

\$7.5 mil terrain expansion, express lift,
new general manager at Mt. Rose Ski Tahoe

By Mike Pierce

Mt. Rose Ski Tahoe has plans underway to expand the Lakeview area of the mountain to include additional ski terrain and a new high-speed chairlift. Estimated to be the largest capital improvement project in the resort's history, the new lift will be a key piece of Mt. Rose's efforts to enhance the overall experience in the Lakeview Zone, which will include trail additions, existing run improvements, and new skier traffic patterns. The expansion is estimated to cost upward of \$7.5 million dollars and is expected to be complete ahead of the 2022-23 winter season.

Strong ridership combined with COVID-19 related chairlift restrictions proved it necessary to increase Lakeview's lift capacity, and with this new chair comes the opportunity to both create new trails and augment existing terrain for an enhanced mountain experience. The new Lakeside Trail will create another route from the top of the Lakeview lift to the Around the World



Lake Tahoe area ski resort Mt. Rose Ski Tahoe is targeting a 2022-23 opening of an enhanced Lakeview zone.

ski trail, giving novice skiers and riders a greater ability to enjoy expansive lake views from Mt. Rose.

Preliminary work has already begun

The new Lakeview Express detachable quad chairlift will more than half the time to get to the top of Mt. Rose Ski Tahoe.



Gavrillets is Mt. Rose Ski Tahoe's new general manager.

Endowment builds
legacy for Renown
Children's Hospital

By Kristina Deeter

Six years ago, a focused and creative team of individuals looked at our community and realized that there was a real need to build more pediatric services here in Reno. Historically, our community has had fantastic general pediatric care provided by excellent

pediatricians. We have all felt very comfortable bringing our children to one of these providers for physicals, immunizations, and coordination of medical services. When the care required became more complex or critical, however, some families suddenly

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including partial lift deconstruction and some of the site prep for the unload station for the Leitner Poma high-speed quad lift selected to replace the 41-year-old Lakeview triple chair. When completed, the Lakeview zone of the mountain will offer even greater access to beginner, intermediate, and advanced

terrain and help skiers and riders of all ability levels more lift and terrain options to enjoy.

"We are focused on offering our guests a high-quality experience every time they come to Mt. Rose Ski Tahoe," says Greg Gavrillets, Mt. Rose Ski

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Letter From the Publisher

Howdy friends and neighbors.

Recently, I loaded up my bike and headed down to West Washoe Valley to ride a couple of laps taking in the fresh, warm air. Spring in Nevada is so amazingly green, and the sky is so incredibly blue. If you have never done the loop from Bowers Mansion to Franktown Road, I highly recommended it. More cows than cars and it's a fairly easy ride with plenty of parking at Bowers Mansion Regional Park.

In this edition, you will find great stories about outdoor entertainment including features on Artown and concerts in Carson City. A behind-the-scenes update lets you in on what's happening at Mount Rose Ski Tahoe and nearby Sky Tavern. Beth Carbone has another simple and delicious recipe and it's probably time to grab a beer at our local Schussboom Brewery.

Summer always offers us so much to do and so much to see right here in our beautiful backyard. Many people have discovered the great outdoors in the last couple of years, and it looks like that

trend will continue. Lace up your boots, clip in your bike shoes, and get your fishing pole or golf clubs ready. It's time to have some fun.

I hope to see you on the trail hiking, riding your bike around West Washoe Valley, or maybe taking a swing at the driving range.

Have a great summer everybody, support your neighborhood businesses, and as always, happy trails.

Richard Keillor



Richard Keillor enjoys catching some sunshine at Lake Tahoe's eastern shore.

Mt. Rose *continued from cover*

Tahoe's new general manager.

Gavrilets is continuing the tradition of continuous improvement established by long-time ski area leader Paul Senft, who has retired after a 42-year career with the resort. Gavrilets will lead the resort as it pursues its ski terrain expansion plans and ongoing efforts to continually enhance the overall mountain adventure.

Gavrilets has worked in the ski industry since 2004 bringing experience from both family-owned mountains as well as larger ski corporations such as Vail and Peak Resorts. He began his career at Ober Gatlinburg in Tennessee as a ski patroller and instructor, eventually becoming the terrain park and snow sports development manager. Most recently, Gavrilets served as the general manager of Attitash Mountain Resort in northern New Hampshire. Prior to that, he had worked as the general manager of Hidden Valley Ski Area from 2017 to 2020, and Paoli Peaks Ski Area from 2016 to 2017. At both resorts, he led the implementation of operational efficiencies, strengthened cross-departmental communication and relationships, and improved employee engagement. He also guided Hidden Valley's transition to a year-round resort operation, overseeing the permitting, construction, and opening

of the resort's ZipTour experience.

"After an extensive search, we are excited to have Greg step in as Mt. Rose Ski Tahoe's next general manager," said Kurt Buser, president of Mt. Rose Ski Tahoe. "He has had tremendous success leading the resorts he has managed, and we are confident his experience will benefit Mt. Rose as we continue to move ahead with our ski terrain expansion efforts. We're thrilled to welcome him to the team."

Gavrilets earned his Bachelor of Arts in Economics and his Master of Business Administration from the University of Tennessee, Knoxville, and was named among the "Top 10 under 30" by Ski Area Management Magazine in 2015. Gavrilets and his family are excited to join the Mt. Rose family and continue to build on the legacy of the resort with a focus on the staff and guest experience.

Mike Pierce is the marketing director at Mt. Rose Ski Tahoe. Just 25 minutes from Reno, Mt. Rose-Ski Tahoe's convenient location and outstanding terrain make it a locals' as well as visitors' favorite. Rose can boast Lake Tahoe's highest base elevation at 8,260 feet ensuring supreme snow conditions even on the warmest spring days and the resort's 1,200 acres feature an ample variety of runs ideal for every level of skier & snowboarder. The legendary Chutes offer 1,500 vertical feet of north/east facing extreme terrain with

some of the longest continuous vertical in North America (40 to 55 degree runs for over 1000'). For more info or to purchase season passes, visit www.skirose.com.



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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 or visit our website: www.galenatimes.com

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HEALTH

endowment *continued from cover*

found out that some pediatric specialties were not available to their children here in Reno. Unexpectedly, their child was being transported—by plane, helicopter, or ambulance—to another city and into a stranger's hands. This situation led to major distress for both the children and their caregivers. In their time of greatest vulnerability, children were suddenly removed from the friends and family who made up their safety net at home.

Renown Children's Hospital leadership recognized that with the increasing population, the number of children and the complexity of their medical problems were also steadily increasing. The time had come to develop additional pediatric healthcare services that would ensure exceptional, high-quality care to the children of Reno. Leaders like Sy Johnson, the current president of Renown Health, Larry Duncan, the administrator of Renown Children's Hospital, and Dr. Max Coppes, the physician-in-chief of Renown Children's Hospital, began working internally with hospital staff and externally with community leaders through an Advisory Council to create an expansion plan.

As part of this new mission, our

teams were humbled and excited to receive immediate financial support from community philanthropies including the William N. Pennington Foundation, the Nell J. Redfield Foundation, and the Wilbur B. May Foundation. The Wilbur B. May Foundation played a crucial role in remodeling the current Pediatric Intensive Care Unit and providing necessary equipment to benefit all children who require inpatient care. The Pennington Foundation pledged \$7.5 million to assist with the recruitment and support of additional pediatric specialists to focus more care here locally and decrease transfers out of our region. Finally, the Redfield Foundation supported the recruitment of the chair of pediatrics at the University of Nevada, Reno, with the vision of re-establishing a pediatric residency training program for young doctors in our community.

The more we grow, the more children we see transition their care from Sacramento and the Bay Area back to Reno. In our unique model, we can partner with our surrounding children's hospitals, including UC Davis, Primary Children's in Utah, Lucille Packard at Stanford, UCSF-Benioff Children's Hospital, and Sunrise Hospital and Medical

Center in Las Vegas. We work collaboratively with each of these hospitals to merge their unique services and care with the resources of our hospital to minimize trips out of town.

As one of the nation's Children's Miracle Network hospitals, we are trusted to work with children with complex medical conditions. Children in our community are selected to be champions through this organization. Their families have worked alongside us to help us improve services and recruit new specialists. Our most recent champions, like Emmalee Sutton, have taught us all about resilience in the face of adversity. Diagnosed with autoimmune hepatitis at age two, 14-year-old Emmalee has undergone a long road of illnesses and hospitalizations. She also has Addison's disease, which means that her body underproduces critical hormones. Despite these challenges, Emmalee is a very vibrant and positive teenager. Families like the Suttons inspire us to continue to improve, focus on excellence, and provide all the care that their children need. For them, and for all of the children of Northern Nevada, we will continue to grow.

We were honored in April to receive an additional \$5 million gift from the Wilbur B. May Foundation to fund the first Renown Children's Hospital endowment. An endowment provides long-term support as that money remains in an interest-earning fund that allows the hospital to move the interest generated every year into pediatric programs. The initial goal of the Children's Endowment is to raise \$25 million. At 4% interest, this could mean \$1 million a year to spend on the children of our community. Such an amount will allow us in perpetuity to cover costs that are not met by a family's

When Dr. Kris Deeter moved to Reno to direct the Pediatric Intensive Care Unit in 2016, she was greeted by four pediatric inpatient providers, four neonatologists, one endocrinologist, one pulmonologist, one gastroenterologist, one surgeon, and two cardiologists. Today, a mere six years later, Renown Children's Hospital has grown into a full-service children's hospital including:

- 9 neonatologists (NICU)
- 6 pediatric hospitalists (inpatient pediatrics)
- 7 pediatric intensivists (ICU care)
- 4 pediatric emergency medicine physicians
- 3 pediatric endocrinologists
- 3 pediatric hematologist-oncologists
- 3 pediatric cardiologists
- 2 pediatric pulmonologists
- 2 pediatric neurologists
- 2 pediatric gastroenterologists
- 2 pediatric orthopedic surgeons
- Pediatric surgery
- Pediatric ophthalmology
- Pediatric urology
- Pediatric nephrology
- Pediatric infectious disease
- Adolescent medicine, including an eating disorders clinic
- Expanding behavioral health services (psychiatry and psychology)

insurance, kick start new programs and initiatives, encourage more clinical research, contribute to costs associated with advanced education of providers and nurses, and recruit additional world-class providers to join our Children's Hospital.

Kris Deeter, MD, MBA, FAAP is vice-chair of Pediatrics at the 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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Planting rows of P's



By **Liesa Leggett Garcia**

It is planting time again in our world—placing the seed in the ground and watching it grow to become something beautiful or nutritious. It takes water, sunshine, and good soil for it to grow—but it also takes patience and perseverance. And what better than a tree to serve as a metaphor for how these principles can work in our own lives. Not just any tree, but the bamboo tree.

