

Connecting the Capital, one trail at a time

By Janice Keillor

Outdoor lovers rejoice. Soon, a single-track connection from Carson City to the Spooner Lake State Park backcountry will link Eagle Valley to the Tahoe basin. The Capital to Tahoe and Lincoln Bypass trails will provide unprecedented recreation opportunities and trail connections for bicyclists, runners, hikers, and equestrians seeking adventure from Nevada’s Capital city to the mountains overlooking Lake Tahoe. Both projects are being funded with grants from the Recreational Trails Program.

The idea for both trails, like the Ash to Kings trail, was conceived by volunteer members of Muscle Powered, a nonprofit organization based in Carson City. Planning and design happened with the support of Carson City, the U.S. Forest Service, Nevada Division of State Parks, the Nevada Department of Wildlife, and the Carson City Convention and Visitor’s Bureau. These important partnerships made it possible for the trails to be approved and ready to build.

Most great things start with an idea, but it takes dedication, hard work, and collaboration to turn it into something spectacular. Oftentimes, the idea can take years to become a reality. Luckily, Muscle Powered is patient when it comes to conceiving and building outstanding trails. Because there is certainly nothing fast about the trail building process.

After over a decade of planning, the trail projects are almost ready to begin construction. One of the most time-consuming steps of a trail project, specifically trails proposed for construction on Federal lands and with Federal funding, is the completion of the National Environmental Policy Act process. Muscle Powered was fortunate enough to have the full support of the USFS throughout the process, and



The Lincoln Bypass trail will connect Longview trail to the Kings Canyon trailhead, bypassing the rugged Kings Canyon Road (aka the Lincoln Highway).



(Photos: J. Keillor)

The Capital to Tahoe trail will connect the Ash to Kings trails from where it meets Waterfall Road to the Laxalt Junction near the Tahoe Rim Trail.

recently received a signed decision memo approving construction of the Lincoln Bypass Trail. A decision memo for the Capital to Tahoe trail will be forthcoming.

Muscle Powered member Jeff Potter recalled the early beginnings of these trails, which were conceived in 2007 before the Ash to Kings trail was even started. Once the Ash to Kings trail was underway in 2014, the Lincoln Bypass and Capital to Tahoe trails rose to the trail planning forefront. To facilitate stakeholder approvals, Muscle Powered started the Eagle Valley Trails Coalition to catalog all the existing trails in Carson City, add the desired trails, and compile a report for sustainability. The Capital to Tahoe and Lincoln Bypass were listed as desired trails, with the intent to connect to Ash to Kings and ultimately Lake Tahoe Nevada State Park.

While Carson City worked on revising their Unified Pathways Master Plan to include the proposed trails, Muscle Powered presented their proposal to the USFS and NDSP. Both agencies were on board. While the UPMP was going through the approval process, Muscle Powered simultaneously began

working on environmental and cultural surveys for the trails, knowing that the NEPA process could take years to complete. NDOW reviewed the alignment for the Capital to Tahoe trail and proposed an alternate route around a sensitive wildlife area. The USFS proposed options for navigating around private property. Both revisions ended up making the alignment better. Meanwhile the CCCVB contributed \$80,000 to cover the NEPA costs. Without the support

of the partners, the trail could not have moved forward.

Last year, two miles of the Capital to Tahoe trail were built on Spooner Lake State Park. Now, with funding from the RTP grant, the remaining seven miles and two bridges can be constructed, with a completion date by summer 2022. The two-mile Lincoln Bypass is expected to begin this summer.

Janice Keillor is deputy administrator at Nevada Division of State Parks.

Letter From the Editor

Today was a great day of what I hope will be the start to an even greater year. I went to the gym for my normal work out and did not have to wear my mask. What a relief and exciting experience. I suppose it sounds stupid to say taking off a mask is exciting, but it sort of was, and probably will be for many of you.

After over a year of caution, some of you might still feel a bit hesitant. And that’s okay. But meeting with friends and neighbors and attending parties will sure feel good. Many festivals are returning, including Artown. Dining at your favorite restaurant, going to a ball game, or just strolling through Midtown are all activities to look forward to.

Because of the dry and hot spring this year, most of the wildflowers in the high country will probably emerge a bit earlier than normal. Instead of mid to late July for the best time to view flowers, it may be more like late June to early July. Wildflowers always add a lot of enjoyment to the hiking experience. Winnemucca Lake Trail down by Carson Pass has always been one of my favorite wildflower hikes. It is an easy trail and good for kids. I have done the same hike for 30 years and it is just as beautiful as

the first time. The best place to park is just outside of Woods Lake campground. If you like to fish, bring your pole along and try your luck at Woods Lake or Winnemucca Lake.

We have several new writers in this edition. New and existing local merchants are beginning to advertise and expand their business. The Galena Times is growing, too. Please send us your stories and if you need help with advertising, I think we’re the right choice to get the best results. I want to thank all those who have reached out to us with their kind words and support. Onward and upward!

Happy Trails, Richard Keillor



Richard Keillor loves and appreciates riding the Tahoe-Pyramid Trail.

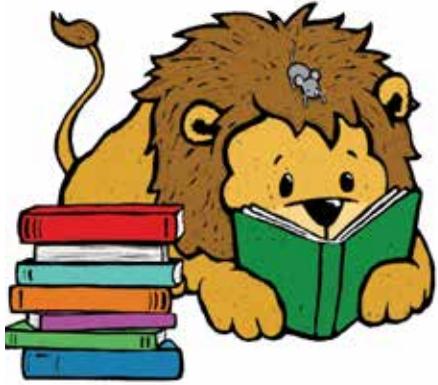
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Earn free books with Washoe County Library's Summer Reading Challenge

By Julie Ullman



Tails and Tales is this year's Summer Reading Challenge theme and boy do we have some Tails and Tales for you. Ages 0-18 are encouraged to sign-up. Reading by yourself or having someone read to you counts as reading.

Activity Bags

Pick up your Summer Reading Challenge Activity Bag at your local branch, while supplies last. It is full of fun at-home activities along with a free book and a Bingo sheet. Be sure to read every day and track your reading. You can track it by using the paper log included in the activity bag, by downloading the Beanstack app or by using the Beanstack website at washoecountylibrary.beanstack.org.

When you have read 600 minutes, you earn a free book. When you

complete the Bingo sheet you also earn a free book. Washoe County Library's Summer Reading Challenge lasts from June 1st – August 31st.

All events this summer are virtual. You can browse the online Calendar of Events and register through the library's website.

Summer Reading Challenge Kick-Off Party

June 1st at 4pm

Join us for a variety of activities and information on how to participate in our Summer Reading Challenge. We will show you how to track your reading time, earn badges, earn prizes and more.



Backyard Tails

June 10th, 6pm

Join the Nevada Department of Wildlife to learn about the critters that can be found right in your own backyard. From raptors and raccoons to coyotes and bobcats, learn how these animals survive in the concrete jungle. This interactive program will be fun for all ages.

Wild Wednesdays with Wild Things: Tails and Tales

June 16th, June 30th, July 14th, July 28th - all four events begin at 2pm

Conservation Ambassadors presents Wild Wednesdays with Wild Things: Tails and Tales. Meet animals from around the world with the Conservation Ambassadors. Hear about the animals' wild tales of survival in this engaging, fun-filled, educational program, appropriate for all ages, featuring live mammals, birds, and reptiles.

Look for additional fun events such as My Mini Farm on Saturdays in June and Strange Animal Files on Saturdays

in August.

Our End of Summer Reading Celebrations will take place during the last week of August. You can view these daily Celebrations on our Facebook page and our YouTube channel.

We are looking forward to an amazing summer with all of you. See you at the Library.

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us. For more information on library services, open hours at all branches, and to register for library events, please visit at www.washoecountylibrary.us.

UPCOMING MIDTOWN EVENTS 2021



JUNE 19th, 5-8PM

Funk N Cowboys Theme

JULY 17th, 5-8PM

Artown Event with Raffle Benefiting Nevada Coalition to END Domestic and Sexual Violence

AUGUST 21st, 5-8PM

Still Hot August Night Theme

SEPTEMBER 18th, 5-8PM

Fiesta Theme

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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.

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

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

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Ready, set, ride with grit and determination

By Ann Miers

Grit, respect, and inclusivity are not only characteristics of a good person, but some of the core values of Galena Mountain Bike Club. A club team of the National Interscholastic Cycling Association, Nevada League, Galena MTB presents an opportunity for all girls and boys, grades 6-12 in the Galena High School zone to explore and enjoy trails within the Galena and Mount Rose corridor. Registration is now open for the 2021 season which runs mid-July through mid-November.

Riding three evenings a week, student athletes' confidence soar as they improve technique and endurance while having fun and building friendships. Supported by trained volunteer coaches, athletes are paired into small riding groups with similar abilities that range from entry level novice to advance expert racing on the national level and vying for college scholarships. All athletes build strong minds, bodies, character, and community through cycling.

2020 was the biggest mountain bike season ever for Galena MTB. Even without racing or other team events, masked up and socially distanced, 86 registered riders and 34 registered coaches completed almost 50 rides.

"Each ride gave us some independence, freedom and connectivity that all of us needed and craved," recalled head coach Paul Miers. "Trail smiles and boisterous attitudes made each of the rides truly outstanding."

Returning for the 2021 season is a series of races. Tentatively scheduled for late August through late October, race venues throughout the region will bring the Northern Nevada League together for high-quality mountain bike races that emphasize the value of participation, camaraderie, positive sporting behavior, and well-being over competition.

