

# Great American Outdoors Act confirms outdoor recreation as essential

By Janice Keillor

You may have noticed that since the shutdown, a lot more people are spending time outside. In March, when nonessential businesses closed, one of the few remaining activities people could enjoy was outdoor recreation. The crowds at trailheads and parks seemingly quadrupled overnight, and it became apparent that resources were barely able to meet the public’s demand.

This need has helped to bring the importance of outdoor recreation to the forefront, along with support for related legislation. As bad as the pandemic has been, one positive outcome was the realization that outdoor recreation is not optional, but a desirable and essential need for all citizens to enjoy a high quality of life, and to stay physically and mentally healthy. And that has given renewed interest to outdoor recreation legislation long in the making.

On August 4, 2020 the Great American Outdoors Act was signed by the President, confirming that outdoor recreation is no longer an option, it is essential. The GAOA establishes the National Parks and Public Land Legacy Restoration Fund to support deferred maintenance projects on federal lands, through revenues from energy development, and to permanently fund the Land and Water Conservation Fund at \$900 million a year, using royalties from offshore oil and natural gas leases.

In essence, the GAOA would put people back to work and make funding available to maintain and build outdoor recreation facilities, similar to what was done in 1933 with the Civilian Conservation Corps. The CCC was a program created during the Great Depression to provide jobs to young men to stimulate economic recovery. The

jobs were related to the conservation and development of natural resources and recreation infrastructure, and their valuable contributions are still evident today in our state and national parks, forests, and historic sites.

The GAOA was an enormous undertaking. When the Great American Outdoor Act was introduced in March 2019, the United States was recovering from a government shutdown. A push to recognize the importance of outdoor recreation for our economy was fueled by increasing evidence that the outdoor recreation industry was making a substantial impact to the overall U.S. economy.

In 2016, the Outdoor Recreation and Economic Impact Act funded a study by the Bureau of Economic Analysis to determine exactly what that impact was. The final report showed that the U.S. outdoor recreation economy accounted for 2.2 percent or \$427.2 billion of the U.S. gross domestic product. It also showed that the GDP for the outdoor recreation economy grew by 3.9 percent in 2017, faster than the 2.4 percent growth of the overall U.S. economy.

The Outdoor Industry Association conducted a separate study, measuring consumer spending on apparel and equipment manufactured in other countries, along with travel expenses and associated recreation spending on close-to-home recreation. Their results showed that outdoor recreation contributed \$887 billion to the U.S. economy.

These numbers demanded attention. Supporting this sector could help facilitate economic recovery and growth. The GAOA was the mechanism to make that happen.

In March 2020, the bill was reintroduced with some amendments,



Facilities on federal lands along the Mount Rose corridor would be eligible for funding from the Great American Outdoors Act for deferred maintenance.

and was well received. Democrats and Republicans recognized the significance of this effort for the country’s recovery. With support from conservation organizations, the outdoor industry, and federal, state, and local jurisdictions, the bill progressed successfully through Congress, passing the Senate on June

17 and the House on July 22. Now that the GAOA was signed, the real work begins to get recreation projects moving forward to support local communities, businesses and economies.

Another important bill to watch is the Recreational Trails Program Full *continued on page 3*

## Letter From a Local

It’s been a busy summer for me so far. I usually spend my days eating, sleeping and taking care of the kids, and today is no different. I enjoy relaxing in my favorite tree, watching the humans bustle about. They always seem very alarmed when I’m around, pointing and gasping. I’m not sure why. It’s not like we’re new to Galena.

It’s hard to believe that fall is coming. My cousin Smokey should be able to visit soon, once things slow down for him. He loves to visit Galena in the fall, after the smoke clears and the days get cooler. It sure is beautiful. He can enjoy a little time away from it all without being recognized. It’s also time for me to start eating and drinking as much as I can. There goes my diet! But I need to get ready for my long winter nap. You never know how much snow we’ll get in Galena, so I try to eat as many brook trout from the creek as possible. I know it sounds rough, but I’ll get through it somehow.

Well, I better get back to work. The kids are trying to climb out of the tree so they must be hungry. Never a dull moment for this mama bear. But I can’t complain. Life in Galena is pretty great. I hope the humans enjoy it as much as I do!  
~ Mama Bear



Black bears have long been residing in Galena Forest. This one visited a tree behind Galena Times publisher Richard Keillor’s house.



# Welcome back to Midtown!



Bill Thomas

By Bill Thomas

Are you ready to stroll on new, wide sidewalks along the iconic stretch of Midtown's Virginia Street, see new trees and landscaping, and enjoy all that Midtown has to offer? The Regional Transportation Commission of Washoe County welcomes the community back to a transformed Midtown now that construction on that segment of the Virginia Street Project is nearly complete.

Midtown reopened to two-way traffic in mid-August and is safer and easier to access than ever before. Construction in Midtown was achieved three months early due to modified business operations during the COVID-19 pandemic that allowed crews to close parts of Virginia Street to finish paving operations earlier than planned.

New crosswalks help create a more-pedestrian-friendly environment, and new streetlights increase nighttime visibility and ambiance. The wide sidewalks now meet ADA standards and allow everyone in the community to experience the vibrant Midtown District. This project represents a significant investment of \$90-million

dollars into Midtown as it becomes an even more must-visit destination in the Reno/Tahoe region.

While the roadway has reopened to two-way traffic in Midtown, construction crews are finishing landscaping and finalizing construction on the new Bus RAPID Transit stations this month. The RTC is also supporting the City of Reno's efforts as they install a new art sculpture, bike racks, and benches through October.

Construction on the Virginia Street Project continues a little further north by the University of Nevada, Reno, where crews are reconstructing the roadway and sidewalks, and building new BRT transit stations. Construction on the segment of the project near the University is anticipated to wrap up in the fall of 2020.

The final project feature, the extension of Bus RAPID Transit service, will launch in 2021. The transit extension will connect RTC's RAPID Virginia Line from Meadowood Mall to UNR. The convenient, quick, transit service will improve RTC's transit access through Reno's busiest travel corridor and make transit a more competitive transportation choice. The new route will also make it easier for University students, faculty, and staff to use transit, to help ease parking and traffic congestion around



(Photos: B. Thomas)

**New, wider side walks invite visitors of Reno's Midtown for a stroll along Virginia Street. Street lights, traffic circles, cross walks, landscaping and art sculptures make the iconic stretch more pedestrian-friendly.**

the University.

Bill Thomas is executive director of the Regional Transportation Commission of Washoe County. The RTC would like to thank all partners in the Virginia Street Project, the City of Reno, University of Nevada, Reno and the Federal Transit Administration, as well as construction

contractor Sierra Nevada Construction, construction manager Atkins, and design consultant NCE, creating local jobs for Northern Nevadans. For more information visit [VirginiaStreetProject.com](http://VirginiaStreetProject.com) and view the "Welcome Back to Midtown" video available on the website and RTC social media channels.

## Voted #1 Thrift Shop in All of Nevada

(Business Insider Magazine 07/2017)



**Our Thrift Shop and Senior Sampler offer unique shopping experiences.**

**10 am to 4 pm  
Monday through Saturday**

**1701 Vassar Street, Reno, NV**



**Publisher:** Richard Keillor

**Managing Editor:** Dagmar Bohlmann

**Editorial Board:** Dan Matteson **Art Director:** Kelly Matteson

**Advertising Manager:** Richard Keillor: [Richard.Keillor@cbselectre.com](mailto:Richard.Keillor@cbselectre.com)

### Contributors:

Laura Azzarello, Debby Bullentini, Max Coppes, Amanda Horn, Janice Keillor, Kathryn Kelly, Timothy Kinsinger, Liesa Leggett Garcia, Meaghan Maillet, Kellie McGinley, Andy Paternak, Mike Pierce, K. Brian Romaneschi, David Ruf, Bill Thomas, Kerstin Tracy, Dan Van Bogaert, Rebecca Wilson

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

Copyright (c) 2020. All rights reserved.

**Your Child  
Deserves  
a Specialist**



**GROWING  
Smiles  
Pediatric Dentistry**

**Call for an Appointment**

**775.824.2323**

**[RenoKidsDentist.com](http://RenoKidsDentist.com)**

517 Hammill Lane, Reno, NV 89511

**Gilbert A. Trujillo, DDS**  
Licensed Pediatric Specialist  
American Academy of Pediatric Dentistry

**Kellie McGinley, DDS**  
Licensed Pediatric Specialist  
American Academy of Pediatric Dentistry

**Jade Miller, DDS**  
Board Certified, Diplomate  
American Board of Pediatric Dentistry



[growing\\_smiles\\_dentistry](https://www.instagram.com/growing_smiles_dentistry)

Growing Smiles Pediatric Dentistry





# Explore The World Stage at Nevada Museum of Art

By Amanda Horn

Voices of rising contemporary American artists converge with art world heavyweights for an exhibition at the Nevada Museum of Art in Reno. *The World Stage: Contemporary Art from the Collections of Jordan D. Schnitzer and His Family Foundation* showcases more than 90 works by 35 renowned American artists.

Artworks by the likes of Andy Warhol, Helen Frankenthaler, Robert Rauschenberg, and others from the 20th-century art canon ignite a conversation with some of today's up-and-coming global influencers such as Wendy Red Star, Mickalene Thomas, and Kehinde Wiley.

Organized by the Nevada Museum of Art, *The World Stage* is on view at the downtown Reno, Nevada museum through February 7, 2021. Drawn from the collection of renowned collector Jordan Schnitzer, *The World Stage* includes works by some of the most important American artists from the past 50 years. Though unified by the country in which they live, these artists possess widely diverse backgrounds, worldviews, and approaches to artmaking.

The exhibition features artworks in a variety of mediums including painting, installation, and mixed media, with a special focus on prints made in a wide range of techniques. The title of the exhibition, *The World Stage*, is borrowed from the name of a series of paintings by Kehinde Wiley, an artist



**Mark Bradford, Untitled, 2003, Lithograph, 32 1/2 x 32 3/4 inches. Collection of Jordan D. Schnitzer. © Mark Bradford. Courtesy the artist and Hauser & Wirth.**



**After Jean-Michel Basquiat, Untitled (Head), edition PP 1/5, 1983/2001, Screenprint, 40 x 40 inches. Collection of Jordan D. Schnitzer. © Estate of Jean-Michel Basquiat. Licensed by Artestar, New York.**



**Andy Warhol, Reigning Queens (Royal Edition): Queen Elizabeth II of the United Kingdom, 1985, Screenprint with diamond dust, 39 1/2 x 31 1/2 inches. Collection of the Jordan Schnitzer Family Foundation.**

best known for his presidential portrait of Barack Obama, which hangs in the National Portrait Gallery.

*The World Stage* also alludes to Schnitzer himself, who has had a global impact on the contemporary art community. Schnitzer, a native Oregonian, grew up surrounded by art. He collected his first piece when he was 14 years old, and since then, his collection has grown to more than 14,000 objects. Schnitzer has made it a priority to make his collection available and accessible to everyone, including Northern Nevadans.

You can visit *The World Stage* at the Nevada Museum of Art by purchasing advance admission tickets at [nevadaart.org](http://nevadaart.org).

The Museum has updated its policies to ensure your visit is memorable and safe, so plan ahead and learn everything you need to know before you visit. Complement your gallery experience by attending one of the Museum's numerous virtual programs related to *The World Stage* and other exhibitions. From *Virtual Art Conversations* to *Art Investigators*, online *Art Bites* to *Family Fun*, Museum School classes and more, the Museum has a variety of offerings designed to ignite your creative curiosity from anywhere.

Amanda Horn is senior vice president of communications for the Nevada Museum of Art. For more information, visit [www.nevadaart.org](http://www.nevadaart.org).

## outdoors from page 1

Funding Act of 2020 (H.R. 5797). The passage of this act would increase funding for the RTP from \$84 million to approximately \$250 million and would provide at least \$3 million to Nevada for trail projects. This program has funded trails such as the Tamarack Lake Trail, Ash to Kings Trail, Incline Flume Trail, Clear Creek Trail, Peavine Trails, and many more in Northern Nevada.

Janice Keillor is deputy administrator at Nevada Division of State Parks. Please contact your Congressional representatives if interested in showing your support for outdoor recreation programs.



**Tahoe Fracture**  
Orthopedic

**From your Hands to your Feet,  
we've got your Back**

Tahoe Fracture is a team of Orthopedic Specialists that provides state-of-the-art treatment, sports medicine, total joint, and spine care.

