

# Washoe County Leadership Academy invites citizens to participate

By Candee Ramos

Enhancing leadership skills and providing educational and networking opportunities are integral parts of the Washoe County Leadership Academy. This second, nine-month class is launching late this summer and showcases all that Washoe County offers its citizens to grow community leaders into active players in local government.

The Washoe County Leadership Academy is a unique program that provides a deeper knowledge of local government, inspiration to enhance our community, and interactive civics and leadership programming in conjunction with the University of Nevada, Reno Cooperative Extension. One day per month, participants will be escorted on special tours of often unseen parts of the county throughout Washoe County, experiencing a behind-the-scenes look at how Washoe County operates. As they make new contacts with classmates and county leadership, participants will collaborate on a class project to sustainably enhance the community. Best of all, the program is entirely free of charge to selected participants.



Participants of the free Washoe County Leadership Academy get behind-the-scenes insights into how Washoe County operates. The program encourages members to become active players in the community.

Manuel Mederos is a graduate of the first year of the program. He thought his experience was amazing.

"I was blown away," he said. "You will learn so much, not only about your leadership style, your skills that you have, you might uncover new skills you never knew you had. It was an experience I will never forget."

Highlights from the inaugural year included a visit to the Washoe County Sheriff's Office Detention Facility and the South Truckee Meadows Water Reclamation Facility. At the UC Davis

campus in Incline Village participants learned about keeping Lake Tahoe blue. They got an insider look into what the county is doing to address housing and homelessness, spent an afternoon with the Pyramid Lake Paiute Tribe at their museum and visitor center, and also visited the Washoe County Medical Examiner's Office.

Twenty-five participants graduated from the first class this past April. Similar experiences, plus additional aspects of what makes Washoe County tick, will be included in the program's

second iteration. A measure of success for the Academy is to grow community leaders into active players in local government, whether that be participating in a board or committee, running for elected office, working in local government, or simply working more collaboratively with the county and fellow participants in private pursuits. A greater understanding and appreciation of the county and what it does for constituents will not only educate participants, but also encourage them to become involved to enhance their community and make Washoe County an even better place to live, work, and play.

Applications for the Washoe County Leadership Academy are open from June 1 through July 14, at [www.WashoeCounty.gov/WCLA](http://www.WashoeCounty.gov/WCLA). The program begins on August 18 and continues through April 2024. A solution-oriented mindset is a must for applicants, and a willingness to explore and make new friends. Washoe County encourages people from all walks of life to apply and join in this odyssey of learning.

Candee Ramos is a community outreach coordinator in the Office of the County Manager and can be reached at [cramos@washoecounty.gov](mailto:cramos@washoecounty.gov).

## Gone, but not forgotten

By Debbie Jordan

Rusty Crook was a teacher, coach, athlete, business owner, civic leader, cowboy, farmer, father, son, husband, and friend. He impacted the lives of virtually everyone he knew. His passion for skiing, coaching, pole vaulting, teaching, the mountains, Thisisit Ranch

and the day camp he ran there for 50 years, swimming, diving, gymnastics, playing guitar, singing, yodeling and woodworking, all contributed to the person he was and the larger-than-life memory he leaves behind.

Rusty Crook, 89, died peacefully in *continued on page 2*

## Letter From the Publisher

It's time to shake off last winter, get outside, enjoy the great outdoors, and catch some natural vitamin D. While the mountain paths are still melting, I recently headed over to southeast Reno for an easy, paved, three-mile loop with fantastic views of the Sierra Nevada. The Damonte Ranch Park trail is basically flat which allows for a casual stroll or zipping along on your roller blades. It circumnavigates a large wetland area where you'll find numerous birds. I saw blue herons and pelicans. Runners come here all winter long because the trail is usually kept clear of snow.

In this issue, we share with you plenty of other areas and activities to enjoy. If you're looking for something to do this summer and like working outside check out the story about jobs available at Sand Harbor. You probably can't work in a more beautiful location. Read about upcoming events at Artown, things that are happening at Mount Rose and Sky Tavern ski areas, kids' camps, and catch a new recipe from the Carbone collection.

While we joyfully head into summer, we also sadly recognize the loss of a great community member. We honor Rusty Crook on pages 1 and 2. It's hard to put into words what Rusty meant to our community. His list of accomplishments is so long and impressive, only one word comes to my mind that can truly describe him. He is a legend and will not be forgotten.

Happy Trails, Richard Keillor



Richard Keillor enjoys a midday hike along Galena Creek.



## Rusty Crook *continued from cover*

his sleep Thursday morning, March 23, next to his beloved wife of 45 years, Susie Crook, at his cherished home since childhood, Thisisit Ranch.

His resume reads like a laundry list of accomplishments in a dizzying array of categories, and he was proud of it all. He won countless races as a skier, went to University of Denver on a skiing scholarship (where his 1954 team won the NCAA championship and was given All-American status), competed in World Cup races and had four finishes in the top 10, skied all over the world, was a certified coach with the United States Ski Association, a Level III instructor with Professional Ski Instructors of America, coached Olympians, World Cup winners, the Reed High School Ski Team, Falcons Ski Team, and Junior Ski Program. He coached record-setting pole vaulters, was inducted into multiple halls of fame, spent a couple of years in the Army's Cold Weather Mountain Training Command in Colorado, was with Mt. Rose Ski Area for over 50 years, Washoe County School District for 32 years (primarily at Reed High School and before that Billingshurst Middle School), served a four-year term as School Board Trustee and owned and operated Thisisit Day Camp for 50 years. He held a bachelor's degree in education and a master's degree in administration from the University of Nevada, Reno.

Rusty was born Russell Ballard Burbridge on July 9, 1933, in Manchester, New Hampshire. He never knew his birth father. His mother, Edith, who went by Edie and was a well-traveled, well-educated woman from Wellesley, divorced his father after Rusty was born and moved them back to her hometown of Syracuse, New York, where Rusty lived until age nine. She married Peter Crook, who adopted Rusty, and they moved to



Rusty Crook is known by many generations of Reno families for his accomplishments in gymnastics and skiing. Many children spent summers at his Thisisit Day Camp or were coached by him at Mt. Rose Ski Tahoe. He was married twice, to Dixie Crook and to Susie Crook (pictured).



(Photos: D. Jordan)

Reno in search of a ranch. In Rusty's own words, it was the first time he felt like he had a family. The minute they laid eyes on the 35-acre property in south Reno, Edie looked at Peter and said, "This is it," which is how the ranch got its name. They purchased it in March 1943 and Rusty spent most of his life there. He was a talented woodworker, and his work is featured from floor to ceiling in every room of his home.

Rusty is described as a dedicated friend, an adoring spouse, and a master storyteller. He could captivate an audience and people gravitated toward him. He played

guitar and sang beautifully. His students at Reed High School adored him and loved hearing him yodeling up and down the halls. His athletes credit him with much of their success.

Rusty leaves behind six children, Vicki, Ray, Ron, and Cathy Crook from his first marriage to Dixie Crook, and Debbie and Laura Jordan from his second marriage to Susie Crook, plus 11 grandchildren and six great-grandchildren.

*Debbie Jordan is Rusty Crook's stepdaughter. She lives in Dallas, Texas.*



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# Summertime is defensible-space-time

By Gary Weichert

After our record-setting winter, one thing is certain, we will have a record-setting crop of wildfire fuel to contend with this summer and fall. So, let's take some time now to review the recommendations for creating defensible space and maintaining it throughout the fire season. After all, nobody in the Galena Forest Community acts alone where wildfire safety is concerned; one resident's neglect or mistake will have consequences for us all.

Your best resource for wildfire preparedness is an in-person visit by Truckee Meadows Fire or the Nevada Division of Forestry to get personalized suggestions on how to fireproof the spaces around your home. You can contact the Galena Forest Community to help arrange an appointment.

Alternatively, the University of Nevada Extension Living With Fire website offers printed guidelines for defensible space. On their homepage, they have a section about defensible space. Of most interest is the "Fire Adapted Communities" series of booklets, specifically the Tahoe Basin and the Washoe County versions. These detailed booklets cover landscape design, choosing native plants, and home construction issues.

