

# Help save bears and other wildlife

By Dagmar Bohlmann

When Beth Carbone’s dog announced that a bear was crossing the street in front of their house in the Galena Forest Estates, she watched with wonderment.

“It was awe-inspiring to watch him amble down the road and then climb a hill into the woods across the street,” Carbone said.

The emotion of awe with its goosebumps and dropped jaws is extraordinary. Research suggests that experiencing awe may lead to a wide range of benefits, from happiness and health to more unexpected gains such as generosity, humility, and critical thinking. In Carbone’s case, it led to taking action.

Neighbors had told her that two bears had been killed by back-to-back car accidents during early morning hours last fall on Mt. Rose Highway, just where the road enlarges to four lanes. Chatter on social media centered on whether the drivers were paying attention or driving too fast. Some pointed out that the cars involved were going at the speed limit, but the bears just were too unexpected and were moving too slowly.

“I wondered if there was anything I could do to help save a bear’s life,” Carbone said. “Since it is unlikely that anyone would desire or obey a lower speed limit, I wondered if signage about bear crossings might help.”

Carbone contacted the Nevada Department of Wildlife and asked if a bear crossing sign could be put up.

“Maybe if a driver saw a sign, they might have just that extra level of attention that would allow them to avoid crashing into an unexpected bear,” Carbone said. “That moment of awareness might, just might, help both,



A newly installed bear crossing sign warns drivers to pay attention on Mt. Rose Highway. Bear cubs are often following closely behind their momma. Four bears were killed in motor vehicle accidents here in 2021, most of them cubs.



Black Bears are the only bear species in Nevada. Though their name implies they are black, colors vary throughout their range.

bears and humans.” Heather Reich, a biologist with NDOW in charge of managing bear population and working with individual bears, confirmed that most bears hit on Mt. Rose Highway and elsewhere in Nevada are cubs. Cubs travel with their mothers until they are about 18 months old.

“It hurts me every time I have to pick them off the road,” she says, recalling the heart-breaking incident last fall when a cub was killed on Mt. Rose highway at Douglas Fir Road and mom and sibling where at the scene.

Like deer, bears can read traffic patterns, but their young are not as clever yet. Reich recommends paying attention, slowing down, and expecting a second bear when you see the first.

“All you need to do is think ‘Let me

sit here for a minute to make sure the cub isn’t trailing behind her,” Reich said.

Nevada reached a record of 45 bears hit and killed by cars last year. The total bear population in Nevada from the Sweetwater Mountains to the Oregon

## Letter From the Editor

As we are awakening from a two-year hibernation, we might have lots in common with bear cubs emerging from their dens in spring. We are hungry for entertainment, eating out, and learning new skills. In this issue, we share ideas on how to attune your life. If anything, this break from what we considered normal offered an opportunity to examine habits, hobbies, and priorities.

Like many of you, I have practiced my Spanish on Duolingo, spent more time hiking with my dog, and learned to receive mental health benefits of simply sitting under a tree. As we enter spring, let’s refocus our attention on balancing the health of our families and of the natural world around us.

You’ll hear from a neighbor who grew up in a log cabin atop of Mt. Rose and another who wants to make the highway safer for bears. You’ll find out about UNR’s Redfield Campus marrying workforce and academic training and how to celebrate science and technology with a festival. Perhaps you want to soar in a plane over Lake Tahoe or let your thoughts settle into silence at a new meditation center – let us inspire you to

border is estimated between 400 to 700 bears.

“This was due to the extreme drought causing a lot more bears to come down into the valleys looking for food, along

*continued on page 2*

plant seeds for new growth.

This spring season, I wish you all the feelings of emergence, growth, and hope. May the Galena Times offer a sense of community as we continue to provide opportunities for connection. Please support your local businesses and share events with us that might interest your neighbors.

*Happy springtime,*  
*Dagmar Bohlmann*

Dagmar Bohlmann loves the outdoors as much as reading or writing about it.

## bear crossing *continued from cover*

with bears being pushed around by the wildfires,” Reich said. “When natural food is hard for bears to come by, bears move around more to find food and this leads to increased crossing of roads in their search for calories.”

While the impact on bears from the wildfires was seen mostly in the Douglas County area, still four bears were hit on the Mount Rose highway last year, up from two in 2020 and one in 2019. But in 2018, another poor natural food year, five bears were hit and killed on the Mount Rose Highway.

“In general, in the Galena area we probably have eight bears active at any given time,” Reich said, including females travelling with cubs. “In the fall this number certainly increases as bears drop down into the valleys as their food sources dry up in the higher elevations. We have collars on two female bears in the area and they show us that they spend the majority of their time in the greater Galena area. We also know we have several male bears that also utilize the area.”

With a passion to conserve Nevada wildlife and diverse habitats, every day Reich walks the fence line between protecting bears from people and people from bears.

“The hardest part of my job is when I have to euthanize a bear that has learned to break into a home,” she said. “I cry every time.”

A growing suburban Reno continues to create opportunities for bears

### Keep Bears Wild

*You can help protect bears; their health and well-being depends on your thoughtful choices.*

#### 1. Drive slowly.

Speeding kills bears. Expect bears to travel with their young. If you see one, wait for the baby that might lag behind.

#### 2. Store your food.

Take birdfeeders inside at night. Don't put garbage out until shortly before it gets picked up. Keep it in bear-safe containers. Pick fruit if you have fruiting trees, don't let fruit fall to the ground.

#### 3. Keep your distance.

Appreciate encounters respectfully from a distance. Never approach a bear. Use a bear whistle, bell or banging pots and pans, to announce yourself and send the bear away.

to fill their caloric requirements at unsecured birdfeeders or garbage cans in residential areas on both sides of the Mt Rose Highway. Residents are responsible to do their share in keeping the neighborhood safe.

“I am so thankful that Beth reached out to me,” Reich said. “As the Nevada Department of Wildlife manages all bears across western Nevada, it helps for a concerned citizen to focus our attention to an area of concern.”

Carbone's simple inquiry will have a lasting impact on the bears that not only include the Galena area as their home but bears in the Carson Valley as well.

“As a direct result of opening the conversation about a bear crossing sign in Galena with Nova Simpson, the biologist with the Nevada Department of Transportation, we

have requested another stretch of highway in Douglas County also have signs posted,” Reich said.

On her daily commute, Carbone now passes a bear crossing sign that was put up in late January because of her inquiry. “I wonder about how little it took for me to reach out to the people who might be able to help,” Carbone said. “It makes me feel good to know that our state government teams worked together to do something that may just save a few of our bears.”

To learn more about living with wildlife, visit the Nevada Department of Wildlife at [www.ndow.org](http://www.ndow.org), call (775) 688-1500 or email [ndowinfo@ndow.org](mailto:ndowinfo@ndow.org). Listen to Heather Reich on the Nevada Department of Wildlife's Nevada Wild podcast about Nevada's Black Bears here or where you listen to podcasts <https://soundcloud.com/user-934973730/nevadas-black-bears>.

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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 inquiries regarding the Galena Times: [Richard.Keillor@cbselectre.com](mailto:Richard.Keillor@cbselectre.com) or visit our website: [www.galenatimes.com](http://www.galenatimes.com)

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# Decelerate to find inner calm

By Jen Hutter

It took two and a half days of being together in silence, and on the third morning, all the humans independently stopped in their paths to watch the sunrise. The sight of 50 individuals, still and intentionally watching the day open peacefully filled me with awe – even more so than the magnificent sunrise itself. We spent five days at a silent retreat at Spirit Rock Insight Meditation Center, near Fairfax, California, in January. No phones, no conversations, no reading or writing, to slow down and gain clarity of what matters in life. Of all the meditations we did, while sitting or walking, this sunrise is the memory that for me most vividly captures the fullness of that experience.

On my trip home, my car was almost hit twice, and I realized in amazement how fast the world was moving around me. I kept thinking, “Why are humans moving so fast?” I was mesmerized when I recognized that business after business is set up to meet this swift pace. The line for a Starbucks circled around the block with people getting their afternoon fix to keep up their speed



The Center Foundation offers a variety of daily classes to help people slow down.

for the rest of the day. Fast-food chains encourage you to keep moving while you eat, catering to the notion that we do not have time to sit and enjoy nourishment. What a contrast to the experience I had just had.

At Spirit Rock, every meal was thoughtfully prepared, so flavorful, so simple, and with plenty of space and time to delight in every bite. The retreat had

brought me back to my center and reminded me why I feel so passionate about The Center Foundation we have created in South Reno. In this fast-paced life, we all might need a sanctuary to slow down, to breathe, and to just be.

You are invited to come to The Center to decelerate, even if it's just for 30 minutes. The Center offers daily classes, retreats, and workshops, including virtual options. Our heart-centered offerings are broad, so you can find what is most supportive for you – meditation, qigong, tai chi, yoga, sound baths, and journaling. Our two-hour retreats vary by month and are organized to support individuals or private groups and organizations. Workshops bring light to real life issues like parenting, mindfulness for kids, grief, sleep, and nutrition.

*Jen Hutter is co-founder of The Center Foundation. All proceeds contribute to The Center Foundation's mission: to create a safe space for people to be human. Readers of the Galena Times, practice with us for a week for free by emailing us at [connect@thecenterofreno.org](mailto:connect@thecenterofreno.org). To learn more, visit [www.thecenterofreno.org](http://www.thecenterofreno.org), call or text (775) 420-5014, or visit SouthCreek Plaza, 55 Foothill Rd #2.*

# The wisdom of geese



By Liesa Leggett Garcia

Hiking a trail near Mt. Rose not long ago, I was in awe of a flock of geese that flew overhead. How many times had I seen and heard geese flying but on this particular day, I stopped and really observed them in wonder. I had been struggling with a problem that I hadn't been able to resolve and was feeling frustrated by it, so I hoped a walk in nature would clear my mind and inspire me. I

was not disappointed.