Tahoe Fracture has been keeping Northern Nevada active for over 60 years around Lake Tahoe, Carson City, Gardnerville, and now South Reno!

Visit our office on Wedge Parkway in the Saint Mary's Galena Facility.

**Restore...**

**Function. Mobility. Quality of Life.**

[www.TahoeFracture.com](http://www.TahoeFracture.com) Call Today (775) 783-6146 10539 Professional Circle, Suite 201, Reno, NV 89521



**James Sobiek, MD**  
General Orthopedic Surgery



**Marco Mendoza, MD**  
Back, Neck, and Spine Surgery



**Randall Goode, MD**  
Pain Management



**Mallory Cushner, APRN**  
Pain Management



**Donald Huene, MD**  
Orthopedic and Hand Surgery



**Nicholas Dirig, DO**  
Total Joint Replacements and Orthopedics



**Daniel Capela, MD**  
Hand & Upper Extremity Surgeon



**Dr. Rueben M. Nair, MD**  
Arthroscopy, Sports Medicine



# Assistance League provides food during pandemic

By Rebecca Wilson

While COVID-19 restrictions continue to impact our daily activities, another kind of emergency threatens the lives of our most vulnerable populations in Northern Nevada, hunger. According to the Food Bank of Northern Nevada, its mobile food distribution sites have seen a 30-50 percent increase in the number of clients needing food during this pandemic.

Assistance League Reno-Sparks' philanthropic programs have recognized this need and addressed the problem despite changes necessitated by the pandemic. Partnering with Food Bank of Northern Nevada and Washoe County Senior Center, ALRS Food Pantry continues to supply bags of food to seniors in need of help. Although members can no longer go to the senior center to personally hand out bags of groceries, they continue to provide over 300 seniors with two bags



Following guidelines for social distancing and wearing masks, members of the Assistance League Food Pantry committee fill food bags for monthly distribution to qualified seniors in Washoe County. Every month members deliver two food bags to 50 homebound seniors.



Assistance League Food Pantry Chair Shirley Case organizes food bags for transportation to Washoe County Senior Center to be distributed to qualified, low-income seniors. Every month over 300 seniors receive two bags of food.

of food each month.

"During the pandemic we have adopted a new and safer way to assure the seniors receive their food," said Food Pantry chair Shirley Case. "We

are bagging with a limited number of people, and we wear masks, gloves and keep a safe distance. Our bagging table is disinfected between bagging and setup."

Food Pantry volunteers also deliver bags to over 50 homebound seniors and to Reno-Sparks Indian Colony. For Elder Abuse cases, food bags are set aside to be picked up by the Nevada Department of Health and Human Services as needed.

"Our delivery people knock and step back while making sure the food is received," said Case. "The majority of our food goes to the senior center, but we do not stay to distribute. We really miss the interaction with seniors, but to assure that all stay well, this is our new normal."

Assistance League Reno-Sparks continues to transform the lives of children and adults through its community programs even when confronted with the restrictions of a global pandemic.

Rebecca Wilson is an Assistance League Volunteer. If you want to make a difference by volunteering, donating or both, visit [www.assistanceleague.org/reno-sparks](http://www.assistanceleague.org/reno-sparks)

## Don't let fear prevent you from living



By Liesa Leggett Garcia

I have a friend who uses the word "safe" a lot. It's very important to her to feel safe, to be safe. She drives a big, sturdy, expensive vehicle because she wants to be

safe. Her house is loaded with alarms and cameras because she wants to be safe. She has high tech safes in her home and office to, yes, feel safe. She even owns several guns because she wants to feel safe. And, as of late, she practically wears a hazmat suit to be safe from germs. The list of precautions she takes to be safe goes on and on.

My friend is the extreme, for sure. But how safe is safe enough? Isn't safety, to some degree, an illusion?

Our world is filled with people, circumstances, and, of course, diseases that have the potential to threaten our safety. But how prudent or realistic is it for us to focus on what "might happen." If we

perpetuate an atmosphere of fear around us, our physical body reacts in defense mode and actually weakens our immune system, causing to happen the very thing we feared the most.

*"That the birds of worry and care fly over your head... this you cannot change; that they build nests in your hair, this you can prevent."*  
--Chinese Proverb

I love the sage advice that we should 'Trust Allah—and tie our camel,' meaning we should do what we need to do to take care of ourselves and then let go of worrying about it. You've done what you can; now go live your life.

In the climate of a worldwide pandemic, is it even possible to feel safe?

If you value 'being safe' above other things, you pay the price of discovery, of freedom, of finding new things about yourself and about life because you never wanted to leave the safety of your living room. Life calls us — perhaps even dares

us — to be brave, to be courageous, to do the things that scare us, that make us feel uncomfortable, so that we notice that we're bigger than we realized.

I'm not suggesting for a minute that we should be foolish in our actions, take unreasonable risks, to do things that threaten us or our families, or that go against the medical advice of the times. But I am suggesting that we find ways to live

our lives fully, even when things around us are difficult. To not allow fear and worry to dictate our thoughts and behaviors, but to enjoy—and live—our lives.

Liesa Leggett Garcia, a Nevada native, is the Senior Minister of Center for Spiritual Living, located in southwest Reno. It is a positive, inclusive community that teaches "Change your thinking, change your life." For more info, visit [www.cslreno.org](http://www.cslreno.org).

# Ready2Heal

Holistic Health Coaching

CONNECTING HUMANS AND HORSES WITH THEIR TRUE POTENTIAL

Kerstin Tracy, MS, LMT  
775.400.0058  
[www.Ready2Heal.net](http://www.Ready2Heal.net)  
6121 Lakeside Drive, Suite 110, Reno, NV 89511

# THE LODGE

coffee + wine

Visit our new website and follow us on social media for current hours, menu and weekly specials

[www.TheLodgeReno.com](http://www.TheLodgeReno.com)

Facebook: [lodgecoffeewine](https://www.facebook.com/lodgecoffeewine)  
Instagram: [lodgecoffeewine](https://www.instagram.com/lodgecoffeewine)

We love serving our community and appreciate your support!

17025 Mt. Rose Highway  
775.507.7049



# High blood pressure, a silent disease in children



Dr. Max Coppes

**By Max Coppes**

Most of us associate high blood pressure or hypertension with a condition in adults requiring medical attention.

However, about 4% of children aged 12 to 19 have hypertension and another 10% have elevated blood pressure that is short of meeting the definition of hypertension. This translates to around 2,000 teenagers with hypertension in Washoe County and another 5,000 with elevated blood pressure.

First, how is high blood pressure defined in children? Because a normal blood pressure changes with age, hypertension in children is defined as a blood pressure that is the same or higher than 95% of children who are the same age, height, and gender.

Second, in children under 6 years of age, hypertension is usually caused by another medical condition such as certain congenital heart conditions or kidney problems. In older children it is usually caused by the same conditions that lead to hypertension in adults: excess weight, family history of high blood pressure, lack of exercise, excess salt intake, being black or Hispanic, being male, smoking or exposure to

second-hand smoking.

Third, the complications of hypertension usually will not become apparent until adulthood when it can lead to stroke, heart attack, serious kidney, or eye problems. But they can be reduced by timely intervention.

Finally, you can really make a positive difference as a parent in the long-term health and wellbeing of your child if hypertension is detected. Therefore, I encourage you to know what your child's blood pressure is and ask your provider whether it is normal. Guidelines by the American Academy of Pediatrics recommend that blood pressure be checked during each routine well-check visit from the age of 3 years onwards. If this is not done, simply ask your doctor to measure your child's blood pressure.

It is important to realize that a child's blood pressure may fluctuate considerably during the day. Depending on physical activities, excitement, and stress levels, the blood pressure may be normal or high. So it may be necessary to repeat a measurement if found on the high side. It is also possible for your child's blood pressure to be higher than normal because the actual visit to the doctor, the so-called white coat hypertension.

When in doubt, I recommend having your child's blood pressured

measured continuously over a longer period with a 24-hour ambulatory blood pressure monitoring. This is not routinely done in your general pediatrician's or family physician's office but requires the involvement of a pediatric specialist. At Renown Children's Hospital, this service is provided by Dr. Elie Firzli, a pediatric nephrologist or kidney specialist.

He will provide your child with the appropriate equipment and subsequently review the information obtained during the monitoring. Based on all the information gathered, he will decide whether your child indeed has hypertension or not. If additional tests are warranted, he will ensure these are performed. This is particularly important if the hypertension causes symptoms, like headaches, or if other causes are suspected, like specific kidney diseases. Dr. Firzli also will work with our pediatric cardiologists in town if your child's heart functioning needs to be tested. Finally, Dr. Firzli will make specific recommendations, including if necessary, recommend treatment, and relate all the information to your child's provider.

*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.*



**Interested in advertising with the Galena Times?**

**Distribution areas include:**

Galena Forest, St. James's Village, Montreux, Estates at Mt. Rose, Timberline, Saddlehorn, Callahan Ranch, Galena Country Estates, Legend Trails, Rolling Hills, West Washoe Valley, ArrowCreek, Incline Village, Northwest Carson City and growing

APPROXIMATELY 9,000 PAPERS ARE DIRECT MAILED AND 1,000 ARE DISTRIBUTED AT SELECT BUSINESS LOCATIONS.

**Contact Richard at (775) 813-7136**

**Richardk@cbivr.com or visit [www.galenatimes.com](http://www.galenatimes.com)**

**THE STEAK HOUSE LOUNGE**  
**THURSDAY & FRIDAY**  
**4:30PM - 6:30PM**

**HALF OFF**  
**WINES & SPECIALLY**  
**PRICED SMALL**  
**GOURMET PLATES**

**LIVE MUSIC**  
**SMOOTH JAZZ BY**  
**JOHN PONZO**

SIGNATURE STEAKS • HAND-CRAFTED COCKTAILS  
WORLD CLASS WINES

FOR RESERVATIONS GO TO  
[WWW.TAMARACKJUNCTION.COM/RESERVE](http://WWW.TAMARACKJUNCTION.COM/RESERVE) OR CALL 775-384-3630.

**TAMARACK JUNCTION**  
**STEAK HOUSE**  
AND LOUNGE

**JUST NORTH OF THE SUMMIT MALL | 775.852.3600**



# Relaxation is key to self-healing



By Kerstin Tracy

A long time ago, our brains and nervous systems created fantastic survival responses to ensure that we can live a longer life. That all made sense, especially when the world offered more or less singular events of fear – you know, the good old saber tooth tiger story. The

question is, does that still translate to today's world in which stress is a constant companion?

In truth, I currently have more than one real event going on that has the potential to be stressful. How does the nervous system, mine or yours, handle an onslaught of stressors? How about events that haven't happened yet or occurred in the past? What if we start worrying about what the future holds – something easily done considering current world events.

Your body responds to every worry, every negative

thought and concern – whether you feel that response or not. Well, you will feel it over time as your body is starting to be so worn out that it shows symptoms of pain and dis-ease. Now what?

Of course, there is a solution: relaxation is the key to self-healing.

Whether you receive bodywork or enjoy a cup of tea while watching the sunset, you are more than 'just relaxing'. Your entire body is moving into a self-correcting and healing mode.

According to physician and acupuncturist Dr. Martin Rossman, relaxation is the first step in focusing and concentrating your mind on healing. He suggests guided imagery for self-healing.

If you have a hard time turning off the endless worrisome chatter in your head, start focusing on your body. Increase your body awareness. In a moment of stress, shift your awareness to the surface you are sitting or standing on. What does that feel like? What is the sensation? Just notice. From there, at your own

pace, connect to the earth through your feet. Imagine a beam of light down into the earth. Be gentle with yourself, simply doing the best you can is enough. Allow yourself to release any stress into the earth and when you are ready, allow for the earth's energy to fill every cell of your body, one area at the time.

Take your time, move at your own pace. Be kind with yourself – peace begins with you. You are more powerful than you think – especially when you are relaxed and kind to yourself.

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. Kerstin works with all ages and is specialized in pediatric CranioSacral Therapy and Equine Craniosacral Bodywork. To find out more, email [Kerstin@ready2heal.net](mailto:Kerstin@ready2heal.net) or visit [www.ready2heal.net](http://www.ready2heal.net).

## Happy delivery during uncertain times

Submitted to the Galena Times

COVID-19 slowed down and perhaps complicated many people's daily lives, but one thing has not changed: mommies are having babies. The thought of bringing a baby into this world can be worrisome as is, let alone amid a global pandemic.