In addition to weekly practices, occasional races and GRIT – Girls Riding Together – rides, all team



(Photos by: A. Miers)

Registration is open for the Galena Mountain Bike Club. Young athletes build stamina, camaraderie, and confidence. They practice, compete, and volunteer for NICA's Teen Trail Corps program.

members volunteer eight hours or more per season on trail stewardship activities and can participate in National Interscholastic Cycling Association's Teen Trail Corps program which provides student-athletes the opportunity to serve and give their time towards bike related advocacy activities that make a significant impact on our cycling environment.

NICA Nevada League has several teams in the Reno/Carson/Tahoe region and is always working to expand

riding opportunities to all student athletes through rider scholarships and team sponsorship. Contact Galena MTB to learn more about the regional teams and how you can help get #morekidsonbikes.

Ann Miers is Galena Mountain Bike Club volunteer coordinator and board member. For more information about Galena MTB or NICA Nevada League, please contact her at ann@nevadamtb.org or go to galenamtb.org, nevadamtb.org, or nationalmtb.org.

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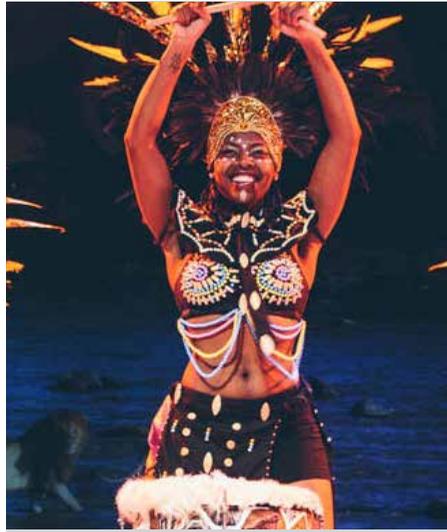


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Artown moves to Rancho San Rafael Regional Park



Buffy Sainte-Marie (7/31)



Cirque Zuma Zuma (7/6)



Hot Sardines (7/1)



Keb' Mo (7/22)

By Oliver X

For 31 days in July, Artown defines summer in Reno. Now in its 26th festival season, the non-profit arts organization, Artown is a festival of, for, and by artists, organizations, and communities. In a typical year, Artown hosts over 500 events county-wide at over 120 venue locations, primarily in Reno, Sparks, Carson City and North Lake Tahoe. This year, Artown's festival footprint has moved from its traditional home at Wingfield Amphitheater to Washoe County's Rancho San Rafael Regional Park.

Artown festival staff felt that the festival needed more room than the smaller city park could accommodate under Covid-19 conditions and pandemic uncertainties. Artown wants supporters to

be and feel safe to assemble outdoors.

An award-winning, family-friendly event, Artown is the only continuous 31-day arts festival of its kind in the western United States. Of those 500+ events presented under Artown's marketing and production umbrella, only 10% are actually booked by the Artown staff; the rest emerge from and are hosted, produced and presented by a diverse group of artists in all genres and artistic media from northern Nevada's rich arts community.

Families can take art classes and enjoy activities like

- Artown's Discover the Arts series for kids age 6-12
- Pottery
- Slam poetry
- Mural tours



Sierra Nevada Ballet's production of "Giselle" (7/17)

- Popular and indie films
- Watercolor
- Sculpture
- Literary arts
- Textiles
- Oil painting and life drawing
- Stamp collecting

This year, Artown executive director Beth Macmillan has again assembled an eclectic array of multi-disciplinary performing arts headliners, highlights and emerging stars, including

- Opening Night with lively 20's Jazz-Swing impresarios **Hot Sardines** - (7/1)
- The Reno Philharmonic's production of **"American Salute"** - (7/3 and 4)
- Las Vegas-based **Cirque Zuma Zuma** (acrobats and dancers from 14 African nations) - (7/6)
- **AJ Croce** - (7/8)
- **The Sextones** - (7/9)
- **Kronos Quartet** - 7/15
- **Sierra Nevada Ballet's** production of "Giselle" - (7/17)
- 5-time Grammy award winner **Keb' Mo** (7/22)
- Blues Hall of Fame inductee **Ernie Johnson** performing with **Cliff Porter's Full Blast** (7/24)
- Electric violin virtuoso **Tim Snider** (7/25)
- World-renowned ukulele master **Jake Shimabukuro** (7/27)
- Quincy Jones protégé the dynamic soul songstress **Sheléa** (7/29)
- Closing Night features Oscar-winning singer-songwriter **Buffy Sainte-Marie** (7/31)

Artown also hosts other festivals,

among them the 7th Annual Lavender Day Festival, the 54th Annual Basque Festival (7/17), the 14th Annual Gospel Fest (7/16), Northern Nevada Pride at Wingfield Park (7/24).

Many activities will happen at Rancho San Rafael which affords Artown the luxury of erecting a 40' x 40' stage, with state-of-the-art lighting and sound (provided by Starsound) on 4.5 acres of festival grounds, spread out with a collection of 500+ 6' x 6' socially distanced seating pods, which can comfortably hold four people with chairs, blankets, and food. These pods can be pre-purchased and assigned or purchased on-site day of show.

Another difference this year is that while Artown will have its normal beverage concessions, there will be no food vendors on-site at Ranch San Rafael Regional Park. Instead, folks can choose their favorite food from any one of 31 participating Grab-n-Go restaurant locations, curated by Edible Reno-Tahoe Magazine.

Artown attendees will enjoy the jubilant return of live events and art happenings city and county-wide. Tickets are already selling fast for Artown's Midtown Music Series (Sunday nights), Monday Night Music Series, Cultural Connections (Wednesday nights), Headliner Series (Thursday nights) and the popular Friday Night Music Series (formerly Rollin' on the River).

Oliver X is Artown's Marketing Director and former Editor-Publisher of the award-winning Reno-Tahoe Tonight Magazine. Tickets for all shows can be purchased at www.artown.org where a complete listing of all of Artown's 31 days of events can be found.



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Farmers market sprouts inspiration and curiosity

Submitted to the Galena Times

With the right guidance and materials, Nevada farmer Cary Yamamoto believes anyone can be a gardener. In fact, he started Bonsai Blue Garden Market to support everyone who wants to be a gardener because what's better than garden-fresh produce served on your dinner table? At Bonsai Blue, he offers a slew of seedlings and plants to jump-start your growing season. And before you leave with a potted vegetable in hand, you will get his best tips for growing strong, robust plants in the sometimes-stubborn Nevada climate.

And if you are not the grow-it-yourself type, Bonsai Blue Garden Market has plenty to share, taste, and experience for anyone. Spend a slice of your summer afternoon walking through garden displays, browsing local market vendors, and sampling farm-fresh selections. Reno's newest farmers market, Bonsai Blue Garden Market, opens on Thursdays, 9 am – 1 pm, June 17th through October 28th, at 290 Kietzke Lane in Reno.

Cary Yamamoto decided to open the new market in 2020 to offer local farmers more opportunities to sell their products, as he saw them losing income as restaurants closed due to COVID-19. Bonsai Blue



Local farmer Cary Yamamoto is hosting Reno's newest farmers market, Bonsai Blue Garden Market, Thursdays, June 17 - Oct 28, 9am - 1pm, 2021 at 290 Kietzke Lane in Reno. (Photo: bonsaiblue.com)

Garden Market features local produce, nursery plants, honey, meat, artisan wares and more. It began last year with a small footprint due to COVID-19 restrictions but has expanded the number and variety of vendors for this season as restrictions are being lifted.

Yamamoto's family has been farming in Nevada since 1957, beginning on the Peckham Ranch where

Meadowood Mall exists today. The family farm focuses on growing Asian produce for local markets and restaurants. They expanded to the landscaping industry in 1988 with the addition of Dayton Valley Turf on Kietzke Lane, where Bonsai Blue Garden Market will be located.

Gardening and edible landscapes, along with Asian produce grown at the family farm, will be highlighted, as Yamamoto has noticed increased consumer interest in vegetable gardening and in more diverse selections of produce.

Farms, ranches and vendors attending the market include Yamamoto Farms, Hungry Mother Organics, A&J Farms, VitalBee Buds, Welcome Lavender, Sterling Farms, Bravo's Produce, Sierra Nevada Hemp Company, UNR Extension, UNR Desert Farming Initiative, Carson Valley Meats, Reno Chili, BraunDo Bees, Glory Cloud Coffee Roasters, Cakery Bakery, Nature's Candy Company, Dishes in Bloom, Karen Vetter Dreams to Pottery, Mountain Crest Sharpening, and Luriano Yard Art.

For more information, visit the Bonsai Blue Garden Market at 290 Kietzke Lane, Reno or the website BonsaiBlueNV.com. You can reach Cary Yamamoto at 775-691-7655 or Cary@bonsaiblue.com

Keep Calm and Carry On



By Liesa Leggett Garcia

Keep Calm and Carry On – this saying has become pervasive in the last decade or so and has claimed a spot in our lexicon. We have seen “Keep Calm and Use Hand Sanitizer,” “Keep Calm and Go Shopping” and “Keep Calm and...” —you fill in the second part.

This saying has been around for about 75 years but only relatively recently found an audience. In a desire to keep their people calm in preparation for what would become World War II, the British government developed this design and subsequent poster, with the bright red background, white letters, and an image of the British crown at the top. It gets your attention. But the funny thing is, they never used these signs.

In fact, in 2000, the owner of a British bookstore discovered them tucked away in the back room of his

shop. He thought they were catchy, so he brought them out and circulated them. It was not until 2008 when the recession hit that they became really popular. We now see them everywhere, on decals, t-shirts, billboards and more. It is good advice, whatever time in history we may be going through, or whatever we may be going through in our own lives.

