alliance, AL members Ellen Fockler, Barbara Tomac, Fran Fricke and Delores Clewe placed stickers on 430 laptops purchased with the funds.

to facilitate the purchase of computers for WCSD."

ALRS then awarded Education Alliance funds to purchase these computers. The laptops become the property of the school district that will maintain, track and issue them to students.

"Education Alliance is beyond grateful for the generous gift from the Assistance League Reno-Sparks. The impact of their generosity is not only wide-reaching but long-term helping students for years to come," said Inskip. "Their generous support reminds us that we truly are all in this together."

Schools are now identifying students most in need of computers; however, accessibility will depend on the number of laptops available.



Assistance League partnered with Education Alliance to purchase over 430 laptops for WCSD for check out to students participating in distance learning. Recognizing the delivery of the computers were (L to R) Fran Fricke, Barbara Tomac, WCSD chief information officer Chris Turner, Delores Clewe, Ellen Fockler, Carol Harriman, and executive director of Education Alliance Kendall Inskip.

Local businesses, organizations and individuals are encouraged to donate to help close the digital gaps in Washoe County. To donate contact Inskip at kinskip@washoeschools.net.

"We want to provide all students the technology they need for distance learning, and we need great partners like Assistance League Reno-Sparks," said WCSD chief information officer Chris Turner. "This is a challenging time but giving students access helps ease some of the stress families are facing."



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year-round fun from cover



Former pro ski acrobat Yale Spina was recently elected to chair the board of directors of Sky Tavern. Spina reaches for new heights in the Coors legendary acrobatic ski show in 1990.



immediate needs now are to raise \$200,000 for permit/planning for the capital improvements and \$2.8 million for the snow making and lights.”

These two improvements alone will allow Sky Tavern to become more self-sufficient, operate midweek, provide after school programs, and become a training area for local athletes.

Sky Tavern is also looking for funding to:

- install an additional structure for group gatherings and classes for environmental educational programs, which is estimated at \$130,000.
- contract builders for a comprehensive hiking and biking trail system, estimated cost of \$300,000.
- Purchase new grooming machines, necessary for moving all the snow that will be made, for about \$650,000.

It takes a lot of support to run a year-

round, community hike, bike and ski park.

“Since we strive to keep the cost of our programs affordable to everyone, we have to look for other ways to generate income,” said Spina.

The Board has elected the right Chairman to lead the way. Yale Spina is a retired hospitality executive and is personally invested in the continued success of a mountain program that started his career as a professional skier.

“My first year at Sky Tavern was 1967, as an eight-year-old I would board the bus at Reno High school with my friend Erik Anderson, and we were off on an adventure, on our own – no parents or teachers,” Spina recalled. “We had to get off one of 48 busses and find our meeting place for class, then manage to locate our bus again to get our lunch and then after skiing all afternoon, we had to report

MAKE A DIFFERENCE

Your support of the Sky Tavern ski, hike and bike programs can come in form of a monetary donation, by signing up for programs, volunteering, or by choosing Sky Tavern as your location for private or company gatherings.

- Rent Sky Tavern’s lodge or Aspen grove for a wedding or party.
- Your company can rent the whole mountain mid-week for a ski day.
- Sky Tavern is your most affordable solution for a charter school ski program.
- Plan a retreat of any kind, year-round at Sky Tavern.

back to our bus by 3:15 for the ride home.”

Spina calls the following eight years at Sky Tavern formative for not just him.

“I went on to pursue a professional ski career that spanned 17 years and took me all over the world performing in aerial stunt shows, coaching and competing in Pro Moguls,” he said. “This kind of story is not unique. I have run into hundreds of people that have ‘A Sky Tavern Story’ about life skills they acquired while having fun learning to ski or snowboard.”

Growing up at Sky Tavern meant more for Spina than becoming a competent skier.

“I learned about accurate navigation, accountability, self-reliance, creative problem solving, and a lot of other valuable life skills,” he said. “As a member of the Governing Board of Sky Tavern, I am happy to report that 50 years later, Sky Tavern is still teaching kids a lot

more than skiing or snowboarding. The parents and volunteers throughout the Sky Tavern’s history create this success.

Operating for over 70 years, the Sky Tavern Junior Ski Program has impacted the lives of over 100,000 children. It is the oldest and largest non-profit ski and snowboard training program of its kind.

“With the new long-term lease donors can have the confidence that their investment in Sky Tavern will be put to good use for the next several generations,” said Spina, recognizing that without a dedicated Sky Tavern Staff and diligent volunteers none of this would have happened.

“I am excited for our future, and I hope people will check us out at SkyTavern.org,” he said. “Our ski program starts in January, so there is still time to join us this season. Everyone is welcome at Sky Tavern.”



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The Lodge defines community

By Dagmar Bohlmann

Community is more than a group of people living in the same place or having a particular characteristic in common, it is a feeling of fellowship with others around common attitudes, interests, and goals. Along the Mount Rose Highway, The Lodge Coffee + Wine is an unofficial community hub that has recently been named a “neighborhood favorite” by the NextDoor app.

Devoted regulars and new guests make weekday happy hours a popular priority. Tequila Tuesdays feature a delicious, crafted-in-house pomegranate margarita and Wine Wednesdays offer visitors a chance to sample some of the wines.

The beautiful wine wall and the hip coffee shop will soon be famous beyond the reaches of South Reno. The Lodge recently served as film location for the movie project “Capture Narcos” which will be premiering on Amazon Prime.

Aside from movie premiers, most folks are anxiously anticipating the start of ski season. To keep guests comfortable and warm on outdoor patios, heat lamps

and several fire pit tables are welcoming nature lovers who want to gather around with a beer or hot cocktail after a day of skiing.

For those who prefer to gather inside near the fireplace, the seating has been reconfigured so that guests can be safely distanced. The menu has also changed with the season. Perfectly timed for the arrival of winter, organic soups and wholesome burritos accompany some incredibly tasty, warm cocktails.

At The Lodge, even the sourcing of food and drinks speaks of community. Alibi, Revision and 10 Torra draft beers, Frey Ranch whiskey, Tahoe Blue vodka, Doughboy's Donuts and Tahoe Trail Bars are all part of the commonwealth of local, small businesses that support each other. In the spirit of mutual solidarity, The Lodge took part in the Nevada Humane Society Duck Race and Reno's Small Business Bingo.

In a community, looking out for one another is an instinct. The Lodge added a third large patio to safely serve guests in compliance with COVID mandates. Nestled among tall pine trees surrounding the property,



Fire pit tables and heat lamps welcome welcome the community to gather for a while at The Lodge Coffee + Wine.

(Photos: S. Parlante)

this space has allowed hosting events – both inside and outside – in a COVID-compliant manner, including baby showers, a paint-and-sip event with local artist Jacque Price, pre-wedding gatherings, teacher staff meetings from local schools, and monthly get-togethers for a bowling group, a men's forum, and a local church group.

For future community events, sign up for the newsletter at www.thelodgereno.com and follow social media @lodgecoffeewine for announcements regarding winter happy hour specials and events, including additional paint and sips. To book your own event, call (775) 507-7049.

NDOT continued from cover

safety amid future development. Current and future roadway uses, and features will be evaluated – including projected traffic volumes through year 2040 at 13 intersections on the corridor.

The resulting corridor master plan to be completed at the end of 2021 will provide a vision for potential options to integrate traffic safety and mobility for all modes of transportation. In the recent five-year period of 2015 to 2019, there were 248 crashes on the highway. The study will also look to enhance traffic safety and mobility. Another key element to be evaluated as part of the study is the

excessive speeds with approximately 80 percent of vehicles traveling more than 10 miles per hour over the speed limit on certain segments of the corridor.

A key stakeholder in the development of study will be the general public and community. In January 2021, NDOT is scheduled to conduct a virtual public meeting to present an existing conditions assessment of the corridor and solicit feedback from the public on corridor elements which are a priority for them (safety, access, pedestrian/bicycle facilities, capacity, etc.). The public feedback will be combined with

the corridor needs to provide a long-term vision while also identifying immediate projects. An additional public meeting will be held later in 2021 to present recommended study findings.

NDOT understands the importance of the Mt. Rose corridor as access to schools, our community, and to the scenic Lake Tahoe Basin. The study team will work on safely and effectively balancing the needs of future development, residents, pedestrians, bicyclists, and tourists. Findings of the study will also include an implementation plan identifying projects along with funding

needs, sources, and timelines to provide a realistic expectation of corridor improvements.

Following a recent road safety assessment, NDOT in 2022 will also add median concrete islands and lengthened turn pockets on Mt. Rose Highway at Callahan Road, as well as reconfigure median islands and turn lanes to channelize and enhance left and right-hand turns between the highway and Edmonton Drive.

For more information on the study, contact manager Jae Pullen at jpullen@dot.nv.gov or call (775) 888-7589.

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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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Holiday Hound Donation Drive helps pet rescues



By Dagmar Bohlmann

Doggedly committed to pet rescue, Natural Paws is hosting a Holiday Hound Donation Drive this holiday season benefiting several local pet rescue organizations. Natural Paws, a natural pet food and supply store in Raley's Galena Center, is organizing the drive to compensate for the lack of opportunities for other traditional fund-raising events this year.