Grace Ramos recently gave birth at Carson Tahoe Health and chose to deliver there for several reasons: a beautiful campus, where each of the private delivery suites offers awe-inspiring views of the Sierra Nevada Foothills, clean facilities, and how welcoming and safe the staff made her feel.

"I truly felt that we got the best of all worlds from Carson Tahoe," says Ramos. "I didn't feel like the staff

treated patients as if they were coming and going, like a revolving door as it feels with the other hospitals in the area."

As the region's only Baby-Friendly designated hospital, Carson Tahoe Health provides a personalized, safe experience for each mom and strives to honor her birth plan. Proven practices, such as skin-to-skin contact, and personalized breastfeeding support, encourage better outcomes for both mom and baby.

Living through the COVID-19 outbreak, Carson Tahoe Health's number one priority is always the patient's and staff's safety. Therefore, special precautions were put in place following CDC guidelines to keep mommy and baby protected. This included



increased handwashing, visitor limitations, and health screenings before entering the facility.

"We knew about COVID-19 before entering the hospital, but the Carson Tahoe staff made us feel as

*continued on page 13*

# We Supply Comfort and Safety!

# \$129

**20-POINT GAS FURNACE SUPER TUNE-UP**

\*Reg. Price \$189

Expires 1/31/20. Cannot be combined with any other offer. Must present coupon at time of service.

# 0% Interest

**AND NO PAYMENTS FOR 12 MONTHS O.A.C. ON NEW EQUIPMENT**

FINANCING OPTIONS AVAILABLE  
Expires 1/31/20. Cannot be combined with any other offer. Must present coupon at time of service.



turn to the experts

NV 24522 • CA 652354 • MHD-A0073

**SIERRA AIR INC.**

HEATING • COOLING®

775-356-5566

We Sweat The Small Stuff

[sierraair.com](http://sierraair.com)



What Makes a Pet Vet a Great Vet –

## Affordable Veterinary Care

**VIP Pet Care Program \$99**  
A Year Of Care At A Price That Treats You Well



Puppy/Kitten

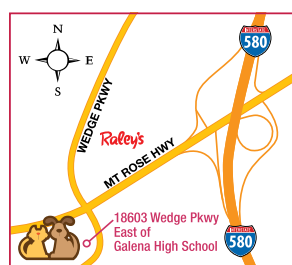


Adult



Senior

Learn more at [SouthRenoVet.com](http://SouthRenoVet.com)



**SOUTH RENO VETERINARY HOSPITAL**

Matt Schmitt, VMD

18603 Wedge Pkwy • Reno • 775.852.2244 • [SouthRenoVet.com](http://SouthRenoVet.com)

Exams & Vaccines • Diagnostics • Surgery • Dentistry • Pharmacy

**Hours**

Monday, Wednesday, Friday  
7am - 5pm

Early Morning Hours!

House Calls Available

Tuesday, Thursday  
7:30am - 7pm

Evening Hours!

# Is tax-free massage therapy worth doctor's visit?



Meaghan Maillet

By Meaghan Maillet

A silver lining emerging from the opioid crisis is increased access to complementary and alternative medicine and it can benefit everyone. As a result of the 2016 Comprehensive Addiction and Recovery Act, a multi-agency task force was created to investigate effective alternatives to opioids for the treatment of pain. In May 2019, the Pain Management Task Force released a report of Best Practices for Treatment of Pain. Massage Therapy was included in that report, along with several other complementary approaches.

While most alternative therapies are not yet covered by health insurance, they may be eligible for reimbursement if you have a Flexible Spending Account. There is a caveat. To pay for massage therapy with your FSA funds, you will need a prescription from your healthcare provider. Many people hear this and decide that it's not worth making an appointment with



(Photo: M. Maillet)

**With a prescription, therapeutic massages may be eligible for reimbursement from Flexible Spending accounts.**

the doctor. However, if you get massages regularly for health purposes, it can certainly be cost effective to have them covered by the pretax funds you contribute to your FSA.

Some common issues that massage therapy has been prescribed for include stress, arthritis, carpal tunnel syndrome, back pain, fibromyalgia, anxiety,

depression and pain management. In addition to a reason or diagnosis, the prescription must also include a measure of frequency as well as a duration of treatment. For example, your doctor may prescribe massage therapy, once a month (frequency) for 12 months (duration) for back pain (diagnosis). Because each FSA period is for a year, you will be required to get a new prescription each year if your therapy is an ongoing treatment.

You do not need to bring the prescription to your massage appointment, but you will want to keep it in your files if you are ever asked to provide supporting documentation. You may be able to pay directly with your FSA card. If not, your therapist can provide you with a receipt that you can submit for reimbursement. It is always best to check with your plan administrator or the HR person of your company to see if they have any other forms that are required for reimbursement.

*Meaghan Maillet is a certified massage therapist and founder of Connective Touch Therapeutic Massage at 16520 Wedge Parkway, Suite 300 Reno. Connect by calling (703) 568-2010 or visit [www.connectivetouchmassage.com](http://www.connectivetouchmassage.com).*

# Pediatric dentists increase precautions during pandemic



Dr. Kellie J. McGinley

By Kellie McGinley

Staying healthy and safe is of the utmost importance during the COVID-19 pandemic. A healthy body starts with a healthy mouth, and it is still important for kids to have their teeth cared for. How are your kids staying safe at the dentist?

For what kind of changes at the next dental visit can you prepare your child?

Nevada dentists have always been under strict

infection control regulations to keep all patients safe. During this pandemic, however, infection control measures have increased. These changes can seem different in the eyes of a child. Make sure to reassure your child when going to the dentist that these adjustments are meant to keep them safe while also protecting the dentist and staff.

Here are some examples of how our office and similar offices have increased safety precautions and what to expect at your child's next dental visit:

- Pre-screening questions to be completed for the family to ensure good health.

- At-the-office screening and temperature reading to make sure all family members there that day are healthy.

- All kids and parents will need to wash their hands or use hand sanitizer.

- If children are old enough to go in by themselves, parents are asked to wait in the car. This helps to limit the amount of people in the office at one time.

- The CDC guidelines recommend children (over 2 years old) and parents to wear a mask in the office throughout the dental visit. Your child will be asked

*continued on page 13*

# YOUR COMEBACK STARTS HERE.

**Comprehensive Rehabilitation Hospital for Brain, Spine and Stroke Care**

Your health is worth fighting for. Renown Rehabilitation Hospital battles with you through every step of recovery. From traumatic injuries and accidents to stroke care, we're right here to help you come back – and move forward.

[renown.org/rehab](http://renown.org/rehab)

**Renown**  
HEALTH



Benjamin Pence, DO, Psychiatrist



# Sinusitis has many mimics, even COVID-19



Dr. K. Brian Romaneschi

By K. Brian Romaneschi

We've all experienced congestion and sinus pressure from time to time, whether it's from a cold or allergies. But it could also be the sign of something else – a sinus infection.

Sinus infections, or sinusitis, occurs when the tissue lining the sinuses becomes inflamed. This can cause painful symptoms such as nasal congestion, facial pressure, an unpleasant odor in the nose, upper dental pain and post nasal discharge often stimulating a cough or worsened asthma.

So, what can you do to treat these symptoms? Many times, a sinus infection is caused by a virus and can be easily treated with saline solutions and steroid nasal sprays. However, if a sinus infection persists

for more than 12 weeks, it is classified as chronic sinusitis and is often caused by bacteria. These cases may require more aggressive treatments, including antibiotics, steroids, medical rinses, sinus procedures or even surgery.

Recent advances in technology and surgical technique have created exciting new possibilities for treating chronic sinusitis. Many cases can now be treated using balloons to dilate the sinus openings rather than traditional surgery, which requires general anesthesia and cutting of tissues. This new treatment, called balloon sinuplasty, provides more rapid healing, can result in less discomfort, and is much more affordable. Computed Tomography scans can now also be used in combination with navigation systems to improve accuracy in sinus procedures.

Sinusitis can be hard to self-diagnose because many other conditions mimic its symptoms. Neuralgias, headaches, nasal disorders, septal deviation, allergies

and even acid reflux can all be mistaken for sinusitis. Another symptom of sinusitis is loss of smell and/or taste, which is also a symptom of COVID-19. Making the right diagnosis is the key to providing effective treatment.

The best course of action is to visit an ear, nose and throat doctor for a comprehensive approach to nasal and sinus problems and an individualized treatment plan to provide relief from symptoms.

*Dr. K. Brian Romaneschi has been an integral part of the Sierra Nevada Ear, Nose & Throat team since 1996. He was voted top ENT physician for Northern Nevada by Grand Rounds, a top-rated national organization. While versed and skilled in all aspects of ear, nose and throat care, Dr. Romaneschi is highly experienced in sinus and allergy evaluation and surgery, thyroid and parathyroid surgery as well as head and neck surgery. For more information, visit [sierranevadaent.com](http://sierranevadaent.com). Call 775.882.3277 to schedule your in-person or telemedicine appointment today.*

## Involvement, connection matter for seniors' mental health

Submitted to the Galena Times

A big part of keeping minds healthy and happy is social interaction, especially for seniors who may feel particularly isolated or alone during a world-wide pandemic. The term "social-distancing" has helped define 2020 and often turned social interactions into an anxiety-inducing challenge. Here are suggestions on how to ensure quality of life during COVID-19.

### Stay Connected

Now more than ever, it is important to keep in touch. Technology facilitates communication with people near and far. Staying safely at home does not



mean tucking away phones or computers. Services such as FaceTime, Zoom, or WhatsApp combine a call with video.

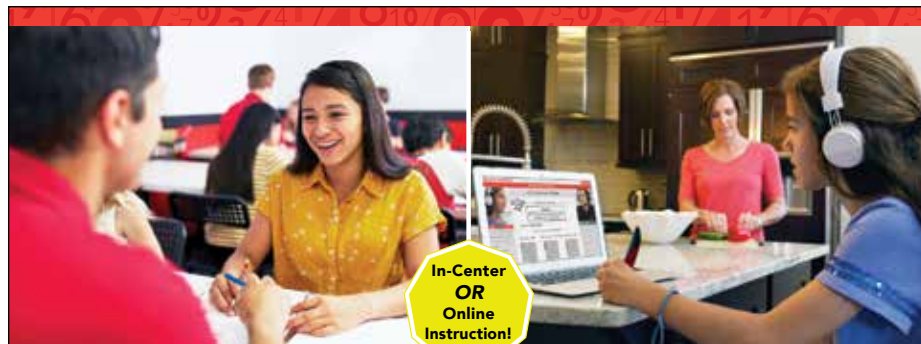
While for some, technology might seem

complicated, others have already become a pro at videocalls. If you have mastered it, why not teach someone who isn't as familiar and give them a quick rundown of how it works?

A traditional phone call is more up your ally? Check in on friends and family and see how they are doing. Really focus on listening. Everyone loves to be heard, and sometimes just being there for someone else can bring you equally great joy and solace.

Another option is to grab a good old fashion pen and paper and write a letter to a loved one. Who does not love getting a handwritten card in the mail? Even starting a pen-pal conversation can give you

*continued on page 9*



## Confidence in Math. Confidence for Life.

Offering In-Center or @home, online instruction

Does your child have the skills and confidence they need to succeed in school? We make it happen. Our expert instructors teach each child individually, using customized learning plans to help them achieve their academic goals for the entire school year and beyond! We offer live, face-to-face instruction either in our learning center or online through Mathnasium@home.

Contact us today for a free assessment.

Mathnasium of Diamond

(775) 800-7457 • [mathnasium.com/diamond](http://mathnasium.com/diamond)

734 South Meadows Parkway, #102, Reno, NV 89521



## Midtown Construction is Complete!

Thank you for supporting Midtown businesses during construction. Come see the transformation and enjoy the new, safer Midtown.



Coming in 2021: RTC RAPID Virginia Line Extension to University of Nevada, Reno.



U.S. Department of Transportation  
Federal Transit Administration

[rtcwashoe.com](http://rtcwashoe.com)

Your RTC. Our Community.





# Athletes recovering from COVID follow precautions



Andrew Pasternak, MD

By Andy Paternak

As more people unfortunately get infected with COVID-19, the medical community is learning more and more about the disease. Now that we're over six months into the pandemic, researchers are discovering more about the long-term effects of COVID.

While we initially focused on how COVID affected the lungs, we're finding COVID-19 also causes inflammation in the blood vessels as well as changes in the heart and other organs for months. As a result of this new knowledge, we're now coming up with better recommendations on when people should return to exercising and sport.