If you've ever heard someone say to you when you're excited or upset, “Calm down!” you know that's

continued on page 12

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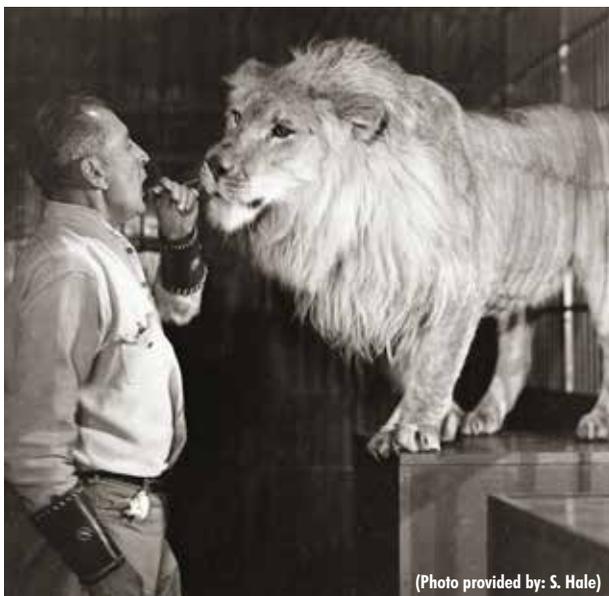
Historical reenactment at Galena Creek Park

By Steve Hale

As the United States entered the Great Depression, George Whittell, Jr. was among, if not the richest man in America. He had purchased tens of thousands of acres along the Nevada side of Lake Tahoe including 27 miles of shoreline. On July 16th, the eccentric millionaire will leave his mansion, the Thunderbird Lodge, to make a rare in-person appearance to the Truckee Meadows. Or at least it will seem so. Galena Creek Regional Park will host an educational reenactment at the Eagle Meadow Campfire/Stage.

Whittell grew up on San Francisco's Nob Hill, travelled with the circus, was a commissioned officer overseas during The Great War, survived the 1906 San Francisco earthquake and 1918 Spanish Flu, inherited his family's fortune before discovering Lake Tahoe during the Roaring 20's, and went on to become its most notorious resident.

Whittell moved into his private "castle in the sky" Thunderbird Lodge in 1939. He quickly became legendary as captain of his custom twin airplane engine powered speedboat and a luxurious DC-2 airplane which, not surprisingly, were both named the Thunderbird.



(Photo provided by: S. Hale)

Residents around Lake Tahoe were often treated to the spectacle of George and his pet lion "Bill". With Whittell's heavy foot on the gas, and the top down on his Duesenberg convertible, Bill's huge paws would claw the top of the windshield so his mane

• **WHAT:** George Whittell, Jr. live historical character reenactment

• **WHERE:** Galena Creek Regional Park – Eagle Meadow Campfire/Stage (off Mt. Rose Highway 431, use Visitor Center (north) entrance, go to end of road); bring low back chairs

• **WHEN:** 8:30pm, Friday, July 16th

could blow in the wind.

Perhaps for his own amusement, Whittell did his best to keep up the swirl of rumors and scandalous stories that followed him à la The Great Gatsby and became the stuff of Tahoe legend.

However, as the serene magic of Lake Tahoe permeated his sensibilities late in life, he became more and more protective of his privacy and the integrity of his vast Thunderbird estate.

Whittell's unintended conservationist legacy is the nearly development-free East Shore that today is known as the Lake Tahoe Nevada State Park (Spooner Lake State Park and Sand Harbor State Beach), UNR Whittell Forest and Wildlife Area, and national forest lands.

Galena Campfire Program gets fired-up

Submitted to the Galena Times

Family Fun Fridays are back. Washoe County Parks offers free programs under the stars. The whole family is invited to experience the "Galena Campfire Programs" taking place at Eagle Meadow at Galena Creek Regional Park each Friday evening throughout the summer, from June 25th-August 6th at 8.30pm.

A range of presenters are featured

each week, including musicians and engaging educators. Reno's 2021 Artown Celebration highlights artists every Friday evening throughout July. Bring your own blankets, low-back chairs, bug spray and flashlights.

The Galena Campfire Programs are free to attend, though donations are welcomed to help continue the program. Come out to the park early to barbeque or bring a picnic dinner.

Programs will be subject to COVID guidelines in place at the time.

What: 2021 "Galena Campfire Programs"

Where: Eagle Meadow, north entrance to Galena Creek Regional Park above the Galena Creek Visitor Center, 18250 Mt. Rose Highway., Reno

When: Free, family entertainment series 8:30 – 9:30 p.m.,

Scenic Galena Creek Regional Park is owned and managed by Washoe County, through its Community Services Department. Washoe County aims to provide exceptional parks and open space, and recreational opportunities while preserving natural, historical, and cultural resources. For more information, visit www.washoecountyparks.com or contact Galena Creek Regional Park Office at (775) 849-2511.

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June 25 - Brother Dan Palmer: Good ol' Americana
July 2 - Cowboy Poet and Entertainer Larry Maurice
July 9 - Aria 51: Ukulele in the forest
July 16 - Steve Hale as George Whittell, Jr.
July 23 - Sage Creek: Bluegrass Extraordinaire
July 30 - Astronomical Society of Nevada: Star gazing
August 6 - Nevada Department of Wildlife: Bears

Low-back chairs or blankets, bug spray and flashlights are recommended.
\$4/person donations accepted.

Eagle Meadow - Galena Creek Regional Park
North Entrance - 18250 Mt. Rose Highway
775-849-2511

www.washoecountyparks.com

RTC Washoe: 2050 Regional Transportation Plan Complete

Submitted to the Galena Times

The Regional Transportation Commission Board adopted the 2050 Regional Transportation Plan (RTP) at their March board meeting. This is a major milestone after more than a year of work developing the plan. Each RTC department contributed to the RTP's successful completion. The purpose of the 2050 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 builds upon the 2040 RTP adopted in 2017. This community-based plan has been developed through a robust outreach process and conducted in collaboration with partner agencies and public input. The plan addresses the safety, mobility, connectivity, and traffic-operations issues that are resulting from increased population and employment



(Photo provided by: RTC)

The newest transportation plan for Washoe County addresses safety, mobility, and connectivity for a growing population.

growth in the region.

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

The RTP is being forwarded to the Federal Highway Administration and Federal Transit Administration for a final review of the air quality analysis and then to the Regional Planning Commission for a conformity determination with the Truckee Meadows Regional Plan.

The RTC thanks the community and its partnering agencies who contributed to the completion of the 2050 RTP.

The community is invited to view the completed RTP on the RTC's website, rtcwashoe.com.

Schussboom Brewing Company

By Dagmar Bohlmann

In Alpine skiing, "Schussboom" is to ski down a mountain in a straight line as fast as you can. It takes courage, determination, and keeping your eyes on the finish line. Little bumps on the piste, you take them. That is at least what Jason and Briana Wagner did when they decided to open a brewpub in South Reno.

It took 15 years of planning, researching, educating, strategizing, and working their lives around this goal.

"Schussboom Brewing Co. was born out of our combined passions of hosting gatherings and parties with the best food, beverages and ambiance we could create," Jason Wagner said.

An engineer by trade, Jason has been home brewing

for 18 years and knew very early on this is what he wanted to do: Brew the best craft beer with quality ingredients while paying attention to the details in the science. When living in San Diego, he took courses in brewing at the University of California at San Diego. In 2019, he won medals in five categories at the Great Basin Brew-Off, Great Basin Brewing Co.'s home brewing competition – three were gold.

"Let's be honest," he said humbly, "I really like good beer."

His wife Briana is a professional event coordinator, artist, and business owner.

"When I was a student at UNR, my advisor Howard Rosenberg, said something to the effect of 'What do

you want to do kid?' I told him, I didn't know," she said. "But I did know that life would lead me in the right direction, and I'd find my path. And so I did."

Schussboom Brewing has been meticulously thought out to provide space, food, and drinks for patrons of all ages.

"We have a 21 and over taproom, family friendly dining room - complete with a kid's area, and three outdoor dining spaces including the front patio, back patio, and upper deck," she said.

The menu consists of artisan pizzas, salads, wings, fries and tots. The bar has 24 beers on tap, wine, signature cocktails, craft spirits, and beer to go.

continued on page 8



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Exciting summer outdoor fun at Sky Tavern



Alicia Herz

By Alicia Herz

Sky Tavern is ready for a fun filled summer with many outdoor activities for local youth. The Board of Directors successfully converted a short-term, reoccurring, three-year lease into a 30-year lease with a 20-year extension option that has set off an avalanche of exciting improvements and programs.

This summer, we are partnering with Meghan Ochs and her team at Skiing is Believing to offer our first ever youth bike camps and other outdoor and fitness-based activities. Both organizations share similar missions and are focused on getting children more actively engaged in nature while providing the tools and experiences for participants to develop vital life skills in the process. We are excited to work together to build summer programs and all net proceeds go to future programs.

Part of our Sky Tavern Summer Masterplan includes a hiking and biking trail system that will allow for bike camps, races, and an adaptive cycling program for all levels of riders. Currently, trails are being overhauled for fun and safety, with new routes and features being added.

Sky Tavern has also built the region's first purpose-built adaptive cycling trail. This trail will be a part of

our adaptive bike program we are organizing, one of the many new things we are excited about. Grab your bike because you will not want to miss this fun and exciting opportunity to ride these new and improved trails.

Sky Tavern is pleased to announce the next phase of mountain bike trail building to commence in May. Steve Wentz, world-renown trail builder and owner of Momentum Trail Concepts, will build the new entry-level trail at Sky Tavern to be completed in late June. This trail is being funded entirely by donations from members of our community.