Our most obvious concerns, and

generally the easiest to maintain, are the spaces within five feet of our home's structure. This "immediate ignition zone" should always be kept free of flammable debris. Healthy shrubs and flowers are acceptable as long as they are not too tall. No flammable mulch should be used in this zone. Open decks are of great concern, as they easily accumulate debris. Valleys in roofs, along with gutters, also collect flammable debris and should be kept clean.

The "lean and green" or "intermediate ignition zone" is from five to 30 feet from your home. This is where all your normal landscaping is located, such as a lawn, shade trees, and larger bushes. Here again, "healthy" is the key word to keep in mind. Anything dead should be removed, especially branches.

However, it is a common misconception that pine needles are an extreme fire hazard. Pine needles in a decomposing state are the pine forest's natural mulch. A layer of needles less than four inches deep is beneficial to our pine trees and keeps unwanted weeds under control, so don't get carried away with scraping your intermediate zone bare. Yes, pine needles will burn, but not with more than a slow, small flame. Highly ignitable junipers, on the other hand, are not acceptable, even in this zone.



Defensible space around your house is divided into three zones, each with specific recommendations from the University of Nevada Extension Living With Fire website.

Follow Living With Fire guidance for spacing between all plantings.

The "Extended Ignition Zone" stretches further out to a minimum of 100 feet from your home, more if it runs downhill from you. The leaner you make this zone, the easier it will be for firefighters to defend your property. Follow the guidance as well as you can, but this may be the biggest part of your defensible space plan.

Remember to keep track of your or your landscaper's time spent on wildfire prevention projects and submit a Firewise USA Volunteer Hourly Worksheet to the GFC to document and aggregate our community's activities to maintain the Firewise USA status.



Gary Weichert heads the Galena Forest Community Committee. Visit [GalenaForestCommunity.org](http://GalenaForestCommunity.org) and add your email address to the private contact list used for official GFC communication purposes. For questions, concerns, or suggestions, use the contact form on [www.GalenaForestCommunity.org](http://www.GalenaForestCommunity.org) or email [gary.w@galenaforestcommunity.org](mailto:gary.w@galenaforestcommunity.org).



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

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

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

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# What else is possible?



Liesa Leggett-Garcia

By Liesa Leggett-Garcia

People have an amazing resilience and ability to adapt, if they need to ... “need to” may be the operative words. Too often we may become complacent and do what’s familiar and easy. Until, that is, our back is against the wall, and we must develop a different strategy. As a graphics designer, day in and day out, I used a computer mouse continually. Until I couldn’t.

Not surprisingly, I developed carpal tunnel syndrome and my ability to do my work came to a halt. A friend suggested I try using my left hand which seemed entirely

unrealistic since I was embarrassingly uncoordinated with my less dominant hand. But amazingly, in a short time, I learned how to maneuver even the tiniest motions and I was back in business. I never thought it could have been possible, but it was.

Fast forward many years to my having shoulder surgery (yes, right side) and again being out of commission. I felt completely helpless until I remembered what I had been able to accomplish before. Remarkably, my left hand (and arm) rose to the occasion again and got me through it. It was not easy, but it was possible. Just knowing it was possible was an opening to imagining a different outcome.

It has made me wonder, what else is possible, in all areas of our lives? What ideas, habits, or skills have we

fallen into and convinced ourselves that this is the only way it can happen, or be done? We do it the way we do it because it works. But we shouldn’t sell ourselves short by limiting our abilities. What else is possible?

Inner resilience, creativity, and adaptability can come forth when we most need it. It shows us not to give up on ourselves. There’s an old saying, “Whatever doesn’t kill you makes you stronger.” Harsh, but sometimes we need a push to move beyond the familiar and find out what else we’re made of.

The possibilities are endless.

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

# Experience your summer working at Sand Harbor State Park



Janice Keillor

By Janice Keillor

Summer is upon us after the winter of the decade, and many of us will soon be looking for a reprieve from the heat. Many locals head to Lake Tahoe, trying to find their own special experience amongst the growing crowd of visitors. One place that never seems to

lose appeal is Sand Harbor State Park. Despite the challenges of getting into the park during the busy season, Sand Harbor remains a jewel in the Tahoe Basin with unparalleled scenery and crystal-clear water. But even more challenging than finding a parking spot is finding seasonal help to ensure that facilities are clean, and the park is running smoothly. With such a stunning location, why is it so difficult

to find summer help at one of Nevada’s most popular destinations?

As we all know, the COVID pandemic changed how we do things. Unemployment increased and businesses couldn’t, and still can’t, find enough employees to maintain operations at pre-pandemic levels. As an incentive, employers began increasing pay for entry-level jobs, and out-competing businesses and agencies without the ability to make salary adjustments. The result has been a huge decrease in applicants for seasonal jobs at state parks. When McDonald’s is paying \$18/hour, what is the incentive to work for less, even if the job is better and the location is second to none? Herein lies the dilemma.

The state government does not move quickly, and salary increases must go through a lengthy approval process. In the meantime, state parks are understaffed, and service levels cannot be maintained without critical seasonal help. But luckily for some, a job is not always about the money, and the experience

of working at a specular state park where tourists visit from around the world outweighs the few dollars in pay difference. McDonald’s vs. Sand Harbor for the summer? That seems like an easy decision.

So why spend your summer working at Sand Harbor?

- Experience strikingly beautiful scenery every day
- Free park entry every day with no waiting
- Meet people from across the world
- Breathe fresh air
- Work without confined spaces
- Job satisfaction
- Memories of a lifetime

So, if you’re on summer break with nothing to do, run, don’t walk, to Sand Harbor State Park and apply for a seasonal position. You won’t regret it. For more information, visit [www.parks.nv.gov/about/](http://www.parks.nv.gov/about/) employment.

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

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# Tickets on sale for 28th Annual Artown Festival headliner events

By Oliver X

Artown brings the world's finest performing artists to the Biggest Little City each year. Celebrating its 28th summer festival season, Artown's financial impact on the local economy was estimated at \$36 million dollars in 2022. In-person multidisciplinary events are mostly free. Exhibits, programs, performances, shows, concerts, historical tours, readings, recitals, classes, lectures, and workshops are held at over 100 venues in Reno and Washoe County-wide. Here's a look at some of the headliners and highlights on tap for Artown 2023 this summer.

**7/1, Opening Day Celebration and Parade from McKinley Arts to Wingfield Park Amphitheater, 4.30 pm – 6.15 pm.** Artown kicks things off with its annual Discover the Arts interactive children's programs and arts activities at McKinley Arts & Culture Center, where kids create art, crafts, musical instruments, and noise-makers for the parade. The popular parade is led by the super funky makers of mischief Marchfourth Marching Band. Together with electric bass, guitar, a four-piece percussion corps, a seven-part brass section, dancers, acrobats, and stilt walkers will strut and groove down Riverside Drive. At 8 pm the party continues, as two-time Grammy-winners Ranky Tanky take the Wingfield Amphitheater stage playing their unique blend of jazz-inflected Gullah music, the traditional roots music from the low country of their native Charleston, South Carolina.

**7/6, John Pizzarelli, Robert Z. Hawkins Amphitheater, 8 pm.** World-renowned guitarist and vocalist John Pizzarelli has dedicated many albums to the gifted songwriters and performers who have helped to establish the Great American Songbook and the pop music canon: Nat King Cole, Frank Sinatra, Paul McCartney, Richard Rodgers, and Duke Ellington, to name a few.



Among Artown's headliner events is the progressive bluegrass band Nickel Creek. The reunited trio plays at The Grand Sierra Resort on July 11, 2023.

**7/9, Artown's Donor Appreciation event Hawkins Amphitheater, 8 pm.** The amazing Tony-nominee Ann Hampton Callaway, one of the leading pop/jazz singers of our time, has created an exciting night of songs and stories in celebration of her inspiration and one of America's most beloved artists, Peggy Lee. Callaway will close the show with hits from the great songwriters of the 1970s like Carole King, James Taylor, Joni Mitchell, Billy Joel, and John Lennon.

**7/11, Nickel Creek, Grand Theatre at the Grand Sierra Resort, 8 pm.** Nickel Creek, the Grammy-winning, platinum-selling, internationally renowned roots trio of mandolinist Chris Thile, violinist Sara Watkins and guitarist Sean Watkins, is coming to Reno with special guest Monica Martin. The band revolutionized folk and roots music and brought their progressive take on acoustic music to a broader audience. They have reunited to release a new album featuring their first new music in nine years.