The bamboo tree is rich with nutrients—just ask the Panda Bear whose diet depends on it. Ultimately, it is

used for clothing and linen, construction and flooring, food, and even art. The bamboo tree can grow 80 feet in height—but how does it grow? With patience and perseverance.

In the first year, a bamboo tree is planted, there is no evidence of activity or development. Not even a sprig of growth. Maybe it didn't take? Waiting patiently for a second year—still no visible growth. Wouldn't we give up by now? Surely by the third or fourth year, growth would be visible... but no. Those who don't know about the growth patterns of the bamboo tree would have given up by now and gone on to plant other things. But those who are patient will be rewarded.

It is not until the fifth year that there is finally growth. And what growth there is—in just six weeks, the bamboo

tree grows 80 feet tall.

Does the bamboo tree really grow 80 feet in six weeks? Did it lie dormant for the first four years only to finally shoot upward in the fifth year? Or was it growing underground, developing a root system and a stable base strong enough to support its potential for outward growth in its fifth year and beyond?

Had the little bamboo seed been dug up to see if it was growing, its growth would have surely been stunted. That's our impatience with life. If we don't get immediate gratification, then it's not worth our time and energy. The panda would beg to differ.

Change is never easy. Often signs of progress can be slow, frustrating, and unrewarding. But if we go slow now, being patient to create a strong and



healthy foundation, we can go fast later. The bamboo tree shows us this. In all our planting this season, plant rows of P's: patience, persistence, and perseverance.

Liesa Leggett Garcia, a Nevada native, is the senior minister of the 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.

RTC returns to normal service, proposes changes to transit system

Submitted to the Galena Times

The Regional Transportation Commission of Washoe County returned to normal service levels on May 7, except for a few routes that remain discontinued due to low ridership, including routes 2S, 3CC, and 19. The RTC's transit service had been on a Sunday-level schedule since January 8. The RTC encourages people to visit rtcwashoe.com to view routes and schedule information.

As the RTC looks toward the future of transit in our community, the RTC is also proposing major changes to its transit services over the next five years, including potential changes and improvements to 21 of the



RTC's transit routes in response to recent community feedback. More than 1,000 people took the RTC's online survey and many more gave comments at community presentations.

As a result of feedback from the community and the

RTC Board, the TOPS study is recommending a suite of changes and improvements to the public transit system. If approved by the RTC Board in July, the changes could start as early as September 2022 and will be fully implemented over the next five years.

The TOPS study is recommending changes to 21 RTC bus routes, including 2, 3CC, 3CL, 4, 5, 6, 9, 11, 12, 13, 14, 15, 16, 19, 21, 25, 26, 54, and Somerset/Verdi FlexRIDE. The study is also proposing to add two new routes by discontinuing three routes and adding two new FlexRIDE zones in West Reno and South Meadows – Damonte Ranch.

The RTC encourages the community to visit rtcwashoe.com to learn more about this process as part of the Transit Optimization Plan Strategies, or TOPS, process.



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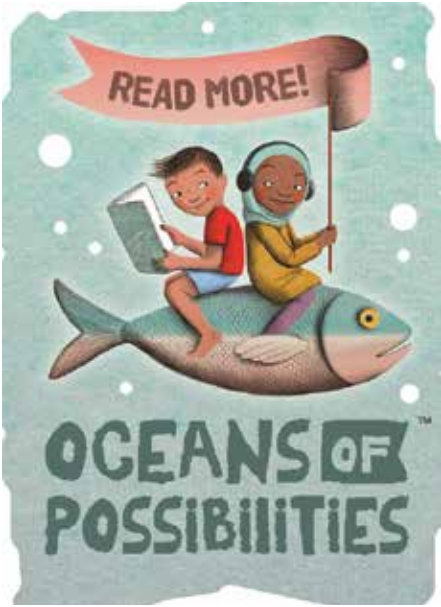
Libraries remedy summer slide

By Jennifer Cole

Summer is a time for kids to kick back, play outside, and indulge in a little extra screen time, right? Yes, but studies show that children can lose a significant percentage of their school-year gains in reading and math over the break. That is what is known as summer slide. The best way to prevent summer slide is to offer children a wide variety of activities to keep their brains engaged while school is out.

Some ways to keep them learning while still having fun are:

- Letting kids read what they want – assigned reading is an important part of school, but summer is a time to encourage the love of reading by allowing them to read books they enjoy.
- Making time for smart play – think math games, word puzzles, logic challenges, and strategy games.
- Having new experiences – novelty stimulates the brain and promotes learning.
- Encouraging them to use their imagination – creative activities may not seem like learning, but they build vocabulary, introduce new concepts, and teach new skills.



Those are all things that the Washoe County Library System’s Summer Reading Challenge can offer.

Starting June 1, the first 2,000 kids and teens to sign up will receive an activity bag, a free book of their choice, a reading log/bingo game, and activity sheets. Use the fun and easy Beanstack app to track

reading and bingo activities, or if you prefer your summer fun with less screen-time, use the paper log. 600 minutes of reading is all it takes to complete the challenge and earn a second prize book. Completing the bingo game will earn them a third prize book.

In addition to encouraging reading throughout the summer, we will host a wide variety of fun activities highlighting this year’s theme “Oceans of Possibilities,” such as:

- Aquatic Mammals with Nevada Department of Wildlife
- Watershed Warriors with Keep Truckee Meadows Beautiful
- Ancient Seas of Nevada with Keck Museum curator, Garrett Barmore
- The World’s Worst Pirate! with Capt’n Jack Spareribs
- Ocean-themed crafts, STEAM projects, and story times.

Information on the Summer Reading Challenge and all the events mentioned (plus so much more) can be found on our website washoecountylibrary.us and in our quarterly publication the Washoe County Library Explorer. Pick up a copy at any



Fun activity includes The World’s Worst Pirate! with Capt’n Jack Spareribs

Washoe County Library branch. Jennifer Cole is a librarian at the South Valleys Library, 15650A Wedge Parkway, Reno, and coordinates youth services and library events. When she is not at work, you might find her listening to audiobooks, cooking, camping, playing trivia, or watching movies. For a complete listing of current services and hours at all library branches, visit www.washoecountylibrary.us.

Summer breezes mean Lager Season at Schussboom Brewing Co.

By Briana Wagner

The outdoor fun season is on, friends. Lake days, mountain hikes and bikes, pool parties, chillin’ under the stars on an epic camping trip, river floats— the list goes on. These kinds of long, sun-soaked days turning into warm summer nights are a Reno specialty that might just leave you craving a cold, crisp, easy-drinking lager. Summer is the time we tell those heavy beers to just sit in those barrels and bottles and age away until we are ready to revisit them in the fall. In the meantime, those golden bubbles of lager magic—we’ve got our eyes on you.

Lagering a beer is kind of a counterintuitive process. It is the kind of beer you want to drink on a hot day, but to achieve that result, the lager yeast likes cold fermentation in a slow and controlled environment. Since the flavor of the beer comes from the yeast, it is important to create the optimal cool conditions to prevent the flavor from kicking up too many spicy aromatics and fruity esters you would typically taste in Ale-style beer. In a traditional Lager-style beer, you want the hops and barley to take center stage—it is their time to shine.

To make a delicious Lager-style pilsner, a few extra steps must occur after the initial brewing process commences and the beer goes into fermentation. In fermentation, the little yeasties (my very technical term) eat the sugars and poop out the alcoholic waste (the stuff that gets us buzzed) and we wait, we taste, we wait, and taste.

This process takes about three to four weeks until the flavor profile is just right and ready. Then, when the yeasties are ready to chill, we move the beer into a lagering tank, which is a very special tank that allows us to strictly control the temperature and reduce it down to as low

as 32 degrees. Over the course of four to six more weeks, the yeasties mellow out leaving a very clean and finished beer, the result of a long, cold, and slow road to summer Lager season.

At Schussboom, we decided early on that having dedicated lagering tanks was an important part of our brew system. We know that holding a tank hostage for two to three months is worth it if the result is an incredibly delicious summer drinking staple. So, with this in mind, we are releasing three, yes three, exceptional Lagers perfect for outdoor summer adventuring.

First up, EZ Mexican Lager, is light and bright and brewed with Pilsner malt, flaked maize, and Motueka hops, which creates notes of fresh tropical lime.

Next, an ode to our neighbors to the North, we created Eh? Canadian Lager. Brewed with Canadian superior Pilsen malt, and Northern Brewer and Glacier hops, it is crisp, clean, and feels like riding a moose bareback through a meadow of freshly fallen snow.

Rounding out our trifecta is a Bavarian Pilsner. Brewed with the finest German Pilsner malt, traditional Spalter and Hallertau Mittelfrüh hops, and a softer, chloride-forward water profile to emphasize the sweet grainy character of the malt. We also employ a traditional German decoction, a method where a portion of the mash is boiled to bring out more malt character, depth, and a prominent head.

While we want you to come down and enjoy these bad boys with your buds at the Boom, we will have them packed up and ready to go in cans. Wait, what? Yep, cans. Take these beauties out on your summer adventures or crack open a cold one on the patio with friends. These brews are

meant to live in icy coolers on boats and float alongside you in the rivers, lakes, the beach and beyond. However you celebrate summer, share it with us on Instagram @schussboombrewing and tag us. Better yet, kick off your summer with a free brew one on us. Clip the coupon from this paper to try any Schussboom beer on draft. And don’t forget to get your Grab

and Go’s from us all summer long. Cheers, neighbors, and thank you for all the love and support in our first year.

Briana Wagner is president of Schussboom Brewing Company and a detailed, dedicated event coordinator. For location, hours, and the latest menu with photos and reviews, visit www.schussboombrewing.com or call (775) 900-3930.

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Some athletes love riding on dirt

By Paul Miers

Those of us lucky enough to call South Reno home know just how much our geography and community have to offer. The Galena Mountain Bike Club is an ideal way to take advantage of both. Galena MTB is a club sport for middle and high school students zoned for Galena High School. We welcome riders of all skill levels - from beginners to nationally competitive racers and everywhere in between. What better way to get to know the trails throughout Reno than on a mountain bike with friends enjoying the outdoors.

We are entering our sixth season in the National Interscholastic Cycling Association. NICA's mission is to build strong minds, bodies, characters, and communities through cycling. With this mission in mind, Galena MTB maintains a focus on the NICA values of fun, inclusivity, equity, respect, and community. Not only do we ride together all over the trails in south Reno and the Mt. Rose area, but we provide ample opportunities for our athletes to participate in the mountain bike community through races, trail building, and team meals. Through their participation, athletes get the benefits of building their fitness, making friends, and, most importantly, having fun.

