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Galena TIMES

Spring 2021

"Serving the Greater Southwest Reno Area"

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Public opinion sought for outdoor recreation options

By Janice Keillor

If you have ever wished you could make a difference in your community, now is your chance. It's not going to require much time or commitment, you won't need to speak in public, and you don't have to attend any meetings. You just need to fill out a survey to provide information on the types of outdoor recreation you are currently participating in and the outdoor recreation facilities you'd like to see developed.

Whether it's a new trail, an outdoor pool, or a restroom in a park, the Nevada Divisions of Outdoor Recreation and State Parks would like to know what you think. Are you going outdoors to relax and unplug, to exercise or improve mental well-being, or perhaps simply to spend time with family and friends? Where would you like to see the biggest focus of recreation resources in Nevada? Let us know so we can better address your outdoor recreation needs.

The public outdoor recreation survey is part of the federally required Statewide Comprehensive Outdoor Recreation Plan, which is updated every five years. This plan establishes priorities for funding outdoor recreation projects in Nevada, through the Land and Water Conservation Fund program, and guides outdoor recreation development over the next five years. Public input is critical for creating a comprehensive plan that addresses the outdoor recreation needs of all Nevadans. Do you experience any barriers to accessing the outdoors? Perhaps the areas you frequent are too crowded or the equipment at playgrounds is damaged? Here is your chance to be heard.

Outdoor enthusiasts of all types are encouraged to participate in this brief 10–15-minute survey that will



(Photos: J. Keillor)



Somersett Park in Reno received \$200,000 for constructing the road, parking, restroom, playground, picnic shelter, community garden, dog park, trail, signs, lights, park furniture, and landscaping.

The public outdoor recreation survey is available online until March 31, 2021 at <http://parks.nv.gov/>. For questions or comments regarding the Statewide Comprehensive Outdoor Recreation Plan or the survey, please email scorp@dcnr.nv.gov. You can also directly access the survey through the following links:
English: <https://www.surveymonkey.com/r/2021NVOOutdoorRecreationSurveyEnglish>
Spanish: <https://es.surveymonkey.com/r/Encuesta2021SobreRecreationalAireLibre>

gauge the public's usage, demand, and preferences for various types of outdoor recreation activities. The scope of the public survey includes all outdoor recreation opportunities throughout Nevada, from horseback riding, mountain biking, off-highway vehicles riding, running or hiking, kayaking or motorboating. Your particular perspective is important.

The information is collected anonymously and will

be used to help the state and local communities establish priorities related to the acquisition and development of outdoor recreation areas and facilities in Nevada. So, if you want to have your voice heard, please take the survey. Every opinion counts.

Janice Keillor is the Deputy Administrator of Nevada Division of State Parks. For questions or comments regarding the SCORP or the survey, please email scorp@dcnr.nv.gov

Value wild places during pandemic

By John Sagebiel

Like many of us, I feel fortunate to live in such a great area and have very close access to all these amazing trails and wild places. We have easy access by bike, foot, or horse to so many of these

wonderful resources.

Having lived in this area for almost 20 years, I have not only enjoyed these trails but also worked to improve and enhance the trail network around here.

Since our State shut down many businesses starting in March of last year, I noticed that trails and parking

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Letter From the Editor

Spring in Northern Nevada is on its way. Soon snow begins to melt, and desert peach and lupine will once again dot the landscape. We all know Spring in the Sierras also means more snow, rain, wind, and some very sunny days -- sometimes all in one day. It is the crazy-weather time of year.

Outdoor activities take a little more preparation than in summer or fall. Do not let the need for layers stop you from taking in the spectacular sights of the great outdoors of Northern Nevada.

Our cover stories highlight not only the importance of participating in outdoor pursuits for our mental and physical health but also invite us to take part in a survey. The State is looking for our recommendations on what we would like to see happen for outdoor recreation. Please take the time to answer a few questions. The more people contribute their thoughts the better. I filled it out already and it only took me a couple of minutes.

Along with Springtime comes the New Normal. It will be interesting to see exactly what that is. I guess we will all find out in the next year or two. Positive thoughts and actions will help us all move forward and meet any new challenges. If there is anything Nevadans are good at, it is meeting challenges head on. I am very proud to live in this state and look forward to a much brighter future.

Finally, here at the Galena Times we are always looking for new writers and advertisers. If you have anything that you would like to share with our 10,000 readers, please contact me directly. Feel free to visit our website and look at archived editions to find examples of stories published over the past few years. Here, you will also find a list of advertisers and local merchants. Let's all remember to support each other as we navigate these turbulent times -- together.

Happy Trails! Richard Keillor

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Washoe libraries offer easy access through free app

By Julie Ullman

Although Washoe County Library branches are not open for in-person browsing just yet, we are now able to offer a new and easy way to borrow and read your favorite magazines using the Libby app on your smartphone or tablet.

Check Out & Read Digital Magazines

Libby is an app that library cardholders have been using for the last few years to check out ebooks and digital audiobooks on a mobile device. Now, library cardholders will also use Libby to check out and read magazines. Once you download the free Libby app to your phone and enter your library card number into the app, you have full access to hundreds of magazines. If you prefer a larger screen, just use your computer or tablet at <https://libbyapp.com>.

You'll find lots of your favorites from Newsweek to The New Yorker along with other magazines on cooking, news, fashion, home and garden, movies, music, business and finance. There are magazines for kids and teens, too!

No More Overdue Fines

Did you know that in August 2020 Washoe County Library stopped charging overdue fines? Washoe County Library Director Jeff Scott stated, "The Washoe County Library is happy to be able to join many libraries



across the country in removing overdue materials fines as a barrier for patrons and we look forward to welcoming back many patrons and long-missing materials in the near future."

Of course, you'll still need to bring your library materials back for the next patron to enjoy. If they have been overdue for 30 days or longer you will not be able to check out any more items. But fear not, once those long-overdue items are returned you can use your library card again, and there are no fines for those returned overdue items. We want you to use your library and not worry about paying fines for items once you return them.

Get a Library Card – Get Books!

Even though library branches aren't open yet for in-person browsing, you can still check out physical library books using our Drive-Up window.



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"Get a Digital Card" and sign up. Now you can browse the online catalog and place books, movies, and audiobooks on hold to pick up at your favorite library branch.

Once the items are available, you'll receive a notice via text, phone or email that your items are waiting for you. We'll hold them for 15 days to give you a chance to check them out.

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 jullman@washoecounty.us.

For a complete listing of current services and hours at all library branches, visit www.washoecountylibrary.us.

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

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

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

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

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Galena Creek offers innovative nature connections

By Laura Azzarello and Sam Bellis

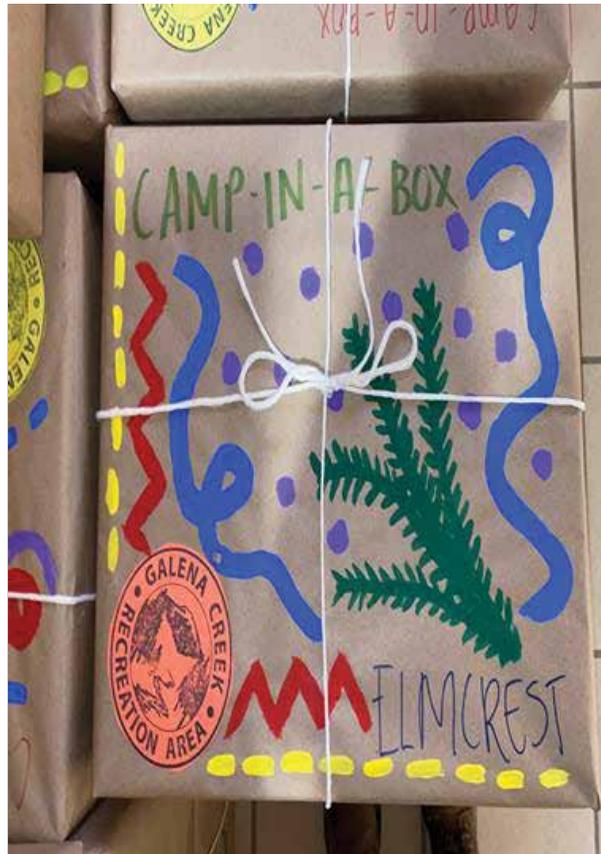
Galena Creek Visitor Center remains an active part of the community even though its doors have been closed since March 2020. The team of environmental educators continues to increase ecological literacy through instructive outreach and direct service programs, meeting the needs of local families, teachers and nature enthusiasts-alike.