Lori Burks owns Natural Paws together with Rob Burks. They both know that this year had been difficult for many charitable organizations that rely on fundraising events.

"We usually host a sizable holiday party each year benefiting a local pet rescue but are unable to do so this year," she said. "We thought of the holiday hound donation drive to help raise some money and collect much needed supplies without hosting a large crowd."

Natural Paws will be collecting dog and cat supplies including beds, blankets, cleaning supplies, cat litter, collar and leashes and dog and cat dry and canned food. Donations will be collected outside of the Natural Paws next to Raley's on Saturday, December 19th from 10am to 5pm.

"Monetary contributions are also desperately needed and appreciated," Lori Burks said.

Among the rescue groups benefiting from the event

are Pawsibilities Pet Rescue and ResQUE.

Jennifer Lupinek, a dog trainer, and her friend Jackie Schroeder established Pawsibilities Pet Rescue in 2018. According to their website, they had met while working in rescue and decided to merge their passion for helping animals and for advocating spay and neuter. Their mission is to rescue the mistreated, save the injured, and love the abandoned.

Res-Que coordinates foster homes throughout the Reno and Carson City area. Many of the dogs that end up with Res-QUE, so their website, are from the shelters where they were at risk for euthanasia. Unlike bigger shelters, Res-Que does not receive large grants and depends on smaller donations, fund raisers, and adoption fees.

You can help support their missions by collecting your goods, emptying your piggy banks and heading to Natural Paw's Holiday Hound Donation Drive. Dogs whose owners contribute will receive a little treat and their people will get a sweet treat, too.

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. For more information, visit www.naturalpawsreno.com, Facebook.com/NaturalPawsReno, email naturalpawsreno@yahoo.com or call (775) 853-3533.

Twelve Doggie Days of Christmas

By Lori, Rob and Sophie Burks

*On the 12th day of Christmas
my true love sent to me....*

**Twelve Dachshunds drooling...
Eleven Huskies howling...
Ten Labs-a-licking...
Nine Hounds-a-hunting...
Eight Collies herding...
Seven Spaniels swimming...
Six Beagles baying...
Five Golden Retrievers...
Four Doodles doddling...
Three French-ies...
Two Yorkie loves, and
A Poodle peeing on a pear tree**

***We want to thank everyone for their continued support during these past nine months. We appreciate you immensely and wish you and your family a happy holiday season.
~ Lori and Rob Burks***

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Cuddle up with a book

By Julie Ullman

As we head into the cold, dark winter months, and you find yourself ready to curl up with a good book or movie, your local library can help you find just the right one. Although no branches are currently open for you to come inside and browse the shelves, resourceful librarians have other ways to help you with your library needs.

Pick Up Requested Holds

You can use the library website to search the library catalog from your home computer. When you find interesting items, just place them on hold after logging into your account. Log in using your 14-digit library card number and when asked for a PIN, just type in the last 4 numbers of your phone number. your choice for pickup.

Current Drive-Up Window hours at the South Valleys Library are Tuesdays and Thursdays from 10am-2pm, and Wednesdays from 2-6pm. Other

branches offer different days and hours for you to pick up your holds through their Drive-Up Window, or a quick Grab-and-Go inside the branch. No browsing is available during Grab-and-Go. A complete list of locations, days and hours is available on the libraries' website at www.washoecountylibrary.us.

Ask A Librarian

If you don't have a specific title in mind and would like a little help finding books to read, librarians are ready for you. Call (775) 327-8327 Monday-Saturday between 10am-4pm. They will help you place requests for those items, so you can pick them up at the branch of your choice. Librarians also happily answer questions about your account and about online resources and databases.

Virtual Events

Library staff are hard at work creating online events until the branches can host in-person events again. For instance,

you can find daily story times featuring library staff, join a book group via Zoom, or enjoy presentations by the Reno Historical Preservation Society. Visit the Library Events webpage for a complete listing of upcoming virtual events.

Returning Library Materials & Quarantining Materials

You may return your library items at any branch and you will find all the book returns or automatic check-in machines available 24/7. To ensure the safety of library staff and patrons during the COVID-19 pandemic, all returned items are quarantined for at least 7 days before they become available for checkout. WCLS no longer charges fines on overdue library materials, so now is a great time to bring those back.

Your library staff are looking forward to being able to see you again in person in our branches. Until then, stay safe, take care of each other, and check the library's website for additional information about our re-opening plans and current library resources and services.



South Valleys Library offers a Drive-Up Window and quick Grab-and-Go services.

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

Snowmaking gets slopes ready for early season

By Mike Pierce

Snowmaking has started and the cooler temps in the air signal that fresh turns are just around the corner. Besides prepping for a safe season with changes to follow various safety protocols, it's been a productive summer of improvements at Mt. Rose – Ski Tahoe. Subtle changes you may notice on your first visit are signs that our crews stayed busy this summer making solid improvements to the mountain

that will ensure a confident and reliable operation for winters to come.

Snowmaking Storage Tank

A much larger, 5-million-gallon snowmaking storage tank was completed this summer. Located off the lower section of Around the World, it is expected to be operational later this season. This dramatic increase in storage will allow Mt. Rose to take full advantage of early-season snowmaking windows and

make snow continuously over a greater area whenever the cold temps permit. The paint job must wait until next summer.

New First Aid Facility

A new First Aid facility was constructed this summer to better serve our ski patrol in providing guests needing medical care. This modern and comfortable facility, located at the top of Lot 3, is

continued on page 9

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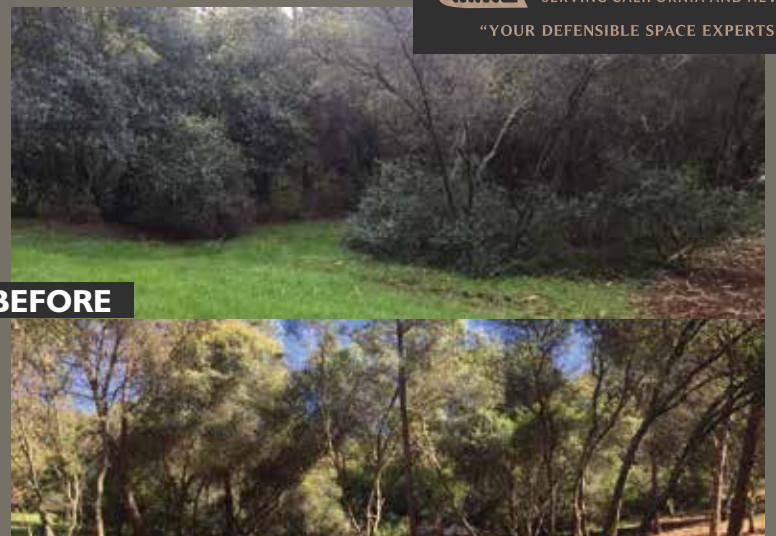
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Porcupine people's quills signal loneliness



Liesa Leggett Garcia

By Liesa Leggett Garcia

One time while living in the Black Hills of South Dakota, my dog, Ernie, got away from me. I searched and hollered until he finally came back with his tail between his legs, crying. It turned out, his snout was filled with porcupine quills. He had been a little too inquisitive, maybe in an effort to just be friendly, but his opponent wanted nothing to do with him and let him know it. The message was clear: Stay away from me!

Porcupines have been provided with needle-sharp quills for their protection. In fact, when they feel danger or get mad, they roll up into a little ball which is as prickly as the wrong side of a pin cushion. While this ensures porcupines never get kicked or poked, they also never get petted.

Some people have porcupine personalities. Do you know anybody like that? But when they lash out at another, seemingly in self-defense, they actually lose part of themselves. Porcupine people pretend to be independent but really their so-called independence is often nothing but loneliness. They forget that we need each other and depend on one another for our well-being.

When a porcupine waddles down the forest path, all others step aside. He always gets his own way. He may be feared, but not respected. All who touch him have been hurt and remember it well. He might have his independence, but at what cost?

We might say, "The world is full of porcupine people and I've got to be a porcupine to protect myself." But all we are doing is adding to the problem instead of contributing to the solution. It takes courage to fend off porcupine people and even more courage not to become one ourselves. No doubt, some of us who live with porcupine personalities have been hurt ourselves,

our quills have been turned inside and we do not want to be hurt again.

While a porcupine cannot change – it was born that way and its survival in the woods depends on its defense mechanism— we actually can adjust our response. We can choose to react differently.

In these days when we may feel more isolated from each other, let's find creative ways to remain open, instead of shutting down and being protective. To be willing to help and share, be kind and friendly. Maybe we could even risk reaching out to porcupine people and letting them know we care even when their quills are raised. Perhaps we could even extend that same kindness to ourselves.

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." For more info, visit www.cslreno.org.

snowmaking from page 8

better suited to receive guests from the snow and deliver improved access for emergency vehicles.