So, let's start with the heart. For patients who are acutely sick and are in the hospital, it's common to see evidence of damage to the heart through testing. Being older, having high blood pressure, obesity, and diabetes are risk factors for COVID-

related cardiac complications. Some patients will develop inflammation of the heart muscle, known as myocarditis. The changes to the heart are also being seen well after the acute illness. A recent article from Germany looked at 100 people who had COVID-19. A couple of months after people developed COVID, 60-78% of them had some evidence of cardiac damage depending on the lab test or imaging test used.

COVID also obviously affects the lungs. During the acute illness, one of the most significant problems we see is people developing pneumonia and not getting enough oxygen. After the acute illness, some people continue to have difficulties with breathing and lung function. In one small study looking at patients with moderate to severe acute COVID, 75% needed oxygen or had reduced lung function at 30 days.

**If you've gotten COVID 19, what's the best way to get back into shape?**

Recent articles in the sports medicine literature are helping guide physicians making recommendations for people who have developed COVID-19. People with mild COVID should wait at least ten days from

symptom onset and be free of all symptoms for at least seven days before starting exercise. They also recommend that people be able to get through a typical day without any fatigue or other issues and be able to walk 500M without difficulty.

When getting back into exercise, start with 15-30 min of exercise at very low intensities and see how you do. Measuring resting heart rate and checking for morning fatigue symptoms can be helpful to monitor recovery. For patients with more severe acute COVID symptoms, following up with your regular doctor for labs, heart testing, and lung testing may be beneficial.

Of course, the best option is to try and avoid getting COVID. Until this gets under control, keep washing your hands, maintain social distancing, and wear a mask.

*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.*

## seniors from page 8

something to look forward to each week.

And lastly, if you are connected via social media why not send a sweet message to a relative or old friend, letting them know you are thinking of them. You never know, they may do the same next time, when you're in need of a friendly note of encouragement.

### Get Involved

According to American Association of Retired Persons, a simple way to reduce anxiety and the feeling of helplessness is to get involved in your

community. There are many ways to do so, all from the comfort of your home, including volunteering at home by transcribing historical documents (yes really).

### Local Services Available

While these simple actions can make a huge difference in our everyday lives, for seniors who have withdrawn and/or are not as engaged in their normal day-to-day activities, there is help. Carson Tahoe Health's Senior Pathways Program, part of its Behavioral Health Services, provides essential

inpatient geriatric psychiatric treatment. Professionals with Carson Tahoe Health can also assist patients with anxiety and depression, communication skills, as well as coping skills through troubling times. Most insurances are accepted, including Medicare and Medicaid.

Another great service seniors in our area can utilize is the Meals on Wheels program. This amazing resource not only provides healthy meals (some fresh produce even coming from Carson Tahoe's Foothill Garden), but can also provide a level of social interaction even when leaving home may seem impossible.



## Suffering from a sinus infection?

## Sierra Nevada Ear, Nose & Throat is here to help.

Sinus infections are common and can cause painful congestion, headaches and facial pressure. At Sierra Nevada Ear, Nose & Throat, our comprehensive and individualized approach will provide you with the relief you need.

### Experience our:

- Award-winning team of physicians
- Compassionate and comprehensive care
- New, state-of-the-art facility

**To schedule an in-person or telemedicine appointment, call 775.883.7666 today.**



**SIERRA NEVADA**  
EAR • NOSE • THROAT  
HEARING AID CENTER

1493 Medical Parkway, Carson City, NV 89703  
sierranevadaent.com

**Just 20 minutes from South Reno**



See All Area Home Sales for the LAST 3 MONTHS on →



Enjoy the amazing views. Private location on 13 acres in West Washoe Valley. 4 bedrooms. 3.5 baths and a separate office. 4-car, attached garage, also a 3-car/RV, detached with workshop space. Private HOA, lake for water skiing and fishing. **\$1,275,000**



Spectacular 1.42 acre St. James lot. Truly one of the nicest lots in the St. James/Galena/Montreux area. Amazing views with good southern exposure. Backs to open space and close to hiking/biking trails. Ski at Mt. Rose in 20 minutes. **\$276,000**



Rare opportunity to build your dream home in Montreux next to Galena Creek. Northern Nevada's premier golf club community. A short drive to Mt. Rose Ski area, Lake Tahoe and Reno/Tahoe International Airport. **\$490,000.**



Bright and spacious home in desirable West Carson City neighborhood. 2929 sf with 5 bedrooms and 3 bathrooms. (2 bedrooms and full bath on main floor.) Beautiful mature landscaping. House backs to open space with paved paths throughout the area. **\$615,000.**



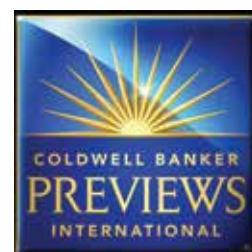
Private 2 bedroom and 2.5 bathroom townhouse with newer paint inside and out. Also newer carpet and air conditioning unit. Low maintenance with stucco exterior and tile roof. Great central Reno location. **\$339,000.**



Come live in the tall pines of Galena Forest. 4 bedrooms, 4 bathrooms and a separate office in this well maintained home. 3-car, oversized garage with electric car charging port. Granite slabs throughout with bamboo, travertine and Italian marble floors. **\$939,000.**



Select Real Estate  
16750 Mt. Rose Hwy, Reno, NV 89511



**Richard Keillor, ABR® 775-813-7136**

Richard.Keillor@cbselectre.com

To view all MLS listings, not just mine...visit my website today.

**www.richardkeillor.com**

RE License #S.52603

The most trusted name in Northern Nevada Real Estate . . .

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



[www.GalenaTimes.com](http://www.GalenaTimes.com) → Click REAL ESTATE → RECENTLY SOLD



Marvel at the custom craftsmanship throughout this Tahoe-style Galena Forest Estates, 3,766 square foot home with 4 bedrooms and 3.5 bathrooms. Blue Spruce backs to a mountainous greenbelt and tranquil Galena Creek. **\$982,000.**



10.20 Private acres in Galena Forest. Perfect spot for your mountain dream home. Potentially sub-dividable. No HOA. A short drive to ski at Mt. Rose, swim at Lake Tahoe, or catch a flight at the Reno-Tahoe International Airport. **\$650,000.**

*"With a tremendous amount of grace and wit, Richard Keillor guided us through the process of selling our home. Every step of the way, Richard poured his expertise, energy, and time into keeping the lines of communication open and honest. Since we were living out-of-state while our Reno home was on the market, Richard went above and beyond to help maintain the appearance and integrity of our home. Selling a home while we were out-of-state for our jobs was extremely stressful, especially during a global pandemic, yet Richard reassured us and as a result, we felt comfortable with the process. We cannot say enough about Richard's professionalism, thoroughness, stellar negotiation skills, and his remarkable ability to close a sale. We highly recommend Richard Keillor!"*

**- Scott & Rebecca Clark**



**RED ROCK**  
SPRING WATER



THIS  
WATER  
ROCKS.

- Nevada mountain spring water
  - Locally owned & operated
  - Home & office delivery
  - Hot/cold dispenser rentals
    - 3 & 5 gallon bottles
    - Water filtration systems
    - Coffee service available
- Custom water bottles - .5 liters

775-331-5908

www.redrockwater.com

**You will spend 6 months planning your next 2 week vacation. . . Spend a few hours with us and we can help you plan the rest of your life!**



## Comprehensive Financial Planning

**MFG**  
MacLean Financial Group

775-329-3041  
MacLeanFinancialGroup.com  
1325 Airmotive Way, Ste 390  
Reno, NV 89502

Securities offered through Registered Representatives of Cambridge Investments Research, Inc. A Broker/Dealer, Member FINRA/SIPC. Advisory services offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Gateway Financial Advisors, Inc., and Cambridge Investment Research, Inc. are not affiliated. The information in this email is confidential and is intended some for the addressee. If you are not the addressee, please reply to the sender to inform them of that fact. We cannot accept trade orders through email. Important letters, email, or fax messages should be confirmed by calling 775 329 3041. This email service may not be monitored every day or after normal business hours.

OUR STRENGTH  
IS OUR PEOPLE



**WesternTitle**  
company  
Since 1902



Since 1902. Over one hundred years of experience serving the title insurance & escrow needs of our community  
We are Northern Nevadans building a strong Northern Nevada