We have tremendous gratitude to all our donors, both large and small. We are starting another fundraising campaign for the completion of our intermediate-level trail and the creation of skills development zones, which will happen later this summer if we can raise the funds necessary to keep Steve and his crew going. If you would like to help, please visit www.skytavern.org.

With our long-term lease in place, we are also raising funds for capital improvements including the installation of lights and snow making equipment that will help to expand the Jr. Ski and Snowboard program in an exponential way. With this effort we are expanding all seasonal programs which will allow local youth to have mountain access year-round.

Sky Tavern, a 501(c)(3) organization, is a place for

families and children to enjoy the outdoors, increase personal bonds, and enhance their own character with activities that focus on personal growth and determination and that will increase self-confidence regardless of age.

Alicia Herz is a Sky Tavern mom and proud volunteer. She is also president of Marce Herz Foundation and the granddaughter of Marce Herz, a Sky Tavern founder. Alicia is a third generation Nevadan, dental hygienist and realtor, mom to two who enjoys skiing, yoga, hiking and all things fun in her free time. If you would like more information or how to get involved, reach out to Alicia at alicia.herz@skytavern.com or call (775) 737-1773. For more details, course activities and registration visit <https://www.skiingisbelieving.org/skytavern>.

SUPPORT LOCAL YOUTH PROGRAMS

You may use this QR code to access Sky Tavern's 501(c)(3) donation page.



brewery continued from page 7

This counter-service brewpub, open seven days a week, is casual, fun, bright, airy, delicious and presents an easy location for meeting up with family and friends in SoRo (aka South Reno).

"We are your neighbors and will do our best to provide you with an amazing experience each and every time," Jason said. "It sounds cheesy, but this is my soul's intention: This is how I can help make our community a better place, positively affect change, and bring out the

best in those that I lead."

Briana adds that their goal is to leave you with a smile on your face and brighten your day. It might be in her genes.

"My grandmother's maiden name was Brause," she said. "The surname Brause was an occupational name for a worker at a brewery." It was all meant to be.

Schussboom Brewing Co. opens its doors on June 2 at 12245 S. Virginia St. in Reno.

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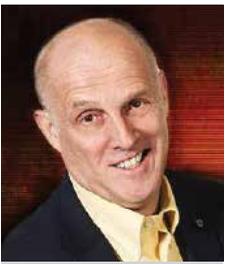
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Pediatric cancer patients cared for close to home



Dr. Max Coppes

By Max Coppes

No parent wants to hear that their child has cancer. While it is very fortunate that cancer in children is a rare condition, each year parents of

over 16,000 children under 19 years in the US will receive that frightening news. This translates to about 35 kids per year in Northern Nevada.

The good news about childhood cancer is that overall survival has increased from 10% to nearly 85%. For some childhood cancers overall survival is well above 90%, for others below 70%. The tremendous improvements realized over the past decades can largely be attributed to collaborative clinical research.

Clinical research refers to studying health and illness in people, specifically determining the effectiveness and safety of new medicines, devices, and treatments. Hundreds of studies have been performed to improve the outcome of childhood cancers. This research has not only focused on introducing new medicines, but often has involved assessing whether new medicines used with the ones already in use would be beneficial, or whether using a drug at half dose twice a day would be better than using that same drug at full dose once a day.

We have also studied whether effective treatments could be shortened. Treatment for the most common form of leukemia in children once lasted 3 years; today many patients only need 2 years of therapy to achieve the same excellent outcome. We have also studied whether for some patients less radiotherapy would be effective if we substituted it with a new medicine. As a result, some children with kidney cancer today receive only ¼ of the radiation dose given a few decades ago. This has greatly diminished the unwanted and unintended long-term consequences of radiotherapy in these children.

Importantly because childhood cancer is rare and there are over 40 different childhood cancers, each Children's Hospital sees few patients with any specific cancer. Because of that, clinical research in childhood cancer had (and still has) to be collaborative. Only by working together, could the pediatric oncology community determine whether treatment A is better than the older treatment B. This collaboration is formalized in the Children's Oncology Group (COG), the world's largest organization devoted to childhood cancer research.

The COG unites more than 10,000 experts in childhood cancer at more than 200 leading children's hospitals, universities, and cancer centers across North America, Australia, New Zealand, and Europe. Becoming a member of COG requires a Children's Hospital to demonstrate that it can meet some

stringent criteria, provide specific specialized pediatric services, and commit to participate in COG clinical trials.

One of the most important features that contributes to the ability to cure children with cancer is the presence of specialists trained and competent in managing children with cancer, e.g., pediatric oncologists, specialized pediatric nurses with additional oncology and chemotherapy training, pediatric intensive care physicians and nurses, and pediatric surgeons to name just a few.

Over the past years, Renown Children's Hospital has been fortunate to recruit two outstanding pediatric oncologists to Reno, Dr. Jake Zucker and Dr. Martin Johnston, and trained over 20 pediatric nurses to become certified pediatric hematology oncology nurses.

Later this year, the Children's Hospital will add a third pediatric oncologist to this exceptional team, Dr. Seema Rao. With these changes, Renown Children's Hospital applied in early 2020 to become a COG member.

Effective November 2020, the pediatric oncology program at Renown Children's Hospital was accepted as a new member of the COG. This has been a major accomplishment and means that any child or teenager (and even some young adults) with cancer in our community will receive state of the art therapy right here at home.

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

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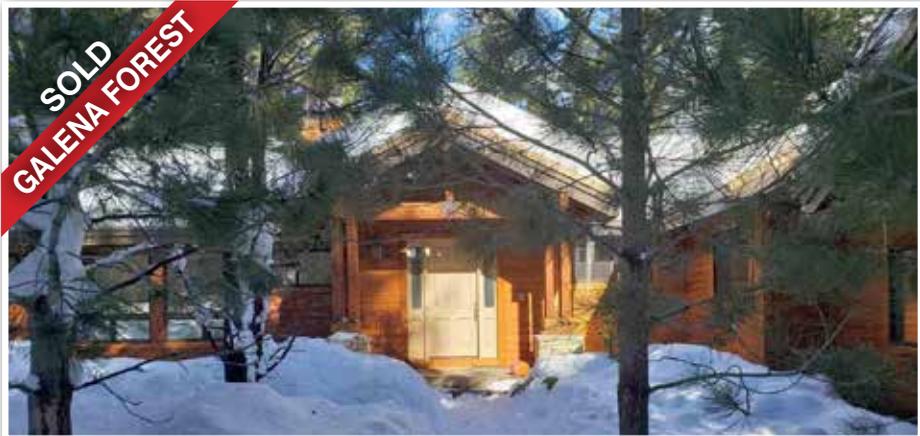
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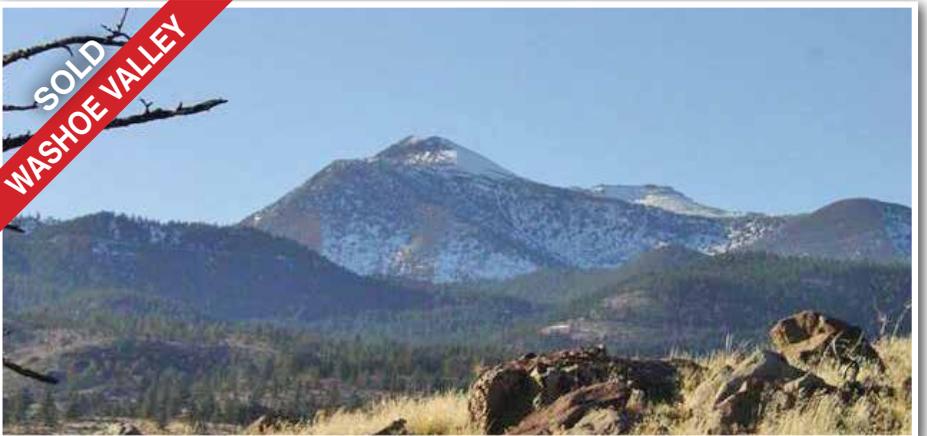
960 acres with views, privacy, nature. Own a portion of Spanish Springs Mountain. Secluded yet just over 7 miles to the Pyramid Highway. The views are spectacular, flora and fauna abound. Located on the western side of the Pah Rah Range just to the North of Spanish Springs Peak. Wild horses and Pronghorn Antelope frequent the property. **\$950,000.**



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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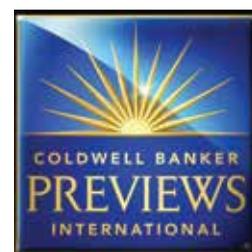
Nice single-story Fallen Leaf condo with 2 bedrooms, 2 bathrooms and a 2-car garage. **\$368,000.**



Nice single-story home in desirable location. 3 BR, 2 BA, 3-car garage. 1,564 Square Feet. **\$510,000.**



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All Area Home Sales March 2 - May 24, 2021