Guests parking in Lot 3 may continue to access the slopes from this location, but we ask that you enter and exit on the south side of the building closest to the Wizard Lift.

More Snowmaking at Slide Bowl

Snowmaking infrastructure was constructed to allow snowmaking to augment the Bonanza Traverse, Central Pacific, and Big Bonanza. Three "Pole Cats" were installed along with locations for mobile snow machines.

Select Grading on Sunrise Bowl

Sunrise Bowl received select grading work that involved removing larger rocks and old tree stumps

from the trail. This treatment ultimately provides an improved run surface and allows for trails to be opened much earlier due to a lower average snow base required to cover it. This selective technique also keeps us from disturbing most of the natural vegetation on the slope, thus the manzanitas continue to serve as a natural "snow catcher" during early season storms.

Opening Day? Coming Soon!

Opening to the top is vital this season, but once we've got a few ways down to spread out the crowd, we'll announce our plans for opening day. Guests should expect the following standard practices while at the mountain this season:

- Social distancing and face coverings will be required on the chairlifts, in the lift queues as well as

in and around all base lodges. Please be respectful of all guests and maintain 6' social distancing.

- Reduced Guest Volume: Lift ticket caps managed by online advanced reservations and reduced season pass products will serve to limit overcrowding.

- Lodge volumes: Guests allowed inside the day lodges will be monitored and subject to capacity limits that avoid overcrowding. Restrooms and first aid will always be available.

- Guests will be limited to season passholders only at the start of the season. Lift Ticket sales will begin at a later date through advanced online reservations only.

Mike Pierce is director of marketing for Mt. Rose Ski Tahoe. For more information, contact deepsnow@skirose.com.



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Inventive reach-out programing provides environmental education despite closure

By Laura Azzarello and Sam Bellis

The COVID-19 pandemic may have forced the Galena Creek Visitor Center to close its doors for much of 2020, but that has not stopped staff and volunteers from achieving their mission of providing quality, environmental education services to the community.

Traditional programs like the Center's science exploration camps and school field trips have been canceled and, in their place, creative alternative services have been designed. For example, this summer, the Center created Camp-in-a-Box, an at-home, week-long camp experience providing 8-18-year-olds with the resources they need to complete over 30 STEAM (Science, Technology, Engineering, Art, and Math) activities from the safety and comfort of home.

Thanks to generous grant funding from the Nell J. Redfield Foundation, the Visitor Center has distributed nearly 100 free boxes to low-income families in the community, with plans to continue awarding boxes for the remainder of the year. The Visitor Center team has also set out to support Washoe County School District educators with free, K-12th grade curriculum which follows COVID-19 mitigation procedures and is designed to support in-classroom and distance-learning students.

Partnering with Great Basin Outdoor School and Truckee Meadows Parks Foundation, this committee is dedicated to standards-driven lesson plans that teach various ecological topics including watersheds, sustainability, and weather. To review or request programs, visit 'Alternative Field Studies' page on the GCVC website.

The Galena Creek Visitor Center recognizes that the outdoors and nature-based resources can



Galena Creek Visitor Center ensures diversity, equity, and inclusion for all as staff gather students around virtual campfires through Camp-in-a-Box and other creative outreach programs.

sometimes be inaccessible to underserved cultural identity groups, such as people of color or individuals with disabilities. As a proud community resource for Reno-Sparks, Carson City, and Lake Tahoe populations, we believe it is our responsibility to consider the barriers that limit access to nature and eliminate them wherever possible. In the coming weeks, months, and years ahead, GCVC will work to improve and develop services that ensure diversity, equity, and inclusion for all.

While the Center remains closed for now, the Galena Creek Regional Park remains open. This winter, remember to recreate responsibly by planning and preparing ahead, following land rules and regulations, disposing of waste properly, and being kind and courteous to your fellow nature-lovers. The Galena Creek Visitor Center will continue to utilize social media, YouTube, and their

website to provide environmental education services to the community. Follow along to stay up to date on all things Galena Creek.

Laura Azzarello is Outreach and Education Coordinator and Sam Bellis the Visitor Services Coordinator at the Galena Creek Visitor Center.

STAY IN TOUCH WITH GALENA CREEK VISITOR CENTER

Instagram: @galenacreek
Facebook: Galena Creek Visitor Center
YouTube: GalenaCreekVC
Website: GalenaCreekVisitorCenter.org

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1. Float down option may be exercised up to 30 (but not less than 5) days prior to closing at then current 60 day prices. The expiration date then becomes the earlier of the original expiration date or 30 days from exercising the float down. An example is if a borrower takes a 120 day Firstlock, the maximum total lock period is 120 days. If the market interest rate declines you can relock at the lower interest rate, but only within the 120 day period. Market interest rates may climb during the 120 period which means the interest rate may be higher than the capped rate and there would be no "float down" opportunity to a lower interest rate. 2. Jumbo loans over \$2,000,001 are available in the state of California only. Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank. 3006

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Laid-off workers receive free retraining for high-demand Nevada manufacturing careers



Emily Howarth

By Emily Howarth

Nevada has been hit hard by the COVID-19 pandemic. Many Nevadans in the tourism and hospitality industry have found themselves out of work. According to the Department of Employment, Training and Rehabilitation, Nevada's current unemployment rate is 12.6% for mid-October 2020. This is up 8.9% from last year.

But a federal grant from the Workforce Innovation and Opportunity Act offers relief for Nevadans who have been laid off due to the COVID-19 pandemic. The grant provides free retraining for Nevadans to be retrained at no cost, preparing them to work in high-demand manufacturing careers.

"With COVID-19, Nevada went from having one of the strongest job markets in the United States to having one of the highest unemployment rates in the United States," said Mark Anderson, director of Nevada Industry Excellence, the statewide Manufacturing Extension Program hosted through the University of Nevada, Reno. "However, as a whole, advanced manufacturing is growing in Nevada with hundreds of high-paying jobs continuing to go unfilled."

Through the training, students may have the opportunity to interview with companies throughout Nevada with job openings, including Panasonic Energy of North America and Sierra Nevada Corporation.

The Manufacturing Technician (MT1) Express



(Photo: E. Howarth)

Professor Emily Howarth teaches students the foundational knowledge for advanced manufacturing in 2019. Now her classes are online.

Online Certification Prep is offered through the Automation and Industrial Technology Center at Western Nevada College in partnership with Empower America, Extended Studies at the University of Nevada, Reno and Nevada Industry Excellence.

This program offers an interactive and engaging foundation, preparation to earn the nationally recognized MT1 certification, endorsed by the National Association of Manufacturers and issued by the Manufacturing Skills Institute.

Through the MT1 Express Online program, students gain the foundational knowledge needed in advanced manufacturing, including basics of electricity, mechanical systems, tools, fasteners, quality, measurement, workplace safety and math required on the job. Students explore chemistry concepts for material science, business acumen and troubleshooting techniques through problem-

solving strategies.

Online classes start in January 2021. To be eligible for the free training, students need to be Nevada residents with a high school diploma or equivalency.

Emily Howarth is a Professor of Electronics and Industrial Technology and a Manufacturing Technician (MT1) master trainer at Western Nevada College. She has earned the 2017 Outstanding Academic Faculty of the Year award and the 2015 Nevada System of Higher Education Regents Teaching award.

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Get more information and learn if you qualify for the retraining by contacting Aubrey Nelson of Community Services Agency at (775) 786-6023, ext. 1021 or anelson@csareno.org.

For more information about the Manufacturing Technician (MT1) Express Online Certification Prep, visit <https://www.wnc.edu/areas/automation-industrial-technology>.

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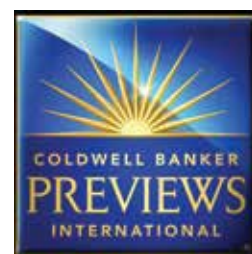
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Come live in the tall pines of Galena Forest. 4 bedrooms, 4 bathrooms and a separate office in this well maintained home. 3-car, oversized garage with electric car charging port. Granite slabs throughout with bamboo, travertine and Italian marble floors. **\$890,000.**



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All Area Home Sales September 1 - December 4, 2020