The geese are phenomenal. They fly in a V-formation because somehow, they know it conserves energy, reducing wind resistance and burning less energy than going it alone. The goose in the front works extra hard but it's a temporary gig—in fact, they take turns leading when one gets tired. The V also helps them keep track of every bird in the flock. Geese also take care of each other; they honk as a way to tell each other to keep going. Their honks are how they communicate their support of one another. And if one of them becomes wounded, a couple of their

pals stay with him until he's ready to fly again.

As the geese continued their flight, I reconsidered the frustrating issue I was facing. I remembered sage advice I once received: First, there is always a solution to every problem. Second, there are always people to help. This has stayed with me.

No matter what the issue or difficulty, remember there is always an answer. It may not be easy, but it is not impossible to uncover it. Even if the issue is completely foreign and unknown, there are always people who can and will help support and navigate.

**continued on page 6**



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# Memories of Mother Nature raging across Mount Rose Highway

By Gordon MacLean

*This story was written in the early 1950s. The old Mount Rose highway – then named State Route 27 – was a dirt road until 1941 when it was partially paved, but remained a very curvy, narrow road with no guard rails. In the early 1960s, the highway was rebuilt and changed its route, making it a little shorter. In 1976 it was renamed 431. From the beginning, it has been considered a dangerous mountain road.*

10 miles south of Reno, intersecting with US highway 395, Nevada State Route 17 (now 341), winds off to the east over the Geiger Grade to Virginia City, while Nevada State Route 27 (now 431), the Mount Rose Highway, climbs to the west over a high ridge of the Sierra Nevada and down to the shores of Lake Tahoe. State Route 27 is only 27 miles long.

For the first few miles, it rises gently through sagebrush that is the trademark of the Great Basin of Nevada and Utah, a vast area of deserts and isolated mountain ranges between the Sierra Nevada on the west and the Wasatch Mountains on the east. Soon, the road reaches a lower timberline that marks the western limit of the Great Basin. Here the boundary is quite sharply defined. The pine trees stretch out in a green wall, a few 100 yards beyond the base of the mountain itself, as if to welcome the desert weary traveler to the coolness of the High Sierras.

The highway curves to cross Galena Creek, a small mountain stream that splashes down from the heights above. It is a scene of pastoral, peaceful beauty. Yet, to the practiced eye, there is evidence aplenty of the tremendous forces that nature occasionally unleashes in her mountain kingdoms.

Huge boulders lie as mute witnesses of the raging floods that have roared down Galena Creek over the millennia. Some perhaps caused by a cloudburst, spawned in the thermal currents borne aloft from the peaks above, that happens to strike the upper watershed. One such flood caught four unwary tourists and their car on this very curve.

Another man, one who is familiar with the moods of the Galena Creek, chanced upon the scene just as their car stalled in the rising waters. He jumped out and tried to help, then ran to a nearby house for more help. Meanwhile, the car's occupants refused to believe there was any danger. By the time he returned, the car and its occupants were gone. The bodies recovered some miles downstream. To this day, just past Joy Lake Road, almost completely buried in rocks and gravel and overgrown with brush, lies their car. A lonely, rusted shrine to the horror of that day.

There is a county Forest Service station near the point where Galena

Creek crosses the highway. A ranger used to live in residence. Not anymore. The same flood came through his back door more than six feet deep, rolling desk-sized boulders before it. He saved himself and his wife by climbing a tree where they spent most of the night having tied themselves to the branches with a garden hose. Shortly thereafter, they retired from the service.

Highway 27 has known the ravages of fire as well as flood. One tinder-dry fall, the whole slope below the timberline was turned into a sea of flame by a fast-moving range fire. A lone woman in her car ventured too close thinking she would get through before the fire cut the highway. Soon she drove out into the desert but could only make 100 yards or so before she wrecked her car on the rocks. She had to run for her life. She barely made it.

In a year or two, the sagebrush had returned and with it an even more prodigal display of spring flowers, fertilized, perhaps, by the ashes. Today only the skeletons of the shrubs remain to show where the flames had passed. The fire burned too fast to destroy them. It will be many years before they disappear and new ones take their places, but they are not a prominent feature of the landscape. Doubtless today's busy passerby would not realize that they are now dead.

The same however, cannot be said for the remains of the forest fire that struck a few years later just above the lower timberline. The first fire burned several hundred acres on both sides of the highway. Afterwards the Forest Service cut down the charred remains of the trees, pulled the stumps and set out young seedlings. Over a period of two or three years a good deal of the downed timber was cut up and hauled away for firewood by local residents.

Smokey the Bear now stands guard over the baby trees; other signs point out the penalty for carelessness. But the evidence of the fire will far outlast the signs. If there are still travelers to see it in a century from now, the moral will be plain to see.

Beyond the burn and the creek, the highway climbs steeply up the shoulder of Mount Rose, winding past ski areas and summer cottages on its way to the 8,933-foot pass between Slide Mountain and Mount Rose. Here the cool mountain breezes, the scent of Alpine wildflowers and the splash of crystal waters into rocky pools combine to produce a scene of summer sincerity. If you stop to look, however, you will notice, as you near the top of the pass, that all the bigger trees are bare on one side – their western exposure – and that for some strange reason, the tops all point the same way to the east. These trees have been molded, worn, and



(Photos provided by: H. MacLean)

**Gordon MacLean (above) founded and directed numerous banks, was a commercial real estate developer, and supported the Sierra Nevada College in Incline Village as trustee and director.**

**The family cabin near Incline Lake with its mementoes is home to many stories that included son Rory MacLean (R).**



warped by the blizzards of the centuries.

The tallest trees are signposts, pointing the track of winter storms. No ordinary, occasional, lowland storms can permanently bend a four-foot-wide Ponderosa. It takes a High Sierra blizzard, blowing 60, 80, 100 miles per hour and more, blowing every winter, sometimes for weeks on end, blowing always and forever down from the Gulf of Alaska, across the ridges and through the passes of the Sierra Nevada. Carrying its load of frozen snow and ice, it wields a force that not even a pine tree can face.

The tourists from California mostly do not notice the tops of the pine trees. Wrapped in their air-conditioned Cadillacs, intent on commuting from the gambling tables in Reno to the gambling tables at Tahoe, they only know that the road is too slow, too full of curves, to let them pass the Volkswagens in their way.

*Harvey MacLean edited his father's story. The family lived at the Mt. Rose summit and drove that road for over 75 years, witnessing a lot of crazy things and horrible accidents. He was a full-time medic for over 10 years and covered accidents on that highway.*



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# Library hosts hands-on science programs

By Toni McLaughlin

Spring – time to get outdoors and see what nature is up to. It's also a great time to remind everyone about the terrific STEAM events offered by Washoe County libraries. STEAM education encompasses science, technology, engineering, art, and math. STEAM is all around us, evident in nature and natural processes – seasons changing, plants and animals stirring.

At the South Valleys Library, our STEAM programs returned in January. We have built catapults out of craft sticks, studied snowflakes and the polymers used to make fake snow, tackled a LEGO challenge to construct aliens and alien spacecraft, and learned all about caterpillars with graduate students of the University of Nevada, Reno's Ecology, Evolution and Conservation Biology program. Park Ranger Andy Brown from Galena Creek Regional Park visited and described local wildlife, promoted the Junior Ranger program, taught us how to identify animals by their tracks and droppings.

Look for these exciting children's

STEAM programs at the South Valleys Library in the coming weeks:

- Join KNPB's Ready to Learn workshops on Weathering & Erosion (3/24), Float My Boat (4/28), Discover Pumpkins (5/26)
- Hear Park Ranger Red Muratori talk about wildlife at Bartley Ranch Regional Park (3/31)
- See "What It's Like to Fly in Space" when retired astronaut Loren Acton shares some space imagery (4/07)
- Take a nature walk around the library grounds (5/05)
- Learn about bees with the Nevada Beekeepers Association (5/12)

Check out STEAM programs at other branches by viewing The Explorer, our calendar of events. [https://www.washoecountylibrary.us/\\_files/pdf/explorer2.pdf](https://www.washoecountylibrary.us/_files/pdf/explorer2.pdf)

Register online for the programs of your choice before spots fill up <https://events.washoecountylibrary.us/>

Interested in STEAM activities to enjoy at home? Our STEAM Spark Sheets include

step-by-step instructions plus an introductory STEAM lesson and list of resources. <https://www.washoecountylibrary.us/resources/steam.php>

Check out the Northern Nevada STEAM & Technology Festival, a week-long community celebration of innovations happening in our region from April 25-30. The festival will showcase the power of science and technology and include a series of free, family-friendly events. <https://nnsiencefest.org/>

In conjunction with the festival, the Terry Lee Wells Discovery Museum will host a community event, Robots Rock! on 4/27 from 4-8pm. Enjoy free admission to the museum, explore hands-on exhibits, and learn about robotics. Washoe County Library System staff will be there with a robotics demo and make-your-own binary bracelets that introduce kids to coding concepts.

Toni McLaughlin is the STEAM Coordinator for the Washoe County Library System and a librarian at the South Valleys Library. Her background is in geography, and



(Photo: T. McLaughlin)

**Children can learn how to identify local wildlife by their tracks and droppings as part of the South Valleys Library's STEAM series.**

she enjoys spending time outdoors admiring landscapes, landforms, plants, rocks, and animals. Check out the Washoe County Library System website for STEAM resources and lots more at [www.washoecountylibrary.us/](http://www.washoecountylibrary.us/)

# Adoption events benefit pets and owners

By Lori Dotterweich and Robert Burks

Living with a pet makes a world of a difference – for the pet and for the owner. Pets create routine, they improve mental and physical health and reduce loneliness. Even if you never considered yourself a pet person, two events in South Reno might change your heart.