The season runs July through October with practices three weeknights per week. We participate in five race events in the Nevada League North with clubs from northern Nevada and northern California. For more information or to join the club, please visit galenamtb.org and find the Contact Us tab. If you know anyone with sixth-12th graders who are not zoned for Galena, reach out as well and we can get them in contact with another school program in the area.

Another exciting mountain bike season is underway for the Reno Tahoe Junior Cycling Team, RenoDevo.



(Photos: P. Miers)

Training for this season started last December for our Nationals team (ages 13-22). The focus each year is the USA Cycling National Championships in July. This year's event is being held at a high-altitude venue in Winter Park, CO at 9,000 feet. Base endurance and strength training, included our annual mid-January training camp in Death Valley where we enjoyed long, quiet roads and spectacular scenery. January and February consisted of trainer rides indoors and getting outside as the weather windows allowed. In March, April, and May the training ramped up with more intensity, including getting ready for racing by racing, of course. We traveled to top-notch events in Fayetteville, AR, Monterey, CA, and Soldier Hollow, UT, where top athletes from the US and other countries competed through a variety of conditions - sun, wind, rain, and mud - to ultimately prepare for the National Championship races in July.

Our Regional program (ages 10-17) started in March with the focus on building skills, fitness, and camaraderie on the bike. Our Regional athletes share



Galena MTB is a club for middle and high school students of all skill levels zoned for Galena High School.

the same compassion for riding on the dirt as our National athletes and hone racing skills by competing in the Total Body Fitness race series in Granite Bay, CA, and the CA Dirt Series in Grass Valley and Susanville, CA. Some of our Regional athletes even joined up with our National athletes in Monterey and Soldier Hollow.

The coaching rewards are numerous, but nothing beats the prize of seeing the young athletes having fun on bikes, building friendships, and becoming more confident people, on and off the bike.

Beyond high school, college and cycling do mix. Reno Devo has three athletes who will be moving on to racing in college next fall. Many of our past riders continue to ride and race in college and beyond. When it comes to mountain bike programs in Reno, thankfully, the ride and the dirt never end.

Paul Miers is an accomplished cyclist who has competed nationally and internationally. Miers is a USA Cycling Level 3 coach or RenoDevo. For more information, visit renotahoejuniorcycling.com or galenamtb.org.



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Help shape Lahontan State Recreation Area



By Janice Keillor
Planning a recreation area is a big undertaking, especially for one the size of the Lahontan State Recreation Area. At approximately 19 miles long with 12,000 acres of surface water and 18,000 management acres, the recreation area attracts over 350,000 visitors

a year, and that number keeps growing. Because of the popularity of the recreation area for boating, camping, and fishing, and because the public has expressed interest in new amenities, Nevada State Parks applied for and received a grant from the National Park Service to update the development plan to meet the needs of visitors and staff and it seeks public input.

The existing development plan is over 30 years old and is beyond its useful life. Visitation has increased to the point where the facilities can no longer support the users. The one-lane boat docks result in long lines on holiday weekends, and the lack of showers in the campgrounds has visitors requesting better and more modern facilities. Lahontan also has the potential to support new facilities, but without public input, Nevada State Parks will not know what visitors want to see. And that’s where you come in.

Located just 55 miles southeast of Reno, Lahontan can be a short half-day excursion or a multi-day camping trip. Mid-week, the area is usually peaceful and relaxing and a great place to get away for the day to enjoy wildlife viewing, a picnic, swimming, or horseback riding. On the summer weekends, the area can be quite crowded and busy, with wall-to-wall camps on the beach and not a lot of quiet time to reflect. Timing a visit will determine what kind of



(Photos: J. Keillor)

With 69 miles of shoreline, Lahontan Reservoir is a popular place to boat, fish, water-ski, horseback ride, camp, and hike. Nevada State Parks seeks community input for future planning.

experience you will have.

If you are interested in participating in the future planning of Lahontan State Recreation Area, Nevada State Parks will be holding three meetings in June to gather public input:

- Tuesday, June 14, 12 – 1:30 pm - Carson City, Business Resource Innovation Center, 108 E. Proctor Street
- Wednesday, June 15, 5:30 – 7 pm - Fallon, William N. Pennington Life Center, 952 S. Maine Street
- Thursday, June 16, 5:30 – 7 pm - Fernley,

Community Center, 10 S. Main Street

Those unable to attend in person will also have virtual options. Please check the project website for details at <http://parks.nv.gov/planning-and-development>. All input is appreciated and will be used to shape future improvements at Lahontan State Recreation Area. We hope to hear from you to ensure that Lahontan can meet and potentially exceed the visitors’ expectations.

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

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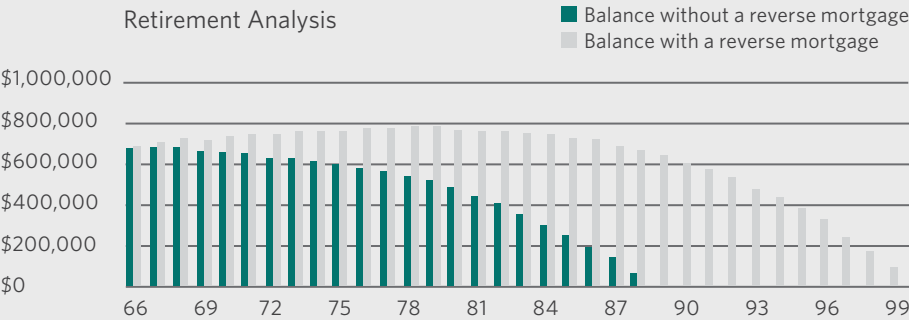
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Case Study

CLIENT EXTENDS RETIREMENT PORTFOLIO LONGEVITY UTILIZING HOUSING WEALTH

A young couple retires at age 66 hoping that their retirement portfolio will last throughout their lifetime. They need to generate \$6,000 a month in total income from all sources. Monthly Social Security payments are \$2,180 and their retirement portfolio’s beginning balance is \$750,000. Inflation is projected at 3% with portfolio returns at 6%.

Without utilizing a reverse mortgage, this couple’s savings would only provide their required income until the age of 89. The strategic use of a reverse mortgage will extend their portfolio’s longevity and may provide for remaining funds to pass on to their heirs at age 100.



Borrower must occupy home as primary residence and remain current on property taxes, homeowner’s insurance, the costs of home maintenance, and any HOA fees. Source: Pfeiffer, Shaun, John Salter, and Harold Evensky. 2013. “Increasing the Sustainable Withdrawal Rate Using the Standby Reverse Mortgage.” Journal of Financial Planning 26(12): 55-62.

In this example, the clients are concerned that their portfolio will not last for a lifetime with their planned withdrawals. Their financial advisor recommends the use of tax-free tenure payments of \$1,200 a month from a HECM (Home Equity Conversion Mortgage) reverse mortgage. These payments reduce the required withdrawals from their portfolio by utilizing home equity in their retirement plan.

The chart to the left illustrates how regular payments from a HECM improve the probability of their portfolio survival throughout their lifetime.

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— HEALTH —

Here's to your health.

Spend time in nature for mental health

By Dagmar Bohlmann

Have you felt awe when you heard coyotes call or discovered animal tracks? Have you been surprised the first time you smelled the butterscotch bark of Jeffery Pines or were you filled with wonder watching a red-tailed hawk soar? At Galena Creek Visitor Center you can learn how the forest comes alive in the spring and intertwines within seasonal changes, helping you and your family feel better mentally, too.

Year-round, volunteers and staff host nature-based programs for all ages. Inviting to exchange the screen for some green, the Center provides more than an education in biology and ecosystems. A common side effect of nature immersion is feeling more calm, content, and creative.

In his book "Last Child in the Woods," author Richard Louv coined the term Nature Deficit Disorder as a description of the human costs of alienation from nature. It is not meant to be a medical diagnosis, but perhaps it should be. He says, "Time spent in nature is the most cost-effective and powerful way to counteract the burnout and sort of depression that we feel when we sit in front of a computer all day."

Your brain needs a break from technology, everyday stressors, and worries about uncertainties. Scientific studies show that it takes three days in nature for the brain to recalibrate. Science journalist Florence Williams explores in her podcast "The Three-Day Effect," why being in the wild for a minimum of three days can make us feel happier, healthier, and more creative.

Perhaps it's the aromatherapy, the phytoncides of pine trees, or the feeling of dirt under our fingernails. Maybe it's our primal connection to the woods or a sense of awe. Either way, the effects of spending time outdoors on our nervous system have been researched widely. Even after only 20 to 30 minutes in the woods,



Volunteers and staff at Galena Creek Visitor Center host nature-based programs for all ages.

the stress hormone cortisol drops sharply and continues to drop with more time in nature albeit more slowly, according to a study by MaryCarol Hunter published in Frontiers in Psychology.

Whether you just come for a picnic or sign up for a guided nature hike every first and third Saturday of the month, you will surely reap the benefits.

Between June 13 and August 8, the Galena Creek Visitor Center hosts day camps and overnight camps that provide immersive learning through nature crafts and wilderness games. Campers can experience a portal to the wilder world outside and the calmer world inside of them. Through hands-on, adventurous, outdoor learning, Great Basin Naturalists emphasize environmental science and physical activity, as well as foster creativity, promote STEM education, and instill environmental stewardship.

Load up a backpack, lace up the sneakers, and you might find that Galena Creek Park is where you will feel a sense of wonder, well-being, and belonging.

Summer exploration camp registration is now open. Register here: <http://app.campdoc.com/register/greatbasin>. The Galena Creek Visitor Center is open Friday-Sunday from 9am to 4pm at 18250 Mt Rose Hwy, Reno, NV 89511. For more info, contact (775) 849-4948, visitorcenter@thegreatbasininstitute.org, or visit www.GalenaCreekVisitorCenter.org.

Summer outdoor opportunities abound at Sky Tavern



Alicia Herz

By Alicia Herz

The crisp scent of fresh mountain air, a warm summer breeze, and an endless view are a few of the signs that the mountain trails are beckoning you to come out to hike and ride. Time to lace up your hiking boots, tune up the mountain bikes, and explore the various trails Sky Tavern has to offer. Another fun-filled summer awaits with many outdoor activities for local youth and adults.

Sky Tavern is a nonprofit organization for families and children to enjoy the outdoors, increase personal bonds and enhance their character with activities

that focus on personal growth and determination that will increase self-confidence regardless of age. Sky Tavern is located on Mt. Rose Highway, about 25 minutes from South Reno. It is an easy drive when you need a quick outing for fresh air and exercise. For a slower pace, you can simply soak up the summer sun while sitting in the quiet aspen grove.