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/SF	Sold Price/SF	SF	Acreage	Off Market
17160 Snow Berry Drive	\$1,189,500	\$1,189,500	317.71	317.71	3744	1.28	3/31/2021
173 Nottingham Court	\$1,299,000	\$1,300,000	382.28	382.58	3398	1.01	4/20/2021
900 Blue Spruce Road	\$1,350,000	\$1,350,000	366.75	366.75	3681	0.76	3/25/2021
182 Nottingham Court	\$1,400,000	\$1,450,000	470.9	487.72	2973	1.06	3/25/2021
310 Piney Creek Road	\$1,385,000	\$1,580,000	328.12	374.32	4221	0.97	3/4/2021
252 E Jeffrey Pine	\$1,775,000	\$1,695,000	311.08	297.06	5706	1.01	3/22/2021
217 N Earlham Court	\$1,749,900	\$1,787,000	353.02	360.5	4957	1.22	4/19/2021
20665 Parc Foret Drive	\$1,849,000	\$1,901,000	421.95	433.82	4382	0.35	3/15/2021
20620 Latour Way	\$2,100,000	\$2,100,000		657.89	3192	0.31	5/18/2021
5915 Chambery	\$2,625,000	\$2,600,000	531.38	526.32	4940	0.55	3/3/2021
6573 Champetre Court	\$3,250,000	\$3,150,000	516.53	500.64	6292	0.42	4/23/2021
4585 Alpes Way	\$4,350,000	\$4,350,000	618.07	618.07	7038	1.05	4/28/2021
5630 Mont Blanc Court	\$6,600,000	\$6,350,000		885.02	7175	1.04	4/15/2021
CALLAHAN RANCH							
5560 Wintergreen Lane	\$1,150,000	\$1,195,000	430.87	447.73	2669	1.06	5/11/2021
14780 Chateau	\$1,096,000	\$1,210,000	351.06	387.57	3122	1.12	5/14/2021
5425 Moulin Rouge	\$1,325,000	\$1,325,000	361.43	361.43	3666	1.08	4/23/2021
15280 Redmond Loop	\$1,550,000	\$1,445,000	351.47	327.66	4410	1.07	3/2/2021
14720 Chateau Ct	\$1,550,000	\$1,500,000		365.59	4103	1.51	3/9/2021
5265 Cross Creek	\$1,599,000	\$1,755,000	445.53	488.99	3589	3.23	5/17/2021
15845 Callahan Road	\$1,975,000	\$1,757,000	351.24	312.47	5623	1.28	4/23/2021
6483 Galena Canyon Trail	\$3,199,000	\$3,233,300	580.9	587.13	5507	4.37	3/12/2021
ROLLING HILLS/GALENA COUNTRY ESTATES							
2430 Telluride	\$689,000	\$665,000	260.59	251.51	2644	0.36	4/15/2021
14330 Sundance Dr	\$650,000	\$678,000	311.9	325.34	2084	0.4	5/10/2021
3717 Calgary Drive	\$680,000	\$695,000	199.06	203.45	3416	0.29	3/3/2021
1733 Kodiak Cir	\$699,995	\$749,000	235.69	252.19	2970	0.29	3/22/2021
472 Missoula Ct	\$739,000	\$775,000	249.16	261.29	2966	0.3	3/26/2021
456 Bend Ct.	\$749,900	\$802,500	267.15	285.89	2807	0.27	4/30/2021
4459 White Fish Drive	\$825,000	\$877,000	241.51	256.73	3416	0.28	4/6/2021
SADDLEHORN/MONTE VISTA							
14305 Domingo	\$989,000	\$1,059,000	345.8	370.28	2860	0.39	3/5/2021
1465 Taos Lane	\$1,375,000	\$1,410,000	333.33	341.82	4125	0.57	5/13/2021
ARROWCREEK							
620 Rabbit Ridge Ct	\$1,195,000	\$1,205,000	459.79	463.64	2599	0.37	3/30/2021
10556 Rue D Flore	\$1,250,000	\$1,350,000	370.92	400.59	3370	0.3	4/9/2021
10072 Via Ponte	\$1,495,000	\$1,420,000	411.62	390.97	3632	0.36	5/17/2021
6768 Arctic Willow Ct	\$1,395,000	\$1,426,000	475.14	485.69	2936	0.55	3/30/2021
2963 Stonebridge Trail	\$1,329,000	\$1,605,000	340.42	411.12	3904	0.38	5/7/2021
10086 E Desert Canyon Drive	\$1,475,000	\$1,635,000	403.23	446.97	3658	0.75	5/6/2021
5680 Rue St Tropez	\$1,450,000	\$1,675,000	319.88	369.51	4533	0.63	3/31/2021
2931 Flint Ridge ct	\$1,625,000	\$1,715,000	365.58	385.83	4445	0.58	4/13/2021
5735 Muirfield Court	\$1,650,000	\$1,725,000	452.8	473.38	3644	0.62	3/8/2021
3139 Cobble Ridge Court	\$1,625,000	\$1,732,000	389.69	415.35	4170	0.58	3/26/2021
6693 Salt Brush	\$2,050,000	\$1,950,000	352.54	335.34	5815	0.53	3/16/2021
10362 Grey Hawk	\$2,000,000	\$2,000,000	378.43	378.43	5285	1.24	3/4/2021
5935 Sunset Ridge Court	\$2,495,000	\$2,380,000	488.74	466.21	5105	1.46	3/25/2021
11035 Montano Ranch Ct	\$2,950,000	\$3,010,000	497.3	507.42	5932	0.54	5/19/2021
432 Socorro	\$3,200,000	\$3,185,000	668.51	628.08	5071	1.2	4/20/2021
WEST WASHOE VALLEY							
24 W Lightning Ranch Rd	\$1,100,000	\$1,100,000	355.18	355.18	3097	1.33	3/24/2021
4150 County Line Road	\$1,199,000	\$1,250,000	448.56	467.64	2673	2.97	4/2/2021
5 Lake Meadow Ln.	\$1,399,000	\$1,360,000	390.89	379.99	3579	1.02	3/3/2021
5305 Franktown Rd	\$1,499,000	\$1,375,000	289.89	265.91	5171	5.06	4/9/2021
199 Steptoe	\$1,750,000	\$1,550,000	447.68	396.52	3909	2.74	3/25/2021
400 William Brent Rd.	\$1,599,000	\$1,600,000	684.21	684.64	2337	21.13	4/30/2021
7390 Bryan Canyon Road	\$2,295,000	\$2,000,000	382.5	333.33	6000	4.66	3/18/2021
7345 Franktown Rd	\$2,399,900	\$2,240,000	587.49	548.35	4085	5.23	4/23/2021
2 Franktown Ct	\$2,798,400	\$2,735,000	257.32	251.49	10875	5.01	3/10/2021
OTHER AREAS OF SOUTH RENO							
12595 Thomas Creek Rd	\$900,000	\$940,875	290.04	303.21	3103	1.32	5/4/2021
13805 Stoney Brook Dr	\$999,999	\$1,000,000	315.26	315.26	3172	1	5/3/2021
5278 North Elk River Road	\$1,029,990	\$1,150,000	327.29	365.43	3147	0.64	3/22/2021
5598 N White Sands	\$1,150,000	\$1,150,000	394.78	394.78	2913	0.41	4/21/2021
14025 Edmands Drive	\$1,050,000	\$1,175,000	401.07	448.82	2618	0.98	4/26/2021
3600 Lone Tree Lane	\$1,300,000	\$1,300,000	509.8	509.8	2550	2.5	4/19/2021
2104 S Tesuque Rd	\$1,225,000	\$1,325,000	389.26	421.04	3147	0.47	5/10/2021
3550 Lone Tree Lane	\$1,300,000	\$1,375,000	631.37	667.8	2059	2.5	4/26/2021
6856 Marble Canyon Rd	\$1,195,000	\$1,425,000	455.93	543.69	2621	0.46	4/22/2021

Start breaking one bad habit today

Submitted to the Galena Times

Maybe your occasional glass of wine has turned into a nightly routine. Maybe stress inspired you to start sneaking cigarettes outside. Maybe you ate a whole pan of cookies after the kids went to bed – more than once.

As the COVID-19 pandemic drags on, it is understandable to have embraced a few bad habits to cope with uncertainty; job loss; or separation from family, friends, and even normality. This is a natural reaction to stress; know you are not alone. However, if your coping mechanisms are bad for your health, it is time to try something new. Here is how to start making changes in the right direction.

Identify your triggers. Are you really pouring a drink to relax or is it to escape from feeling sad? Are you eating all those chips because you are hungry or because you're bored? Knowing the emotional reasons behind your unhealthy habits often makes it easier to assess and make a change.

Starting to feel yourself be triggered? Check out this guided meditation video on Carson Tahoe's YouTube page. Look for "Mindfulness – Lesson 1 with Dr. Nels Dahlgren."

Try replacing a bad habit with a good one. Instead of doomscrolling (reading a lot of

online news at once) call a friend. If you struggle with unhealthy snacking, keep prepped crunchy vegetables, such as carrots and sweet peppers on hand so they are as easy to snack on a bag of chips or candy. If you want to limit or quit smoking, take a walk around the block, actively moving your hands and arms so they are occupied too.

Another excuse to get outdoors? Mark your calendars for the 11th annual Hopefest event, helping support the Merriner Cottages at the Carson Tahoe Cancer Center. These were built to house patients during their cancer treatments and provide a great service to local cancer fighters. This year's event will look differently, encouraging community members to participate in the Virtual Walk of Hope. Enjoy the outdoors, while helping a great cause.

Keep it simple. It can be tempting to say, "Today's the day I'm going to start exercising every morning ... quit biting my nails ... and eat right." But research has shown that trying too many changes at once is likely to result in backsliding, perhaps causing yourself to end up in a worse spot than before. Even if you are enjoying a new, healthier habit, it is important to make it manageable and maintainable long term. To start, try adding small bursts of exercise into your

day instead of committing to a daily 90-minute workout. Add a fruit or vegetable to every meal instead of restricting calories or eliminating certain food groups altogether.

A good place to start your exercise routine? Carson Tahoe Health's Health and Wellness Institute has a number of exercises classes open to the community, including yoga classes. Head to CarsonTahoe.com/Events to reserve your spot.