By December, the Camp-in-a-Box program had served more than 300 K-12th grade students with lessons and materials to enjoy a week of camp at home. Additionally, the GCVC created digital resources such as educational nature videos, Zoom presentations, print-out activities, and regular blog posts, as well as an increased social media presence.

At Galena Creek, school field trips were the primary way to engage local youth. Many of the K-12 students attend Title I schools. At the park they learn hands-on about ecology, conservation, and science. To provide this service while schools are unable to run field trips, GCVC, in partnership with Truckee Meadows Parks Foundation, Great Basin Outdoor School, and Sierra Nevada Journeys, has developed the Alternative Field Study Committee.

The committee's mission is simple: relieve planning pressure teachers are experiencing during the pandemic by providing high-quality, free STEAM (science, technology, engineering, art, and math) lessons that follow COVID-19 policies and procedures.

Thus far, the committee has supported thousands of K-12 students with 20 programs covering more than 50 Next Generation Science Standards. We continue to create new lessons about nature topics from metamorphosis to the phases of the moon. If you are (or know) an educator who might benefit from these



(Photos submitted by: Great Basin Institute)

Galena Creek Visitor Center supports teachers and students with lessons and materials through Camp-in-a-Box and innovative digital tools.

Stay Connected!

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resources, a full list of available programs is available online: <https://www.galenacreekvisitorcenter.org/alternative-field-studies.html>

Galena Creek staff remain hopeful that 2021 will bring a reopening of the Visitor Center and a return to traditional, in-person programs. 2021 youth education programs like summer exploration camps and toddler time will be announced soon. Keep up-to-date by following on social media and registering for the monthly newsletter ([https://](https://www.galenacreekvisitorcenter.org/newsletter.html)

www.galenacreekvisitorcenter.org/newsletter.html). Galena Creek Regional Park remains open every day from 8 am to 5 pm. So get outside and enjoy the fresh air! If you do, be sure to 'know before you go' by planning ahead, wearing appropriate clothing, bringing water and a map, and practicing Leave No Trace.

Laura Azzarello is the visitor services manager and Sam Bellis the visitor services coordinator work at Galena Creek Visitor Center.

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Assistance League expands veterans outreach

By Paula Jones

Assistance League Reno-Sparks expanded its Veterans Outreach program this year to meet rising needs. Due to pandemic restrictions, volunteers were not able to directly interact with veterans and could only get together in limited numbers. Nevertheless, they were able to make a big impact.

The traditional events included an annual baby shower, the Veterans Stand Down, and the Veterans Angel Tree in December. In addition, the Veterans Outreach program ensured that the VA's Homeless Center's pantry remained well stocked with food, snacks, and water.

"Every Christmas we put up a Veterans Angel Tree so members can pick items requested by homebound veterans," said Veterans Outreach committee chair Terry Moberly. "This year we couldn't meet, so we set up a virtual giving tree with designated drop-off locations at members' homes throughout the Reno-Sparks area. Our over 300 ALRS members once again came through, providing more than was requested so the homebound veterans could have a nice Christmas celebration."

Assistance League volunteers also collected generous items for gift bags requested by the Women's Veterans staff for female veterans who were checking into the hospital during the holidays.

Furthermore, in fall ALRS volunteers donated 260 rolling duffel bags and 289 coats for the annual Veterans Stand Down. Assistance League members made over 800 masks for local veterans. Masks were included with the duffel bags at the Veterans Stand Down and included in the Christmas presents and annual Veterans baby shower.

"Mask making has definitely evolved," said volunteer Terry Armstrong, who helps organize



Assistance League volunteers deliver four carts full of gifts and supplies to the Veteran's Administration.



(Photos: P. Jones)

These are just a few of the over 800 masks made by Assistance League volunteers for veterans.



Assistance League volunteers sort donations for the annual Veterans Stand Down.

products, helping to keep our veterans and their caregivers safe.

"This is what community is all about – working together," said Kim Donohue, Nevada Department of Veterans' Services Suicide Prevention and Homelessness program manager.

Donohue helped stuff the duffel bags with items supplied by Assistance League, VFW Post 8071, VFW Silver State Post 3396, Reno Elks, American Legion Post 1, and Wild Whimsical Women, Reno.

"Our community helps our VA programs to fill gaps and show hope," Donohue said. "I love it!"

Paula Jones is a volunteer at Assistance League of Reno-Sparks.



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RTC to have 80% alternative-fuel transit fleet in 2021

Submitted to the Galena Times

The Regional Transportation Commission of Washoe County's transit fleet is getting better for the environment in 2021 as the RTC Board continues to make clean transportation a priority. The RTC has added an additional 19 new hybrid and electric buses to its fleet so far this year.

The RTC encourages everyone in the community to try transit. Among the benefits of taking public transportation is a reduction of greenhouse gas emissions into your environment, which helps promote better air quality in the Truckee Meadows. In addition, public transportation can help ease traffic, reduce congestion, save energy, and conserve fuel.

The new hybrid buses are already running on various bus routes as part of RTC's transit system. Seventeen of the 19 new buses are New Flyer Hybrid electric/biodiesel buses, and two buses are Proterra electric buses. The two Proterra all-electric buses



Clean air, hybrid electric buses help reduce greenhouse gas emissions and provide an earth-friendly alternative to transportation needs in the Truckee Meadows.

debuted on the RTC's extended RAPID Virginia Line during its launch in early March 2021. The hybrid buses are replacing aging, end-of-life vehicles.

Now that the new buses have been deployed, 55 out of

the 68 buses in RTC's fleet, or more than 80%, are hybrid or electric alternative-fuel vehicles. The RTC's goal is to have an all-alternative-fuel transit fleet by the year 2035. The RTC used federal funds to purchase the buses.

Committed to improving sustainability across the agency and throughout our community, the RTC since 2010 has reduced total facility energy use by 25%, reduced criteria air pollutants per unlinked passenger trip by 13.1%, and increased our recycling rate to approximately 33%.

In July 2017, the RTC Board formally adopted its award-winning Sustainability Plan as the guiding document on the future of sustainability for the agency. This plan identifies the existing transportation and operational sustainability measures undertaken by the RTC and establishes goals to continue to reduce fuel consumption, improve air quality, and further minimize the carbon footprint of RTC operational activities.

Learn more at rtcwashoe.com.

wild places *continued from cover*

areas near trailheads have become much more crowded than they were during an average year. The cynic might say this was because everything was closed, and people went to the trails since there was nothing else to do. But that's not my view.

I know there are plenty of other things to do. Even in "normal" times, we spend plenty of time in front of our various screens, and that option didn't go away with the pandemic. But what if there is something more?

What if nature, wild places, dirt, trees, and birds are more than something to visit when you can't go to a restaurant? I believe that wild places provide something we humans might be missing during much of our domesticated lives. How about they are important just for that – to reconnect to the wild places inside of us? While so much in life seems restricted,

wild places offer a glimpse of freedom, sovereignty, and openness.

Much has been written about the value of wilderness – for our mental and physiological health, our creativity and longevity. Centuries of philosophers, writers, environmentalists have sought the wilderness as places of solitude, places for contemplation of the big questions they face, or maybe a place for adventure, to challenge oneself, to build resilience. I've been seeking higher mountains and challenging adventures to test myself against those elements.

But sometimes it's simply the fact that there are wild places that can give us comfort. Like a place of refuge that we know is there, and that we can, if needed, go to. Even people who are not tempted to recreate in these wild places can appreciate their value.

Those places we seek for serenity, reflection, or peace have been an essential part of my life for many years. They became an even more essential part this past year as my life became disrupted by the pandemic. I suspect that many of you had the same response. I hope you were able to find something of value in our wild places. If not, they are still there, waiting for you.

One last request: If you found solace, joy or fun on our wonderful trails, or perhaps you went for a picnic, please support them! Write to your elected representatives and tell them to defend these public spaces.

John Sagebiel is the assistant director of the Environmental Program at the University of Nevada, Reno, a self-proclaimed bike nut, environmental nut, and Skratz Labs Ambassador.



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Play now or pay later



Liesa Leggett Garcia

By Liesa Leggett Garcia

We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are

playing. Playing a round of golf or tennis, playing cards, watching children at play. It's being involved in an activity that engages us and makes us happy.

In our western culture, we tend to diminish the value of play. It's something we do when there's nothing else to do, or after all the work is done. Then perhaps we would allow ourselves the luxury of playing.

