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TIMES

“Serving Northern Nevada”

Winter 2023-2024

Est. 2003

Carving a legacy: Sky Tavern turns Marce Herz’s vision into a thriving hub for local youth skiing

By Alicia Herz

In 1948 local schoolteacher and female athlete Marce Herz loaded up her station wagon with local kids and took them to Sky Tavern for their first ski lesson. Little did they know at the time that this experience would later change their life and the lives of over 125,000 local children and their families. Marce believed that everyone should have the opportunity to learn to ski regardless of cost and any barriers that may occur. She diligently collaborated with the creative input of many, laying the foundation for the Junior Ski Program 76 years ago.

Sky Tavern is making it a priority to expand its four-season operations. This is in part from its exclusive 50-year lease from the City of Reno and community fundraising efforts.

An incredible amount of growth is happening at Sky Tavern as capital improvements are underway to install Phase One of snowmaking. The nonprofit has recently expanded its Alpine Race Program and formed a training partnership with the University of Nevada Reno NCAA Ski Team and enthusiastically welcomes the Northern Region High School Ski Racing League this upcoming season. The high schools have committed to making Sky Tavern their home. Sky Tavern will host six regular high school races and two State Championship races during the 2023/2024 season.

After a highly successful bike season, Sky Tavern’s team is now transitioning the mountain from its flowy bike trails to a winter



Sky Tavern’s Junior Ski Program trains 1700 local youths from beginners to high school students and hosts two State Championship races this winter.



(Photos: A. Herz)

wonderland. This transformation sets the stage for its junior ski program, benefiting over 1700 local youth athletes. Sky Tavern stands out in winter as a specialized training ground exclusively committed to delivering world-class ski education for local high school students. The dedicated mountain environment, devoid of distractions, significantly enhances the development of local youth athletes.

Present day operations at Sky Tavern are thriving and it’s all thanks to incredible community stakeholders, volunteers, in-kind community partners and generous donors. Community mindset and open hearts drive Marce Herz’ continued mission at Sky Tavern: to offer affordable and accessible outdoor recreation for all. For more information and to donate please visit www.skytavern.org

Alicia Herz is the development director at Sky Tavern. She is also the granddaughter of Marce Herz and proud mother of two Sky Tavern Alpine

Race Team athletes. Alicia is dedicated to the mission of Sky Tavern and getting kids outside and active, so that they can live a fulfilling and healthy life.

Letter From the Publisher

It seems as if the previous winter just concluded. With its prolonged darkness, many are still recovering from its impact. Let’s anticipate a normal winter with an average amount of snow, perfect for crafting snowmen during Christmas and enjoying outdoor activities with skis or snowshoes.

In this issue you can look forward to one of Diane’s local history stories, Ryan’s tips on exercise, learn how to engage in Washoe County Community meetings, try one of Beth’s tasty recipes and get information on Christmas tree permits along with many more informative articles.

The Galena Times has been an integral part of the South Reno neighborhood for over 20 years. I want to thank all of you in our community for your nice comments, for getting involved and for continually helping to make the GT successful. We welcome fresh perspectives from new writers and advertisers, always eager to showcase the dynamic happenings in our community. Special appreciation goes out to the dedicated and joyful GT staff; working together for a very long time, I feel fortunate to be part of such a committed team.

Once again, we’d like to emphasize the importance of supporting your local merchants during the holiday season. It’s crucial for all of us to contribute to their strength and success as they strive to offer essential services. In-person shopping not only sustains these businesses but also fosters invaluable human-to-human connections, enriching the spirit of our community.

*Happy Holidays,
Richard Keillor*



Richard Keillor enjoys mountain vistas not only around Lake Tahoe but also on a visit to the Italian Dolomites.

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The Galena Times

Evergreen adventures await: Secure your Christmas tree permit

By Dagmar Bohlmann

As the festive season approaches, elevate your holiday traditions by embarking on a family outing to cut your very own Christmas tree. The U.S. Forest Service and Bureau of Land Management provide permits for enthusiasts to venture into nearby public lands, creating cherished memories and fostering a sense of togetherness.

In collaboration with the Every Kid Outdoors program, fourth-grade students presenting a valid pass can secure a free Christmas tree permit from both USFS and BLM, encouraging young nature enthusiasts to connect with the great outdoors.

Before embarking on your Christmas tree-cutting adventure, equip yourself with saws and essential gear. Be prepared for winter conditions, bringing warm clothing, a first aid kit, extra food and water, heavy rope or chain, a shovel, and tire chains. Always check weather forecasts, highway conditions, and maps to ensure a safe and enjoyable experience.

Elevate your holiday festivities by immersing yourself in the joy of selecting and cutting your Christmas tree from the stunning landscapes provided by public lands. Embrace the spirit of the season with a heartwarming family adventure.

Post-holiday festivities, ensure the eco-friendly disposal of your tree through participation in the "Christmas Tree Recycling in the Reno and Sparks Area" program. The annual Christmas tree recycling program, sponsored by Keep Truckee Meadows Beautiful (KTMB) and other public and private organizations, will run from December 26, 2023 through January 7, 2024. This program is an excellent way to give your Christmas tree a new purpose while keeping it out of the landfill or letting it be illegally dumped in our open spaces. To help KTMB fund this and other projects throughout the year, a donation of \$5 per tree is requested.



Kids create cherished memories in choosing and cutting down their own Christmas tree.

Where to Recycle Christmas Trees?

Drop-off times are the same at each site - 9am to 4:30pm each day.

Bartley Ranch Regional Park, 6000 Bartley Ranch Road (off Lakeside Drive) in Reno

Reno Sports Complex at Rancho San Rafael Regional Park, 2975 N. Virginia Street in Reno

Truckee Meadows Fire Station in Washoe Valley, 1240 East Lake Blvd.

The Keep Truckee Meadows Beautiful Christmas tree recycling program depends on volunteers to help at the collection locations. You can sign up online starting in November and choose the location where you would like to work. For more information or to volunteer visit www.ktmb.org/cleanups or call (775) 851-5185.

CHRISTMAS TREE PERMITS

LAKE TAHOE BASIN:

Permits available from November 6, 2023.

Cost: \$10 each, one permit per family or household.

Purchase in-person at the South Lake Tahoe Forest Supervisor's office.

HUMBOLDT-TOIYABE NATIONAL FOREST:

In-person, phone, and online permit sales starting November 1.

Permits available until December 24.

Check Recreation.gov for details on cost and cutting limitations across different districts.

TAHOE NATIONAL FOREST:

Permits sold online starting November 7, 2023.

Cost: \$10 per tree, maximum of 2 trees.

Select the specific ranger district for your tree-cutting area.

PLUMAS NATIONAL FOREST:

Online permits available from November 1 to December 31, 2023.

Cost: \$10 per tree, maximum of 2 trees.

Ensure compliance with cutting maps and fire closure areas.

BUREAU OF LAND MANAGEMENT:

Permits available from November 14, 2023.

Cost: \$5 each for pinyon pine or juniper trees, limited to 10 per person.

Purchase online or from designated offices and vendors.

LOCATIONS FOR IN-PERSON BLM PERMIT PURCHASES:

BLM-NEVADA STATE OFFICE-RENO

1340 Financial Blvd., Reno

Mon-Fri 8am - 4pm,

775-861-6500

CAL RANCH - CARSON CITY

2035 N. Carson St., Carson City

Mon-Sat, 8am- 9pm, Sun, 9am-5pm

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Feeding fearless Chickadees - A magical wildlife experience in Tahoe Meadows

By the Moana Nursery Team

Chickadee Ridge. You may have heard of it before, but what is it exactly? Chickadee Ridge is part of the Tahoe Meadows, just half a mile from the summit of Mt. Rose, and is part of the Tahoe Rim Trail. This area is a beloved hiking spot as it's a relatively easy hike with lots to see along the way and the payoff is a beautiful view of Lake Tahoe for your efforts.

During spring and summer, the Meadows are lush and green from snowmelt, with small creeks running through and sometimes mass wildflower blooms. In winter, the area is a hot spot for snow recreation, especially sledding and snowshoeing, due to it being easy and free to access. Chickadee Ridge in particular is, well, a ridge on the edge of the Tahoe Meadows, but also offers an attraction all its own: a large native population of chickadees.

Chickadees are part of Paridae family of songbirds, which is over 50 species strong. While these little birds are found throughout the Northern Hemisphere and into Africa, they're only called chickadees in North America. Around the rest of the world they're known as tits, which you may have heard of before. We mean as a bird name, relax. The word "tit", in this case, comes from an Old English word for "small" as these birds clock in at only 3 to 9 inches long, depending on the species. Why they're called chickadees instead of tits here in America is a mystery, but the name chickadee likely originated from sounding out a common call that they make that sounds like "Chick-a-dee! Chick-a-dee!".

In Nevada, we have two species of chickadee: the Black-Capped Chickadee in the northeastern part of the state and the Mountain Chickadee throughout much of the northern and central parts. Both of these chickadees are also known as "cheeseburger birds", not because of their go-to fast food order but due to their unique call that sounds like they're tweeting "Cheeeeseburger!" from their perches.



(Photo: Moana Nursery)

Mountain Chickadees at Chickadee Ridge will accept food from human hands but human food can cause fatal malnutrition in them.

Mountain Chickadees mainly live in conifer forests and pinyon-juniper forests, which is why you find them in the Chickadee Ridge area where conifers are plentiful. In their native habitat, these birds eat insects and seeds from pinecones. The chickadees at Chickadee Ridge have a special behavior that makes this area a favorite wildlife encounter spot for locals and tourists alike though: Chickadee Ridge chickadees will accept food from humans.

We don't just mean food thrown on the ground either, these chickadees will happily come and land on you for a free meal. They'll even eat right out of the palm of your hand. Some of the especially brave ones may land on you whether you have food or not in the hopes that they'll get a snack from you. As a result, it's a popular activity to go to Chickadee Ridge and feed the birds by hand. You can't just feed them anything though.