Don't give up. So you didn't exercise this morning or you ate that cupcake last night. Don't beat yourself up or quit trying altogether. Just reset tomorrow. You can do it.

Knowing when you need help. Making changes is difficult, and if you think you might be addicted to a substance, it can be even harder. A mental health professional can help provide the support, advice, and even the medical treatment you might need to stay sober or lose weight. Free support groups like Alcoholics Anonymous can also help you stay accountable as you try to make changes.

Carson Tahoe Health's Behavioral Health Services provides comprehensive inpatient and outpatient mental health services to adults. If you think you are struggling with substance abuse, call the BHS hotline at (800) 283-7671.

keeping calm *from page 5*

the last thing you want to do. Yet it never does us or anyone else any good to panic. Calm heads make the best decisions.

So, imagine an inner voice saying, "Keep calm, you've got this!" and move into a place of inner calmness because not only will you feel better, but your decision-making is better equipped to do what is good for you and the situation.

Carry on. That is advice to not get distracted and thus thwarted from what you are doing. Even if it is just putting one foot in front of the other. Do not give up. Keep going. Hang in there. Carry on.

More than a year of a global pandemic and unrest in our own country later, we have dealt with it all in our own way. Arguably, we have grown weary of it. But these are the cards we have been dealt. We

can use the British banner as a mantra to remind us to "Keep Calm... and Carry On," and carry on we must.

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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To bleach or not to bleach



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

A bright smile brings confidence. But some teeth are naturally not as white as others. While those color variations are normal, some children and teens could feel shy about their smile if it is less than bright white. When they ask for tooth whitening treatments to achieve a desired look, options should be carefully considered.

The biggest question is, at what age should bleaching be done, if at all? Today's modern bleach products are very safe, as long as the child is being monitored by a dentist. The best age to bleach is around age 12-13 years once all the permanent teeth are in, so that they all get bleached at the same time to ensure an even color change.

While bleach strips might be a convenient at-home

alternative, they do not cover all the areas of the teeth. This can lead to uneven color and brightness which can make a smile look worse. Also, these strips can be expensive over time.

The two main bleaches are carbamide peroxide or hydrogen peroxide. They are offered in strengths of 10% and 15%. Most of the carbamide products are used overnight as they are often of the 10% variety, such as Opalescence syringes in custom trays.

The products we recommend are much less expensive than the custom trays and are worn in very short time frames to achieve the ultimate bleaching capability. We have pre-filled trays of 10% or 15% hydrogen peroxide. These are much gentler on the gums and are worn for very short durations. The 10% trays are worn for 30-45 minutes while the 15% trays are only worn for 15 minutes.

This is a game changer for sure as they are highly effective and bleach very well in a short time. While the

bleach is stronger than the carbamide peroxide version, it is gentle on the tissues. And some products conveniently fit in existing orthodontic retainers which act like the tray.

For someone who wants a faster outcome, the in-office treatment called Boost contains 40% hydrogen peroxide and requires only 2-3 appointments but can be very expensive.

Please contact us if your child is worried about the color or shade of their teeth as there is something that can be done and is not that expensive or time consuming.

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 Growing Smiles Pediatric Dentistry at (775) 824-2323 and RenoKidsDentist.com.

What did you do with "your" hour today?



Ryan Golec

By Ryan Golec

Let's theoretically say that all of you have one hour a day for "you." What did you do with your hour today? I know what you are all thinking, this trainer is going to tell us to get out there and exercise everyday with our only free hour. Well, yes and no.

What I learned from recently turning 40 was the importance of using your hour to best suit a healthy you. For many people that may be 60 minutes of exercise each day. It is easy for me to tell you how important that is, but under further review, I must consider if that is the best use of your time for your total health.

We all need to learn how to self-assess what our body feels like physically and emotionally. Let us look at a simple

four-point scale that plays off a common phrase. Are you 1) Ready, 2) Willing, 3) Able, or 4) Done - my personal add on. We all live some version of life that includes stress, work, play, food, sleep, socialization, intimacy, family, and fear. Each factor can affect us positively or negatively. It compounds into an honest sensation.

So, here we are at your hour...well, are you ready? Ready is that feeling when you are rested, motivated, and ready to perform. Are you willing? Willing is that day that is a little off. You are good to go, but a little tired, distracted, or losing motivation. Are you able? Today I am tired, stressed, fatigued, and struggling, but my body feels able to do something. Are you done? This one is tough. It is easy to "feel done" in the willing or able state, but when you are truly done, you know it. This is the no sleep, stressed out, mentally checked out, physically drained and sore stage. If you are listening, your body will tell you.

Now let us look at the formula.

60 minutes of Ready: time to get after it. Challenge yourself, push your limits, and make yourself work. I recommend a full workout hour. Warm up safely and chose an hour of exercise that can exploit your top performance energy and attitude.

60 minutes of Willing: spend some time prepping and get to work. Take 5-10 minute to stretch, lightly move, and mentally focus. Then put your effort monitor up to 70-80% effort. Work hard but leave a little in the tank.

60 minutes of Able: 50/50, you have to prep, and you still need to move. This one is where a lot of adults live with life and stress. Take 10-15 minute to stretch, foam roll, meditate, and focus. Take 40 minutes of moving at 50-70%. Once you start moving you will likely feel closer to Willing. Take 5 minutes at the end to lay down and just

continued on page 15

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Don't let swimmer's ear muffle your summer fun



Dr. Alexander Manteghi

By Alexander Manteghi

Summer is coming up fast! That means spending more time swimming at the beach or in the pool to cool off. However, too much time in the water is not always a good thing for you or your child's ears. It can lead to an uncomfortable infection called swimmer's ear.

Swimmer's ear, or acute otitis externa, is an infection that occurs when water lingers in the ear and causes bacteria or fungi to grow excessively. The moist conditions of the ear canal can cause ear canal swelling, blockage, pain, muffled hearing, and ear drainage. Not surprisingly, 44% of swimmer's ear cases occur in the hotter months of June to August.

Swimmer's ear can be a nuisance, and if left untreated it can lead to recurring ear infections, hearing loss, and other serious complications. This year, splash into summer without swimmer's ear by following these easy tips to prevent this irritating infection.

Keep ears clean and dry.

It's important to help your child dry each of their ear canals after swimming. Just tip the head to each side and pull back on the ear lobe until all of the water runs out of each ear. You can also carefully use a towel or hair dryer on the lowest setting to help to dry the ear canal.

Avoid placing objects in ears.

Avoid using cotton swabs, paper clips, hairpins, or other foreign objects to dig out earwax. This can cause ear wax to be pushed deeper into the ear canal, irritate the skin of the ear canal, or even rupture the eardrum, doing far more harm than good.

Wear earplugs while swimming.

If you or your child experience recurring bouts of swimmer's ear, earplugs can be helpful. Make sure the earplugs fit appropriately and are specifically intended to keep water out of the ear instead of the simple foam earplugs used for noise reduction.

Most mild swimmer's ear cases can be treated at home, but if you or your child are experiencing prolonged, excessive pain, schedule an appointment with an ear, nose

and throat doctor right away. In most cases your doctor will prescribe an antibiotic ear drop to fight the infection and pain relievers to ease any discomfort. Treatment usually only lasts about a week before the ear is fully healed, with the pain improving after just a few days.

If you suspect you or your child has an infection caused by swimmer's ear, the award-winning compassionate team at Sierra Nevada Ear, Nose & Throat is here to help. Call (775) 882-3277 today to schedule your in-person or telemedicine appointment. Same day appointments are available, and walk-ins are welcome.

Dr. Alexander Manteghi is a physician at Sierra Nevada Ear, Nose & Throat in Carson City. Originally from Ohio, he received his undergraduate degree from The Ohio State University and went on to attend medical school at Ohio University. He provides a wide array of surgical and non-surgical Ear, Nose and Throat medical services, including treatments for ear and throat infections, allergy therapy, sinus and nasal issues, head and neck illnesses, as well as snoring, voice, and hearing problems. Dr. Manteghi is a fellowship-trained, board-certified pediatric and adult otolaryngology specialist.

Try sensory approach to stress reduction



Meaghan Maillet

By Meaghan Maillet

If you feel stressed out, tune up our senses to find inner calm. The limbic system, that deep part of our brain that is involved in our fight or flight response, is also responsible for our emotional response to situations. It interprets information gathered through our

five senses to help us recognize a situation as threatening or safe, familiar, or strange. Knowing this, we can use our senses to a certain degree to calm our perception of stress and instill feelings of comfort.

Sight

Blessed with 300+ days of sunshine a year, we are not as prone to Seasonal Affective Disorder as regions where winters are characterized by gray skies. But the not-so-subtle emergence of green on our hills, followed closely by the vibrant pink, purple and yellow wildflowers stir feelings of hope and energy. In the field of color psychology, greens and yellows are associated with feelings of peace, growth, and optimism, while shades of pink and purple are associated with energy, creativity, and possibility.

Sound

Extensive research has been done on the effects of different sound frequencies on our brainwaves, muscles and bones and other organ systems. Sounds that we associate with feelings of calm resonate at frequencies that have been shown to slow the heart rate. The babble of a gentle stream over rocks or a soft breeze rustling through leaves can soothe the mind and encourage relaxed breathing. Therefore wind chimes and water features are common in yoga studios and spas.

Smell

Aromatherapists often turn to florals to instill a sense of calm. Flowers are associated with new growth and opportunity. The fragrance combination of lavender and chamomile is commonly used in candles or linen sprays aimed at supporting restful sleep or quieting an overactive mind.