This summer and fall, Sky Tavern is teaming up with another non-profit organization. Meghan Ochs and her team at Skiing is Believing will offer youth mountain bike camps and other outdoor, fitness-based activities. Ochs shares Sky Tavern's mission of getting children more active and engaged while providing the tools and experiences for

continued on page 11

Galena Creek Regional Park

Galena CAMPFIRE Programs

Fridays @ 8:30pm

Enjoy FREE programs under the stars at Eagle Meadow!

Low-back chairs or blankets, bug spray and flashlights are recommended.

2022 Schedule

JUNE 24	Brother Dan Palmer Good ol' Americana	JULY 15	Kantu Inka Andean Peruvian music
JULY 1	Raptors Falconer Marie Gaspari-Crawford	JULY 22	Nevada Discovery Ride Samantha Szesciorka's adventure across Nevada
JULY 8	Aria 51 Ukulele music in the forest	JULY 29	Star Gazing Astronomical Society of Nevada
AUG 5	Bears Nevada Department of Wildlife		

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Volunteering makes a difference

By Joanne Walen

For many years while I was teaching for the Washoe County School District, I heard my friends talk about their volunteer work with the “Assistance League,” but most of it went in one ear and out the other. Then I retired and relocated to Arizona for 17 years to accommodate my husband’s health and his need to be away from cold snowy winters. After he passed, it took eight years before I gave in to my children’s urging that I move back to my hometown of Reno, which I did two years ago during the midst of the pandemic.

Again, I began hearing about the “League” as I cast about for something to fill my now-retired time. I signed up to join the Assistance League of Reno-Sparks in September 2021. As a member, I was overwhelmed by the number of wonderful philanthropies we support.

There is a great need now in our



The Assistance League gives students books to take home as their own.



Dresses over 3,000 school students chosen by their WCSD counselors.



Packs thousands of essential kits of hygiene necessities to hand out.



Provides food to over 350 seniors every month, for pick up or delivery to homes.

community, made more significant by housing prices skyrocketing and inflation hitting food, gas, and everything else. The Assistance League Thrift Shop at 1701 Vassar is the best in the area. Prices are low and quality is high. The proceeds from sales support programs that service anyone from preschoolers to seniors, from babies to veterans.

Each year, our 300+ members contribute thousands of hours of volunteer service to our community through these and other programs. But we can not do it without your support and generous donations.

Your donations in time, money, or goods are ways to give back to the community that has been generous to you. Please stop by our Thrift Shop if you are interested in joining the Assistance League to help our community.

Joanne Walen volunteers at the Assistance League of Reno/Sparks. Read about current programs [here www.assistanceleague.org/reno-sparks/events/](http://www.assistanceleague.org/reno-sparks/events/) and look at the history of giving www.assistanceleague.org/reno-sparks/about-us/history/.

Sky Tavern *continued from page 10*

participants to develop vital life skills in the process.

“Sports are life skills, developmental skills that can be applied to everything in life,” Ochs said in a recent interview on Nevada Sportsnet.

The newly developed Leadership and Service camp for 12 to 16-year-olds will feature a ten-week life skills development program with the goal of instilling the values of leadership and service in pre-teen and teen youth.

“Kids will learn about team building and giving back,” Ochs said.

Summer and fall programs also include serene sunrise and sunset adult yoga courses as well as supportive, women-only skate-to-ski and mountain bike classes.

“There is no one else who is offering these kinds of

classes,” Ochs said.

All net proceeds go to future programs.

Meanwhile, Sky Tavern’s summer master plan also includes improving the hiking and biking trail system to allow for more bike camps, races, and the adaptive cycling program for all levels of riders. Currently, new routes and features are being added to the trails. Sky Tavern has also built the region’s first purpose-built adaptive cycling trail. Grab your bike because you won’t want to miss this fun and exciting opportunity to ride these new and improved trails.

All trail building is funded entirely by donations from members of the community. With gratitude to the existing donors, Sky Tavern is starting another

fundraising campaign for continued trail construction and the creation of skills development zones, which will happen later this summer if enough funds are raised to keep going.

Alicia Herz is a Sky Tavern mom and proud volunteer. The granddaughter of Marce Herz, a Sky Tavern founder, she is also co-chairwoman of the Marce Herz Foundation. As a fourth-generation Nevadan, realtor, and mom of two, she enjoys skiing, yoga, hiking, and all things fun. If you would like more information or find out how to get involved, reach her at alicia.herz@skytavern.com or call (775) 737-1773. If you would like to help, please visit www.skytavern.org. For more details, course activities, and registration, visit www.skiingisbelieving.org/sib-at-sky-tavern.html.

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Just minutes from Lake Tahoe and Mt. Rose Ski Resort. Everything about this house will make you feel like you're on vacation at the lake. Built in 2004. Exterior freshly painted. Hickory wood & slate floors, maple cabinetry, and it has a Smart system. The great room, open floor plan and the soaring ceilings, walls of picture windows, chef's kitchen, Wolf range, KitchenAid Architect Series appliances, granite counters, built-in refrigerator, large pantry, and full bar, floor to ceiling rock fireplace. **\$2,250,000.**



Come build your dream home on 1.77 private acres in Galena Forest. Plenty of tall pines with mountain and valley views, which is rare in the Galena area. Upper-level easement allows for level south facing access to the property. Close to skiing at Mt. Rose, Lake Tahoe and Reno Tahoe International Airport. **\$400,000.**



Nestled in Galena Forest is the exclusive community of Scotch Pines Estates, surrounded by gorgeous towering pines and a seasonal creek. This single-story home on one acre has 3 bedrooms and an office with closet and 2 1/2 baths. Park your cars and toys in one location in the insulated 6-car RV garage 40'D x 36'W with full hook-up! **\$1,745,000.**



Enjoy quiet privacy & sweeping mountain and valley views in one of Reno's desirable communities, the Estates at Mount Rose. Single-story, 4 bedrooms, 3.5 bathrooms and 4-car, attached garage & cul-de-sac location. **\$1,965,000.**



Beautiful setting on a full acre affording panoramic views of both the Mountains and the Valley! A unique property with close proximity to many amenities yet a country setting, absent an HOA. **\$940,000.**



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Artown celebrates anniversary with stellar lineup

By Oliver X

Artown's Headliner Series returns to the Robert Z. Hawkins Amphitheater on Thursday nights at Bartley Ranch with an exciting lineup of music stars.

July 7 - Girl Named Tom – Winners of the popular, Emmy Award-winning reality TV show competition *The Voice* in 2021, these talented siblings wowed the judges and audiences alike on national TV, earning the group legions of adoring fans for their undeniable charisma and sparkling three-part harmonies. As they share their music with three unique voices, they seek to inspire the world with a common goal: To fly and help each other fly. The band's name is based on a childhood nickname. Band member, Joshua used to call his sister Bekah, "Thomas" when she was a baby.

July 14 - Manhattan Transfer's 50th Anniversary

Artown proudly presents the preeminent jazz vocal ensemble for their 50th Anniversary tour. The most award-winning jazz vocal group in the history of recorded music, the ten-time Grammy-winning quartet has been bringing jazz lovers to their feet all over the world. It will be an evening of hits and memories, as the group showcases their jaw-dropping vocal virtuosity for Artown audiences to admire.

July 21 - Dee Dee Bridgewater and the Memphis Soulphony



Elvin Bishop and Charlie Musselwhite



OTHER ARTOWN HIGHLIGHTS

- 55th Annual Basque Festival
- 17th Annual Gospel Fest
- 12th Annual Art Walk "Dancing in the Streets"
- 8th Annual Lavender Day Festival
- 6th Annual Chalk Art & Music festival
- 5th Annual Reno Garlic Fest
- Pops on the River
- Reno Pride Festival



Manhattan Transfer

Triple Grammy winner, TONY winner, UN Goodwill Ambassador, NEA Jazz Master, Memphis Music Hall of Fame inductee, record label head, jazz legend, and global icon, Bridgewater brings to Reno the classic sounds of her new album, inspired by the sound of Memphis R&B from the mid-late 1960s. For 23 years, Bridgewater hosted NPR's syndicated radio show *JazzSet* with Dee Dee Bridgewater, helping solidify her place as America's most versatile and accomplished blues chanteuse.

July 28 - Elvin Bishop and Charlie Musselwhite

Legendary guitarist Rock and Roll Hall of Fame

inductee Elvin Bishop (Paul Butterfield Blues Band and Elvin Bishop Group) joins forces with Blues Hall of Famer Charlie Musselwhite for this exclusive duo performance. Elvin Bishop & Charlie Musselwhite's acclaimed 100 Years of Blues received a nomination for Best Traditional Blues Album 2022. Bishop has been nominated for three previous Grammy Awards. Musselwhite has been nominated 13 times and won a Grammy Award in 2013.

Oliver X is the Artown marketing director. For more information, visit www.artown.org.



Save the Date



Transportation, Trails, and Tourism Summit Reno, Nevada

Nov. 8-Nov. 10, 2022

When: Tuesday, November 8th

Registration 11:00am - 12:00pm; Lunch 12:00pm - 1:00pm w/ Opening Speaker
Sessions 1:15pm - 5:00pm with a social event afterwards

Wednesday, November 9th

Registration/Continental Breakfast 8:00am - 9:00am
Awards Lunch w/Speaker 12:00pm - 1:30pm
Dinner On Your Own

Sessions 9:00am - 12pm
Sessions 1:45pm - 4:30pm

Thursday, November 10th

8:00am - 9:00am Registration/Continental Breakfast

Sessions 9:00am - 11:00am

Where: Reno, Nevada at the Renaissance Reno Downtown Hotel & Spa

For Questions: Please contact Mark Kimbrough at Mrkkimbrough@gmail.com/775-720-4732 or Albert Jacquez at ajacquez@dot.nv.gov/775-240-8015



Non-profit helps clients find hope and better-paying jobs



By Megan McKeon

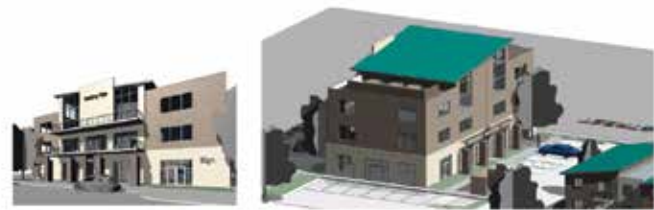
Sarah was introduced to Friends In Service Helping (FISH), a local non-profit, by chance after losing custody of her children to addiction. After two years in FISH's transitional living program, Sarah found that she was struggling to support her family on low wages. Due to her academic aptitude and drive to succeed, Sarah became the first candidate in FISH's Revitalization program.

