

The ice is open, get scholarship

By Joel Grace

Open to the public since mid-January, Reno's community ice rink, Reno Ice, The Jennifer M. O'Neal Community Ice Rink, provides locals and visitors an opportunity to escape the heat and learn to skate or play hockey. The NHL regulation ice skating facility is built to offer events and programming tailored to all members of the community, both competitively and recreationally.

With the Scheels Scholarship Program youths ages 5 to 17 who show an interest in learning ice sports but demonstrate a financial hardship can participate. Applications will be accepted and reviewed monthly on an ongoing basis.

Reno Ice offers multiple hockey programs and figure skating lessons. Beginners of all ages and abilities can enroll in the Learn to Skate USA program. The trusted, standardized curriculum is endorsed by U.S. Figure Skating, USA



It took six years for an idea to solidify into the Jennifer M. O'Neal Community Ice Rink. Thanks to the Greater Reno Community Ice Skating Association, hockey players and figure skaters can share the ice in South Reno near the South Valleys Library.



(Photos: J. Grace)

Hockey and US Speedskating. It includes toddler classes and basic skills classes.

For those interested in team sports and advancing their skills, Hockey Club Reno Ice has coed teams for ages 5 through high school. Hockey Club Reno Ice is committed to making hockey accessible to every player in the community.

Open Ice times have varying themes. Stick and Puck is a practice session for players to sharpen their skills. Neither games nor scrimmages are allowed. Participants under the age of 18 are required to wear full equipment and no private lessons can be scheduled.

Pick Up is a scrimmage session with

no checking allowed. Participants under the age of 18 are required to wear full equipment during Pick Up open ice time.

Participants in Hockey/Figure Skating Lessons must have a coach on the ice with them to attend. Skater's may choose their own coach from a list of

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Power, beauty, grace – learn life skills on ice skates

By Dagmar Bohlmann

Done right, skating feels like gliding through space with a sense of freedom. With cool air brushing against your face, all worries fade into the rhythm of skates cutting across the ice. An effortless effort feels like flying and is almost hypnotic. To Joanie Malarchuk, skating director at Reno Ice, skating is a lifelong passion.

"Growing up as a military brat, I tried every sport," she said. "In ice skating, I found a combination of the speed of soccer, the rhythm and grace of ballet, and the technical exactness of gymnastics all wrapped into one sport."

With US Figure Skating credentials such as Double Gold Medalist in Figures and Freestyle, she has applied her skills to advanced levels of coaching. Malarchuk



(Photo: J. Malarchuk)

Freestyle coach Joanie Malarchuk teaches skating lessons at Reno Ice.

is a Master-rated, Professional Skaters Association freestyle coach. That means she has coached beginners to national competitors how to start with a waltz jump and turn it into a triple axel.

"Skating is challenging with no end,"

she says. "Once you mastered one trick, there is another one to learn."

Athletes wanting to compete at a national level, would have to be willing to do what no one else does. She remembers

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Letter From the Publisher

The best time of year is on the way with warm afternoons and hopefully smokeless skies. At the time I'm writing this, the smoke has been unrelenting and unbearable. We at the Galena Times want to thank the fearless firefighters who worked to exhaustion in 2021.

Spending time outside in the fall can be spectacular. One of my favorite hikes is Marlette Lake where thousands of aspen trees line the emerald green water. Also, Thomas Creek Trail and the Church's Pond hike can be very nice with plenty of bright yellow and orange aspens.

Speaking of hiking, many of you who frequent the Mt. Rose trail are very aware of the damaged restrooms at the trailhead as they remained closed for many years. Well, I have some big news to share. I received word from the US Forest Service that the restrooms at the Mt. Rose trailhead are finally slated to be repaired. The work will start this fall or early next spring.

The crowds at Lake Tahoe will start to dwindle, so your favorite beaches will

be far less crowded. Plenty of warm days in September and October will entice you to take a swim. Also, your favorite restaurants will have more open seats.

I hope everyone enjoys this edition of the Galena Times. Please feel free to comment and contact me directly. Send us any information you want to share with your neighbors; we are happy to help get you connected.