**7/14, Omar Sosa Quarteto Americanos, Robert Z. Hawkins Amphitheater, 8 pm.** Omar Sosa Quarteto Americanos, featuring drummer Josh Jones, Sheldon Brown on saxophones, and Ernesto Mazar Kinde on clarinets, is Sosa's first U.S.-based jazz ensemble since

the 1990s. The Cuban composer and pianist is one of the most versatile jazz artists on the scene today.

**7/16, Jesse and Joy, Robert Z. Hawkins Amphitheater, 8 pm.** Jesse and Joy are a mega-selling, Grammy-winning sibling pop duo from Mexico City. Widely acclaimed and accorded by their legions of fans, the talented Jesse Huerta plays piano, lead guitar, and sings harmony, while Joy Huerta is the lead vocalist and plays rhythm guitar. "Jesse and Joy are probably some of the purest, most talented artists of our generation," wrote Latin Times.

**7/20, Storm Large, Robert Z. Hawkins Amphitheater, 8 pm.** Storm Large is an American singer, songwriter, actress, and author. She attracted national attention as a contestant on the CBS reality television show Rock Star: Supernova. Large currently performs nationally with her own band, and tours internationally with the Portland-based band Pink Martini. Storm Large was a showstopping contestant in Season 16 of America's Got Talent. Adult Content Warning: No children under 18.

**7/25, Diane Reeves, Robert Z. Hawkins Amphitheater, 8 pm.** Diane Reeves is the pre-eminent jazz vocalist in the world today — her arsenal of talents is richly displayed in every song of her limitless repertoire. As a result of her virtuosity, Reeves has received five Grammy Awards for Best Jazz Vocal Album, an honorary Doctor of Music from Julliard, and was named a 2018 National Endowment for the Arts Jazz Master.

**7/31, Closing Night Wingfield Park Amphitheater, 8 pm.** The Soul Rebels are a critically acclaimed eight-piece, New Orleans-based brass ensemble that incorporates elements of hip-hop, soul, jazz, rock, and pop within a contemporary brass band framework. The high-energy party rhythms make it impossible not to dance to the sounds of this infectious octet.

Oliver X is Artown marketing director. Tickets for Artown's Headliner Series are available at [www.artown.org](http://www.artown.org).

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# Sky Tavern expands accessibility in winter and summer

By Alicia Herz

As we welcome the fresh warm air of summer in the mountains, we know that another epic season awaits us at Sky Tavern. Program expansions and capital improvements are happening year-round, and the long-standing nonprofit is growing even more robustly. The volunteer-run mountain program is commemorating its 75th anniversary. There is much to celebrate, including a new sponsorship with the region's leading orthopedic specialists, The Reno Orthopedic Center.

"Having long-time roots in the community, The ROC is a perfect fit to support Ski Patrol and other developing safety programs at Sky Tavern," said ROC sports medicine physician Dr. Tori Edmiston.

The ROC has made an enormous difference by donating brand-new transportation machines, including a snowmobile and multi-season side-by-side.

"We feel fortunate to be able to be a part of the nonprofit as they are growing and reaching more of our community," Edmiston said.

Outdoor activities are important for well-being, and Sky Tavern offers an accessible mountain for the local community.

"We now have more improved access to the mountain when we need to be there," said Mike Oehlert, general manager at Sky Tavern.

As the Junior Ski Program adds the capital improvement of Phase I snowmaking this summer, the team is working hard to ensure mountain safety.

The 2023 winter season at the nonprofit Junior Ski Program had a budding membership base of over 3500 participants. Members included students and adult volunteers who made the program a continued success during a record-breaking snowfall year. The



(Photos: A. Herz)

**Sponsored by The Reno Orthopedic Center, new means of transportation offer wider accessibility to Sky Tavern where local kids learn to ski. In the summer, the local mountain offers mountain biking and hiking programs.**

summer season at Sky Tavern will include expanding youth mountain biking programs and offering women-only clinics for mountain biking and regular hiking groups.

Support from local organizations and leading community healthcare experts will help Sky Tavern increase mountain safety and further guarantee its ability to complete

its mission: Sky Tavern is a regional center providing exceptional summer and winter outdoor sports training, recreation, and competitions accessible to all.

*Alicia Herz is the Sky Tavern development director and a fourth-generation Nevada native. She is a proud mom to two Sky Tavern Race team daughters. For more information or to donate, please visit [www.skytavern.org](http://www.skytavern.org).*

# Teens find adventure at Galena Mountain Bike Club

By Nikki Peterson

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 school 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 seventh 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 focuses 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 from July through October with practices three weeknights per week. We participate in five race events in the Nevada North League with clubs from northern Nevada and

northern California. Last year, fun events included an Area 51 league-wide night ride and costume theme. This year is looking to be even better.

*Nikki Peterson is the Nevada North League Director. She hosts a podcast called Girls Moving Mountains. For more information or to join the Galena Mountain Bike Club, please visit [galenamtb.org](http://galenamtb.org) and find the Contact Us tab. If you know anyone with 6th-12th graders who are not zoned for Galena, they can learn more at [www.nevadanorthmtb.org](http://www.nevadanorthmtb.org).*

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# Plan a stress-free family camping getaway with Sierra Nevada Journeys



Lisa Blauth

By Lisa Blauth

Each year over Labor Day weekend, Sierra Nevada Journeys welcomes families to enjoy the same activities you experienced as a child at summer camp but for the entire family. During the school season, Grizzly Creek Ranch hosts fifth and sixth graders who attend experiential outdoor school and immerse themselves in hands-on science learning. Over summer break, traditional week-long overnight summer camp happens along with community groups for teambuilding and leadership camps. However, once a year over the holiday weekend, Sierra Nevada Journeys creates a one-of-a-kind experience for all ages and levels for Family 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.

Hosted this year on Friday, September 1 to Monday, September 3, 2023, Sierra Nevada Journeys plans all activities and cooks all meals; all you have to do is

gather your family and friends and show up. They do all the rest.

Your entire family gets to experience summer camp and choose from outdoor activities like archery, kayaking, playing basketball, and gaga ball — a favorite game similar to dodgeball. Take an afternoon swim in our outdoor pool and bring your bikes to explore the 515 acres over paved and dirt paths throughout camp.

We're famous for our challenge course, which includes the alpine tower that is four stories tall. Working your way through the low ropes course and high ropes challenges, you'll try things out of your comfort zone with the support of your family and friends.

"We had a wonderful experience at Family Camp; it is such a beautiful place and atmosphere. Everything was amazing from the cabins and food to the activities and camp staff," said Nicole Martinez, a past family camper. "We had multi-generations in our group from babies to grandparents. My mom came with us, and she has mobility issues with walking. The camp staff was very supportive in modifying activities in order for her to participate. Mom felt secure walking and getting around. We can't thank you enough."



Harness and helmet checks before heading to scale the alpine tower.



Mom and son learning archery.



Ready, set, go! Family camper takes off on the zipline.

Each cabin is \$2,700 (three nights, four days; up to 12 people) and includes all meals and activities led by Sierra Nevada Journeys instructors.

Lisa Blauth is the Sierra Nevada Journeys marketing director 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. Learn more at [sierranevadajourneys.org/family-camp](http://sierranevadajourneys.org/family-camp).

# Non-profit builds first family housing complex supporting education and higher-paying jobs



Nichole Schembre

By Nichole Schembre

By fall 2023, Family Student Housing Tower #1 will be open in Carson City to 18 qualified low-income families/individuals who take part in technical certifications at Western Nevada College or Truckee Meadows Community College and make their way from poverty to prosperity through education. This will ultimately lead them to high-pay, high-demand jobs in this region, which is Friends In Service Helping's solution to two of the major problems this region currently faces.

Regional issues include lack of affordable housing and a high demand for technical jobs that are not being filled. FISH's Family Student Housing Project is the first solution of its kind made by a non-profit organization in Nevada. More than 90% of the funding for this project comes from the community members in support of the effort. That means no federal funding, minimal localized grants, and a whole lot of community support.