While the chickadees will take bread, crumbled granola bars, chips, and just about anything else you have collecting like lint in your pocket, none of these things are healthy for them to eat. These human foods can cause fatal malnutrition for the little birds, especially in winter when every calorie counts towards their survival. Birds should only be fed bird feed. It doesn't matter how good your intentions are, anything offered to birds that isn't bird feed can have drastic negative effects on your

feathered friends.

So how do you get bird feed up to Chickadee Ridge on your next hike? Simple! Moana Nursery offers little baggies of premium bird seed for free at all stores during the winter months. These baggies are small enough to keep in a pocket while containing plenty of seeds to go around for your new chickadee friends. If you're planning a trip during the warmer months, then buy a bag of black oil sunflower seeds or bird-grade shelled peanuts and bring some with you up to the ridge. The chickadees live at Chickadee Ridge year-round, so they'll check out food-bearing visitors no matter the time of year. Have your seed at the ready, keep the human food to yourself, and let the chickadees come find you for a mini feast.

Mountain Chickadees will also come into the valleys during winter as they search for food. While these chickadees most likely aren't keen on humans, they will gladly stop at bird feeders. If you'd like to attract some cheeseburger birds to your own home, stock up on black oil sunflower, shelled peanuts, peanut butter, and suet. Bird seed blends that contain a mix of these foods will also be a big hit with chickadees, as long as they can get their fill.

Consider buying and setting out a pretty sizable quantity of seed or having multiple feeders in different locations so everyone gets a chance to eat. You can also use seed cylinders, which pack a lot of food into one super easy-to-use form, so you don't have to worry about tedious feeder refilling or making sure the rest of the seed doesn't spoil after opening the bag. Chickadees enjoy having some familiar cover such as conifer trees and evergreen shrubs too, so planting these in your yard can increase your chances of them stopping by. All birds appreciate a safe source of water as well, especially in winter, so we recommend setting up a bird bath with a de-icer this time of year to keep your local birds bathed and hydrated, chickadees included.

For more information, visit www.moananursery.com or stop by any one of the three Moana Nursery garden centers.



Nick Higman
Photography

Happy HOWLidays



Holiday, Hounds & Hooch! Dec 16th - 3-5pm

Wine Tasting - Holiday Photo Booth - Food Truck - Ugly Sweaters

**Galena Junction Center - Next to Raley's
(775) 853-3533 • www.NaturalPawsReno.com**

Unleash the festivities at Natural Paws' annual Holiday, Hounds & Hooch extravaganza

By Lori and Rob Burks

Get ready to deck the paws and toast to tail-wagging joy at Natural Paws' much-anticipated annual event, "Holiday, Hounds & Hooch." On Saturday, December 16th, from 3 to 5 pm, furry friends and their human counterparts are invited to mingle and jingle at this festive affair hosted by Natural Paws.

The canine-centric celebration promises an afternoon of merriment, complete with holiday pumpkin lattes specially crafted for the four-legged attendees. Meanwhile, pet owners can enjoy a sip of hooch from Mutt Lynch Winery, accompanied by their beloved pooches. As an extra treat, participants will receive a commemorative wine glass, all for a suggested donation of \$10 to the Shakespeare Animal Fund.

Natural Paws, renowned for its unwavering commitment to pet rescue, will be collecting donations throughout the day, accepting cash or checks only, to support the Shakespeare Animal Fund. Festivities kick off at 3 pm, transforming the venue into a winter wonderland of joy and goodwill.

To add a touch of holiday flair, attendees are

encouraged to don their favorite ugly sweaters, setting the stage for a picturesque outdoor celebration complete with festive delicacies from a food truck. Capture the moment by 'taking your own' Santa Selfie at the Epic Holiday Themed Photo Booth, with the best-dressed participants in for a chance to win a prize from Natural Paws.

The excitement doesn't end there – Natural Paws is hosting a raffle for a grand pet gift basket filled with an assortment of delightful treats for both dogs and cats. All proceeds from the raffle will go to the Shakespeare Animal Fund, a nonprofit organization founded in 2004. This fund plays a crucial role in providing essential veterinary care to pets of the elderly, disabled, veterans, and low-income individuals.

So, leash up your hounds, embrace the festive spirit, and join Natural Paws in making this holiday season extra special for both pets and their owners. Your attendance and contributions will not only create lasting memories but also support a noble cause that makes a difference in the lives of our furry companions.



A pawsitively perfect celebration for canines and their companions, Holiday, Hounds & Hooch spreads holiday cheer and supports local charities.

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

Winter wellness: Stay motivated and on track with the support of running groups in South Reno

By Meaghan Maillet

During this time of reduced daylight, it is natural to slow down a bit and decrease our activity levels. Winter is a good time for runners to focus on recovery and restoration. But it can be challenging to maintain a routine and not go into running

hibernation. Some factors relating to reduced daylight that can impact running consistency include safety and motivation. Running groups can help navigate those challenges and maintain running fitness over the winter.

Some runners turn to treadmills to avoid running outdoors in the cold

and dark. If you don't have access to a treadmill, finding time to run might be challenging when daylight is no longer available. Despite a variety of products to enhance visibility, many runners don't feel safe running alone in the dark. Group running offers safety in numbers, especially if the group members wear lights and reflective clothing.

It can be downright difficult to get motivated to run in the winter. Whether you suffer from seasonal affective disorder or just find it hard to leave the warmth and comfort of your home, a running group can be a great source of extrinsic motivation. Having running buddies who expect to see you can be just enough motivation to get you out the door.

Northern Nevada has a large running community, and several running groups offer a variety of opportunities. Whether you're a beginner or a veteran, a trail runner or a road runner, fast, slow or any pace in between, there is a group for you. The following are just a few in the Reno/Sparks area.

Reno Running Club. This club offers regular weekly runs from each of the Reno Running Company store locations and a weekly track session. At each run, club members can expect a predetermined route with turn-by-turn cue sheets available, a variety of pace and distance options, as well as post-run refreshments. For more information visit: www.renorunningcompany.com/store-runs/

Reno, NV - She Runs This Town. This is the local chapter of a nationwide women's running group that began as a group for runner moms. It has evolved to include all women regardless of



Massage Therapist Meaghan Maillet keeps her running on track in winter with weekly group runs.

parental status. Weekly "Coffeeshop" runs occur every Saturday from a different coffee shop around Reno/Sparks. A variety of pace and distance options are available at each run. Enjoy post-run coffee and camaraderie, as well as motivational posts on the Facebook page. There is no fee, but you must join the private Facebook group to get information regarding weekly runs. www.facebook.com/groups/renosrtr

Silver State Striders. With an emphasis on trail running, this group offers weekly training runs from various locations. Whether you are a beginner trail runner or a seasoned ultra-distance runner, there is an option for you. This is a free group, and information on weekly group runs can be found on their Facebook page. www.facebook.com/silverstatestriders/

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

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

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

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

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Embrace the power within: Channeling goodness for a kinder world



By Liesa Leggett Garcia

There is a power each and every one of us holds within ourselves — and that is to be channels for good in the world. In this fast-paced, ever-changing world we live in, it is more important than ever to harness that good to make a positive impact.

There have certainly been incredible advancements that have

occurred in recent times. We have witnessed the rise of technology, connecting us all across the globe. Through the power of social media, we can reach out to someone in need, spread awareness about important causes and rally support for those who are marginalized or oppressed. We can be a voice for the voiceless, shining a light on the injustices that often go unnoticed.

But being a channel for good goes beyond the digital realm. Our everyday actions have power. Small acts of kindness can ripple out and create waves of positive change. It can be as simple as lending a hand

to a neighbor, volunteering at a local charity, supporting a local business, or doing what you can for the environment. We can strengthen the bonds of community and foster an environment of compassion and care.

Each one of us possesses unique talents and skills that can be utilized to make a positive impact. Whether you are an artist, a scientist, a teacher, or a caregiver, you can use your abilities to bring about change. It is through our collective efforts that we can build a better world, brick by brick, day by day.

With all that's going on in the world today, each of us can be a

catalyst for good. We can be helpful, creative, and most importantly, kind. Through our actions, both big and small, we have the power to support each other and make a positive difference. It is within our reach to create a world where compassion and understanding flourish. We can be the change we want to see in the world.

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 conducts land use study along South Virginia Street in South Reno

By Paul Nelson

The potential expansion of the Virginia Line Bus Rapid Transit to Summit Mall is under consideration, pending the outcomes of the South Virginia Transit Oriented Development Study. This comprehensive examination, led by the Regional Transportation Commission of Washoe County, delves into the intricacies of land use and future development in South Reno.

"It's really an opportunity to get out in front of the land use development out there because there's some opportunity in terms of vacant parcels," RTC Planning Manager Graham Dollarhide said.

Transit oriented development is a form of city planning that focuses on creating vibrant and pedestrian-oriented communities. Vacant land along South Virginia Street could be developed to create mixed-use developments, walkability and public transportation options to reduce reliance on cars in South Reno.

"That area's just growing," Dollarhide said. "So we've got to have service out there of some kind, even if it's not bus rapid transit. TOD can still



The possibility of extending the Virginia bus line from Meadowood Mall to Summit Mall is under consideration by the Regional Transportation Commission of Washoe County.

benefit the auto folks because it will create a more inviting place. It'll be somewhere they want to go. They can park at one end of the district and kind of walk their way around."

The RAPID Virginia Line runs between the University of Nevada, Reno and the Meadowood Mall. Buses arrive approximately every 10 minutes at each BRT station and travel more quickly with fewer stops, approximately a half-mile apart. Stations include raised level-boarding platforms to allow passengers to get on and off quickly. The

route has dedicated bus lanes along some stretches of the road. One-sixth of all Reno-Sparks trips happen on the Virginia Line. That generates economic development along the corridor. Extending the BRT could have the same benefits south of Meadowood Mall.

"There is a lot of incoming residential development in that area, there's a lot of jobs, a lot of economic activity with shopping," said Jim Gee, RTC director of public transportation and operations. "Being able to extend from UNR to Midtown to Meadowood and perhaps all the way to the Summit gives our entire city a great north-south corridor that we can use to build transit ridership."