To get the latest industry news,  
follow us on Facebook & Twitter

facebook.com/westerntitleco  
twitter.com/westerntitleco

775.332.7100

westerntitle.net

5390 Kietzke Ln, Ste 101  
Reno, NV 89511



# All Area Home Sales March 5 - August 31, 2020

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/SF	Sold Price/SF	SF	Acreage	Off Market
455 Blue Spruce	\$625,000	\$632,000	288.68	291.92	2165	1.09	5/21/2020
16295 Snow Flower DR	\$750,000	\$740,000	307.13	303.03	2442	0.91	8/20/2020
300 Black Pine Ct	\$797,800	\$760,000	294.17	280.24	2712	0.53	6/30/2020
3000 Joy Lake Rd.	\$858,000	\$858,000	291.74	291.74	2941	0.64	7/15/2020
225 S Earlham Court	\$965,000	\$965,000	342.68	342.68	2816	1.1	4/2/2020
300 Blue Spruce Rd	\$997,000	\$982,000	264.74	260.75	3766	0.71	7/10/2020
16310 Snow Flower	\$1,050,000	\$1,030,000	317.6	311.55	3306	1.17	8/5/2020
112 Eldon Ct	\$1,195,000	\$1,120,000	291.61	273.3	4098	1.03	4/28/2020
6460 Montreux Lane	\$1,225,000	\$1,125,000	517.97	475.69	2365	0.31	3/18/2020
200 Piney Creek	\$1,180,000	\$1,167,500	290.57	287.49	4061	0.89	6/16/2020
215 N Earlham Ct	\$1,299,000	\$1,260,000	386.95	375.34	3357	1.04	8/7/2020
6400 Zermatt Court	\$1,355,000	\$1,325,000	489.52	478.68	2768	0.24	7/14/2020
16925 Delacroix	\$1,400,000	\$1,350,000	400	385.71	3500	0.54	8/4/2020
16980 Rue du Parc	\$1,398,000	\$1,350,000	393.03	379.53	3557	0.55	8/28/2020
5765 Nordend Way	\$1,425,000	\$1,380,000	452.96	438.65	3146	0.34	5/29/2020
5695 Lausanne Drive	\$1,599,000	\$1,400,000	303.59	265.81	5267	0.68	4/30/2020
133 Waterford Court	\$1,450,000	\$1,405,000	426.85	413.6	3397	1.06	3/20/2020
5670 Alpinista Circle	\$1,305,000	\$1,419,477	414.81	451.2	3146	0.4	5/22/2020
136 Waterford Ct	\$1,485,000	\$1,420,000	404.74	387.03	3669	1.04	6/4/2020
645 SAND CHERRY CT	\$1,588,000	\$1,520,000	451.91	432.56	3514	1.3	5/11/2020
198 N Big Sage Lane	\$1,625,000	\$1,545,000		408.41	3783	1.06	6/22/2020
244 E Jeffrey Pine	\$1,600,000	\$1,585,000	246.12	243.81	6501	1.1	8/17/2020
20540 Latour Way	\$1,725,000	\$1,600,000	528.17	489.9	3266	0.31	7/15/2020
5665 Alpinista Circle	\$1,685,000	\$1,635,000	510.61	495.45	3300	0.33	8/6/2020
5048 Bordeaux Court	\$1,595,000	\$1,761,989	483.77	534.42	3297	0.47	5/14/2020
6450 Montreux Ln	\$1,995,000	\$1,860,000	521.98	486.66	3822	0.38	3/11/2020
5860 Strasbourg Court	\$1,998,000	\$1,998,000	388.41	388.41	5144	0.52	3/30/2020
6031 Lake Geneva	\$2,050,000	\$2,100,000	426.91	437.32	4802	0.44	8/28/2020
5072 Bordeaux Court	\$1,800,500	\$2,115,414	405.06	475.91	4445	0.52	3/9/2020
20659 Chanson	\$2,150,000	\$2,150,000	551.99	551.99	3895	0.46	3/11/2020
5860 Lausanne Drive	\$2,799,000	\$2,780,000	392.95	390.28	7123	0.94	7/27/2020
WEST WASHOE VALLEY							
3820 County Line	\$599,000	\$587,000	293.63	287.75	2040	1.35	7/30/2020
240 Bellevue Rd.	\$724,900	\$700,000	154.46	149.16	4693	2.5	5/6/2020
7410 Old Us Highway 395 N	\$735,000	\$735,000	205.77	205.77	3572	2.92	8/3/2020
43 Lightning W Ranch	\$1,047,000	\$1,010,000	312.72	301.67	3348	1.08	6/19/2020
11 Lightning W Ranch Road	\$1,370,000	\$1,100,000	362.24	290.85	3782	1.1	5/15/2020
75 Lewers Creek Rd	\$1,350,000	\$1,200,000	412.72	366.86	3271	15.95	7/10/2020
7160 San Antonio Ranch Road	\$1,800,000	\$1,225,000	234.86	159.84	7664	5.23	4/30/2020
18035 Lake Vista Road	\$1,350,000	\$1,275,000	466.97	441.02	2891	13.29	8/14/2020
7375 Franktown	\$2,800,000	\$2,250,000	361.2	290.25	7752	5	6/19/2020
2 Franktown Court	\$2,750,000	\$2,750,000	252.87	252.87	10875	5.01	3/19/2020
ROLLING HILLS/GALENA COUNTRY ESTATES							
14475 Sundance Drive	\$450,000	\$465,000	315.13	325.63	1428	0.41	7/28/2020
1965 Summer Star Road	\$544,900	\$517,500	307.16	291.71	1774	0.26	7/23/2020
20 Killington Ct	\$525,000	\$520,000	207.18	205.21	2534	0.36	5/7/2020
3793 Portland Dr	\$515,000	\$521,000	254.95	257.92	2020	0.38	7/16/2020
3684 Bozeman Drive	\$545,000	\$522,000	306.35	293.42	1779	0.28	7/10/2020
3711 Calgary Dr	\$535,000	\$535,000	264.85	264.85	2020	0.3	6/16/2020
14545 Ghost Rider Drive	\$539,900	\$550,000	304.34	310.03	1774	0.41	3/25/2020
2375 Telluride Drive	\$565,000	\$560,000	248.02	245.83	2278	0.35	7/2/2020
2470 Deer Valley Dr	\$575,900	\$565,000	258.72	253.82	2226	0.51	5/20/2020
1940 Golden Gate	\$573,900	\$575,000	233.86	234.31	2454	0.22	3/30/2020
14435 Ghost Rider Drive	\$585,000	\$585,000	238.48	238.48	2453	0.34	6/4/2020
20 Targhee Court	\$599,900	\$599,900	260.49	260.49	2303	0.35	7/6/2020
3698 Bozeman Dr.	\$655,950	\$649,000	221.9	219.55	2956	0.35	6/19/2020
502 Ketchum Court	\$649,900	\$649,900	231.53	231.53	2807	0.32	3/27/2020
486 Corvallis Ct	\$660,000	\$701,000	235.13	249.73	2807	0.34	8/13/2020
611 Moab	\$714,999	\$717,500	209.31	210.04	3416	0.33	6/26/2020
4435 Great Falls Loop	\$745,000	\$730,000	218.09	213.7	3416	0.44	4/16/2020
4360 Great Falls Loop	\$749,900	\$731,000	219.53	213.99	3416	0.3	6/26/2020
607 Moab Court	\$744,998	\$750,000	218.09	219.56	3416	0.39	8/28/2020
SADDLEHORN/MONTE VISTA							
4400 Saddlehorn Dr	\$675,000	\$660,000	270.54	264.53	2495	0.43	7/10/2020
4185 Wild Eagle Terrace	\$699,900	\$683,000	301.29	294.02	2323	0.56	8/6/2020
4305 Saddlehorn	\$729,900	\$729,900	287.82	287.82	2536	0.38	7/2/2020
14310 E Windriver Ln	\$783,000	\$783,000	290.75	290.75	2693	0.68	8/20/2020
13335 Saddlebow Drive West	\$819,000	\$810,000	272.64	269.64	3004	1	7/24/2020
4075 Quail Rock	\$899,000	\$890,000	261.19	258.57	3442	0.49	7/2/2020
14501 Quail Rock Ct.	\$925,000	\$890,000	261.82	251.91	3533	0.48	3/20/2020
14235 Powder River Court	\$900,000	\$895,000	297.13	295.48	3029	1.03	4/13/2020
255 Desatoya Court	\$975,000	\$910,000	282.44	263.62	3452	2.5	4/2/2020
4245 Wild Eagle Terrace	\$999,990	\$930,000	253.74	235.98	3941	0.96	7/17/2020
4800 S Saddlehorn	\$1,025,000	\$990,000	256.38	247.62	3998	0.98	4/30/2020
14210 Powder River Court	\$1,300,000	\$1,200,000	389.92	359.93	3334	1.21	3/10/2020
14290 SORREL LN	\$1,300,000	\$1,240,000	278.61	265.75	4666	0.78	7/27/2020
640 Oxbow Court	\$1,350,000	\$1,300,000	407.36	392.28	3314	0.77	6/19/2020
14080 Saddlebow Drive	\$1,750,000	\$1,700,000	290.17	281.88	6031	0.78	4/3/2020
14280 Black Eagle Court	\$1,799,900	\$1,743,500	284.61	275.7	6324	0.75	7/27/2020
ARROWCREEK							
6180 Sierra Mesa	\$1,299,000	\$1,100,000	291.32	246.69	4459	0.38	5/18/2020
10058 Via Solano	\$1,185,000	\$1,125,000	240.12	227.96	4935	0.34	6/10/2020
5535 Flowering Sage Trail	\$1,300,000	\$1,140,000	347.97	305.14	3736	0.64	3/27/2020
9960 Via Solano	\$1,299,900	\$1,165,000	282.28	252.99	4605	0.51	6/22/2020
1017 Desert Jewel Court	\$1,200,000	\$1,175,000	257.95	252.58	4652	0.61	5/12/2020
6145 S Featherstone Circle	\$1,200,000	\$1,200,000	378.91	378.91	3167	1.02	8/26/2020
6235 Coyote Point Ct.	\$1,250,000	\$1,210,000	311.18	301.22	4017	0.38	7/17/2020
6275 Coyote Point	\$1,250,000	\$1,250,000	302.74	302.74	4129	0.36	7/31/2020
5710 Cedar Trace Court	\$1,329,000	\$1,250,000	345.46	324.93	3847	1.27	7/27/2020
1025 Desert Jewel Court	\$1,375,000	\$1,250,000	268.66	244.24	5118	0.52	3/9/2020
10542 Rue Saint Raphael	\$1,329,999	\$1,275,000	263.99	253.08	5038	0.51	4/9/2020
10294 Via Bianca Court	\$1,290,000	\$1,285,000	319.47	318.23	4038	0.61	7/10/2020
10106 Indian Ridge Dr.	\$1,395,000	\$1,365,000	360.37	352.62	3871	0.98	3/24/2020
6160 S Featherstone Circle	\$1,375,000	\$1,380,000	317.63	318.78	4329	1.03	8/10/2020
10299 Window Rock	\$1,400,000	\$1,400,000	339.31	339.31	4126	0.94	5/26/2020
5734 Muirfield Court	\$1,495,000	\$1,475,000	369.5	364.56	4046	0.55	8/31/2020
3644 Silver Vista Drive	\$1,695,000	\$1,675,000	368	363.66	4606	2.01	6/8/2020
10275 Copper Cloud Drive	\$1,775,000	\$1,730,000	347.43	338.62	5109	1	7/27/2020
6500 Masters	\$1,745,000	\$1,745,000	344.45	344.45	5066	1.38	6/4/2020
5915 Sunset Ridge Ct	\$1,824,999	\$1,825,000	331.46	331.46	5506	1.09	8/3/2020
5920 Flowering Sage Court	\$1,850,000	\$1,850,000	390.38	390.38	4739	1.14	7/20/2020
3356 Nambe Drive	\$1,850,000	\$1,905,000	353.05	363.55	5240	2.01	3/5/2020
5900 SUNSET RIDGE CT	\$1,988,000	\$1,943,000	383.41	374.73	5185	1.04	7/17/2020
CALLAHAN RANCH							
5385 Gascony Ct	\$885,000	\$943,000	241.41	257.23	3666	1.89	8/10/2020
15220 Redmond Loop	\$987,000	\$949,250	316.14	304.05	3122	1.84	6/11/2020
14800 Parisian Court	\$1,115,000	\$970,000	287.08	249.74	3884	1.62	6/4/2020
5385 Cross Creek	\$1,080,000	\$1,050,000	399.11	388.03	2706	1.14	6/30/2020
4720 Ranch Land Circle	\$1,350,000	\$1,280,000	450	426.67	3000	7.14	8/28/2020

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



## pregnancy *continued from page 6*

if we were the only couple there. They kept us focused on our birth experience and didn't let us think about or become distracted from what was going on outside our room," explains Ramos.

Each of the private suites features a bathroom with a walk-in shower and bathtub, as well as generous space for visitors.

Even after mom delivers, Carson Tahoe ensures she has the tools to thrive once taking her little one home. A wide range of educational classes

and resources make the transition from hospital to home easier, such as newborn care, lactation specialists and a breastfeeding support group.

"My husband and I definitely plan on having another baby. We loved our experience at Carson Tahoe because we felt safe even if the world was going crazy outside," says Ramos.

For more information on Carson Tahoe Health's women's services, visit [CarsonTahoe.com/womenandchildren](http://CarsonTahoe.com/womenandchildren).

## dentist *continued from page 7*

to remove the mask when it is their turn to have their teeth examined or treated. Fun face coverings are cool to see.

- The staff will also be wearing personal protective equipment for the entire visit, even when treatment is over. The dentist and staff will wear a mask, glasses, face shield, gloves, and jacket. Inform your child that all this "dressing-up" is good to keep them safe and not to be scary.

- Patients of different families will be in separate rooms or separated with social distancing.

- Installation of additional air purifiers and suction to limit aerosols. Inform your child that there may be some loud noises associated with these.

- Extra staff wiping down all

surfaces in the office and the smells of cleaning products.

- Toys are not out in the office to play with, unfortunately. Kids can still get an individually wrapped prize in our office.

We are all in this together. Pediatric dentists are actively advocating to ensure safety of their patients and their tiny teeth.

*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 or at [RenoKidsDentist.com](http://RenoKidsDentist.com).*

## QUALIFIED | EXPERIENCED SUCCESSFUL | LOCAL



Timothy Kinsinger, CFP



### Re-evaluate your financial situation Now!

You probably should be re-evaluating your financial situation. I am here if you need help. If you'd like to talk to a 30+ year veteran financial advisor, pick up the phone and call **775-826-8122**. My assistant will schedule a mutually convenient time to talk. **No Solicitation, No Sales Pitch, No Obligation, No Cost. Just objective advice and counsel.**

Securities offered by LPL Financial, member FINRA/SIPC

16520 Wedge Parkway, Ste 300

Visit our webpage at [www.nvinvmgt.com](http://www.nvinvmgt.com).



## FALL IS IN THE AIR!

Promoting health  
and wellness in our  
community.

**Cutting-edge sports  
science for every athlete.**

Andrew Pasternak, MD, MS

Teresa Angermann, DO

Darin Olde, APN

Julie Young, Fitness Director



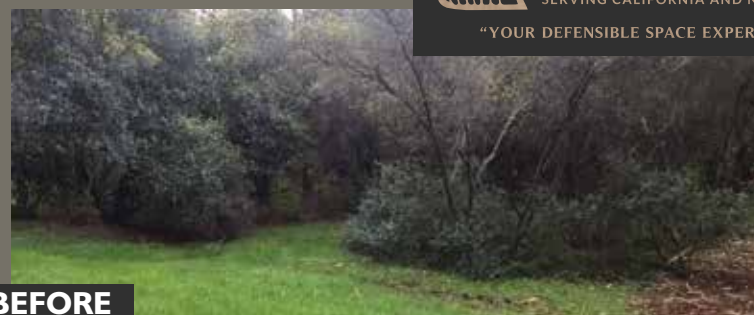
Silver Sage  
CENTER FOR FAMILY MEDICINE  
SPORTS AND FITNESS LAB



**775.853.9394 | [silversagecenter.com](http://silversagecenter.com)**

### DEFENSIBLE SPACE

BRUSH CLEARING  
MASTICATION  
LAND CLEARING



**BEFORE**



**AFTER**

Wesley Hansen - Owner

**775-527-1334**

[www.brush-clearing.com](http://www.brush-clearing.com)

[whansen@wildernessforestryinc.com](mailto:whansen@wildernessforestryinc.com)

CACL:1039014 USDOT:3107099





# Carson disc golf park wields lots of outdoor fun



**By Janice Keillor**  
The pursuit of unattainable precision, the joy of unleashing a long, accurate drive and the challenge of navigating difficult obstacles all describe the intersection of golf and its quirky cousin, disc golf. But when players hurl a frisbee into a raised metal basket, they typically do not wear

polo shirts or fancy shoes. After playing my first game of disc golf, I realized why people are so passionate about the game – you can simply show up whenever you feel like playing, it is casual fun, very affordable and now even easily available in Carson City.