The Carson City community is already reeling with excitement for this project to begin taking applicants. Many members see hope for the future because this project will provide opportunities for head of households to improve their education and professional skills while ensuring that their children receive education, support, and nutritious food and wrap around services will be accessible to their family.

With FISH's "hand-up, not a hand-out" mission, clients have been finding renewed hope daily for over 40 years. Clients develop skills and behaviors that lead to self-sufficiency. This housing project will serve a new, higher level of clients. FISH is looking for people with



Carson City non-profit Friends In Service Helping, supported by community donors, is building affordable housing for low-income families enrolled in technical certifications at local colleges. More donations are needed.



(Photos: N. Schembre)

a solid work history and academic skills to succeed in higher education. Perhaps they have had all the skills to attend college but, for one reason or another, did not. The beta program discovered that most of these students are single parents. The 2019 Census Bureau data shows 25.1% of families in Nevada are headed by single parents and on average earn 45% of two-parent families.

The FISH program will shift low-income households from uncertainty to stability while making a positive economic impact on the industrial workforce in the region. Careers such as HVAC, IT, nursing, electrical, plumbing, construction management, diesel mechanics, CDL drivers are the types of vocations that will continue to be in demand regardless of economic recessions. This provides a considerable economic benefit for the region as wage earners with a college-level degree contribute 300% more than those with a high school degree over the course of their lifetime.

FISH still needs massive community and donor

support with this project. The housing part of this project is more than 50% funded and in need of additional community support of any size. Donors can sponsor a portion of the apartment towers and commercial building, which includes recognition and naming rights. Sizable community involvement in this project means that fewer families will need to rely on low-income housing to thrive. Rather, they will have stable, high-pay and high-demand careers that will support themselves and their families for years to come.

Be a part of the future of the Northern Nevada workforce and help FISH take a bite out of generational poverty. Donate today at [www.nvfish.com/donate](http://www.nvfish.com/donate) or call 775-882-3474 for more information.

Nichole Schembre is the marketing and grant director for Friends In Service Helping (FISH). With over 12 years of marketing experience, her goal is to improve social awareness of service driven organizations and increase community support through storytelling and community engagement.



# Enjoy summer with the Washoe County Library System

By Jennifer Cole

As the school year winds down, educators and librarians start talking about ways to prevent the summer slide – a significant loss of knowledge in reading and math that takes place over summer break. The good news is that the Washoe County Library System staff plan their Summer Reading Challenge activities with that goal in mind. There are so many fun things happening, your kids won't even notice that they are learning. This year's theme, *Altogether Now*, is centered around community, kindness, friendship, and unity.

**Community Helpers:** Events highlighting the important work of the Fire Department, Animal Services, Sheriff's Deputies, and the Roads Department to keep our community running.

**Ballet Folklórico Raíces Del Fuego:** this local group shares the history, traditions, and regions of Mexico through the artful expression of folklórico dance.



Summer programs at local libraries are themed “Altogether Now” and include Ballet Folklórico Raíces Del Fuego (left) and Conservation Ambassadors, a wildlife rescue organization that shares animal information.

**Wild Things:** Our friends from Conservation Ambassadors, a wildlife rescue organization with a message of stewardship and education, are back with ten different live animal programs across the library system. Waivers are required.

**Life of a Bee:** Learn some fascinating facts about life inside a beehive with the Northern Nevada Beekeeper's Association.

**Write Like an Animal:** Kids in



(Photos: J. Cole)

grades 6-10 can join bestselling local author Terri Farley for a workshop merging creative writing and science. Four times and locations in June.

**Pokémon Go! at South Valleys Library:** Come meet other trainers and raid, trade, and battle at our very own South Valleys Library PokéStop and nearby gyms. Participate in fun Pokémon-themed games and activities to win prizes (while supplies last).

**For Teens Only:** Wellness series at

Downtown Reno Library, Teen Tuesday at Northwest Reno Library, Teen Zone Wednesdays at Sparks Library, Summer movie series at Incline Village Library, crochet workshop at Spanish Springs Library, and all-day drop-in crafts and activities at South Valleys Library.

**Yangqin of Melody of China:** this award-winning performer will showcase her namesake instrument, the yangqin at various libraries.

**Young Shakespeare:** As You Like It presented by D.G. Menchetti Education Programs - A one-hour, interactive, family friendly adaptation of the Shakespearian comedy. Six times and locations.

*Jennifer Cole is a librarian at the South Valleys Library. For more information about the events listed above (and so many more) check our events page at [washocountylibrary.us](http://washocountylibrary.us). Some events may require registration and space is limited. For Summer Reading Challenge registration and information, download the Beanstack app or visit [washocountylibrary.us/summerreading](http://washocountylibrary.us/summerreading)*

## Mt. Rose Ski Tahoe continues to elevate experiences

Submitted to the Galena Times

To complement massive investments the resort has made over the past several years in new lifts, trail improvements, and snowmaking, Mt. Rose Ski Tahoe is now focused on refreshing other elements of the guest experience. Ahead of the 2023-24 winter season, plans include adding a deck and “Box Bar” to the snow

bar area at the top of the new Lakeview Express, updating the furniture in the Lodgepole Cafe, installing a heated ramp to the entry of the main lodge, and implementing new technology to improve the guest experience on the resort's website. Typical off-season maintenance will continue to take place including some larger-scale work on the



(Photo: skirose.com)

From a new snow bar with 270-degree views at the top of the new Lakeview Express to updates in the main lodge's food service areas, Mt. Rose Ski Tahoe will continue to refresh its offerings this summer.

main lodge parking lots.

“Our ‘Open Late Friday’ events this spring were really successful, so to create a more permanent snow bar that will provide more options for on-mountain après during the season, we’re adding a new Conex box bar at the top of the new Lakeview Express,” said Mike Pierce, Mt. Rose Ski Tahoe marketing and sales director. “The location of the new snow bar is incredible – with iconic 270-degree views, skiers and riders will be able to relax with a drink and take in views of Lake Tahoe to the west, Mt. Rose proper to the north, and Reno/Washoe Valley to the east.”

In the main lodge's Lodgepole Cafe, which serves as the resort's primary dining area, new furniture will

elevate the look and feel, while several improvements will create a better flow for guests interested in breakfast, lunch, or snacks throughout the day. Updates at the Winters Creek Lodge will include new video menus.

Other base area enhancements include a heated ramp to improve the guest experience getting down to the ticket windows at the main lodge. The resort is also working to integrate Chat GBT technology into its website to make it easier for guests to find the information they're looking for. The snow report gets an overhaul to offer a cleaner, improved version.

*Start planning a visit to Mt. Rose Ski Tahoe or purchase a 2023-24 season pass at [skirose.com](http://skirose.com).*

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See All Area Home Sales for the LAST 3 MONTHS on → [www.GalenaTimes.com](http://www.GalenaTimes.com) → Click REAL ESTATE → RECENTLY SOLD



1600 acres overlooking Reno and Sparks. Own a portion of Spanish Springs Mountain. Secluded, yet just over 7 miles to the Pyramid Highway. The views are spectacular, flora and fauna abound. Located on the western side of the Pah Rah Range, west of Spanish Springs Peak. The 5 parcels are being sold together to create a contiguous 1600 acres. RTC is considering a new connector from La Posada Drive in Sparks down to I-80 near the Reno Tahoe Industrial Center. **\$2,150,000.**



Exquisite Arrowcreek home with panoramic city and golf course views. Set back in a quiet cul-de-sac, 3 bedrooms, 3.5 bathrooms, with an open floorplan design. Main living room, kitchen, master bedroom and office are located on the entry level floor. Bottom floor offers additional living space complete with family room, bedroom, full bathroom, and bonus room. A short drive to Reno Tahoe International Airport, Lake Tahoe and Mt Rose Ski Area. **\$1,590,000.**



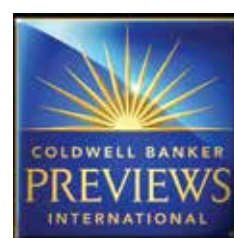
Rare, single-level 4 bedroom (plus office), 4.5 bath, 3-car home built by HomeCrafters, is the epitome of luxury and sophistication and is situated perfectly on a .75 acre lot that provides ample privacy and captures the spectacular views of Hunter Creek Canyon. **\$2,020,000.**