Locally owned natural pet food and supply store, Natural Paws, is hosting their annual "Mutts in May" adoption day on Saturday, May 14th from 10am through 2pm.

Natural Paws invited several rescue groups including Nevada Humane Society, Pet Network Humane Society, Pawsibilities, CRCS, and Res-Que. Since 20 percent of dogs in shelters are purebred, there will be a large selection of lovable breeds and mutts. Whether your family would be a better fit for a quirky or mellow, active or lazy pet, you will surely find the right fit for your home. Some rescues will be bringing cute kitties along as well. Each adoptee receives a free 5lb bag of kibble from

Natural Paws, as well as a lifetime of pet food advice for their dog or cat.

The second event hosted by Natural Paws is Hike for Hounds on Sunday, June 5th at Galena Creek Regional Park. This is not your typical dog walk but rather a hike in the mountains on trails surrounded by beautiful pines and vistas. The two-mile Galena Regional Park Bitterbrush Trail guided hike is from 10am to 12pm and should take

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**Renown**  
HEALTH

Sarah Herbert, APRN



# Rusty pilots return to the skies

Ken Focht

If you're like a lot of pilots, the last couple of years have probably forced your attention towards things other than flying: kids in school, college, or perhaps a job change. If you consider knocking the rust off your license and getting back into the left seat, join over 10,000 pilots who have been through the Aircraft Owners and Pilots Association's Rusty Pilots program.

Stepping away from flying can be a tough decision for pilots and getting back into it after a long absence can be intimidating. The best time to get back in the left seat is June 18, 2022 from 9am to noon at the Minden Airport. AOPA in cooperation with Silverado Soaring Club is offering a three-hour seminar, free for AOPA members.

Anyone can participate in a free ground school session, that fulfills the FAA's flight review requirement for ground instruction. The program helps pilots brush up on topics such as medical reform, weather briefings, preflight planning, federal aviation regulations, airspace, and communications.



More than 10,000 aviators are now back in the left seat thanks to the Aircraft Owners and Pilots Association's Rusty Pilots initiative.

Remember, once a pilot – always a pilot. All you will need is a Flight Review – no check ride required. Just some quality time (minimum one hour) with a

certified flight instructor so you can flex your skills and you're good.

While most attendees are inactive pilots, the program is open to all—including students, nonpilots, and active pilots. In fact, about 40 percent of Rusty Pilots audiences are current pilots looking to sharpen their knowledge.

"You Can Fly" program has made significant strides in building the pilot community by creating nearly 200 new flying clubs, awarding millions of dollars in aviation scholarships, and delivering aviation science, technology, engineering, and math curriculum to more than 25,000 high school students.

The newest milestone—getting 10,000 formerly inactive pilots back in the air—demonstrates that "You Can Fly" is tangibly making flying more accessible and affordable. Now dust off that logbook. Getting back in the air is easier than you think.

Ken Focht is a retired airline captain with a major airline and a board member of Silverado Soaring Club, a non-profit corporation. For more information, check out the Silverado Club website at [www.silveradosoaring.com](http://www.silveradosoaring.com).

# RTC receives grant to plan future transit on Virginia Street



The Regional Transportation Commission of Washoe County is planning to add 12 bus stations to improve connectivity along the South Virginia Street corridor.

Submitted to the Galena Times

The Regional Transportation Commission of Washoe County received a \$300,000 Transit-Oriented Development planning grant from the U.S. Department of Transportation Federal Transit Administration. The funding will allow the RTC to envision and plan for the expansion of the Virginia Line Bus RAPID Transit service to South

Reno and develop land-use planning tools that will encourage a walkable, transit-supportive development pattern that meets the growth and development needs of the region.

The planning study will focus on the Virginia Street corridor between the I-580 interchange, near Patriot Boulevard, and the Mt. Rose Highway/ Geiger Grade intersection, near The

Summit Reno mall. The study will help the RTC identify the optimal land-use policies and patterns that will support 12 additional BRT stations on South Virginia Street. It will also allow the RTC to continue to coordinate with the private sector to improve connectivity, accessibility, and economic development throughout the Virginia Street corridor.

The RTC sincerely thanks the U.S. Department of Transportation for investing in the future of our

community, and our Federal delegation, Senator Catherine Cortez Masto, Senator Jacky Rosen and Congressman Mark Amodei, for their leadership and support. The RTC is grateful to FTA Administrator Nuria Fernandez and FTA Region 9 Administrator Ray Tellis for their commitment to the region's future transit needs.

The planning study is anticipated to begin in summer of 2022.

To learn more, please visit [rtcwashoe.com](http://rtcwashoe.com).

## geese continued from page 3



You're never alone.

You're not the only goose flying this route; there are those who have gone before you who can show you the way. And when you get tired, let someone else take the lead.

Geese have been imparted with the instinctive wisdom of knowing what to do and how to do it. Can't we imagine that we, too, have been imparted with intuitive wisdom to also know what we need to do on the myriad roads we travel?

Nature, in all her wisdom, has a remarkable way of showing us what is possible.

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](http://www.cslreno.org).

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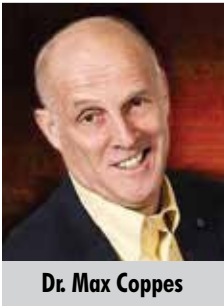
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# Prostate cancer screening, treatments promise hope



Dr. Max Coppes

**By Max Coppes**  
Second to skin cancer, prostate cancer is the most common cancer in men. At present in our country, about 270,000 men are diagnosed with prostate cancer every year; around 60% are over the age of 65. Compared to other cancers, prostate cancer is somewhat unusual in that in many cases it does not promptly spread to other parts of the body. Also, many prostate cancers tend to grow very slowly. As a result, over 90% of prostate cancers are found before the cancer cells have spread all over the body: the cancer is either localized completely inside the prostate or has only spread regionally to nearby organs.

The likelihood of surviving localized or regionally spread prostate cancer is excellent. Nearly all these men “will not have died” of their prostate cancer 10 years after their diagnosis. That is not the same as nearly all of them “will be alive” after 10 years. Since prostate cancer is a disease of men over 65 years of age, several men with localized or regionally spread prostate cancer will actually die before age 75, but not of their cancer, rather of heart disease or stroke for example. For men diagnosed with widespread prostate cancer, outcome is not as good, but in today’s world

with truly innovative therapies, there is realistic hope for several to many years survival.

Treating prostate cancer can be divided into treatments focused on the prostate regardless of whether the cancer has spread, called local treatments, and treatments for cancer outside the prostate. The latter treatment options obviously do not apply to men with localized disease. Localized disease can be treated surgically or using radiotherapy. Since prostate cancer can grow very slowly and the side effects of local treatment, although infrequent, can be debilitating, in some cases your doctor will actually recommend active surveillance and watchful waiting.

Your doctor is the best person to guide you through the options available and provide you with the pros and cons of each one. For those with tumor spread beyond the prostate, radiation and/or systemic treatments will be recommended in addition to the proposed local treatment. A peculiar systemic treatment for prostate cancer focuses on lowering the male sex hormone androgen, which very often drives cancer growth in the prostate. Many other systemic treatments exist, including immunotherapy and targeted therapy that targets the cancer’s specific genes or proteins.

Finally, something about screening and annual physical exams. Maybe I will start with the obvious: we men are not very good at annual exams. Yet over

and over the benefits of early diagnosis, whether for high blood pressure, depression, or cancer, have been demonstrated. Diagnosing prostate, breast, or colon cancer in their early stages confers a much better outcome than finding out once cancer has spread all over the body.

Given its location, the prostate can be physically examined by a healthcare provider, who feels the surface of the prostate for any irregularities. Every man over the age of 50 (some suggest 45) should have an annual digital rectal exam or DRE. In addition, one can measure the amount of prostate-specific antigen in an individual’s blood. PSA is a substance made by the prostate gland and can be elevated in men with an infection or inflammation of the prostate, with those who have benign prostatic hyperplasia, or with those that have prostate cancer.

There is genuine controversy about using the PSA test as a screening tool for otherwise healthy men. My advice which I have followed myself is to discuss the pros and cons of annual PSA testing with your provider and stick with their recommendation. In the meantime, like me, go for an annual physical exam that includes a DRE!

*Dr. Max J. Coppes, MD, PhD, MBA, is Professor of Pediatrics and Clinical Internal Medicine at the University of Nevada Reno School of Medicine and the Cancer Center Director of the Renown Institute for Cancer.*

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# Baby tooth facts tooth fairies don't mention



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Pediatric dental offices have noticed an uptick in children's cavities since the pandemic started. Being stuck inside much more during this time has led kids to more frequent snacking. This is completely understandable as being home all day provides perfect snacking opportunities.

But carbohydrate snacking can quickly lead to tooth decay, especially in children.

As some of you know, I teach medical students at my office. Part of what I teach are the differences between baby teeth and adult teeth. These differences can help you understand why frequent brushing and flossing is so important to keep your child's teeth healthy.

Baby teeth start to come in, or erupt, as soon as

babies are a few months old. Most children have all 20 baby teeth in by age two, give or take. They start losing the front four bottom teeth around age 6 or 7 and the top four teeth between age 7 to 8. The rest of the baby teeth will stay in the mouth for another five to seven years. Most children will not lose all their baby teeth until they are age 12 to 14.

Unlike adult teeth, baby teeth don't have a thick enamel protection, and the layer below the enamel, also known as dentin, is very soft in comparison. Cavities grow much faster once they reach the dentin layer. That makes it so important to prevent cavities from forming.

The natural bacteria in our mouths love foods that cause cavities, primarily simple carbohydrates. When the bacteria "eat" the carbohydrates, they secrete acid as a waste product. This acid is what erodes the enamel and eventually can cause cavities. Because of the limited

protection through enamel and the softness of the dentin layer, cavities can grow very fast on baby teeth.