Oliver Wendell Holmes said, "We do not quit playing because we grow old; we grow old because we quit playing." If we really took that to heart, wouldn't we prioritize play more?

The fact is, playing is a great way to build skills that we might not have an occasion to otherwise. We can learn about team building, creating relationships, feeding our imagination; it can be an opportunity



to exercise and get fresh air.

In these days of sheltering in place and limiting our physical exchanges with one another, we may have to be creative in how we find ways to play, but even that can be fun.

Engaging in play is also an excellent way to stave off depression and practice self-care. It's a way to get those endorphins going which benefit us mentally and physically.

How might we create play as a priority?

1. Create a list of activities that qualify as play for you, such as listening to or dancing to music, doing some kind of art, taking walks, playing games, etc.

2. Put them on your schedule and make them a high priority in your day and week. If you write them down, you're much more apt to do them.

3. Don't feel guilty—you deserve it. You need it.

Oncologist Dr. Dean Shrock said that people make chemotherapy, radiation, and surgeries a high priority—but everything else gets put on the back burner. His #1 prescription to people is to do what brings them joy, peace, fulfillment. And not to wait until it's too late.

Make time for the things that give your life meaning and joy and are life-giving. Prioritize play and just

having fun. More than ever in these strange times, we must take care of ourselves.

Remember, all work and no play makes Johnny (and Jane) very dull indeed.

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.

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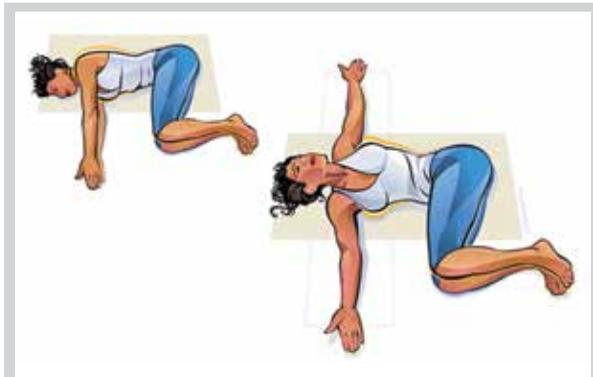
Alison Heartman

Alison Heartman

Lower back pain, neck pain, shoulder pain. These three topics have one simple, often ignored, commonality: The thoracic spine – the area of your back between the base of the neck and the bottom of the rib cage.

To understand how one area can be so influential, we have to talk about movement patterns. The neck and the lower back are part of a system of 24 mobile vertebrae, each with the capability of small movement. Twenty-four tiny motions create one big motion, making it so no one joint is working too hard. If a segment decides not to move for the day, the rest of the team makes up for that lack of motion. Generally, this imbalance is perpetuated as the stuck segments get stiffer and the moving segments get more motion.

Similarly, the shoulder requires a specific sequence of contributing factors to execute function. For an arm to raise overhead the scapula (shoulder blade) needs to move, for the scapula to have space to move, the spine must extend. If that extension is limited,



To increase mobility in your mid-back and help heal lower back or shoulder pain, try searching “open book stretch” online for a video.

then the sequence of events is hindered from the beginning.

The thoracic spine comes into play because this section of the spine tends to be the sticky culprit. As the lower back, the neck, and the shoulder pick up the slack, they become a little too mobile. Too much motion equals danger for a joint and, as a result, muscles stiffen around the overly mobile areas as

protection. So even though the tension, and oftentimes pain, are felt in the mobile areas, the limiting factor is actually the thoracic spine.

How do you know whether yours is moving or not? Here’s a simple test. Lay on your side, on the ground, with your knees tucked up towards your chest. Think fetal position. Keeping your knees stacked on top of each other and pinned to the ground, you should be able to rotate just your upper back and lay both your shoulders on the floor without your knees lifting. If that’s not the case, then your thoracic spine may need some attention. Use that test as a stretch and see if you can increase this motion.

Pain is complicated. There are numerous reasons a person can have symptoms and seeking out professional advice is always the best course of action. That said, a little motion in the appropriate area can be a step in the right direction.

Dr. Alison Heartman is an orthopedic and sports medicine physical therapist at Kime Performance Physical Therapy, located in Reno, NV and the greater Sacramento area. She specializes in optimizing human performance through integrated clinical practice, education and research. She can be reached at aheartman@kimeperformance.com.

Self-Care made simple

Submitted to the Galena Times

Managing your mental and physical health is never an easy feat. Add a global pandemic, turbulent political times, perhaps job loss, pressure of online schooling, and everything else the last year has so generously blessed us with. Due to this additional unexpected stress, many people may have created new (and not so great) habits.

Maybe your coping methods now include copious amounts of alcohol, potato chips, or binge-watching TV.

Whatever it may be, you’re not alone. Coping is a natural response to stress, and this pandemic has brought to light many new coping mechanisms. It is up to us to be aware of, and manage, our individual needs to make sure they’re filled in a way that preserves our health, because as we all know ... our health is our wealth.

Cue self-care.

Yes, it’s been a buzz word for a while, but what does it actually mean to take care of yourself? Think about it – as it looks different for everyone. We could tell

you to wake up an extra 10 minutes early to meditate (and we will later). We could tell you to take time to be creative, or to Zoom your friends/family ... whatever it is, and as many things as we suggest, you have to find what brings YOU personal peace and well-being. Remember, self-care is not selfish. Your to-do list will always be there. It’s important to make time for yourself because you can’t continue to live the life you want if your health fails.

continued on page 12



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Getting up and down provides secret to longevity



Ryan Golec

Ryan Golec

Let's play a game. Before you continue reading, I would like you to try something. Just sit down on the floor and stand up. Wait! Here's

the catch. Your goal is not to touch the floor with hands, elbow, or knees. For each one of those points that you need to help up or down, give yourself a point. Ok, ready? Go!

I'm a personal trainer, and if you followed these instructions than I have successfully manipulated you into moving. Great, I win! But that wasn't the point.

A study done at the Gama Filho

University in Brazil found a correlation between lower scores on this test and decreased mortality rates. In fact, they found every point was linked to a 21% reduction in risk of death. Now take these studies for what they are, but the relevance should be taken to heart.

We link so much health emphasis to blood work and aerobic capacity, and they are important, but the vast importance of strength, balance, mobility, and motor control could be the key to a happy and comfortable life. I work with many clients that don't realize how difficult it is for them just to get off the ground.

Think about what a simple task that seems like. Now, how many of you grunt and groan when getting out of bed or off the ground?

We all want to make the argument of "oh getting old sucks", or this idea that we just get stiff as we get older. There may be some age-related changes to the tissues that may be perceived as stiffness. However, one of my favorite rebuttal quotes is by George Bernard Shaw, "We don't stop playing because we grow old, we grow old because we stop playing."

The concept of play is just a different way to say move. Now my apologies to the longevity specialist out there, but I'm going to give you the secret to long life. Break out your highlighters, put it in your phone, or commit it to memory.

- 1) Start moving every day.
- 2) Move in all the ways you stopped doing. Get down and up off the floor, walk sideways crossing your feet in front and behind, jump rope, hang from

a jungle gym, lay on your back and roll over, army crawl across the floor, etc.

3) Start playing. Do Something. Do anything! If that is too much overwhelming freedom, start with this...go online and look up "Turkish Get Up." Do 10 of those.

You've just taking the first step to longevity. Play hard, rest harder, move often, live well.

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. Contact him at (775) 846-2894 or Ryan@fitubuilt.com

Common pediatric dental Q&A



Dr. Kellie J. McGinley

By Kellie McGinley

A healthy body starts with a healthy mouth and good oral healthcare for children starts at an early age. The American Academy of Pediatric Dentistry and the American Dental Association are excellent resources for pediatric oral care. Both the ADA and

AAPD recommend establishing a relationship with a pediatric dentist by age one, or when the first tooth has grown in.

Q: When did you start using toothpaste for kids? What kind of toothpaste?

A: When you see the first tooth come in the mouth,

start using an infant toothbrush with extra soft bristles, not just the silicone finger brush. The AAPD and ADA recommend:

- Children under three years old, use no more than a "grain-of-rice" size of fluoride toothpaste.
- Children 3-6 years old, use no more than a "green pea" size of fluoride toothpaste.

The toothpaste brand is a personal preference. However, optimal fluoride is recommended to prevent dental decay. The use of fluoride to prevent cavities is documented to be both safe and effective for children at appropriate amounts. Parents should help with brushing two times per day.

