

Sky Tavern’s Chairman envisions illuminated nighttime slopes

by Dagmar Bohlmann

Ex-pro skier Yale Spina has big dreams of transforming Reno into a ski town. Part of his plan is to bring terrain lighting to Sky Tavern.

As chairman of the board of directors at Sky Tavern, he recounts the journey of Sky Tavern, a nonprofit organization managing the local ski hill, which secured a 50-year lease extension from the City of Reno in 2019, marking a turning point for the organization.

“With the lease extension, it was game on,” says Spina, who joined the board during this pivotal time. Phase I of the master plan, which included the installation of snowmaking equipment, raised \$2.4 million and is set to conclude this summer.

Sky Tavern serves 3,700 kids; between 400 and 500 receive a Sky Tavern scholarship. The 75-year-old program is operated by 1,200 volunteer parents, and faces high demand on weekends, often reaching capacity.

“We can’t fit another kid on the hill on weekends,” says Spina. “Last year we had to regret 200 families.”

Spina describes Sky Tavern as the region’s last bastion of affordable skiing, highlighting the need for lights to extend skiing hours and accommodate community demand, specifically for high school students and university teams.

“We shouldn’t pull kids out of high school to ski, especially after the pandemic,” asserts Spira.

He emphasizes the significance of skiing as a sport and educational tool, advocating Sky Tavern programs to be feeders for university skiing scholarships. The University of Nevada NCAA Division 1 Alpine race team would greatly benefit from evening training that will better coordinate into their scholastic schedule, he says in a letter to the members of the



With proposed ski slope lighting, Sky Tavern wants to serve more area youth by adding after-school programs.



(Photos: Sky Tavern)

Each winter, about 3,700 Reno area kids and 1,200 parent volunteers head to Sky Tavern. The non-profit hosts learn-to-ski and -board, adaptive skiing, freestyle, and racing programs.

Washoe County Board of Adjustment.

“Sky Tavern is not a bunny hill,” Spira says. “To learn to ski fast you have to practice on a fast hill.”

A north-facing slope with just the right steepness makes for snow that is fast and firm. Homologated by the FIS, the International Ski Federation, Sky Tavern offers a 1,000-foot vertical drop and a 7-minute turnaround per lap. That means a lot of training time after clicking into your bindings. Plus, Ski Tavern is only 20 minutes from Reno.

“Training at night means that the light is consistent, and the snow is harder and faster,” Spira says about the importance of creating better and safer race terrain conditions.

Efforts are made to strike a balance regarding the necessity of artificial light, weighing its benefits in enhancing recreation against the issue of light pollution. Excessive use of artificial light, known as light pollution, can have adverse effects ranging from disruptions to human circadian rhythms, disturbances in wildlife activity and habitats, and increased energy consumption.

The proposed addition of about 20 downward-facing, new technology LED lights, like those at the Utah Olympic Park, aims to offer evening skiing sessions up to four nights a week from December to March, addressing the need for consistent training conditions and fostering a vibrant skiing community in Reno.

Drawing from his experience as a pro skier, Spina underscores the importance

of Sky Tavern in nurturing skiing talent and dreams of local kids earning skiing scholarships.

“For me, it’s personal,” said Spina. “My grandfather Rocco Spina helped start the program. One of the lifts is named after him”.

Spina traveled the world for 17 years as a pro mogul skier and aerial acrobat. His little brother Lane Spina is a two-
continued on page 2

Letter From the Publisher

With the promise of spring on the horizon, I’m certain that many folks in Northern Nevada are feeling uplifted. As the sun climbs higher in the sky, warmer days lie ahead, and a sense of renewal fills our hearts with freshness.

In this edition, we’re excited to introduce several new writers who join the familiar voices of our beloved locals. Among the stories, you’ll find updates on Sky Tavern’s plans to illuminate our local slopes, a delectable recipe from Beth Carbone, and the continuation of Diane Crown’s captivating historical piece on G.W. Huffaker.

For those who haven’t explored our website yet, now’s the perfect time to do so! The latest issue of the GT usually goes live online about a week before it hits mailboxes. Head over to galenatimes.com to catch up on current happenings, peruse archived editions, delve into local real estate insights, discover community merchants, and explore our media kit for advertising opportunities.

If you know folks outside our distribution area who would appreciate the GT’s positive vibes, please share our website link with them. Our mission is to spread uplifting stories and information throughout Northern Nevada as far and

wide as we can.

On a personal note, I’ve been lucky enough to attend nearly every home game for the Nevada basketball team this season. Our team embodies the spirit of Reno, playing with heart and integrity. As of now, we’re tied for third place in the Mountain West, recently clinching victories against San Diego State and Utah State. Let’s rally behind our Pack and send them positive vibes as they head into the NCAA tournament. Go Pack!

Warm regards, Richard Keillor



Richard Keillor conquers mountain bike obstacles with determination, turning obstacles to opportunities for growth and perseverance.

Paws and pines: Find wagging tails for adoption and adventure with Natural Paws

By Lori & Robert Burks

Get ready for a double dose of doggy delight as Natural Paws presents two tail-wagging events to mark on your springtime calendars.

The 14th annual Mutts in May Adoption Day kicks off the furry festivities on Saturday, May 11th, from 10 am to 2 pm, at Natural Paws in the Raley's Center at Galena Junction. They are rolling out the red carpet for a lineup of lovable breeds and mutts from top-notch rescue groups including Boxers & Buddies, Nevada Humane Society, Res-Que, Pet Network Humane Society, Pawsibilities, High Sierra Rescue, and CRCCS. It's your chance to find your fur-ever friend.

With a staggering 20 percent of shelter dogs being purebred, there's no shortage of variety. Whether you're after a quirky companion or a laid-back cuddle buddy, an active adventure pal or a couch potato sidekick, you're bound to discover your fur-ever friend. And for those feline aficionados, some rescues will even be bringing adorable kitties along for adoption.

Each lucky adoptee will receive a complimentary 5lb bag of kibble from Natural Paws, along with a lifetime of expert pet advice to keep tails wagging and whiskers purring.

But the fun doesn't stop there. On Sunday, June 2nd, leash up your four-legged friend and join them for Hike for Hounds at Galena Creek Regional Park. This isn't your average dog walk - it's a mountain adventure on the



(Photos: Natural Paws)



Natural Paws hosts two pet-centered events this spring.
Mutts in May Adoption Day at Galena Junction and Hike for Hounds at Galena Creek Regional Park in June.

breathtaking trails of the Sierra Nevada.

Embark on the Galena Regional Park-Bitterbrush Trail hike between 10 am and 12 pm, soaking up the stunning scenery with your furry companion. Afterward, unwind and enjoy unique vendors, food trucks, and live music by the talented band April & Sheldon. And let's not forget the icing on the cake (or rather, the ice cream on the trail) - your pooch can indulge in their very own bacon and peanut butter flavored yogurt treat après hiking.

Registration is \$30 and includes an event tee shirt and a fabulous gift bag of dog goodies, not to mention

the delectable ice cream. Plus, all proceeds benefit Res-Que and Canine Rehabilitation Center & Sanctuary, organizations dedicated to rehabilitating dogs until they find their forever homes.

Remember, dogs must be leashed, vaccinated, and always cleaned up after during the event. Don't miss out on this paw-some weekend of fun and furry friends!

For more information and directions, visit www.naturalpawsreno.com or reach out via Facebook.com/NaturalPawsReno, naturalpawsreno@yahoo.com, or (775) 853-3533.

Sky Tavern *continued from cover*

time Olympic medalist in freestyle skiing. They both learned to ski at Sky Tavern.

"I might not have had the talent, but I had the opportunity," he says, hoping to offer the same chance to young athletes in the Reno area.

Moreover, he envisions adult racing leagues, recreational opportunities for adaptive skiers, and pro-race events under the lights, catering to skiing enthusiasts of all ages and abilities to ensure a sustainable and vibrant skiing environment for generations to come.

Supported by the City of Reno, UNR, and neighbors, Sky Tavern will ask the Washoe County Planning Commission for a special use permit to allow the lighting on March 10. Then they enter Phase II of the master plan, including a 1.4-million-dollar fundraising campaign.