The study also analyzes alternate route alignments that would serve surrounding areas like Downtown Damonte, the UNR Redfield Campus, Wedge Parkway, Arrowcreek Parkway and Double R Boulevard. The study began in January and includes multiple opportunities for community and stakeholder input. The RTC expects to complete the SVTOD Study in April 2024.

Paul Nelson is the Regional Transportation Commission's government affairs officer.

Engage with Washoe County boards and committees to contribute and shape your community

By Candee Ramos

Washoe County is a thriving community with many governmental bodies, each playing a crucial role in shaping the area's future. Among these are the more than 50 boards and committees where citizens can contribute their knowledge, judgment, and enthusiasm to bettering the region. These diverse groups cover various aspects of governance and community development, from public health to environmental protection. Here are some helpful tips for how you can apply to become a part of these teams and enjoy a successful experience.

Research and find the right fit. The first step is to explore the various boards and committees appointed by Washoe County by visiting the Washoe County webpage and looking for Volunteer Opportunities. These boards and committees encompass a wide range of topics, so choose one that aligns with your

interests, expertise, passion, and availability. Review the specific requirements and qualifications for each board or committee to ensure you meet them.

Stay informed. Keep up with Washoe County news by signing up to receive emails for Citizen Engagement. Once a board opens for applications, you'll be the first to know. Or you can visit the county's Boards & Commissions Openings page regularly.

Apply. Each opening will include details on the appointment type, application period, and how to apply either online or in person. When applying, make sure to emphasize your relevant skills, experience, and dedication to the community. A well-crafted application can significantly boost your chances of being selected.

Selection. Once you apply, Washoe County will do the rest. A staff member will notify you of

details regarding a potential appointment including an opportunity to present yourself in front of the appointing board.

Participate actively. Engagement is key to making a meaningful impact. Attend meetings regularly, contribute ideas, and be an active participant in discussions and initiatives.

Don't get discouraged. If you applied but didn't get appointed, don't fret! There are many other boards and ways to get involved.

Reach out. If you're not sure where to start or would like to get connected, don't hesitate to contact Commissioner Support by emailing commissionersupport@washoecounty.gov.

It is now your turn to take the initiative, get involved, and be part of shaping our county's future. Apply today!

Candee Ramos is community outreach coordinator for Washoe County's Office of the County Manager. She can be reached at cramos@washoecounty.gov.

Ski bliss begins: Mt. Rose unveils 2023-24 season with early opening and exciting upgrades

By Dagmar Bohlmann

As winter’s crisp embrace envelops the Sierra Nevada, Mt. Rose Ski Tahoe welcomes avid skiers and snowboarders to embrace the thrill of the season. Opening its slopes on November 10th, Mt. Rose’s elevation of 8,260 feet, coupled with robust snowmaking capabilities, ensured an early start to the winter wonderland, allowing enthusiasts to carve their first turns well ahead of other resorts.

The Lakeview Express lift, now in operation, ushers in the season by serving intermediate terrain, including the enticing Kit Carson bowl. While more terrain is set to open soon as snowmaking operations persist, hopes are high for Mother Nature to contribute her share, providing the mountains with a pristine, natural blanket of snow.

“We’ll continue to take advantage of the expected winter weather so we can open even more lifts and terrain, and begin ski school lessons and offering equipment rentals as quickly as possible,” said Mt. Rose Director of Marketing Mike Pierce.

Adding to the excitement, guests will be greeted with a fresh ambiance at the Lodgepole Café this season. The revamped space boasts all-new furniture and an enhanced server area, creating an open and relaxed vibe to enhance the lodge experience. It’s not just about the thrill on the slopes; Mt. Rose is committed to elevating the overall enjoyment of every visitor.

For those eager to make the most of the season, various opportunities for Season Passes are still available, offering a chance to secure winter’s delights at discounted rates.

As the mountains beckon, Mt. Rose Ski Tahoe



Mt. Rose Ski Tahoe opened the season on November 10th and many avid skiers and boarders lined up early to make first tracks. Indoors they were greeted with a revamped ambiance in the Lodgepole Café.

invites winter enthusiasts to explore the exciting offerings of the 2023-24 season. Whether you are a seasoned pro or a first-time adventurer, the promise of fresh powder and enhanced facilities sets

the stage for a memorable and exhilarating winter experience.
Learn more, secure your pass, and plan your snowy escapades at www.skirose.com.

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Building a Better
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rtcwashoe.com

Libraries foster early literacy, tech assistance, and early voting opportunities

By Julie Ullman

Establishing a home library plays a crucial role in early childhood literacy development. Now available in Northern Nevada, Dolly Parton's Imagination Library offers a unique book gifting program. Every month, children from birth to their fifth birthday can receive a complimentary, age-appropriate, high-quality book. In collaboration with the Northern Nevada Reading Coalition, you can enroll your child at <https://www.nvnns.org/DPIL>.

Book a Librarian

Have you ever wished you had your own personal librarian to help you with online job applications, coach you on using your new Kindle or tablet, help you learn about your new Cricut machine, or assist you in downloading photos from your phone so you can print them out? Your wish has been granted. Every Monday, Wednesday, and Friday at the South Valleys Library you can reserve a Librarian for 60 minutes and get one-on-one assistance with almost any technology topic. Just visit the online Calendar of Events at <https://events.washoecountylibrary.us> to reserve your spot.

Presidential Preference Early Voting and Election

Don't miss out on your chance to shape the 2024 Presidential Election. Early voting for the Presidential Preference Election will be held at many library branches from January 27 to February 2, or stop in on Election Day, February 6, 2024, to cast your vote. You



must be registered with the Democrat or Republican party to vote. Visit the Registrar of Voters' website for complete information: <https://www.washoecounty.gov/voters/index.php>.

Connect with the Board

The Library Board of Trustees of Washoe County Library System is appointed by the Washoe County Commissioners and is responsible for governing the operations of Washoe County Library System. The Library Board appoints the library director and evaluates his or her performance, helps set library goals and objectives, approves policies, monitors the Library's finances, evaluates the Library's overall effectiveness, and advocates for the library in the



Every Monday, Wednesday, and Friday you can reserve a Librarian to get one-on-one assistance with almost any technology topic.

community.

The Library Board of Trustees meets monthly on the third Wednesday to discuss library policies, upcoming projects, and listen to public comment from citizens. You can attend a meeting in person, or in Zoom. Visit the library website for upcoming meeting dates and to view the agenda.

The five current members are Chair Frank Perez, Vice Chair Gianna Jacks, Trustee Lea Moser, Trustee Al Rogers, and Trustee Ann Silver. All can be contacted by email, so let them know what you love about the library at washoecountylibrary.us/about/board.php.

Julie Ullman is the managing librarian at South Valleys Library.

Gift beyond the ordinary: Sierra Nevada Journeys Summer Camp blends adventure, nature and personal growth



Cassidy Bremer

By Cassidy Bremer

As the holiday season approaches, the quest for the perfect gift begins. Instead of the usual material presents, why not consider something more impactful, something that fosters growth, resilience, and cherished memories? Sierra Nevada Journeys' summer camp is a safe

place for campers to step beyond their comfort zone, embrace the unknown, and discover themselves a bit more. You're not just giving your child (or grandchild) an exciting trip, it's a gift of lasting experiences and personal development that could shape their future.

The week-long, overnight camp is just 50 minutes north of Reno, in Portola, California. Some of the benefits of sleepaway camp include taking a digital detox, building confidence, and independence.

"Our camp is an unplugged experience," said Shannon Robeski, summer camp program coordinator at Sierra Nevada Journeys. "Campers engage in many activities, from kayaking to conquering the Alpine Tower to hiking the trails. This break from screen time redirects their focus to the joy of natural exploration, contributing to building confidence and teamwork. The Alpine Tower serves as a platform for campers to support each other, conquer fears, and enhance their self-assurance."

As an environmental education nonprofit, Sierra Nevada Journeys' summer camp encompasses traditional activities and integrates science, nature, and social-emotional learning. This holistic approach ensures that while having fun, campers are also gaining valuable knowledge and skills.



(Photos: C. Bremer)

"I had an unforgettable time at summer camp. My cabinmates were amazing, spending time with them was so much fun. I had fun climbing the Alpine Tower and catching a frog at the pond." – Former Summer Camper

"Summer camp is more than a fun getaway; it's a transformative journey that helps children explore and embrace their individuality in a safe and nurturing environment. It's a gift that keeps giving, fostering independence, resilience, and cherished memories that last a lifetime," Robeski said.

By becoming a monthly donor of \$25, you'll not only amplify your impact on providing outdoor access for other local youth but also receive a \$250 discount on your child's registration for our Summer Camp 2024. Your monthly donation is tax-deductible and fosters curiosity, confidence, and a deep connection with nature, especially among underserved students. To learn more, visit sierranevadajourneys.org/camp.

Cassidy Bremer is part of the advancement team at



"The counselors cared for us. We played gaga ball, did fun challenges, and laughed about silly moments during the week." – Former Summer Camper

Sierra Nevada Journeys focuses on fundraising, community engagement, conservation, and resources for youth. She graduated from Boise State University with her Bachelor of Arts in Environmental Studies.

The curious adventures of a 19th-century Truckee Meadows pioneer



By Diane Crowne

In 1881 Myron Angel published a book called the History of Nevada. It contains profiles of some of the Truckee Meadows pioneers. GW Huffaker's profile is modest and poses more questions than answers.

Granville W. Huffaker was born in Monticello, Wayne County, Kentucky in 1831. The first eight years of his life were passed at that place, when he moved to Jacksonville, Illinois where he received his education. In 1847 he went to St Louis, Missouri. During the succeeding six years he was rambling about on the frontier, subject to many curious adventures. In the year 1853 he emigrated to Salt Lake City, Utah engaging in the mercantile business until 1858 when he came to Nevada Territory and settled where he now resides at the head of the Truckee Meadows. Very few of the Nevada pioneers are able to date back as far as Mr. Huffaker, and his early experience has enabled him to accomplish many things impossible for those who arrived later in the territory. He owns one of the finest ranches in the state, near the renowned Steamboat Springs (sic Moana Springs) to enjoy the fruits of his labor.