Q: Is it safe to give my infant teething remedies with benzocaine in it such as "Oragel" or any of the

other baby teething tablets?

A: Many children have no apparent difficulties with the growth or eruption of new teeth. However, "teething" can cause intermittent discomfort in localized areas, excessive salivation, or irritability. The AAPD recommends avoiding the use of topical anesthetics such as benzocaine or "Oragel" - including over-the-counter teething gels/tablets. These products should be avoided due to the potential toxicity or overdose in the use for infants. If you think your child is experiencing discomfort with new teeth erupting, oral analgesics such as infant Tylenol and chilled teething rings can help. Also, massaging the gums with a warm or cold wash cloth can be soothing. Caution should also be taken with

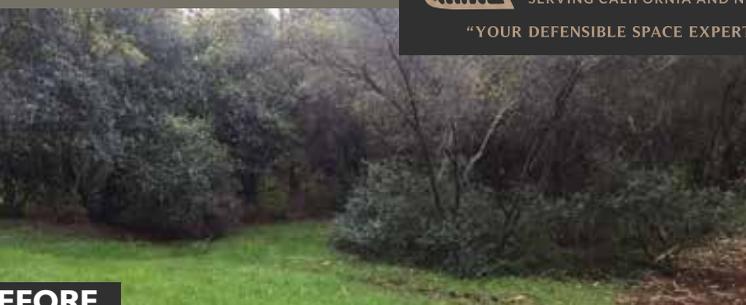
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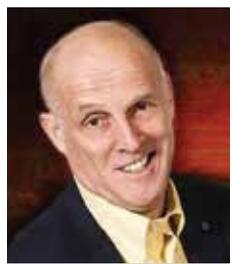




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Who advocates for kids to reach their fullest, healthiest potential?



Dr. Max Coppes

By Max Coppes

We often hear about the importance of child health, the well-being of what so many people refer to as our most precious resource. But what do we mean by

child health? Well, as you can imagine, there are several definitions. Nevertheless, virtually all have major commonalities. It is generally agreed that child health is not the absence of disease, disability, or an infirmity. Rather, the existing definition points to those conditions that optimize the opportunity for a child to reach its fullest potential. These include physical and mental health as well as social and emotional well-being.

The healthcare community acknowledges that children cannot achieve optimal well-being on their own. They depend on their parents and community. This is rather obvious in the very first years of life when children depend on their parents (or legal guardians) for food, clothing, and hygiene. As they grow older some of the essential care contributing to child health is provided by teachers for example. But if this is true, the health and wellbeing of those that contribute to optimal health in children is also an important consideration.

We all readily understand that

the maternal health status, habits, and environment during and after pregnancy can profoundly impact the health of the child. But what about the health and wellbeing of teachers, could that impact child health? I suggest that the altered way our children are taught during the ongoing pandemic, clearly confirms the role that in-class education, by healthy teachers, plays in the health and wellbeing of our children.

Since this is just one example, it would seem that optimizing child health is not as easy as one might think. Another challenge is how to measure child health. Because if you can't measure it, you can't optimize it. One can and must measure child health on at least two levels, the individual and collective level.

At the individual level, you can measure such things as height, weight, blood pressure, vaccination status and mental health screen. At the population level, many countries measure "national indicators", such as infant mortality (death of children under the age of 1 year), immunization status of children at a certain age, or cigarette use in children. Some of these indicators measure immediate lack of health, for example 7 out of 1,000 children die before the age of 1, others such as over 20% of teenagers (12-19 years) are overweight, refer to conditions that if persistent will limit their opportunity to reach their fullest potential.

As pediatricians we feel responsible for both components of child health: your

child's health as well as our community's children's health. The latter can become quite challenging because despite our best efforts to remain apolitical, in today's world pointing out certain conditions associated with demonstrable health risks to children can easily be turned into politics. But if pediatricians don't advocate for child health, who will?

If pediatricians don't advocate for adequate child health funding, who will? When pediatricians advocate for Medicaid expansion, it is not political: 93% of children in Nevada have health care coverage through Medicaid or the Nevada Check-up (a program for children who do not qualify for Medicaid but whose family incomes are at or below 200% of the Federal Poverty Level). These two programs cover 42% of all infants, toddlers, and preschoolers, 52%

of all children with disabilities or special needs like diabetes and asthma, and 100% of children in foster care. So how can pediatricians not advocate to ensure that the most important public insurance plan covers the basic needs of children?

If we truly believe that children are our most precious resource, pediatricians must advocate for your child as well as for the child that can ill afford a visit to the pediatrician's office. Together with parents, pediatricians have the power to unleash each and every child's full potential and make our Northern Nevada a better place for growing up.

Dr. Max J. Coppes, MD, PhD, MBA, is professor and Nell J. Redfield chair of pediatrics at University of Nevada, Reno School of Medicine. He is also physician-in-chief at Renown Children's Hospital.

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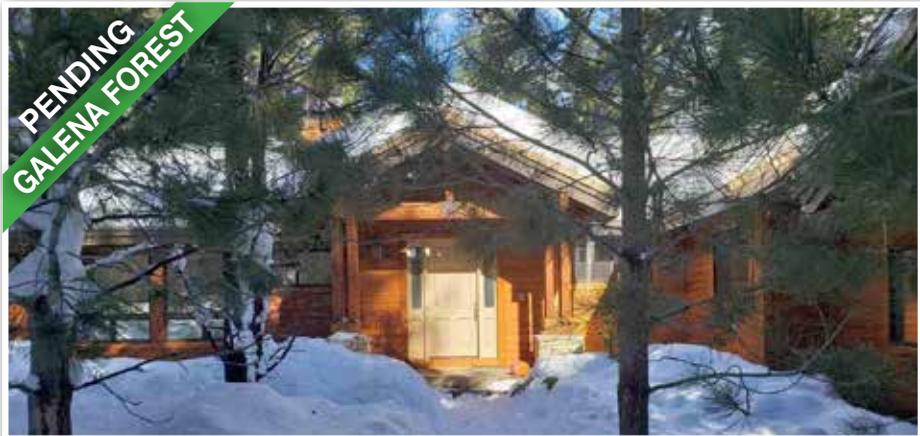
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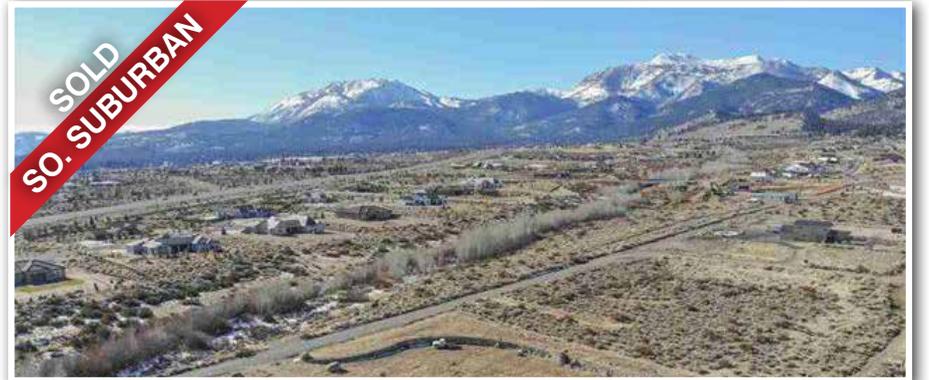
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26.92 private acres. Spectacular views of Washoe Lake, Mt Rose, Slide Mt., adjacent to Steamboat Creek. Owner may carry with 20% down payment. Barbed wire fencing south property line. **\$399,000.**



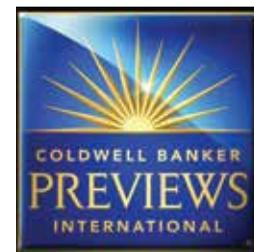
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All Area Home Sales December 5, 2020 - March 1, 2021

