



Outdoor recreation starts with funding

By Janice Keillor

Northern Nevadans are very fortunate to have so many outdoor recreation opportunities right in our backyard, but many of us don't know how a trail or park comes to fruition. Having an idea is one thing but finding the means to pay for outdoor recreation infrastructure can be a challenge. The recently completed Tamarack Lake Trail and Incline Flume Trail are just two examples of outdoor recreation paid for with grant funding, specifically the Recreational Trails Program. Both trails provide recreation opportunities that enhance our quality of life, giving us more places to get outdoors and improve our health. Other projects such as the Shoreline Access Trails along Tahoe's east shore, also funded with RTP, help reduce erosion and sedimentation by eliminating social trails to the lake. Without funding, these projects would never have been possible.

Outdoor recreation is booming nationwide, accounting for over 2 percent of the nation's gross domestic product and growing faster than the economy. The result of a report by the Bureau of Economic Analysis in 2016 has triggered a trend to create State



(Photo: J. Keillor)

The recently completed playground at South Valleys Regional Park in Reno was paid for with the Land and Water Conservation Fund.

Outdoor Recreation Offices in each state to oversee and improve outdoor recreation experiences. As outdoor recreation opportunities continue to expand, so does the outdoor industry, including outdoor businesses and jobs, which capitalize on these opportunities. Just last year, an Outdoor Business Coalition was formed in Nevada to protect and advocate for recreation that

supports outdoor industry.

So how do these recreation opportunities get created?

In Nevada, a state with over 85% public land, it starts with funding recreation projects and getting them on the ground so that residents and visitors, along with outdoor businesses, can take advantage of what our spectacular state has to offer. This is currently happening with phenomenal results through three grant programs in the Nevada Department of Conservation and Natural Resource.

NDCNR believes that blending conservation of Nevada's spectacular natural resources with recreational use is the key to providing one-of-a-kind outdoor recreation experiences, increasing tourism and economic impact and creating an incredible quality of life for everyone. The programs focus on creating and maintaining outdoor recreation facilities such as trails, parks, maps, signage, education and trailhead amenities.

The Recreational Trails Program has been funding projects in Nevada for over 25 years, and in 2019

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Ecological restoration with K-12 stewards improves water quality

By Jerry Keir

With so much snow this winter, it is hard to imagine the coming summer when we can again hike Galena trails and wander our nearby forest. But those days are fast approaching, and there will be something new under the forest canopy—active ecological restoration.

As the forest thaws, the Great Basin Institute, in collaboration with Washoe County and the US Forest Service, will establish demonstration plots to assess, treat, and monitor degraded riparian

areas along the Galena Creek drainage. Where stream and land interfaces, the project unites K-12 educators and students, restoration ecologists, and agency personnel to improve water quality while promoting an ethic of environmental stewardship in county schools.

As part of the Institute's established curricula at Galena Creek Visitor Center, student groups and educators will complete a restoration site plan using a

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Letter from the Publisher

I'm sure many of you are very happy that spring is finally here. As I am writing, I'm looking out my office window and it's a total white-out blizzard. But by the time this edition hits mailboxes, I am sure we are going to be back to blue skies and sunny days. With this record snowfall, the drought will be long gone and most of our lakes and reservoirs will be full again.

I'm sure the backcountry skiers will take full advantage of the snow well into July. For those of you who have thought about getting into backcountry skiing, I highly recommend it. Considering a few precautions, like reading the snow pack, carrying an avalanche beacon, and taking along a buddy, the untouched beauty and quiet solitude of the sport beyond the whirling of lifts and snow plows is a very serene and exhilarating experience. Best of all, it's all right out our back door.

Northern Nevada continues to see many rapid changes. If any of you have news or important information to share, we would be happy to publish your story here in the GT. We are always looking for new writers and are happy to accept new advertisers. Many small to large companies have been with us for years and have seen good results advertising with us. We are in the process of expanding our reach and

the size of our quarterly paper.

I want to thank everybody for their nice comments over the years. It keeps us motivated to produce a high-quality publication for everybody to enjoy.

Finally, as many of you might already know, our University of Nevada, Reno basketball team is nationally ranked and represents our community in a very positive manner. It's a hard-working team and deserves our support. Here's to a great run in the NCAA tournament. Go Pack!

*Happy, sunny trails,
Richard Keillor*



Richard Keillor

Kick back, connect and après ski at The Lodge

By Debbie Bullentini and Cat Stahl

Let's be real: how many of you hit the slopes for the skiing, and how many gear up already thinking about the good times waiting at the end of the last run, regardless of snow conditions or laps completed? Yeah, we thought so. Now you can kick back before and after your trip up Mt. Rose on a sun-washed deck or in a chill bar.

Lodge Coffee + Wine Bar introduces the concept of après-ski, a time-honored tradition of celebration after a day on the slopes. The Lodge is a super cozy and chill, state of the art, locally-owned business located in the Galena Forest at the base of the Sierra Nevada Mountains. Surrounded by fragrant pines, endless blue sky, and towering mountains our view is good for the soul.

The mountains might be calling but first, stop by the Lodge Coffee + Wine Bar for the best and freshest, locally roasted coffee beans from Coffee Science. Artistically crafted espresso drinks, Nitro



(Photo: D. Bullentini)

cold brew, Rawbry smoothies, and delicious lavender lattes will get you ready to make first tracks on corduroy.

Locally-made breakfast bagel and croissant sandwiches, legendary muffins, Liege waffles, and overnight oatmeal have achieved cult following

status. Yummy wraps, sandwiches, pasta and clean-eating salads are also available to take with you on your outdoor adventures.

And then later, complete your day with professionally curated wines, seasonal specialty cocktails, fresh beer on tap, and the best kombucha you've ever tasted. Feed your appetite with a beautiful artisan cheese and salami charcuterie plate accompanied with rosemary spiked olives and plump marcona almonds.

As you know, après ski is a time to connect with friends after a great day on the slopes, reliving the proud moments and laughing about the wipe outs. Après is the time to let go, to recognize that any day on the slopes is a good day, to enjoy good music, good drinks, and good stories with great company. Let the tradition live on.

Lodge Coffee + Wine bar is open Sunday-Thursday 7 am-7 pm, and Friday-Saturday 7 am- 8 pm, with extended summer hours.

outdoor recreation *continued from cover*

added 23 new projects that will create new recreational opportunities in Eureka, Caliente, Reno, Lake Tahoe and Boulder City, along with in Nevada's two newest state parks –Ice Age Fossils and Walker River State Recreation Area. Since the program's inception in 1993, Nevada has received approximately \$20 million for trails and trail-related projects to construct and enhance our trail systems statewide. The demand for outdoor recreation in Nevada continues to grow, with well over \$3 million in requests for RTP funds each year.

The Land and Water Conservation Fund has been funding outdoor recreation in Nevada since 1964. With over \$104 million received and 360 projects completed in Nevada so far, the LWCF program has been crucial for creating and protecting outdoor recreation resources and opportunities for all Nevadans. LWCF invests earnings from offshore oil and gas leases (no taxpayer dollars) to pay for acquisition of land and the development of parks and open spaces to assure the physical, cultural, and spiritual benefits of outdoor

recreation. Without LWCF, Nevada would not be what it is today. From Lake Tahoe to Pahrump to Wells to Tonopah and almost every city and county in between, LWCF has funded outdoor recreation projects that have made a tremendous impact on our quality of life.

The Nevada OHV program rounds out the funding opportunities for outdoor recreation by providing grants to fund OHV trails, signage, enforcement and education. In 2018 the Commission on OHV's awarded 28 grants across the State totaling \$1,357,290, another

boon for outdoor enthusiasts seeking adventure in Nevada. The OHV program is funded through vehicle registrations and continues to expand as more people realize the benefits of registering.

Outdoor recreation is experiencing a dynamic movement in Nevada, and momentum is growing.

Janice Keillor is Park and Recreation Program Manager for Nevada State Parks. For more information on the grant programs that help create adventures, please visit <http://parks.nv.gov/rtp>, <http://parks.nv.gov/lwcf> and <https://ohv.nv.gov/>.



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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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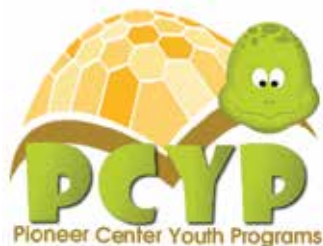
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Arts, music, culture for everyone at county libraries

By Julie Ullman

One of the most enjoyable aspects of working for the Washoe County Library System, is connecting our community with creative experiences. Thanks to the Pioneer Center for the Performing Arts, our entire community can enjoy live music, puppetry, and theater experiences in their local library branches this Spring.



Pioneer Center Youth Programs are the educational outreach division of the Pioneer Center. Each year, they bring in a variety of performers that educate and entertain at elementary schools throughout Northern Nevada. With funding from the Friends of Washoe County Library, these same amazing performers visit multiple library branches. You'll find the best seats in the house at your library. Don't miss these free performances.



Soul Fisticated

This trio performs standards from the 1940's to the present, exploring a range of rhythms and popular music.

March 12 at 5:30pm at the Spanish Springs Library
March 13 at 10:30am at the North Valleys Library
March 13 at 4:00pm at the Sierra View Library
March 16 at 11:00am at the Sparks Library



House of Waters

An eclectic Brooklyn-based band. Enjoy hammered dulcimer, percussion, and bass in a fusion of American culture.

April 23 at 4pm at the Downtown Reno Library
April 24 at 4pm at the Incline Village Library
April 26 at 4pm at the North Valleys Library
April 27 at 11am at the Sparks Library
April 27 at 2pm at the South Valleys Library



Brüka's Theatre for Children (of all ages)

Enjoy an original play about the famous scientist Galileo. "Stars in His Eyes" presents Galileo's discoveries and challenges as experienced through his young daughter, Virginia.

April 3 at 4pm at the Sierra View Library
April 17 at 4pm at the Incline Village Library
May 11 at 11am at the Northwest Reno Library
June 1 at 10:30am at the Downtown Reno Library
June 1 at 3pm at the South Valleys Library
June 12 at 11am at the Spanish Springs Library



Tsurunokai

The ancient art of Japanese Taiko drumming will thunder through the library with a high-energy performance.

March 20 at 4pm at the South Valleys Library
April 3 at 5pm at the Northwest Reno Library
May 1 at 4pm at the Sierra View Library
June 5 at 4pm at the Incline Village Library



Beaupromo Puppetry

Beaupromo has revived the ancient and revered Marionette style of puppetry with the help of some America's iconic entertainers of days gone by.