Questions raised by the 1881 profile: What does a 16-year-old boy do while "rambling about the frontier in 1847?" With whom did he do this rambling? What were the "curious adventures?" What "early experience enabled him to accomplish many things" and what were those

experiences and accomplishments?

One wonders: did Myron Angel impose a word limit on GW or was GW shy, unassuming, not given to much speech, or was there something about GW's early life that he'd rather not talk about? It may have been all of the above, and most certainly the latter.

A note in the Huffaker Family file at the NHS tells us that GW was born on May 7, 1831 to Miss Martha Nelson. The unmarried girl, or probably her parents, sued the Huffaker family naming Simpson David Huffaker, aged 17 at the time, as the father of her child. Simpson's father, Jacob Huffaker, intervened before the suit went to public trial. Then, at the tender age of five months, GW was given to Jacob and his wife who already had ten children. Seven years later, GW went to Jacksonville, Illinois with his father where he received his early education.

The Latter Day Saints genealogical records submitted by several of Simpson's descendants indicate that GW's father had married two years before the move to Jacksonville. Soon thereafter, Simpson David Huffaker was baptized and converted to the new and controversial religion of Joseph Smith. Much later, Simpson married an additional four wives.

Not surprisingly, there are discrepancies in the various LDS descendent accounts. The most glaring one is that no one seems to have remembered that Granville W. Huffaker ever existed. Was he ostracized for his questionable paternity? We can only guess. We know that GW and family moved to "the new Zion" we know as Nauvoo,

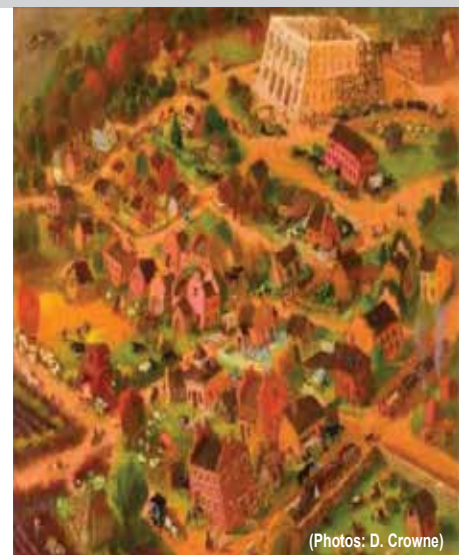


The image on the left accompanied the 1881 profile. The photo of a much younger Huffaker on the right hangs in the Huffaker schoolhouse at Bartley Ranch Regional Park.

Illinois in 1845. LDS archives state that, Granville W. Huffaker, was baptized into the LDS faith in 1847 at Nauvoo the same year the Saints were driven from Nauvoo.

Life as a Mormon in the 19th century was plainly dangerous. The Saints were driven from every home they had ever established. They were forced to leave the properties they had developed, the gardens they had planted, the wells they had dug, the orchards they had cultivated and the livestock they had raised. Some sources say that this heinous madness on the part of the gentile mobsters who persecuted them was because of the practice of polygamy. Polygamy may have been an objectionable practice to most Christians at the time (even today), but there is more to that story.

It is reported that at one time Brigham Young intended to run as a presidential candidate. In all probability, the Mormons were feared because of their political clout and



Artist's rendering of Old Nauvoo, Illinois with its prominent LDS Temple.

were envied because of their successful communes. Was GW Huffaker too shy to talk about his dangerous and controversial early life? Apparently.

Diane Crowne is a member of the Nevada Historical Society. This story will be continued.

Galena Creek Regional Park wraps up vibrant fall with second annual Fall Festival fundraiser

By Alexandria Williams

The fall season at Galena Creek Regional Park was one full of color and lively fun. The Great Basin Institute's Visitor Services program held its second annual Fall Festival fundraising event located at the Galena Creek Visitor Center. The Fall Festival is a two-day event full of music, games, environmental education, vendors, local food trucks, raffles and silent auction items. All proceeds support interpretive outdoor education programs. Staff and volunteers have brought this engaging community event to life and are working towards keeping it an annual event.

Attendees of all ages and backgrounds were found playing fun

carnival style games or pumpkin painting with Mountain Market. There were also opportunities to learn about wildfire safety from the Tahoe Rim Trail Association, native bird species from the Lahontan Audubon Society, conservation/restoration efforts from Keep Truckee Meadows Beautiful, and recreating safely in National Forests from the US Forest Service. Retail and art pieces were also for sale by local artists. And many got to enjoy warm sweet and savory crepes from Olivier's Organic French Crepes, delicious traditional Mexican food from Juve's Raspados and festive fall drinks made by the Lodge Bar & Patio.

The last two Fall Festivals received various generous donations

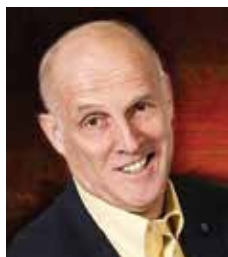
from the community. Those who came out were able to participate in a raffle and silent auction. There were various items donated from local businesses, such as: Natural Paws, Beer NV, Silver & Blue Outfitters, Bella Grey Medical Spa, Refuge Spa, Mesa Rim Climbing, Puzzle Room Reno, Learning Express, Old World Coffee, House of Bread, Little Red Wagon Children's Boutique, Sierra Water Gardens, Junkee Clothing Exchange, Great Basin Brewery, Wild Island, Home Means Nevada, Patagonia, Sprouts and Mod Pizza. Donations like these helped fundraise close to \$5,000 for GBI's Visitor Services.

As fall comes to a close, the Visitor Services program continues with

winter offerings, including snowshoe rentals and upcoming classes and events at the Galena Creek Visitor Center. Snowshoes are available for rent at \$10 per adult and \$5 per child for all day use. Starting December 16, a Watercolor class series is offered for people ages 12+ with 20 open slots at \$12 per person for 2.5 hours. Yoga Saturdays will begin in January for ages 10+ as an hour-long session with suggested donations. Attendees will need to provide their own yoga mat and blocks.

Alexandria (Alex) Williams is the Galena Creek community outreach coordinator - AmeriCorps VISTA. Follow along on Instagram and Facebook at Galena Creek to learn more about exciting programs and events.

Renown Health launches \$11M capital campaign for Conrad Breast Center, propelling cancer services to new heights



Dr. Max Coppes

By Max Coppes

Each year over 500 women in our community are diagnosed with breast cancer. In addition, hundreds of women are being treated for breast cancer and thousands have finished treatment and must deal with its aftermath.

Finally, over 100,000 women aged 40 to 74 are eligible for regularly screening in Washoe County. It is no exaggeration to suggest that breast health is an important aspect of the health and wellbeing in our community.

Thankfully we have had some excellent and committed physicians who have championed the needs of these women (and occasional men), their screening, surgery, chemotherapy, and radiation therapy. Standing on their shoulders, Renown Health and its Foundation have officially launched a \$11M capital campaign to establish a comprehensive breast center. We are elated to have received a leading gift of \$5M by Jeanne and Raymond Conrad, two inspiring Reno locals, committed to help propel cancer services to the next level. The Conrad Breast Center is part of a much bigger Cancer Center vision for Reno.

The opening of the Conrad Breast Center in early 2025 on Renown Health's South Meadows campus contributes to Renown Health's long-term vision for our city: transforming the Pennington Cancer Institute into a National Cancer Institute designated Cancer Center. NCI designated cancer

centers meet the rigorous standards set by the NCI for excellence in cancer prevention, careening, treatment, and research; currently only 72 cancer centers meet these criteria in the USA, none in Nevada. We want to establish the much-coveted NCI designation so that nobody in our community feels the need to seek care elsewhere. At the Pennington Cancer Institute we are committed to bringing the very best available diagnosis care right to your doorstep, so that if you need cancer care, you can benefit from the comfort and support of your family and neighbors.

The Conrad Breast Center will allow for a seamless integration of services, including imaging, diagnosing, and treating breast cancer. The Breast Center will house a state-of-the-art imaging unit, using technology that provides sharper and crisper images to assist radiologists in detecting breast anomalies, including cancer. Here, we will also be able to perform ultrasound and MRI guided biopsies to rapidly determine the nature of any suspect lesion.

The Conrad Breast Center will include a breast surgery unit accommodating two full time breast surgeons, Dr. Michelle Chu and Dr. Colleen O'Connell. It will also incorporate a medical oncology center, accommodating two full time medical oncologists including the nationally recognized breast cancer expert Dr. Lee Schwartzberg, and one advanced practice nurse, all focused on treating breast cancer.

Also, the center will include a 15-pod infusion center, primarily, but not exclusively, to provide

therapies to patients with breast cancer. In addition, the Conrad Breast Center will house a high-risk breast cancer program, focused on managing and supporting those who have a higher-than-normal risk to develop breast cancer i.e., strong family history or specific genetic mutations predisposing to breast cancer.

Furthermore, the new Breast Center will house a wellness center. The wellness center will offer unique resources such as oncology nutrition classes, acupuncture, massage, support groups like young survivor support group, and a group supporting those with young children, wellness lectures, a 'look good, feel better' program, a resource library, and much more.

Finally, the Conrad Breast Center will include a breast cancer clinical research team, offering patients to participate in studies that aim to improve outcomes and/or decrease unwanted side effects of treatment. Often participation will provide access to the latest medicines that are not yet commercially available but are being studied because of their promise to have a positive impact.

I wish to end this overview by publicly thanking Jeanne and Raymond Conrad for their generosity and their belief that our city is destined – Reno has the vision to develop cancer care services that will result in the much coveted NCI designation.

Dr. Max J Coppes, MD, Ph.D., MBA, is the Director of the William N. Pennington Cancer Institute, Renown Health and professor of Pediatrics and Clinical Internal Medicine at the University of Nevada Reno School of Medicine.