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Libraries promise a spring season full of excitement for all ages



By Jamie Hemingway

Washoe County Library is ready to welcome patrons in from the cold for a spring season full of exciting events. From

March through June, Pioneer Center Youth Programs brings a diverse roster of performers from around the world to multiple library locations. This year's artists include Warp Trio, Reno Taiko Tsurunokai, Kantu Inka, Brūka Theatre for Children, Fancifool: KIDS!, Maya Soleil Traditions, and F-Rock Crew. Young patrons and their families are invited to visit the library to enjoy the music, dance, and theatre experiences offered in this exciting and educational series. More information about artists and event dates, times, and locations can be found at washoecountylibrary.us/events.

Senior Resource Fair

Seniors are invited to the Senior Resource Fair on Thursday, April 18 from 11 am to 1 pm at the Sparks Library. Seniors can visit the library to get connected to information about transportation, housing resources, health services, programs, activities,

and more. Seniors can also register for a library card, inquire about the Book a Librarian program, and find out more about Homebound Services at Washoe County Library. Contact the Sparks Library at (775) 352-3200 for more information.

National Library Week

April 7-13 is National Library Week, and this year's theme is "Ready, Set, Library!" National Library Week is a great time to celebrate the fantastic (and free!) services available at Washoe County Library. What's the best way to get acquainted with these services? The Explorer! The Explorer events and resources guide includes the latest in library happenings, helpful databases, and upcoming events. Stop by any Washoe County Library location to pick up a copy or visit washoelibrary.org/explorer to download the online version.

Nevada Young Readers' Award

The arrival of spring means it's time for students in Washoe County to vote for their favorite books. The 2024 Nevada Young Readers' Award is given to titles voted on by Nevada students for Best Picture Book, Young Reader, Intermediate, and Young Adult categories. Kids and teens can visit nevadalibraries.org/NYRA to vote for their favorites by May 15.



(Photo: J. Hemingway)

Washoe County Library's Senior Resource Fair shares info about health services, housing and transportation.

On the Shelf and On the Kids' Shelf

Listening out for something good to read? Tune in to KUNR at 88.7 FM to catch your favorite librarians

sharing great books for all ages on the radio. Find a list of these recommended titles by clicking on the "As Heard on KUNR" book lists at washoelibrary.org/OTSTBooks.

There's so much happening at the library this spring. Stay connected and up-to-date by following Washoe County Library on Facebook and Instagram, or by signing up for a newsletter at washoelibrary.org/newsletters. Happy spring reading!

Jamie Hemingway is the Public Information and Development Officer for the Washoe County Library System. She can be reached at (775) 327-8360 or jhemingway@washoecounty.gov. For a complete listing of current services and hours at library branches, visit www.washoecountylibrary.us.



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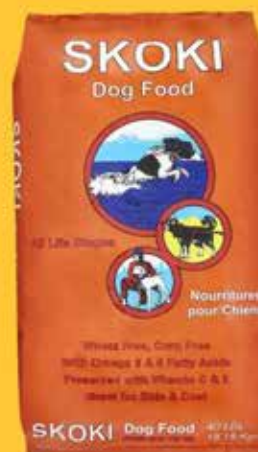
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Cheers to spring: Exploring new beer styles, flavor adventures, competitions

By Briana Wagner

From winter emerges spring, and with spring comes new beer styles such as Fruited Wheats and Saisons. All beer contains the essentials: water (ours is super scientific), grains and malts, hops, and yeast. After the beer is brewed and fermented, brewers can go wild with flavor additions like fruit or barrel aging, for example.

At Schussboom Brewing, we have a unique process in which we infuse fresh

fruit puree with our beer after fermentation has occurred. The result is a well-balanced combination of fresh fruit with a delicious beer backbone, without any residual sweetness. We never use extracts, so all the fruit flavors you experience from our beer are straight from Mother Nature's trees and vines. Fruited beers are also a good introduction to the non-beer drinker's palette and many people are often surprised at how much they enjoy them.

Another distinctive style we make is Saison. French for "season", this pale

ale was historically brewed by farmers in southern Belgium at the beginning of winter and conditioned in time for the farm hands to have a thirst-quenching drink for the summer months. Saisons are typically gold in color with aromatic, floral, and earthy flavors that come from the yeast.

Spring is also competition time in the beer world. This year the World Beer Cup is being held in Las Vegas bringing the entire world's beer scene to our great state. This brings some special notoriety to Nevada's craft brew scene as Nevada

breweries are hosting, donating, and collaborating with major hop and grain suppliers to show off the talents they collectively have.

Last year, Schussboom Brewing Co., IMBIB Custom Brews, Shoe Tree Brewing Co., and Big Dog's Brewing Co. all took home medals at the World Beer Cup cementing Nevada as having some of the world's best beers. Keep an ear out for this year's winners in April. Cheers neighbors!

Briana Wagner is the president of Schussboom Brewing Company. For more information, visit www.schussboombrewing.com.

Washoe County Senior Services connect aging population with vital resources, support

By Chris Ciarlo

Washoe County is undergoing rapid demographic shifts, positioning it as one of the fastest aging communities in the United States. Senior Services, part of the Washoe County Human Services Agency, is dedicated to assisting seniors in getting connected, prepared, and well-informed. The vision of the Senior Services Division is to promote living well and aging well. The agency supports seniors with any aging-related concerns they may have.

One of the ways Senior Services helps vulnerable seniors is through the Senior Nutrition Program. Senior Services invites eligible seniors to have lunch in a group setting at one of ten congregate meal sites strategically located throughout Washoe County. This program provides

one meal per day to seniors aged 60 and older, as well as qualified individuals such as spouses of seniors, disabled individuals residing and dining at a nutrition site, or disabled persons reliant on a senior. Meals are served as hot dishes or fresh salads from Monday to Friday, with reservations required by 8:30 a.m. on the desired day (excluding the Washoe County Senior Center). A suggested voluntary contribution of \$2 per meal is appreciated.

Additionally, the Home Delivered Meals program, also known as Meals on Wheels, delivers meals to homebound seniors who are at high nutritional risk. Eligible seniors can receive up to seven home-delivered meals per week - one hot meal on delivery day and up to six frozen meals. If assessed for participation in the



Washoe County's Senior Services Division supports seniors in need with home-delivered meals and other helpful programs.

Second Home Delivered Meal Program, eligible participants may receive an additional seven meals per week. Plus, Home Delivered Meal members receive two shelf-stable meals a year for use in the event of emergency or severe weather. Participants must be 60 or older,

homebound due to illness, disability or geographic isolation and unable to attend a congregate meal site.

All HDM clients will be visited by Washoe County Senior Services program staff to be certified regarding the need for service. Program participants are re-certified periodically, as required by the funding agency, to assure program resources are being appropriately allocated.

Chris Ciarlo oversees the Washoe County Human Services Agency's Community Outreach and Engagement Program. He was a sports radio talk show host and producer for Fox Sports Radio, in addition to his duties as a television news anchor, reporter, and political talk show host for Reno's CBS affiliate, KTVN 2 News. To learn more about HAS programs and locations call (775) 328-2575 or email sr_info@washoecounty.gov.

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Late Carson Tahoe nurse continues to make a difference with WNC Nursing Scholarship

Submitted to the Galena Times

Providing compassionate care as a registered nurse for more than half of her life, Margaret Hoffman made a difference in many people's lives. In her passing, Margaret's husband, William, has arranged for a way that his late wife can still impact people.

William Hoffman has created a memorial nursing scholarship at Western Nevada College to honor Margaret. WNC nursing student Natalie Gillis started receiving the \$2,500 scholarship in Margaret's honor in Fall 2023. The scholarship will also be offered to WNC nursing students in ensuing years.

"We are so thankful to William for creating this scholarship in memory of Margaret," said WNC President Dr. J. Kyle Dalpe. "This scholarship will help many of our students pursue a crucial profession where they will be able to make a difference like Margaret did."

After graduating from the Nursing School at Stony Brook University in Stony Brook, N.Y., and interning at Cornell Medical Institute, Margaret went to work as a nurse at Southampton Hospital.

Margaret eventually moved West, drawn to the beauty of Northern Nevada. The Silver State became her home for the rest of her life, with many of those years devoted to nursing, specifically the care of elderly people.

"Margaret was a nurses' nurse," said nursing colleague Maria Freed. "She guided new nurses with respect and graciousness. She consistently did the right thing for the patient and had some fun at it along the way. She was an honest and sincere person who always made you feel like you were her priority."