May 25 at 11am at the Northwest Reno Library
June 1 at 11am at the Sparks Library

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us. For complete information about programs for kids, teens and adults at all Washoe County Libraries visit the library's website at www.washoecountylibrary.us.

For complete information about programs for kids, teens and adults at all Washoe County Libraries, visit www.washoecountylibrary.us

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Ski and board safely with conditioning, caution and courtesy

By Kris Buttenberg

Recently a lot of chatter on local ski lifts revolved around skiers and boarders appearing more and more oblivious to their surroundings. While this is not an unknown topic, it does appear to become a more common concern. After all, skiing safely is key to skiing for the rest of your life.

The National Ski Area Association reported that during the 2017/18 season, there were 37 skier and snowboarder fatalities, and that males represented more than 90 percent of all skier/snowboarder fatalities. The good news is, skiers or snowboarders have less than a one in one million chance of dying from snow sports-related trauma.

Many ski areas observed National Safety Month in January, a dedicated time to educate both guest and employee around safety. Many areas have developed comprehensive guest safety education programs and actively promote the seven points of the Responsibility Code, as well as the tenets of the Smart Style freestyle terrain safety initiative promoted by NSAA. You may have seen the on-mountain displays this past winter.

In the 2017/18 season, NSAA launched a new safety initiative called Ride Another Day. This initiative is designed to educate skiers and snowboarders on the risks of reckless skiing, speed,



(Photo: K. Buttenberg)

Snow Biste ski simulation creates ski fitness five times faster with easy to access half hour indoor training. Beyond the blue bird days and slushy Spring skiing runs, a strong summer skiing community takes to SnowBiste to develop ski skills outdoors. Summer simulation training is available - June 1 to September 14. Call (775) 741-9474 to learn more.

and collisions. Correct attitude in snow sport can be a simple discussion with your loved ones before heading up to the slopes. It's also important to maintain visual awareness while on the mountain and to "Know the Code."

Kris Buttenberg is the founder of Biste Technologies, a new Northern Nevada business that designs and fabricates indoor ski simulators. To learn about local programs, call (775) 741-9474 or visit www.SnowBiste.com.

Skiing/Riding Responsibility Code

- Always stay in control and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Reno Transit Commission transforms Midtown

Submitted to the Galena Times

The Virginia Street Project is a more-than-\$80-million investment in our community that will create connectivity between Midtown Reno and the

University of Nevada, Reno to support economic development, enhance safety, and improve livability in the corridor.

The project addresses critical transportation needs by extending the



Virginia Line RAPID transit service to UNR, correcting ADA sidewalk deficiencies, improving traffic operations and beautifying the corridor. Up to 300 trees will be added to the corridor as part of the project.

The RTC is wrapping up construction on the first phase of the Virginia Street Project in Midtown. The first part of construction included utility relocations and upgrades, which took place mostly underground. When the next part of construction begins in summer of 2019, the community will start to see the corridor transform, including new, wider sidewalks, landscaping, new lighting, new and updated transit stations, art elements and major safety improvements. Construction is expected to wrap up in 2020. Get more project information and sign up for project-update emails at VirginiaStreetProject.com.

During construction, Midtown

businesses rely on the community's support to stay successful. The RTC encourages the community to continue supporting Midtown businesses you have always visited. You can also share your Midtown experience using #VirginiaStreetProject and posting on social media to be eligible to receive gift cards to Midtown businesses.

RTC Seeks Input on South Meadows Traffic

The RTC is beginning a study that will identify potential improvements in the South Meadows area for everyone, including drivers, pedestrians, bicyclists and transit passengers. Future improvements could include reducing traffic congestion, traffic-calming measures and school-zone safety improvements.

The study will consider different factors, such as analyzing traffic

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Links to Learning program assists at-risk schools



Anne Marie Utter

By Anne Marie Utter

The Links to Learning program of the Assistance League of Reno-Sparks gives tools to teachers to enhance student learning in Washoe County School District's classrooms. Three criteria help decide how awards will be distributed: the project must be academic; it must reach as many students as possible; and it must result in measurable outcomes.

The Links to Learning committee is one of eleven philanthropies in which members of Assistance League of Reno-Sparks enjoy getting involved. Over the years, the Links to Learning budget has expanded from \$2,000 per year to this year's budget of \$155,000 to enhance student learning. At-risk schools are chosen on a three-year rotating basis. In the early fall, teachers from the target schools apply for awards up to \$400 each; sometimes several teachers band together to request up to \$1,600 for a project that will help all the students in a certain grade. Some of this year's awards included library books, math centers, technology, science manipulatives, musical instruments, and guided readers. In April, the teachers will submit evaluations of the effectiveness



(Photo provided by: B. Newsom)

The Assistance League of Reno-Sparks has awarded 14 elementary schools almost \$2,000 each to purchase library books.

of the projects.

Over the summer, Links to Learning purchased FOSS kits (hands-on science kits) for several elementary and middle schools. The teachers have stated that students have become better observers and enjoy "making a mess" because the kits encourage experimentation in the name of science.

"As an administrator, it is evident when students are engaged in a FOSS investigation as soon as you

walk into a classroom," wrote one principal. "The level of scientific vocabulary used, the willingness to hypothesize and take a risk of being incorrect, and cooperation are impressive. The kits provide opportunities for reading, writing, reflection, math... they are fantastic! And we are all grateful!"

Students take pre- and post- tests for each FOSS unit to measure learning.

Most recently, Links to Learning has awarded 14 elementary schools \$1,922 each to purchase library books. The yearly budget for each elementary school's library books is approximately \$1,000 per year, so this award will have a significant impact on school libraries.

The Links to Learning members are thrilled to know that Assistance League of Reno-Sparks is providing tools to help local students become more successful learners. You can become a working member, volunteering in the Thrift Shop and working in one or more of their philanthropic programs. For more information, visit www.renospark.assistanceleague.org.

Anne Marie Utter taught English for 36 years, mainly at Reno High School. After retiring, she became a residential appraiser, but her real joy is working with the Assistance League of Reno Sparks, where she's currently the chair of the Links to Learning program.

water quality *continued from cover*

variety of STEM-based learning tools. Students will then restore and monitor stream plots to create a living laboratory for ongoing field study. The project will also support public education through guided interpretive hikes of the restoration area and by constructing

interpretative signage that focuses on the project goals, methods, and intended outcomes.

The project is made possible through generous contributions from the William Pennington and Nell J. Redfield Foundations. GBI will provide teacher

tuition stipends and travel funds for county schools groups. Educators interested in professional development credits at Galena Creek's Summer Institute, or wishing to bring students to join the project, should contact Laura Azzarello, GBI Visitor Center Coordinator, at

Azzarello@gbinstitute.org.

Jerry Keir is executive director of the Great Basin Institute. The Great Basin Institute is an interdisciplinary field studies organization that promotes environmental research, education, and conservation throughout the West. Visit GalenaCreekVisitorCenter.org.

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Book fearless summer fun and scientific learning

By Sue Jacox

“Great Basin Outdoor School helps these future scientists become motivated and fearless to explore nature,” wrote a fifth-grade teacher after a repeat visit to Galena Creek with her class.

To include more kids in outdoor learning adventures, Great Basin Outdoor School has added single-day field studies at Galena Creek, April 22-26 and September 16-20. Water, forest, and wildlife studies meet science curriculum standards, and hiking and outdoor fun promote healthy lifestyles and a connection with the natural world. Overnight science camps on the

shore of Lake Tahoe are practically full for this spring, but teachers can check for limited openings and plan ahead for fall and winter camps. Seeing the stars at night and learning astronomy is always a special added attraction at these overnight programs. Students stay in cozy heated cabins and fall in love with the lake, the beach, the forested setting, and great food.

Parents and grandparents, look no further for summer adventure for the kids. With safety first, learning second, and fun always, Great Basin Outdoor School’s summer Adventure Day Camp at the River School Farm in Reno will keep kids busy and happy the last two

weeks of June. Hiking, recycled crafts, science guest presenters with hands-on activities, and more keep families returning season after season. The 9am-4pm weekly program fee is \$205 with options for before and after care and sibling discounts.

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Water Education for Teachers

Educators get the chance to earn professional development credit and bring their own school-age children for a Summer Saturday of Learning at Lake Tahoe at the Project WET workshop scheduled June 29. Experience activities and receive materials to excite your students by linking all subjects to nature and to our watershed.

Sue Jacox is board resident and founding member of Great Basin Outdoor School and had a long teaching career with Washoe County School District. Contact Elise to find out more and to save your spot, Education@greatbasin-os.org or (775) 324-0936. See more at <http://www.greatbasin-os.org>.

Train at spring trail events for summer endurance



By Stephen Lang

Now that winter has officially passed - at least astronomically - it’s time to ensure you’ve established an essential base of training for any upcoming summer trail running events you might have planned. The best way to limber up your event muscles is by participating

in a spring race - or three.

Three quality events in the area let you test your race-day mettle in April and May. Each of them has a selection of distances to choose from, so the “It’s too far!” excuse won’t be accepted. You can scale up your distance through the event sequence, ensuring you’re

ready for the summer - whether it’s for that ultra-race you lotteried into, or simply to make your time on the trails this summer in the Sierra more jolly and enjoyable.

The first event in April is the Carson Canyons Half Marathon and Half Half on April 6. Put on by Ascent Runs, the routes negotiate trails on the west side of Carson City in Ash and Kings Canyons. Depending on weather, you might be tiptoeing through snow, splashing through muddy puddles or speeding along trails in beautiful condition.

The second April event is the Escape from Prison Hill Trail Races courtesy of the Tahoe Mountain Milers. This long-standing event has 5K, 10K and half marathon distances, all on the Prison Hill trail complex on the eastside of Carson City. Spectacular

views of both Eagle and Carson Valleys, and the snow-capped Sierra are always a highlight.

The third event is the granddaddy of them all: in Reno on May 18th, the Silver State Striders’ 34th annual Silver State 50/50. Taking place on the trails snaking around, up and over Peavine Peak, this event has various distances, but overall, it’s a little bit longer than the previous two events, with a half marathon, 50K, and 50 miler. If you’re not ready for either of the 50 events, this is a great first trail half marathon, because there is no time pressure to finish.

Stephen Lang will be working the Ridgeview Aid Station on Peavine. Stop by and say hello on your way to the finish. For more information and to register, please visit ascentruns.com, tahoemtnmilers.org/EFPH, or silverstatestriders.com.

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Celebrate spring in the Carson Range – hike Hunter Creek North Ridge Summit

By Daniel Fleischmann

The Hunter Creek area is a popular hiking spot in Northwest Reno accessed via the Michael D. Thompson Trailhead. While the well-known Hunter Creek Trail winds through a canyon leading to a waterfall, a lesser known trail follows the ridge to the north, overlooking the canyon.