During this process, her children began mimicking her studious behaviors and excelled in their education. While Sarah completed the three Manufacturing certifications at Western Nevada College and has moved from a fast-food job to a higher paying job at Click Bond, Inc., her 15-year-old daughter began studying with her at the kitchen table for the first time, and her 18-year-old daughter has recently completed beauty school and cosmetology programs.

"I haven't been proud of myself in a very long time," Sarah said of making the Dean's List at WNC. "Thanks to FISH's help and encouragement, I am at a place I never thought I would be again. The opportunities that I have in front of me are amazing."

FISH Revitalization is a new workforce development program that moves underemployed individuals from nonessential minimum wage jobs to essential skilled trade jobs via technical training and certifications. This career training includes, but is not limited to, Healthcare, Construction Management, Information Technology, Advanced Manufacturing, Journeymen Electrician, HVAC, and CDL Truck

FISH bought an outdated motel two years ago and will begin construction shortly on two apartment towers and a commercial building to house and train participants of their new workforce development program called Fast Forward 4 Families.



Driving. FISH has multiple partners to provide technical training and wrap-around support for families. All family members will receive education and skills, so everyone graduates together.

FISH bought the Whistle Stop Motel on North Carson Street, which is currently being demolished to be replaced by two apartment towers providing low-cost and no-cost student housing for families. Eligible students will have a steady work history, a high school diploma/GED, and academic skills to successfully take on technical training to move from minimum wage to meaningful careers. Some think we need more affordable housing; FISH wants to make fewer families reliant on it. The new complex will help revitalize the Carson City landscape, revitalize the regional workforce, and invigorate families by

directly impacting generational poverty.

With FISH's "hand-up, not a hand-out" mission, clients find renewed hope. With this hope, clients develop skills and behaviors that lead to self-sufficiency. The housing part of this project is more than 50 percent funded, and FISH is looking for additional support. Email Jim@nvfish.com if you would like to help and/or would like to explore naming opportunities available with the student housing portion of this project.

Megan McKeon is the grant writer and marketing specialist at Friends In Service Helping (FISH). She is raising community awareness and funding for ongoing social services needed in rural Northern Nevada. One of her most significant accomplishments is writing and receiving grants totaling \$5 million. You can learn more at www.nvfish.com/page/fish-revitalization-project.

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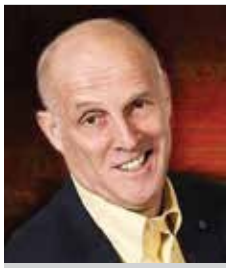
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Lung cancer treatment has changed dramatically



Dr. Max Coppes

By Max Coppes

Lung cancer is the second most common cancer both in women (the first one being breast cancer) and men (prostate cancer). However, when it comes to deaths due to cancer, it is number one for both genders. They are two main types of lung cancer: small cell lung cancer and non-small cell lung cancer. The latter accounts for 80-85% of all lung cancers and is subdivided into several subtypes (including adenocarcinoma and squamous cell carcinoma), depending on the lung cell type they originate from. Regarding its cause, many people are familiar with tobacco smoking as the leading risk factor for lung cancer. About 80% of lung cancer deaths are associated with smoking. Less well-known risk factors are secondhand smoke, exposure to radon (a radioactive gas derived from the breakdown of uranium in soil and rocks), exposure to asbestos, severe air pollution, and a family history of lung cancer. Whether smoking marijuana or e-cigarettes increases the risk of lung cancer is not yet known.

Once somebody is suspected of having lung cancer, either because the individual presents with symptoms (this may include coughing, shortness of breath, wheezing, weight loss, coughing up blood) or because a routine X-ray shows an unexplained nodule

in the lung, it is critically important to confirm whether or not the individual has lung cancer with a biopsy, what kind of lung cancer it is, and whether cancer has spread beyond the lung, determined by imaging studies. This requires a coordinated effort of several physicians: pulmonologists, radiologists, surgeons, oncologists, and expert pathologists. The best treatment options are determined by the stage and type of lung cancer. For early-stage disease, current treatment will include a combination of surgery, radiation, and chemotherapy.

The treatment of lung cancer has changed dramatically in the past five years with the introduction of immunotherapy, medicine that stimulates a patient's immune system to kill cancer, and targeted therapies which attack the genes which cause lung cancer. Early-stage patients are now recommended to receive chemotherapy and immunotherapy before surgery to shrink the cancer and make surgery easier, or after surgery to reduce the chance of it coming back. For advanced disease, that has spread beyond the chest, the five-year survival has increased fourfold, from 5% to 20% with newer treatments. While most early-stage patients are cured of their disease with surgery, radiation, and chemotherapy, a substantial number will still relapse.

Given the rapidly changing landscape of lung cancer treatment, the best care for patients with lung cancer is in a comprehensive cancer center, like our own Renown Cancer Institute, which is committed to

clinical trials, and treatment regimens that combine standard drugs with novel ones, being tested for efficacy. The Renown Cancer Institute has active trials now evaluating new combinations of immunotherapy drugs and new targeted therapies which have the potential to improve outcomes even more.

The best way to approach lung cancer is to find it and treat it early. Therefore, there is explicit attention to screening individuals who because of their lifestyle are at increased risk of developing lung cancer. If lung cancer is diagnosed before somebody develops symptoms, studies have shown improved survival. Today, yearly lung cancer screening, using a test called low dose CT scan, is recommended for people between the ages of 55 and 77 years, who are in good health, currently smoke or have quit in the past 15 years, and have at least a 20 pack-year (the number of cigarette packs smoked per day multiplied by the number of years smoked) smoking history. As with many medical tests, low dose CT scan lung cancer screening can have benefits, but it also carries risks. So, if you meet the screening criteria mentioned or for whatever other reason think you are a candidate for lung cancer screening, discuss this with your family physician or contact Renown Health's Lung Cancer Screening Center of Excellence.

Dr. Max J Coppes, MD, Ph.D., MBA, is a 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.

Dare to make a difference for your nervous system



Kerstin Tracy

By Kerstin Tracy

I hope you are making room this summer for a quiet retreat into nature. It might help reset your nervous system.

While traveling and being away from any form of internet connection and street sounds, I started thinking about how much noise of any form we are exposed to daily. Being in the deep hinterland of Australia at that time, all I got to hear were Kookaburras and other birds. I noticed that bats make funny sounds at night. That was all thanks to the quiet surroundings.

Let's face it, we are constantly bombarded with information and noise. We are not only exposed to loudness but also requests, questions, and bad news, all day and night.

Well, our bodies will respond to sensory overload right away, whether our brains tell us otherwise or not. There will be signs, like a tight stomach, tension in the back, spasms in the neck, or headaches.

I dare you to create a sensory refuge. Short of spending much time in a sensory deprivation tank, here are some healthy steps for you if you are ready to give your nervous system and brain a break to process and integrate the stimuli of the day.

- Consider wearing noise-canceling headphones.
- Cover your eyes with a warming

or cooling cover.

- Try a weighted blanket for grounding.

20-30 minutes a day can make a big difference here. Those are easy remedies. Let's go a bit deeper. I dare you to:

- Turn off your phone for 24 hours once a week. This action may increase sleep quantity and quality, help you feel more productive, and may help you improve your relationships as talking face-to-face will become your way to communicate then.

- Reset your vagal tone. Our most important source of relaxation is the vagus nerve, the tenth cranial nerve, and the main controller of the parasympathetic nervous system. A high vagal tone leads to positive outlooks and attitudes and a healthier physiological state. Try this exercise:

Lying down, fold your hands behind your head and turn it slowly to one side and then gradually to the other, just to get a starting point. Then settle your head in the middle, and with your head straight, look up to the upper right corner of your eyes, stay there for 30-60 seconds, then practice the same on the left side and take a break with your eyes closed. Practice this several times a day to allow your body to respond and process.

Enjoy this practice and some time out in nature. Remember that a home with good Feng Shui is also a home that helps you calm down. I am daring you to have the best summer ever.

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 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.

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Bicycle helmets...enough protection?



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

I remember growing up, bicycle helmets didn't exist for the casual rider. We just rode our bikes around, unaware that our heads were not protected. Sure, there were accidents and injuries, but no one thought there was much we could do about it. Our parents just told

us to be careful. These days it is almost unheard of to not wear a bicycle helmet. The bike helmet is part of our culture for the most part and is widely accepted by bicyclists.

But do these offer as much protection as we think? From a dentist's point of view, not really. At my office, I regularly see traumatic injuries sustained by bicycle accidents. Many children injure their mouths and teeth even though they were wearing bicycle helmets. How is this possible?

If you look at the anatomy of the typical bike helmet, it offers skull protection, but the region from the chin to the eyes is wide open. Most falls or accidents result in the child hitting the region below the skull; that is why many bike accidents result in

the teeth being knocked loose or broken.

Obviously, the skull is the most important part of the head to protect, but tooth traumas can be quite serious. I have several patients who have knocked out or severely injured their permanent teeth. The costs attributed to these injuries can be very expensive.

Root canal treatment, orthodontic treatment, oral surgery, and cosmetic rehabilitation can be extremely expensive. For instance, I have a patient who completely knocked out two permanent teeth. She was in extreme pain for a few days. Then the sad realization by her and her parents that she did not have front teeth. What a difficult situation, especially for a young girl. First, we had to get her into orthodontics to maintain the space and connect two fake teeth to the orthodontic appliances. Every time she eats in public, she is embarrassed because she needs to remove the fake teeth to eat. This is especially hard in the teen years when a child is trying hard to develop self-esteem. Once she is about 19 or 20 years old, she will need to undergo some periodontal surgery to help build up bone tissue in the area of the missing front teeth. After that, she will need implants and custom crowns. This will require more surgery and several dental

appointments. As you can see, lots of discomforts, expenses, and time will be in her future because of these lost teeth.

One excellent way to protect your child's teeth is to use a properly fitted mouthguard. These mouthguards offer inexpensive protection of the teeth and support hard and soft tissues. Many sports require mouthguards for good reason. Mouthguards can be used for many outdoor activities, such as bicycling, active sports, playing on trampolines, skiing, and other activities where there is a higher likelihood of potential injury.

Your child's dentist can make a custom-fitting mouth guard for your child. These can be an excellent way to help protect your child's teeth to ensure that they will keep their beautiful 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.

10,000 steps create magic



Ryan Golec

By Ryan Golec

In the ongoing search for health and fitness, the journey of a thousand miles begins with the first step. 10,000 steps a day has been a recommendation for many years to improve overall health. As with any trend, the purpose and interpretation get altered. Suddenly, it is assumed

that 10,000 steps a day are all you need to get in great shape. Let's quickly look at the great benefits as well as the myths associated with the magical 10,000 step challenge.