Baby teeth are important place holders for adult teeth. When your child is getting adult teeth, you may notice that adult teeth are slightly darker, on average, than baby teeth. This is very normal. The adult front teeth come in with ridges on the edges, called mamelons. They eventually wear off and the edges look "normal" with time. Keeping baby teeth brushed and flossed ensures that adult teeth are developing into a sparkly smile.

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

## Does your posture matter?



Ryan Golec

By Ryan Golec

Everyone can still hear that voice from their mom or maybe a teacher, "Stand up straight!" But what does that mean to stand or sit

straight when we get down to anatomy and function?

The spine is an incredibly efficient structure that displaces load through a series of alternating curves and cushion discs. The musculature around the spine allows for control and motion. When the spine is stacked efficiently, movement is strong and stress on joints is minimal.

There is a lot of debate whether the cause of pain and dysfunction is due to posture or normal, age-related transformation. I look at it in a simple way: if the body is in a good position, then it moves efficiently. A poor position may not immediately cause pain, but I promise that if you remain in the wrong

position long enough, strain will occur.

The typical problem with posture is that everyone is trying to stretch the muscles that are already stretched. If I have a fish on the line of a fishing rod, the rod bends to manage the stress on the line. If too much stress is applied, the line will break. You can either use a stronger line, or a more rigid pole. However, a rigid pole with a weak line will still break.

Consider that the line is the muscular system, and the rod is the spine. The ideal scenario would be to have no stress on the pole, but life does not give us that. So, you must train yourself to have a more robust line. When you are bent forward over a phone or computer, postural muscles are constantly trying to hold you up. They fatigue over time. The more fatigued they get, the more risk you have of damaging the structure.

If we stretch these tired muscles, we just allow them to keep the body bent. I will let you in on a little secret. Make those muscles stronger instead! Building

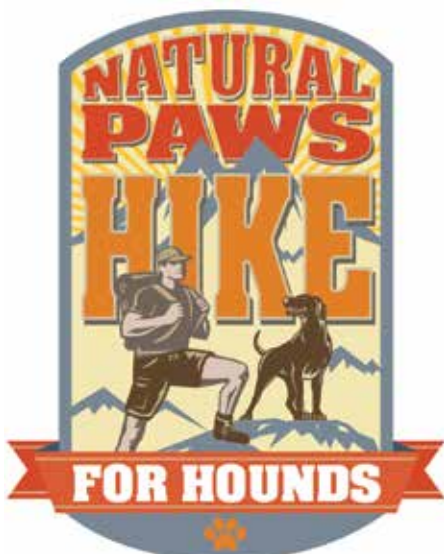
strength in the upper back musculature not only makes you more robust to tolerate this daily stress, but it helps building positional awareness, so we don't fall as far into that "poor posture."

So, what do you do? Let the alphabet teach you. I-Y-W-T-A are the key letters. No, this is not an acronym but rather positions. Lay on your stomach and put your arms straight over head. Raise the arms off the ground and slightly lift the chest. This is your I position. For the Y, move the hands about 2 feet apart, For the W, bend your elbows from the Y to 90 degrees. T is straight out to the side,

and A is back by the pockets. Try to hold each of these positions for 15 seconds. If you can do that, build yourself up to one minute each. You are now well on your way to a powerful and robust spine.

*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.*

## pet adoptions *continued from page 5*



Here your dog will delight in their very own after-hike ice cream – bacon and peanut butter flavored nonfat yogurt. There will also be tons of pooches up for adoption. Sign up when you arrive. Just \$30 includes an event t-shirt as well as an impressive gift bag of dog goodies and ice cream. All proceeds benefit Res-Que and Canine Rehabilitation Center and Sanctuary. CRCS is dedicated to rehabilitating dogs until they are adoptable to loving homes. At the event, dogs must be always on leash, current on vaccinations, and cleaned up after.

*Lori Dotterweich and Robert Burks are owners of Natural Paws, located in the Raley's Center at Galena Junction in South Reno and are doggedly committed to pet rescue. For more information visit [www.naturalpawsreno.com](http://www.naturalpawsreno.com), [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email [naturalpawsreno@yahoo.com](mailto:naturalpawsreno@yahoo.com) or call (775) 853-3533.*

about an hour. But make sure to linger longer with your pooch to soak up all the gorgeous Sierra scenery.

After the hike, relax and enjoy the many unique vendors and food trucks.

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# COVID measures impact kids mentally, physically, academically



By Kris Deeter

While adults slowly crawl out from under mask mandates and office reorganization, there is a growing concern that kids have been left behind and many will continue to struggle to catch up. The last two years have been challenging for all and devastating for many. No one could have predicted that a virus reported in China at the end of 2019 would result in months of prolonged lockdowns, store and office closures, and virtual school for Americans.

Though we have all been victims of this pandemic, there is a massive spectrum of impact across our country. We do not yet know the final consequences of the pandemic on our children, but there are some early clues that what they have lost academically, socially, and psychologically may cause long-term damage.

In Nevada, where graduation rates were already lower than most other states but had been trending up, we saw a critical 1.3% drop from 2020 to 2021 to 81.3%. Washoe County reported a graduate drop of 2.6%. The 2021 class only had a year of pandemic to deal with. As we approach graduation day 2022, we are crossing our fingers and hoping that we have been successful in supporting our seniors through two years of off-and-on instruction.

On the other end of the spectrum, kindergarteners started this school year without the benefit of socialization through daycares and preschools. Teachers have been reporting a return to basics like learning to sit in chairs and follow basic rules. Major analyses

have shown that K-12 students finished last year up to five months behind in math and four months behind in reading compared to previous scores. Just when schools started to catch up again this year, the Omicron variant rolled in and disrupted things all over again.

International studies show decreased engagement and increased behavioral issues in K-12 kids. Rates of depression and anxiety were already growing prior to the pandemic. The isolation of lockdown and increased screen time has done nothing to improve this trend.

In 2021, there was a 31% increase in teenage suicide attempts seen in our emergency rooms across the country. Add to this stress a lack of school psychologists – about one for every 5,000 students in Nevada. Across the country, Maine is the only state that currently meets the recommendation of one professional for every 500 students.

Academic success requires both physical well-being and mental health support. In order to lift our students up, we must return them to school and their friends with strong bodies and minds. The good news is that due to the mental health crisis, there is now more attention being given and less stigma attached to having mental health issues. Everyone is talking about the deficiencies in services, and resources are slowly being directed to mental health. It will require our entire village to prioritize and contribute to the recognition and treatment of depression and anxiety for our kids and their caregivers.

On the physical health side, we have a long way to go, but the solutions are in reach. Early on in the pandemic, children only made up about 4% of all Covid cases with minimal hospitalization and almost no reported mortality. We now know that children were protected against the early strains due to differences

in their innate immunity. Unfortunately, mutations have created new strains that are now defeating the pediatric immune system.

We are now seeing an increase over the last surge with kids making up 25% of all new cases. Over 12 million children have now tested positive with most of these in the last few months. Children remain vulnerable to post-Covid disease like multi-system inflammatory syndrome and long Covid which both result in disruption to physical and mental health.

Vaccination, masking, and testing programs have been proven this year to be effective methods of keeping kids healthy and in school. We now have examples of school districts who focused money and resources on vaccination and testing and survived this year without school closures.

Adults have protected themselves – over 95% of Americans over age 16 have received at least one vaccine dose and 81% are “fully vaccinated”. We have not done so well by our children, however. Only about 56% of 12–17-year-olds and 23% of 5–11-year-olds are fully vaccinated as of February 2022.

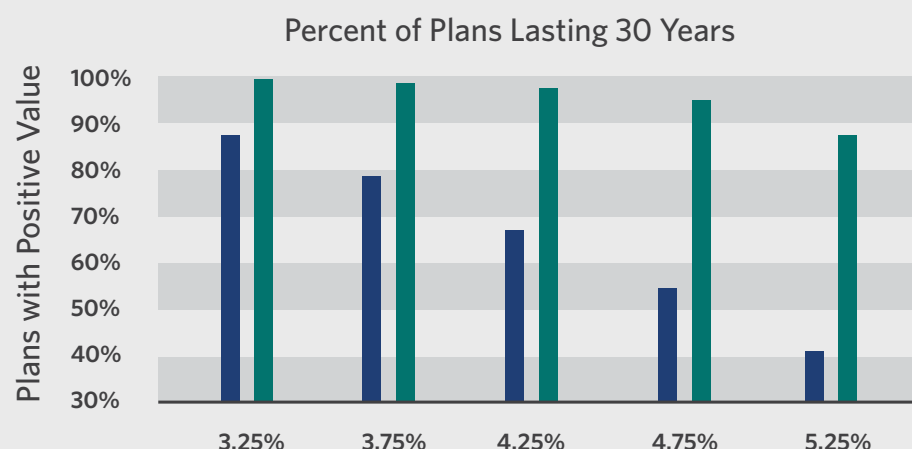
A study in Pediatrics in January 2022 found that kids most at risk for severe Covid are those with chronic disease, obesity and diabetes. If we can at least start with protecting our most vulnerable with vaccination, then we will be making progress.

I encourage everyone to pay attention to our little ones, promote increased services and resources for children and schools, and do what you can to protect our kids before they become the next “lost generation”.