Along this northern ridge is a special destination. It doesn't have an official name and the route isn't marked. However, it is not too hard to find and makes for an excellent day hike. This destination is sometimes referred to as the "Hunter Creek North Ridge Summit", and it sits at 6,610' above sea level.

While not a prominent mountain on

its own, it is a perfect hike for spring because it's generally free of snow by March. Fine views of the City of Reno and surrounding mountains reward the climb. Since it is less crowded than the Hunter Creek Trail, this is an excellent place for some solitude. No rock scrambling required and no off-trail hiking necessary until you reach the tippy-top.

To get to the trailhead, take the north entrance to Caughlin Parkway off McCarren Blvd. Head west for about one mile to Plateau Road. Turn right on Plateau Road and follow it for about 3/4 of a mile to Woodchuck. Take a left on Woodchuck, and drive a mile to the trailhead.

To hike to the summit, the best

option is to take the jeep road a quarter mile from the trailhead, not far past the creek crossing. The road is on the right and heads up a hill. Follow this road as it winds around the hill, and then heads back west below some telephone poles. About a mile from the trailhead, take a left on a road heading south. After a quarter mile, take another left on a road heading steeply up to the ridge. Eventually that road becomes the trail.

This is the best part of the hike. As you go along the ridgetop, the amazing views of the canyon are below, along with splendid views to surrounding mountains. The trail reaches the top of a rocky overlook, and then drops down into a forest. When you come out of the forest, you find yourself at the base



(Photo: D. Fleischmann)

Hikers heading towards the summit

of the summit.

Total elevation gain via this route is 1,600 feet and the round-trip hiking distance is 6 miles.

Daniel Fleischmann is a contributor to Summitpost.org and former trip planner for the Reno Hiking Meetup Group. Check out www.meetup.com/Reno-Hiking if you are interested in good company during your outdoor adventures.

Flying without engines attracts adventure seekers

By Ken Focht

Why would you want to take up soaring? Flying an airplane that doesn't even have an engine – are you nuts? For many glider pilots, it's not just about the soaring. It's about so much more.

Glider pilots are attracted by the joy and beauty of silent flight and soaring with the birds – the skies near Reno are often filled with many migrating birds. Others particularly enjoy gracefully maneuvering a sailplane within invisible air currents, a thrill most people never get to experience.

Others delight in the spectacular view from a sail-plane's cockpit. Little obstructs your sight of



(Photo: K. Focht)

Retired airlines captain Ken Focht helps granddaughter Ava on her first soaring lesson last summer at Truckee. She has since been exploring the U.S. Air Force as a career path.

limitless skies above and awe-inspiring sceneries below. Some live for the thrills of flying. Adventurers relish the satisfaction and decision-making related to flying sailplanes cross-country — which route to take, which clouds to chase, which thermals to climb, how high to climb.

But for many pilots it's not about the soaring at all. They rather bask in the joy of friendships and the social aspects of the soaring community where flying is just a bonus. In addition, the soaring community provides a great environment for children to grow up in.

Young people are mostly treated as adults and

continued on page 8

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Why you should choose a baby-friendly hospital



Dr. Wilfredo Torres

By Wilfredo Torres

Optimizing the bond between mother and baby is an essential goal of a baby-friendly hospital. These hospitals diligently promote and support breastfeeding in the first few days of a new baby's life. According to Baby-Friendly USA, "The baby-friendly designation means that a maternity facility has successfully implemented the Ten Steps to Successful Breastfeeding program, which includes providing appropriate education to enable families to make informed decisions about infant feeding, encouraging mothers to hold their babies skin-to-skin immediately following birth, and offering expert lactation support throughout and beyond the hospital stay."

Northern Nevada is fortunate to have a baby-friendly hospital, Carson Tahoe Regional Medical Center. Here you will be able to enjoy a single room that is large enough for you and your family to enjoy during your stay. This will be your room from the moment you arrive, until the time you are able to go home with your new bundle of joy. Soon after you



Keeping a newborn close by supports the important bond with the mother in a baby-friendly hospital.

deliver, your baby will be placed on your bare chest to promote all the benefits of skin-to-skin contact.

The baby's first bath will also be on hold until after their first feeding. This helps in regulating the baby's blood sugar, improves chances of better breastfeeding, as well as many other benefits. Your healthy baby will also stay in the room with you. At Carson Tahoe, newborns are not put in a nursery like in other hospitals. This also helps with the all-important bonding between mom and baby.

Carson Medical Group's Board-Certified OB/GYN physicians work exclusively with the region's only baby-friendly hospital, Carson Tahoe Regional Medical Center. Carson Medical Group has opened a location in South Reno and new patients are being accepted. In addition, to provide the best experience for mom and baby, several classes for expecting moms are offered at no cost, including newborn care, birthing classes, as well as breastfeeding support groups after delivery.

Breastfeeding is encouraged at baby-friendly hospitals. All labor and delivery nurses have extensive lactation training to help mom and baby have the best breastfeeding experience while in the hospital. In addition, dedicated and certified lactation consultants offer extra assistance with breastfeeding when needed.

Dr. Wilfredo Torres, MD, FACOG, speaks Spanish and has office hours in the new CMG South Reno location (10539 Professional Circle, Ste 200, Reno, Nevada). For more information, call (775) 883-3636.

soaring *continued from page 7*

can interact with and be instructed by adults other than their parents or school teachers. They can fly by themselves as young as 14 years of age. No physical exam is required, but they may not have any medical problems that would prevent safe glider operation. Typically, 20 to 30 glider flights and some ground instruction are required to fly solo. The sailplane they will fly has dual flight controls, and the instructor will sit on the back seat with the same directional controls as the student.

Some who love to fly also like to teach, so they become FAA-certified flight instructors. They experience the satisfaction of teaching some very special skills to sharp youngsters whose minds are like sponges, or older youngsters whose might require more creative teaching skills.

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

GETTING FINANCIAL HELP FOR YOUNG PILOTS

Soaring Society of America offers "Youth Scholarships" ranging from a beginner introduction flight series of \$750 to a \$5000 college fund. For more information, visit www.ssa.org/Youth.

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Your child is getting their first tooth... now what?



By Kellie McGinley

We have all gone through endless “growing pains” as we get older. One of our first experiences was getting new teeth in as an infant. Typically, infants around age 6-8 months will start to grow their first set of teeth. During this time, your child is starting to develop other recognizable systems as well in their little body and is becoming more aware of their body and surroundings. Children will continue to go through the phases of getting new teeth and shedding baby teeth as they grow through adolescence.

Many infants have no apparent difficulties while growing new teeth. However, there can be intermittent localized areas of discomfort and irritability while the infant is starting to recognize a new tooth is growing into the mouth. Some children will have increase

drooling as a new tooth is erupting as well. If your child is developing a fever coincidentally during this time, seek consultation with your child’s pediatrician for a cold or flu.

Here are a few tips to help with your with any discomfort your child might be experiencing:

- Cold (not frozen) teething rings
- Warm toothbrush bristles brushed around the gums
- Gently rubbing your child’s gums with a clean, wet washcloth or a cold spoon
- Oral analgesics as needed and used as directed
- Avoid using topical anesthetics or over-the-counter “teething gels” as there is a high potential for toxicity in children.
- Avoid using “Amber” necklaces as there is a high choking potential
- See your pediatric dentist with any questions or concerns

The best thing to do for your child as they have new

teeth growing into the mouth is to brush their teeth and keep them clean. Bacteria can linger around and on top of the gums. Before new teeth come in, brush with a soft bristle toothbrush or oral wipes containing Xylitol. As new teeth erupt into the mouth, bacteria will then start to live on the teeth. The process of “teething” diminishes, and the discomfort lessens as your child gets older.

The American Academy of Pediatric Dentists recommends a dental visit by age one to look at your child’s mouth, discuss growth and development, and to guide you on how to prevent cavities.

Dr. Kellie McGinley, a Reno native and avid sport 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 pediatric dentist who advocates for children and optimal oral health. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323, @growingsmilespediatricdentistry or at RenoKidsDentist.com.

When orthopedic or muscular skeletal pain strikes

Submitted by Tahoe Fracture

At times it may be difficult to determine where to go when orthopedic or muscular skeletal pain strikes; should you go to the emergency room, Tahoe Fracture Quick Care, or schedule an appointment with your doctor? Tahoe Fracture and Orthopedic Medical Clinic knows that it is important to have a solid plan in place before you are in pain. The doctors at Tahoe Fracture have compiled some practical tips to guide you in the right direction.

It is best to visit Tahoe Fracture Quick Care when your condition is urgent. For example, if you are experiencing severe or sudden pain related to a recent or ongoing injury. Tahoe Fracture Quick Care is open Monday through Friday from 8 a.m. to 5 p.m.

“Tahoe Fracture Quick Care offers top-notch care

delivered immediately to our patients experiencing orthopedic pain,” said Dr. Jeffrey Cummings, MD. “If you are suffering from urgent or sudden pain, you’re encouraged to walk in to get the medical attention you deserve.”

A trip to the emergency room is mandatory if you see an arm or leg bent in the wrong direction, or if your bone is protruding. If you are unable to walk or move, it is best to call for help immediately and get to the emergency room as soon as possible. Regardless of the severity of your condition, the emergency room is the only option when you are in pain after Tahoe Fracture Quick Care hours (8 a.m. to 5 p.m.).

“Once you’ve arrived at the emergency room, you can request to see one Tahoe Fracture’s orthopedic specialists to ensure you receive consistent and ongoing

care from our office,” added Dr. Cummings.

Of course, at times it may be best to schedule a regular appointment with your orthopedic physician. See your doctor for chronic muscular skeletal conditions and long-developing conditions like arthritis. Regular check-ups with your doctor will help you to maintain optimum health.

Tahoe Fracture & Orthopedic Medical Clinic, has been restoring function, mobility, and quality of life for tens of thousands of patients in the Reno/Tahoe area since 1966. Today, Tahoe Fracture & Orthopedic Medical Clinic’s multidisciplinary team includes orthopedic surgeons, a podiatrist, physical medicine and rehabilitation specialists, and pain management. For more information, visit www.tahoeinjury.com or call 775-392-3675.

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E-cigarettes and vaping - new, troublesome epidemic



Dr. Max Coppes

By Max Coppes

Electronic cigarettes in various forms have become the most commonly used tobacco product among youths, with an estimated 3.2 million adolescents vaping and an estimated additional 10 million teens at risk to start using e-cigarettes. In 2018, over 20% of high school students and 5% of middle school students

reported having used e-cigarettes in the last 30 days; this is almost 80% more than the year before.