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Great Basin Outdoor School Winter Ecology & Snowshoe

Great Basin Outdoor School is ready for the winter season once more! Teachers, bring classes for overnight standards-based science trips in cozy Tahoe cabins or day snowshoe trips at Galena Creek or Spooner Lake. Learn about winter safety, snow crystal formation, winter animal and plant adaptations, and much more. Parents, bring kids for fun Adventure Day Camp in Reno Jan. 2-5.

Know anyone passionate about the outdoors and interested in teaching this winter season or interested in volunteering? Great Basin Outdoor School is hiring! Contact us!



Email us!
education@greatbasin-os.org

Emily Baldwin
Executive Director



For more info please visit <https://www.greatbasin-os.org>

See All Area Home Sales for the LAST 3 MONTHS on → www.GalenaTimes.com → Click REAL ESTATE → RECENTLY SOLD



Every once in a while a stunning home with a rare location becomes available for sale! This property is located in a gated community in Galena Forest and is adjacent to open-space and a seasonal creek. The beautiful environment makes for a very private and serene setting. Upon entering the home, you'll be "wowed" by the grand feel of the sunlit rooms brightened through the large windows with high ceilings. Views from almost every window add to the tranquil feel of this special property. **\$2,495,000.**



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. **\$1,750,000.**



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All Area Home Sales August 26 - November 20, 2023

| | Asking Price | Price/SF | Sold Price | Sold Price/SF | SF | Acreage | Days on Market |
|---|--------------|----------|-------------|---------------|------|---------|----------------|
| Galena/Montreux/St James | | | | | | | |
| 4000 Blue Spruce Rd | \$1,095,000 | 434.7 | \$1,035,000 | 410.88 | 2519 | 0.5 | 31 |
| 1505 Blue Spruce Road | \$1,095,000 | 461.64 | \$1,075,000 | 453.2 | 2372 | 0.45 | 58 |
| 1100 Douglas Fir Dr | \$1,199,000 | 522.67 | \$1,199,000 | 522.67 | 2294 | 0.64 | 63 |
| 375 Douglas Fir Dr | \$1,389,000 | 356.7 | \$1,389,000 | 356.7 | 3894 | 0.62 | 50 |
| 1850 Joy Lake Rd. | \$1,445,000 | 452.13 | \$1,405,000 | 439.61 | 3196 | 1.06 | 327 |
| 16455 Bonnie Ln | \$1,500,000 | 360.4 | \$1,425,000 | 342.38 | 4162 | 1 | 95 |
| 485 Myrtlewood Parklet | \$1,500,000 | 407.06 | \$1,520,000 | 412.48 | 3685 | 0.62 | 35 |
| 305 Douglas Fir Cir | \$1,649,000 | 552.43 | \$1,525,000 | 510.89 | 2985 | 0.64 | 376 |
| 134 Waterford Court | \$1,788,888 | 511.7 | \$1,600,000 | 457.67 | 3496 | 1.03 | 144 |
| 5740 Dijon Circle | \$1,794,000 | 512.72 | \$1,669,900 | 477.25 | 3499 | 0.81 | 395 |
| 20625 Parc Foret Drive | \$1,849,000 | 704.11 | \$1,849,000 | 704.11 | 2626 | 0.35 | 129 |
| 6395 Zermatt Ct | \$1,895,000 | 723.28 | \$1,895,000 | 723.28 | 2620 | 0.22 | 34 |
| 500 Yellow Pine Rd | \$2,085,000 | 722.45 | \$1,980,000 | 686.07 | 2886 | 1.01 | 49 |
| 278 E Jeffrey Pine | \$2,300,000 | 532.53 | \$2,200,000 | 509.38 | 4319 | 1.01 | 49 |
| 5765 Nordend | \$2,399,900 | 762.84 | \$2,310,000 | 734.27 | 3146 | 0.34 | 70 |
| 5950 Chambery Circle | \$2,550,000 | 761.88 | \$2,500,000 | 746.94 | 3347 | 0.66 | 133 |
| 20805 Parc Foret Court | \$2,600,000 | 603.25 | \$2,500,000 | 580.05 | 4310 | 0.31 | 88 |
| 5120 Bordeaux | \$2,450,000 | 743.1 | \$2,712,377 | 822.68 | 3297 | 0.7 | 791 |
| 5675 Alpinista Circle | \$3,255,000 | 889.83 | \$3,000,000 | 820.12 | 3658 | 0.48 | 167 |
| Callahan Ranch | | | | | | | |
| 5355 Wildwood | \$625,000 | 438.9 | \$580,000 | 407.3 | 1424 | 0.97 | 22 |
| 15500 Willow Brook Dr | \$1,150,000 | 311.82 | \$1,100,000 | 298.26 | 3688 | 1.02 | 225 |
| 15180 Redmond Loop | \$1,250,000 | 423.16 | \$1,200,000 | 406.23 | 2954 | 1.123 | 145 |
| 14820 Parisian Ct | \$1,589,000 | 433.44 | \$1,575,000 | 429.62 | 3666 | 1.36 | 168 |
| 15045 Napoleon Dr. | \$1,660,000 | 427.39 | \$1,630,000 | 419.67 | 3884 | 1.28 | 95 |
| 5440 Menagerie Ave | \$1,699,000 | 385.26 | \$1,650,000 | 374.15 | 4410 | 1.38 | 83 |
| 5230 Cedarwood Drive | \$1,980,000 | 636.45 | \$1,950,000 | 626.81 | 3111 | 5.19 | 34 |
| 6303 Galena Canyon Trail | \$2,200,000 | 446.52 | \$2,200,000 | 446.52 | 4927 | 3.29 | 49 |
| Arrowcreek | | | | | | | |
| 3389 Forest View Lane | \$1,425,000 | 480.28 | \$1,325,000 | 446.58 | 2967 | 0.31 | 151 |
| 3091 Marble Ridge CT | \$1,500,000 | 408.05 | \$1,450,000 | 394.45 | 3676 | 0.36 | 147 |
| 10030 Via Ponte | \$1,923,500 | 445.77 | \$1,865,000 | 432.21 | 4315 | 0.5 | 70 |
| 10212 Via Verona | \$1,989,000 | 513.82 | \$1,925,000 | 497.29 | 3871 | 0.38 | 97 |
| 5945 Flowering Sage Ct | \$2,700,000 | 639.96 | \$2,550,000 | 604.41 | 4219 | 2.39 | 153 |
| 10047 Trailside Ct | \$3,499,000 | 400.16 | \$3,300,000 | 377.4 | 8744 | 0.56 | 186 |
| Rolling Hills/Galena Country Estates | | | | | | | |
| 475 Missoula Court | \$699,900 | 346.49 | \$690,000 | 341.58 | 2020 | 0.28 | 38 |
| 609 Moab Ct. | \$740,000 | 366.34 | \$740,000 | 366.34 | 2020 | 0.31 | 27 |
| 14300 Ghost Rider | \$749,000 | 288.08 | \$749,000 | 288.08 | 2600 | 0.37 | 54 |
| 40 Killington Ct. | \$765,000 | 352.86 | \$757,300 | 349.31 | 2168 | 0.46 | 41 |
| 14555 Sundance Dr | \$775,000 | 363.51 | \$775,000 | 363.51 | 2132 | 0.37 | 137 |
| 3786 Bellingham Dr | \$775,000 | 383.66 | \$775,000 | 383.66 | 2020 | 0.31 | 83 |
| 2415 Killington Dr | \$907,700 | 278.86 | \$850,000 | 261.14 | 3255 | 0.42 | 91 |
| Saddlehorn/Monte Rosa | | | | | | | |
| 14460 Quiet Meadow | \$1,195,000 | 363.77 | \$1,125,000 | 342.47 | 3285 | 0.38 | 71 |
| 14295 Caballero Ct. | \$1,200,000 | 418.99 | \$1,190,000 | 415.5 | 2864 | 0.48 | 32 |
| 3990 Nature Trail | \$1,429,000 | 496.01 | \$1,285,000 | 446.03 | 2881 | 0.57 | 112 |
| 3570 Aspen Hollow | \$1,399,500 | 486.28 | \$1,387,250 | 482.02 | 2878 | 0.48 | 81 |
| 14304 Swift Creek Court | \$1,895,000 | 515.09 | \$1,800,000 | 489.26 | 3679 | 0.813 | 50 |
| 3745 Boulder Patch | \$1,999,000 | 486.61 | \$1,850,000 | 450.34 | 4108 | 0.56 | 63 |
| 640 Oxbow Ct | \$2,199,000 | 663.55 | \$1,960,000 | 591.43 | 3314 | 0.77 | 135 |
| 14070 Saddlebow Drive | \$2,599,000 | 484.17 | \$2,750,000 | 512.3 | 5368 | 1.01 | 83 |
| West Washoe Valley | | | | | | | |
| 3757 County Line Road | \$1,499,000 | 268.25 | \$1,472,500 | 263.51 | 5588 | 2 | 131 |
| 7299 Franktown Road | \$2,500,000 | 395.95 | \$2,800,000 | 443.46 | 6314 | 10.69 | 457 |
| Other areas of South Reno | | | | | | | |
| 470 Octate | \$859,000 | 449.97 | \$850,000 | 445.26 | 1909 | 0.37 | 51 |
| 11315 Cornerbrook | \$859,000 | - | \$855,000 | 383.41 | 2230 | 0.35 | 53 |
| 12620 Water Lily Way | \$900,000 | 343.25 | \$906,000 | 345.54 | 2622 | 0.54 | 19 |
| 6824 Marble Canyon Rd | \$997,000 | 458.81 | \$997,000 | 458.81 | 2173 | 0.448 | 43 |
| 815 Flanders Road | \$1,200,000 | 492 | \$1,047,500 | 429.48 | 2439 | 1 | 86 |
| 600 Mile Circle Dr | \$2,195,000 | 612.79 | \$2,205,000 | 615.58 | 3582 | 2.86 | 93 |
| 1725 Holcomb Ranch Lane | \$2,700,000 | 523.05 | \$2,595,000 | 502.71 | 5162 | 2.51 | 60 |
| 11130 Dixon Ln | \$3,100,000 | 563.84 | \$3,100,000 | 563.84 | 5498 | 2.02 | 90 |
| 2730 Holcomb Ranch Ln | \$4,500,000 | 910.93 | \$4,250,000 | 860.32 | 4940 | 4.02 | 129 |
| 125 Anitra Dr | \$5,200,000 | - | \$5,200,000 | 832.93 | 6243 | 6.46 | 34 |

Strength training supports surgical success



Ryan Golec

Ryan Golec

As a young arrogant trainer, I used to sit on my high horse and claim that you should always avoid surgery and strength and rehab are always the answer. But once again, smart, young me was an idiot. I do believe in trying to rehab injury before committing to the knife, but inevitably, there are just going to be situations where surgery is necessary.