The Carson Ridge Disc Golf Park started as an idea in 2012 when one particularly dedicated disc golfer decided to lead the effort to create a disc golf course in Carson City. At the time, I was a commissioner on the Carson City Parks and Recreation Commission, and Gregg Swift began showing up at our meetings to talk about creating the city's first disc golf course.

I didn't even know what disc golf was, but it was obvious that Gregg loved the sport and was determined to create a place for him and his fellow disc golfers to play. 7 years later, the course was finally completed with the help of Carson City Parks and Recreation, the Eagle Valley Disc Golf Association, Nevada State Parks, the Land and Water Conservation Fund, the Foundation for Carson City Parks & Recreation and 20 local sponsors.

Disc golf seems like a relatively new sport, with only about 6,600 courses in the United States, compared to over 15,000 golf courses. But the concept started in the early 1900's, when a group of school kids in Canada came up with a game to throw tin lids into circles drawn onto sandy patches. After these primitive beginnings, the sport



**LEFT: Dale Conner, Nevada State Parks Deputy Administrator, Colin Robertson, Division of Outdoor Recreation Administrator, and Bob Mergell, Nevada State Parks Administrator getting ready for a morning at the Carson Ridge Disc Golf Park.**



**RIGHT: Deputy administrator of state parks Janice Keillor is hoping for a birdie at a new frisbee golf park in Carson City.**

gathered momentum in the 1960's and continues to grow in popularity.

Most courses are actually free to play, whereas traditional golf can be quite expensive. Since most disc golf courses are built in more natural and less manicured environments than golf courses, they require minimal maintenance, so costs are not transferred to the player.

The 30-acre Carson Ridge course includes interpretive trails, a practice course, a 9-hole course, and an 18-hole championship course. Each hole has a custom sign that includes a map of the tee, target, par, distance to the hole, topography, expected disc flight, landing zones, out of bounds areas, and vegetation.

Since the Carson Ridge Disc Golf Park was funded by the Land and Water Conservation Fund, project inspections were required by the National Park Service. State Parks staff inspected – and played – the practice courses. The conclusion was that the Carson Ridge disc golf park was outstanding.

The 9-hole course took approximately 1 hour for four people to complete, and the 18-hole course took about 3 hours due to higher pars and longer distances, making the experience of wielding discs of various weights and sizes

all the more challenging and fun. The complex course design in a hilly area required construction of trails on the 18-hole course.

The Eagle Valley Disc Golf Association spent over 4,000 volunteer hours on this project, and paid meticulous attention to every detail, from the basket location, trail surface between each hole, landscaping and rock work along the course, arrows on each basket pointing to the next hole, and the custom built tees.

Carson City Parks and Recreation staff managed the project and funding, and the partnership turned out to be a great success. The new disc golf park will be an outdoor recreation asset for Carson City for many years to come.

*Janice Keillor is deputy administrator at Nevada Division of State Parks. The Carson Ridge Disc Golf Park is located at 4000 Flint Drive in Carson City and is open daily from sunrise to sunset. Admission is free. The park is closed on Mondays for course maintenance. Special thanks to the Eagle Valley Golf Course Association volunteers and course designers Cody Cruz, Will McKissock, Mike Plansky, and Gregg Swift. Additional thanks to Vern Krahn, retired Park Planner for Carson City Parks and Recreation, Patti Liebeck, Accounting Manager, and all Carson City staff that contributed to this project.*

Construction Rate-Lock offered by U.S. Bank Home Mortgage

**ROBB KELLEY**  
Mortgage Loan Originator  
923 Tahoe Blvd.  
Incline Village, NV 89451  
Cell: 775-771-2987  
robb.kelley@usbank.com  
NMLS# 502175

During the home building process, interest rates can change greatly. U.S. Bank lets you lock-in your interest rate. If interest rates decrease before you close on your loan, you can re-lock your loan to a better interest rate during the original lock period.<sup>1</sup>

**Firstlock highlights include:**

- Lock-in periods on new construction loans for 60, 120, 180, 270 and 360 days
- Fixed and adjustable interest rate options with a FirstLock
- Conventional and FHA mortgage products are allowed
- Depending on the county limits JUMBO loans up to \$3,000,000 are available<sup>2</sup>

*For more information give me a call today!*

All of serving you®

1. Float down option may be exercised up to 30 (but not less than 5) days prior to closing at then current 60 day prices. 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 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. 32068

Vacant Lot Loan Financing

**ROBB KELLEY**  
Mortgage Loan Originator  
13949 S. Virginia Street  
Reno, NV 89511  
Direct: 775.785.5474  
Cell: 775.771.2987  
robb.kelley@usbank.com  
NMLS #: 502175

U.S. Bank Home Mortgage offers financing for vacant residential property that may be a perfect solution for you if you are planning to build in the near future. The Vacant Lot loan is an adjustable interest rate mortgage, which means the payments amortize over the life of the loan, but the interest rate is variable.

We offer many advantages for both your purchase and refinancing needs!

**Eligible Properties**

- Single family residential lot.
- Standard maximum of ten acres; however parcels not exceeding twenty acres may be considered if typical for the area and value marketability is supported with appraisal comparables of similar acreage.
- Loans are not allowed to be made for purpose of speculation.

*Call me today and let's discuss more about our Vacant Lot financing!*

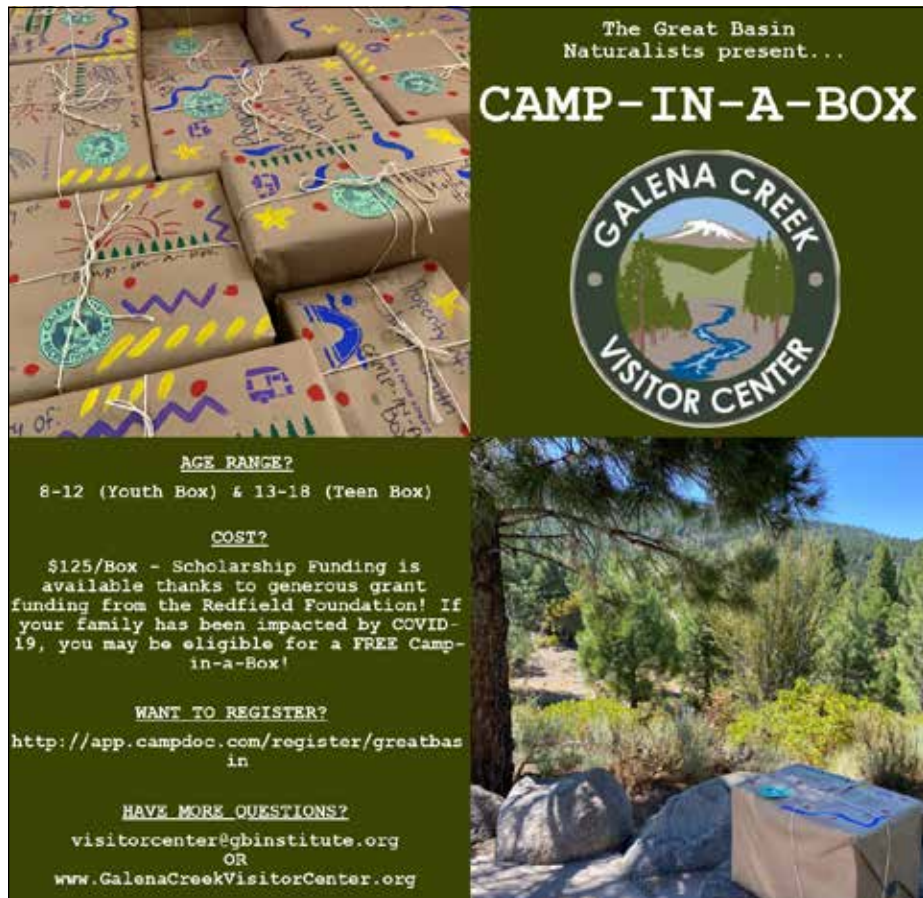
All of serving you®

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.

usbank.com/mortgage



# Camp-in-a-box replaces traditional day camps



By Laura Azzarello

Amidst a surreal and unusual summer, the Galena Creek Visitor Center team continues to provide a sense of normalcy and community. While traditional in-person summer camps were cancelled, the team created an exciting new summer education program.

Camp-in-a-Box is packed with 5 days of hands-on educational activities.

It conveniently includes 25 lessons, 10 crafts, all necessary materials, daily suggested schedules, and supplemental learning videos. These camps for youths (8-12 years) and teens (13-18 years) contain everything needed for an entertaining and informative camp experience at home.

Lessons explore a variety of ecological topics including plants, animals, geology, hydrology,



(Photos: L. Azzarello)

**Eagle Scout candidate Stone Rasmussen and Troop 1847 renovated the lower pollinator garden outside of the Galena Creek Visitor Center.**



ecosystems, first aid, survival, conservation, and sustainability. Typically, the cost per box is \$125, but thanks to generous grant from the Nell J. Redfield Foundation, a number of these boxes are provided for free or at a reduced rate.

In their own kind of summer camp, Eagle Scout candidate Stone Rasmussen and Troop 1847 worked to renovate the lower pollinator garden outside of the Visitor Center in July. Stone had raised over \$700, and together with his troop, fixed the steps leading to the garden, repainted and repaired the fence, added new plants and markers to each botanical species present. The Visitor Center team is creating an accompanying pollinator garden plant guide designed to help visitors identify the different species in the garden.

Galena Creek Regional Park remains open every day between 8am and 7pm. Whether you are an outdoor enthusiast or a novice hiker, this park offers something fun for everyone. So, get out of the house and into the woods for some much-needed outdoor recreation time.

While we cannot be certain what this fall will bring, we know one thing is for sure...the Galena Creek Visitor Center team will continue to provide services and support to the community through innovative programming and access to the healing power of nature.

*Laura Azzarello is outreach and education coordinator of the Galena Creek Visitor Center. Marc Oxoby, and Sam Bellis contributed to the story. For scholarship details or more information about Camp-in-a-Box, visit galenacreekvisitorcenter.org, or contact lazzarello@gbinstitute.org.*

## Mt. Rose-Ski Tahoe implements safety measures

By Mike Pierce

The approaching, not too distant winter will truly be an opportunity for your soul to come out of hibernation and relish in the beauty and exhilaration that winter scenery and crisp air ultimately provide. While we all start thinking about colder temps and snowy futures, Mt. Rose-Ski Tahoe is moving ahead towards opening for the 2020-21 season. Skiing and snowboarding provide ideal recreation opportunities during the pandemic because the mountainside outdoor adventure is complimented with inherent PPEs: face coverings, eye protection and gloves are all routine practices.

As to be expected in our current state of the world, the Mt. Rose experience will be a little different this season, but still very enjoyable. Many of the practices we have become used to in our daily lives will also be in place on the mountain. Masks and facial coverings will be required in all public areas and social distancing is expected.

All guests will be reminded to maintain safe social distancing, both inside and outdoors. We will be following Nevada state statutes.



(Photo: M. Pierce)

**While waiting for snow, Mt. Rose Ski Tahoe is preparing enhanced safety procedures for a seamless winter season.**

Current laws limit restaurants to 50% capacity, and this is likely going to be the case in our lodges, meaning that at times guests looking to come inside may be asked to try back again later.

Deck seating will continue to be an option and restrooms and First Aid will always be available. Meanwhile, regular disinfectant procedures and constant cleaning of high-touch indoor areas, will keep everyone safe and hand sanitizer will be provided at

multiple locations.

As we move ahead, many uncertainties will require adaptations from "the norm." We are currently awaiting industry guidance to gauge our tolerances and protocols to ensure that we will maintain a safe operation and enhance guest confidence.