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/SF	Sold Price/SF	SF	Acreage	Off Market
1305 Austrian Pine Rd	\$740,000	\$740,000	282.33	282.33	2621	0.5	10/12/2020
35 Winterberry CT	\$785,000	\$781,000	351.07	349.28	2236	0.52	9/30/2020
3245 Joy Lake Rd	\$939,000	\$890,000	314.15	297.76	2989	0.52	10/19/2020
555 Yellow Pine RD	\$910,000	\$895,000	284.82	280.13	3195	0.71	9/30/2020
16610 Snow Flower	\$899,900	\$895,000	276.38	274.88	3256	1.62	9/16/2020
16435 Snow Flower	\$974,000	\$938,000	273.29	263.19	3564	1.02	11/25/2020
17270 Mountain Bluebird Drive	\$999,900	\$1,015,000	345.03	350.24	2898	0.6	10/21/2020
360 Scotch Pine Circle	\$1,079,000	\$1,079,000	355.87	355.87	3032	0.61	10/15/2020
4975 Nadia Ct	\$1,380,000	\$1,317,000	411.94	393.13	3350	1.71	10/9/2020
6415 Zermatt Court	\$1,295,000	\$1,325,000	425.99	435.86	3040	0.2	11/2/2020
303 E Jeffrey Pine Road	\$1,398,000	\$1,385,000	419.69	415.79	3331	1.01	11/9/2020
16845 Delacroix	\$1,395,000	\$1,395,000	363.47	363.47	3838	0.65	9/11/2020
306 E Jeffrey Pine	\$1,499,000	\$1,499,000	427.31	427.31	3508	1.05	9/23/2020
20541 Chanson	\$1,620,000	\$1,620,000	519.23	519.23	3120	0.41	11/2/2020
278 E Jeffrey Pine Road	\$1,675,000	\$1,650,000	387.82	382.03	4319	1.01	9/23/2020
202 S Big Sage	\$1,695,000	\$1,695,000	398.07	398.07	4258	1	10/2/2020
159 Antigua Court	\$1,779,550	\$1,700,000	349	333.4	5099	1.01	10/29/2020
6584 Champetre Ct	\$1,800,000	\$1,725,000	581.96	557.71	3093	0.28	11/17/2020
5980 Cartier Drive	\$1,750,000	\$1,750,000	488.96	488.96	3579	0.58	11/23/2020
6544 Champetre Court	\$1,875,000	\$1,800,000	513	492.48	3655	0.24	12/2/2020
235 Timbercreek Ct.	\$1,888,000	\$1,950,000	365.89	377.91	5160	1.15	11/20/2020
239 E Jeffrey Pine Rd	\$1,998,000	\$1,995,000	422.41	421.78	4730	1.02	9/28/2020
5690 Alpinista	\$1,995,000	\$2,075,000	452.07	470.2	4413	0.41	11/20/2020
350 Abies	\$2,200,000	\$2,134,000	323.34	313.64	6804	2.39	9/3/2020
5730 Dijon Circle	\$2,195,000	\$2,195,000	498.98	498.98	4399	0.54	9/24/2020
5870 Chambéry Circle	\$2,195,000	\$2,250,000	501.94	514.52	4373	0.5	11/24/2020
287 E Jeffrey Pine	\$2,400,000	\$2,300,000	588.81	564.28	4076	1.03	12/3/2020
5650 Foret Circle	\$2,899,000	\$3,075,000	475.25	504.1	6100	1.11	10/7/2020
5570 Lausanne Drive	\$2,999,999	\$3,150,000	688.39	722.81	4358	0.52	11/17/2020
5825 Lausanne Drive	\$3,399,000	\$3,250,000	504.75	482.63	6734	1.1	10/2/2020
6845 De Chardin Lane	\$3,499,500	\$3,400,000	505.78	491.4	6919	1.56	11/2/2020

WEST WASHOE VALLEY

99 Landing Lane	\$659,900	\$645,000	308.22	301.26	2141	2.76	10/16/2020
5750 Whitman	\$724,900	\$700,000	253.55	244.84	2859	2.53	11/25/2020
2905 Old Ranch Road	\$799,900	\$800,000	228.09	228.12	3507	6.5	9/2/2020
4951 Franktown Road	\$899,000	\$875,000	290.47	282.71	3095	4.83	9/28/2020
5 Silver Saddle Court	\$1,225,000	\$1,225,000	355.99	329.12	3722	1	11/30/2020

ROLLING HILLS/GALENA COUNTRY ESTATES

2180 Snowmass	\$530,000	\$530,000	289.93	289.93	1828	0.42	11/10/2020
3693 Bozeman Dr	\$559,000	\$559,000	276.73	276.73	2020	0.3	9/10/2020
40 Ghost Rider Court	\$599,000	\$580,000	244.29	236.54	2452	0.21	10/19/2020
1830 KODIAK CIR	\$588,000	\$590,000	252.47	253.33	2329	0.37	10/22/2020
3686 Bozeman Drive	\$619,000	\$620,000	239.64	240.03	2583	0.28	9/1/2020
4350 GREAT FALLS LOOP	\$648,800	\$630,000	251.18	243.9	2583	0.3	9/25/2020
2315 Stowe	\$675,000	\$665,000	243.51	239.9	2772	1.02	11/10/2020
14365 Ghost Rider Drive	\$685,000	\$685,000	206.2	206.2	3322	0.34	11/4/2020
14600 Sundance dr	\$735,000	\$715,000	259.35	252.29	2834	0.86	10/23/2020
4580 Great Falls Loop	\$729,000	\$729,000	213.41	213.41	3416	0.28	10/13/2020
3697 Bozeman Dr	\$784,500	\$795,000	229.65	232.73	3416	0.49	10/9/2020

SADDLEHORN/MONTE VISTA

14220 W Windriver	\$699,900	\$672,500	277.08	266.23	2526	0.35	10/16/2020
5005 Quail Rock Lane	\$899,000	\$892,000	296.8	294.49	3029	0.46	11/18/2020
3900 Aspen Hollow	\$980,000	\$950,000	324.61	314.67	3019	0.5	11/13/2020
14445 Quiet Meadow Drive	\$975,000	\$950,000	306.8	298.93	3178	0.54	11/17/2020
3985 Aspen Hollow	\$1,299,000	\$1,299,000	322.49	322.49	4028	0.56	11/10/2020
3800 Boulder Patch	\$1,549,000	\$1,500,000	399.33	386.7	3879	0.67	10/21/2020
14090 Saddlebow Drive	\$1,750,000	\$1,590,000	288.11	261.77	6074	0.8	9/11/2020

ARROWCREEK

5860 Cour Saint Michelle	\$975,000	\$975,000	267.56	267.56	3644	0.28	9/9/2020
544 Echo Ridge Ct	\$880,000	\$1,000,000	349.62	397.3	2517	0.36	11/23/2020
10584 Rue Saint Raphael	\$1,068,000	\$1,035,000	293.08	284.03	3644	0.41	9/30/2020
5560 Rue Saint Tropez	\$1,054,000	\$1,054,000	232.52	232.52	4533	0.36	10/13/2020
2969 Stonebridge Trail	\$994,900	\$1,100,000	286.3	316.55	3475	0.35	11/13/2020
10082 E Desert Canyon	\$1,150,000	\$1,100,000	342.87	327.97	3354	0.82	9/25/2020
3001 Granite Pointe	\$1,199,900	\$1,190,900	291.17	288.98	4121	0.46	11/24/2020
2967 Eagle Rock Ct	\$1,200,000	\$1,200,000	345.32	345.32	3475	0.47	12/4/2020
10044 E Desert Canyon	\$1,289,000	\$1,260,000	318.43	311.26	4048	0.7	10/13/2020
10286 Morning Song Trail	\$1,299,000	\$1,299,000	344.29	344.29	3773	1.23	10/27/2020
10241 Zuni Ridge	\$1,790,000	\$1,744,350	311.2	303.26	5752	0.91	10/1/2020
5728 River Birch	\$1,739,000	\$1,750,000	359.67	361.94	4835	1.06	10/28/2020
4140 Spotted Eagle	\$2,998,000	\$2,850,000	508.57	483.46	5895	1.65	10/26/2020

CALLAHAN RANCH

5405 Tannerwood Drive	\$560,000	\$560,000		311.8	1796	1.1	9/3/2020
15400 Willowbrook Drive	\$599,500	\$562,500	322.31	302.42	1860	0.99	9/10/2020
14725 Chateau Court	\$885,000	\$870,000	299.59	294.52	2954	1.45	11/23/2020
15480 Willow Brook Dr	\$879,900	\$879,900	255.78	255.78	3440	1	10/9/2020
15530 Donnybrook Court	\$995,000	\$940,000	385.21	363.92	2583	1.16	11/12/2020
5305 Cognac Court	\$1,075,000	\$1,075,000	293.24	293.24	3666	1.22	10/19/2020
15020 Chateau Ave.	\$1,175,000	\$1,140,000	320.6	311.05	3665	1.04	11/10/2020
15340 Redmond Loop	\$1,290,000	\$1,280,000	292.58	290.32	4409	1.01	10/5/2020

Snow much winter fun

By Meghan Walsh

Great Basin Outdoor School's snowshoe and hiking programs will inspire students, family, and friends to get outside this winter. Hands-on learning opportunities turn kids of all ages, including fun-loving adults, into active outdoor explorers.

SnowSchool (Ages 8+): Looking for somewhere to take students or a group on a field trip? The SnowSchool Program gets kids out on snowshoes. Lessons about snow safety, science, winter ecology, and climate change are packaged into fun, engaging activities. SnowSchool happens on weekdays in January and February, from 10am – 1pm, or on weekends by request. Locations may change depending on snow coverage but will often occur near Mt. Rose Ski Resort or at Spooner Lake. Make your reservation today by contacting program director Meghan Walsh at program@greatbasin-os.org or at (775) 324-0936.

Snowshoe Saturdays (ages 8+): Snowshoe Saturdays are designed for individuals or groups to explore the outdoor winter classroom while meeting new friends. This program will take place on various Saturdays in January and February right near Mt. Rose.