E-cigarettes are battery-operated devices that heat a liquid (e-juice) to an aerosol that can be inhaled. Inhalation of this flavored vapor that typically contains nicotine and other chemicals like anti-freeze and carcinogens like nitrosamines, is called 'vaping'. Parents be aware: these so-called electronic nicotine delivery systems can come in different forms, resembling not only traditional tobacco products like cigarettes, cigars, or pipes, but also looking like common gadgets, such as flashlights, flash drives, or pens.

Regardless of how the vaporized nicotine is delivered, vaping is addictive and quickly becoming a public health concern. Not surprisingly therefore, the US Food and Drug Administration recently launched "The Real Cost", a public service campaign targeting youth e-cigarette use. In addition, FDA Commissioner Dr. Scott Gottlieb has indicated that if e-cigarettes

companies do not stop marketing to youth, the companies face "an existential threat", namely that he may take them off the market.

Nicotine levels in e-cigarettes are highly variable but in general lower than in cigarettes and cigars. In addition, e-cigarettes contain fewer toxins than 'combustible' cigarettes, but they are certainly not free of toxic chemicals. The challenge is that there is enormous variability amongst the existing vaping products, different ingredients, different hardware, and different amounts of nicotine and potentially toxic chemicals delivered to the consumer. Together this makes it difficult to make an overall public health recommendation on its use.

Nevertheless, there is no confusion about the potentially harmful effects of the toxic chemicals used in e-cigarettes to the adolescent brain, which continues its development until age 25. In addition, mounting evidence documents that e-cigarette use is serving as an introductory product for teens to go on using 'regular' tobacco products, with its known increased risk for various diseases and premature death. The American Academy of Pediatrics has presented several recommendations including increasing the minimum age to purchase tobacco products, including e-cigarettes to age 21 nationwide.

A common misconception with teenagers is their belief that flavored e-cigarettes are less harmful than non-flavored tobacco products. This assertion is supported by studies that have determined that teenagers using e-cigarettes actually believe they have consumed

flavoring, not nicotine. Moreover, they are seduced by a spectrum of flavor choices, from mint, mango, crème brûlée to cucumber, and fruit-medley. A benefit of this flavoring strategy is the ability of a user to switch to another flavor (with the same amount of nicotine of course) when tired with the previous flavor.

Of special interest to parents and teachers should be the among teenagers very popular e-cigarette JUUL, which has captured about 68% of the e-cigarette market. JUUL is sleek, small, easily concealed, and resembles a flash drive. In fact, it can be charged in a USB port and without doubt be taken for a genuine flash drive. The amount of nicotine in one JUUL cartridge is about twice that found in most other e-cigarette cartridges and roughly equal to the amount of nicotine in a pack of cigarettes. It feels that if the use of this product continues its popular growth amongst our young, we will soon be back at square one in terms of protecting the next generations from the serious ills associated with the use of nicotine.

The role of parents and teachers remains unchanged: alert, teach, communicate, and talk to your child about the serious risks associated with smoking in whatever form it is being presented, whether at school, at parties, or at home. Tell them how difficult it is going to be to quit and why they should not start. Loving your children is caring; caring for their current and future health and wellbeing.

Dr. Max J. Coppes, MD, PhD, MBA, is professor and Nell J. Redfield chair of pediatrics at University of Nevada, Reno School of Medicine. He is also physician-in-chief at Renown Children's Hospital.

Fast track to fracture care in Carson City

Submitted to the Galena Times

When you had an accident, the last thing you need is a long wait at the emergency room. That's why Tahoe Fracture & Orthopedic Medical Clinic is proud to announce the opening of Tahoe

Fracture Quick Clinic in Carson City. With Quick Care, patients in Carson City and the Carson Valley will be able to access top-notch care immediately Monday through Friday from 8am to 5pm for urgent sprains or strains.

Tahoe Fracture Clinic follows the philosophy of always putting patients first by providing them with honest, compassionate, state-of-the-art care. The physicians and staff at the Tahoe Fracture Clinic are thrilled to be able to further support their philosophy by opening Tahoe Fracture Quick Care to serve patients more quickly.

"Opening Tahoe Fracture Quick Care is a positive step towards providing even more access for our patients," said Dr. Jeff Cummings. "Quick Care gives patients the option of walking-in during the week if they ever have an urgent problem and need to be seen right away."

In Nevada and California, the Tahoe Fracture Clinic currently offers premium care for bone, muscle, and joint injuries in Carson City, Gardnerville, South Lake Tahoe, South Reno, Yerington, and Hawthorne, ensuring that patients won't need to travel far to an appointment.

"As a resident of Gardnerville and

patient of Tahoe Fracture, I'm happy to hear about the opening of the Quick Care clinic," said Alex Schmanski, a Tahoe Fracture Quick Care patient. "Every experience I've had with the doctors and staff have been exceptional and I expect their new location to be the same."

Tahoe Fracture & Orthopedic Medical Clinic has been restoring function, mobility, and quality of life for tens of thousands of patients in the Reno/Tahoe area since 1966. Today, Tahoe Fracture & Orthopedic Medical Clinic's multidisciplinary team includes orthopedic surgeons, a podiatrist, physical medicine and rehabilitation specialists, and pain management.

The Tahoe Fracture Quick Clinic is located at 973 Mica Drive Suite #201, Carson City, Nevada 89705. For more information on Tahoe Fracture & Orthopedic Medical Clinic, please visit www.tahoefracture.com or call (775) 392-3675.

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Parkinson's disease - what you need to know



Andrew Pasternak, MD

By Andy Pasternak

Parkinson's disease was first described by Dr. James Parkinson in 1817 in an essay about patients with a "shaking palsy." Since being first diagnosed, we are still learning more about what causes Parkinson's disease and how we can help people with Parkinson's. Some of the

more notable celebrities who have been diagnosed with Parkinson's include Michael J. Fox, Muhammad Ali, George H.W. Bush and Neil Diamond.

Parkinson's typically affects about 0.2 to 0.3 percent of the population above the age for 40. The incidence of Parkinson's disease increases above the age of 60 and the average age at the time of diagnosis is around 70 years old. Almost 1 million people in the US have Parkinson's and the disease is more common in men than in women.

One of the primary symptoms seen with Parkinson's include a tremor in the arms/hands that is noticeable at rest. Other symptoms include rigidity in the muscles, an inability to move muscles quickly and issues with balance and walking. Some of the early symptoms include changes in a person's handwriting, having a soft voice, loss of smell or having a "masked face" -

always having a serious or flat look on your face. One other early symptom includes changes in sleep time behavior; the actor Alan Alda was recently diagnosed with Parkinson's after having numerous episodes where he was thrashing around in bed acting out dreams.

While there is no blood test or radiology test to diagnose Parkinson's, patients with early symptoms often do require some testing to make sure there isn't anything else causing similar symptoms. This includes reviewing medications that can cause symptoms similar to Parkinson's.

Treatment of Parkinson's is very individualized and based on the person's specific symptoms. Typically, with early symptoms medications can be helpful. As the disease progresses, one of the big breakthroughs of treatment involves surgery to put in a device to "stimulate" part of the brain responsible for Parkinson's disease. Having had a few patients who have had this done now, I'm often just amazed at the results and there are some incredible videos online as well. Exercise of all sorts has also shown great benefits for people with Parkinson's.

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

Parkinson's Victory Summit

Saturday, March 9th

10am-2:30pm

The Reno Sparks Convention Center
4590 S Virginia St
Reno, NV 89502

The Davis Phinney Foundation is hosting a Parkinson's Victory Summit event in Reno. The free event brings together people in local communities for a day of inspiration and learning. Including presentations by internationally and nationally recognized researchers, clinicians and physical therapists, The Victory Summit delivers up-to-date information and practical tools that people with Parkinson's can use to live well today.

Phinney was a professional cyclist in the 1980's who won international races including stages of the Tour de France. His foundation is dedicated to helping people with Parkinson's live well today. For more information, please visit www.davisphinneyfoundation.org.

What is interventional radiology?

Submitted to the Galena Times

Most of us are familiar with the terms radiology and radiologist, you know those folks who can see you from the inside out. But what do you know about interventional radiology? You might be thinking, "Aren't they the same thing?" Well, no, they aren't. In fact, radiologists and interventional radiologists differ

from one another quite a bit. A radiologist interprets images to determine how the body is functioning and to discover if there is anything wrong. Alternatively, an interventional radiologist performs minimally invasive procedures inside the body and treats disease.

What is interventional radiology?

Interventional radiology (IR) is a medical sub-

specialty of radiology, which is why many believe it's the same. In traditional radiology, a specially trained physician, interprets or "reads" medical images from various modalities and then produces a report of their findings and diagnosis. IR encompasses the same duties as in traditional radiology as well as minimally invasive,

continued on page 15

After the ultrasound, Sarah wondered
if she would ever be able to hold her son.

**TODAY, THERE'S NOTHING
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At the ultrasound, Sarah and her husband learned they were having a boy. Moments later they learned their baby's intestines had formed outside the body. Medically, it was called gastroschisis. Emotionally, it was devastating. But weeks later, just after he was born, a surgical team at Renown Health performed

a procedure to repair the defect. Today, as Sarah says, her son has no residual medical problems and is doing all the things a typical little boy does. And then some - including biking down a certain backyard ramp he loves. "His health," says Sarah, "is the number one thing to me. And I have that."

See Sarah's story at Renown.org/Howie

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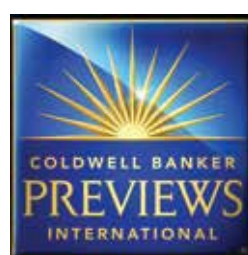
Artisan Country Home located on the famous Callahan Ranch surrounded by a beautiful forest. Stylish remodelled interior including refinished cabinetry, stainless steel appliances, granite, lovely master with old fashion claw tub, antique pine flooring, new windows. **\$620,000.**



This stunning European style home is conveniently located on a cul-de-sac close to the entrance gate of prestigious St. James Village. This home is perfectly situated on a 1 acre lot with a back yard that is fully fenced. The setting is suburb amongst the tall pines and shimmering birch trees. The curving driveway circles up to the 3 car garage, with the garage not being visible from the street, further enhancing the amazing curb appeal of this home. **\$1,215,000.**



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Richard was our realtor handling the sale of our home. While this process is always stressful, Richard made it as easy as possible. He took care of numerous details that were known and unknown to us. He is knowledgeable and thorough. I would not hesitate to use him again and recommend him highly.