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/SF	Sold Price/SF	SF	Acreage	Off Market
405 Black Pine Court	\$749,900	\$765,000	298.76	304.78	2510	0.62	1/11/2021
16835 Evergreen Hills Drive	\$790,000	\$775,000	284.99	279.58	2772	1.11	1/14/2021
1555 Joy Lake RD	\$874,000	\$850,000	211.11	205.31	4140	1.01	12/15/2020
1350 Joy Lake Road	\$924,950	\$924,950	303.36	303.36	3049	0.61	12/8/2020
17215 Big Pine Drive	\$944,900	\$930,000	171.96	169.24	5495	1.35	12/22/2020
150 Piney Creek	\$1,100,000	\$1,109,999	241.18	243.37	4561	1.01	1/5/2021
1005 Joy Lake RD	\$1,195,000	\$1,257,912	339.49	357.36	3520	0.51	1/29/2021
132 Waterford Ct.	\$1,399,000	\$1,350,000	414.76	400.24	3373	1.04	12/23/2020
6350 Wetzell Court	\$1,459,000	\$1,399,000	480.72	460.96	3035	0.2	12/29/2020
560 Piney Creek	\$1,499,000	\$1,400,000	405.03	378.28	3701	1	1/4/2021
5695 Lausanne Drive	\$1,751,750	\$1,751,750	332.59	332.59	5267	0.68	2/26/2021
5470 Chatelaine Circle	\$1,950,000	\$1,950,000	617.48	617.48	3158	0.84	12/11/2020
395 Mount Mahogany Ct.	\$2,175,000	\$2,100,000	258.59	249.67	8411	1.14	1/20/2021
214 Waterman Ct	\$2,350,000	\$2,350,000	514	514	4572	1	1/8/2021
6523 Champetre Court	\$3,000,000	\$3,000,000	510.55	510.55	5876	0.34	1/22/2021
6090 Lake Geneva Drive	\$4,200,000	\$3,900,000	545.17	506.23	7704	0.98	12/30/2020
5635 Foret Circle	\$5,250,000	\$5,250,000	576.92	576.92	9100	1.08	1/14/2021
CALLAHAN RANCH							
5200 Cedarwood Drive	\$749,000	\$735,000	307.47	301.72	2436	1.15	12/18/2020
4805 Townsite Road	\$1,250,000	\$1,250,000	391.85	391.85	3190	1.01	12/8/2020
15260 Redmond Loop	\$1,285,000	\$1,285,000	350.52	350.52	3666	1.37	1/8/2021
6020 Mountain Shadow	\$1,575,000	\$1,630,000	356.09	368.53	4423	1	2/12/2021
5200 Cedarwood Drive	\$749,000	\$735,000	307.47	301.72	2436	1.15	12/18/2020
ROLLING HILLS/GALENA COUNTRY ESTATES							
14445 Sundance Drive	\$489,900	\$490,000	289.54	289.6	1692	0.38	12/30/2020
1960 Campfire Place	\$630,000	\$630,000	232.04	232.04	2715	0.29	1/20/2021
2420 Telluride	\$612,000	\$665,000	272.85	296.48	2243	0.35	2/19/2021
2555 Whistler Ridge	\$627,000	\$674,000	281.67	302.79	2226	0.34	2/23/2021
SADDLEHORN/MONTE VISTA							
14205 Bandolier	\$989,000	\$1,010,000	303	309.44	3264	0.42	2/8/2021
14580 S Quiet Meadow Drive	\$975,000	\$1,050,000	347.97	374.73	2802	0.54	2/19/2021
14581 Grey Rock Ct	\$1,179,000	\$1,159,000	259.86	255.46	4537	0.47	12/8/2020
14300 Sorrel	\$1,329,900	\$1,280,000	359.82	346.32	3696	0.8	12/18/2020
3845 Aspen Hollow	\$1,535,000	\$1,460,000	390.59	371.5	3930	0.44	12/18/2020
13215 W Saddlebow Dr	\$1,915,650	\$1,865,000	405	394.29	4730	0.99	2/1/2021
ARROWCREEK							
2790 Shadow Dancer Trail	\$798,000	\$798,000	324.52	324.52	2459	0.54	12/18/2020
3436 Forest View Lane	\$850,000	\$875,000	354.76	365.19	2396	0.3	1/4/2021
591 Rabbit Ridge	\$879,000	\$879,000	392.76	392.76	2238	0.34	2/26/2021
1380 Amado Court	\$1,050,000	\$1,050,000	371.93	339.59	3092	1.06	12/15/2020
2972 Roundrock	\$1,150,000	\$1,171,000	330.94	336.98	3475	0.45	1/11/2021
10598 Rue St Raphael	\$1,295,000	\$1,325,000	384.27	393.18	3370	0.43	2/22/2021
10132 Indian Ridge Drive	\$1,499,000	\$1,450,000	358.96	347.22	4176	0.63	1/7/2021
6177 N Featherstone	\$1,850,000	\$1,800,000	345.15	335.82	5360	1	2/19/2021
6768 Masters	\$2,550,000	\$2,025,000	455.6	361.8	5597	1.1	1/28/2021
394 Questa Ct	\$2,200,000	\$2,150,000	526.82	514.85	4176	1.34	2/1/2021
5753 Indigo Run Drive	\$3,500,000	\$3,400,000	455.55	442.54	7683	1.6	12/21/2020
WEST WASHOE VALLEY							
5720 Meacham St.	\$595,000	\$595,000	380.43	380.43	1564	2.53	12/10/2020
31 W Lightning W Ranch Rd	\$1,385,000	\$1,200,000	266.65	231.04	5194	1.28	12/18/2020
7 Silver Saddle Ct.	\$1,235,000	\$1,275,000	348.18	359.46	3547	1.18	2/16/2021
6 Silver Saddle Ct	\$1,849,000	\$1,775,000	271.51	260.65	6810	1.29	12/16/2020
6135 Franktown Road	\$2,350,000	\$2,300,000	416.22	407.37	5646	7.86	2/25/2021
OTHER AREAS OF SOUTH RENO							
135 Drew	\$520,000	\$520,000	282.3	282.3	1842	0.48	12/8/2020
12090 Mahogany	\$559,000	\$560,000	276.73	277.23	2020	0.32	12/10/2020
1025 Foothill Rd	\$615,000	\$611,000	583.49	579.7	1054	0.94	1/15/2021
11325 Maverick Lane	\$849,500	\$815,000	441.53	423.6	1924	2.7	12/28/2020
30 Fox Glove Court	\$849,900	\$855,000	295.93	297.7	2872	0.68	12/8/2020
2401 Holcomb Ranch Lane	\$1,075,000	\$980,000	393.48	358.71	2732	3.1	12/29/2020
407 Octate Cir	\$997,500	\$1,025,000	334.73	343.96	2980	0.36	12/14/2020
1237 Mesa Cir	\$1,250,000	\$1,201,500	330.08	330.08	3640	0.83	1/20/2021
3700 Lamay Lane	\$1,249,500	\$1,249,500	346.6	346.6	3605	1.78	1/15/2021
5650 Ventana Parkway	\$1,349,900	\$1,500,000	370.14	411.3	3647	2.5	1/8/2021
9610 Passa Tempo	\$2,000,000	\$2,000,000	392.31	392.31	5098	1	2/5/2021
2375 Kinney Lane	\$3,999,999	\$3,800,000	479.85	455.85	8336	5.48	1/21/2021

Voice problems can hinder happiness



Dr. Alex Caten

By Alex Caten

One thing I've learned as an ear, nose and throat physician is, we all take our voices for granted. It's what allows us to sing our favorite songs in the car, greet our friends, and have long conversations with loved ones. Unfortunately, when there

is a problem with your voice, it can become harder to connect with people around you.

Voice problems can become a great hindrance to one's overall happiness. In fact, multiple studies have confirmed the significant impact vocal dysfunction can have on the quality of life. A vast number of problems can affect your voice. While most are benign processes that can be improved with medical attention, there is always the possibility of cancer. That's why it's so important to seek the care of an ENT physician with any persistent hoarseness.

One of the most common problems with the larynx, or voice box, is infectious laryngitis. Laryngitis is caused by viral, bacterial, or fungal infections and

is associated with a sudden loss of voice along with a cough and throat discomfort. This discomfort can often be easily relieved by drinking more water and sucking on throat lozenges. While viral laryngitis will generally resolve with these simple interventions, bacterial and fungal infections often require medication.

Another common vocal problem is laryngopharyngeal reflux disease. This is a condition in which acid from the stomach travels up the esophagus and into the throat, which can affect your voice and the overall health of your vocal cords. While the process of the disease is similar to heartburn, only 10% of people suffering from laryngopharyngeal reflux disease actually have heartburn, so it's often termed "silent reflux." It can easily be treated with reflux medications and simple lifestyle changes, including elevating the head of the bed before sleeping, waiting two to three hours to go to bed after eating and minimizing the intake of caffeine, fatty foods, nicotine, tomato products and chocolate.