*Kris Deeter, MD, MBA, FAAP is Vice Chair of Pediatrics at University of Nevada, Reno School of Medicine and medical director of the Pediatric Intensive Care Unit at Renown Children's Hospital. She also works for REMSA as a pediatric educator.*

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Sunny Mountain Home that backs to acres of USFS land with a year round stream. Relax on the deck and take in the beautiful views and the sounds of the stream. Single-level living with the living room, den, kitchen, dining, master bedroom, full bath and laundry/utility room on main level. **\$1,690,000.**



Rare waterfront Wingfield Springs epic, one-story view home. This lovely home sits on a quite cul-de-sac and is conveniently located near shopping center and golf course. The open-floor-plan great room welcomes you with nice views as soon as you walk in. The spacious living area features a cozy fireplace with views. **\$759,850.**



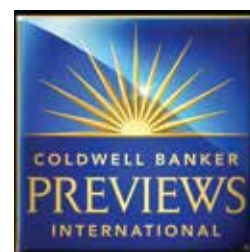
This is a beautiful three-bedroom, three-bath condo in the Incline Villa Complex. The condo overlooks the year round Third Creek and is adjacent to the Championship Golf Course and putting green. Enjoy the view and sound of the creek. **\$1,260,000.**



Beautifully maintained Cottage at Montreux with two master suites (one up, one down). Great room concept home with living room, kitchen, dining room and breakfast nook all open to each other. Master suite, guest suite and den/office downstairs. **\$1,949,000.**



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# All Area Home Sales December 2, 2021 - February 24, 2022

GALENA/MONTREUX/ST. JAMES	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Off Market
3365 Joy Lake Road	\$899,000	441.99	\$946,000	465.09	2034	1.08	12/14/2021
17235 Mountain Bluebird	\$965,000	440.04	\$975,000	444.6	2193	0.68	12/3/2021
1505 Joy Lake Road	\$995,000	370.03	\$995,000	370.03	2689	0.62	12/2/2021
17255 Evergreen Hills	\$1,250,000	432.53	\$1,200,000	415.22	2890	0.6	12/15/2021
225 Piney Creek Road	\$1,295,000	398.95	\$1,220,000	375.85	3246	1.05	12/17/2021
500 Douglas Fir Drive	\$1,395,000	501.8	\$1,350,000	485.61	2780	1.13	12/9/2021
450 Douglas Fir Drive	\$1,500,000	373.32	\$1,475,000	367.1	4018	1.15	1/6/2022
505 Yellow Pine Road	\$1,495,000	382.55	\$1,480,000	378.71	3908	1.39	12/17/2021
500 Yellow Pine Road	\$1,495,000	518.02	\$1,585,000	549.2	2886	1.01	1/31/2022
255 Douglas Fir Circle	\$1,650,000	487.16	\$1,755,000	518.16	3387	0.66	12/6/2021
16470 Snow Flower Drive	\$1,850,000	485.06	\$1,850,000	485.06	3814	1.01	1/21/2022
6465 Montreux	\$1,949,000	524.35	\$1,949,000	524.35	3717	0.23	12/7/2021
203 N Big Sage Lane	\$2,300,000	590.05	\$2,300,000	590.05	3898	1.15	1/5/2022
5530 Lausanne	\$2,999,999	664.16	\$2,999,999	664.16	4517	0.57	12/28/2021
5223 Nestle Court	\$3,600,000	730.96	\$3,600,000	730.96	4925	0.83	12/6/2021
<b>CALLAHAN RANCH</b>							
5580 Goldenrod Drive	\$765,000	396.17	\$750,000	388.4	1931	0.99	1/7/2022
14840 Parisian Court	\$1,750,000	543.99	\$1,700,000	528.44	3217	0.91	1/11/2022
<b>ROLLING HILLS/GALENA COUNTRY ESTATES</b>							
4160 Twin Falls	\$788,000	302.03	\$788,000	302.03	2609	0.28	1/7/2022
1945 Summer Star Road	\$850,000	281.74	\$830,000	275.11	3017	0.25	12/23/2021
470 Snowmass Court	\$825,000	361.84	\$870,000	381.58	2280	0.44	1/6/2022
14350 Ghost Rider	\$999,950	359.05	\$999,950	359.05	2785	0.34	2/18/2022
<b>SADDLEHORN/MONTE VISTA</b>							
14220 Saddlebow Court	\$1,600,000	391.1	\$1,600,000	391.1	4091	1.02	2/16/2022
14275 Domingo Court	\$1,700,000	539.51	\$1,680,000	533.16	3151	0.5	2/23/2022
4535 Saddlehorn	\$1,875,000	439.93	\$1,830,000	429.38	4262	1.07	12/28/2021
14265 Table Rock Court	\$1,950,000	493.55	\$1,870,000	473.3	3951	0.8	2/22/2022
<b>ARROWCREEK</b>							
539 Echo Ridge Ct	\$1,119,000	444.58	\$1,072,500	426.1	2517	0.31	1/28/2022
605 Rabbit Ridge	\$1,100,000	489.54	\$1,100,000	489.54	2247	0.34	2/16/2022
572 Echo Ridge Ct	\$1,199,999	476.76	\$1,125,000	446.96	2517	0.41	2/3/2022
543 Echo Ridge Court	\$1,140,000	439.48	\$1,140,000	439.48	2594	0.32	12/3/2021
2728 Spirit Rock Trail	\$1,175,000	466.83	\$1,175,000	466.83	2517	0.54	1/6/2022
2858 Shale Creek Drive	\$1,295,000	352.29	\$1,300,000	353.65	3676	0.36	1/7/2022
3458 Forest View Court	\$1,375,000	436.92	\$1,320,000	419.45	3147	0.44	12/6/2021
6265 Sierra Mesa	\$1,548,000	385.36	\$1,528,000	380.38	4017	0.41	12/16/2021
5660 Rue St Tropez	\$1,625,000	445.94	\$1,550,000	425.36	3644	0.33	1/21/2022
10044 Via Solano	\$1,595,000	439.15	\$1,600,000	440.53	3632	0.39	2/23/2022
1200 Broken Feather Ct	\$1,705,125	441.63	\$1,705,125	441.63	3861	0.72	12/7/2021
11015 Montano Ranch ct	\$2,375,000	470.67	\$2,300,000	455.81	5046	0.61	12/17/2021
<b>WEST WASHOE VALLEY</b>							
2267 Christmas Tree Drive	\$659,900	299.95	\$640,000	290.91	2200	0.18	2/17/2022
1889 Newman	\$625,000	261.51	\$640,000	267.78	2390	0.28	12/14/2021
2123 Canterbury Lane	\$682,532		\$682,532	298.57	2286	0.27	1/26/2022
1969 Newman	\$689,000	276.82	\$710,000	285.26	2489	0.28	1/31/2022
3122 Upland	\$750,000	291.83	\$750,000	291.83	2570	0.34	1/4/2022
1660 Bluebird Ct.	\$761,849	357.68	\$761,849	357.68	2130	0.31	1/31/2022
1633 BLUEBIRD CT	\$778,700	323.65	\$787,900	327.47	2406	0.21	12/10/2021
702 Derby Ct.	\$825,000	324.42	\$811,500	319.11	2543	0.26	1/14/2022
1646 BLUEBIRD CT	\$855,000	355.36	\$855,000	355.36	2406	0.27	1/19/2022
1668 BLUEBIRD CT.	\$885,000	317.43	\$885,950	317.77	2788	0.38	2/15/2022
1640 BLUEBIRD CT.	\$929,318	333.33	\$929,318	333.33	2788	0.35	2/17/2022
2010 Newman Place	\$1,190,000	353.54	\$1,010,000	300.06	3366	0.3	2/8/2022
5200 Numaga Pass	\$1,125,000	314.6	\$1,025,000	286.63	3576	1.94	12/28/2021
4100 Hobart Road	\$1,275,000	305.46	\$1,115,000	267.13	4174	2	2/4/2022
<b>OTHER AREAS OF SOUTH RENO</b>							
13630 Edmands Drive	\$1,030,000	383.76	\$1,000,000	372.58	2684	0.73	1/7/2022
2160 Kingman Ct.	\$1,060,000	445.94	\$1,075,000	452.25	2377	0.44	1/31/2022
755 Sandoval	\$1,299,000	412.77	\$1,250,000	397.2	3147	0.5	2/22/2022
1010 Foothill	\$1,375,000	495.85	\$1,300,000	468.81	2773	2.17	12/30/2021
7325 LA PAZ CT	\$1,275,000	400.82	\$1,300,000	408.68	3181	0.46	2/1/2022
1000 Monte Vista Dr	\$1,299,950	324.66	\$1,320,000	329.67	4004	1.72	2/17/2022
2200 S Tesuque Road	\$1,399,888	534.1	\$1,325,000	505.53	2621	0.41	1/10/2022
13040 Broili Dr.	\$1,750,000	428.29	\$1,595,000	390.36	4086	0.85	2/3/2022
4000 Lone Tree Lane	\$1,750,000	448.72	\$1,600,000	410.26	3900	3.31	2/9/2022
3150 Holcomb Ranch	\$1,990,000	457.68	\$1,990,000	457.68	4348	7.5	12/30/2021
25 Cassas	\$2,250,000	574.13	\$2,125,000	542.23	3919	3.5	1/21/2022
2515 Faretto Lane	\$2,500,000	498.31	\$2,250,000	448.48	5017	4.36	12/22/2021
8475 Dieringer Lane	\$5,500,000	702.97	\$5,000,000	639.06	7824	19.45	12/30/2021

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

# 4 ways how exercise boosts immune system



Andrew Pasternak, MD

By Andy Pasternak

With the COVID 19 pandemic, there has been a lot of talk about the best ways to boost your immune system. One of my favorite ways is by staying physically active.

Before diving into the benefits of exercise on the immune system, let's take a minute to talk about how your body fights off infections. When I was in medical school, one of our first classes was in microbiology. We learned how things like bacteria, viruses, and protozoa could wreak havoc on our bodies. Amazingly, these microscopic invaders can cause so many medical problems. Fortunately, to help put our minds at rest, we also learned about immunology and our body's defense systems.