Taste

Closely tied to our sense of smell, certain flavors are associated with feelings of calm. Again, lavender and chamomile teas are used for relaxation. Research found foods that support brain health and help reduce anxiety. Turmeric, used for ages in Ayurvedic and Traditional

Chinese Medicine practices, is now recognized in western medicine for its ability to ease anxiety and soothe inflammation.

Touch

The Touch Research Institute in Miami, Florida has conducted studies on the effects of touch on stress and anxiety levels on people of all ages. The research has shown that positive, caring touch can reduce the stress hormone cortisol and increase the "feel good" hormones serotonin and dopamine. Conversely, touch deprivation has been shown to increase stress and anxiety.

How many ways you can use your senses to decrease feelings of stress and increase feelings of hope and optimism?

Meaghan Maillet, LMT, is the owner of Connective Touch Therapeutic Massage. Meaghan recently relocated from the Northern Virginia suburbs of Washington, DC. Although new to Nevada, Meaghan has over 20 years of experience as a licensed massage therapist. She works with all ages and specializes in Sports Massage, Prenatal Massage and Traditional Thai Massage. To learn more, email meaghan@connectivetouchmassage.com or visit www.connectivetouchmassage.com

Tapp into the wisdom of your body



Kerstin Tracy

By Kerstin Tracy

When you read the words 'Inner Wisdom,' what is your first reaction? CranioSacral Therapy pioneer and osteopathic physician Dr. John Upledger described Inner Wisdom as our Inner Physician. The Inner Physician can be explained as a knowledge our body

has that helps it adapt to changes, heal wounds, create compensatory patterns if they are needed, and can be as simple as keeping the body running by automatically regulating all functions.

Beyond the physical body, the Inner Physician also guides us emotionally and energetically. Upledger believed that the Inner Physician is located on the cerebrospinal fluid and hence in the craniosacral system - the brain and spinal cord.

During CranioSacral Therapy sessions, therapists connect with your Inner Wisdom to facilitate the exact techniques in the right place, ask the right questions, and all that in the right order so that the body does not get too overwhelmed.

So, if you come in with a long list of problems, a history of seeing many doctors and other therapists, and you achieved some results, but you know something is missing, CranioSacral Therapy can help.

As a CranioSacral therapist, I follow the flow of cerebrospinal fluid and notice even the slightest changes in the symmetry, quality, amplitude, and rate of this wave-like movement throughout your body. Even if you come in with a very clear problem, the answer might be to address it directly or your Inner Wisdom may guide us to a different area first.

What a treat to have this Inner Wisdom at our disposal. It is with you all the time.

Let me summarize the advantages of tuning into the Inner Wisdom:

- Very individualized sessions at the right pace and with everything unfolding in the right order.
- The ability to go deep into childhood, birth, and in utero trauma in a gentle way.
- Your body and you feel really understood and that in itself feels relaxing, reassuring, and is such a relief.
- No judgment ever; just a blissful unfolding.

How can you take advantage of this Inner Wisdom yourself on a daily basis?

- Sit quietly and comfortably with the palms of your hands resting on your thighs ever so lightly.
- Bring your awareness to the fabric under your hands and if you are wearing shorts or a dress/skirt to the top layer of your skin.
- What do you notice?
- When you feel grounded and calm, ask your Inner

Wisdom to come forward, ask it to come to your hands.

- Just feel the changes in your tissues and thighs - can you feel the gentle inward and outward motion of your thighs?

- Do they move symmetrically? Maybe they don't move at all. Just observe and congratulate yourself for having connected with your Inner Wisdom.

Be gentle with yourself and be curious. The more you practice this, the more confident you will feel. Then practice on someone else and notice. The better you get, the more you can notice the restrictions in your body. The better your communication is with your body, the more it can inspire you to find just the right next step in your healing journey.

For horse owners and horse lovers - as soon as you start approaching your horses equipped with a connection to your own body and Inner Wisdom, your connection and communication with your horse will deepen and delight you. Of course, you can practice with your dog, too. Cats are a whole different story.

Kerstin Tracy, owner of Ready2Heal, helps humans and horses suffering from complex structural and neurological problems regain their optimal health. Visit www.kerstintracy.com for more information on essential oils, including where to buy them and for updated Covid-19 safety guidelines and general services like CranioSacral Therapy. You can email any questions to kerstin@kerstintracy.com.

Arctic lodge offers world-class fishing adventure

By Harvey MacLean

Imagine being on an excursion deep into the Canadian arctic, hundreds of miles from civilization at the beautiful Great Bear Lake. On your trip you could stumble upon caribou, moose, grizzly bears, muskox and even century old tee-pees. Great Bear is home to indescribable beauty only understood once you have seen it.

This destination at the edge of the tree line is known for more than its deep and crystal-clear waters, the beautiful scenery that surrounds it, or its title as the fourth largest lake in North America. This lake that is the size of England is only ice-free for about 90 days a year and is famous for producing the largest trout in the world. For fishing enthusiasts that means Great Bear Lake is the spot that provides the highest odds for catching that fish of a lifetime.

Great Bear Lake has been home to the indigenous Sahtu Dene people for thousands of years, and the area is now a designated national historic site to preserve and celebrate their culture. The lake serves as an important resource to the few people who live in the area, and tourists can also enjoy the seclusion that



(Photo provided by: H. MacLean)

MacLean Adventures is organizing trips to a remote fishing lodge to Great Bear Lake, deep in the Canadian arctic, to get the best catch.

allows for a great connection with the outdoors.

Fly fishing probably is not the first thing that comes to mind when you think of fishing for lake trout, but we love this trip because of the incredible Plummer's Lodge which is world famous for their

unparalleled, all inclusive, fly fishing adventures. We journey there in July during the first few weeks of the season because it is the best time of the year to catch giant fish. While Great Bear Lake is known for being home of the trophy trout, there are also several other varieties of fish to catch like arctic char and arctic grayling.

Great Bear Lake is truly an extraordinary place where hard work and patience will be rewarded by scoring that prized catch. Only 300 lucky anglers get the opportunity to cast their lines each year and take the challenge of both endurance and skill and we are lucky to be a part of the magic. At the end of the day, it does not matter what fish you wind up catching at Great Bear Lake because it is going to be special.

So, mark your calendar because while our trip is full for this year, we are accepting signups for our 2022 adventure.

Harvey 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 macleandventures.com or call (775) 683-9115.

your one hour *from page 13*

tune into relaxed breathing.

Finally, are you just Done? If you are truly done, it is time to reflect and move. Take your hour to look inside. Focus on light moving like walking, yoga, easy stretching. Tune into your breath and try to let go of accumulated stress. As you move, if your mood improves, start to ramp up, but keep your efforts under 50%.

Remember that rest can be stronger than work. This is a path to longevity. If

you doubt me, try it for a month. Then let me know.

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



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Defer desire to plant non-acclimated early bloomers

By David Ruf

As I walked to my truck this morning, I checked part of the drip system as it was watering those harbingers of spring - daffodils - and took a minute to brush off the snow that was causing the trumpets to almost touch the ground. Springtime in Northern Nevada: 70 degrees plus on the weekends this month and snowing mid-week. This myriad of weather conditions lends itself to confusion for many gardeners and would be gardeners.

While changing weather patterns are in the news a lot, it still does not mean much to the high desert since we almost always get a wave of cold spells around Memorial Day weekend that wreaks havoc in the valleys that surround Reno.

I know the urge is strong in April and early May to pick up some of those freshly delivered plants, covered in blooms and beautiful new growth but beware. Those lovelies have just arrived from the Golden State and they are 6 to 10 weeks ahead of us. Thus, the new foliage is rapidly growing and considered soft. This means that the new growth has little to no ability to protect itself from the damage that our freezing temperatures will deliver. The new cells are unable to withstand the water freezing inside them when the leaves are in a heavy growth period.

Try and observe the stage of

development on the trees, shrubs and flowers in your own neighborhood and compare it to what is being offered. When something is too good to be true, be suspicious.

I would prefer that you curb your enthusiasm to buy those early spring baskets, flower bowls, trees, and shrubs in full leaf. These plants are grown in California, often in a greenhouse. This in turn means that the plants are now lacking internal cold resistance. The plants might be 'hardy' for our area, but with the lack of winter cold tolerance, they are easily damaged and sometimes killed. The best term to use when buying plants during the wild weather period is 'acclimated'. It means that it still possesses the cold tolerance needed. This does not completely cover all damage that might occur, but it gives you and your new plants a fighting chance.

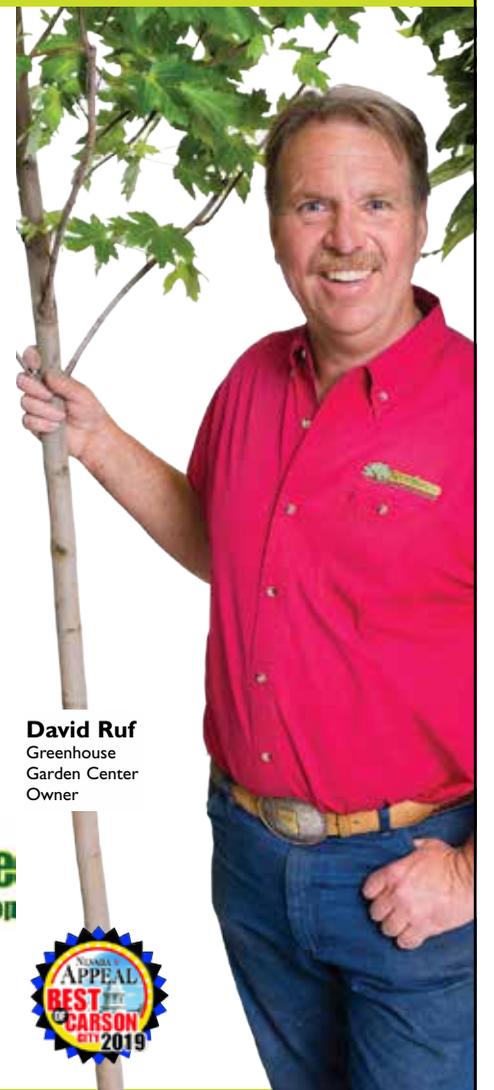
Get out and enjoy our beautiful days and with the above knowledge have a rewarding experience growing and having an enjoyable yard.