~ Gloria & Ray, Galena Forest Residents

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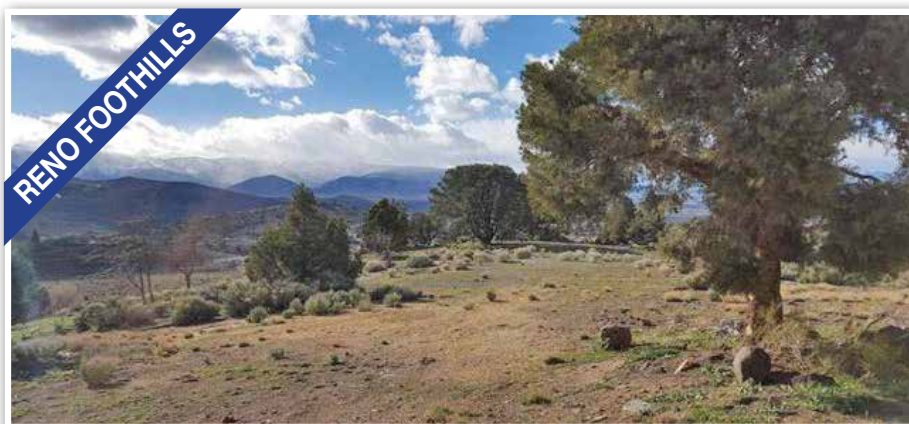
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All Area Home Sales November 24, 2018 - March 4, 2019

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/Sq Ft.	Sold Price/Sq. Ft.	Sq. Ft.	Acreage	Off Market Date
1655 Blue Spruce	\$634,999	\$628,000	319.74	316.21	1986	0.52	1/9/19
310 Piney Creek Road	\$1,050,000	\$950,000	177.28	160.39	5923	0.97	12/4/18
225 S Earlham	\$965,000	\$965,000	342.68	342.68	2816	1.1	11/29/18
16815 Evergreen Hills Drive	\$992,000	\$975,000	305.98	300.74	3242	1.01	12/28/18
217 N Earlham	\$1,090,000	\$1,045,000	219.89	210.81	4957	1.22	2/21/19
6330 Wetzel Court	\$1,050,000	\$1,050,000	400	400	2625	0.22	11/30/18
5840 Strasbourg Court	\$1,395,000	\$1,190,000	301.1	256.85	4633	0.55	1/16/19
20625 Parc Foret Drive	\$1,175,000	\$1,199,270	443.9	453.07	2647	0.34	12/24/18
20685 Margaux Road	\$1,398,000	\$1,400,000	377.94	378.48	3699	0.42	12/14/18
6584 Champetre Court	\$1,500,000	\$1,450,000	485.12	468.95	3092	0.28	12/5/18
20560 Parc Foret Drive	\$1,650,000	\$2,436,090	407.91	602.25	4045	0.47	1/28/19
5775 Lausanne Drive	\$3,495,000	\$3,100,000	379.77	336.85	9203	1.66	1/18/19

ROLLING HILLS/GALENA COUNTRY ESTATES

3796 Bellingham Drive	\$590,000	\$578,000	226.14	221.54	2609	0.36	12/7/18
3793 Vancouver Drive	\$639,900	\$615,000	187.32	180.04	3416	0.28	11/30/18
1812 Kodiak Circle	\$635,000	\$640,000	236.15	238.01	2689	0.29	2/28/19

SADDLEHORN/MONTE ROSA

14265 Via Contento	\$659,000	\$625,000	246.54	233.82	2673	0.42	2/14/19
14050 Quiet Meadow Court	\$750,000	\$650,000	251.34	217.83	2984	0.35	12/12/18
14145 Saddlebow Drive	\$895,000	\$869,000	275.72	267.71	3246	1.01	1/14/19
14200 Eagle Springs Court	\$1,599,000	\$1,599,000	417.49	417.49	3830	0.9	12/28/18
3985 Lake Placid Drive	\$1,849,000	\$1,791,500	282.72	273.93	6540	1.15	2/28/19

ARROWCREEK

3379 Forest View Lane	\$540,000	\$570,000	225.38	237.9	2396	0.32	10/2/18
583 Echo Ridge Court	\$667,500	\$649,000	230.33	223.95	2898	0.34	10/31/18
3480 Forest View	\$700,000	\$687,000	236.09	231.7	2965	0.51	9/20/18
3414 White Mountain Court	\$825,000	\$825,000	262.4	262.4	3144	0.32	9/28/18
3036 Palmer Pointe	\$1,388,000	\$1,350,000	335.67	326.48	4135	0.71	10/22/18
5730 Flowering Sage Trail	\$1,439,000	\$1,400,000	262.93	255.8	5473	0.52	9/28/18
6340 Mormon Tea Way	\$1,899,000	\$1,850,000	283.64	276.33	6695	0.83	9/5/18
12360 High Vista Drive	\$2,950,000	\$2,900,000	438.14	430.71	6733	2.11	9/12/18

CALLAHAN RANCH

15985 Thompson Lane	\$495,000	\$490,000	208.07	205.97	2379	1.24	2/28/19
10400 Gold Mine Drive	\$499,950	\$494,950	186.9	185.03	2675	0.17	1/29/19
5380 Goldenrod Dr.	\$575,000	\$555,000	208.18	200.94	2762	0.99	1/4/19
15900 Coyote Rose Lane	\$709,900	\$700,000	272.2	268.4	2608	1	11/28/18
5540 Wildwood	\$795,000	\$745,000	247.59	232.01	3211	1.01	12/21/188

OTHER AREAS OF SOUTH RENO

1345 Mallory Lane	\$300,000	\$235,000	284.9	223.17	1053	1.03	12/27/18
483 Sierra Leaf Circle	\$399,000	\$399,000	231.04	231.04	1727	0.16	11/30/18
315 Carey Hills Dr	\$459,000	\$435,000	259.03	245.49	1772	0.33	1/15/19
12130 Mahogany Drive	\$452,000	\$452,000	225.44	225.44	2005	0.36	1/15/19
12090 South Hills Drive	\$475,000	\$462,500	197.26	192.07	2408	0.34	1/15/19
13510 South Hills Drive	\$489,500	\$475,300	232.32	225.58	2107	0.33	2/25/19
11040 Broken Hill Road	\$499,500	\$482,500	192.49	185.93	2595	0.47	2/26/19
13805 Stoney Brook Drive	\$555,000	\$535,000	180.66	174.15	3072	1	12/24/18
12305 Westridge Drive	\$574,000	\$565,000	159.44	156.94	3600	0.85	12/7/18
5951 N White Sands Road	\$628,500	\$608,500	264.52	256.1	2376	0.4	2/28/19
1540 Twin Oaks	\$695,000	\$685,000	225.5	222.26	3082	1.15	12/31/18
5265 N Elk River Road	\$799,000	\$791,000	253.89	251.35	3147	0.69	2/28/19
5935 N White Sands	\$899,900	\$884,500	266.09	261.53	3382	0.48	2/8/19
480 Genovese Lane	\$925,000	\$895,000	294.3	284.76	3143	0.18	1/30/19
1825 W Huffaker Lane	\$1,300,000	\$1,255,000	365.27	352.63	3559	2.58	1/14/19

NW CARSON CITY

909 Saratoga Way	\$320,000	\$320,000	238.63	238.63	1341	0.19	11/29/18
2185 Court Side Circle	\$365,000	\$335,000	175.73	161.29	2077	0.22	2/11/19
236 Tahoe	\$365,000	\$365,000	218.43	218.43	1671	0.25	12/28/18
2113 Court Side Circle	\$399,000	\$396,000	214.29	212.67	1862	0.23	11/28/18
827 W Washington	\$410,000	\$400,000	179.59	175.21	2283	0.19	2/5/19
1657 Pinoak Lane	\$455,000	\$435,000	195.2	186.62	2331	0.2	1/29/19
1852 Chaise Drive	\$469,900	\$445,400	216.24	204.97	2173	0.21	12/28/18
2237 Oak Ridge Drive	\$455,000	\$450,000	194.94	192.8	2334	0.23	2/26/19
608 Norfolk	\$499,000	\$495,000	230.27	228.43	2167	0.26	2/5/19
1800 Newman Place	\$525,000	\$515,000	236.7	232.19	2218	0.28	2/14/19
4 Glenbrook Circle	\$569,000	\$540,000	165.07	156.66	3447	0.42	1/9/19
3240 Kings Canyon Road	\$599,000	\$560,000	207.05	193.57	2893	2.4	12/10/18
1680 Evergreen Drive	\$575,000	\$585,000	231.57	235.6	2483	0.26	2/12/19
4251 Levi Gulch	\$645,000	\$640,000	234.72	232.9	2748	1.11	1/18/19
23 Canyon	\$699,000	\$661,500	163.24	154.48	4282	1.2	2/7/19
111 Cogorno	\$700,000	\$690,000	241.8	238.34	2895	1	12/31/18
4600 Numaga Pass	\$795,000	\$762,000	156.93	150.41	5066	2.33	2/7/19
2247 W Washington	\$800,000	\$770,000	135.04	129.98	5924	1	1/10/19
2091 Manhattan	\$1,399,900	\$1,300,000	198.71	184.53	7045	1	2/27/19
2650 Manhattan Drive	\$1,500,000	\$1,402,000	285.28	266.64	5258	1	12/6/18

WEST WASHOE VALLEY

5720 Old Hwy 395	\$749,000	\$670,000	226.97	203.03	3300	2.5	1/18/19
90 Steptoe Lane	\$995,000	\$995,000	430.74	430.74	2310	2.64	11/27/18

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

Ripple effect of injuries and illness goes deep



By Kerstin Tracy

Happy Spring. It is a time of renewal and growth. The weather alone makes us feel revitalized and motivated. Of course, our bodies are ready for a renewal, too. Spring is the suggested season for cleanses and dietary adjustments. Interestingly enough, our bodies cleanse and clean all the time on our behalf, every day and especially every night. Cerebrospinal fluid plays a major role in that.

Most of the time, I start a CranioSacral Therapy session by holding the bottom of the feet and tuning into the rhythm of the cerebrospinal fluid. The cerebrospinal fluid bathes the nervous system, the brain and the spinal cord, moving in a certain pattern. A cycle takes between 6-12 seconds and is defined by the filling and emptying of certain areas in the brain and the dural tube, inside the spine, all the way down to the sacrum.

I check it for symmetry, quality, amplitude and rate. That means I want to know more about how powerful

the rhythm is; is it symmetrical and balanced from one side to the other, is it fast or slow?

The major purpose of the cerebrospinal fluid is protection and nourishment of the brain and central nervous system as well as the removal of waste products; that alone shows the importance of a rhythmical and continuous flow of this fluid in that area and everywhere else.