Welcome home to this beautifully located home on the Westside of Carson City. 3 bedrooms 2.5 bathrooms, plus a bonus room/den/office. High ceilings throughout. Open floor plan with huge living room and separate family room. **\$779,000.**



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# All Area Home Sales February 23 - May 29, 2023

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Days on Market
<b>Galena/Montreux/St James</b>							
6420 Zermatt Ct	1,285,000	568.84	1,245,000	551.13	2259	0.2	45
17225 Snow Berry Drive	1,399,000	372.27	1,340,000	356.57	3758	1.2	265
4575 Joy Lake Rd	1,698,000	390.17	1,600,000	367.65	4352	1.64	340
20605 Parc Foret Dr	1,950,000	625	1,900,000	608.97	3120	0.32	127
16840 Delacroix	2,085,500	598.94	1,950,000	560.02	3482	0.53	93
38 Bennington Court	3,250,000	645.99	2,750,000	546.61	5031	1.92	101
20700 Parc Foret	2,999,999	572.96	3,005,000	573.91	5236	0.55	204
5500 Lausanne Drive	3,400,000	949.99	3,200,000	894.1	3579	0.65	234
520 Mount Mahogany Ct	3,890,000	577.15	3,600,000	534.12	6740	1.18	249
6465 De Chardin Lane	4,490,000	809.74	4,150,000	748.42	5545	0.93	106
<b>Rolling Hills/Galena Country Estates</b>							
612 Moab Ct	650,000	321.78	670,000	331.68	2020	0.45	29
1768 Kodiak Circle	684,900	230.61	679,000	228.62	2970	0.27	230
1930 Golden Gate Dr	749,000	288.08	710,000	273.08	2600	0.26	108
4515 Great Falls Loop	699,900	346.49	740,200	366.44	2020	0.31	26
<b>Callahan Ranch</b>							
15775 Fawn	619,000	250.61	590,000	238.87	2470	1.17	123
5605 Goldenrod Dr	759,900	401.64	770,000	406.98	1892	1.074	23
5405 Menagerie Ave	1,250,000	423.16	1,225,000	414.69	2954	1.02	41
<b>Arrowcreek</b>							
3503 Painted Vista Dr	1,199,000	476.36	1,160,000	460.87	2517	0.4	26
3348 Forest View Ln	1,199,999	441.83	1,240,000	456.55	2716	0.3	43
3359 Forest View Lane	1,450,000		1,450,000	460.03	3152	0.33	17
3395 Forest View Lane	1,475,000		1,450,000	460.76	3147	0.34	30
10198 Via Como	1,590,000	322.19	1,535,000	311.04	4935	0.34	192
2879 Granite Pointe	1,679,000	434.07	1,683,000	435.11	3868	0.7	18
1201 Broken Feather Ct	1,679,000	461.9	1,700,000	467.68	3635	0.7	209
10198 Via Verona	1,739,000	529.38	1,750,000	532.72	3285	0.33	72
5976 Winding Ridge Drive	1,925,000	577.56	1,775,000	532.55	3333	0.86	96
4110 Spotted Eagle Ct	2,450,000	666.3	2,500,000	679.9	3677	1.98	32
10090 E Desert Canyon	2,450,000	623.25	2,550,000	648.69	3931	0.71	35
1188 Eagle Vista Ct	2,950,000	494.8	2,700,000	452.87	5962	0.56	57
4115 Spotted Eagle Ct.	3,925,000	719.26	3,925,000	719.26	5457	1.92	191
<b>West Washoe Valley</b>							
7575 Old Us Highway 395 N	750,000	347.38	720,000	333.49	2159	5	261
7475 Old Us Highway 395 N	929,000	395.15	840,000	357.29	2351	5	151
4150 County Line Rd	1,500,000	485.91	1,375,000	445.42	3087	2.97	147
90 Will Sauer Rd	1,950,000	509.54	1,650,000	431.15	3827	5.01	78
6135 Franktown	2,400,000	425.08	1,900,000	336.52	5646	7.86	542
2155 Old Ranch Rd	2,400,000	559.96	2,350,000	548.3	4286	5.82	219
<b>Saddlehorn/Monte Rosa</b>							
14290 Caballero Ct.	1,299,000	433	1,225,000	408.33	3000	0.36	287
4285 Desatoya Dr	1,549,000	493.16	1,440,000	458.45	3141	2.5	100
4715 S Saddlehorn Dr	1,450,000	419.44	1,460,500	422.48	3457	1.13	146
14120 Saddlebow Dr	1,650,000	510.05	1,600,000	494.59	3235	1.01	22
14210 Saddlebow Ct	1,999,000	567.25	1,950,000	553.35	3524	1.07	159
1510 Taos	2,495,000	641.55	2,300,000	591.41	3889	0.63	43
13295 W Saddlebow Drive	2,650,000	548.09	2,750,000	568.77	4835	0.87	34
<b>Other areas of South Reno</b>							
7300 La Paz Ct	999,900	393.66	975,000	383.86	2540	0.47	88
355 Wolf Run Court	1,000,000	364.56	1,010,000	368.21	2743	0.5	35
12615 Water Lily Way	1,099,000	366.46	1,035,000	345.12	2999	0.58	142
500 Sierra Manor Dr	1,400,000	471.7	1,285,000	432.95	2968	3.02	112
4025 Fairview Road	1,600,500	326.77	1,350,000	275.62	4898	2.12	43
5876 N White Sands Rd	1,475,000	511.27	1,425,000	493.93	2885	0.37	114
725 Monte Vista Drive	2,190,000	638.86	2,190,000	638.86	3428	2.67	51



# Fight fear, intimidation through community



Ryan Golec

By Ryan Golec

I wasn't always a fan of the CrossFit program, but I do feel that they got a lot of things right. The most important element they built their framework on was the concept of community. Group training has been an effective tool in many fitness programs from spinning to yoga, to boot camp-style programs. Group fitness often has a group environment, but not always a sense of community. A community takes the basics of a group and adds a feeling of comfort and inclusion.

The reality is gyms, trainers, and group programs can feel intimidating. I have spoken to numerous clients who have expressed their personal sense of fear and hesitation when starting a fitness program. While some people in the gym environment can seem judgmental

and off-putting, most people are welcoming and supportive. Fear and intimidation can be drastically improved by joining a group program that has its own internal sense of community. Many programs have a group that may motivate you through competition but may not make you feel included and accepted. If you hesitate to start a program out of fear or discomfort, the best option is to seek out a program that feels open, inclusive, and friendly.

It can be difficult to find the right program and environment, so let me give you a few recommendations. Ask around. You may have friends who are part of a program or know of one. It's always good to know someone involved. Knowing someone in the class to start with makes acclimating much easier. Look for level adaptability. A program should be designed to cater to multiple fitness levels or have specific classes for different levels. Personally, I like an inclusive class

that has all levels. Supportive people at a higher level can really help elevate you. Watch and talk. If you hear of a program that interests you, go watch a class. Talk to the people involved and to the instructor. Just observing and talking to people will help you decide if you could feel comfortable in that group. You don't have to commit to one program for life, but if you want to reduce fear and intimidation, find a group of people that makes you feel welcome, excited, and motivated to succeed. Starting a fitness journey is hard. Don't be afraid to let people help you along.

*Ryan Golec is the director of movement and education at Performance EDU in Reno. He has worked 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](mailto:Ryan@fitubuilt.com).*

# Reducing stress can have a broad health impact



Meaghan Maillet

Meaghan Maillet

While browsing through the calendar of health observances, I paused for a moment when I got to "Stress Awareness" month. I sarcastically thought to myself that we are all well aware of our stress, why would we want to celebrate it. Perhaps we could call it, "Stress Reduction" month.

Of course, being aware of stress is the first step to reducing it.

So why do we celebrate Stress Awareness Month anyway? Research over the years has shown that too much, or more accurately, prolonged stress can have a degenerative impact on not only our mental health but

our physical health as well. More recently, research is showing a correlation between stress and autoimmune conditions. These are conditions where the immune system mistakenly attacks healthy tissue as if it were a foreign invader. Many autoimmune conditions go through periods of flare and remission. While the cause of autoimmune disease isn't fully understood, stress has been identified as a factor that can trigger and prolong the flare state.