The most problematic vocal issue concerning ENT physicians is cancer. Throat cancer is significantly more common among smokers – particularly smokers

who drink heavily. In addition to voice alterations, throat cancer is associated with changes in swallowing, pain with swallowing, coughing up blood, weight loss and ear pain.

According to the American Academy of Otolaryngology, you should seek the care of an ENT physician whenever a voice problem persists for more than four weeks. If you're experiencing voice issues, contact our team at Sierra Nevada Ear, Nose & Throat for a simple and painless, in-office procedure called laryngoscopy to evaluate your voice.

Dr. Alex Caten is a physician at Sierra Nevada Ear, Nose & Throat in Carson City. He earned his undergraduate degree at Montana State before attending Tulane University School of Medicine in New Orleans. There he was drawn to the specialty of ear, nose and throat which offered him the perfect balance of surgery and clinical medicine while enabling him to have a direct impact on a patient's everyday life. Dr. Caten completed his residency in otolaryngology at the Medical College of Georgia at Augusta University.

Call (775) 882.3277 today to schedule your in-person or telemedicine appointment. Same day appointments are available, and walk-ins are welcome.

self-care from page 7

It's as easy as 1 – 2 – 3

- Create a goal of how you want to feel. Ask yourself what it really looks like for you to be in your most comfortable body, physically able, and mentally clear.

- Once you have an idea of what you want to feel like, ask yourself what it takes to get there. Maybe refer back to a time where your health was in its prime, where you were happy, or where you felt at ease. Can you recreate that moment or the steps that lead up to it?

- Revel. Whatever your self-care routine looks like, make sure you are fully immersed in what you are doing

and focusing on. This is the only way you'll be able to truly relax, and maybe let go of your to-do list, even if just for a moment.

We mentioned that creating a self-care routine, one that truly sticks, is also very personal. But, here are a few ideas to get you on track.

- Try a new recipe, maybe something healthy ... did you know foods can actually affect your mood?

- Meditate. Something you can practice anywhere, anytime. It doesn't require a fancy app, or soft music playing in the background (although sometimes that helps). It just requires you to sit down, be still, and be

quiet.

- Go for a walk or bike ride, rain or shine. Getting fresh air and a little vitamin D can help regulate the amount of calcium (think strong bones and teeth) in the body.

- Spend time with people who bring you joy.

- Set your phone down and press pause on social media for a week.

While self-care can often benefit your mental and physical health, sometimes you can't do it alone. If you're in need of mental or substance use services, please visit CarsonTahoe.com/BHS for assistance.



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And the beat goes on... Keep your heart pumping and your mind calm

Submitted to the Galena Times

It's no secret we have collectively experienced unanticipated changes and challenges in the last year. Whether you are adjusting to working from home, having to be a parent and teacher to your children, or unable to gather with family and friends ... it's definitely been a time to adapt and cope. Many of these coping mechanisms may have negatively affected us either emotionally or physically. With that said, it's more important now, than ever before, to listen to your body. Heart health, whether it's tied to your mental health or your anatomical heart, is crucial to maintaining your well-being.

For years, studies have shown a connection between emotions and heart health (a.k.a. the brain-heart relationship). The University of Wisconsin Health found, "loneliness, isolation, being unhappy, and not being around friends and family" could be

a major stressor on your heart. Not only can these feelings cause us to experience uncomfortable emotions; such as, stress, depression, and anxiety, but they can also trigger a cardiac event.

When people experience negative reactions to stress, their bodies release specific stress hormones called cortisol. The University of Rochester Medical Center says these hormones "cause our hearts to beat more rapidly and our blood vessels to narrow so they can help push blood to the center of the body." Although these hormones help trigger our fight or flight response, helping us adapt to stressful situations, they also can cause severe mental and physical pain if not released fully.

There is no doubt that our mind and heart are innately and intimately connected. As a result, if one is affected, so is the other ... just like a

Tips to strengthen your mental and physical well-being

Recognize your feelings and express them - Create a heightened awareness of your emotions and truly allow yourself to feel them. Express what you are feeling by writing it down, saying it aloud, or talking to a confidant. Just letting these feelings pass through you helps you cope with stressful situations and release your attachment to certain feelings. Also, don't be afraid to seek professional help if you need it.

Exercise - Remember that any type of exercise releases endorphins (happy thoughts!) and helps dissolve anxiety, stress, and depression. Going for a 30-minute walk, playing outside with your kids, going for a hike, doing cardio, dancing in a Zumba class, or dusting off your old set of dumbbells can be helpful in managing negative emotions.

Be mindful - Start practicing meditation or relaxation exercises. Get your yoga mat out and start by doing just 20-minutes of yoga or tai chi. There are countless videos online if you need some help getting started. If these activities aren't your cup of tea, then go on a hike to practice mindfulness, being present in the moment to fully appreciate the sounds and sights around you.

Eat healthy - A balanced diet will give your body the nutrients it needs to build immunity and combat stress, allowing you to simultaneously feel better, decrease your risk of heart disease, and improve your mental health.

domino effect. Simply being aware of this connection can help us recognize, and take action, to improve our brain-heart relationship.

For more on heart health (of any kind), please visit CarsonTahoe.com/Heart. For more on mental health, visit CarsonTahoe.com/BHS.

pediatric dental from page 8

the use of Amber necklaces as they can be a choking hazard for infants and children.

Q: How old do babies start getting teeth?

A: Typically, the first tooth grows in on the lower arch at 6-10 months old. However, if the timing is slightly later or earlier than this, that is okay. If your child is late to getting baby teeth, the child will likely

be late to getting the adult teeth. The correct pattern of teeth coming in is usually more important than the timing.

As always, if you have any questions about your child's oral health, contact a pediatric dentist.

Dr. Kellie McGinley, a Reno native and avid sport enthusiast, received her D.D.S. from the University of

Michigan School of Dentistry and her Certificate in Pediatric Dentistry from Children's Hospital Colorado. She is a passionate board-certified pediatric dentist who advocates for children and optimal oral health as a Diplomate American Board of Pediatric Dentistry. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at RenoKidsDentist.com.

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From snow to spring, sharing science fun



(Photos: M. Alberdi)

Children learn about science and nature through hands-on activities during a variety of Great Basin Outdoor School's programs, including guided snowshoe hikes, day and overnight camps.

By Madeleine Alberdi

Great Basin Outdoor School's winter snowshoeing expeditions have been getting kids and adults alike outdoors and exploring our beautiful Nevada wilderness. Now, we are excited to share our springtime opportunities for hands-on learning in the outdoor classroom.

Spring Break Day Camp

We are offering two weeks of Day Camp during Washoe County's spring break at the River School Farm, a local organic farm in Reno that sits on the Truckee River with plenty of trail access for exploring. These enriching camps will get kids learning about science and nature while having fun

and expressing themselves socially and creatively. Each day of the week will have a different scientific theme and will include games, crafts, and guest presenters from local science organizations. Masks will be required, and the entirety of camp will be outdoors, ensuring the kids' health and safety. Register at www.greatbasin-os.org/springbreakdaycamp.

Save the date for Summer Adventure Day Camps, also at the River School Farm, on June 14-18, 21-25, 28-July 2, and July 12-16 and 19-23.

Family Guided Hikes

Once a month, we host guided hikes for the whole family. We choose a new location each time where we

provide fun activities for kids as well as learning opportunities for people of all ages. Our guided hike on March 13th will be the last one on snowshoes, so come join us before winter ends.

Learn more about these and all of our other programs including overnight science camps on the shore of Lake Tahoe and day field studies for school classes at www.greatbasin-os.org.

Ways to help

Your generous support is needed to open doors for children in need who are otherwise unable to participate. Your donations keep our programs affordable and allow us to include underserved children with scholarships

and fee reductions. Help Great Basin Outdoor School continue to change children's lives today by visiting our donation page on our website at www.greatbasin-os.org/donate.

Madeleine Alberdi is Great Basin Outdoor School Outreach Coordinator and was born and raised in Tampa, Florida, where she grew up boating, scuba diving, fishing, and participating in any outdoor activities involving water. Her lifelong, strong connection to the outdoors led her to go on to complete her Bachelor's degree in Earth and Environmental Sciences and Biology at Vanderbilt University. She believes gaining a love for nature at a young age is of paramount importance to the health of both people and the environment.

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1st-6th Grade

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Register now at www.greatbasin-os.org/springbreakdaycamp

*Space limited for health and safety



Innovative training for career certificate, competence, confidence

By Jodi Herzik

Extended Studies at the University of Nevada, Reno has partnered with NCLab to offer new online certificated programs, in high-demand industries.