Touchless forms of payment such as Mt. Rose Pass Pay, credit or debit card will be the preferred purchase method, while cash transactions will

be strongly discouraged. Daily visitor capacity will be governed by limited tickets. Rental and lessons packages will only be available by advanced online reservations.

These concerns are the reason, Ski Team and youth programs like Kidz@Rose and Rose Rangers registrations have been delayed. On that note, we recommend purchasing a season pass for your child now and should a ski team or youth program slot be available in the future, a credit will be applied to adjust for the price difference.

In the meantime, we are making progress on several projects on the mountain and are completing standard maintenance duties to ensure a smooth and safe operation. Hopefully, you still have your 2019-20 season pass and you will continue to use your current RFID card for multiple years to come. If you do need a pass replacement for misplaced or damaged passes, please e-mail the Guest Services office at [guestservices@skirose.com](mailto:guestservices@skirose.com) and request a new one.

*Mike Pierce is marketing director for Mt. Rose Ski Tahoe. He can be reached at [mp@skirose.com](mailto:mp@skirose.com). For more details visit [www.skirose.com](http://www.skirose.com).*



# Business cycles mimic roller coaster ride



Tim Kinsinger

**By Timothy Kinsinger**  
What has upswings and downturns, troughs, peaks, and plateaus? Though such terms could easily describe a roller coaster ride, they are also commonly used to describe the business cycle.

The business cycle – also known as the economic cycle – refers to fluctuations in economic activity over several months or years. Tracking the cycle helps professionals forecast the direction of the economy. The National Bureau of Economic Research makes official declarations about the economic cycle based on specific factors, including the growth of the gross domestic product, household income, and employment rates.

**Recovery & Recession**

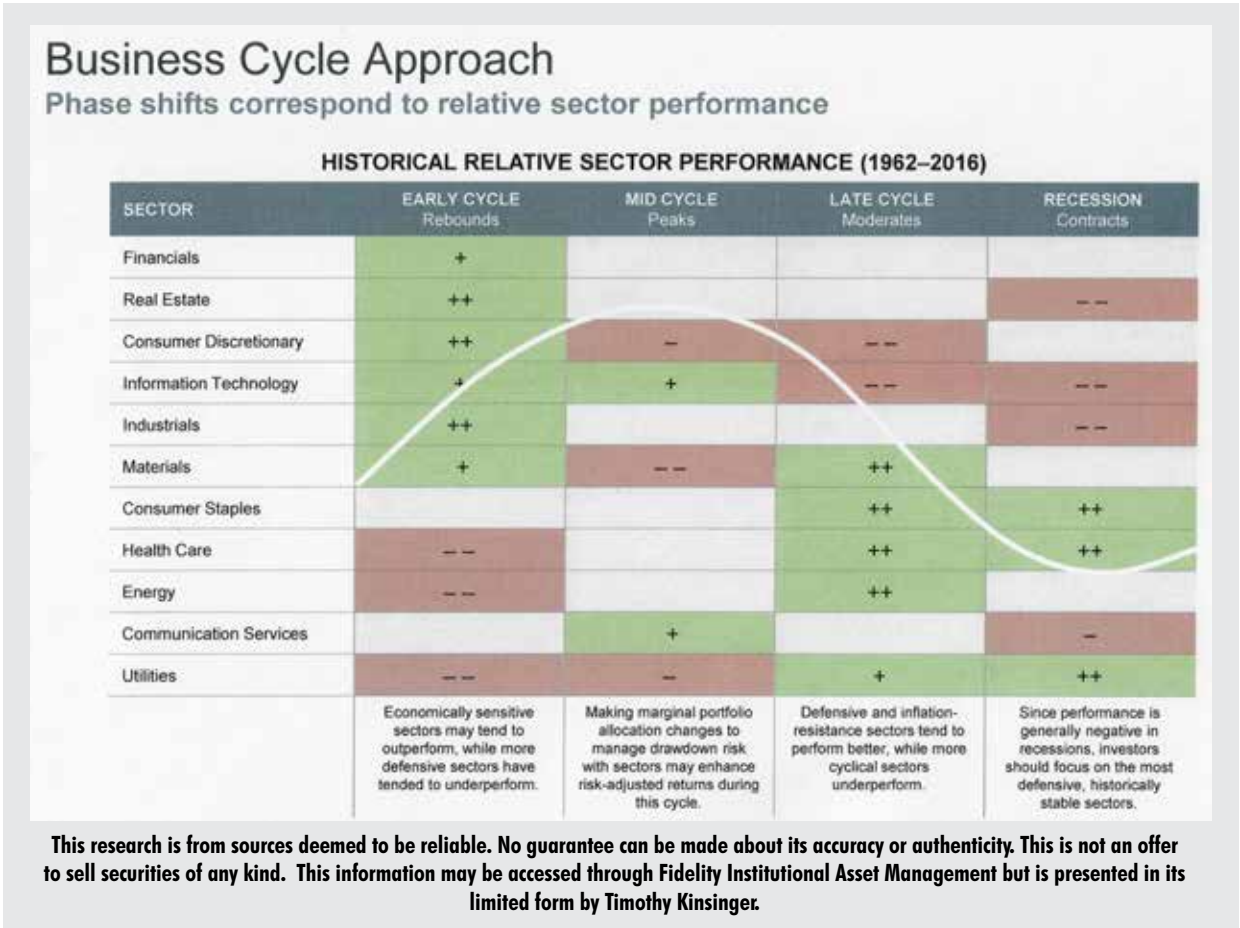
An upswing, or recovery, occurs when the economic indicators improve over time. A recession occurs when the same indicators go through a contraction. A particularly long or severe recession is referred to as a depression.

Despite being called a cycle, it’s important to understand that the business cycle is not regular or even cyclical. Its pattern resembles the movement of waves, and those waves do not consistently undulate at set, periodic intervals. Some recoveries have lasted several years, while others are measured in months. Recessions, too, can last for a number of years or be as short as a few months.

**Stages of Cycle**

So, how should investors look at information about the business cycle?

Investors who understand that the economy moves through periods of recovery and recession may have a better perspective on the overall cycle. During recovery,



understanding whether the economy is at an early or late stage of the cycle may influence certain investment decisions. Conversely, during a recession, deciphering whether the economy is passing through a shallow or deep cycle may be influential as well.

The business cycle will transition from recovery to recession – and recession to recovery – over several months. Understanding that the economy travels

through cycles may help you put current business conditions in better perspective.

*Timothy Kinsinger, CFP®, is a retirement income specialist and owner of Nevada Investment Management on Wedge Parkway. He has worked with retirees for over 30 years and currently manages over \$100,000,000 in retirement plans for hundreds of Northern Nevadans. Securities offered through LPL Financial. Member FINRA/SIPC.*

**Reno Tahoe Dental**  
590 Hammill Lane, Reno, NV 89511 - (775) 825-3922

**WE OFFER:**  
Early morning and lunch time appointments.  
Nitrous oxide  
Care Credit financing  
Digital x-rays, minimizing radiation

*Implants*      *Cosmetic*      *Dentures*

*Reno Tahoe Dental provides implant restorations, partial dentures, full dentures, ceramic crowns, restorative dentistry, bridges and more. Always with individual patient needs and comfort in mind.*  
*Reno Tahoe Dental has a mission to provide clinical excellence in a caring, warm, comfortable and professional environment.*  
*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.**  
www.renotahoodental.com  
(775) 825-3922

**THERAPEUTIC MASSAGE | PRENATAL | THAI**

*Massage therapy for pain relief, injury prevention and stress management. Convenient online booking available.*

**Research has shown that massage can help:**

- Improve mood
- Reduce anxiety
- Reduce stress
- Improve energy levels
- Improve sleep
- Reduce muscle tension
- Promote relaxation
- Relieve tension headaches
- ...and much more.

For more information on the many benefits of massage, visit [www.amtamassage.org/research](http://www.amtamassage.org/research)

**CONNECTIVE TOUCH**  
THERAPEUTIC MASSAGE  
16520 Wedge Parkway  
Suite 300, Reno  
NVMT9892

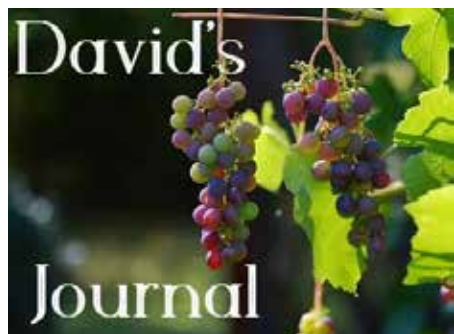
**30% Off**  
your first service  
New clients only. Must present coupon.

**TREAT YOURSELF to the long message you've always wanted!**

703.568.2010 | [www.connectivetouchmassage.com](http://www.connectivetouchmassage.com)



# Jelly or juice, off the vine or in a glass – everyone loves grapes



By David Ruf

Some love affairs have had a lasting imprint on history. But one seems to last longer than our love for Lucy and Desi. It is the worlds' crush on grapes.

From the beginning of the written word, grapes have been with us and we have loved them. Wine grapes, table grapes, grapes for pectin's, grapes for raisins, grapes for jellies and jams,

and grape leaves for stuffing. These wonderful beauties have provided us with delights far and wide. From around the world they come now to offer new and exciting flavors and textures.

Grapes have been grown by man since 6500 BC. That is an exceptionally long time, and grapes are the top produced fruit with around 72 million tons harvested annually. When customers ask what kind of fruit I recommend to plant in Nevada, my answer is always, "Grapes!"

Nine out of every 10 years they will produce an abundant crop and compared to other fruits they require little care. Growing in all-day to half-day sun, in rich soil or poor, they ask for little to no pruning. Grapes are the perfect gateway fruit for those gardeners who

are interested in growing a crop that the whole family can be involved in and enjoy.

While there are many types of grapes that do not overwinter well in our region, more than 25 different varieties do well here. Some with seeds, some without, some are red, others are purple, black, green, or pale yellow. Some have skins that slip off when you are eating them and others not. Some are named for regions or towns where they were found, while others have jazzy names or names that identify well.

Check out our website for the types that we try and carry in stock. They might be available in 1, 2, or 5 gallon containers with the growth difference being a year or two. They can grow 8 feet or more in a year once happily

established. You can grow anywhere from a single plant to thousands. Fifteen plants are able to produce 400 pounds of fruit usually when they are 5 years old.

As with all good love affairs, you cannot just sit back and let life happen. You need to be attentive, caring, and happy with your choice. So, pick wisely and do your part, so you, too, will be richly rewarded.

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

## Rosé is ascending to year-round eminence



Debby Bullentini

By Debby Bullentini

Rosé may be an emblem of summer, but you shouldn't stop drinking pink wine when sweater weather rolls around. But why wait until Memorial Day to drink rosé when you could start at Mother's Day, or Easter? Why stop at Labor Day if you could drink it through Thanksgiving,

Christmas, and yes, even New Year's Eve?

Rosé has gained prominence in the U.S. over the past few years, up nearly 48% in just the last year, especially during the warmer months. As a matter of

fact, restaurants now keep rosé on their wine list all year long. Rosé appeals to people who want affordable luxury. It is an occasion, an aesthetic, and a way of life.

Rosé is a type of wine that incorporates some of the color from the skin of the grapes, not enough, however, to make it a red wine. It may be the oldest known type of wine, as it is the most straight forward to make with the skin contact method. The unique pink color can range from a pale orange to a vivid purple, depending on the grape varieties and wine making techniques.

Rosé is typically dry, bright, and refreshing, but can also hold its own on the opposite end of the spectrum and be quite sweet, too. The complex aromas and flavors can range from strawberry and honeydew, to rose petal

and rhubarb, and can linger long after you have taken a sip. It is some of the most versatile wine, thanks to their bright acidity and lack of harsh tannins.

Dry rosés often pair best with lighter dishes, like fish, grilled chicken, turkey, vegetables, charcuterie, and salad. Rosé is created in one of three primary ways: skin contact, saignée (bleeding off juice), and blending. Rosé can be made as a still, semi-sparkling, or sparkling wine from a wide variety of grapes.

When rosé is the primary desired product, it is typically made with the skin contact method. Black skinned grapes are crushed, and the skin is let to rest with the juice for a short period of time, 3 to about 24

*continued on page 18*

**iSchool**  
School Your Way

**YOUR YEAR-ROUND ALTERNATIVE**

Offering Accredited Courses to Motivated Students  
Grades 8-12!