The areas where I find a barely detectable rhythm are of major importance because they tell me there may be restrictions in the area. Restrictions can mean a limited flow of fluids, so this particular area in the body may not be functioning as well as it should.

Research as early as 1865 (Traube & Hering) showed a rhythm that presented even after respiration had stopped - another sign that cerebrospinal fluid has its own rhythm and is significant to your body's well-being.

Take a moment and sit quietly. Put your hands onto your thighs lightly - the weight of a nickel or 5g of pressure is all you need. You can feel your own rhythm in your legs - just observe and follow.

How can I feel the rhythm in your legs even though they are far away from the spine and the fluid?

Fascia is a connective tissue that gives our body its shape, connects and surrounds muscles, organs and other structures. If you injure your foot, the fascia will tighten in that area and start to pull in various directions, eventually even up to your head. This works from head to toe as well.

CranioSacral Therapy may not be able to cure every disease, but by releasing restrictions and lesions in the central nervous system, it can help your body function at its best with long-lasting results. Just keep this in mind when you think about your own spring time routine.

Kerstin Tracy, owner at Ready2Heal LLC, helps humans and horses suffering from complex structural and neurological problems regain their optimal health. She holds an MS in Sports Science from the German Sport University in Cologne and a degree in holistic health in Germany and is a licensed massage therapist. She has studied CranioSacral Therapy at the Upledger Institute in Florida and has over 13 years practical experience. Kerstin works with all ages and is specialized in pediatric CranioSacral Therapy and Equine Craniosacral Bodywork. To find out more, email Kerstin@ready2heal.net or visit www.ready2heal.net.

interventional radiology *continued from page 11*

image-guided procedures to both diagnose and treat diseases in various body parts and systems.

What is an interventional radiologist?

An interventional radiologist is a physician who is trained in radiology and interventional therapy. He or she can see inside a patient's body and treat disease by using images (x-rays, MRIs scans, fluoroscopy, CT scans, and ultrasounds) to guide thin plastic tubes, called catheters, and instruments to an exact area where the procedure or treatment needs to be performed.

What can be treated by an interventional radiologist?

Areas of the body that can be treated with interventional radiology include, but are not limited to the abdomen, central nervous system, chest, heart and vascular, musculoskeletal, other organs, and soft tissues. Some conditions that are treatable through interventional radiology techniques are cardiovascular diseases, stroke, cancer, uterine fibroids, blood vessel diseases, varicose veins, etc.

What is the process for interventional radiology procedures?

IR procedures are done under local anesthesia or conscious sedation. Once you've been sedated, the

interventional radiologist will make a small incision for a needle to guide a thin wire and catheter through a blood vessel to reach and treat the desired area. IR patients experience reduced risks, less pain, shorter hospital stays, and quicker recovery time.

Why do I care?

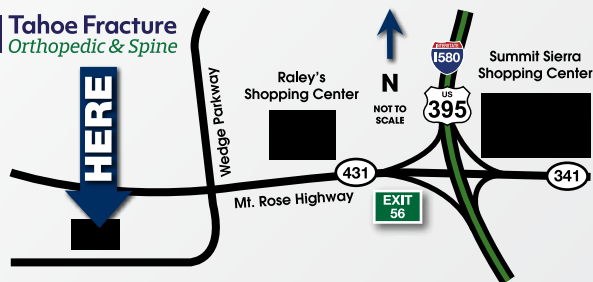
Options! The idea behind interventional radiology is to use the least invasive techniques available to minimize the risk of open surgery while at the same time improving the patient's overall health outcomes. If you think you might be a candidate for IR, discuss your symptoms and options with your primary care provider.



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Internet self-diagnosis not free from error

Submitted by Carson Tahoe Health

Have you ever “Googled” your symptoms? What about trying to self-identify a cough your loved one hasn’t been able to kick? You’re certainly not alone. Findings from Pew Research Center’s Internet & American Life Project indicate more than one-third of U.S. adults use the internet to self-diagnose a medical condition.

It is crucial to consult an expert in the field, whether it be your primary care physician, an urgent care doctor, or perhaps a specialist. Here’s why:

The internet is a place of misleading information.

Yes, you can find out the common symptoms for a sinus infection. But what if those same symptoms identify

a much larger medical concern? The internet, now infamous for its ads and algorithms, may lead you astray. If Google notices you’re researching a certain over-the-counter medication for an illness you believe you have, it may start advertising it to you, subconsciously reinforcing your need to take it. If you do not, in fact, have this illness, you could be misusing over the counter medications, and perhaps experience harmful side effects.

You could be wrong.

From the same Pew Research Center study, less than half of participants — 41 percent — said that a doctor confirmed the diagnosis they made from online research. 35 percent said they did not seek a professional opinion, and

18 percent said the medical professional or clinician did not agree with what they thought or had a different opinion about their condition.

Although the internet seems as if it’s an endless pit of knowledge, it may not be the right information for your condition. While sites like WebMD and PsychCentral host medical information and possible solutions, they are not conclusive for your exact condition. The internet, albeit savvy, doesn’t have a medical license or the support/liabilities of supervisors, ethics boards, etc. that doctors have in order to properly diagnose and treat individuals.

Self-treatment can be dangerous.

Diagnosis, when properly performed, is more than a collection of “Googled” symptoms. There are nuances to medicine, which is why people spend years and years studying

it. If these subtleties are missed, which can happen quite often when finding research online, there may be a severe misdiagnosis. If treated improperly, the original problems will not go away, and the treatment may cause physical harm or repercussions to your health.

For example, if you’re experiencing body aches and a change in mood and have chalked it up to the beginning phases of the flu, you may be missing that body aches could be a sign of coronary artery disease. Your doctor would never have the chance to perform an EKG for chest pain, because you think you have a cold.

The bottom line is — when in doubt, see a professional. Your health is the most valuable thing you’ll ever own, and it’s worth letting professionals properly address your concerns. You’ll gain peace of mind, and probably better health.

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RTC continued from page 4

patterns and transit use, land-use data and zoning information and evaluating pedestrian and bicycle movements. The RTC will also study crashes that have happened in the area to improve safety for everyone. Making our community roadways safer for pedestrians makes them safer for all road users.

When the RTC is done with the

study, the results will help prioritize improvements.

The community is invited to share their ideas with the RTC throughout the study. The RTC is holding a public meeting to get community input on March 26, location to be announced.

For more information about projects and services, visit rtcwashoe.com or connect on Facebook.



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Liesa Leggett Garcia

By Liesa Leggett Garcia

Have you ever been talking to someone on the phone and you could hear the sounds of their computer keyboard clicking away? They are half-listening, while answering email or checking out Facebook simultaneously. It makes us feel unimportant, like what we're saying has little value.

Or when I'm trying to talk to my husband, telling him something I think is important and he assures me he is, in fact, paying attention and listening to me, but his eyes and attention are drawn to the football game on television. I periodically ask, are you listening to me? He vows that he is but his eyes tell a different story. (I'm grateful this only happens during football season.)

I've been guilty of the same thing. Only somewhat paying attention, while allowing distractions to pull my

attention elsewhere. We can get a ticket (or worse) for "distracted driving" but what about being distracted while listening? It is not only thoughtless and rude to the person in our presence, but it's also detrimental to ourselves. Instead, practicing being fully present, listening, giving our full attention, helps us to train our minds to focus, to be aware and attuned to new ideas and opportunities, and to honor the sweetness and sacredness of each moment.

Many of us pride ourselves on being able to multi-task, but it takes greater intention and attention to just be still and just listen, whether it's with an acquaintance, a co-worker, or a loved one—or when we're alone, quietly engaged in a task or just with our thoughts. Maybe using a mantra could help, a short positive phrase like, "Be here now."

Remembering to breathe. Great wisdom is invited to come forth; great peace can fall over us; great love can be exchanged with another. There is healing and



renewal in the stillness.

No distraction (yes, even the football game) is more important than giving each other—and ourselves—the gift of listening, the gift of our attention.

Liesa Leggett Garcia, a Reno native, is the Senior Minister of Center for Spiritual Living, Reno, a Science of Mind and Spirit Community, that teaches "Change your thinking, change your life." For more info, visit cslreno.org.



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¹ Float down option may be exercised up to 30 (but not less than 5) days prior to closing at then current 60 day price. The expiration date then becomes the earlier of the original expiration date or 30 days from exercising the float down. An example is if a borrower takes a 120 day FirstLock, the maximum total lock period is 120 days. If the market interest rate declines you can relock at the lower interest rate, but only within the 120 day period. Market interest rates may climb during the 120 day period which means the interest rate may be higher than the capped rate and there would be no "float down" opportunity to a lower interest rate. ² Jumbo loans over \$2,000,001 are available in the state of California only. Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank

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Advancements in effective pet medications offer options



By Matt Schmitt

Today's scientific advancements in veterinary medicine have produced medications that effectively manage, treat and cure pet ailments. A range of options allows for prescribing effective medicine best-suited to individual pet need and tolerance, along with pet owner preference.

Antibiotics and Antifungals

Kill microbes, such as bacteria and yeast, and treat infections.

Also used to treat secondary bacterial infections from viruses.

Osrurnia is an ear gel that effectively treats outer ear infections.

Non-Steroidal Anti-Inflammatories

Reduce swelling, inflammation, pain and lameness.

Galliprant provides osteoarthritis pain relief with minimal side effects.

Steroidal Anti-Inflammatories

Reduce allergic and anaphylactic reactions.

Allergy Treatments

Apoquel and Cytopoint treat canine dermatitis, relieving allergic itch without the side effects of steroids.

Antiparasitics

Prevent, repel or kill internal and external parasites,



such as intestinal worms and protozoans, heartworms, fleas and ticks.

Behavior Modification Drugs and Sedatives

Quiet anxious pets for both the short and long term. Prepare pets for anesthesia.

Hormones and Condition-Specific Treatments

Focus on conditions such as diabetes, thyroid hormone abnormalities and heart ailments.

Chemotherapeutics

Treat cancer and tumors.

Recently introduced...Canine Cannabis

While Cannabis Oil (CBD) and other related products may show promise, little is still known about their efficacy, optimum dosage, and potential adverse effects. Future studies in both people and pets may

When Medicine is Prescribed

- Understand and follow the labeled dosing instructions.
- Report any adverse reactions.
- Finish the medication unless otherwise advised.

Of Special Note:

It's best to fill your veterinary prescription with your veterinarian. A veterinarian will make sure that you get the right drug, the right instructions, and you'll have most prescriptions right away. Plus, veterinarian-issued medications are backed by the manufacturer and are easy to track should any type of recall be issued.

provide more thorough information regarding this treatment category.

The advantages of medications should be considered relative to any risks, which is why it's important for veterinarians to know all medications and supplements an animal is already taking. That way the chance of detrimental interaction can be avoided, and the prescribed treatment can effectively do its job.