Both courses, the Python Developer and Data Analyst Career Certificates, are from NCLab, an innovative STEM career training provider based in Reno, and use active, self-paced, learn-by-doing training. This approach provides bite-sized lessons, requiring participants to show they have mastered each concept before moving on to the next module.

As students proceed through the

courses, subject-matter experts are available to help as needed. These experts also will reach out to students regularly to discuss progress and offer assistance.

Completion of either program provides participants a university career certificate and the knowledge, practical experience, competency, and confidence to qualify for high-paying jobs.

Python Developer Career Certificate Program

Python development is a rapidly growing field where the demand for qualified candidates far outstrips the supply. Python is the most popular



programming language for applications in data analytics, machine learning, Artificial Intelligence, business and finance. According to Indeed Inc., there are more than 18,000 Python developer job openings in the United States. Average starting salary for a Python developer is \$80,000.

The program consists of three or four components, determined by the student's level of experience in computer programming. These are Introduction to Computer Programming (optional), Python Fundamentals, Advanced Python and Applied Python.

Data Analyst Career Certificate

Data analysts collect, process and perform analyses on enterprises' information to help them make better and faster business decisions. According to Indeed Inc., there now are more than 74,000 data analyst job openings in the United States, and data analysts can earn up to \$90,000 annually.

Students will learn how to do it all in data analytics: from cleaning data to presenting it in visual form, performing qualitative and quantitative analysis of data, interpreting data and making

predictions.

Participants should be comfortable with basic math and algebra, number systems and data functions before beginning the program. A programming background shortens the time required to complete the training, but it is not required.

The program components are SQL Fundamentals, Advanced SQL, Introduction to Computer Programming (optional), Introduction to Python for Data Science and Predictive Data Analytics with Python. All students interested in either the Python Developer or the Data Analyst programs should contact Heather Cole at hcole@unr.edu or (775) 784-4046 before enrolling to complete an intake assessment. This interview helps the team of subject-matter experts understand your commitment, aspirations, and work habits to ensure success in the program.

Jodi M. Herzik is the interim vice provost for Extended Studies at the University of Nevada, Reno and University of Nevada Reno graduate with a Master of Public Administration.

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High school athletes medaling at State Ski Racing Championships

By Dagmar Bohlmann

When Dan Matteson coached Javier Saenz in ski racing back in Buffalo, New York, in the late 80s, neither of them could have guessed that their kids would end up at the same high school and on the same ski team, 2,500 miles and 35 years later.

Olivia Saenz and Hope Matteson have known each other since they both attended Mountain View Montessori. When they were little, they both did gymnastics which Matteson continued until two years ago.

“It’s so funny that Hope’s dad coach my dad when he was our age and now we get to pass on the ski tradition between our families,” said Saenz. “You know what they say, the apple doesn’t fall far from the tree.”

The girls became best friends last summer when they, together with Olivia’s twin brother, Ethan Saenz, and Jake Wilson, formed the self-proclaimed “Ski Squad” – because they ski and mountain bike together.

Their general athletic fitness proved helpful this winter. With only three races held before the NIAA Ski Racing Championships at Mt. Rose Ski Tahoe, the ski racing season was only about half as long as usual. But the year-round athletes were prepared for peak performance.

“It’s so much fun to race with schoolmates,” Saenz said.

While she finished as the Girls’ State Champion, her twin Ethan captured the third podium spot among the boys.

“There is no competition between us,” said Olivia. “We have actually gotten very close and love supporting each other.”

Balancing the academic demands of her senior year and regularly hitting the slopes is something Hope Matteson has taken in stride.

“I was just thankful we even had a season,” Matteson said, finishing third overall. “Skiing was the first high school sport to open since we were shut



Hope Matteson (left) and Olivia Saenz successfully competed at the NIAA Ski Racing Championships at Mt. Rose Ski Tahoe as part of Galena High School ski team.



Ethan Saenz, Olivia Saenz, Hope Matteson, Katie Muff and Jake Wilson (from left) not only ski but also mountain bike together.

down while at the Ski Team Regionals Championships last March.”

While many other school sports are still on hold, Galena, Sage Ridge and Bishop Manogue High School athletes were among the skiers who brought home medals. The Galena girls and Manogue boys took the overall team titles, the second straight for the Miners.

Junior Olivia Saenz took the girls Giant Slalom and combined title for the Grizzlies. Logan Reeves (Sage Ridge) won the boys Giant Slalom and combined title in the state ski racing championships.

In the girls Giant Slalom, Hope Matteson (Galena) was second followed by Maya Hsu (Manogue). In the boys Giant Slalom, Andrew Joy (Manogue) came in second and Jack Morrison (Manogue) third.

In the girls slalom, Maya Hsu (Manogue) was first, followed by Olivia Saenz (Galena) and Annika Valdez (Virginia City).

Logan Reeves was fourth in the boys slalom, behind first-place Holden Woodruff (Manogue), Thomas Denton (Galena) who took second and Ethan Saenz (Galena) who came in third.

In the girls combined results, Maya Hsu was second and Hope Matteson took third. In the boys

combined, Thomas Denton placed second and Ethan Saenz won third.

In overall team standings, the Manogue girls team was second and Reno took third. Galena boys took second and Reno placed third in the boys team standings.

NORTHERN NEVADA SKI RACING LEAGUE

2021 State Combined Team Results

Boys Team Scores

- Manogue 56
- Galena 124
- Reno 202
- McQueen 221
- Sage Ridge 285

Girls Team Scores

- Galena 90
- Manogue 93
- Reno 136
- Wooster 260
- Damonte 300

Is observation important with online learning?

By Maren Schmidt

Is observation still important? Since opening my observation webinar this week, I have received several questions on how it is possible to observe children in this online learning environment. One question many asked: Is observation still relevant in these times of online / distance learning?

Observation of children is more important than ever because we are in unknown territory.

We don’t understand how children’s efforts to interact with screens and people in online learning affects children’s development. With television usage we have data. With video games we have data. We have little to no data on online learning for children at any age.

Anecdotally, I have consulted with parents whose usually calm and cooperative 8, 9 and 10-year-olds have had “melt-downs” refusing to sit another minute in front of a computer screen. Even though we may not be able to physically observe a child, we should be able to see how they engage in online lessons, or how they choose not to engage.

Some school districts are reporting that the attendance rate by school ranges from 90% daily attendance to less than 50%. Sometimes attendance is counted if the student logged into the system that day, whether that was one minute or one hour.

With observation, which includes asking questions



Whether as a teacher or a parent, observing your child during online learning and asking questions can help ensure success and trouble-shoot problems.

to understand what you are seeing, we can use the scientific method to form a hypothesis, which I show you how to do in the Becoming A Better Observer webinar.

- What would be some helpful observations to measure and test?
 - How can we tell if our students are “really” learning?
 - Is online learning working?
 - Where is online learning working?
 - Where is it not working?
- Being on the frontline of online teaching today

requires a fresh way of connecting with children. Perhaps we can begin our observations by asking the children and their parents essential questions and then listening carefully.

We can begin with one-on-one conversations with each child, listening more than talking. In my Montessori elementary classroom, I used to do a 15-minute review each week with each child, going over their work journals.

The questions I asked:

- What did you do this week that you thought was fun?
- What did you not want to do this week?
- What would you like to learn?
- What do you want to do next week?
- Do you have a project you’d like to work on?

In my experience, teaching time is well spent having short weekly individual conversations with each child, whatever online format you are using. That way you could create a strong feedback loop, as well as data to test your hypothesis.

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

Finally, a competitive alternative to SAT and ACT



By Kathryn Kelly

Among many disruptions in this year is the alacrity with which many colleges have abandoned the SAT/ACT as a requirement for college applications. This leaves college admissions committees without a key score used to compare students against their national counterparts –

particularly given newly-eroded GPA and AP scores.

So how is a college to evaluate student qualifications with a key parameter removed? And conversely, how can proficient students distinguish themselves from thousands of other applicants?

Enter the Classical Learning Test or CLT (cltexam.com), which bills itself as “the most accurate and rigorous measure of academic formation, accomplishment, and potential” for high school students who excel in “reason, logic, and reading.”

Available since late 2015, CLT has no designs on challenging the ACT/SAT duopoly. Rather, it provides a better assessment of a student’s ability to think clearly and critically and identifies gaps in student learning to inform teaching. While it can

help answer questions such as “Is my student ready for Honors Algebra?” it is not a test you can “game” through teaching particular strategies and tricks to enhance SAT/ACT scores.