10,000 steps equate to roughly 5 miles. This is no small feat; however, the average calorie burn accumulated is 300-400 calories. That is 2,100-2,800 per week. This potentially results in 2-3 pounds of weight loss per month and roughly 30 pounds per year. This may not seem like much in the short term,

but it can add up.

Unfortunately, with exercise comes hunger, and many people will match this expenditure with more food. However, don't feel defeated, nutrition and calories are a discussion for another time. There is more magic in the steps than just calories. Walking is the fundamental movement of a human being. It is the most complex motor pattern that we develop, yet it seems so simple to us all.

The first magic point is the ability of walking to restore the general function of the body. Whether we sit, bend over, or whatever weird positions we put ourselves in every day, walking can help to restore length to tight muscles and activate muscles that are being underused. Many people dealing with chronic pain can improve by just starting to walk more.

The second magic point is using walking as movement recovery. Active people who train and play hard can find immense recovery benefits in walking. Walking increases blood flow and fluid movement in

the joints. This can help remove metabolic waste and increase nutrient transport to damaged tissues. Low to moderate intensity walking can speed up recovery and allow someone to return to sport or training faster.

And for the added magic, walking outside can increase vitamin D with exposure to the sun, remove us from the electronic world, and decrease stress-related cortisol while increasing mood through released endorphins. That all seems pretty great to me, and all it takes is a few more steps each day. So, start building up your daily steps today. Make movement your medicine.

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.

Ways to keep your mind sharp

Submitted to the Galena Times

June is Alzheimer's and Brain Awareness Month. Did you know that more than six million Americans are living with Alzheimer's disease? As the most common form of dementia, Alzheimer's is a progressive brain disease that causes a significant loss of cognitive functions such as memory, judgment, attention, and abstract thinking. It can begin slowly in the body by attacking the nerve cells in the brain and eventually can become severe enough to interfere with daily activities.

Just like the rest of our organs, over time our brain ages, and most of us may notice things slipping our minds; we become forgetful or even a little absent-minded. This can be normal. Severe memory loss and confusion about daily routines, though, may be a sign that your brain is failing. Symptoms of AD include but are not limited to, loss of insight, apathy, depression, and mood and behavior changes.

While there is currently no cure, drug therapy can be used early on to treat symptoms. Although current



drugs cannot stop the disease from progressing, they may help diminish symptoms. Research for a cure, as well as the exact causes of AD, is ongoing.

What we do know about Alzheimer's is that it may be caused by a combination of age, genetics, and environmental factors. Staying mentally, physically, and socially active can may help reduce your risk for AD. Carson Tahoe Health's neurology physician assistant Olivia Franke, PA-C, shares some insight on

how to keep your brain healthy and functioning.

"While there are currently no proven ways to prevent dementia," Franke says, "here are a couple of tips to keep your brain younger, for longer:

1. Get 30 minutes of physical exercise at least five times per week. A healthy body equals a healthy brain.
2. Eat a healthy diet that is high in fruits, vegetables, and healthy fats.
3. Control vascular risk factors, such as your blood pressure, your cholesterol, and quit smoking.
4. Take a vitamin D supplement every day."

Alzheimer's is a complex disease. If you or a loved one has symptoms of AD, talk with your provider so they can help you take the next steps, including an action plan that works best for you.

Please know that if you are caring for a loved one with AD, you are not alone. The Alzheimer's Association has support groups in both Carson City and Douglas weekly and Dementia Friendly Douglas County, a project of the University of Nevada, Reno, has regular meetings as well.

Does your snoring make you say ha-ha or uh-oh?

Submitted to the Galena Times

The secret is out: nearly half of all adults in the U.S. are snorers, according to the American Academy of Otolaryngology. Of those who snore, 25% do so out of habit but 18% are experiencing sleep apnea. Chances are high that if you snore, you have sleep apnea, but what is that exactly?

Sleep apnea is a sleep breathing disorder characterized by pauses in breathing during sleep. The cessation of breath for ten or more seconds is called apnea. Sleep apnea by definition allows for five of those per night. A pause in breathing does not sound too bad, but when you hold your breath for ten seconds, you will feel the uncomfortable sensation caused by a buildup of carbon dioxide in your blood before your brain is signaled to breathe. Anytime you

stop breathing your body will react in a variety of ways, such as an increase in blood pressure, a burst of cortisol, a blood sugar spike, increased heart rate, a stop in bodily digestion and repair, and/or entering superficial sleep.

If you have had sleep apnea for many years, it is considered a chronic condition. When sleep apnea is undiagnosed or untreated for a long time, it may lead to hypertension, diabetes, stroke, polynocturia (frequently waking to use the bathroom), mood disorders such as depression, Bruxism (teeth clenching and grinding), memory and concentration problems, and inflammation and oxidative stress.

Not getting a diagnosis and treatment costs the U.S. health system \$30 billion annually due to the above conditions. Taking a sleep study is the only way

to diagnose sleep apnea. As shown in our home sleep testing ad, the study can be done comfortably in your home and costs just a fraction of an in-lab study. Plus, the procedure is covered by most insurance policies.

Thankfully, treatments have evolved over the years. Those with sleep apnea are no longer destined to be hooked up to a "Darth Vader" mask for the rest of their lives. Treatments for sleep-disordered breathing vary and are specific to the individual. Some treatments are correction of obstructed nasal breathing, oral appliance therapy, positional changes, lifestyle modifications, and CPAP therapy.

If you think you may be suffering from sleep apnea, come see Dr. Mingrone at Sierra Nevada Ear, Nose, and Throat. Schedule your evaluation and sleep study today by calling (775) 883-7666.

Shield your skin this summer

Submitted to the Galena Times

Apply sunscreen. It is easy to do, yet most of us forget or do not put in the effort. With the summer heat comes outdoor activities, and sometimes we are so focused on lathering up our little ones, we forget to apply it to ourselves.

According to Cancer.net, here are 10 Tips for Protecting Your Skin in the Sun:

- Use sunscreen every day, even if it's cloudy. The sun's powerful UV rays travel through the clouds and can still impact your skin.

- Apply at least one ounce of sunscreen (enough to fill a shot glass) at least 15 to 30 minutes before going outside. Also, use a lip balm or lipstick that contains sunscreen with a sun

protection factor of at least 30.

- Choose a broad-spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water-resistant and has an SPF of 30 or higher. Other sunscreens may help keep you from getting sunburned, but they won't protect against skin cancer.

- Reapply sunscreen every two hours. Reapply every hour if you are swimming or sweating.

- Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun, which can increase your chance of getting a sunburn.

- Keep babies younger than six months old – those with new-to-the-world skin – covered and in the shade.

- Limit the amount of time you are in the sun between 10 am and 4 pm. This is when the sun's rays are the most intense. Practice the shadow rule: if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.

- If possible, wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics. For additional protection, look for clothes made with special sun-protective materials.

- Accessorize with a hat that shades your face, neck, and ears and a pair of sunglasses. Sunglasses with lenses that have 99% to 100% UV absorption

provide optimal protection for the eyes and the surrounding skin.

- Be even more cautious if you are taking medications that may make you more sensitive to the sun. These include specific types of antibiotics, anti-inflammatories, antifungals, blood pressure medications, and chemotherapies.

Carson Tahoe Health is offering complimentary skin cancer screenings on Friday, July 29 from 9 am – 4 pm at the Center for Health Promotion (formerly Health & Wellness Institute) Suite 250, 1470 Medical Pkwy, Carson City, NV 89703. Appointments are required. Head to CarsonTahoe.com and click on the events page to schedule an appointment.

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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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Sierra Arts Festival celebrates local artists



Tracey Oliver

By Tracey Oliver

Make no mistake, northern Nevada is making a name for itself. From the multiple restaurants landing in top 50 and 100 lists (Smiling with Hope Pizza, anyone?) to the growing libation reputation, wherein Frey Ranch and Tahoe

Blue vodkas continue to wow at contests, our food and drink scene is turning heads while our action and adventure lifestyle continues to lure newcomers to our neighborhoods. But there is another component of northern Nevada that is holding court with national and international audiences – our art scene.

As Nevadans, we often turn our sights to the exciting, diversifying industries of our state and end up forgetting something important about our art scene. Art is, in fact, the fourth largest economic driver in our state, with more than \$89 million invested in what is considered “arts and culture.”

As executive director of Sierra Arts Foundation, a nonprofit helping artists within a 200-mile radius to find resources and opportunities for their work, I have watched Nevada remarkably grow its reputation for



(Photo: T. Oliver)

**Sierra Arts Festival pairs creative talent with delicious food
June 25 and 26 in Reno.**

fostering impressive artists. Our area both nurtures and attracts creative types; teaching native Nevadans to blossom in their preferred medium while attracting others far and wide to share their creations with us at festivals and events. I have also watched first-hand the unapologetic creativity and fierce determination of the Reno-Sparks artists whose work you may have already stumbled upon.

At Sierra Arts Foundation, we work to elevate the arts and will be hosting our annual Sierra Arts Festival, Saturday, June 25 and Sunday, June 26 from 10 am to 9

pm each day at the City of Reno downtown plaza. We will be pairing the creative talent with delicious food and drink and bringing performers and activities to the forefront right in the heart of downtown Reno.

Peruse the works of painters, sculpturists, and artisans who explore and represent our region in different ways. Pull up a chair to learn the captivating journeys of these individuals or take a piece home to commemorate the afternoon. Come hungry to indulge in food and safely enjoy libations, including a beer garden for those 21 years and older. Be serenaded by live music, take a stab at hula hooping, or marvel at the groups of fire spinners at dusk.

Our artists produce work that enriches us, teaches us, and connects us. When words fall on deaf ears, art speaks volumes, pairing vital messages of today with eternal visual elements. No matter how you choose to celebrate, I hope you will celebrate the vibrant, colorful trailblazers of our region with an event that joins artists and art lovers alike. Goodness knows, they prop up our economy and provide context, comfort, and, sometimes, discomfort – we owe it to them to show our gratitude.

Tracey Oliver is executive director of the Sierra Arts Foundation. Learn more at www.sierraarts.org.

Free, family-friendly outdoor concerts feature musical talents in Carson City

Submitted to the Galena Times

The countdown to an unforgettable season of free concerts in Carson City is underway. The Levitt AMP Carson City Music Series presented by The Change Companies announced an impressive lineup of artists who will perform at the Brewery Arts Center's campus each Saturday at 7pm from June 25 to Aug. 27. So, grab your family, friends, and neighbors and get ready to experience the power of free, live music to bring our community together.