Many of my clients are dealing with the wear and tear that is associated with aging and stress of life. I have five clients or their spouses who are having or had joint replacement surgery this year. These surgeries can be highly successful for restoring great joint function. The big and preventable problem is how much muscle and motor control is lost leading up to surgery.

Pain is an incredible limiter. It becomes easy to reduce or eliminate exercise that uses an injured or compromised area. The pain can be overwhelming. The mindset shifts to believing that it will be easy to get back to exercising after surgery. However, that muscle that you could potentially lose can play a big role in your surgical recovery.



(Photo: R. Golec)

Director of Movement and Education Ryan Golec supports clients as they regain strength and flexibility after surgery.

There is tissue damage associated with any surgery, but once the repair is intact, the muscle and nervous system around the joint have to get back to work restoring motion and reestablishing balanced function. The more muscle that you lose going into surgery, the longer the restoration to normal function will take. But how can you maintain strength and muscle mass when the injured joint won't allow normal function without pain?

Follow some simple rules when working with an injured joint. First, pain should always be your guide. Choose a range of motion and load that your body will tolerate with no higher than a 4 on a pain scale to 10. In some cases, you may not have any motion at all. This is where isometric hold can be a great tool. Second, move slowly and with intention. Dynamic motion can irritate a compromised area. Often, slow methodical movement, including isometric exercises can help maintain mass, strength and potentially reduce pain. Third, isolate if you can't integrate. If you can't do compound lifts like squatting or pressing, choose isolated exercises like bicep curls or seated quad extensions. The key is to keep the muscles and nerves active as long as possible. There are situations where this isn't possible, but when it is, do the work to keep your regression in check. You'll be happy you did!

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.

Holiday smiles: Tips for keeping your family's teeth healthy amid festive treats



Gilbert A. Trujillo

By Gilbert Trujillo

We all love the holidays and should enjoy all the "eat, drink, and be merry" foods. However, while the joy factor goes up during this season,

so does the risk of cavities. Here are a few helpful hints to make the holidays healthy for your family's teeth.

Remember, simple carbohydrates are the main culprit for dental cavities. The natural bacteria in our mouths also love

treats and they turn these carbs into acid. Keep this in mind when eating all those treats that are sure to come our way. This includes all sugary treats, candy, cakes, sweet drinks, crackers, chips, yogurt, and many other treats. The more you eat these foods and the longer they stay on your teeth, the greater the risk of getting tooth decay becomes. Sticking to foods with proteins and healthy fats is a better choice to keep the carbohydrate load down.

Brushing and flossing are even more important this time of year. Normally, twice a day is sufficient, but if you or your kids are eating and snacking on

simple carbohydrate foods, then it would be wise to brush and floss more to keep the sugars off the teeth. The longer these sugars stay on the teeth the more risk there is of dental decay. Just like frequent hand washing, frequent tooth brushing and flossing are essential to keeping our mouths clean and disease-free.

A fluoride rinse is a good thing to incorporate into your routine. Usually, twice a week is enough to provide tooth-strengthening fluoride to our teeth. If your child is unable to spit, don't give them a rinse. Your child's dentist can prescribe the proper fluoride for your child.

Also, this is a time of colds, flu, and other ailments. Don't forget to change

your toothbrushes after any illness. This helps keep the bad bugs out of our systems. After a nasty cold, there is nothing better than throwing that toothbrush out and starting fresh with a new, clean toothbrush.

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.

Harnessing willpower – unlock health benefits through strategic hot and cold exposure

By John Sagebiel

I've always appreciated the cold weather; cold never seemed to bother me. Even as a kid, I loved to run around in shorts on cold days. Some things never change. I learned a few years ago about the physiological benefits of deliberate cold exposure and I tried it and loved it. I do what is called a cold plunge or getting in a tank of cold water up to my neck and sitting there for three to four minutes. This can be quite shocking, so before you do anything like this, please consult your healthcare provider.

The water I use is typically in the mid to upper 40's. I've been doing this five or so times a week for about the last 18 months. To me, the best benefit is mental. It's that instant before stepping into the tank and overcoming that hesitation knowing those first few seconds are going to be alarming and then calming my breathing in the water and relaxing and deeply experiencing the cold. In my opinion, that's where the richness lies.

In addition, research on the Wim Hof Method,

rooted in breathing, cold exposure, and commitment, documents numerous health benefits. His technique is said to enhance the immune system, increase energy levels, and improve mental clarity. Regular practice has been associated with reduced stress, improved sleep, and heightened focus. Embracing the cold stimulates the body's natural resilience, fostering overall well-being.

Given that I love the cold, you might be surprised that my other recent passion is hot yoga. I started going to hot yoga classes at Yoga Pod in South Reno this summer. Just like cold immersion, being in a hot room to do yoga is also quite hard and has many physical health benefits. The heat can be a bit extreme so exercise caution. Also, consult your healthcare professional before doing this. Again, I have found that the heat and humidity force me to focus my attention on where I am and exactly what I'm doing at this moment. There's no room in my mind for distractions or thoughts about anything other than the here and now.



A cold plunge has numerous health benefits, both physical and mental.

So, whether you like it hot or cold – or both – there are numerous ways to get out of your comfort zone to gain both mental and physical benefits.

John Sagebiel is the assistant director of Environmental Programs, Environmental Health & Safety at the University of Nevada, Reno.

Skin cancer can be prevented, detected, and effectively treated



Pier Paolo Pandolfi

By Pier Paolo Pandolfi

Skin cancer is one of the most common types of cancer globally, but it is also one of the most treatable when detected early. An early diagnosis and appropriate treatment significantly impacts the outcome.

Skin cancer can develop anywhere on the skin but is often found in areas exposed to the sun. Here are some key signs to watch for:

Unusual moles: Keep an eye on moles and freckles. A dermatologist should examine any size, shape, color, or texture changes.

New growth: The sudden appearance of a new, unexplained growth on the skin should be examined. Skin cancer can manifest as a new mole or bump.

Changes in existing moles: Any changes in an existing mole, such as bleeding, itching, or irregular borders, should be evaluated.

Non-healing sores: Skin cancer can present as a sore that doesn't heal or a scaly area that persists for weeks.

If you notice any of these signs, it's essential to seek professional help. A dermatologist can

perform a thorough examination and recommend a biopsy if a suspicious lesion is detected.

Treatment options for skin cancer depend on several factors, including the type of skin cancer, its stage, and its location. Here are some common treatments:

Surgery: Surgical removal of the cancerous tissue is a standard treatment. This may include excisional surgery; Mohs surgery (for certain types of skin cancer; during this procedure, the surgeon removes one thin layer of skin at a time and examines it under the microscope to ascertain if any cancer is found. This procedure is repeated until only cancer-free tissue is observed); or lymph node removal if the cancer has spread.

Radiation therapy: Radiation therapy may be used when surgery is not feasible or for cancers in challenging locations.

Chemotherapy: While not as common as in other types of cancer, chemotherapy may be used for advanced or aggressive skin cancers.

Immunotherapy: This treatment boosts the body's immune system to fight the cancer. It is often used for advanced melanoma.

Targeted therapy: Targeted drugs block specific molecules involved in cancer growth. They are mainly used for advanced basal cell and squamous cell carcinomas.

Preventing skin cancer is always preferable to treating it. Here are some prevention strategies:

Sun protection: Use sunscreen with at least SPF 30, wear protective clothing (wide-brimmed hats, long sleeves, and sunglasses), and seek shade during peak sun hours.

Regular self-exams: Conduct regular self-exams to monitor your skin for any changes or suspicious lesions.

Avoid tanning beds: Tanning beds increase the risk of skin cancer and should be avoided.

Consult a dermatologist: Schedule regular skin checkups with a dermatologist, especially if you have a family history of skin cancer or many moles.

In conclusion, skin cancer is a common but highly treatable cancer. Early detection through self-exams and professional screenings is crucial for successful treatment. If you suspect any skin abnormalities, consult a dermatologist promptly. Prevention through sun protection and lifestyle choices is essential in reducing your risk of developing skin cancer.

Pier Paolo Pandolfi, MD, PhD, FRCP is a senior scientist at the William N. Pennington Cancer Institute, Reno. The Pandolfi lab has conducted research that has led to major breakthroughs in the understanding, treatment, and definitive cures of cancer.

Winter viruses and promising, new injections for babies



Dr. Kris Deeter

By Kris Deeter

Every winter, children's hospitals across the country fill with babies and toddlers fighting respiratory viruses. Most of these viruses also infect adults, but due to our built-up immunity, big noses, and nostrils, we can blow out our mucus and fight the

infections. Small babies have tiny nasal passages, so any virus that causes the mucus to collect can completely block their ability to breathe. Most babies up to around 3 or 4 months of age rely completely on their noses to breathe. They have not developed the reflex that allows them to breathe through their mouth. This does allow them to feed well from their moms or a bottle while maintaining an open nose, but a virus can quickly make this more difficult. Babies are admitted to the hospital to help them get more oxygen and to help them maintain hydration and nutrition while they are unable to coordinate feeding and breathing.