The good news is that research is also showing that stress management and stress reduction can have a positive impact on the disease process. Several case studies have shown that stress reduction techniques such as meditation, massage therapy, and yoga can help reduce the frequency, intensity, and duration of the flare cycle in some autoimmune conditions such

as rheumatoid arthritis and multiple sclerosis. Many people with autoimmune conditions report that practicing these techniques gives them a sense of empowerment at a time when they feel their body has betrayed them. Reducing stress won't cure the disease, but it can improve the quality of life of someone living with the disease.

*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](mailto:meaghan@connectivetouchmassage.com) or visit [www.connectivetouchmassage.com](http://www.connectivetouchmassage.com).*



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# Fluoride – superhero for your teeth



Dr. Kellie J. McGinley

By Kellie McGinley

We constantly expose our teeth to food and liquids throughout the day that can be harmful to our teeth. Dental decay, also known as cavity, occurs when bacteria in the mouth feed on sugars from the diet that are left on the teeth, leading to the breakdown of a susceptible tooth.

How can we prevent cavities from happening? The simplest answer: limit sugars and refined carbohydrates and clean our teeth. But we can also protect our teeth with the armor of fluoride.

Fluoride aids in re-mineralizing teeth that have been exposed to food and drinks and prevents the de-mineralization or decay process. Fluoride helps to create a surface on the tooth that bacteria have a difficult time breaking down; therefore, fluoride reduces the risk of dental decay.

As pediatric dentists, we often get the question, “Is it recommended to have fluoride for baby teeth?” The answer

is, “Yes!” Primary, or baby, teeth are vulnerable to getting cavities because of the thinner enamel or outer layer and the diet children receive. We need to protect all teeth, especially baby teeth, from cavities to keep kids free of dental disease and prevent dental pain. Research has shown that children who do not use fluoride have a greater risk of cavities, especially at a young age.

There are many ways to receive fluoride. In northern Nevada, we do not have fluoride adjusted to optimal levels in our water sources, like some other large communities. Therefore, we recommend supplementation elsewhere through fluoride toothpaste, topical fluoride at the dentist office, and/or prescription fluorides. Pediatric dentists make sure your child is receiving the correct fluoride supplementation. Talk to your dentist to see what the correct amount for your children is, as it varies with age.

The American Academy of Pediatric Dentistry recommends brushing for your child twice a day with fluoride toothpaste. For children under three years old, a “smear or rice-size” amount of toothpaste is recommended.

That way if they swallow the small amount, it will not harm them. For children between three and six, a “pea-size” is an appropriate amount of toothpaste. Keep toothpaste stored away from the child’s reach.

A professional topical fluoride application at each dental cleaning visit is also supported by the AAPD. Some physicians are now encouraged to also apply topical fluoride to at risk children in their office to prevent dental decay. Research has proven fluoride to be safe and effective to control dental decay. Talk to your dentist or visit [www.aapd.org](http://www.aapd.org) for more information and research articles on fluoride and dental decay prevention for children.

*Dr. Kellie McGinley, a Reno native and avid sports enthusiast, received her D.D.S. from the University of Michigan School of Dentistry and her Certificate in Pediatric Dentistry from Children’s Hospital Colorado. She is a passionate board-certified pediatric dentist who advocates for children and optimal oral health as a Diplomate American Board of Pediatric Dentistry. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at [RenoKidsDentist.com](http://RenoKidsDentist.com).*

# Life is motion – use it or lose it



Taylor Donovan

By Taylor Donovan

The biggest threat to your health is you. It sounds trivial at first blush. But you are your own worst enemy when it comes to taking care of yourself in a culture of excesses that places high value on the comfort zone. The truth is, you might be healthier if you would never retire and had to

show up each day to solve the terrifying riddles of life just to survive. Most well-off folks curate a lifestyle of luxury, dining on rich foods, and investing in things that embellish their comfort zone. Just look at your living room, study, and recliners if you need evidence. Yet, to live a long, prosperous life, you must seek out challenges and discomforts that inspire your body to adapt by becoming stronger, more efficient, and highly adaptable to stress.

As a chiropractor, I work with individuals who want to feel and function better and keep things that way. I believe in Benjamin Franklin’s wisdom of “an ounce of prevention is worth a pound of cure.” Therefore, we oftentimes must commit to not only the short-term view of health but also the long-term consequences of our daily habits and choices. Habits are the bedrock of our anatomy and physiology. Like any kind of investment, the sooner we begin making deposits the larger the yield later.

Most of you know that daily movement is important for many reasons. Not only does movement stimulate the muscles and receptors surrounding the joint – thus enhancing coordination – but it also lubricates joints to keep them pumped and primed for efficient low-viscosity gliding. Movement also provides nutrients to all the synovial cells lining the joint surface. Just like flossing preserves teeth, movement through a full range of motion

maintains joint health. Your chiropractor or manual medicine provider will help you safely increase your body’s current limits of movement.

Another important argument for the importance of movement is the SAID principle. This acronym stands for “Specific Adaptation to Imposed Demand.” One of the best ways you can manage low mineral bone density leading to a diagnosis like osteoporosis is by walking regularly and adding additional weight-bearing activities that challenge your skeletal frame. Since bone is a living tissue, it responds to the imposed demands with a specific adaptation of strengthening the bones. This can also be summed up by saying we become our habits.

*Dr. Taylor Donovan is a holistic chiropractor, lifestyle wellness physician, and owner of Health for Life Chiropractic. He specializes in optimal structural support, balanced muscle postures, and lifestyle advocacy. For more information and to schedule a visit, contact (775) 229-3889.*

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# Early cancer detection, prevention critically important



Pier Paolo Pandolfi

By Pier Paolo Pandolfi

We all know how devastating is the outcome of a late cancer diagnosis when the tumor has already infiltrated multiple organs and metastasized to distant ones. While the tremendous progress in cancer treatment, like novel targeted therapies and immune therapies,

allows us to also confront such serious conditions, medical and scientific evidence overwhelmingly demonstrate that treatment of early tumoral lesions proves much more effective and often curative.

Early cancer lesions can be removed and fully eradicated surgically. A straightforward example is represented by the surgical removal of a skin mole that is about to become a malignant melanoma. Or a small premalignant breast lesion detected by routine mammography that can be surgically removed while sparing the breast. Similarly, a polyp detected by a routine colonoscopy can be removed before it becomes cancerous.

This is the reason why the development of non-invasive tests that would be able to detect early cancer lesions in each organ of our body is so critical. And indeed, there is tremendous interest in developing blood-based tests that would point to which organ might be affected by an early cancer lesion, also with the help of artificial intelligence-based analytic approaches. Such a

non-invasive test could be administered every year, or even more frequently if the subject is known to be at risk of developing cancer, as we discuss below.

This precious information would next be followed by appropriate confirmatory tests (say a CT scan or an MRI). Such early lesions could be then surgically removed or treated with effective drugs in their early stage. This scenario is fortunately not science fiction, but very close to fruition. Early detection would not only increase the chance of rapid, curative solutions but would also spare the patients from the burden of the heavy toxicities and the costs associated with long-term cancer treatments. While this transformative phase in “early detection” is happening as we speak, we all well know that the battle with cancer can also be won at yet another level, which is “cancer prevention.”

Cancer prevention may seem a rather vague term, but the science behind it is much more compelling and robust than just a decade ago. Additionally, cancer prevention, as well as early detection, is by now a very actionable dimension. We can do a lot about it. We all know, for instance, that cancer predisposition, or our likelihood of developing cancer, is certainly dictated at least in part by our genes, by what we have inherited from our parents. And we can do a lot about it, by proactively studying and interrogating our genome to know if we indeed carry genes and gene variants that would predispose us to specific forms of cancer. This can be done at a reasonably lost cost and even for free in Nevada through the Healthy Nevada Project at Renown Health.

You may argue that this information would be frightening. While this could have been true ten years ago, nowadays this information can be acted upon, because it can be followed, as an example, by a much more frequent and accurate screening with the currently approved tests (e.g., colonoscopy; mammography, dermatological screening), but also with the novel, non-invasive, sensitive tests that will be soon developed and approved as we discussed above.