Dr. Matt Schmitt is a graduate of the School of Veterinary Medicine at the University of Pennsylvania and owns South Reno Veterinary Hospital. Appointments can be scheduled by calling (775) 852-2244. Dr. Schmitt is also on call for after-hours emergencies. Learn more at SouthRenoVet.com.

Mutts in May await adoption on Saturdays

By Lori and Rob Burks

By adopting a mutt, you're saving a life. According to the Humane Society, 6 to 8 million dogs and cats enter shelters each year. Adopting a pup saves their

life and allows another dog to be housed in their place.

Natural Paws will host their annual "Mutts in May" adoption days every Saturday throughout May from 10am to



(Photos submitted by: Natural Paws)

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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."

Debra Lynn Markoff, D.D.S.
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1pm. Whether quirky or mellow, active or slobbery, every dog and cat is lovable and incredibly loyal. Your pup can be a great conversation starter, and each time somebody asks you about them, you'll have the opportunity to tell about your dog's or cat's amazing rescue story.

Natural Paws will host several rescue groups each Saturday including groups such as Nevada Humane Society, SPCA, ResQUE, and Dog Town Rescue. You will be sure to find the perfect fit for your family, whether it is a big cuddler who just wants to hop on your bed, a little chaser who loves to run, or a medium collie-type who happily entertains the kids. Their diversity can create a perfect fit and if you do want a purebred because you love a particular

breed, 20% of dogs in shelters are purebred!

Whether you want a one-of-a kind mutt or a purebred - stop by Natural Paws for the large selection of adorable companions available to adopt each Saturday morning. Each adoptee will receive a free 5 lb bag of kibble from Natural Paws as well as a lifetime of pet food advice for their dog or cat.

Lori and Rob Burks own Natural Paws, a competitively priced natural pet food and supply store, located in the Raley's Center at Galena Junction in South Reno and is doggedly committed to pet rescue. For more information, visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call (775) 853-3533.

When and how to cut away unwanted parts

By Mary Sattler

Many gardeners, both old and new, experience some heartburn with the thought of pruning on plant material. When to prune, what, and how much starts to get complicated if you have a typical home landscape featuring a variety of plants. Why do we need to prune and what are the best types of pruning tools? Greenhouse Garden Center will host their annual Free Pruning Clinic on Saturday, March 9th starting at 10am to answer these questions and show live pruning demonstrations. For starters, here are some simple tips.

ROSES: Contrary to most literature on rose pruning, Northern Nevada is the exception rather than the rule when it comes to pruning roses. For very good reasons we recommend pruning roses later in mid spring around tax time, April 15th. Typically, our winters are cold, sunny and dry. Desiccating winds and perpetual drought can cause die back to canes and crowns. Pruning too early may cause extensive die back and then later in the season there may be nothing left to prune out, if you have pruned too early leading to rose death. Dead, dying or diseased wood may be removed at anytime of the year.

PINES: The recommend time to prune pines, spruce and Incense cedar is later in the fall, after a hard freeze has occurred. Beetle activity has usually stopped for the season after a hard freeze. Tipping is a type of pruning which is done in early June to increase the density and thickness of pine trees. At this time the new growth for the year has elongated on the tips of the branches to full growth (candles) and the new needles have developed. Break off the top one inch of the new growth on all the candles. Narrow leafed evergreens may be pruned a second time in June before new growth has matured. Specialty evergreens such as topiaries, clipped hedges, espaliers, etc. may require an additional light pruning or two during the growing season. Most evergreens need very little pruning. Some evergreens, including Dwarf Alberta and nest spruce, are intolerant of pruning.

ORNAMENTAL GRASSES: Ornamental grasses are prized for their showy seed heads and motion they provide to the landscape. Pruning in the late winter to early spring maximizes enjoyment of the landscape during the dormant season. Pruning old stalks and foliage makes room for the new growth to come up from the roots.

BERRIES AND GRAPES: Blackberries and blackcap and one-crop raspberries bear fruit on 2-year old wood. Pruning, therefore, is usually most efficiently completed in late fall or winter. Prune these old canes as close to the ground as possible without



Proper trimming can improve the look and the health of your trees by eliminating branches that are overgrown, dead or dying.



(Photos: M. Sattler)

injuring new canes. Two-crop or ever-bearing raspberries are handled much the same except that they fruit in the fall on 1-year old canes. The fruit will appear on the top foot or so of the cane. Remove that portion of the cane that fruited leaving the rest of the cane to produce next summer's crop. Ever-bearing raspberries thus produce a summer crop on 2-year wood and fall crop on 1-year old wood. As with the 1-crop raspberries, the 2-year old canes die and are removed after harvest or during the following summer.

Prune blueberries in January or February when the bush is dormant. Leave the plants alone for two or three seasons, except to remove dead or broken branches. In the fourth season, where heavy crops of small berries occurred, remove some of the oldest canes and clip out the weakest twigs. Clip off the outer third to half of the fruiting twigs for larger berries.

Grapes may be pruned any time from November through February. Some light summer pruning may hasten fruit development. Depending on the type of grape variety either cane or spur pruning may be called for.

FRUIT TREES: Late winter pruning is recommended for all fruit trees except for apple trees. Early June pruning on apple trees will prevent excessive growth of water sprouts and thin apples which will result in the remaining apples being bigger and juicier. Waiting to prune Apricot, Mulberry, Nectarine, Peach and Plums to early June as a thinning technique is also an acceptable practice. These fruit trees do not develop water sprouts like apple trees so late winter pruning will work as well. Pruning is easier when the fruit trees are dormant, and it is easier to see where cuts need to be made. If waiting until early June pruning, tie some green tie tape on the limbs in the dormant season that you plan to remove in June.

SPRING AND SUMMER FLOWERING SHRUBS: Prune spring and early summer flowering

summer and fall flowering shrubs in the dormant season around January or February.

DECIDUOUS TREES: Limit pruning of Maple, Birch, Sycamore and Oak trees to the late fall, early winter dormant season. During this time of year, these trees are less likely to sap. The sap attracts borers and other insects some which may carry disease spores. Other deciduous trees may be pruned at this or anytime in the dormant season.

Mary Sattler is the events and class/workshop manager at Greenhouse Garden Center with 19 years of experience. visit Greenhouse Garden Center. Subscribe to the Greenhouse Garden Center's monthly email newsletter which has current To-Do gardening tips. You can sign up on www.greenhousegardencenters.com, by calling (775) 882-8600 or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City.

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Make time for an art retreat

By Amanda Horn

In the words of Pablo Picasso, "Art washes the soul from the dust of everyday life." Clearing the dust of ordinary experiences makes way for the light to shine through, creating space to form extraordinary memories.

Strolling the galleries of the Nevada Museum of Art provides a perfect opportunity to put these words to task. Nevada's internationally-recognized, accredited art museum encompasses 70,000 square feet of architectural delight. The exhibition halls boast ever-changing shows designed to foster inspiring introspection and dialogue, while entertaining in a meaningful way. Bottom line? You'll leave impressed and ready to return.

Whether spending the morning or afternoon at the Museum, you will want to make time to lunch at Chez Louie. The French-inspired, onsite restaurant highlights seasonal ingredients in a fun, modern setting. If you are planning to visit on a weekend, make reservations for Sunday Music Brunch, featuring a rotating suite of eclectic music, creative cuisine, bottomless mimosas, and a Bloody Mary bar.

Here's a taste of what you'll encounter at the Museum this spring.

The Inside World: Contemporary Aboriginal Australian Memorial Poles from the Debra and Dennis Scholl Collection

(through June 9)

The Inside World presents 94 works from contemporary Aboriginal artists from Arnhem Land in the Northern Territory of Australia. Traditionally, these poles marked the final point in Aboriginal mortuary rites. They signified the moment when the spirit of the deceased had finally returned home—when they had left all vestiges of the mundane "outside" world and become one with the "inside" world of the ancestral realm. Today, these poles are made as works of art.

The Contact: Quilts of the Sierra Nevada by Ann Johnston

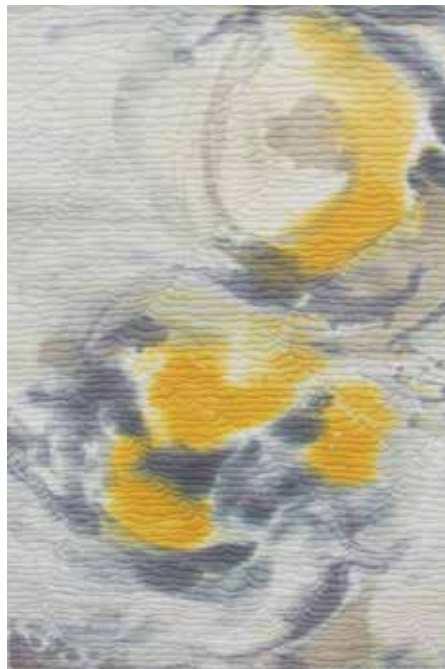
(February 16 - May 19)

Inspired by the mountain peaks, lakes, and rock formations of the Sierra Nevada, Ann Johnston's quilts make creative use of patterns and textures to create literal, abstract, and sometimes completely imaginative representations. Using both machine and hand-stitching on fabric that she has dyed herself, the artist creates dimensional surfaces that reflect the varied geological makeup of the area.

In Conversation: Alma Allen and J.B. Blunk

(February 23 - June 23)

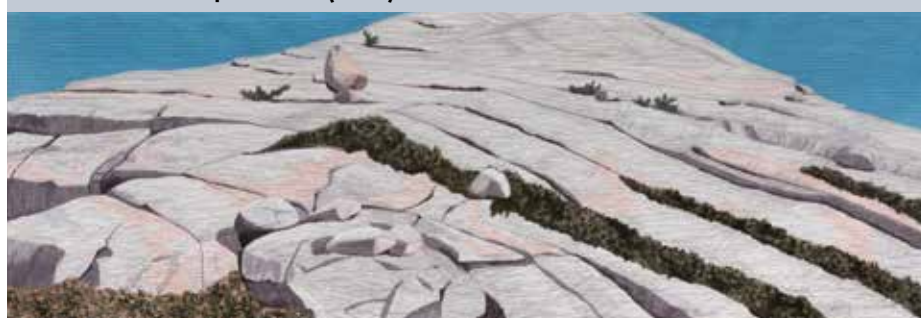
In Conversation stages an encounter between two artists that never met but whose work and lives share a deep affinity. The work of Alma Allen and J.B. Blunk blurs the line between design and sculpture, with both men creating evocative organic work from natural



Ann Johnston,
"The Contact: Deep Blue Lead (detail)."