Margaret served in pediatrics for several years, then was assigned to the medical oncology floor, which specializes in the care of cancer patients. She played a key role for the interdisciplinary care team, which included physicians, RNs, licensed practical nurses, social workers, case workers and physical and respiratory therapists. She provided individual treatment regimens for patients of all ages with a broad range of health issues. She ensured that doctors' orders were



Margaret Hoffman cared for cancer patients for much of her 30-year career at Carson Tahoe Hospital.



Margaret Hoffman graduated from nursing school at Stony Brook University in New York and eventually moved west to dedicate 30 years of her nursing career at Carson Tahoe Hospital.



Natalie Gillis is the first recipient of the Margaret Hoffman Memorial Scholarship presented through Western Nevada College Foundation.

effectively interpreted and carried out, including testing, medical procedures, consultations and stat orders.

Meeting all of these demands earned Margaret a reputation for excellence in service delivery and work attendance. She received exemplary personnel evaluations and positive supervisor comments expressing outstanding RN clinical skills, excellent interpersonal skills and establishing a rapport with a diverse and often elderly patient population.

"Margaret was very reliable," said Debby Klipp, who also worked with Margaret. "You could count on her backup if you needed it. She was kind and I loved her stories. She could always make you laugh. I enjoyed working with her."

Her numerous accomplishments included a nomination for Nurse of Distinction Award in the category of patient advocacy. Not only patients but also new nurses benefitted from her helpfulness and genuine kindness.

"Margaret was the first person I ran into on my first day at CTH. She showed me where everything was and made me feel welcome," said Renee Crookham. "She was a sweet lady."

Margaret married William in 1987, creating a partnership that spanned more than 35 wonderful years, providing many memories. In her memory, William has created this scholarship through WNC Foundation to assist a WNC nursing school student each year.

The first scholarship recipient, Natalie Gillis, is very appreciative of the generosity that has allowed her to focus on becoming a nurse.

"I want to express my sincere gratitude for supporting my journey through nursing school," said Gillis. "Your contribution to my education has helped more than you know. Your generous financial support has significantly lightened the burden of my educational expenses, allowing me to finish my nursing degree and focus on my studies."

Gillis is excited about her future, thanks to the efforts of many generous and hardworking people.

"Throughout my journey at Western Nevada College, I have been very fortunate to be surrounded by dedicated faculty, supportive peers and very valuable learning opportunities," she said. "The nursing program has challenged and inspired me to grow both personally and professionally, and I am excited about the positive impact I will make among the community here in western Nevada."

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Gear up for an epic bike season at Sky Tavern Bike Park

By Alicia Herz

As winter fades into memory, anticipation builds for the upcoming summer season at Sky Tavern Bike Park. After a successful but brief foundation-building season in 2023, preparations are underway to make 2024 the park's most exciting year yet.

Sky Tavern Bike Park stands out for its inclusive, purpose-built trail hub, offering free access to riders of all abilities. Serving as a vibrant community hub for mountain biking enthusiasts, the park will kick off the season with a spring opener party on May 19th. Attendees can look forward to a lively atmosphere with vendors, demos, delicious food and beverages, raffle prizes, and family-friendly activities. Stay tuned for a full schedule of events, including an expanded Riders in the Sky clinic program with more lessons available.

To ensure the trails remain well-maintained and staffed throughout the season, Supporting Trail Sponsorship opportunities are now available. Local bike shops, including Sierra Cyclesmith, Mountain



Rick Reed heads up Sky Tavern's bike park development.
An avid mountain biker, Rick enjoys traveling and adventuring with his dog Zuul. To get involved, contact rick@skytavern.com.

Dog Cycling, and High Sierra Cycling, along with individual contributors, have already pledged their

support by sponsoring designated trail segments through financial contributions. Those interested in learning more about sponsorship opportunities can visit skytavern.org. Don't forget to join the park's email list and follow them on social media @skytavernbikepark for the latest updates and announcements.

With summer just around the corner, get ready to hit the trails and experience the thrill of biking at Sky Tavern Bike Park! Whether you're a seasoned rider or new to the sport, there's something for everyone to enjoy. So grab your gear, round up your friends and family, and get ready for an unforgettable biking adventure in the heart of nature. Let's make 2024 the best bike season yet at Sky Tavern Bike Park.

Alicia Herz is the development director at Sky Tavern. She is also the granddaughter of founder 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.

Transform your life one powerful decision at a time



By Liesa Leggett Garcia

Every day, we are presented with hundreds of opportunities to make a choice. But let's not look at all the choices we have to make every day, but the decisions we have to make. We may have to make a big decision about buying a car, choosing a health care plan, what to do with our 401(k), what job to take, a decision about a course of medical treatment we have to take, when to retire, and so on. Some of the decisions we have to make can be life-changing, they may affect the lives of others, and may ultimately alter the course of our lives so we better

make good ones, right?

It was Ralph Waldo Emerson who said, "The only person you are destined to become is the person you decide to be."

We know that when we make a decision, we'll have to live with the results and ramifications of that decision. But sometimes we can be frozen by indecision because the magnitude of having to make that decision overwhelms us.

Indecision feels murky, cloudy, heavy. We're so afraid of making the wrong decision, that we get stuck in indecision. It moves us further away from the life we really want to be living. So instead of being overwhelmed by decision-making, recognize it as a place of personal power that can propel you

forward.

Trust yourself to make good, wise, healthy, life-promoting choices and decisions and watch the Universe conspire to make it happen.

One decision can change the trajectory of our lives. We can make the decision to eat this, not that. To take a walk or sit on the couch. Every day, we're given the opportunity to make our lives better. What will you decide today? Do something—decide something—that your future self will thank you for.

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.



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Escape adulting: Join Sierra Nevada Journeys for nostalgic summer camp weekend



By Lisa Blauth

Are you ready for a unique summer camp experience, designed exclusively for adults? Sierra Nevada Journeys has just the thing. A perfect unwinding weekend awaits you, with no responsibilities other than showing up with your friends.

As someone constantly juggling tasks, from packing lunches to doing laundry at dawn before heading out the door to work, a getaway is what you need. Join us from August 16 - 18, 2024, for a weekend in the mountains, free from all those responsibilities.

Here's the catch: we need your help. This is a Friendraiser, where we aim to connect with you - community leaders, creative thinkers, and fun idea-generating individuals - over an IPA while floating on an inflatable unicorn in the pool. That's our style. We spend every day inspiring students and building their confidence in nature, but we miss connecting with adults. Could you assist us by spending a weekend at our enchanting mountain location, experiencing what children do at summer camp but with an adult spin?



Sierra Nevada Journeys Adult Summer Camp in Portola, CA

Cabin: sleeps 12, \$3,600

Copper Village: sleeps 26, \$7,800

Yurt: sleeps 10, \$2,500 (restrooms & showers nearby)

Includes accommodations, meals, cocktails, activities, and programming for two nights, Friday evening to Sunday afternoon

August 16 to 18, 2024

We are planning a unique weekend filled with all the nostalgia and bliss you experienced as a child at summer camp. It will be an action-packed weekend of fun, activities, and social time. Alternatively, you could simply take an afternoon nap on a lawn chair under the famous giant yellow pine trees of Plumas National Forest. We are eager to learn from your experiences at Sierra Nevada Journeys and understand what being at camp feels like.

The Sierra Nevada Journeys Outdoor Education camp, located just 50 minutes north of Reno in Portola, CA, offers a refreshing retreat. It stretches over 515 acres of forested land, providing an experience that feels worlds apart, though only minutes away. The camp features 16

cabins, each equipped with its own bathroom and shower facilities, and can accommodate up to 12 people in bunk style. Gather your group of friends and adult family members, and plan an unforgettable memory-making trip. The listed cabin pricing covers the costs of opening the camp for a private weekend, catering to an exclusive group of 200 people. If you're interested in joining us, email us at comms@sierranevadajourneys.org.

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

Protecting our community with defensible space in wildland-urban interface

By Gary Weichert

Living in the Wildland Urban Interface requires a crucial mantra: "Establish and uphold defensible space between your home and wildfire fuels." It's an ongoing battle with nature that we mustn't lose, as both life and property hang in the balance.

It is easy to analyze an individual property or home for wildfire risk, but what is the risk of lack of maintenance on the larger tracts of common lands that we all enjoy, but don't think of in terms of defensible space?