In the wintertime, most of us come indoors and have more direct close contact with each other allowing viruses to rapidly be transmitted from person to person. Many viruses also tend to prefer cold weather as they have a gel coating that breaks down in warm weather. Because of this, most viruses have a "season." Flu shots are given out in September and October (in the Northern Hemisphere) as "the flu", the influenza virus, hits its peak between December and February. The flu shot does not protect us against other common winter viruses, like rhinovirus (the "common cold"), enterovirus, adenovirus, or parainfluenza (croup). There are currently no vaccines available

for these viruses.

RSV, or respiratory syncytial virus, is the most common virus causing hospitalization in babies. RSV infections make up more than 30% of pediatric respiratory illness with over 50,000 babies admitted to the hospital and 100-500 infant deaths every year in the US. The virus is especially hard on premature babies, babies under 6 months of age, babies with heart or lung conditions, and babies with weakened immune systems.

We currently do not have an effective treatment for RSV other than saline suctioning of the nose to keep it open, and respiratory devices to help the baby breathe. There is a monoclonal antibody injection, Synagis (palivizumab), available for very premature babies that is given as a shot every month (usually 5 doses) during the respiratory season. Synagis has been very effective at preventing hospitalizations for our most vulnerable population.

There is a new monoclonal antibody (not a vaccine!) called nirsevimab, or Beyfortus, that has been developed for all babies who are less than 8 months old going into the "respiratory season" (now). It is a one-time injection given to help prevent RSV, but it only lasts up to 180 days, so it is not considered a vaccine. High-risk babies can

get another injection in their second winter season. Unfortunately, Beyfortus is not widely available this year as the pharmaceutical company, Sanofi, did not plan for the huge demand. It is currently only available to high-risk and NICU babies and is only available at a few pediatric offices. Hopefully, next year, it will be more widely available.

There is also an RSV vaccine slowly becoming available for women between 32 and 36 weeks of pregnancy. The vaccine, Abrysvo, must be given 2 weeks before delivery to pass immunity to your baby and protect them from RSV during their first winter. Abrysvo, manufactured by Pfizer, and Arexvy, made by GSK, are also available as vaccines for seniors over 60 years of age. There is no data available, yet, regarding how many years of protection they will provide.

As with all my medical advice, please talk to your provider about your individual situation to determine if any of these therapies are indicated or available for you or your family members.

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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Menopausal Holidays – 6 tips for weight wellness



Dagmar Bohlmann

By Dagmar Bohlmann

As the holiday season approaches, women navigating through menopause often find themselves facing a unique set of challenges, with concerns about weight gain taking center stage. Dr. Stacey Sims, a renowned exercise physiologist and nutrition scientist, offers valuable insights on how to navigate this period without succumbing to unwanted pounds.

Menopause, a natural phase in a woman's life, brings about hormonal shifts that can influence metabolism and body composition. Sims emphasizes that understanding these changes is crucial for managing weight during the holidays. One of her key pieces of advice is to prioritize nutrient-dense foods over calorie counting. Instead of restrictive diets, she encourages women to focus on nourishing their bodies with whole, unprocessed foods and including lean protein in every meal.

During menopause, hormonal fluctuations can impact how the body stores and burns fat. In her book "Next Level," Dr. Sims advocates for incorporating strength training into



the fitness routine. Building lean muscle mass not only contributes to overall health but also helps in maintaining a healthy weight. As women age, preserving muscle becomes increasingly important for a robust metabolism.

In addition to exercise, Dr. Sims underscores the significance of proper hydration. Menopausal women may experience changes in water retention, making it essential to stay well-hydrated. This can also

aid in appetite control, preventing overeating during festive gatherings. In winter, warm herbal teas might be more desirable than cold water.

Mindful eating is another cornerstone of Dr. Sims' advice. She encourages women to savor their meals, focusing on hunger and fullness cues. This approach promotes a healthier relationship with food, preventing mindless overconsumption commonly associated with holiday celebrations.

Dr. Stacey Sims recognizes the impact of stress on weight management, especially during menopause. Elevated stress levels can trigger hormonal imbalances that contribute to weight gain. Therefore, she recommends incorporating stress-reducing activities like meditation or gentle exercise into daily routines.

Navigating menopause and the holidays requires a holistic approach. Dr. Sims highlights the importance of quality sleep in this equation. Sleep disruptions are common during menopause and can contribute to weight gain. Establishing a consistent sleep routine and creating a conducive sleep environment are vital components of Dr. Sims' strategy for managing weight.

To avoid weight gain during the Holidays, Dr. Stacey Sims offers practical and science-backed advice for women navigating menopause. By prioritizing nutrient-dense foods, incorporating strength training, staying hydrated, practicing mindful eating, managing stress, and prioritizing sleep, women can embrace the festive season with confidence.

Dagmar Bohlmann is a freelance writer/editor and longtime group fitness and yoga teacher. She never thought menopause would effect her until it did.

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Hunter's Chicken: Pollo alla cacciatora



Beth and Miguel Carbone

By Beth and Miguel Carbone

Pollo alla cacciatora is a delicious, classic Italian recipe that everyone loves, including kids. It's easy to make, and you can serve it for a dinner party, or just make it at home for a quick, simple dinner. It takes about 30 minutes to prepare.

Ingredients

- 12 chicken drumsticks or legs (thighs and drumsticks) – use organic, free-ranging chicken if you can find them in your area. This recipe is best with

great quality chicken.

- ½ cup extra virgin olive oil (Italian or a good one from California)
- 3 - 4 leaves of fresh sage or 1 sprig of fresh rosemary (It depends which you have in your house. I always try to have potted rosemary and basil in my kitchen window.)
- ½ of a red onion, chopped
- 3 cloves of garlic, peeled and smashed
- 1 box of Pomì chopped tomatoes
- ½ cups of white wine
- Salt and pepper to taste

Preparation

- Combine in a large skillet—so the chicken fits without piling up—the olive oil, smashed garlic cloves, red onion, and the sage or rosemary and put it on medium to medium-high heat for only 1 minute.

• Note that the “heat” is a term dependent on your stove. For example, on a small family gas stove, you will use “high,” and on a professional stove, say a Viking Stove with burners with 20,000 or so BTU, you would use medium. An electric stove, I do not know. So, use your best judgment based on the type of stove you have.

• After 1 minute, add the chicken and fry on medium-high heat for another 10 minutes; 5 minutes per side. Pay attention to this part of the cooking process because this is the part where recipes you find on the Internet or in cookbooks are typically misleading. You want the onion, garlic, and sage/rosemary to cook for only one minute, then add the chicken to the hot skillet. Otherwise, if you cook the onion too long (i.e., until they become soft) and then you add the chicken, the onion will get burnt by the time you finish cooking the chicken. Also, to taste better, the chicken needs to be well-

browned (don't exaggerate!), so don't move it around in the pan as it browns, and let it “stick” a little bit:

- Let them cook for 5 minutes on each side without succumbing to the temptation to keep flipping them over.
- If after the first 5 minutes when you turn them, they have not become golden brown, or even a little bit burnt, it means your heat is too low, and you should increase it.
- After the chicken is browned 5 minutes per side, add ½ cup of white wine, and allow it to evaporate for 30 seconds.
- Add the box of chopped Pomì tomatoes.
- Add salt to taste and stir. Cover and lower the heat to medium. Cook for another:
 - 10 minutes (5 minutes per side) if you are using only drumsticks.
 - 20 minutes (10 minutes per side) if you are using the chicken legs.
- Remove from heat and serve with a lot of good, fresh bread.
- Buon appetito!

Suggested Wine Pairing

A Cirò Librandi Red or Rosè is great with this recipe. If it's summer time, a fresh Rosè is a wonderful pairing. In winter, a red that's been open for an hour or two. If you don't have Cirò, I suggest a Rosso di Montalcino or a Chianti Classico. But honestly, it depends on your mood, because the Pollo alla Cacciatora is also great with a cold, dry white wine like a Gavi.

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/> For more fun pasta recipes, visit <https://michelecarbone.org/blog/pasta-recipes/>



Pollo alla Cacciatora is an Italian comfort food steeped in the legacy of hunters using chicken for a robust and flavorful lunch. The seasoning secrets of garlic and rosemary make this recipe a timeless favorite across Italian regions.

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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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How the film “Barbie” sheds light on cracks in the facade of elite college admissions



Rob Lamb

By Rob Lamb

What does it mean to be outstanding, extraordinary, or rare in a post-pandemic-AI era, to stand out as exceptional and worthy of admission to the most prestigious and selective colleges in the country, many of which admit fewer than ten percent of their applicants in pools of tens of thousands of qualified candidates?

Insight from the summer film sensation “Barbie”: In a marvelous monologue meant to empower and empathize with disheartened women and Barbies, human character Gloria (America Ferrera) delivers an impassioned speech that inspires them to take back their agency.

Here is an excerpt from Gloria’s speech that reminded me of the pressures and uncertainty that college applicants may feel as they try to gain access (hope against hope) to the most selective institutions in the country: “...always stand out and always be grateful. But never forget that the system is rigged. So find a way to acknowledge that but also always be grateful.”