Homeschool Days (ages 8+): Every second Wednesday from January to March, homeschooled kids

will hike in the snow, exploring winter wonderlands with an opportunity to make new friends. Programs need a minimum of 8 kids registered, so bring your friends out on the snow.

Tot Snow Trot (ages 3 - 7): Little explorers have not quite grown into full-size snowshoes yet, so Tot Snow Trot is the answer for 3-7-year-olds who want to hike in the snow. Tot Snow Trot will occur once a month on Fridays 1/15, 2/12, & 3/5 from 10am–1pm.

Guided Family Hikes (all ages): In collaboration with the local Reno outdoor gear consignment shop, Gear Hut, monthly Family Guided Hiking Series continues January 23rd. These two- to three-hour mini excursions are led by knowledgeable naturalists and created for the enjoyment of the whole family. Locations change each month, so be sure to head to our website for details.

To keep participants safe, programs are entirely outdoors, group numbers limited, parties kept separated, and masks are to be worn during the entire event. With so many fun, safe options to have snow much winter fun, the only thing left to do is pray for snow.

Meghan "Mica" Walsh is the Great Basin Outdoor School program director. She grew up on the shores of Long Island, NY. She obtained her B.A. in Environmental Geo-Science and moved

out west to perform conservation and trail work with the American Conservation Experience. Mica has experience in Environmental Education and outreach

working with the Mad Science program, at summer camps, and with League to Save Lake Tahoe. Contact her at (631) 681-4857 or program@greatbasin-os.org.

Got MOOC – Massive Open Online Courses?



By Kathryn Kelly

One of the few silver linings of a pandemic is the chance to explore new topics you might not have had the time to do before. Enter MOOCs, Massive Open Online Courses, which are 15,000 classes offered by hundreds of universities, organizations, and institutions throughout the world – for free.

Ever want to take a course in cybersecurity, machine learning, neuroscience, programming, criminal justice, philosophy, negotiation, entrepreneurship, or dozens more? There's a MOOC for you, whether a course of a few hours or one leading up to one of over MOOC-based 50 master's degrees now available online.

While MOOCs have been around in various forms for a while, the platform really took off in the fall of 2013 when Stanford University launched Introduction to Artificial Intelligence, taught by Google researchers Sebastian Thrun and Peter Norvig. 160,000 students enrolled.

By the end of 2019, there were over 800 MOOC-based microcredentials offered, which involves the option to combine individual MOOCs into broader qualifications to take to potential employers or enhance your value at your current

one. Microcredentials in business and technology are particularly popular subjects. Many thought leaders in education, such as Michael Horn, believe microcredentials may have a significant role to play not only in the future of higher education, but also in professional development and in exposing high school students to topics they can explore in depth in the process of assessing college and career opportunities.

For high-school students, taking a MOOC from a professor at Stanford or MIT is a great way to get on the radar of those universities as well as get a unique course on your college application. In fact, one student earned his microcredential in cybersecurity while still in high school, which he felt was critical to his getting accepted to a major national cybersecurity degree program while competing against Silicon Valley students with broader access to those courses. But US residents are not the only beneficiaries; nearly 75% of students taking MOOCs reside outside the US.

While the courses are free, there is a fee to take a test at the end of each course and have a credential issued, usually \$49. Scholarships are frequently available.

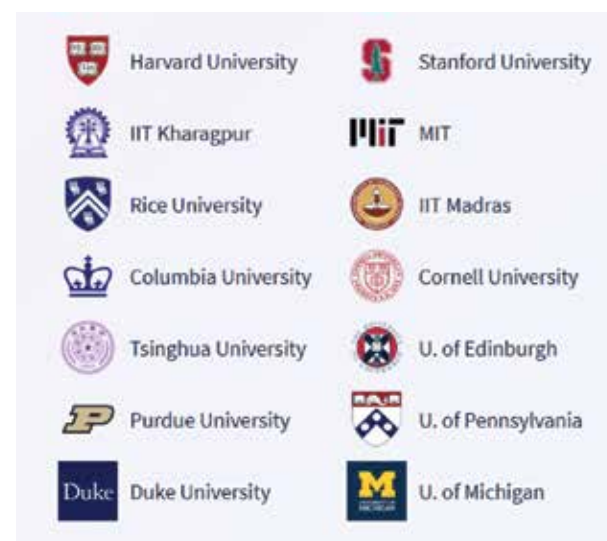
Where to start? You can check with individual MOOC providers, like Coursera or edX, or you can go straight to ClassCentral.com, which aggregates all the MOOC providers into an organized,

searchable database. Browse by university, subject, popularity, language, or start date, and then set aside some cold winter days and nights to explore this unique educational offering.

Kathryn Kelly, DrPH MEd, is the executive director of I-School, a private K-12 school in Incline Village and Kings Beach, which offers onsite and remote instruction. She may be reached at kkelly@ischools.us.

DID YOU KNOW?

~1,000 universities and 400+ institutions offer MOOCs, including:



Help send 1000 kids to school in one of Africa’s poorest country

Submitted to the Galena Times

Timothy Kinsinger first learned of Grace Orphan Care when he visited his 16-year-old son who was working as a volunteer teaching English to preschool students in spring of 2015. His son was between secondary school classes and was living with his older sister who was on a one-year Global Health Fellowship working for an HIV Organization in the country of Malawi.

Grace Orphan Care had a water well and grain mill on their property, both of which were inoperable. The well, which provides water for over 1000 families, had been stripped of its parts. The mill, which produced modest revenues, was awaiting shipment of electrical components that possibly would have never arrived.

Inquiring as to the cost of making them function, Kinsinger was told a pump handle and electrical components cost \$70. It was actually closer to \$200 but within one day, both well and mill were fixed. Kinsinger realized how little money most people in the village had, and how much of an impact his money could have for this community. Two hundred dollars to turn on the water for the entire village and to keep mothers and daughters from having to walk long distances to the next source of water from sometimes unsanitary sources. It was the best \$200 he has ever spent.

Once Kinsinger decided to start supporting Grace and assured that it was properly spent, attendance increased from 45 kids a day to over 230. Since his first visit to Malawi in 2015, he has continued to support the food program and help provide salaries for teachers. Over the past few years, he has grown his team, and worked to develop a reliable cash-flow system, so the money that is provided is accounted for.



Reno financial advisor Tim Kinsinger first visited Grace Orphan Care in 2015 (left). With his support, the center grew from feeding and educating 45 to 230 kids.



Project 1000 Orphan Care Foundation has the goal of feeding 1000 orphans and vulnerable children in Zomba, Malawi, and supporting their early education. Your donation can make a big difference.

After several years of supporting Grace on his own, Kinsinger wanted to take it to the next level – Project 1000 Orphan Care Foundation was born. Project 1000, as the name suggests, has a goal of feeding and supporting the early education of 1000 orphans and vulnerable children in Zomba, Malawi.

Donations to Project 1000 Orphan Care

Foundation provide food and education for up to 500 orphans and disadvantaged children that attend Grace Orphan Care in Malawi, one of the poorest countries in Africa. Your donations will help expand pre-school and after school day care program to 1000 kids a day. Visit www.project1000orphans.org to learn how your donation can make a huge difference in the lives of many.

Netiquette - Manners for communicating on Zoom



By Dan Van Bogaert

With more of us working remotely and studying from home, we are steadily using our desktop PC and all kinds of mobile devices to stay in touch with others. Are you one of those people who feel that this trend points to a need for new social etiquette standards in our communications? While etiquette simply refers to societal manners, netiquette is the latest term for behaviors we should use when communicating via computers.

Let’s be honest. We are becoming adept with our thumbs and fingers, but our use of easy communication tools has also resulted in embarrassing or awkward moments. For example, during popular Zoom meetings we may forget to unmute ourselves while speaking for 10 minutes, or to mute before leaving for the bathroom, or we get caught wearing colorful underwear.

Here’s a helpful checklist of

- netiquette do’s and don’ts that apply to using Zoom or other conferencing applications.
- As attendee:**
- a) Review and be prepared to discuss agenda items, if provided in advance of meeting.
 - b) Check in at scheduled start time.
 - c) Avoid causing distractions, such as eating and drinking.
 - d) Be aware of proper body language.
 - e) Be mindful of appropriate background and surroundings.
- As host:**
- a) Before virtual meeting start time: Test microphone, speakers, headphones, mute/unmute tool, and properly position camera at eye level, check for appropriate lighting.
 - b) Stage video area; remove background distractions and minimize or eliminate noise.
 - c) Prepare to introduce all attendees at the beginning to encourage engagement.
 - d) Focus on agenda items previously sent to all attendees.
 - e) At end of meeting wait until all attendees have exited left before

hanging up.

We have all had at least one cringeworthy moment, or witnessed one, while working or studying at home with our mobile devices and desktop computers. Our reliance on these necessary technologies has subtly altered our interpersonal behaviors, e.g. “Zoom happy hours”, telemedicine e-appointments, contactless payment for ordering things online. By making a disciplined effort to follow netiquette, our mobile device and Zoom communications will be more engaging, efficient and, yes, even bring a welcoming return to politeness.