And yet there is another dimension, we can act upon to prevent cancer and to mitigate our cancer risk that we should all keep very clearly in mind. As we frequently read even in the lay press, our physical environment (e.g., pollution) and our diet do dictate our risk of developing cancer, as well as other ailments. While this notion was correlative and anecdotal until recently – think of the overall benefit of a Mediterranean diet – the science behind “food and cancer risk” is also becoming much more robust and detailed. We now know what specific natural or artificial dietary product we could remove or add to our diet to render it a cancer-preventive rather than a cancer-promoting diet. And this new knowledge is not only very important, but once again very actionable in order to reduce cancer risk, but also to mitigate cancer progression when the cancer is already established in our body. The future of early cancer detection and prevention is truly exciting and will have a tremendously favorable impact on cancer eradication.

*Pier Paolo Pandolfi, MD, PhD, FRCP is a senior scientist at the William N. Pennington Cancer Institute, Reno.*

# Don't let swimmer's ear smother your summer fun



Paul Manoukian

By Paul Manoukian

Summer is coming up fast! That means spending more time swimming at the beach or in the pool to cool off. However,

too much time in the water isn't always a good thing for you or your child's ears. It can lead to an uncomfortable infection called swimmer's ear.

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

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

## Keep ears clean and dry

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

## Avoid placing objects in ears

Avoid using cotton swabs, paper clips, hairpins, or other foreign objects

to dig out earwax. This can cause ear wax to be pushed deeper into the ear canal, irritate the skin of the ear canal, or even rupture the eardrum, doing far more harm than good.

## Wear earplugs while swimming

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

Most mild swimmer's ear cases can be treated at home, but if you or your child are experiencing prolonged, excessive pain, schedule an appointment with an ear, nose, and throat doctor right away. In most cases, your doctor will prescribe an antibiotic ear drop to fight the infection and pain relievers to ease any discomfort. Treatment usually only lasts about a week before the ear is fully healed, with the pain improving after just a few days.

If you suspect you or your child has an infection caused by swimmer's ear, the award-winning, compassionate team at Sierra Nevada Ear, Nose & Throat is here to help. Call (775) 882.3277 today to schedule your in-person or telemedicine appointment. Same-day appointments are available, and walk-ins are welcome.

*Dr. Paul Manoukian has spent most of his life in northern Nevada. After attending the University of Nevada, Reno – where he majored in health science and minored in Romance Languages – Manoukian headed east to attend medical school at Tufts University School of Medicine. He simultaneously received a Master of Public Health (M.P.H.), concentration in Health*

*Policy and Management at Harvard University School of Public Health. He then completed his medical residency in Otolaryngology-Head and Neck Surgery at The Johns Hopkins Hospitals. He founded*

*Sierra Nevada Ear, Nose & Throat in 1995, providing a whole-patient approach to ENT care. More than treating a specific ENT condition or disease, he sees his role as caring for people and communities.*

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# Confit of cherry tomatoes



Beth Carbone

By Beth and Michele Carbone

This is one of the easiest and most delicious recipes I've tried. I think the reason it's so delicious is because the flavor of the cherry tomatoes is dominant, and the combination of sweet and tart reminds us of summer days at any time of the year. It's great on its own, as a simple sauce for pasta, gnocchi, or a slice of crusty bread. But it can also be used as a basis for many other recipes, including a mussel soup.

The confit can be stored in your refrigerator for up to two weeks, so I always buy several pounds of cherry tomatoes and make a big batch. I've never actually made it to the two-week mark without using all the confit in one recipe or another.

**Ingredients**

• 4 lbs. of cherry tomatoes (I use a mix of red, yellow, and orange tomatoes because they each have different levels of acidity. The brand "Wild Wonders," available almost anywhere in the US, works very well.)

- good quality extra virgin olive oil
- 2 full head of garlic, skin on, sliced horizontally
- 2 bunches of fresh basil
- salt and black pepper to taste

If you want to prepare a lot, just buy more tomatoes, and use a larger casserole dish.

**Preparation**

Pre-heat your oven to 250° F.

- Wash the cherry tomatoes and the basil and put them into a deep-dish casserole or a Dutch oven.
- Pour enough olive oil to fill about 1/3 of the casserole containing the tomatoes.
- Add salt and black pepper, then mix the tomatoes gently so that each one is coated with oil and the salt and pepper are distributed.
- Now insert the garlic heads and basil into the casserole, covering them with the tomatoes.
- Put the casserole into the oven uncovered and cook for about 1.5 hours.
- Cover the dish without disturbing the contents and let them cook for another 30 minutes.
- Remove the casserole dish from the oven.

You'll see that the tomatoes remain whole, but a lot of the juice from the tomatoes will fill mix with the olive oil, creating a delicately flavored sauce. Allow to cool and then remove all the garlic cloves from the mixture. (Leaving in the garlic will



Cherry tomatoes with basil, olive oil, and garlic.



The cooked confit has a lot of liquid from the tomatoes. Keep it!

change the flavor of the dish because it overpowers the tomatoes.)  
That's it. I like it best when I prepare the confit the day before and then refrigerate it overnight. The flavors combine into a more subtle sauce.

**MUSSEL SOUP WITH CHERRY TOMATO CONFIT**

This is a wonderful, fast recipe. I recently hosted a dinner party, and everyone loved it and asked for more!

**Ingredients**

- Confit of cherry tomatoes (3 pounds)
- 3 lbs. fresh mussels, cleaned and bearded
- Black pepper and salt to taste

**Preparation**

- In a medium-sized pot with a tight lid (for example, a 15-quart pot), add the confit of cherry tomatoes.
- Bring them to a gentle boil on medium heat. As soon as they start to boil, add the fresh mussels. Gently stir to combine them with the confit. Cover the pot.
- Allow them to boil, covered, for 3 minutes (until the mussels open). Open the lid and you will see that the mussels at the bottom are open those on top are not, so mix again gently bringing the ones on top to the bottom, cover for 2 more minutes. Open the lid, when they are all open they are ready.
- Ladle into soup bowls, sprinkle with more minced basil, as much as you like, and serve with a crusty bread.

*Dr. Michele Carbone is a physician and a scientist who loves to cook for family and friends. He was born in Rome and went to medical school there, immigrating to the US in the mid-1980s. He and his wife Beth have a website with recipes that he has developed over the years: <https://michelecarbone.org/>*

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# How to build a backyard for bird watching



Lisa Braginton

By Lisa Braginton

Birding is a satisfying hobby, and it can be done right in your own backyard. Here are the three basic rules for setting up the perfect backyard birding habitat: food, water, and cover.

## Food for your backyard birds

Let's break down the basics of a bird-feeding station. First, you have the pole or main structure, this provides an elevated, safe environment for your birds to feed without having to land on the ground. Now, you can definitely ground feed (meaning throw seed or food on the ground or in a low tray for your birds to eat) but make sure you put the food in a protected area. A good example would be under a thicker bush or tree, or between a thicket of shrubs or plants.

Once you have your preferred main structure chosen, that's when you start building out and around. There are many different types of feeders but we suggest starting with two basics: a hanging tray feeder and a cylinder feeder. These two types of feeders are the easiest ways for your birds to be able to land and eat different types of food.

So, what types of food do they like? Well, each bird is different so the best way to tell what is best for your yard is to test. Start with a couple of different types of stackable feeders to test what birds like in your yard. Some of our favorites are the No-Mess Seed Stackable or Cylinder; the Seed Stackable Bug, Nut, and Berry; and the No-Melt Suet Stackers. To fill your hanging tray try the No-Mess Plus Blend Bird Seed. It has a little of everything to attract your birds.

When changing out your feeders pay attention to what cylinders disappeared the fastest and what parts of the loose bird seed are leftover, that will help you



(Photo: Moana Nursery)

Attract birds to your backyard by providing the right food, feeder, water, and cover.

figure out what your birds like and don't like. Over time you will get to know what types of birds are coming to your garden and what they like to eat.

Water for your backyard birds

Water is essential to all life and birds are no exception. Birds need a consistent source of water, especially during the hotter, dryer months in Northern Nevada. As high desert gardeners, we know the importance of conserving water so keeping a shallow, shaded water source for your birds not only improves their lives and keeps them safe from the heat, but also limits the amount of water lost to evaporation. Your water source should never be too deep, keeping it around 1-2 inches is the safest for your birds. An added benefit is some kind of dripping or moving feature.