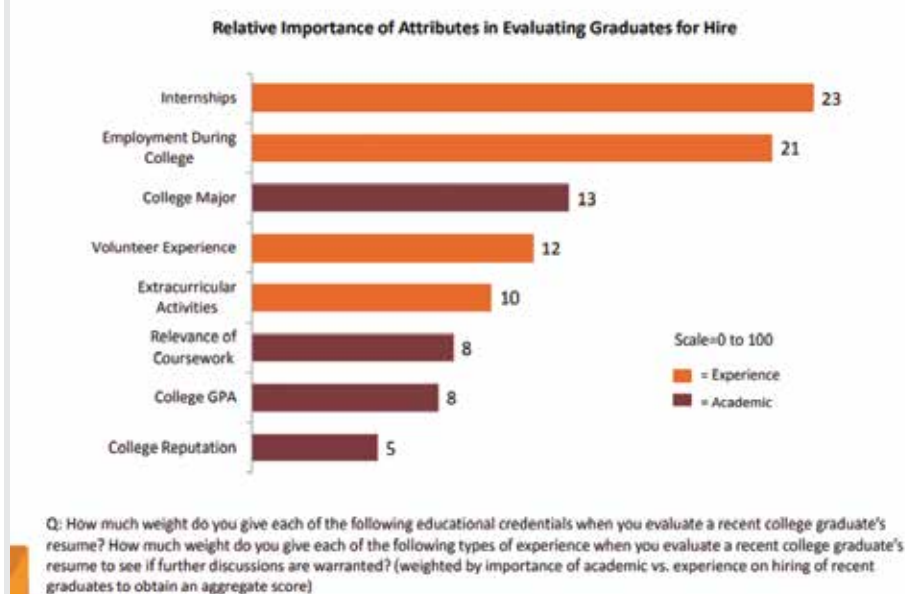
Upper School students applying to college can embrace joy and gain perspective in this stressful but special time by remembering these things:

- “Exclusivity equals success” is a myth promulgated primarily by elite institutions and the corporate gatekeepers, directors, investors, and financiers who run them.

- As noted in this brochure by Colleges That Change Lives, “Choosing a college because of where it ranks on a list does not take into account who you are and who you will become. College is a match to be made, not a prize to be won. Finding a good fit requires time and introspection.”

- You are more than your test scores, GPA, awards, and college admission offers, much more. You may know this intuitively and, as The Education Conservancy affirms in their Student Guidelines, these are “not measures of your self-worth.” Human achievement metrics provide helpful data for setting standards, goals, and expectations, for decision-making, professional

Internships and employment during college rose to the top of the list as the most heavily weighted attributes considered by employers.



THE ROLE OF HIGHER EDUCATION IN CAREER DEVELOPMENT: EMPLOYER PERCEPTIONS (DECEMBER 2012)

The Chronicle of Higher Education and American Public Media's Marketplace conducted a survey of 50,000 employers who hire recent college graduates in order to understand employer perceptions of the role of colleges and universities in career preparation. In the graph on the “Relative Importance of Attributes in Evaluating Graduates for Hire” the attribute of “College Reputation” ranks last.

development and advancement, etc. but they can also lead us down the paths of entitlements, narcissism, or hubris, and in the end...

- Where you go to college is not who you'll be in life. It's not what defines your existence, calling, or sense of purpose. On this point also see Frank Bruni's NY Times best-seller *Where You Go Is Not Who You'll Be: An Antidote to the College Admissions Mania*.

- Your future employers will care more about your applicable skill sets and subject mastery—what you can bring to the table to hit the ground running when you start your new job—than they will care about the reputation of the college you attended as an undergraduate. Data supports this (see graph below).

- Adopt a growth mindset. The whole of you is greater than the sum of its parts, however fragmented you may feel on a Monday morning. You will face obstacles and failures and setbacks of all kinds and you can still decide to show up the next day and move forward with your objectives/plan. Make a plan, and try to stick with it. Try new things if that plan doesn't work out. Be flexible and affable to that end, knowing that what you may be after is what came after you first.

cat, dog, snake, or hamster, and the bond that ties us all together.

So, as our nuanced, reflective, and courageous seniors package themselves into and prepare to submit their Early Action and Early Decision applications, I offer this short verse of poetry to the admission committee members reading, assessing, and comparing their coming-of-age stories to those of hundreds of thousands of other living and breathing teenagers seeking to stand out to Harvard, Stanford, and the like:

Note to the gatekeepers of CalTech and Brown

And other institutions of great renown,

Please forgive the snarky quasi-enlightened frown

On the faces of “Barbie,” “Ken,” and that “Weird Barbie” clown.

Rob Lamb is the director of college counseling and junior class dean at Sage Ridge School in Reno, where he has worked since 2013. He was previously Associate Director of Admissions for Campus Visits and Programs at Oregon State University in Corvallis, OR. He is also board member of the Community Foundation of Northern Nevada.

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Fostering humanity: The power of love, kindness, and social intelligence in shaping a better world



Maren Schmidt

By Maren Schmidt

The core virtue of humanity is comprised of the character strengths of love, kindness, and social intelligence. Humanity is the ability to see the connectedness of all human beings; it is the ability to help and befriend others. One of the gifts of human beings is our

ability to love.

We love our families. We love our friends. We love our community, our nation, and our world. It is love that motivates us to help others, to design, to create, and serve other people. The ability to love and use love to meet others' needs is a distinctly human attribute.

Kindness involves doing good deeds to help other people. With kindness, we take care of other people, thinking of their comfort and needs, possibly before our own. Kindness as a strength makes us generous and compassionate towards others. People who have this personal attribute have discovered that in the long

term, it is more productive to be kind than right. People with kindness as a strength have discovered that with kindness you can change the heart of an issue in a way that debating or fighting never can.

William Wordsworth, the English poet (1770 - 1850) wrote, "That best portion of a good man's life,

His little, nameless, unremembered acts of kindness and of love."

It is the little kindnesses that are remembered and stored in the heart and mind. Kindness is the stuff that makes us human and defines our humanity.

Social intelligence comes into play in the growth of our humanity. To be socially intelligent we have to be aware of our own motives and emotions, as well as knowing about the feelings and desires of others. We need to be socially flexible, by realizing what to do in different social circumstances. Being socially aware and being positively engaged with others creates a well-being in us. Positive engagement helps us express love and kindness and places value on close relations with others.

When psychologists studied the top ten percent

of people who rated themselves "very happy" they found that those people spent the least time alone and the most time socializing. The fewer the number of social contacts a person has, the greater the risk for depression and ill health.

When we can express our humanity through love, kindness, and positive interaction with other people, we become happier, healthier, and better humans.

One might see the research as indicating that we need to practice certain skills every day to develop our humanity. Express our love and concern for others. Do kind deeds. Interact positively with other people.

When we can help our children learn to turn their random acts of kindness into intentional acts of kindness, perhaps true humanity will flourish in our world.

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

Great Basin Outdoor School inspires young minds with enchanting outdoor learning experiences

By Sue Jacox

What better way to get kids to understand and care about the world around them than getting them actively learning in our great Nevada outdoors? In winter, that can mean learning on snowshoes, a new experience for most

of our students. A teacher of low-income children wrote, "The experience was a "first-time" for every single student – and it was great to see them enjoying the beautiful Sierra in the wintertime. Great Basin Outdoor School weaves lots of learning into spending time in nature,



Great Basin Outdoor School still has a few openings for seasonal teaching staff in January and February, day and overnight field trips for classes, and day camp during school break. Help share the magic of the season.



(Photos: S. Jacox)

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and was able to bring home important elements of living in and caring for our environment, and incorporate many science standards into a fun day."

Students learn how the science for measuring the water content of snow was developed right here on Mt. Rose and why it matters. They learn about snow crystals, how to stay safe in the winter, and how our plants and animals cope with winter challenges.

Great Basin Outdoor School still has a few openings for seasonal teaching staff in January and February, day and overnight field trips for classes, and day camp during school break. To join our "Snow-ventures", check our website at <http://greatbasin-os.org> and contact Director Emily at education@greatbasin-os.org. Thanks for sharing with potential instructors, teachers, and parents.

Camp Galilee on Nevada's shore of Lake Tahoe hosts all our overnight science camps with only the week of February 5 still open for booking two-day or three-day winter trips. Most

school day trips are held at Galena Creek with SnowSchool openings February 12-23, and school break Adventure Day Camp at the River School Farm in Reno for 6-12-year-olds will be January 2-5.

Help us share the magic of the season with local kids. One child from an impoverished background wrote, "My favorite part was when I was looking at the stars and when I was falling into the snow. It was so fun. It was the best field trip I have ever been to. Thank you."

You can help with scholarship donations and can share the local learning by making our Tahoe Area Plants and Animals pocket field guide with over 100 local species your go-to stocking stuffer.

Sue Jacox, Great Basin Outdoor School President, loved going to camp as a child and delights in helping share that life-changing opportunity with local children. She enjoyed a long teaching career with Washoe County School District and now volunteers regularly with Great Basin Outdoor School.



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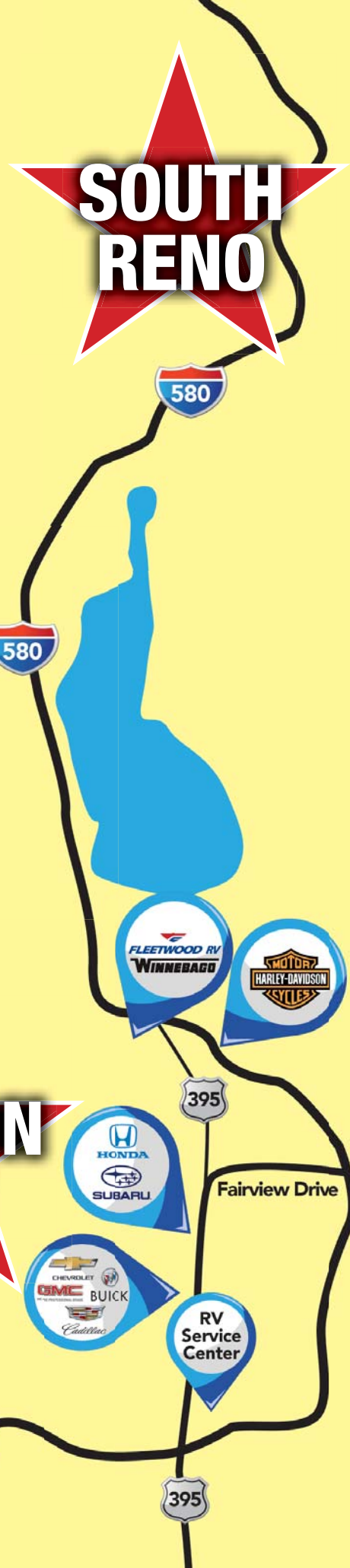
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