Dan Van Bogaert, J.D. is as SAHRA Legal Team Member. Much of the foregoing is excerpted from Dan’s recently published book, *The Complete Cybersecurity Guidebook*, which includes an online training section addressing proper use of mobile devices and zoom. He can be reached at profdan@ucla.edu.

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COVID Vaccines: What is the process?



Andrew Pasternak, MD

By Andy Pasternak

The COVID-19 pandemic has been devastating. As we stand in the first week of November, over 1,200,000 people have died worldwide, and 230,000 Americans have died from COVID.

Historically with viruses, we have found that our best offense is a good defense. Vaccines provide that defense. Vaccines have helped to eliminate smallpox and have almost eradicated other viral diseases like polio. While we used to be incredibly frightened of polio, 98% of people who got polio had minor symptoms. Only a small fraction of people died of polio or had permanent neurologic damage. Once the polio vaccine was developed by Dr. Jonas Salk in 1955, parents no longer had to worry about their children developing a crippling disease.

While researchers are working on better treatments for COVID 19, developing a vaccine to prevent COVID from spreading is paramount. Operation Warp Speed has helped streamline the COVID vaccine's approval process by coordinating development between government agencies. Perhaps more importantly, our federal government is paying for the cost of the research trials

and is investing in building up stockpiles of vaccines before the vaccine approval. This will help get a vaccine out to the public soon after approval.

I am hearing a lot of concerns about the vaccine from my patients, friends, and family. While we do not know the specifics of the vaccine, we do know what the process is going to be.

All vaccines must go through a three-part process: In Phase I, the vaccine is given to healthy volunteers to test if it is safe and induces an immune response. In Phase II, the vaccine is given to people with particular characteristics (such as age and physical health) similar to those for whom the new vaccine is intended. In Phase III, the vaccine is given to thousands of people to determine efficacy. We currently have several vaccines in Phase III and are eagerly awaiting results.

In Nevada, along with other states, we are now currently planning on how to best roll out the COVID vaccine, given some of the vaccine's particular complexities (some of these need to be stored at incredibly low temperatures). Most states have health care workers and first responders high on the list. Since my wife and I will be some of the first people to roll up our sleeves, let me tell you what I'm looking at in a vaccine.

First off, I'm going to look at what the Food and Drug Administration has to say about a vaccine. The vaccine companies

submit their comprehensive data and all the data on each individual who has gotten the vaccine so the FDA can do their own analysis to determine vaccine efficacy and safety. At a recent meeting, the FDA finalized the ground rules for approval with 50% efficacy of the vaccine for two months with no significant side effects.

Once the FDA approves a vaccine, the Advisory Committee on Immunization Practices independently reviews the data again. Having personally known physicians who have served on ACIP, I have high regard for their recommendations.

A few other comments: there is a lot of confusion about vaccine efficacy. While we want any vaccines' efficacy to

be as high as possible, we do not need 100% efficacy to reduce disease spread. Vaccines can also be combined with things like social distancing and mask used to help eliminate spread. As more people get vaccinated, even a vaccine with less than 100% efficacy can still work wonders.

Until we get a vaccine, wear masks, keep your distance from others, wash your hands and stay safe!

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.

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Early childhood nutrition - food for thought for infants and toddlers



Dr. Max Coppes

By Max Coppes

Special nutritional considerations support each life stage, including the period that covers newborn to 2 years of age.

The goals for age-group-specific dietary recommendations include the promotion of health and wellbeing, a reduction of diet-related chronic diseases risk, and achieving the right energy balance. An important additional factor of nutritional choices in the first 2 years of life is its impact on developing taste preferences and food choices.

In general, human milk or infant formula are the primary source of nutrition during the first 6 months of life, at which time complementary foods and beverages are introduced. In the

second year of life, the toddler completely transitions to 'family foods.'

Breastmilk has demonstrable health benefits for children, including reduced risks of type 1 diabetes, asthma, and obesity. When breastfeeding, it is recommended that lactating mothers consume foods rich in long chain polyunsaturated fatty acids, such as fatty fish (think salmon, tuna, sardines), nuts and seeds, and plant oils, because this will improve the infants fatty acid status.

Over the past decades, we have come to appreciate the importance of lipids (fats) in child and adult health: they are indispensable for the assembly of cell membranes, play an important role in brain development, and are capable to affect cognitive functioning.

The American Academy of Pediatrics recommends not introducing complementary foods before the age of 4 months. In the past, the introduction was recommended at 6 months of age,

but more recent studies suggest neither benefits nor disadvantages to starting earlier. Therefore, in general, it is safe to start at 4 months of age but waiting 2 months longer is fine, too.

The Academy also suggests introducing peanuts and eggs in the second 6 months of age and not delaying it beyond 12 months of age; their introduction at this age may in fact reduce the risk of food allergies. Then, at age 6-12 months, infants benefit from foods rich in iron (meat, fish, chicken, tofu, beans, eggs) and zinc (meat, nuts, wholegrain cereal, legumes). Iron supplementation however, in particular if the child has been or still is being breastfed, has no benefits if the child is otherwise healthy.

Starting at 2 months of age, vitamin D supplementation (400 IU/day) is recommended for all breastfed infants. Babies receiving infant formulas usually, but not always, get enough vitamin D in the formula. By 1 year of age, foods should be the major source of nutrition

with milk (breast, formula, cow, or cow milk alternatives) being supplemental.

When dealing with a young toddler (12-24 months), it is recommended to provide flexibility; many foods will be new, and the toddler will want to test them. In addition, at this age the child starts realizing the power of refusal. So be willing to give and take, expose your child to a wide variety of healthy foods, accommodate for cultural preferences, shaping a healthy dietary pattern.

Sugar sweetened drinks should best be avoided before 2 years of age. They replace energy that should be provided by more nutritious sources, increase the risk of obesity, and affect oral health, causing tooth decay.

Finally, when in doubt, ask your pediatrician. He or she will be delighted to help you.

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.

Advanced electronic medical record program improves patient care

Submitted to the Galena Times

It's no secret that medical records should be safe, secure, and easily accessible to the owner. We live in a time where we want more access to our own health data, including speedy lab results, prescription refills, a great physician-

patient relationship, and so much more. Keeping this in mind, Carson Tahoe Health system, including the Carson Tahoe Regional Medical Center, Carson Tahoe Medical Group, and all other outlying locations, recently launched Epic—a highly regarded and well-utilized

medical records system.

"Moving to Epic for managing our charts and health records is one big step in advancing care for Northern Nevada, particularly for our family of rural communities," says Mitch Watson, Carson Tahoe chief financial officer, vice president, and leading executive over the Epic Project. "Not only will this integrative system potentially ease the workload of staff, eliminating our use of numerous programs, but it will also improve patient safety, expand access with a single patient portal called MyChart, and give patients greater control over their health journeys."

Epic leads its industry in providing intuitive software, designed to connect the dots between patients and providers through existing health records hosted on Epic. Additionally, it allows all caregivers to collaborate more effectively to improve patient care.

MyChart patient portal

MyChart acts as a gateway to a patient's complete health record. The secure online platform gives them convenient, 24-hour access to personal health information such as medications and lab results. It can also act as a quick resource for the patient and their provider with a message option and appointment scheduling for existing providers.

To sign up for MyChart, patients receive an activation code at the time of scheduling or when they check-in at any CTH location. The code will come as part of the discharge paperwork from primary care, urgent care, or hospital visits. What's great is that patients can use just one MyChart login to manage their health records for all providers that use Epic and MyChart, even ones outside of the



Carson Tahoe Health network. Although MyChart will replace our three existing patient portals (Follow My Health, CTMG, and CTC), old data will still be available through Medical Records.

Rising to the challenge

"Bringing on a new medical records and charting system is like bringing in a new coworker," Watson said. "We all need a little time and patience to learn how to work together. That may come with a few snags along the line, but we are well-prepared to address any challenges with additional support staff and resources."

To carry out this momentous feat, Carson Tahoe worked for over a year with affiliate University of Utah Health, and Epic teams, to deploy the system as seamlessly as possible. Carson Tahoe employees were required to train and test before the go-live for access to the program. Employing Epic, the largest electronic medical records system in the nation, also required streaming workflows, advancing order sets, and enhancing processes and communications. So, changing the records system wasn't just flipping a switch or changing a screen on a computer. It is the beginning of transforming care delivery.

"The implementation of Epic & MyChart has been a long time coming, and many people from near and far have put in a great deal of work to plan, prepare, and execute," Watson said. "We are excited now to pass on the countless benefits Epic will offer our community."

To learn more about MyChart, visit CarsonTahoe.com/MyChart.

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Is it COVID-19 and flu season?

Submitted to the Galena Times

It's COVID season. It's rabbit season. It's duck season. And, now it is flu season. According to the CDC, approximately 8 percent of the U.S. population, or approximately 26,176,000 people, get sick with the flu annually.