The Levitt AMP Carson City Music Series is supported in part by the Mortimer & Mimi Levitt Foundation, which partners with towns and cities across America to activate underused public spaces through the power of free live music, creating welcoming and inclusive destinations. Presenting a broad array of music genres and cultural programming, Levitt venues and concert sites are community anchors where families, friends, and neighbors of all ages and backgrounds come together. Learn more at levitt.org.

Kicking off the 7pm concert on June 25 is headliner SambaDá. While Brazilian natives Papiba Godinho and Dandha da Hora bring their profound knowledge and respect for the roots of Afro-Brazilian song and dance, the entire band has developed a type of samba-reggae-funk with a universal appeal. SambaDá musically unites the Americas, drawing from percussion-based styles of South and Central America, and blends it with that

good old funk and reggae backbeat so familiar to crowds in North America.

“SambaDá is always a crowd favorite,” says Brewery Arts Center Executive Director Gina Lopez. “It’s been four years since they have performed in Carson City and we are excited to bring them back as they are sure to get the entire crowd on their feet. The whole night will be an interactive experience as accomplished performer and educator Liz Broscoe will be leading the crowd in an interactive drum circle before SambaDá takes the stage.”

On July 2, the Brewery Arts Center is proud to present international music star and humanitarian activist Rocky Dawuni who was nominated for a Grammy Award for Best Global Music Album.

“To have a Grammy nominee of this magnitude playing a free show in Carson City this summer is pretty special,” says BAC Director of Operations Mikey Wiencek. “We love being able to continually bring this caliber artist to our city.”

The headliners also scheduled to perform are Young Dubliners on July 9, Whitney Myer on July 16, Tropa Magica on July 23, The Vindys on July 30, Bad Mother Nature on August 6, past Grammy nominee for Best Blues Album Danielle Nicole on August 13, Eddie 9V on August 20 and High Step Society on August 27. Each night begins at 7pm with a local band opening the show and the headliner taking the stage at 8pm.

The public is invited to bring their

own picnics, blankets, and lawn chairs to the concerts, which will have open seating. There will be food trucks, drink vendors, and kids’ activities at every concert. The Levitt AMP concert series is located at 449 West

King Street at the corner of King and Minnesota Streets. Admission is free.

Visit breweryarts.org for a full schedule of concerts, directions, and information on parking and wheelchair accessibility.

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- JULY 2 Rocky Dawuni (Current Grammy Nominee)
- JULY 9 Young Dubliners
- JULY 16 Whitney Myer
- JULY 23 Tropa Magica
- JULY 30 The Vindys
- AUGUST 6 Bad Mother Nature
- AUGUST 13 Danielle Nicole
- AUGUST 20 Eddie 9V
- AUGUST 27 High Step Society

Nevada Museum of Art provides classes, hands-on experiences for all ages

Submitted to the Galena Times

For over 90 years, the Nevada Museum of Art has provided significant arts education programming for the public, school-aged youth, teachers, and artists in northern Nevada. Providing rich cultural programming for the community and region has been a central focus of the organization's educational mission. The E.L. Cord Museum School was established over 60 years ago and offers art classes on a year-round schedule to foster creativity for people of all ages, skills, and technical abilities.

"The Museum and Museum School have committed to lifelong learning, and any opportunity we can offer for hands-on art instruction makes a difference in our community," said Claire Munoz, senior director of education and engagement at the Nevada Museum of Art. "These classes and workshops allow us to connect students with instructors for all kinds of studio experiences."

The Museum School is a great place to continue your education in the arts or start exploring any artistic interest no matter your level of training. Most of the instructors are local artists who teach



Nevada Museum of Art offers art collaborations, education, and exploration for all ages.

classes on a range of subjects including exhibition-inspired workshops, classes offered to expand studio techniques, as well as design and digital media. From Life Drawing to iPhone Photography - there is something for everyone.

For an art museum to operate and support an art school is uncommon. Only about a half dozen museums in the country offer such programming. Munoz says the Museum's status as the only

accredited art museum in Nevada elevates the responsibilities the institution has to meet Nevada's arts education needs.

In addition to offering a myriad of classes, the Museum offers Hands ON! Second Saturday, a program featuring monthly hands-on art activities, storytelling, guided tours, live performances, and community collaborations; admission is free. Art Investigators provides children the opportunity to take a closer look at selected artworks while engaging in a dialogue about the selected pieces. Themes and programs change monthly and rotate through cultural explorations, exhibition connections, and community partnerships. Guest artists and performances are cornerstones of this family-based event.

You can visit the E.L. Cord Museum School or attend Hands ON! Second Saturday at the Nevada Museum of Art by viewing the calendar at nevadaart.org. Complement your Hands ON! Second Saturday experience by visiting the galleries. From the work of Jean LaMarr, a northern Paiute artist from Susanville, California to Picasso in Clay, the Museum has a variety of experiences designed to ignite your creative curiosity.

Golden hues spread spring's happy spirit

By David Ruf

Spring in the Silver State is golden. While we all have things going on that weigh us down, I believe in the hope that spring brings and with it the beautiful golds and yellows that blossom forth and lift our spirits. We can start with admiring the Sierra's clear, beautiful yellow sunrises, almost daily, to bring the hope of a better day. By beautifying our world with any number of flowers that burst forth yearly, we can bring seasonal cheer to our families and neighborhoods.

The earliest bloomer is the golden crocus and its quarter-sized flowers that seemingly erupt from the cold soil on delicate hair-like leaves at the base. Next is the uncommon Cornelian cherry tree. This dogwood family tree has thousands of golden flowers like miniature broccoli that make the tree glow in the sunlight. The fruit is also edible and arrives during the summer.

The landscape is covered with daffodils everywhere. Bulbs are often

passed by in the fall because of the need to plant now and wait six months to get a response from your efforts. When they are blooming, our phone is ringing with folks desperately looking for the golden beauties. The variety is endless with over 400 different types in the market. Usually, the top 40 are more than enough of a choice for most gardeners. Early, mid, and late season, single or double, one flower head to a stalk or multiple, with fragrance or one that naturalizes. Pick a couple of different types and have fun admiring their trumpet-shaped, citrusy hues year after year.

The forsythia is the large shrub that seems to exude the awakening of the coming life of the rest of the flowering shrubs in the yard. Newer varieties are wonderful being more compact, larger flowers, and more flowers on stems. So, if you enjoy them or maybe have an older type, this might be the year to upgrade and get more gold into your life.

A couple of pansies or violas are sure to bring a glowing smile to your

soul. The new foliage on Golden Vicary Privet, Golden Euonymus, Gold Flame Spirea, Taylor's Sunburst Pine, and Sunburst Locust are golden-leaved shrubs and trees that are sure to brighten anyone's day.

King Midas, we are not but with an open spirit and kindness, we can help make this season golden.

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

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Plan Labor Day group mountain getaway with Sierra Nevada Journeys



Lisa Blauth

By Lisa Blauth

Looking for a place to host a group or extended family for a weekend getaway? Sierra Nevada Journeys' Family Camp is the perfect place for you. Each year over Labor Day weekend, Sierra Nevada Journeys opens Grizzly Creek Ranch for groups

to enjoy outdoor adventures at camp.

Located 50 minutes north of Reno near Portola, California, Grizzly Creek Ranch is an ideal location for bringing adults and kids together. With 16 cabins, your group of up to 12 people can reserve a cabin for the weekend. Family Camp, hosted this year from Friday, September 3 to Monday, September 5, 2022, plans all activities and cooks all meals. Gather your family and friends, show up and we do the rest.

Sierra Nevada Journeys operates as an environmental outdoor school for students and hosts teambuilding and leadership camps for community groups. Once a year, camp is opened for groups to have a whole family summer camp experience. Choose from outdoor activities like archery, kayaking, playing basketball, and gaga ball — a favorite game similar to dodge ball. Take an afternoon swim in our outdoor pool and bring your bikes to explore the 515 acres over paved and dirt paths throughout camp.



(Photos: L. Blauth)

Grizzly Creek Ranch takes reservations from groups and families over Labor Day weekend, all activities and meals included.

The challenge course is famous and includes a four-story-tall alpine tower. Working your way through the low ropes course and high rope challenges, you will try things out of your comfort zone with the support of your family and friends.

"We had a wonderful experience at Family Camp," said Nicole Martinez, a past family camper. "It is such a beautiful place and atmosphere. Everything was amazing from the cabins and food to the activities and camp staff."

Martinez is grateful for the extra support her mother received.

"We had multi-generations in our group from babies to grandparents," she said. "My mom came

with us, and she has mobility issues with walking. The camp staff was very supportive in modifying activities for her to participate. Mom felt secure walking and getting around."

Each cabin is \$2,700 for three nights, four days, and up to 12 people and includes all meals and activities led by Sierra Nevada Journeys' instructors. Learn more at sierranevadajourneys.org/family-camp.

Lisa Blauth is the marketing director with Sierra Nevada Journeys and a 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.

Vacation shouldn't be a pain in the neck



Meaghan Maillet

By Meaghan Maillet

The world is opening again after two long years of limited movement. For many, vacation planning is in full swing. Coming

home from a vacation with a kink in your neck or a pain that was not there before is unfortunately a common issue. These tips may help to avoid some of the common pains of travel.

• **Move about.** Whether flying or driving, try to get up and move your legs at least every two hours. Sitting for prolonged periods shortens the hip flexors and can contribute to low back pain. It can also increase the risk of developing blood clots. If you are on a long flight, try to get up periodically and walk. If you are not able to, you can do simple movements in your seat such as marching in place, alternating between heel lifts and toe raises, and stretching your legs straight in front of you.

• **Mind your carry-on.** Whether navigating through the airport terminal or the hotel lobby, be mindful of how you carry your luggage. When using a backpack, put one strap over each shoulder and walk with good posture. Messenger-style bags should go across the body with the bag resting on your hip, not by your

knee. Small, wheeled suitcases should be kept close to your body so that your hand is near your back pocket. If it is a long terminal, switch arms to avoid shoulder fatigue.

• **Toss that pillow.** Hotel pillows are often very thick and firm, putting your neck out of its natural alignment. If you did not bring your own pillow, you might be better off sleeping without one or folding a blanket or bath towel. High-end and boutique hotels sometimes have a "Pillow Menu" to choose from.

• **Hydrate.** Many people will avoid drinking before or during a flight or drive because they do not want to have to make trips to the bathroom. But even mild dehydration can lead to issues such as headaches, dry throat and nasal passages, muscle aches or cramps, and even constipation.

• **Wear sunscreen.** Nothing can ruin a sun-filled vacation as quickly as sunburn. Do not forget the tops of your feet, the back of your neck, and your ears.

• **Wear good shoes.** If you will be out visiting tourist attractions, historic sites, or theme parks, walking around on concrete can be a pain in the butt, hips, and back. Wear shoes with good support and cushion.