Remember, having water available all year round is key to a successful bird bath.

## Creating cover for your backyard birds

What is "cover"? Cover is a protected area that birds (and other small wildlife) use to hide from bad weather and predators. This can be human-made structures or natural foliage planted in your garden. As high desert gardeners we can choose trees, shrubs, and plants that

will create great habitats for our backyard birds. When planting, think about layers. If you are planting a tree, make sure to plant smaller shrubs and plants around its base. When planting shrubs and plants place them closer together so that your birds have a denser ground cover. By designing a garden with bird protection in mind, not only will you be able to enjoy the sights and songs of birds year-round, but you will also have a lovely, full garden.

When placing your feeder and water make sure to place them in a location that is close in proximity to cover. Birds will fly between your feeder or waterer and the cover so that they feel safe.

Other than using your natural landscape as cover, birds also enjoy human-made structures like birdhouses or nest boxes.

## Being seasonally savvy

Birds' appetites change based on the season. We wouldn't want to eat hot soup on a hot summer day, would we? Well, being a seasonally savvy birder means adjusting the type of feed to the season. For example, in the spring and summer birds like higher protein diets so include lots of nuts, fruits, and suet in your feeding station so they're strong and healthy enough to care for their babies. During the fall and winter, you can switch to a more basic seed blend to get them through the colder months.

Remember, backyard birding is not just a summer activity, your birds rely on you. Having food and water available all year round is key to a successful backyard bird-watching habitat.

Lisa Braginton is Moana Nursery's Wild Birds Unlimited manager. She will come to your house and help design the best "Feederscape" for your location and types of birds. To book this service or take a look at backyard birding feed, feeders, bird baths, visit [www.moananursery.com](http://www.moananursery.com) or stop by any one of three Moana Nursery garden centers.

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# Keep kids engaged and active



Kris Deeter

By Kris Deeter

Parenting is hard. Nobody said it would be easy, but why does it feel like it is getting harder? The headlines don't make us feel any better. Homeschooling during the pandemic, gun violence against kids escalating, mental health in children deteriorating, childhood obesity on the rise, etc., etc.

Personally, I try to focus on what I can control and release what I have no control over (I said, "try!") Though we are not "in control" of our children, we are responsible for them (at least until 18 years) and strongly influence the development of their early habits and behaviors. The parenting and role modeling we provide in their early years can lead to the development of habits that they may embrace and continue for the rest of their lives. The following are some of my thoughts about habits that we can help them develop and embrace.

• **Encourage a team sport and an individual sport.**

We know that team sports can help kids develop healthy bodies while also building resilience, grit, and community. Being coached helps teach them the importance of rules and discipline. Playing on a team gives them opportunities to make friends and build a support system separate from their families.

While team sports are fantastic during our youth, often the football cleats and baseball mitt are stored away after we leave our high school teams. Most people do not continue to play on teams into adulthood (though I strongly encourage this) and can find themselves sitting on the couch and losing their athletic physique. This is why leading our kids to find joy in a solo, or individual, sport is so important. If your kid learns to love running (or swimming or skiing or tennis or golf), then they can continue to participate in this sport for the rest of their lives without needing six other friends to join them. Adults

that develop a routine and love for solo exercise are more likely to maintain their fitness late into their lives. Have your kids try out a few different sports—both team and solo – while they are young to see what clicks for them.

• **Develop family routines and traditions.** Kids thrive on routines and schedules. The more consistent you are with a daily schedule, the more likely your baby and child will nap, eat, and sleep when you want them to. Developing a bedtime routine (dinner, play, bath time, reading a book, lights out) and sticking to it as much as possible creates safety and consistency and may decrease anxiety for our children. These routines will evolve as your children grow. The walk through the neighborhood in the stroller will soon become the car ride to school or the drop-off for band practice.

Including your kids in creating a calendar of daily activities will help them understand the schedule and adapt to changes as they grow. Promote an early bedtime for as long as possible as a good night of sleep is incredibly important for their behavior and performance in school. Even in their teenage years, consider never having a TV in their room and having them turn in phones and computers to charge in the kitchen overnight. If you can help them form these habits when young, they may be more likely as an adult to turn off their TV and phone at night and rest easier.

Fun traditions started when your kids were young are an opportunity to create something happy that they will continue with their own families. There are many "traditional" traditions, like the tooth fairy, Easter egg hunts, and holiday mornings, but there are endless options for other fun things you can do together as a family. Maybe that is camping on Labor Day weekend, sending everyone in your family a Valentine's Day card, or baking a cake for a special departed loved one to remember them on their birthday.

• **Manage the cell phone.** The older you get, the more you may find yourself talking about the evils of social

media and cell phones. Unfortunately, it's all here to stay, so time to give up whining about it. I have spoken with many intelligent high schoolers who have shared with me that the phone is truly their community, so when we take it away, we are removing them from their friends and possible support. These same kids have pointed out that my generation is the one that developed the internet and all of these sites, so maybe we should be more engaged in teaching our kids how to interact with them safely. Point made!

There are many things we are in control of when introducing and managing cell phone use. Right off the bat, consider waiting until high school before giving them one. For their first phone, consider limiting what they have access to. There are cool products out there, like the Pinwheel phone and Life 360, that provide safer options for children or ways for us to limit or monitor more closely. Create rules around the phone – off during meals, charged at night not in their bedroom, minimized or even (left behind?) during vacations. One big one for me as a hospital doctor – make sure their LOCATION is turned off so that other kids can't track them. There are lots of disturbing stories recently of kids being admitted to psychiatry or seen in a weight loss clinic and other kids posting their location and bullying them. This is a horrible experience for a kid that we can help control.

These are all just ideas. Every family is unique, so not all of my suggestions may work for you. Parenting is hard enough without someone else judging you or telling you how to be a better parent. Be open to new ideas, but also know that you are the best parent for your child, and you will make the right choices for your family. Your pediatrician is qualified to take care of medical issues, but they can also help you problem-solve around parenting challenges. It takes a village, so use your resources, and hang in there!

*Kris Deeter, MD, MBA, FAAP is Chief of Pediatrics at the University of Nevada, Reno School of Medicine, and Physician-in-Chief of Renown Children's Hospital. She also works for REMSA as a pediatric educator.*



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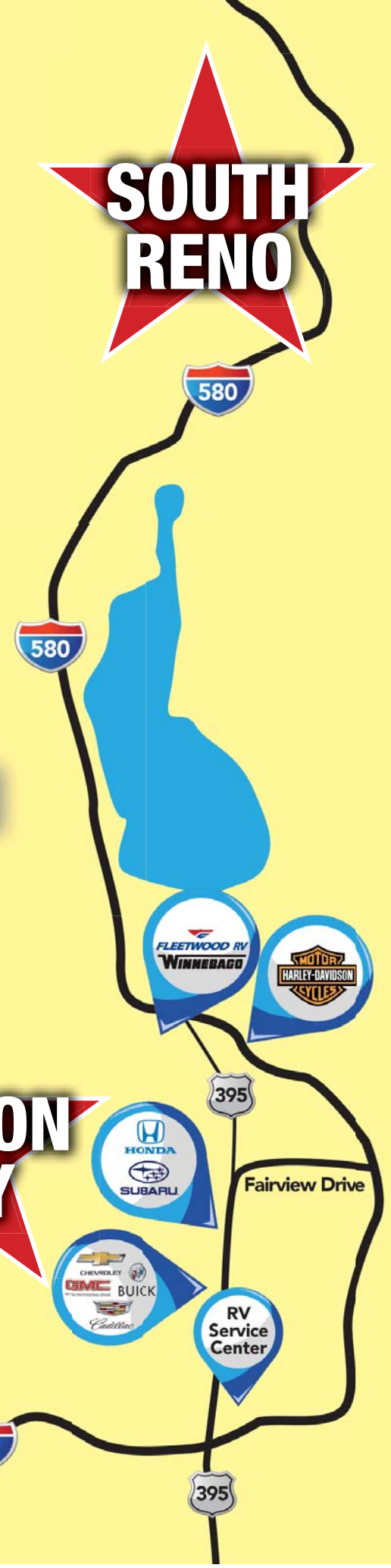
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