The idea of flu season creeping in as we are still responding to the immense struggles and changes COVID-19 has laid out for us may be overwhelming. In certain parts of the country – and the world – hospitals are adjusting to a limited stockpile of personal protective equipment and facing the challenges of creating new respiratory clinics to better serve their patients. Additionally, many people's immune systems may have been weakened from staying indoors for months with little to no physical contact, which normally strengthens your immune system.

The current healthcare climate is certainly not the most ideal for another illness to run its course. However, as always, healthcare providers will persevere. Carson Tahoe is no different. Their healthcare team is dedicated to providing quality care, topped with hope and compassion. But – they need your help.

You're probably already wearing masks, stepping up your hand-washing routine, and being hyper-



aware of where you go and who you spend time with. So how should you approach the 2020-2021 flu season?

Don't get lazy: Earlier this year, we all learned a bit more about personal hygiene (masks and hand sanitizer everywhere) and how to be mindful of others' space (6 ft to be exact). Don't let all those habits fade this fall and winter. Viruses often get worse during the cooler months, so now is the time to be vigilant about your care.

Be prepared and get vaccinated: Check with your doctor to schedule your flu shot. Other options

include a number of local retail outlets like Walmart, Walgreens, CVS, or Raley's who offer low cost flu shots. Remember, it takes two weeks to take effect. Be safe and get vaccinated.

Check in with your doctor: primary care providers offer you so much more than just a simple once-a-year visit. They are your gateway into our vast healthcare network, and they can dive into your health history to better treat you. Although rumor has it, healthcare clinics are unsafe to visit, this is simply not the case. Just as they were before, Carson Tahoe's facilities are cleaned and sanitized rigorously, and many additional steps ensure your safety. Additionally, Carson Tahoe Medical Group providers offer telehealth visits if you prefer a video conference.

Boost Your Immunity: Now is the time to eat a little healthier, work out a few extra minutes, and take your daily vitamins. This helps keep your body strong and ready to fight viruses.

Whether you're young or older; healthy or with pre-existing conditions, it's time you take charge of your health and prepare yourself for the upcoming flu season. Know the difference between the flu and COVID-19 with a symptom checker online.

To find a primary care physician, please visit CarsonTahoe.com.

Smile brightly during Holiday season



By Gilbert Trujillo

More than ever, we all need a wonderful holiday season this year. This is a time of being with family and friends – as best we can – and

enjoying wonderful food and drinks.

Many of us are spending much more time in our homes these days and "normal" schedules and habits have been altered. Here are a few helpful hints to make the holidays healthy for our and our kids' teeth.

Remember, simple carbohydrates are the main culprit for dental cavities. Keep this in mind when eating all those treats that are sure to come our way. This includes all sugary treats, candy, cakes, sweet drinks, crackers, chips, yogurt, and many other delicacies. The more you eat these foods and the longer they stay on our teeth, the greater becomes the risk of getting tooth decay. Sticking to foods with proteins and healthy fats is a better choice to keep your carbohydrate load down.

Brushing and flossing are extra important this time of year. Normally, twice a day is sufficient. But if you or your kids are eating and snacking on simple carbohydrate foods throughout the day, then it would be wise to brush and floss more often to keep the sugars off the teeth. The longer these sugars stay on the teeth, the higher the risk for dental decay. Just like frequent hand washing, frequent tooth brushing and flossing is essential to keeping our mouth clean and disease free.

A fluoride rinse is a good thing to incorporate into your routine. Usually twice a week is enough to provide tooth strengthening fluoride to our teeth. If your child is unable to spit, don't give them that kind of rinse. Your child's dentist can prescribe the proper fluoride for your child.

Also, this is a time of colds, flu, and other ailments. Do not forget to change your toothbrushes after any illness. This helps keep the bad bugs out of our systems. After a nasty cold, there is nothing better than throwing that toothbrush out and starting fresh with a new toothbrush.

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.



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Who needs their tonsils out? Who, who, who?



Dr. Paul Manoukian

By Paul Manoukian

When doctors tell you, “Say ahhh!” they are likely checking on tonsils and adenoids. These bumps in your mouth play an essential part in helping fight off infection but sometimes can become the source of infection or enlargement leading to other health problems. That’s when a tonsillectomy and/or adenoidectomy can be beneficial.

These two lymph nodes belong to the ring of lymph node tissue in the back of the oral cavity called Waldeyer’s ring. Tonsil and adenoid enlargement can lead to sleep-disordered breathing, asthma, obstructive sleep apnea, growth retardation, poor school performance, bedwetting, and other behavioral problems in children ages 1 to 18 years.

A tonsillectomy is one of the most common surgical procedures in the United States, with 289,000 performed annually on children under 15 years of age.

The most common reasons to perform this surgery are recurrent infections caused by Streptococcal bacteria and enlargement causing airway obstruction.

So how do you know if removal is necessary? Current guidelines recommend tonsillectomy when there are many episodes of strep throat within the year or over a few years. Multiple antibiotic allergies or a history of greater than one abscess around the tonsils modify the guidelines since patients with this abscess are likely to have another one if the tonsils are not removed.

Other factors include temperatures greater than 101°F, enlarged lymph nodes in the neck, pus on the tonsils, or a positive swab test for streptococcal bacteria. Sometimes an overnight sleep study helps when a physical examination is inconsistent with the severity of sleep apnea.

Both tonsillectomy and adenoidectomy are performed on an outpatient basis after general anesthesia except for the patient being under the age of three or having severe sleep apnea or obesity. A tonsillectomy can be performed with and without

adenoidectomy as needed.

If you are wondering what to do next, we suggest a visit to an ear, nose and throat doctor. Our team at Sierra Nevada Ear, Nose & Throat provides an expert approach to solving issues relating to tonsil enlargement and recurrent infection. If you think you or someone you know needs a tonsillectomy or adenoidectomy call (775) 882.3277 today to schedule your in-person or telemedicine appointment.

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 Hospitals. 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.

Assessment supports any effective fitness program



Ryan Golec

By Ryan Golec

Fitness assessment is a scary word. It feels like judgement. Most people run from the idea of being judged. Who could blame them? We all

want to do the things we are good at and avoid the things we are not good at. I

understand this mentality. As a personal trainer, I want to help you understand not only the importance of a quality assessment but also how to view it as a benefit and not a judgement.

Everyone knows the saying, “You’re only as strong as your weakest link.” Nothing could be truer in the fitness world. Our bodies are smarter than we are. We will make up a deficit by using something that is stronger. And this works for a while, maybe even forever,

but most people eventually end up with an issue. This is typically pain or in a worst-case-scenario an actual injury. Wouldn’t it be nice to feel like you have done everything possible to prevent pain, restriction, and injury? Enter: the magic of a fitness assessment.

Assessments should never be designed to make you feel weak or inadequate. Instead it should empower a mindset that you are on the path to being stronger and more resilient. Identifying what is weaker in the system is an amazing way to challenge yourself, break plateaus, and even reduce lingering pain and movement problems that you may already be experiencing.

So, what exactly should you look for in an assessment? I’ll give you a brief look at what I see as important. First, lifestyle matters. You need to address stress, nutrition, sleep/rest, and hydration. Crazy I know, but I actually think some people are doing too much to succeed.

Second, how do you move? There is no perfect assessment, only a good understanding of what movement

should look like. If basic moments like a squat or push up are evaluated, limitations and compensations should be identified. It really becomes about finding a way to coach you into moving well with minimal restriction. Once you have looked at how a movement could be improved, you can scale a program to fit a person where they are at now, and build them to where they want to be. There isn’t anything scary about the possibility of getting better.

I would suggest that everyone who trains, or is interested in working out, seek out a fitness assessment. It can only help you progress through your fitness journey. Who knows, you may already be perfect. But if you aren’t, you’ll have an amazing tool to help break you through to your next level.

Ryan Golec is director of movement and education at Performance EDU in Reno. He has been in the fitness world for over 20 years and has a passion for correcting and enhancing movement patterns to help people achieve their ultimate goals. He is also a licensed massage therapist and uses manual therapy as a part of his system to improve his clients function and fitness.



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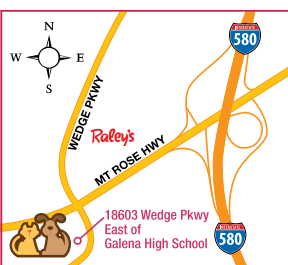


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Spectacular sunset over Lake Tahoe. December 5, 2020. Photo by Sarah Dryden.

Holiday wine pairing demystified



Debby Bullentini

By Debby Bullentini

When thinking of Holiday entertaining one of the most asked questions is, how do you pair food and wine? After all, there is nothing

like opening a nice bottle of wine and serving it with the wrong food. It can make the wine taste bad and take away from the experience. But paired with the right food, it can enhance and elevate the experience of the evening!

There are two basic rules when pairing food and wine: You can buy a wine that compliments the food or a wine that enhances the flavor of the food. Think of it kind of like food. When you're eating a big juicy steak that can be a little fatty, adding a chimichurri sauce or lemon juice will cut through the fat and balance the dish. It's the same with wine. If you have a creamy buttery gouda cheese, pairing it with an acidic Sauvignon Blanc would cut through the buttery taste and balance the flavors!