Our immune system is a complex system of white blood cells, antibodies (proteins that help fight off infections), and organs like your spleen and lymph nodes which all work together to kill or neutralize infections.

We also then categorized our immunity into innate immunity and adaptive immunity.

Innate immunity refers to how we can fight off infections, including physical barriers like intact skin and some types of white blood cells. Adaptive immunity is specific immunity against infections. For example, after our body is infected with a virus or bacteria or through vaccinations, we develop specialized antibodies that help kill a particular bacteria or virus or keep it from reproducing.

**How does exercise help?**

1. Exercise helps improve blood flow throughout the body. Having good blood flow is like providing more water to a farm. Poor blood flow tends to increase the chances of an infection taking a foothold in your body.

2. Every bout of exercise helps mobilize the cells that kill bacteria and viruses. Exercise gets these cells into the bloodstream, where they are primed and ready to take on bacteria and viruses.

3. Another layer of protection are chemicals your body produces in response to infections called cytokines. Cytokines help to control our immune responses.

Exercise activates these chemicals, which help keep our immune systems ready.

4. Exercise also tends to help your sleep quality, which allows your body to restore and recover.

Many research studies have shown that better physical fitness helps our bodies fight off not only COVID-19 but other bacteria and viruses. Interestingly, exercising after getting vaccinated also seems to help improve our body's response to the vaccine and make more antibodies, giving us more protection.

Is being physically fit completely protective? Absolutely not. During COVID, I've seen several people in excellent shape still get very sick with COVID, especially before vaccinations were available. However, in conjunction with vaccines, staying active is a crucial way to keep your immune system healthy.

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

## Spring fever self-care



Meaghan Maillet

By Meaghan Maillet

As spring approaches and weather becomes consistently warmer, many of us who have been deep in hibernation will begin to emerge. The trails will see more activity, mulch and pansies will be flying off the shelves at local gardening stores, and my inbox will be full of requests for ASAP massage appointments from people who have overdone it. So here are some prevention and recovery tips to help you survive spring fever.

**Prevention:**

**Ease into it.** If you've been dormant all winter,

don't go out for a 50-mile bike ride or spread 100 bags of mulch on the first warm day.

**Warm up.** Before engaging in any physical activity, warm up with a low intensity version of whatever you will be doing. Going for a run? Take an easy jog before hitting the track for your speed intervals. Planting flowers? Do a few gentle forward bends to loosen the hamstrings and low back.

**Stay flexible.** Whether you practice yoga or simply follow a stretch routine on your living room floor, keeping your muscles flexible will help prevent overuse tension.

**Recovery:**

**Take a bath.** A warm bath with Epsom salts or a soak in a jetted tub can work wonders for achy muscles.

**Roll it out.** Using a foam roller, while it may be uncomfortable at first, is a great way to give yourself a massage, and you can target the areas that need it most.

**Get a professional massage.** While self-massage is great, sometimes it's best to let a pro handle it. Our training helps us to zero in on the effected tissues, so that you can feel better faster.

*Meaghan Maillet, LMT, is the owner of Connective Touch Therapeutic Massage. She relocated from the Northern Virginia suburbs of Washington, DC and 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.*

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

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# Expect change, stay adaptable



Kerstin Tracy

By Kerstin Tracy

After two slow years, years that had us live more reclusive lives, 2022 will bring much change. From a feng shui and CranioSacral therapy perspective, 2022 is a year of great power and opportunity.

According to the Chinese zodiac wheel, the Water Tiger year brings change. First off, the water element is an element that is known for its flexibility, adaptability, activity, and power. The water element is also an element that is related to emotions. It asks you to be transparent, and you can see your reflection in it. Water is refreshing, we all need lots of it to be healthy, so hydrate well.

Let's look at our health through the lens of feng shui,

the Chinese philosophy of harmonious placement. East is the general health direction for all. It also represents family. The east is associated with the wood element. To enhance your health, place larger plants and add colors like green, blue, and brown in this direction of your living room. Place only images of flowers in your bedroom and avoid live plants there.

This year, the eastern direction will bring much healing for humanity and nature. However, a different influence might be coming to affect the east this year that may bring conflict. Place a large, red candle in the east and light it when meditating or when conflicts arise. And place something that makes you laugh in the east this year to lift your spirits.

From a CranioSacral perspective, focus on movement this year. Exercise is key. This will allow the flow of

cerebrospinal fluid, blood, and lymph to move freely in your body and around your nervous system so all tissues can be nourished and detoxified.

As much as movement is important, so is stillness. When you seek clarity, calm, inner guidance, health, or inner peace, seek stillness and wait for insight. Remember that transparency and reflection are key this year. Receive bodywork, breathe deeply, laugh a lot, and enjoy this powerful and exciting year.

*Kerstin Tracy is the owner of Ready2Heal. She helps humans and horses suffering from complex structural and neurological problems regain their optimal health. Visit [www.kerstintracy.com](http://www.kerstintracy.com) for more information on FengShui and for updated Covid-19 safety guidelines and general services like CranioSacral Therapy. You can email any questions to [kerstin@kerstintracy.com](mailto:kerstin@kerstintracy.com).*

# Get to know your doctor

Submitted to the Galena Times

We know finding the right health care provider is personal. You want to trust them, and they want you to trust that they are dedicated to helping you live a happy and healthy life. To help you find your next internal medicine provider, we recently spoke with Dr. Seong McGinnis who works with Carson Tahoe Medical Group, located in South Reno, 10539 Professional Circle, Suite 200.

**Q - Tell us a little bit about yourself!**

I am a long-time Reno native. I've been here since 1978. I have two sons, ages 18 and 21. I love all things Disney. I love to run/walk (yes, that is still considered running), and have run seven half-marathons using this method, as well as one full marathon.

**Q - What is Internal Medicine, and is it different from Family Medicine?**

Internal Medicine is the care of patients ages 18-and-older. Unlike some Family Medicine providers, I do not

see children or anyone for Obstetrics. Historically, we took care of patients in the hospital but now Hospitalists do that. IM doctors generally take care of complex medical patients, but we also enjoy seeing younger patients to help keep them healthy.

**Q - What made you want to pursue a career in medicine?**

I used to take my parents and grandparents to their doctor's appointments all the time as the oldest child who spoke English in an immigrant family. It exposed me to a career where I could help people and make a difference. I feel like I hit the jackpot, doing what I do.

**Q - What brings you joy in your job?**

It brings me great joy when I can help a patient



Dr. Seong McGinnis

make proper healthcare decisions for themselves. Everyone needs to make choices they are comfortable with, and one size does not fit all.

**Q - Do you have any general advice on how all of us can stay healthy - especially now?**

I think attitude is so important in wellness. One can have a cancer diagnosis but still focus on the positive and make positive choices daily.

*As a comprehensive healthcare system, Carson Tahoe offers a number of services to help you live a life rich in wellness, with emergency care when you need it. To*

*schedule an appointment with a Carson Tahoe Medical Group provider, including Dr. McGinnis, visit [CarsonTahoe.com/MedicalGroup](http://CarsonTahoe.com/MedicalGroup).*

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# Reverse mortgage myths debunked

By Tom MacDonald

Having been a reverse mortgage specialist for roughly 20 years, I've found people think they have a sense of them. But I've found most people either have a serious misconception or don't understand their potential. After each "Did you know?" below, ask yourself if you were aware of that fact.

## Did you know I bought my home in Del Webb using a reverse mortgage?

The first benefit to me was not having monthly mortgage payments. Since I am still working, I set it up so that if I pay down on the principal – which I can do at any time in any amount – the line of credit would increase – in addition to the natural growth of the line of credit. While I have a decent amount invested in the market, this gives me an additional source of funds with guaranteed growth and liquidity – to use perhaps when I don't want to draw from my market funds and/or IRA funds.

## Did you know many people think the bank owns the home after you get a reverse mortgage?

This is a common misconception. You own your home and retain title throughout the life of the reverse mortgage. Once you permanently move out of your home or pass it to your estate, the loan must be repaid.

## Did you know a reverse mortgage helps hedge against possible home values dropping?

The reverse mortgage may come with a line of credit that grows

over time regardless of what the value of the home is doing. Many of my clients had access to their line of credit even after the market dropped and they had no equity.

## Did you know people think reverse mortgages are only for desperate seniors, or for the "house rich, cash poor?"

The reverse mortgage is an excellent financial planning tool that has been used by homeowners from all walks of life to enhance their retirement years. While some have needed the cash from a reverse mortgage more than others, the growing popularity of this product is evidence of its benefit in a wide array of financial circumstances.

## Did you know getting a reverse mortgage now rather than later could be an important decision?

Many clients say they may get a reverse mortgage later when they are older and there is more money available. While age provides a few thousand dollars more with each year, rising interest rates could subtract tens of thousands of dollars. The Federal Housing Administration has also reduced the principal limit (your benefit amount – think of it as loan to value) several times in the past decade. This happened most recently with an effective date of October 2, 2017, when they reduced it up to 22% with very little advance notice.

Tom MacDonald is a reverse mortgage advisor. For more information, contact [tmacdonald@mutualmortgage.com](mailto:tmacdonald@mutualmortgage.com), (775) 234-2355 or visit [www.MutualReverse.com](http://www.MutualReverse.com).

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# Pasta e fagioli, perfect winter dinner



By Beth Carbone

Pasta e fagioli is a classic winter dish – short pasta mixed with delicious cannelloni beans and topped with extra virgin olive oil. This recipe uses a ham bone to flavor the beans as you cook them, but if you prefer a vegetarian version, just omit the ham.