The Galena Forest Community has numerous "islands" of common space, of which our traffic circles are an example. We all see them, but who maintains them? The short answer is "the owner." The Galena 2E HOA happens to own the two Piney Creek circles plus three other tracts of unoccupied land, and the Galena 1 HOA owns the two Douglas Fir circles plus a few tracts of unoccupied land. Washoe County also owns some land in our midst.

How do we ensure defensible space is maintained on these public properties? We must keep the owners' feet to the fire (pun intended) by staying involved with



Galena neighbors together with Truckee Meadows Fire & Rescue's Curbside Chipping Program thinned excess and overgrown brush at Piney Creek Circle, creating areas that will slow down a fire, rather than feed one.

our HOAs and County meetings. If residents keep the subject of fire prevention an element of every meeting of authorities of our neighborhood, we can ensure that assets will be allocated as needed.

In addition, we can all demonstrate our passion for protecting our community from wildfire by setting the example of "defensible space" on every residential property. This past fall, a group of residents recognized

it was time for some brush thinning on the two Piney Creek circles. Instead of waiting for bureaucratic wheels to turn, these folks volunteered to put boots on the ground and gloves on their hands to tackle the task. Coupled with a Truckee Meadows Fire & Rescue Curbside Chipping Program, those circles were thinned of excess and overgrown brush, creating areas that will slow down a fire, rather than feed one. Yes, it was hard work, but with over two dozen volunteers working part-time for two weeks, mountains of fire-prone brush were reduced to weed-preventing mulch - a defensible space standard, in a setting a large part of our community will notice daily.

The Curbside Chipping Program is a service provided by TMFR to our community, utilizing their crews and the industrial-size chipper, to help property owners dispose of wildfire fuels that have been collected from yards and common areas. Due to the limitations of what the chipper can handle, there are easy-to-follow guidelines that must be adhered to, which are described on the GFC website. This is not a trash pick-up; it is a "green waste to mulch" program.

Chipping is not TMFR's primary duty, but when they are not fighting fires, they are happy to help residents

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Riding the thermals: Explore the thrilling world of glider pilots

By Tom Phillips

Are you fascinated by the weather? So are glider pilots. Besides the metaphorical ups and downs everyone faces from the weather, glider pilots literally go up and down with the weather. The sun heats the earth, the earth heats the air, and the air rises. Weather folks and glider pilots call the rising air thermals: a glider flying in one can climb halfway to the stratosphere.

But the First Law of Thermodynamics tells us there can't be rising air in one location without descending air somewhere else. Climbing in thermals and avoiding sinking air is part of the art of soaring, the term we glider pilots use for staying up as long as we want and even flying to another location. I know a soaring pilot who flew from Minden to Albuquerque without stopping.

If this sounds like the kind of fun you can relate



Glider pilots of the Silverado Soaring Club in Minden perfect the silent art of flying without a motor by using thermals.

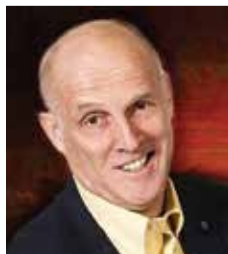
to, the Silverado Soaring Club will provide you with a dual-flight-controlled glider, an instructor, and tows to

altitude to realize your dreams of flight. A 5000-foot tow from the Minden Lake Tahoe Airport, where we keep our aircraft, will give you an unforgettable view of Lake Tahoe, Heavenly Ski Area, and Emerald Bay. You will be taught the maneuvers necessary to be a safe pilot and obtain the FAA Private Pilot Glider certificate. With this certification, you can give rides to friends and family in our club gliders.

Popularity and movie-star good looks will be yours.

Tom Phillips is an instructor for the Silverado Soaring Club. Now living in Minden, NV, Phillips has spent a career as an air force pilot flying worldwide in C-130s and C-5s. He flew in Vietnam, Desert Storm, Somalia, and Bosnia. He has 14,000 flight hours and an FAA Airline Pilot certificate. Visit silveradosoaring.com or book a discovery flight with Ken Focht via (775)-846-9151 or ken@silveradosoaring.com to see if soaring is your next big thing.

Breast cancer: what has changed?



Dr. Max Coppes

By Max Coppes

Several decades ago, being diagnosed with breast cancer was a scary proposition. Patients required disfiguring surgery to remove the breast and lymph nodes under the arm, while many would experience a recurrence with spread after 5-10 years and succumb to the recurrence.

Surgery remains the bedrock of treatment, but breast conservation and radiation therapy deliver the same survival as breast removal.

We now understand that almost every person diagnosed with breast cancer should be offered systemic treatment - hormone therapy, biological therapy, and sometimes chemotherapy - to reduce dramatically the risk of recurrence in the breast or other parts of the body. This approach has changed the outcome of breast cancer. Long-term outcomes have drastically improved with over 90% of women diagnosed with early-stage cancer being alive 10 years after diagnosis.

So, what has and continues to change? Let's consider some major advancements.

First, genetics. Genetic testing not only identifies women at higher risk for developing cancer (allowing them to be screened early on and more frequently, leading to early diagnosis which carries a much better outcome than when the cancer is detected after it has spread), but it also is used to test the cancer and determine whether

certain medicines actually would be beneficial. For example, the use of one test that looks at 21 different genes in a patient's tumor will help determine whether chemotherapy or hormone therapy alone is the best choice. More advanced genetic tests help identify cancer-specific anomalies that can be targeted by very specialized drugs. Here at the Pennington Cancer Institute, we have regular 'molecular tumor boards', meetings to assess whether the cancers of patients have specific genetic changes that warrant the use of these new medicines. Some can only be administered as part of a clinical trial, of which we have an ever-expanding array. No need to travel out of state, we have it covered right here in Reno.

Secondly, we are very fortunate to have two breast surgeons in our community, Dr. Michelle Chu and Dr. Colleen O'Kelly. Their practice, in early 2025 relocating to PCI's Conrad Breast Center at South Meadows, focuses exclusively on performing breast surgery. Consequently, they are extremely knowledgeable and proficient in that area. They work closely with our chief breast medical oncologist Lee Schwartzberg, a nationally recognized breast cancer clinician and researcher, and our other medical oncologists, always making sure that the patient benefits from a multidisciplinary input upfront. Our breast surgeons can target the tumor to be removed with great accuracy and work closely with a selected number of plastic surgeons to consider the best reconstructive approaches.

Radiation therapy is the third critical component of breast cancer treatment. We now are able to treat women

successfully with a condensed course of treatment of 1-3 weeks rather than the standard 4-6 weeks. Our breast cancer radiation oncologist, Dr. Michael Hardacre, is exceptionally knowledgeable and will provide you with the most up-to-date guidelines for radiation treatment related to your breast cancer.

Having a dedicated multidisciplinary team committed to your health makes travel out of the state for care unnecessary, you can have state-of-the-art care right here at home.

In Reno, there was another important transformation: the 2022 affiliation agreement between Renown Health and the University of Nevada Reno. These two revered not-for-profit organizations have come together with the vision to reshape the care we provide today and in the future. Together, they are committed to developing academic health care.

Academic healthcare is associated with research and innovation as well as the education of the next generation of healthcare workers. For cancer care, the aspiration is to become a National Cancer Institute-designated cancer center, joining the top four percent of centers in the USA. NCI designation is the gold standard for cancer programs and is associated with rigorous standards that need to be met and the availability of cutting-edge treatments. The new Conrad Breast Center is an exciting step in the right direction.

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 and clinical professor of Public Health at the University of Nevada Reno School of Medicine and

One-stop healthcare spot: Saint Mary's Medical Group in Galena

Submitted to the Galena Times

Taking care of your health and the well-being of your loved ones is a top priority, but navigating different healthcare providers and facilities can be confusing and time-consuming. That's where Saint Mary's Health

Network comes in, with convenient locations all over the Reno-Sparks area, including a prime location in Galena. Saint Mary's Medical Group in Galena is your one-stop spot for comprehensive, convenient, and compassionate healthcare in your neighborhood.

At the heart of the Galena clinic is a dedicated primary care clinician, Samantha Reed. Whether you're seeking routine checkups, managing chronic conditions, or starting preventive care, Samantha offers personalized

continued on page 14



Reno | Sacramento | Portola - Camp

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Are you part of a community group eager to organize a unique retreat? Sierra Nevada Journeys, an experiential education nonprofit, designs customized adventures for your retreat. Enhance unity and trust among your team as you participate in the challenge course guided by our top-notch facilitators.