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

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Will future schools individualize education?



By Kathryn Kelly

What do cars and education have in common? They both started out with mass production. Once upon a time, you could order any color of a Ford, as long as it was black. Similarly, the US education model is still one-size-fits-all. Except that model fits no one.

Today, we can leverage technology to make education as personalized as our cell phones. While the one-size-fits-all model is still deeply entrenched in public education, COVID-19 limitations have jump-started education options that will make academic opportunities uniquely personalized from now on. Here are some of the things to expect.

Schedule Flexibility: As we have learned from sleep researchers such as Matthew Walker (“Why We Sleep”), most teens are on a different sleep cycle from the rest

of us. By waking them at 6 or 7am, we force them into a sleep cycle that for adults is as disorienting as our waking up for work at 3am. Teens naturally stay up late and need the sleep to process what they learned that day. Schools of the future will start closer to 10am with kids rested, refreshed, and ready to dig into hard work without falling asleep by 1pm.

Accountability: Astonishingly, about half of Nevada high school graduates require remedial English or math or both upon entering college. And that figure includes just those going to college, excluding those going to vocation schools or embarking on a career. Why the soaring rate of “bonehead” English and math? Most believe it is because of a focus on rewarding high schools for high graduation rates without requiring proof that students have achieved basic proficiency in core subjects, leaving that for the colleges to pick up the slack. Expect the current jump in homeschooling to continue post-pandemic with more parents working from home and increasingly able

to supervise structured homeschooling, with associated increases in academic performance.

Academic Rigor: COVID allowed many parents to witness what their children are being taught – or not – in conventional classrooms. International statistics such as PISA further highlight declining US student competence versus their global counterparts. Expect to see more outreach from community colleges to help fill in the gaps to ensure students are better prepared for college and career before high school graduation.

Nevada has one of the most beneficial homeschool laws in the country and active support groups and resources across the state to help families make the transition. It is a great time to be in education.

Kathryn E Kelly, DrPH MEd, is Executive Director of I-School, an accredited, private K-12 school with a new location on the campus of Western Nevada College in Carson City, offering onsite and remote instruction. She may be reached at kkelly@ischools.us.

Annie’s Tomorrow brings hope to Bartley Ranch



A Sierra School of Performing Arts cast of 40 local performers brings Broadway to Bartley Ranch. Lead by director Janet Lazarus and co-director Adam Cates “Annie the Musical” runs on weekends in August.

By Dagmar Bohlmann

What better way to spend a warm summer night than to take in a classic Broadway musical, under the stars? Annie the Musical, presented by Sierra School of Performing Arts, opens at the Robert Z. Hawkins amphitheater on August 13 and runs three weekends, closing August 28. Gates open at 6.45pm and curtain is 7.30pm, so relax and have a picnic dinner in the beautiful park before the show. Bring the whole family!

Annie boasts a cast of 40 talented local performers ages 9- 68. SSPA’s artistic director Janet Lazarus has recruited a creative team that beats all others in the eight years they have been producing musicals at Bartley Ranch. Co-director Adam Cates is back in Reno after a 12-year career in New York City, directing, teaching, and working as a choreographer on several Broadway hits in the last several years.

C.J. Greer, the music director, teaches musical theater voice and performance at the University of Nevada, Reno, and Amanda Flocchini, who has choreographed many a SSPA show like Guys and Dolls, Legally Blonde, and Wizard of Oz, is back to choreograph the many memorable numbers, like Hard Knock Life and N.Y.C.

SSPA has been producing plays and musicals since 2005, when a few Hunsberger parents who met while their kids were doing a play at the school got to

talk about how little there was at the time in the way of theater opportunities for kids who loved the arts and in particular singing, acting, dancing. They decided to start something. That something has grown in scope and size from their first summer camp, to their first production (Wonderland presented at the Galena High School Theater) to several “Broadway Bits” (at Damonte High School and then UNR Redfield Theater) to their full-scale large-cast musicals at Bartley Ranch.

SSPA went from an audience of about 150, mostly parents and friends of the cast, to selling 400-500 seats per performance in the last several years, presenting shows such as Sound of Music, Legally Blonde, Cinderella, Fiddler on the Roof and this year’s Annie.

Asked what it was like to hold auditions and cast a show in a pandemic, Janet Lazarus remembered the difficulties.

“It was, well, different,” she said. “We realized early on that we had to switch from in-person auditions to video auditions.”

Everyone had to record themselves singing a song, performing a monologue, and doing choreography. But then, they also had to figure out how to send a large video file.

“It was all a huge learning curve for us and the auditioners,” Lazarus said. “And when we finally were able to finalize

our cast it was the end of April, and everything was shutting down. Every day from March 17 on, if you recall, we got the news that something big was cancelled – Burning Man, the Reno Rodeo, Artown, the Olympics, baseball.”

“We had to make the tough decision to tell the cast, after all they had gone through, that we couldn’t go ahead with the show,” she said. “We hoped they would be available the following year, cross fingers that we could do it in 2021. And here we are!”

Most of the 2020 cast remained,

but Lazarus had to find a new Annie, because a year later the originally cast actress was a full-fledged teen and aged out of the role.

“Now we are in rehearsal in a big warehouse space where we can keep the big loading door open for good air circulation, and everyone has gotten used to singing in a mask,” Lazarus said.

The show must go on, and so it will.

Tickets will go on sale in June; get yours at the Sierra School of Performing Arts website sierraschoolofperformingarts.org/upcoming.html.

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Manage change with professional development programs



By Jodi Herzik

The COVID-19 pandemic has created tremendous change in how we work, where we work, and what kind of work is essential. Workers must rapidly shift gears in response to changes, which often requires acquiring new skills.

Professional development programs help employees take on new roles within a company or improve their skills for upward advancement. In addition, a 2021 Pew Research Center survey finds about half of U.S. adults who currently are unemployed are seriously considering changing fields or occupations.

Extended Studies at the University of Nevada, Reno offers professional development courses and certificate programs designed with an individual's career in mind. We offer a wide array of up-to-the-minute topics that provide the chance to learn and share practical information, resources, and strategies for immediate application in the real world. Instructors and a first-rate curriculum offer fresh perspectives, competitive tools, and best practices.

"I use the information daily and consider this a building block to the success of my career," said Jeff Panko, regional market development director at United Federal Credit Union, who took the Excellence in Nonprofit Management certificate program through Extended Studies.

Where do classes take place?

Classes are offered online or in-person at the Redfield Campus, 18600 Wedge Parkway, Building A.

WHAT PROGRAMS ARE AVAILABLE?

UNR Extended Studies offers:

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- Test Prep for GRE, LSAT, LEED Green Associate, GMAT, PMP and the HR national exam



Advanced Mediation participants holding their certificates. (Photo: C. Rangel)

Many classes offer a HyFlex option, where participants can choose to take classes in-person or online via Zoom.

Do I need to be admitted to the University of Nevada, Reno?

No, Extended Studies programs do not require formal admission to the University. People can register online at extendedstudies.unr.edu.

What resources are available to employers?

Many of Extended Studies courses and certificate programs offer discounts to organizations sending multiple staff members. Also, customized training is available and can be targeted specifically to a business' needs and schedule.

Jodi Herzik is the Interim Vice Provost for the University of Nevada, Reno Extended Studies. For more information on Extended Studies at the University of Nevada, Reno, visit extendedstudies.unr.edu or call (775) 784-4046.



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In parenting, build cathedrals not walls

By Maren Schmidt

An architect visited a construction site on his vacation. As he walked around, he asked the brick masons what they were building.

"Mister," the first worker said as he slopped mud onto a brick, "can't you see I'm building a wall?"

Every worker he chatted with, no matter if the chore was laying brick, shoveling, or mixing cement, told the architect they were laying brick or stacking a wall.

One worker offered a different version of his labors. As he stood upright and smiled, the man said, "Look. I'm building a cathedral."

Cathedrals endure as symbols of vision and dedication from the Middle Ages. During this time in Europe scores of cathedrals were envisioned, funded, and built taking generations to complete, enduring plagues, wars, lost funding and more.

In today's world, who embarks on a project that requires generations to complete? Who begins an endeavor while lacking the engineering know-how to finish it? Who has a plan and a vision for something that will last for a thousand years?

If asked what we were doing during our day-to-day toils and challenges of parenting and teaching, we might be apt to answer, "Can't you see I'm busy with the kids?"

If we shift our perception and develop the art of the long view, we should discover that we are part of a group who is building humanity. We are part of a group who strives to build a better world, task by task, day by day, year in year out, generation by generation.

When we have a plan and a vision, we understand that, indeed, we are building cathedrals, not walls. The mundane becomes the magnificent. And that makes all the difference.

The book *Building Cathedrals Not Walls* is a collection of ninety Kids Talk essays to inspire you in your work with children, whether you are a parent, a teacher, or other adult in the life of a child.

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

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