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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Calabrian baked fish keeps summer dinners simple



Michele Carbone grew up in Calabria, southern Italy. He and his wife Beth love sharing simple, healthy, and delicious recipes. Their secret is to use only first-rate ingredients.

By Beth Carbone

At the toe of the Italian boot, Calabria boasts rugged landscapes, quaint villages, and almost 500 miles of dramatic coastline. No wonder that seafood is a staple in this often overlooked, laid back region. This simple, oven-baked fillet of fish with fresh tomato sauce takes only a few minutes to prepare and cook. I use grouper or any other very fresh fillet of fish. The last time I made it, I chose a fillet of cod. For the sauce, I prefer a mixed medley of cherry tomatoes because the yellow tomatoes pair beautifully with the fish.

Ingredients for 4-6 people

- 1 fillet of fish per person, each one of about the same height/thickness
- ½ cup virgin olive oil
- 1 pound fresh tomatoes
- 1 clove garlic
- 1 bunch basil
- 1/3 cup olives (optional)

- Salt and, if you like, black or red pepper to taste

Preparation

- Pre-heat oven to 425° F (220° Celsius)
- Put in a food processor: olive oil, garlic, tomatoes, basil, salt, and pepper. Mix just a little bit—don't exaggerate, just process until the tomatoes are still chunky.
- Put fish in a baking dish. Pour the tomato mixture from the food processor over the filets.
- Add the olives, and then turn the fish over so that both sides are coated with the tomato blend.
- Cook for 5 minutes, then pull the baking dish from the oven and turn over the filets. Cook for another 5 minutes (add or subtract a minute or two, depending on the thickness of the fillet). Garnish with a sprig of fresh basil.
- Buon appetito!

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

Fuel your summer adventures in Carson City

by Shelby Holte

This one goes out to the desk jockeys with a collection of cups, bottles, and mugs next to your computer monitor and to the road warriors who purchased their vehicle based on its clutch cupholder placement. If you love the ceremony of filling the prime, driver's side location with a fresh iced coffee for the miles ahead, this list is for you. Carson City's locally owned shops are stocked and ready to keep you fueled for whatever adventures your summer calendar holds.

The Mix

It's a Thursday afternoon. Let's

be honest – it's the mental start of the weekend, but your body needs to stay in the game to keep your household running another day. Your CrossFit instructor dealt a sinister workout to the class and that extra AMRAP has your legs feeling wobbly. You are on your way home to thaw the chicken for dinner when it hits you: you need protein sooner than that. Head to the north side of town and let The Mix's protein shake and energy tea selection save the day.

Drink Recommendation: Chocolate Peanut Butter Shake. With 24 grams of protein and the taste of dessert, you will



make it through the rest of your day.

So Juicy

The summer heat is here. It is Saturday, and you are walking the double yellow lines of Carson Street because Carson City has done what it does best and has blocked off downtown to traffic for one of the year's best summer events. Perhaps the street is lined with classic cars, or maybe you are not sure where the live music you hear is coming from, but you are set on finding out. I know the saying is, "But first, coffee!" yet the heat has you rewriting the rules.

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Carson City

drinks continued from page 22



It is a smoothie kind of day. Right in the center of downtown Carson City lies So Juicy Juice.

Drink Recommendation: Dragon Smoothie. With dragon fruit acai, strawberry, banana and almond milk, this smoothie is the perfect amount of sweet without overdoing it.

LA Bakery

If you have been to LA Bakery, you know that you do not walk in with an order in mind. Local practice is to walk in the door, take in the ambient scent, scan the dessert counter a few times, and let the experience of LA Bakery tell you what you are hungry for. Will it be a pressed panini, or is it more of a Chocolate Decadence Cake day? Right. We are here to talk about drinks. Whichever direction the appetizing atmosphere leads you, the

drink selection at LA Bakery is sure to provide either the perfect complement to your meal or a delicious standalone treat.

Drink Recommendation: Their selection includes coffees, smoothies, and juices, however, I could not help but take advantage of the limited-time drink specials menu. The Pink Chai takes all the traditional chai spices and adds beetroot powder for a summery, invigorating flavor.

Bubble Tea Corner

The warmest welcome to Carson City's newest drink shop. Having opened in early 2022, Bubble Tea Corner has fast become a favorite. Next time your errands take you over to Highway 50, stop in for a drink that is sure to shake up your refreshment routine. Offering drinks in all colors of the rainbow, and chewy add-ons like Boba and lychee jelly, Bubble Tea Corner is changing the way many of us drink and snack, while honoring traditions of cultures near and far with innovative recipes.

Drink Recommendations: The level of creativity being served at Bubble Tea Corner calls for two recommendations: One for the unsure, and one for the all-in. If you have never tried bubble tea and experienced the sensation of Boba sliding up the straw while you sip, start with the Thai Tea with Boba. If you are ready for another layer of flavor, try their new Filipino dessert-inspired Halo Halo.



Old World Coffee Lab

Laptop warriors, rejoice. Your dwelling place is revealed. Whether you are a digital nomad just passing through town, or a local who has decided that "work from home" is way more fun with chatter, music and caffeine, there is a seat for you at Old World with a power outlet and WiFi. Trust that I have tested that you will not be judged for repeat trips back to the counter for refills. Your "take a sip of coffee for every email answered" strategy is not only safe here—it's celebrated.



Drink Recommendation: Iced Keep Calm and Cherry On Latte. Order with your milk of choice for a fruity (but not too fruity) twist on a classic favorite.

Comma Coffee

The owner of Comma Coffee says it best. "If life were a sentence, Comma Coffee would be the comma... the pause... the breath... the break between two thoughts." To step into Comma Coffee is to be invited to unwind. With an eclectic mix of sofas, tables, and comfy chairs, Comma has the perfect place for you. Come with loved ones and nurture your relationship, or come with a book and stay awhile, but either way, come thirsty. Comma offers smoothies, juices, coffees, and teas along with their full breakfast and lunch menu. Whatever your day holds, Comma Coffee is ready to fuel it.

Drink Recommendation: The Iced Honey Lavender Latte is the perfect balance of sweet while still being able to enjoy the roast of the coffee.

We all know the feeling when the barista calls your name and slides your drink of choice across the counter. It is the signal that your day is about to get so much better. It is the cue that your body and brain are about to get the fuel they need to help you keep being you. Whether you are fueling up for hikes and road trips, cooling off from summer days, or you are holding down a table with a friend and a laptop, go explore all of Carson City's incredible drink shops. Happy sipping!

Shelby Holte is a freelancer for Visit Carson City.

Reverse mortgages

By Tom McDonald

Based on 20 years as a reverse mortgage specialist. I have found that most people don't know their true potential.

Did you know it's possible to get a Reverse Mortgage as young as age 55? In late 2021, a proprietary reverse mortgage became available for those age 55 and up. This is not the FHA version we use for 90-95% of all Reverse Mortgages. A proprietary one follows most of the guidelines as the FHA version but there will be some differences. Loan amounts up to \$4 million. This is worth looking into for those under age 62 (the minimum age for the FHA version) or those wanting a large dollar amount.

Did you know if you have looked at a Reverse Mortgage and there's not enough funds to pay off your existing mortgage, there may be another choice? A proprietary mortgage became available in late 2021. We are referring to this as a 'hybrid'. It starts out as a regular mortgage for the first ten years. It will typically have a significantly lower monthly payment. At the end of ten years, it becomes a proprietary Reverse Mortgage with no monthly mortgage payments. This is not the FHA version.

Did you know if you are moving, you might not have to use all the cash from the sale of your home to purchase the new home? Using our HECM for Purchase (H4P) program allows you to put down something more than half of the purchase price of the home you want. This may allow you to get more home

for the money without having to take on mortgage payments. You also may have funds left over to invest for retirement income.

Did you know it may not be best to exhaust your savings before considering a Reverse Mortgage? Higher interest rates may mean less money later. You may also lose the benefit of a growing line of credit that grows at the same rate you are charged - likely higher than bank interest rates - providing access to more money later in life.

Did you know a HELOC reset could cost you more money? A HELOC is a bank Home Equity Line of Credit. With a usual maturity date of about ten years, many are starting to come due. If you qualify, you can usually renew it. If you cannot qualify (stricter standards now and many major banks no longer do HELOCs), the lender will usually change it to a fixed rate fully amortizing loan. This will likely be at a higher rate than you are paying now. Principal and interest payments could be quite a bit higher. A Reverse Mortgage may be one choice to make that payment go away.

Tom MacDonald (NMLS ID 210661) is a reverse mortgage advisor with Mutual of Omaha Reverse Mortgage (NMLS ID 1025894). These materials are not from HUD or FHA and the document was not approved by HUD or FHA or any Government Agency. Equal Housing Lender.

For more information, contact tmacdonald@mutualmortgage.com, (775) 234-2355 or visit www.MutualReverse.com.

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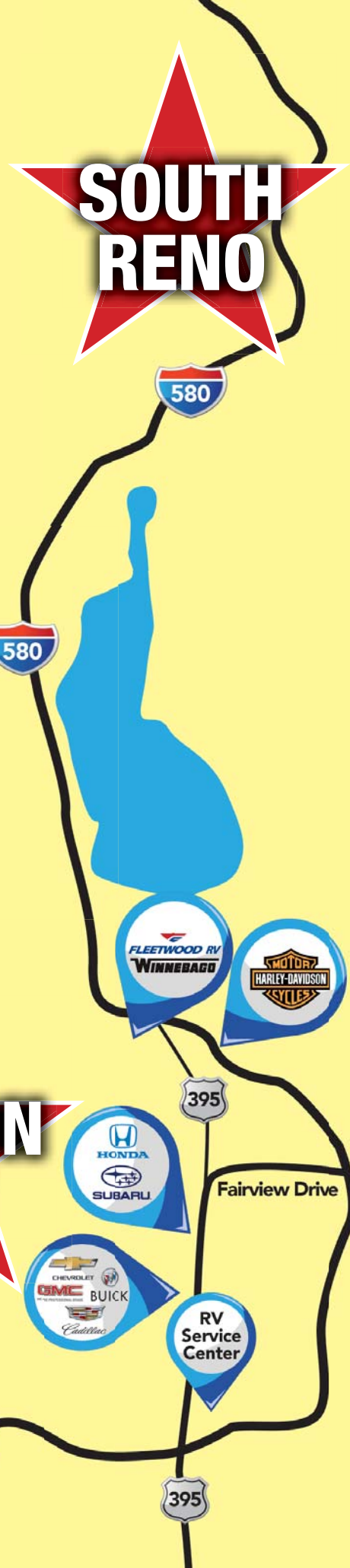
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