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Adam Yarnes
Chief Operating Officer

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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 November 21, 2023 - February 19, 2024

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Days on Market
Galena/Montreux/St James Village							
245 Abies Road	\$1,100,000	347.33	\$1,055,000	333.12	3167	1.758	48
605 Douglas Fir Dr.	\$1,249,000	375.87	\$1,075,000	323.5	3323	0.49	210
705 Yellow Pine Rd	\$1,299,000	366.33	\$1,200,000	338.41	3546	1.02	124
204 Paddington Court	\$1,458,900	509.04	\$1,400,000	488.49	2866	1.04	154
222 N Earlham Ct	\$1,875,000	554.57	\$1,700,000	502.81	3381	1.17	57
5775 Clarens Court	\$2,100,000	514.58	\$2,000,000	490.08	4081	0.5	52
5510 Lausanne Drive	\$2,500,000	562.05	\$2,300,000	517.09	4448	0.54	46
5168 Bordeaux Court	\$2,390,000	767.5	\$2,674,305	858.8	3114	0.65	868
5690 Alpinista Cir	\$3,200,000	725.13	\$3,050,000	691.14	4413	0.41	36
20560 Parc Foret Drive	\$3,300,000	803.9	\$3,300,000	803.9	4105	0.47	41
20820 Parc Foret Court	\$2,170,000	536.46	\$3,316,726	819.96	4045	0.41	1164
5132 Bordeaux	\$2,870,000	619.6	\$3,332,450	719.44	4632	0.79	847
5144 Bordeaux	\$2,685,000	634.45	\$3,387,179	800.37	4232	0.76	907
5156 Bordeaux Court	\$2,470,000	585.31	\$3,416,883	809.69	4220	0.66	865
Callahan Ranch							
5320 Wildwood Drive	\$899,000	434.3	\$867,000	418.84	2070	1	78
5585 Wintergreen Lane	\$950,000	466.37	\$880,000	432.01	2037	1	54
15300 Redmond Loop	\$1,550,000	422.8	\$1,485,000	405.07	3666	1.02	33
ArrowCreek							
3641 Spirit Bluff Ct	\$1,900,000	386.97	\$1,650,000	336.05	4910	0.53	125
566 Socorro Court	\$2,350,000	395.29	\$2,100,000	353.24	5945	0.86	369
5735 Flowering Sage Trail	\$2,575,000	581	\$2,525,000	569.72	4432	0.63	232
West Washoe Valley							
4040 County Line Rd	\$1,100,000	297.38	\$1,061,000	286.83	3699	1.3	184
6755 Franktown Rd.	\$5,650,000	1,232.55	\$4,850,000	1,058.03	4584	12.6	488
Saddlehorn/Monte Rosa							
6065 Quail Rock Ln	\$1,150,000	420.78	\$1,075,000	393.34	2733	0.49	63
14580 S Quiet Meadow Dr	\$1,275,000	455.03	\$1,250,000	446.11	2802	0.54	40
14230 Saddlebow Court	\$1,485,000	430.68	\$1,485,000	430.68	3448	0.96	185
14230 Prairie Flower Ct	\$1,650,000	428.68	\$1,525,000	396.21	3849	1.09	46
14205 Wild Quail Ct	\$1,620,000	503.11	\$1,530,000	475.16	3220	0.93	48
14310 Swift Creek Court	\$1,899,000	412.92	\$1,800,000	391.39	4599	0.88	70
650 Oxbow Ct	\$2,180,000	434.48	\$2,180,000	474.53	4594	0.7	185
Other areas of South Reno							
5789 N White Sands Road	\$969,000	407.66	\$940,000	395.46	2377	0.36	96
490 Alder Creek Court	\$1,050,000	415.18	\$1,100,000	434.95	2529	1.019	61
860 Flanders	\$1,325,000	543.26	\$1,200,000	492	2439	1.01	59
1360 Wolf Run Rd.	\$1,375,000	379.94	\$1,275,000	352.31	3619	0.53	196
3700 Frost Ln	\$1,699,000	220.33	\$1,546,392	200.54	7711	2.87	69
4000 Lone Tree Ln	\$1,700,000	435.9	\$1,550,000	397.44	3900	3.31	69
2505 Holcomb Ranch Ln	\$4,000,000	4,444.44	\$3,650,000	4,055.56	900	15.07	333
NW Carson City							
1890 Newman Pl	\$650,000	256.71	\$560,000	221.17	2532	0.28	295
2717 Christmas Tree Dr	\$719,000	265.02	\$700,000	258.02	2713	0.22	80
2175 St George Way	\$710,000	326.59	\$705,000	324.29	2174	0.24	92
1976 Briar Crest Ct	\$799,000	319.34	\$775,000	309.75	2502	0.25	146
734 Derby Ct	\$849,000	299.68	\$820,000	289.45	2833	0.27	51
2562 Waterford Pl	\$785,000	308.69	\$826,000	324.81	2543	0.24	34
2519 Christmas Tree Drive	\$925,000	351.31	\$912,000	346.37	2633	0.19	64
2186 Canterbury Ln	\$1,150,000	276.77	\$1,065,000	256.32	4155	0.26	97

Overcome fears of heavy lifting for a stronger, healthier you



Ryan Golec

By Ryan Golec

Let's be honest, the gym and lifting weights can be scary and intimidating. No matter what age you start, it can feel uncomfortable starting a strength routine. As we age, more factors arise like previous injuries and restricted range of motion. It becomes very easy to use these life changes to dictate your "safe" workout routine. Unfortunately, fear, media, and the uneducated influence of others can convince us that the best and safest exercise is cardiovascular, and light strength training for high repetitions. Let's break the stigma around lifting heavy weights. Heavy shouldn't be scary.

Fear One: "I'll get injured lifting heavy, or I've been hurt before." Injuries are a part of life, but lifting heavy weights properly does not increase the risk of injury. The risk of injury is more associated with doing too much too soon. It should be noted that this is true with cardiovascular exercise and lightweight, high-volume strength work as well. The body is adaptive to continuous progressive stress. But the load must be heavy enough



(Photo: R. Golec)

Research shows that when done right, training with heavy weights can be beneficial for all ages.

to adapt. Once a movement feels easier, you simply add a little more weight. Be engaged in your exercise, pay attention to the movement, and you'll be stronger in no time. And guess what, stronger bodies are more resilient against injury.

Fear Two: "I'm not flexible enough to lift heavy." Loaded movement is significantly more effective at increasing range of motion than static stretching. I am not saying to give up your stretching routine, but loading the body through a range of motion teaches the system that

it owns a certain range. The brain perceives this range as safe because you have shown control. Most immobility exists because the body doesn't trust that range as safe. So, challenge yourself to move in bigger ranges safely under load. You will find yourself enjoying the new mobility.

Fear Three: "Heavy training will make me bigger and bulky." Yes, strength training is the tool necessary to gain mass. However, unless you are genetically gifted or grinding your butt off plus hammering a ton of calories, you are very unlikely to gain a bunch of muscle mass. What is more likely is that you will see improved muscle definition and overall strength in life.

At all ages, strong bodies move better, look better, feel better, and age better. Always train smart, but don't fear training heavy.

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, Ryan@fitubuilt.com or visit www.performancedu.com.

New year, new dental habits for your kids



Dr. Kellie J. McGinley

By Kellie McGinley

Welcome, 2024! With a new year often come resolutions. Why not help your kids with a New Year's resolution that can benefit their oral health?

As parents, we make choices for our kids that can impact their health. Help teach your kids about ways to improve their oral health and prevent the "sugar bugs" that cause cavities. New Year's resolutions can be a good start to healthy habits and engage your kids in the process. The goal is to create a long-term, healthy habit that is easy to maintain. Calendars can help engage kids with fun colors or stickers.

Try one or more of these resolutions for your child's oral health:

- Cut out at least one cavity-causing food from your kid's diet! This could be juice, candy, fruit snacks, cracker snacks, or chocolate chip granola bars to name a few.
- Stop the pacifier or finger-sucking habit this year!

Prolonged pacifier use or finger sucking can lead to oral facial dysfunction and changes in the structure of our jaw and the position of teeth. Talk to your pediatric dentist about ways to help stop the habit.

- Floss every day! Flossing daily – at least once per day – can lead to a lower cavity risk and improved gum health.
- Educate on teeth! Purchase a book about healthy teeth, how cavities are caused, or why we go to the dentist. Read it with your child at least 1-2 times per month to remind your kids how to maintain a healthy mouth.