100+ NCAA-Approved Courses  
Rigorous • Flexible • Accountable

775.831.2423  
[www.ischools.us](http://www.ischools.us) | [info@ischools.us](mailto:info@ischools.us)  
California PSA #31669446146286, Founded 2011

889 Alder Ave, Suite 105,  
Incline Village, NV 89451

**WE'RE OPEN!**

**your plants, our passion**

Be impressed and delighted by the largest selection of unique and distinctive plants, flowers, trees and shrubs in our area. If you can't find it at Greenhouse...nobody has it! Let our expert staff of gardeners help you select high quality and specimen plants that will thrive in our area. Expand your landscape beyond your wildest imagination with our large selection of incredible plants, fountains, bronzes, statuary and ceramic pottery. Stop by to get started.

**David Ruf**  
Greenhouse Garden Center Owner

**Greenhouse**  
Garden Center & Gift Shop

**775.882.8600**  
2450 S. Curry Street, Carson City  
Open Mon-Sat 9-5:30, Sundays 10-5

**2019 BEST OF CARSON CITY APPEAL**

[www.greenhousegardencenter.com](http://www.greenhousegardencenter.com)



# My favorite (online learning) things



Kathryn Kelly

**By Kathryn Kelly**  
Microschooling. Pandemic Pods. Co-ops. One-room schoolhouses. By whatever name, homeschooling is enjoying a pandemic-induced renaissance.

Fortunately, unlike past pandemics, the world of online learning has never had so many exciting things to offer for learners of all ages. Here are some K-12 favorites, from cherry-picked individual courses to comprehensive curricula.

**Full Curricula:** How to choose what curriculum to teach? With many to choose from, a few are really outstanding. Immerse yourself in *The Well-Trained Mind* to get an overview of the possibilities. Core Knowledge offers a content-rich (and free!) curriculum for grades K-8. K12's similar content is an online platform that makes it easy to track deadlines and progress. Buy individual courses directly from K12 to teach at your own pace, or enroll students in one of their online schools (such as Nevada Virtual Academy) which follows a very structured schedule (and is a free, public school option, although nearly full). If your student aspires to the Ivies, check out the remarkable Robinson Curriculum. Students learn

exceptional study skills and ultimately how to teach themselves. (What other curriculum does that?)

**English/Language Arts:** Institute for Excellence in Writing, any K12 course, and Write at Home and its rich new series on literature.

**Math:** Workbook-based Saxon Math kits are my favorite. For grades 3-12, kids across the academic spectrum excel in ALEKS, which uses artificial intelligence to individualize online math instruction.

**Social Science:** The winner is... Hillsdale College online courses in history, politics, economics, and philosophy. The Week magazine offers Teacher Guides that help guide discussion and activities about global current events. PBS offers lesson plans paired to series including Ken Burns's "The Civil War," "The Dust Bowl," and "The National Parks."

**World Languages:** The Duolingo app and podcasts are a fun and effective way to learn a new language. Get a group together and compete to earn the most points each week in French, German, or unusual ones like Hawaiian, Hindi, Navajo, Swahili, and more. Like to watch movies? Set your movie language to Spanish and learn with Listen 'n' Learn Spanish with Your Favorite Movies.

**High School and Beyond** - Explore New Interests with MOOCs:

Classcentral.com aggregates Massive Open Online Courses created by Stanford, MIT, and others, offered for free in subjects like cybersecurity, entrepreneurship, negotiation, machine learning, and hundreds more. Pay \$49 to get a certificate of completion for college or job applications, or combine certificates into a certification or even a degree. Earn your National Career Readiness Certificate through ACT's WorkKeys program to show future employers you're ready and able to work.

You are not alone. For more resources, check out Northern Nevada Home Schools, the Greater Las Vegas Microschooling Collaborative, or Nevada Action for School Options.

Finally, take a break from the screen. Go outside and enjoy the beauty of Northern Nevada. Apps like To Do Reminder or Pomodoro will remind you to take frequent breaks.

Have a fun fall out there, everyone. It's a wonderful time to be in education.

*Dr. Kathryn Kelly (kkelly@ischools.us) founded I-School to enable motivated students to earn academic credit while pursuing their dreams anywhere in the world – even during a pandemic. She may be reached at (775) 831-2423 or at kkelly@ischools.us. As a non-profit, I-School may receive a donation from Amazon for purchases made through Amazon links above.*

## Resources & Links

### BOOKS

**The Well-Trained Mind: A Guide to Classical Education at Home (Fourth Edition)** by Susan Wise Bauer

**Saxon Math by Saxon Publishers**  
**Listen 'n' Learn Spanish with Your Favorite Movies** by Scott Thomas

### WEBSITES

[www.coreknowledge.org](http://www.coreknowledge.org)  
[www.k12.com](http://www.k12.com)  
[www.nvva.k12.com](http://www.nvva.k12.com)  
[www.robinsoncurriculum.com](http://www.robinsoncurriculum.com)  
[www.iew.com](http://www.iew.com)  
[www.k12courses.com](http://www.k12courses.com)  
[www.writeathome.com](http://www.writeathome.com)  
[www.aleks.com](http://www.aleks.com)  
[www.online.hillsdale.edu](http://www.online.hillsdale.edu)  
[www.theweek.com/teachers](http://www.theweek.com/teachers)  
[www.pbs.org/kenburns](http://www.pbs.org/kenburns)  
[www.duolingo.com](http://www.duolingo.com)  
[www.classcentral.com](http://www.classcentral.com)  
[www.nnhs.org](http://www.nnhs.org)  
[www.microschoolingnv.org](http://www.microschoolingnv.org)  
[www.nevadaaction.org](http://www.nevadaaction.org)

# Remote learning – new modalities for students, employees



Dan Van Bogaert

**By Dan Van Bogaert**

Education is a life-long process and sometimes requires adaptations to fit changing circumstances. The 2020 pandemic is certainly one of those situations. As students and employees are setting up home offices, many experience the challenges of remote learning.

Studying or working from home and remote locations means using online technologies. Many employers are adopting permanent work-at-home policies to continue operations. Similarly, universities and schools adjust by designing new off-campus study programs.

Online courses have been around for more than a decade. It began with certificated professional development programs and training courses. Gradually, universities employed online hybrid features to supplement traditional classroom curriculum. Today, there are fully-online courses for undergraduate degrees even at Ivy League schools like the University of Pennsylvania.

Because of the COVID-19 threat, schools at all levels have had to quickly close campuses, offer

virtual classes, and expand online courses. Schools that previously offered online learning with student info systems have been able to readily adapt to the pandemic. Their online teachers have the requisite technical skills and valuable experience to fully engage students. Schools without the prior online experience and infrastructure face steep learning curves to make the appropriate adjustments, hastily putting teachers through Zoom training and other computer skills programs. Fortunately, there is a wide variety of user-friendly learning software that allow integration with student information systems, and that support specialized employer training programs.

These software platforms have plus and minuses. Significant advantages include built-in social distancing with at-home learning, stimulating animation, videos, discussion forums, attendance monitoring, and innovative communication tools for smart phones and tablets. Also, online Power Point presentations and lectures may be imbedded with convenient links to related scholarly resources. Experienced online instructors can fully engage all types of learners.

Biggest disadvantages of remote learning, however, are the lack of live, face-to-face interaction, and the inability to read body language of learners. Other challenges include at home distractions,

reduced interaction with other students or trainees, and occasional communications difficulties. These drawbacks, however, are readily overcome with advanced communication apps like Skype or Zoom, and with required collaborations between learners.

School campus closures present unique remote learning challenges. Internet sources are available to help high school administrators gear up for more high-quality, remote learning opportunities. They promote connectivity among teachers and students and may assist otherwise overwhelmed parents coping with at-home remote learning challenges. Alternatively, some parents choose home schooling to avoid pandemic precipitated restrictions.

The pandemic has made remote learning a necessary part of the life-long educational process. The asynchronous nature of online programs permits access at any time and aids all types of learning styles. Remote learning is successfully based on its ability to support at-home students, busy adult professionals, part-time workers, single parents, and disabled persons alike.

*Dan Van Bogaert, J.D., designed the first online courses at Loyola Marymount University-Los Angeles in 2004, and has successfully taught using sophisticated learning platforms like Canvas, Blackboard, Coursera and Future Learn. He can be reached at [profdan@ucla.edu](mailto:profdan@ucla.edu).*

## wine from page 17

hours. The must is pressed, and skins are discarded before fermentation begins. Intensity of the desired color for the final wine depends on the longer skin contact with the juice.

When more tannin and color are desired, some of the pink juice from the must can be removed at an early stage, known as Saignée method, bleeding off

from the vat, and then can be fermented separately to make rosé.

Finally, the least popular method, is the simple blending of red wine into white wine. This method is discouraged, and actually forbidden by law in France, except for Champagne. Remember, rosé is easy to understand, it's simple. It's not over complicated as

wine has become over the past few years. It's all about the occasion of drinking the wine, and the friends and family you're sharing it with. Don't sweat the pink stuff!

*Debby Bullentini is wine purveyor and wine bar manager of Grafted Kitchen and Wine Bar, located at the new Village at Rancharrah, opening early this fall.*





When it comes to  
**your health,**  
*don't second guess.*

**In an emergency, seek help immediately.**

**We understand that with COVID-19 out there, many are concerned about seeking medical treatment due to risk of infection.**

Carson Tahoe is grateful to our community for helping us flatten the curve by practicing social distancing. However, this is not the time to put your health on hold by avoiding emergency medical attention if you need it. Rest assured that the safety of our patients and staff is our highest priority, and as such, we are taking extra precautions to ensure a safe, comforting, and professional environment.

Being cautious is important. Being aware of when you are in an emergency situation and taking action is even more so.

**For those with heart, chest, vascular and lung issues who need immediate attention, the safest thing for you to do is get emergency help immediately.**





# ONLY 20 MINUTES FROM SOUTH RENO!

Michael

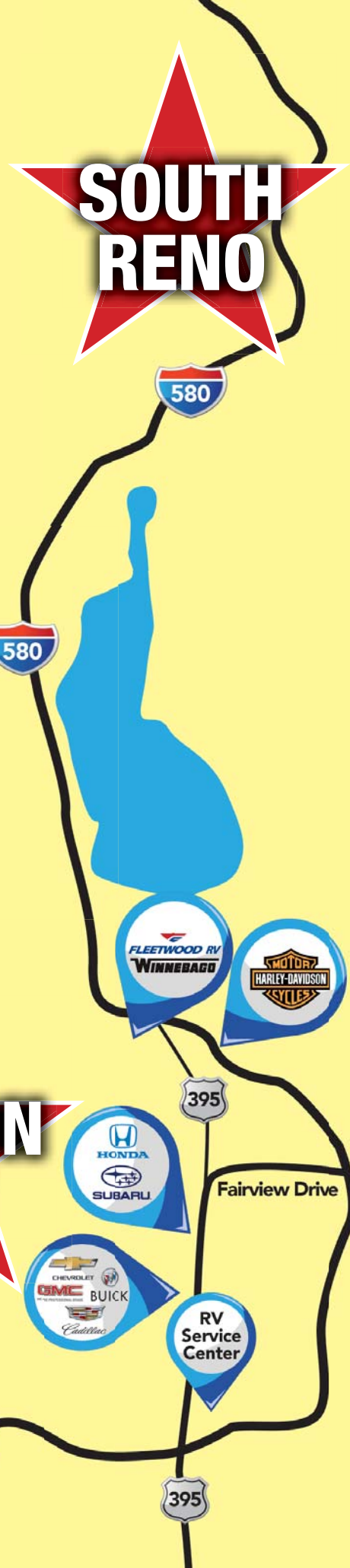
# HOHL

A U T O M O T I V E



# CARS & TRUCKS DO COST LESS IN CARSON CITY!

## CARSON CITY



**Michael Hohl  
Motor Company**  
3700 S Carson St.  
Carson City, NV  
**775 883-5777**

**Michael Hohl  
Subaru**  
2910 S Carson St.  
Carson City, NV  
**775 885-0400**

**Michael Hohl  
Honda**  
2800 S Carson St.  
Carson City, NV  
**775 885-0400**

**Michael Hohl  
RV**  
4500 N Carson St.  
Carson City, NV  
**775 885-1701**

**Michael Hohl  
RV Service**  
4455 S Carson St.  
Carson City, NV  
**775 885-1777**

**Battle Born  
Harley-Davidson**  
2900 Research Way,  
Carson City, NV  
**775 882-7433**

# MichaelHohlAutomotive.com