At first glance, the test looks much like the SAT of decades ago, with analogies, vocabulary, and other features restored. CLT reading passages feature memorable quotes from Ben Franklin and Aristotle, for example, or Thomas Aquinas and Frederick Douglass.

It gets better. The CLT is taken at home via remote proctoring; results are generally provided the same day. Concordance tables allow students and colleges to identify comparable SAT/ACT scores. And it is shorter: 120 questions taken over 2 hours.

The test is somewhat harder than the SAT or ACT, with more trigonometry and no calculators allowed. Strong students may now submit CLT scores to distinguish themselves from those who have decided not to take ACT/SAT. 200 colleges to date formally accept the CLT in lieu of, or in addition to, the ACT/SAT, also using it to decide merit scholarships and to serve as placement tests.

For younger students, CLT also offers the CLT8 and CLT10 exams, for grades 7/8 and 9/10

respectively. A dashboard tracks student progress by class and individual. CLT4 and CLT6 tests for grades 3-6 are in the works.

Cost: \$54, and you may take it several times.

Founder Jeremy Tate was inspired to create CLT when as a Maryland teacher he became alarmed by how much of a student’s future rides on the vagaries of standardized testing. ACT and SAT are now the “two most powerful drivers of curriculum in America,” according to the Wall Street Journal.

CLT, created by educators, is a test that makes no apologies for the shortcomings of American education, while allowing solid students to show off their true academic skills.

As Ashley Thorne writes in the Wall Street Journal, “While it won’t instantly produce a new generation of grounded and engaged citizens, the Classic Learning Test reminds us what education is meant to do: cultivate wisdom.”

In terms of college entrance exams, it looks like the third time is the charm.

Kathryn E Kelly, DrPH MEd, is Executive Director of I-School, an accredited private K-12 school in Incline Village and Kings Beach offering onsite and remote instruction. She may be reached at kkelly@ischools.us.

Evergreens provide year-round beauty in yard



(Photos provided: D. Ruff)

Broadleaf evergreen shrubs and trees thrive in Northern Nevada gardens as long as they get afternoon shade and enough water.

By David Ruff

We know the towering giants, the Redwoods, reaching tall as skyscrapers, our native Ponderosas that are taller than most hotels and Colorado’s Blue Spruce that glitter like sapphires in the morning light when dew has lain so softly on them, yet for many native Nevadans or Great Basin dwellers, we have little first-hand knowledge of broadleaf evergreens. These are trees and shrubs that have a traditional leaf with the ability for them to hang on and make food for the plant for two or three years.

Due to the restricted amount of rain and snow throughout the region, broadleaf evergreens don’t grow naturally. That doesn’t mean that they won’t and for many of them it’s quite simple to have a good-looking plant. Mostly it’s a good watering routine as well as the addition of an acidifying fertilizer.

For over forty years homeowners have had the Euonymus family to grow as well as the Holly. Manhattan Euonymus has an elliptical leaf, with a dark green color and Golden has both gold and green markings on their leaves.

In the last 15 years there have been numerous new finds of smaller, denser,

more colorful variants which are now offered. Look for Moonshadow, Chollipo or Ivory Jade if you want the newest varieties.

With Holly, there have not been many new additions besides Little Rascal and Scallywag, which are shorter growing varieties. The larger old holly shrubs were a favorite to all the children on the neighborhood block because we could pick the fruit and throw, or better yet, slingshot them at each other with little worries about being in trouble with our mothers. The prickly leaves seem to be a big deterrent but can be used to your advantage should you want or need to stop foot traffic in certain areas.

Popular plants are the Red-tipped Photinia, the Lily of the Valley Shrub, numerous types of boxwoods, and one of my favorites the Heavenly Bamboo family. These broad-leafed plants almost always do well in afternoon shade during all of the season, yet where we are so dry and windy, really need protection during the winter months, and can handle the summer sun just fine when watered properly.

Most broadleaf shrubs will offer you delight during those cold and grey winter months that blanket our hillsides, so make good use of them on the east

and northern exposures in your yard either by the house or fence.

Our native wildlife finds many of these plants a great food source, so you need to protect some but not the Heavenly Bamboo, Daphne, or Pyracantha.

David Ruff is the owner and manager

of Greenhouse Garden Center. Subscribe to the Greenhouse Garden Center’s monthly email newsletter which has current To-Do gardening tips. You can sign up on www.greenhousegardencenter.com, by calling (775) 882-8600 or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City

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Switzerland's best kept secret

By Hawley MacLean

Nestled in between France, Italy, and Germany, Switzerland has an exceptional and diverse culture. This is most noticeable through the many different languages spoken throughout the country, but Switzerland shares a lesser-known talent with its neighbors—winemaking.

Over 200 different varieties of grapes grow across Switzerland's 37,000 acres of vineyards, and the influence of the countries that surround it can be tasted in their many styles. The Swiss have also put their own spin on the craft by turning grape varieties used as table grapes in other areas into wines with unique flavor profiles.

With almost equal attention to reds and whites, there is truly something for everyone to love – and something new to try for even the most seasoned connoisseurs. You might be wondering why nobody talks about Swiss wines, and store shelves are devoid of selections from the region. Since Roman times, the Swiss have been perfecting their craft but have kept their exceptional wines a secret from most of the world... How do they do it?

The Swiss drink almost all the wine they make—and actually have to import more. Only about 2 percent of Swiss wines get exported globally making it a rare commodity for the rest of the world. If you look hard



(Photo: H. MacLean)

enough, you might find a Swiss wine somewhere, but the only way you can truly get the full experience is by visiting Switzerland.

Switzerland has more to offer than just its wine—amazing food, beautiful scenery which can be taken in a while traveling on some of the most magical train routes Europe has to offer, and extraordinary culture. It's truly one of my favorite places to bring groups of travelers, which is why MacLean Adventures hosts a trip to Switzerland once, if not twice a year. Our next trip to Switzerland departs on September 16th.

FUN FACT

The vineyard of Saillon in the Valais is thought to be the smallest vineyard in the world. It's owned by the Dalai Lama after it was bequeathed to him in 1999 and produces a few thousand bottles of wine that are sold to benefit underprivileged children.

Source: <https://swisswine.ch/en/news/19-interesting-facts-about-swiss-wine>

Join us as we venture beyond popular cities and adventure through St. Moritz, Zermatt, Wengen, Montreux, Lausanne, and Geneva. And, of course, we will have dinners, lunches, and brunches with expertly paired wines along the way so you can truly get a taste of what Switzerland has to offer.

Hawley MacLean, co-owner of MacLean Adventures, grew up learning about the value of visiting new places from his parents and now shares his passion for travel with others. For more info, visit [www/macleandventures.com](http://www.macleandventures.com) or call (775) 683-9115.

Mutts in May – pet adoption days on Saturdays

By Lori Dotterweich and Robert Burks

According to professional dog trainer and canine behaviorist Karen Davison, "Saving one dog will not change the world, but surely for that one dog, the world will change forever." If you are ready to offer a forever-home to an adopted pet, you don't have to travel far. South Reno pet store Natural Paws will host their annual "Mutts in May"

adoption days every Saturday in May from 10am through 1pm.

Natural Paws will host several rescue groups each Saturday including groups such as Pet Network Humane Society, Nevada Humane Society, SPCA, and ResQUE.

Twenty percent of dogs in shelters are purebred so there will be a large selection of lovable breeds and mutts.

Whether your family would be a better fit for quirky or mellow, active or lazy pet, you will surely find perfectly loveable and incredibly loyal dogs and cats every Saturday.

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

and supply store, located in the Raley's Center at Galena Junction in South Reno and is doggedly committed to pet rescue.

Lori Dotterweich and Rob Burks own Natural Paws. For more information visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call (775) 853-3533.

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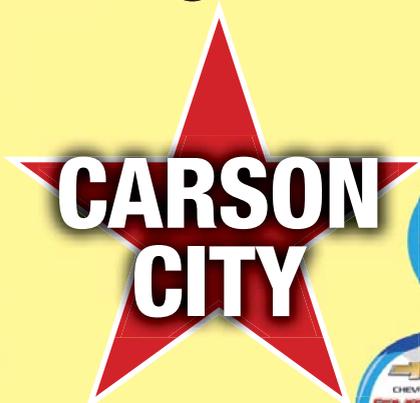
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