• Introduce your kids to a new healthy snack! This could be avocado toast instead of a granola bar. Or hummus and veggies instead of a bag of chips. Try muffins made with bananas and apples to sweeten instead of refined sugar.

• Get up two minutes earlier to brush your teeth before school! Often, we rush out the door without brushing our kids' teeth before leaving for the day... yuck! Help your kids focus on the habit and make time for brushing two times a day for two minutes each time.

• Schedule your dental visit! See your pediatric dentist



(Photo: CC BY-NC-ND)

A stress-free trip to a pediatric dentist for a dental cleaning and an exam can be part of your child's resolution to fight "sugar bugs".

at least two times per year for a dental cleaning and exam. Health-focused resolutions can benefit the whole family. Let's all strive to make 2024 a cavity-free year for our kids.

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.

Winter viruses and promising, new injections for babies



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.

Normalized household toxins can lead to cancer



Pier Paolo Pandolfi

By Pier Paolo Pandolfi

In the pursuit of a healthier lifestyle, we often focus on external factors such as diet and exercise while overlooking the potential hazards lurking in our everyday environments. Surprisingly, many toxins have become normalized in our daily lives despite mounting evidence linking them to cancer. Let's shed light on some commonly overlooked substances that, when normalized, may contribute to a heightened risk of cancer.

Household Cleaning Products: Everyday household cleaning products often contain a cocktail of chemicals that can be harmful when regularly exposed. Ingredients like formaldehyde, phthalates, and perchloroethylene, commonly found in cleaning solutions, have been associated with various cancers. Opting for eco-friendly, non-toxic alternatives or making your cleaning products can significantly reduce your exposure to these harmful substances.

Personal Care Products: The beauty and personal care industry is notorious for incorporating potentially

carcinogenic ingredients into their products. Parabens, sulfates, and synthetic fragrances, prevalent in many cosmetics, shampoos, and lotions, have been linked to breast cancer, hormonal disruptions, and other health issues. Prioritizing products with natural and organic ingredients can help mitigate the risks associated with these harmful substances.

Processed Foods with Additives: The convenience of processed foods comes at a cost, as many of these products are laden with additives and preservatives that have been linked to cancer. Artificial sweeteners, food colorings, and preservatives like sodium nitrate are among the culprits. Opting for a diet rich in whole and unprocessed foods can significantly reduce exposure to these potentially harmful substances.

Plastic Products and Food Containers: Plastics, particularly those containing bisphenol A (BPA) and phthalates, have been associated with an increased risk of cancer. These chemicals can leach into food and beverages, especially when heated, leading to ingestion. Choosing glass or stainless-steel containers for food storage and minimizing the use of plastic products can help reduce exposure to these carcinogenic substances.

Pesticides in Food: Conventionally grown fruits

and vegetables often carry residues of pesticides, which have been linked to various health issues, including cancer. Washing produce thoroughly and choosing organic options, when possible, can limit exposure to these harmful substances. Additionally, supporting local farmers who use sustainable and organic farming practices can contribute to a healthier food supply.

Artificial Sweeteners: While marketed as a healthier alternative to sugar, artificial sweeteners like aspartame and saccharin have raised concerns due to their potential link to cancer. These sweeteners are found in many diet sodas, sugar-free products, and even some medications. Opting for natural sweeteners like stevia or consuming sugar in moderation can be safer choices.

While it's challenging to completely eliminate exposure to every potential carcinogen in our environment, awareness and informed choices can go a long way in minimizing risks. By questioning the use of everyday products and opting for safer alternatives, we can take proactive steps toward reducing our exposure to normalized toxins and promoting a healthier, cancer-conscious lifestyle.

Pier Paolo Pandolfi, MD, PhD is a professor of Molecular Oncology at the University of Turin, Italy.

Galena medical clinic *continued from page 9*

attention and a full spectrum of primary care services for adults and children. Samantha is currently accepting new patients, from pediatric care to senior care.

If waiting for a primary care appointment isn't in the cards, luckily, you don't have to wait for an appointment at all with Saint Mary's. The Saint Mary's Medical Group clinic at Galena offers same-day primary care appointments and walk-in urgent care services, available 365 days a year, from 8 am to 7 pm, ensuring you receive prompt and professional care when you need it most.

In addition to the primary care and urgent care

services, the on-site radiology department offers convenient access to x-rays and other imaging services, helping your clinician accurately diagnose your concerns and personalize your care plan.

Another healthcare partner easily found at the Galena clinic is the Summit Surgery Center specializing in minimally invasive outpatient procedures. This accredited ambulatory surgical center offers a wide range of same-day surgeries, minimizing hospital stays and promoting faster recovery.

Saint Mary's Medical Group in Galena showcases a

team of dedicated healthcare professionals committed to patient-centered care. At Saint Mary's, building strong relationships with patients, understanding every person's unique needs, and providing the community with the information and support needed to make informed healthcare decisions are our top priorities.

Located at 18653 Wedge Parkway, the Galena facility offers ample parking and easy patient access. When busy schedules make appointments challenging, we offer flexible scheduling options, including online appointment booking and extended evening hours. Call (775) 770-7664 or visit saintmarysreno.com to learn more.

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Maximize muscle without the meal prep marathon



Keith Newton

By Keith Newton

Eating lots of protein isn't just something athletes need to think about. It's important for all of us, especially as we get older, to keep our muscles strong and our bodies healthy. Benefits of protein include keeping you full longer, regulating blood sugar, helping with recovery, and maintaining the body's cells, as well as cognitive function, immune system, and muscle mass.

You've probably heard that we should try to eat about 1 gram of protein for every pound we weigh each day. But did you know people used to say you shouldn't eat more than 25 grams of protein in one meal? Well, there's new research that shows that might not be true.

It can be tough to find foods that are packed with protein but don't have too many calories, especially if you're eating out or picking up prepared foods. For example, the highest protein meal at a local restaurant has 121 grams of protein and 2,630 calories. This meal provides enough protein for a whole day for someone who weighs 120 pounds but has way more calories than they probably need.

Adding to the challenge, experts once believed our bodies could only use 25 grams of protein from each meal to help build muscle. This meant someone weighing 180

pounds would need to eat seven times a day to get enough protein. However, a study published in Cell Reports Medicine is changing how we think about this.

In this study, researchers were able to see how the body used protein from meals that had either 25 grams or 100 grams of protein. People used to think that eating more than 25 grams of protein at one time didn't do much for our muscles, where we need it most. However, the study suggests our bodies use protein from a 100-gram meal just as effectively as from a 25-gram meal. Plus, this larger amount of protein helps our muscles for a longer time.

This means you don't have to eat protein all day long. You can get enough protein for your muscles from just a few bigger protein meals. For example, you can get all the protein your muscles need by having bigger protein meals at breakfast and lunch. Then, you can relax and enjoy eating out at a restaurant for dinner, where the meals might not have a lot of protein.

This new information is great news for anyone trying to stay fit or keep their muscles strong as they age. It makes eating the right amount of protein easier and lets us enjoy our food more without having to keep such careful track of protein throughout the day.

Keith Newton, MD is a physician trained in pain medicine and anesthesiology. He specializes in regenerative medicine and performance optimization. He is accepting new patients at keithnewtonmd.com.

POWER UP YOUR PLATE: 5 mouthwatering high-protein meal ideas

1. Egg White Omelette

Raw Egg White: 1.5 cups, Shredded Fat-Free Cheddar Cheese: 40g, Green Bell Peppers: 0.3 cup
Protein: 54g, Calories: 266

2. Fruity Greek Yogurt

0% Greek Yogurt: 450g, Fruit Punch Crystal Light: half of 25g packet, Fruit Loops: 0.5 cup
Protein: 49g, Calories: 296

3. Cheese and Pepperoni Snack

Light String Cheese: 2 pieces, Turkey Pepperoni Stick: 2 sticks
Protein: 30g, Calories: 210

4. Turkey Taco

1 Low Carb Tortilla, Shredded Fat-Free Cheddar Cheese: 45g, Turkey Meat with Taco Seasoning: 150g
Protein: 44g, Calories: 297

5. Protein Ice Cream Made in a Ninja Creami

Chocolate Whey Protein Powder: 1 rounded scoop: 32g, Vanilla Extract: 0.25 tsp, Cacao Powder: 10g, Erythritol: 40g, Salt: 1 dash 0.4g, Xanthan Gum: 2g, 2% Ultra-Filtered Milk by Fair Life: 240ml, Liquid Sucralose Sweetener: 10 drops
Protein: 39g, Calories: 298

SOURCE: Macrofactor App

Unlock your athletic potential with cutting-edge fitness testing

By Rich Cummins

Nevada Sports Science stands as a premier locally-owned fitness lab in South Reno, where cutting-edge research and technology converge to meticulously gather performance data from athletes. Their unwavering focus lies in the realm of injury prevention and performance optimization, achieved through the identification of strengths and weaknesses unveiled in a comprehensive

series of fitness tests and re-tests.