Installation image, "The Inside World: Contemporary Aboriginal Australian Memorial Poles from the Debra and Dennis Scholl Collection," Nevada Museum of Art, 2019.



Ann Johnston, "The Contact: Exfoliating (detail)."

materials. It also draws a line between Allen's contemporary work and the mid-century when Blunk began his practice.

Amanda Horn is Senior Vice President of Communications at the Nevada Museum of Art. For more info, visit nevadaart.org.

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Rail bikes bring new adventure to Boulder City



Janice Keillor

By Janice Keillor

Human-powered handcars have been around since the 1800's, making use of the more than 130,000 miles of train tracks that were constructed

in the United States by 1900. This form of transportation was essential during the time when our country was developing, as the success of the railroads was dependent on consistent maintenance of the tracks. It seems ironic, and like a journey back in time, to ride the rails in Boulder City as a form of recreation.

The railroad in Boulder City was initially built in the 1930's by the Union Pacific Railroad to support construction of the Hoover Dam. After the dam was completed, the tracks continued to be used to haul freight, and from 1956-1968 hosted a passenger train. By the 1980's the State of Nevada thought they would try to use the tracks for more than just transporting goods. They wanted to boost tourism in southern Nevada by creating a railroad museum that would showcase the historic Union Pacific Railroad, the locomotives and the railcars. In 1985, the State acquired the tracks and right-of-way and

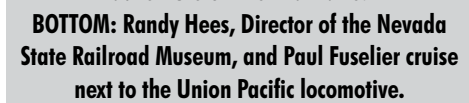
created the Nevada Southern Railroad Museum. Since 2002 the Museum has been offering 7-mile passenger excursion trains, and just last year partnered with Rail Explorers to offer visitors a more hands-on experience - an opportunity to ride the tracks while pedaling rail bikes.

Offered in only three cities in the United States, the rail bikes are brought to Boulder City by Rail Explorers from January to April, and offer a fun, human-powered alternative to riding the train. You can actually pedal a 2, 4 or 6-seater rail bike on the train tracks and enjoy an experience reminiscent of the old hand cars from the 1800's. The tours take approximately two hours and all riders receive a free entry into the Nevada Southern Railroad Museum, along with an optional train powered ride back to the depot.

During a visit to Boulder City last December, I was given the opportunity to ride the rail bikes before the season opened, thanks to the generosity of the Boulder City Economic Vitality Commission and the Nevada State Railroad Museum. After a short orientation amidst the whistling of the Union Pacific locomotive, we boarded the rail bikes and started pedaling the 4 miles to the new overpass over I-11. It was a crisp, clear day, and as our six-member group pedaled along the tracks, I savored the striking desert



TOP: Art Krupicz and Julee Conway ready for adventure on their rail bike.



BOTTOM: Randy Hees, Director of the Nevada State Railroad Museum, and Paul Fuselier cruise next to the Union Pacific locomotive.




Janice Keillor, David Spicer, Larry Bender, Paul Fuselier and Art Krupicz cruise on the six-seater rail bike.

scenery and quiet solitude of our journey. On the way back, the wind was blowing just hard enough to mask our breathing as we climbed the hill back to the railroad museum.

Nowadays, Boulder City is more than just the gateway to the Hoover Dam and Lake Mead. It's a beautiful, thriving community with numerous outdoor recreation opportunities and one of only two cities in Nevada with

no gambling. The rail bikes are perfect for all ages and fitness levels and will be in Boulder City for just another two months.

If you'd like a break from the mountains of snow we've been getting in Northern Nevada, head down to Boulder City and experience the rail bikes before they're gone for the season. For more information, please go to <https://www.visitbouldercity.com/listing/rail-explorers-las-vegas/36337/>.



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Celebrate Transcontinental Railroad Sesquicentennial

By Hawley MacLean and Jill Savery

It's difficult to imagine now what it must have been like in the 1850s and 1860s when it was not possible to cross the United States easily by train. The Eastern and Western parts of our vast country were not well connected, travel was difficult, and communication was slow. Congress debated the idea of building a transcontinental railroad for years. It wasn't until 1862 that President Lincoln signed the Pacific Railroad Act, giving the authority and financing to build the project.

The Western Pacific Railroad Company, Central Pacific Railroad Company of California and Union Pacific built the Transcontinental Railroad between 1863 and 1869. It boasts over 1,900 miles of continuous rail line that connects the Eastern and Pacific railroad networks. Telegraph lines were also built alongside the railroad lines to ease communication.

Tens of thousands of workers labored over harsh terrain, especially those building the line over Donner Summit in California. Specialized engineers surveyed and mapped the



The Last Spike (1881) by Thomas Hill celebrates the joining of the rails built by Union and Central Pacific Railroads workers. The 150th anniversary of the Transcontinental Railroad is on May 10, 2019.

route the railroad should take across the country. Moving workers, supplies, water, fuel, equipment, and housing across the country was an enormous feat. Small towns would spring up along the way. Chinese workers were a critical part of building the western portion of the project, and thousands were recruited directly from China.

On May 10, 1869 the Union and

Central Pacific Railroads joined their rails at Promontory Summit, Utah Territory and forged the destiny of a nation. The 150th anniversary of the completion of the Transcontinental Railroad and the Golden Spike Ceremony is May 10, 2019.

We just made the journey by car to see the famous site in early January. Promontory, Utah is about a two-hour

drive from Salt Lake City. The Golden Spike National Historic Site includes a Visitor's Center with information about the Transcontinental Railroad, and several pictures and monument plaques tell the story. We were able to walk right to the point on the rails where the final spike was tapped into place.

If you want to experience the life of a railroad baron and celebrate like it's 1869 without driving to Utah, you can take a step back in time with an adventure trip centered in Old Town Sacramento from May 8-11, 2019. Activities will include a tour of the California Railroad Museum and Locomotive Shops, an excursion to Railtown and the Steam Trains with a barbeque and live music, dinner on the Napa Valley Wine Train, and a Black-Tie Gala at the California Railroad Museum will conclude this Sesquicentennial Celebration.

Hawley MacLean and Jill Savery are the owners of MacLean Adventures. To reserve your place on this historic experience, visit www.macleandventures.com or call (775) 683-9115.

When in doubt, book that ticket and go solo



Dagmar Bohlmann

By Dagmar Bohlmann

I shoulder my backpack and embark on my week-long solo travel in Costa Rica with both joyful expectation and adventurous uncertainty, hoping that the shuttle I had booked online would show up on time and take me to Jaco Beach where the taxi boat is supposed to leave at 10am. And just as I start to wonder, standing there by myself on the side of the road, I hear my name called by the driver. Quickly, I stuff my bags in the back of the busy white Zuma Tours van and hop onto a seat next to a couple of Connecticut yoga teachers on their way to a yin yoga teacher training in Montezuma.

We drop right into a conversation about the joys and pains of being a yoga teacher which seamlessly continues as we wait over an hour for the taxi boat. When I travel alone, it never takes long to find connections to people. Turning strangers into friends is one of many advantages of solo travel.

Freedom and independence also reign high on my list of why I love to embark on my own. I can completely untether from external obligations, routine responsibilities and taxing timetables. If I want to go for a long walk on a Santa Teresa beach before breakfast, I can without waiting for anyone else to brush their teeth. If I want to sit down on a rock and meditate, I don't feel rushed because others are waiting.

Traveling alone takes a bit of planning and as a woman, certain precautions are necessary. But by tapping into my courage to enter the unknown, I find my strength and satisfaction to figure things



(Photos: D. Bohlmann)

Baltimore Yoga teacher Dagmar Bohlmann fearlessly explores lofty cloud forests in Monteverde, relaxes on mile-long beaches around Santa Teresa, and rides an ATV with an old Reno friend, Joe Garcia, who had seen on Facebook they were at the same place at the same time.

out on my own. And if I forget where I put the ticket stub seconds after I got it, I have no one else to blame but me. I carry my own passport and remember the foreign exchange rate. This rebuilds confidence and self-reliance I had forgotten in the years of traveling with my husband.

A little solitude makes room for self-discovery. What makes me, me? I get up in the morning feeling a sense of lightness, clarity of thought and inner peace. I can let my day unfold at a pace that allows room for reflection and reconnection to the joyful, curious, open-minded, age-less essence of

me. And if I want to, I can start a conversation with a stranger.

For me, traveling alone is a method of self-care, which is not selfish. It fills my cup with love for who I am, so I show up renewed when I reenter my life at home. But first, let me roll up my pants and wade into the surf to get on that taxi boat to my next adventure.

Dagmar Bohlmann just spent two weeks in Costa Rica, first teaching a yoga retreat and then traveling solo to visit beaches of the Nicoya Peninsula and a cloud forests near Monteverde but mostly to discover herself.



pri•ma•ry adjective

1. main, central, principal
2. more important than anything else
3. **essential to your good health**



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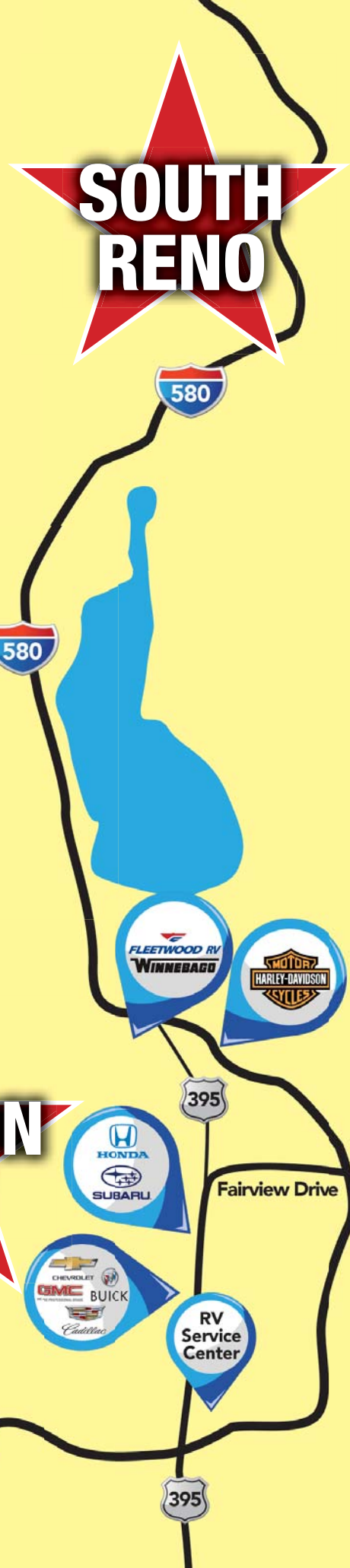
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