For this recipe, I use a prosciutto bone, or ham bone, to flavor the beans as I cook them. This dish is so good that motivates me to buy a prosciutto each winter. Which prosciutto? Well, the best are the prosciutto from black pigs from Calabria or Sicily – difficult to find in the US – and the Spanish Pata Negra, which is sold in the US. This means that you purchased a whole prosciutto, and after you’ve eaten it, you use the bones when cooking the beans. And if you can’t find the prosciutto, omit it from the recipe – it will still be great.

## Ingredients

- 1 ham bone (preferably from a whole prosciutto)
- 1 pound of ham meat, cut from the bone
- separate the fat from the meat, so that it can be included with olive oil when sautéing the onion
- 700 grams of dry cannellini beans
- 1 red onion medium size, finely chopped
- 3 celery stalks, finely chopped
- 8 leaves of sage or a couple of sprigs of fresh rosemary –whichever you prefer
- 1 hot pepper, minced (optional)
- 400 grams (about 2/3 box) of a short pasta noodle, like penne, cavatappi, fusilli, etc.) You want per weight about half of pasta compared to the beans.

## Preparation

• Dry beans need to be soaked overnight, for at least 12 to 16 hours. Put them in a pot and cover them with cold water, with at least 3 inches of water above the beans. Add a teaspoon of salt to the water. Once they have soaked overnight, pour the beans into a colander and rinse before starting to cook them.

• In a large heavy pot, pour enough extra virgin olive oil to cover the bottom (about 2 mm, or 1/8 of an inch of oil). Add the prosciutto fat and turn the heat to low/medium low.

• As soon as the fat melts, add the chopped onion, celery, sage, and pepper. Cook on low heat till the onion become soft and translucent, about 7 minutes.

• Add rinsed cannellini beans, mix well, and add the bone. If the bone is too large for the pot, immerse the part of the bone which has some meat and let the top of it stick out of the pot.

• Add enough water—about ½ inch or 1 centimeter above the beans – and cover. (Use aluminum foil if the bone sticks out). Bring to a boil for a minute, then lower the heat to very low. Let it cook at very low heat for about 5 hours, mixing every hour, no more than that.

• When the beans are ready, cook the short pasta in boiling water until done. Once you’ve poured them through a colander, mix the pasta with the beans and enjoy, adding only 1 tablespoon of olive oil per serving dish. Do not add cheese.

For more recipes from Beth and her husband, Michele Carbone, please visit their food blog: <http://michelecarbhone.org/blog/>



Pasta e fagioli

# Taste along with certified sommelier



Certified sommelier Drew McKenzie likes visiting vineyards and sharing his knowledge of wines. Join him on his Facebook group “Galena Wine Tasting”.

By Drew McKenzie

I was happy to find a selection of wines made from the Barbera grape in my regular grocery store in South Reno. Let’s take a deeper dive into two of these wines: Pio Cesare, Barbera d’Alba, 2018 and Jeff Runquist, Barbera, Amador County, 2019. If you get a chance, go out and grab these two wines and explore along with me.

The Pio Cesare is from the Alba region of Italy – also home of the white truffle – where a fog cools the grapes nightly. The Runquist hails from Amador County, California, where the average daily high temperature during the growing season is a staggering 15F hotter than in Alba.

A contemporary choice by Pio Cesare is to barrel-age this wine in toasted French oak barrels. Barrel-aging in this region is traditionally done in botti, large 1,000-20,000 liter Slovenian oak barrels that are untoasted. Runquist chose a mixture of toasted French, American, and neutral oak.

When we look at the wines in the glass, the Runquist wine is a solid

purple. The Pio is ruby moving to a brick-colored red in the meniscus, the outer rim where the wine touches the glass, suggesting longer aging.

To get a better olfactory experience, place your hand over the glass, swirl, remove your hand and sniff in different parts of the glass. The ripe aromas of the Runquist combined with the use of American oak, which has a higher concentration of vanillin compounds, give us a perceived sweetness to this wine when compared to the Pio. However, both wines are fully fermented. The Pio also displays a truffle, earthy aroma that speaks to the terroir of this wine.

Take a sip of the wines and notice the calling card of barbera, high acidity. Despite the hot climate of Amador County, the Runquist has retained enough acidity to make my mouth water, but the Pio Cesare has my saliva pooling up under my tongue. My mouth is begging me for a bite of food.

Tajarin, or tagliatelle, pasta with porcini mushrooms or for special occasions white truffles is an excellent traditional pairing with these wines. For

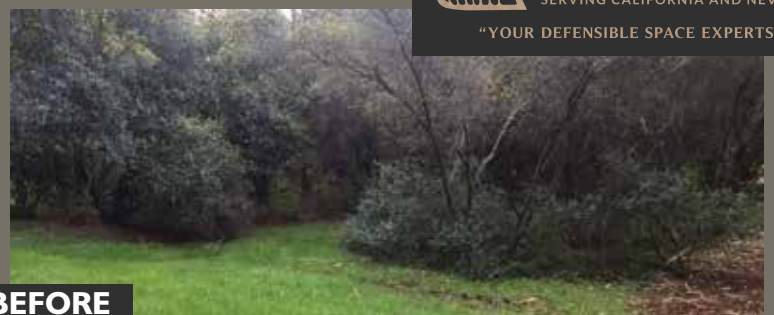
something quick and easy, pizza with green pepper, mushrooms, onion, and sausage is a great match.

Share your tasting notes, pairings, or general thoughts for these wines at the “Galena Wine Tasting” group on Facebook. Saluti!

Drew McKenzie is a husband, father of two, and a Certified Sommelier by the Court of Master Sommeliers. At Raley’s on Wedge Parkway, the Pio Cesare costs \$38.99 or \$25.49 (any 6 bottles or more), the Jeff Runquist costs \$30.99 or \$21.69 (any 6 bottles or more).

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## 5 love languages of children



By Maren Schmidt

About three years ago as I was having physical therapy, my therapist mentioned a book that she had been reading and finding so important in helping her create a more loving relationship with her husband and other family members. The book? The 5 Love Languages by Gary Chapman.

When I got back home from my session, I found my over 20-year-old copy on the shelf. As I read it, I remembered the valuable lessons I had learned and implemented from the book.

When I ordered a book for a friend, I discovered that the 5 Love Languages approach had grown quite a bit since I read it for the first time. There is now The 5 Love Languages of Children, and I felt it was an important book to share with parents.

The book is easy to read and the advice on how to discover and use each family member's primary love language is simple to implement. Here is a bit about the five love languages, but I encourage you to read the book.

### Words of Affirmation

For the people who feel loved when hearing words of affirmation, it is important that we keep giving these important love tokens. We can write notes. We can offer a sincere compliment. We offer words of encouragement. We use positive statements. We can catch our children doing the right thing and let them know we know.

How do you know that a person's main love language is words of affirmation? Do they like to give you drawings? Do they save the cards they get for birthdays and holidays? Do they tell you they love you every day? How children express their love is how they like to receive love, too. Be on the lookout for that important clue.

### Quality time

Quality time is one of the five love languages. And it is my primary love language. When I spend quality time with the people I love and care about, I feel loved. For me, the most important part of a relationship is to spend quality time together.

Perhaps your child that has to get up five times to get a drink of water at bedtime has a primary love language of quality time. One of the things I learned as a parent is that ten minutes of focused quality time per day with each of your children helps them feel connected and loved.

It really takes a small investment to build that loving relationship, especially when you know your child's and your primary love language.

### Gifts

Another love language is gifts. There are people who love giving and getting presents. With gifts as a primary love language, these people delight in getting a gift as well as giving gifts. Children, for the most part, seem to love to give little gifts and are excited to receive gifts.

Giving a surprise is also a fun way to offer a gift. When my daughters were between 3 and 9, I'd plan surprise outings. To a park. To a museum. To the ice

cream shop. To the swimming pool. To pop popcorn and watch a movie. I used my primary love language of quality time to offer a gift.

Simply writing on a card, "Surprise! We're off to the pool!", putting the card into an envelope and handing it over as a gift, makes it feel more special to the recipient.

Is your child's primary love language the giving and receiving of gifts? Over the next few weeks keep your eyes open for clues of your child's primary love language. Try offering a few simple gifts and see if gifts help you build a more loving relationship.

### Acts of service

Acts of service is another love language. For the people whose main love language is acts of service, they feel love and connection when someone does something for them or with them.

As kids, my sisters and I loved to play beauty shop where we would brush and brush each other's hair, paint our finger nails and toenails, choose outfits for each other, and add old costume jewelry for the final effect.

Acts of service is doing something nice for others. Many children so want to help their parents. I see it now in my 2 1/2-year-old granddaughter. She wants to help wash dishes. Set the table. Sweep and clean the floor. Cook. Fold clothes. Put items in the washer and dryer. And much more. Luckily, her parents help her help them, and let her give her acts of service as a love language.

Is your child trying to offer you acts of service and you aren't seeing those acts as coming from a place of love?

*continued on page 17*

## Dogwood delivers year-round interest

By David Ruf

It happens every once in a while, and it's wonderful to see. Someone has moved here from the Midwest or East Coast, and they are in rapture with what Nevada has to offer. Sun, sun, and more sun without humidity during winter. These folks are transfixed at times, finding out that the snow melts, usually is all gone in a couple of days or maybe a long week but nothing like the gloom that blankets the country from the coast of Oregon, Washington and British Columbia, all the way across to Massachusetts and Maine with all of those bone-chilled and weary states in between.

It's this group of individuals who are the most excited to find out dogwood shrubs grow here. While these hardy souls may have had green grass that didn't need a sprinkler system and they had more pines, spruce, fir, and cedar than most native Nevadans can realize, their need for some winter color was usually satiated with red and yellow twig dogwood shrubs. These plants were planted frequently to allow their eyes respite from the gloom and white winter days by offering brilliant shades of red and bright gold, enough to tease the Leprechauns. These stalwarts of the winter landscape have green to brown stems during the summer, but as the cold months descend these less than glamorous stems offer a beautiful display of abundant color.