Helmed by Dr. Naomi Albertson, a distinguished sports medicine doctor, and Rich Cummins, Nevada Sports Science operates within the dynamic landscape of Evoke Fitness in South Reno. Their offerings extend to both individual and team fitness testing, employing state-of-the-art equipment and methods synonymous with elite sports organizations such as the NFL,

English Premier League, MLB, NBA, NCAA, and Rugby Football Union. A core mission driving the owners is to extend public access to this cutting-edge technology, enriching and supporting Reno's vibrant athletic community.

Their testing protocols transcend age barriers, catering to a diverse spectrum of athletes – be it runners

continued on page 16

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Explore massage therapy for chronic disease management and improved quality of life



Meaghan Maillet

By Meaghan Maillet

In my years teaching a class on pathology for massage therapy students, I have guided my students on a system-by-system exploration of diseases and how massage may impact someone living with those diseases. In our studies, I emphasize the systems where massage therapy may have a direct and positive impact, such as the muscular and skeletal systems and some conditions of the nervous system. When looking at systems where massage may not have a direct impact, such as the urinary, digestive, and immune systems, I encourage the students to think about how massage may have an indirect impact.

More and more, research is supporting the notion that self-care techniques like massage, yoga, and meditation can have a positive impact on the prognosis and the quality of life of people living

with auto-immune diseases or diseases in which the immune system attacks a person's healthy tissues. Many chronic illnesses are exacerbated by stress and inflammation. Several auto-immune diseases such as multiple sclerosis, lupus, and rheumatoid arthritis involve cycles of flare and remission, and those cycles can be influenced by stress.

Certainly, more research needs to be done, but there is some evidence that shows people who actively engage in self-care and stress management techniques experience fewer and less intense flare cycles. The mechanisms are not fully understood, but some believe that self-care techniques like massage, meditation, and yoga can help the body transition from a sympathetic state (fight or flight) to a parasympathetic state (rest and restore). When the body is in a parasympathetic state, it can decrease the inflammatory response.

Another potential benefit is that people who engage in self-care practices report an increased sense of self-efficacy. Many people with auto-immune

diseases feel as though they have been deceived by their own bodies and they don't have any control. With self-care techniques, they feel that they can take an active role in their disease management and quality of life.

More often, doctors encourage their patients to take an active role in their care, educate themselves about their disease, and promote self-care practices. While massage and other self-care techniques will not cure auto-immune disease, they can certainly be a means for someone living with a chronic illness to take an active role in their care and potentially improve their quality of life.

Meaghan Maillet, LMT, is the owner of Connective Touch Therapeutic Massage. Meaghan 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

cutting-edge fitness *continued from page 15*

or triathletes striving to trim seconds off their next race, skiers seeking to safeguard against knee injuries on the slopes, or high school volleyball players aspiring towards coveted college scholarships.

NSS takes pride in offering a comprehensive Return-to-Play program for individuals recovering from injuries or surgeries. Their dedicated staff collaborates closely with each individual's physical therapist, diligently following data and medical

guidelines to ensure optimal readiness for sports participation and minimize the risk of re-injury.

Central to their methodology is a testing model that captures precise measurements, enabling a detailed assessment of fitness performance. This meticulous approach allows NSS to pinpoint individual strengths and weaknesses, paving the way for a personalized exercise program. Tailored to enhance strength, mobility, agility, endurance, speed, and overall freedom of movement, Nevada

Sports Science's customized programs empower athletes to reach new heights in their pursuit of peak performance and injury reduction.

Rich Cummins is a Reno native with a degree in Health Ecology from the University of Nevada, Reno. He lives in Galena with his wife, their son and daughter. Rich loves mountain biking, international travel, and playing and watching all types of sports, particularly the ones his kids play. For more information, visit nevadasportsscience.com or email rich@nevadasportsscience.com

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Fennel and Orange Salad



Beth and Miguel Carbone

By Beth & Michele Carbone

This is a wonderful, refreshing salad, typical of the South of Italy. It goes very well after you eat any heavy food—pork, fish, whatever—to cleanse the palate and be ready for the next course of food. It's easy to make; I've never found someone who does not like it.

Ingredients

- 4 – 6 Navel oranges, or preferably blood oranges
- 4 – 6 fennel bulbs, with the stalks attached –be sure the fennel looks good when you buy it, that is fresh, which means it does not have brown spots.

- Extra-virgin olive oil
- Salt and pepper to taste

Preparation

- Peel the oranges, removing the pith.
- Slice into thin rounds (it helps if you have a very good, sharp knife).
- Clean the fennel, preserving a few of the feathery fronds for decorative effect when serving.
- Slice off the bottom of the bulb to remove the tough end, and you may want

to peel off the outer layer of the bulb if the outer layer feels rubbery or wilted.

- As with the orange slices, slice the fennel bulb into very thin rounds.
- Now create a decorative series of layers, as our friend Amelia did with the shown photo. She used a little bit of the lacy frond to plant a little “tree” in the center of the orange and fennel slices.

• Drizzle with high quality extra-virgin olive oil. If you prepare this in advance, you can drizzle with the olive oil and then cover with plastic wrap. Don't add salt and pepper until immediately before you serve the salad.

• Buon appetito!

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/>



Discover the magic of compost tea, a natural solution for thriving gardens

Submitted to the Galena Times

At Moana Nursery, gardening experts are constantly on the lookout for natural and effective gardening solutions. Compost tea, a nutrient-rich liquid fertilizer, has emerged as a popular choice among gardeners for its ease of use and the myriad benefits it offers to plants. Moana Nursery offers a convenient and potent solution to gardeners – Mighty Plant's Instant Compost Tea.

Instant Compost Tea is a game-changer for gardeners looking for an easy and effective way to boost the health of

their plants and soil. By simply adding the powder to water, you can create a nutrient-dense solution ready for application in your garden.

One of the standout features of compost tea is its all-natural composition. Unlike some chemical fertilizers that may cause foliage burns or harm the delicate balance of your garden's ecosystem, compost tea provides a gentle yet effective way to nourish your plants. The organic matter in the tea acts as a slow-release fertilizer, promoting sustained growth without the risk of harming your beloved plants.

Compost tea serves as a powerhouse of essential nutrients for your garden. The brewing process extracts beneficial microorganisms, enzymes, and soluble nutrients from compost. When applied to the soil, these nutrients enhance microbial activity, improve soil structure, and provide plants with the building blocks they need for robust development.

Compost tea exemplifies a harmonious blend of convenience and effectiveness. Explore the wonders of compost tea, unlocking the full potential of your garden while nurturing the environment in the process. Embrace the natural power of compost tea and watch your garden thrive

in response to the gentle touch of Mother Nature.

Moana Nursery is committed to making gardening accessible and enjoyable for everyone and offers free bottles of pre-mixed compost tea solution at a concentrated level. The team blends fresh tea daily to ensure a perfect balance of essential nutrients. Like with their Free Nectar Program, they give you a bottle for free, and you can bring it back for complimentary refills throughout the growing season, no purchase necessary.

Moana Nursery has three locations. In South Reno, find them at 11301 S. Virginia Street or call (775) 853-1319.