What wines go with what foods?

Red wines typically go better with full flavored meats (steak, lamb, etc.) White wines will pair better with lighter dishe. (fish, seafood, chicken,

etc.) Match wine flavors and intensity to the food you are serving it with. For example, a white fish served with a lemon sauce will pair well with an acidic Pinot Gris or Sauvignon Blanc. Likewise, a bold flavorful steak with a peppercorn sauce will pair well with a Merlot or bold Cabernet Sauvignon.

Some common Holiday pairings

Pair your hors d'oeuvres with bubbles. It's always lovely to start your meal off on a bubbly note. It adds a touch of elegance and, as an added bonus, the effervescence cleanses the palate before the meal. On occasions that call for celebration, there's no wine better suited than sparkling wine. Choose from Champagne, Prosecco, Cava.

Turkey breast and American Zinfandel

These red wines have ripe, jammy, and dried fruit characters with notes of cedar and spice. Hmm... that sounds a lot like we just described cranberry sauce, turkey breasts' best friend, doesn't it? Zinfandel is bold and full-bodied but tend to have gentle tannins that don't dry and pucker your mouth. The soft tannins are very important to this food pairing because turkey can be dry and you don't want harsh tannins that can worsen that.

Turkey thigh and stuffing with Pinot Noir

Pinot Noir is the classic pairing for

duck, so it's a natural stretch to try it with another dark meat fowl, such as turkey leg. Pinot Noir is also the go-to wine pairing for mushrooms, which happen to be a key ingredient in stuffing. See where we're are going here?

Glazed ham with an Off-Riesling

Pork and fruit are friends. Pork chops and applesauce, Hawaiian pizza with ham and pineapple, prosciutto-wrapped cantaloupe are some classic examples. So, it makes sense to pair pork with a fruity wine; a subtly sweet wine even. If you're not a fan of sweet wines don't run for the hills yet. The very salty ham, extremely high acid of Riesling, and a touch of sweetness in the wine all balance one another out and bring out the more subtle characters of both wine and ham.

Potatoes with full-bodied Chardonnay

You may say that potatoes aren't the main event of the dinner, but a dare you to reveal the amount of potatoes you pile on your plate compared to other dishes. Whether you roast yours in goose fat or mash them with plenty of cream or butter they definitely deserve their own wine pairing. The majority of Chardonnays on the market have been through a process that changes some of the very tangy acids into lactic acid, the same acid that is in milk; giving aromas and flavors of butter.

The creamy characters of both dish and wine are enhanced when enjoyed together, creating a sweet creamy sensation.

Roasted pumpkin or sweet potato and Gewürztraminer

This dish, with its sweet and savory characters, can be a tricky one to pair. It's quite a rich and aromatic dish so it stands up to very perfumed white wine. Also, because there is sweetness in the dish, we weren't afraid to introduce a touch of sugar with the wine. The natural sugar in this roast pumpkin can make a wine taste sour, but by pairing a wine that is slightly sweeter the fruitiness of the wine is highlighted, not the acid, and the savory notes of the pumpkin, not its sugar. The grape variety Gewürztraminer has tropical characters like lychee and ginger. When you consider the popularity of pumpkin and ginger Thai seasoned soups this match is already tried and tested.

The most important thing to get right when pairing food and wine is to make sure you drink wines you enjoy with food that is delicious. Good food, great wine, and amazing friends – it's the ultimate bliss trifecta.

Debby Bullentini is wine purveyor and wine bar manager of Grafted Kitchen and Wine Bar, located at the new Village at Rancharrah.

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Travel, reimagined

By Hawley MacLean

Exploring new destinations and having the opportunity to share those experiences with others is such an important part of our lives. Traveling is an incredible way to relieve stress, reset, and get a much-needed break from our daily routines by plunging us into something new. Traveling does more than just benefit our health; we truly believe it has the power to change us as people for the better.

It is unfortunate that COVID-19 has made it near impossible to visit new places when we probably could all use a break from our daily lives the most. Despite this, one of our greatest strengths as humans is not only our ability to adapt to new situations, but how we always find a

way to thrive within them.

Our inability to travel does not mean we should not find new ways to have transformational experiences like those we would have by being physically present in a new place. Adventures, no matter how small, are always waiting for those who want to embark on the journey.

At MacLean Adventures, we have been busy brainstorming ways we can continue to foster a community of likeminded travelers and curate new experiences that create excitement around exploring new places while staying safe. We are excited to announce that we will begin sharing some of our favorite ways to fuel your wanderlust without venturing far from home – just

visit our blog.

Some of the exciting features include a comprehensive list of online museum tours and other virtual immersive travel experiences, guides to local trips in the Reno/Tahoe area, our top rated travel reading list and podcasts, recipes from around the world, along with resources to get excited for our upcoming trips to Scotland, Italy, and wine tour around France. In the meantime, we highly recommend visiting the California State Railroad Museum – just 2 hours from Reno.

Through travel – whether local or international – we get a glimpse of how others live by observing their behaviors and learning what they value. We get exposure to new perspectives and ideas

which can cause us to reflect on the pieces that come together to make up our own individual identities. From there we can decide what about ourselves and our lives we want to keep, what we think we should part ways with, and which new things we're looking forward to incorporating in the future.

While we are waiting to embark on our next adventure with you – we hope you join us online at macleanadventures.com.

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



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COVID-19 And Your Mental Health

Carson Tahoe believes that your mental health plays a major factor in how you think, feel, and behave in your daily life. It also affects your ability to cope with stress, overcome challenges, and recover from life's setbacks and hardships. With all the changes that have been occurring because of the COVID-19 outbreak, it's even more important to be aware of our mental and physical health status.

Here are a few things that you can do to help alleviate some of the stress in your life.



Take A Media Breaks

Avoid excessive exposure to media coverage or take frequent breaks from the news. Limit your news outlet (including social media) intake to about 5-10 minutes per day. You'll still absorb important information without increasing your stress levels.

Take Deep Breaths

Exercise, meditate, and keep breathing. Practicing all or one of these things can help you concentrate, improve sleep, and bring an overall sense of contentment.



Use Food To Heal

Try to eat healthy, well-balanced meals to keep your immune system and mood strong. Our brain needs a mix of nutrients to stay healthy and function well.

Take Time To Unwind

Share how you feel with someone you trust. Family and friends can help keep you active, keep you grounded, and help you solve practical problems. Give yourself permission to stop "doing."



Do What You Love

Doing an activity you enjoy can help beat stress, and can help you forget your worries for a while - changing and uplifting your mood.

Practice The Power Of Positive Thinking

Are you a glass half full or half empty kind of person? Positive thinking plays a key part in effectively managing stress.



Finding a balance between physical & mental health is vital. Maintaining that balance doesn't mean you won't experience emotional or behavioral problems. During those times, it's important to know that **Carson Tahoe Behavioral Health Services** is here to help you through. Don't put your health and well-being on hold. Even with COVID-19 protocols in place, BHS is continuing to see patients, some through the use of telemedicine. For more information please call **(775) 445-7350** or visit **CarsonTahoe.com/BHS**

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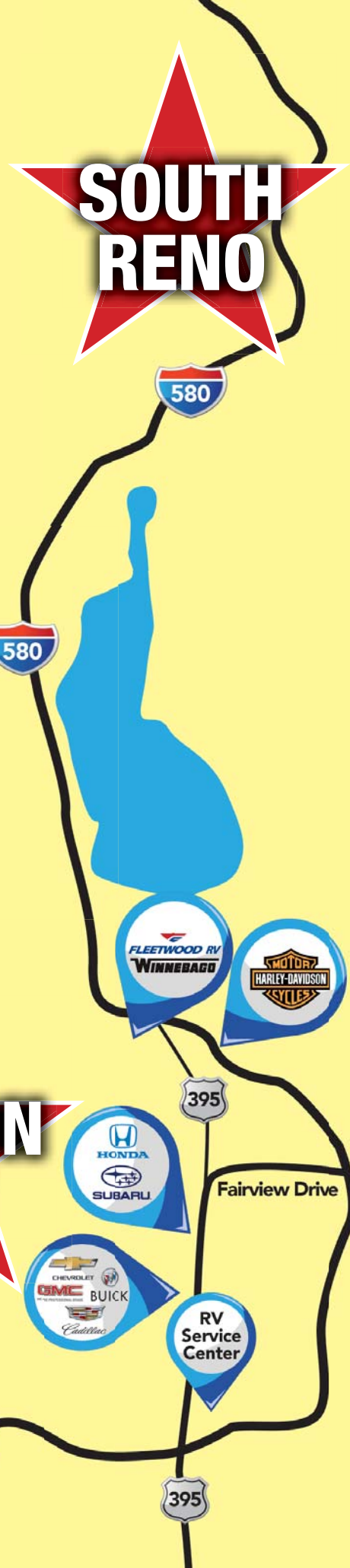
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