It's surprising to find that there are over a dozen different types of these moisture-loving shrubs. Not only can you find green leaved types but white and green along with gold and green

varieties. One red stem variety grows to around 2 feet tall and offers dark red winter interest. In the white and green-leaved family, Zachary, Ivory Halo, and Elegantissima grow from 4 feet up to 12 feet tall – a nice winter screen between you and your neighbors. The gold and green-leaved varieties do come in red stem and yellow stem and these two are also tall and when allowed become just as wide. Again, these winter beauties love their water, both during the hot summer months as well as our dry winter ones, so add extra emitters to this family and the joy will shine back on you during the winter months.

A side benefit is that they provide beautiful white teacup saucer-sized flowers during the spring, bluish-white berries that feed your birds during the summer months and during the fall, the leaves provide their own show becoming yellow, orange and red. The brightest stem color develops on this year's new growth. To have a successfully manicured shrub, purchase the one that will fill your space, and then prune hard around a foot or two from the ground in early spring, when the need occurs. Lots of new growth equals more vibrant winter color.

When wondering what plant will liven up the greys and browns of the Nevada winter landscape, try stopping into your local nursery and ask to see the different dogwoods and find out if one or two jump into your car to brighten your home and yard this and many seasons to come.

*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](http://www.greenhousegardencenter.com), by calling*

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# Kids moving out is good for everyone



Janice Keillor

By Janice Keillor

Many people have told me that once you have kids you never stop worrying about them. That is very true. When kids leave home, there's a transition period for a parent that requires not only adjusting to making less food, but also mentally shifting to a new normal of worrying less. It's not

possible to control their activities anymore, or make sure they eat healthy food. The shift is not only necessary, but also a culmination of years of teaching. The feelings associated with this transition can vary, but one thing is certain – kids moving out is a good thing for everyone.

As parents of teenagers, you may have noticed that before they leave home, they are resistant to rules and prefer to do what they want. Ideally, they'd like to live at your house, eat for free, not clean up after themselves, and come and go as they please. They don't like curfews

and at times may not even feel like talking to you. It can seem like having a very difficult roommate who freeloads. Parents begin to feel irritated by their teenager's lack of consideration and consistent disagreeable attitude. Well, this is supposed to happen, so that eventually parents want their kids to leave. It's all part of the biological plan to get kids out of the house.

My kids fit that description pretty closely. Now and then, I wanted to mount a "countdown to college" clock on the wall. Yet sending them off to college wasn't exactly a celebration. The maternal instinct is strong, and even though it was time, their departure pulled at my heartstrings.

It's been seven months since my youngest daughter left for college, and so far, I'm adjusting well. Of course, I miss my kids and think about them regularly, but after 22 years of raising five kids and worrying about their well-being and whereabouts, I feel ready for a little, well-deserved freedom.

I'm happy that all my kids are in Reno, going to the

University of Nevada (yes, all five at once), so we see each other often. Had they left the area, I'm sure I would think differently. But while they stayed close by, they are still out of the house, and that is important for all of us.

At this point in my life, I look forward to doing the things that I haven't had the time or opportunity to do, like traveling for extended periods, taking naps, maintaining a clean house, and finding things where I had left them.

I've been told that once the kids are out of the house, parents feel like they are in college again. So far, it's been somewhat similar, but not quite. Being a mother, whether the kids are around or not, makes me feel more fulfilled and less self-centered, which is very unlike me when I was in college.

Every time I see or talk to my kids, I feel proud of the young adults they have become. And of course, I love a visit from them, but they're not moving back in!

*Janice Keillor is a mother of five. She lives in Galena Forest and enjoys biking, swimming, and napping now that her kids have gone off to college.*

## love language from page 16

Be on the lookout for your child's acts of service, and be on the lookout how you can offer acts of service.

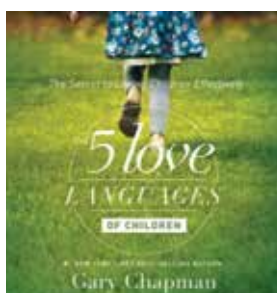
### Physical touch

Another one of our five love languages is physical touch. The person whose primary love language is physical touch loves to give hugs and be hugged, kiss and be kissed, sit close to others, hold hands, give and get massages, offer a pat on the back or hand, to only name a few ways to offer loving touches.

There are many people, though, who don't like to be touched at all. And in

today's world, in the public arena of school and work, physical touch is mostly off-limits. But for children whose principal love language is physical touch, they can feel abandoned and unloved. As a parent, I know how powerful a hug can be.

As a teacher, I know a loving pat on the arm can make a difference whether a child has a good day or not. Also, I found cooking with children, especially making bread and



kneading it, to act as the love language of physical touch. The measuring, stirring, tasting, smelling, and eating pleasures of cooking seem to manifest as physical touch.

Is your child's primary love language physical touch? Simply adding a few hugs and pats on the back every day can make a difference in building a loving relationship.

The key to using love languages is to

be observant and aware of how and when love languages are being used. Become an expert. I invite you to read Gary Chapman's book *The 5 Love Languages of Children*.

*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](http://www.marenschmidt.com).*

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# Celebrate Northern Nevada Science and Technology Festival



By Lisa Blauth

The Northern Nevada Science & Technology Festival is a free, week-long community celebration of innovation happening April 25-30, 2022. The festival inspires and connects families and students with the power of science and technology through a series of family-friendly events hosted by educational organizations throughout Northern Nevada.

"We're excited to once again host this celebration of science and technology happening throughout the region," said committee chair Craig Rosen. "Science and technology are such a big part of our community, and this is an opportunity for local organizations to share their love of STEM with the next generation of scientists, biologists, and engineers."

Some of the free public events planned for this year include:

- **Exploring Cars & Mars** (April 25, 2022) hosted by National Automobile Museum & Nevada Space Center. Drive on Mars using actual NASA terrain data and experiment with the machines that make cars work.



Students connect with science and technology and explore possible STEM careers at a Northern Nevada festival in April.

- **Step into a Scientists' Shoes: Citizen Science for the Whole Family** (April 26, 2022) hosted by Desert Research Institute. Learn what it feels like to be an environmental scientist by decoding the mysteries of wildfire and learning the ecology of snow.

- **Robots Rock** (April 27, 2022) presented by The Discovery. Immerse yourself into the world of robots. Build your own circuits, program a robot, and see how robots are being used in and around Reno.

- **Seeing the Stars** (April 28, 2022) at Fleischmann Planetarium and Science Center. Discover the Sun, stars, and galaxies. Try out NASA astronaut modules

and look through the eyes of robotic telescopes to explore the universe!

- **Families in Nature** (April 29, 2022). Join Sierra Nevada Journeys at Rancho San Rafael for a hands-on nature exploration. On your nature walk and scavenger hunt, learn about what animals need to survive as you explore their habitats.

Additionally, more than a dozen local businesses are participating in Science is Everywhere. Behind-the-scenes tours and demonstrations introduce you to some of the top technology companies in the region including TMWA, Click Bond, Redwood Materials, Wood Rogers, Reno Orthopedic Center, and The Generator Maker Space.

One of the festival's goals is connecting students with science education and possible STEM career pathways through the Science in the Schools series. Students and teachers can participate in a bingo game that introduces a variety of STEM principles.

*Lisa Blauth is marketing director with Sierra Nevada Journeys and professional juggler of life. When she's not helping organizations share their stories, you'll find her walking the dog on the ditch trail, hitching up the trailer to go camping, remodeling her beloved money pit in the Old Southwest, or parenting a teenager. Learn more at [nnsiencefest.org](http://nnsiencefest.org).*

## Workforce training, academic education unite



By Jodi Herzik

The University of Nevada, Reno is addressing the need for workforce training and skills. Historically, we have viewed a university academic education and workforce training as a binary choice. But today's rapidly changing environment demands we effectively merge the two. This means redefining a student as anyone who desires to gain knowledge and skills at any point of their life.

At the University, colleges have fostered partnerships with government agencies and the corporate world to provide courses, certificates, certifications and degrees in modalities and formats that best meet the needs of any student. An example of these type of programs is the College of Agriculture, Biotechnology and Natural Resources' Rangeland and Fire Ecology Professional Development Program designed for Bureau of Land Management employees. Many of the new programs being designed by the College of Business are a direct result of collaborative partnerships with government agencies or local industries.

Additionally, the division of Extended Studies continues to design and offer a growing number of in-demand microcredentials, certifications and stackable credentials, which are offered online or face-to-face.

Microcredentials and short courses give busy working professionals the flexibility they want and need. A 25- to 30-hour course split into five hours a week over five to six weeks is manageable and provides enough time to deliver meaningful content. Stackable programs build upon previous courses and allow pathways to deepen or broaden knowledge in a particular discipline.

These training programs are absolutely critical. At Extended Studies, we hear this every day from industry — whether it be through industry associations, business leaders or our alumni. It's important to keep their people relevant and to keep employee skills in line with an evolving workforce.

Additionally, businesses must rethink the role of continuing education in their corporate strategy if they want to retain employees.

A recent survey conducted by the American Management Association found, "Employee development issues were of top importance for employees and helped to improve retention. By offering educational opportunities, employees are inspired to both serve you better in their current positions while also grooming them as skilled candidates for other positions within the company."

Educational benefits go beyond boosting morale. Employees who feel valued by their employers are less likely to actively pursue other

job opportunities. Retaining valuable employees also can save the company money — replacing an experienced employee costs. Overall increased job satisfaction makes employees more

productive and reduces absenteeism.

*Jodi M. Herzik is the interim vice provost for Extended Studies at the University of Nevada, Reno ([www.extendedstudies.unr.edu](http://www.extendedstudies.unr.edu)).*

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