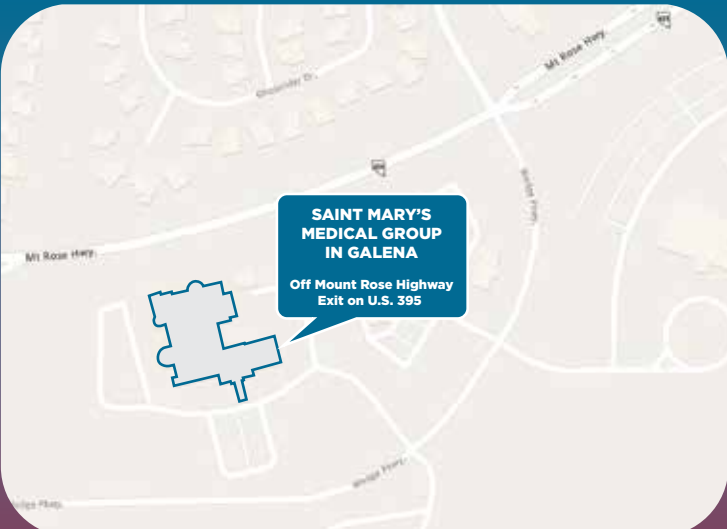


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From Nauvoo to Nevada: The Remarkable Journey of GW Huffaker



Diane Crowne

By Diane Crowne

By 1847, fewer than 150 Latter-day Saints were living at Nauvoo, Illinois, the first wagon train with G.W. Brigham Young aboard having left for the Salt Lake Basin in 1846. LDS archival descendant accounts tell us that Simpson David Huffaker, G.W. Huffaker's father, joined the "Band of Spartans" at Nauvoo. If you were living in Nauvoo late in 1847, and if you were old enough to hold a rifle, as our pioneer was, you were among those who were later called the Band of Spartans at the Battle of Nauvoo. The Battle happened without much warning when several hundred angry mobsters overran Nauvoo and drove its inhabitants, those who survived the gunfire, across the Mississippi River and out of Illinois.

Life went temporarily downhill for our Truckee Meadows pioneer, G.W. Huffaker, after that terrible day in Nauvoo. It was September. Winter was coming. Most people had nothing but the clothes on their backs. They managed to make camp across the river and send someone to Winter Quarters near today's Omaha, Nebraska to ask for help.

Eventually, the Huffaker family met

up with other Mormons and formed a wagon train to trek west to Salt Lake Valley. They left an outfitting post on the Elkhorn River about 27 miles west of Winter Quarters on June 19, 1847. They arrived in the Salt Lake Valley three months later. G.W.'s father wrote to his parents during that perilous cross-country trip. He described encounters with Native Americans mostly seeking to steal cattle and goods, but also mentioned that in one conflict a member of the Huffaker Company was killed.

Three years later, G.W., our Truckee Valley pioneer, was still living with his father and family in the Salt Lake Valley. They were Elizabeth Huffaker (22), Rosilla Huffaker (14), Lewis Huffaker (10), Sidnah Huffaker (8) David Huffaker (3), Melvina Huffaker (1), Granville Huffaker (20) and Simpson David Huffaker (39). It seems safe to say that the "ramblings and curious adventures" that G.W. mentioned in the 1881 Myron Angel profile was his participation in the Mormon-forced migration to Salt Lake City.

When G.W. departed Salt Lake City in 1858 and came into the Truckee Valley, it happened to have been about the same time when Brigham Young called all the Saints back from their missions in California and the far west Utah territory (Nevada) to fight the troops that the



Driven from their homes in Nauvoo, early Saints established winter camps in Iowa and Nebraska, where they awaited spring to resume their journey westward. The largest of these temporary settlements was Winter Quarters, near present-day Omaha, Nebraska. C. C. A. Christensen (1831-1912), Winter Quarters, c.1878, tempera on muslin, 76 3/4 x 113 3/4 inches. Brigham Young University Museum of Art.



View of Salt Lake City in 1850. The engraving came from an 1886 pen and ink sketch by Samuel Manning via Wikimedia. Granville W. Huffaker was enumerated here as a teenager in the Territorial Census of 1850. The settlement rapidly became a major supply point for gold-seeking migrants to California. As merchants in this burgeoning city, Granville and his business partner, L.P. Drexler, profited greatly from the amazing growth and prosperity of that Western Frontier town.

US government had sent to Salt Lake City. Paranoia was rampant in Salt Lake City. Reports from migrants on their way to California of huge losses in dead or dying livestock, household furnishings, and wagons abandoned across the Great Basin Desert were well known. So, too, were the reports of Mormon merchants who made fortunes selling goods to migrants in the Nevada territory. Historic numbers (est. 44,000 at the peak in 1850) were pursuing gold in California. By 1858, G.W. Huffaker was a successful Salt Lake City merchant. However, looking westward, he was interested in gold of another kind.

G.W. Huffaker could never have known that his decision to come into the Truckee Valley and to settle on the road from Henness Pass would be followed only a year later by the discovery of valuable metals in Gold

Hill Canyon. Gold and silver finds precipitated the infamous "Washoe Rush," which was essentially a mad rush of miners from California to the area now known as Virginia City and specifically, the Comstock Lode. Wealth extracted from those Nevada hills would continue for nearly 20 years, and G.W. Huffaker was, as they say, "the right man in the right place."

Almost immediately after G.W. moved into a previously owned stone building, left by exiting Mormons in 1857, people began stopping by to replenish their water supply and to buy and trade livestock. Soon, G.W. was providing meals and overnight beds for exhausted travelers. He also traded fresh cattle for their thin and nearly depleted ones.

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

defensible space *continued from page 8*

help themselves. As disposing of large quantities of vegetation waste is costly and time-consuming, this is a wonderful service. Without their magnanimous help, as a community project, we would spend tens of thousands of dollars annually, just for chipping. We certainly cannot take this service for granted.

Depending on TMFR winning future grants for funding wildfire fuel reduction, we will plan two annual neighborhood-wide curbside chipping programs, one each spring and fall.

Specific dates for 2024 have not been set. Provide your email address to the GFC for timely notifications, as well as keep your eye out for neighborhood signs announcing the dates.

Gary Weichert heads the Galena Forest Community Committee. Visit 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 or email gary.w@galenaforestcommunity.org.

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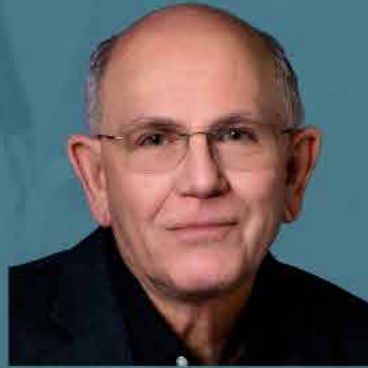
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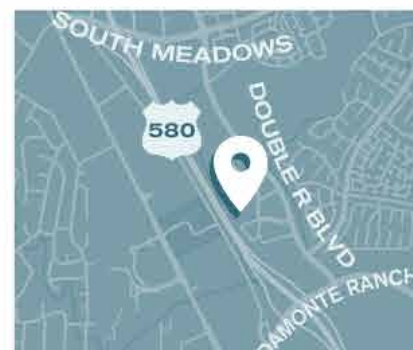
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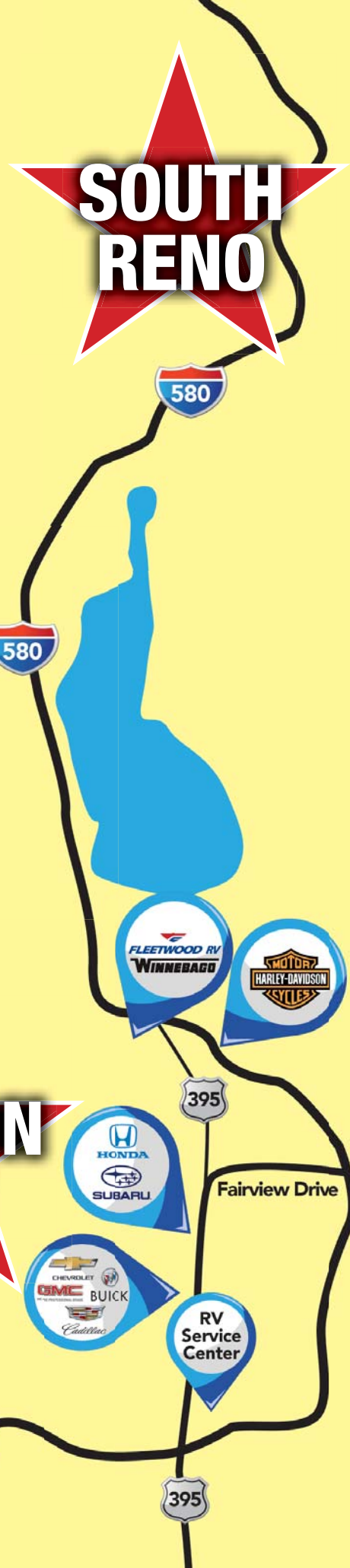
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