Happy trails, Richard Keillor



Richard Keillor enjoys pristine lakes and alpine terrain at the majestic Teton Range.

ice rink open *continued from cover*

staff coaches. Hockey players often take private or semi-private lessons to improve their skills with stick handling, goalie work, and power skating.

Having an ice rink in Reno is due to a group of community members who identified a need and noticeable shortcoming on Northern Nevada's menu of winter sports. In 2015, they formed the Greater Reno Community Ice Skating Association (GRCISA) as a 501c3. Five years later, the Jennifer M. O'Neal Community Ice Rink officially broke ground on the first phase of the project. GRISCA, in collaboration with United Construction Company, Truckee Meadows Water Authority, City of Reno, Washoe County and

Washoe County Health Department, finalized design details, secured a building permit, and took the first step towards bringing Reno Ice to the community.

The facility is located on Wedge Parkway in the South Valleys Regional Sports Complex, near the South Valleys Library. About \$9.5 million went into the first phase that includes the parking lot and landscaping, as well as a 38,843 square foot building which houses the lobby area, locker rooms, a rental and pro shop, mechanical and Zamboni rooms, and the rink itself.

The primary goal of Reno Ice is to ensure that every member of our community can have an affordable option for recreation, and to make sure that

the facility is taken care of. Functioning as a non-profit allows for this and ensures that kids who can't afford to play, receive a chance through the scholarship fund available.

For more information, or to donate, please visit renoice.org.

Joel Grace is Reno Ice board president and COO at ARC Development Group. Previously, Joel worked with Umpqua Bank and the Economic Development Authority of Western Nevada (EDAWN). Born and raised in New England, Joel graduated from New Hampshire College and holds an MBA from the University of Southern New Hampshire.

skills on skates *continued from cover*

skating with Olympians and coaching five or six days a week, for three to five hour a day. While living in Minnesota, she coached Kirsten Olson who played the red-headed skater nicknamed Jumping Shrimp in the Disney movie Ice Princess.

"It takes 3,000 to 5,000 attempts before the body starts to create precise muscle memory," Malarchuk says who has lived in Gardnerville since 2006.

But skating isn't all about reaching high levels of athleticism or landing a movie role.

"You learn life skills," she says. "Picking yourself back up after you have fallen, gracefully winning or losing, learning to like yourself through all the ups and downs."

At Reno Ice, the next 5-week Learn to Skate session starts in October and sign-ups for the all-level Christmas

Show (December 10 and 11) are open by September. Highly qualified coaches – some have danced for Disney on Ice – are already listening to holiday music and brainstorming choreography for the fun event.

Figure skating is not only for girls and women, more and more boys and young men are drawn to the sport. However, most of them tend to get their start on hockey blades.

Malarchuk is not unfamiliar with the sport as her husband is the former NHL goalie Clint Malarchuk who gained national attention when he nearly died on the ice because his throat was cut by the blade of a hockey skate while playing for the Buffalo Sabres in 1989. Now a mental health advocate, author, and speaker, he occasionally still coaches goalies at Reno Ice.

Skating is not only a balance

of power, beauty, and grace, it also requires overcoming fears. As the Canadian, four-time Stanley Cup winner Wayne Gretzky said, "You

miss 100 percent of the shots you never take." Regardless of age or gender, take a shot at ice skating now that Reno has a rink.

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

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

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It’s your library-use it!

By Julie Ullman

All Washoe County Library branches are now open the same hours as before COVID-19. For the South Valleys Library that means we are currently open six days a week, Monday through Saturday. Entry may require wearing a mask and other protocols, depending on current CDC, State and Local guidelines. Hours for all Washoe County Libraries can be found at www.washoecountylibrary.us/libraries/.

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subtitles and interactive activities.

In-Person Library Events Returning Soon

Planning for the return of in-person library events is underway at all Washoe County Libraries. We plan to resume many events in September. There will be some changes to our event procedures. For example, advance registration will be required for most events. Attendance size will be limited to allow for safe, in-person gatherings.

Depending on current CDC, State and Local guidelines, other restrictions besides an attendance cap may be in place, such as face coverings or social distancing. Please visit the Washoe County Library website to view the Calendar of Events and find fun, in-person events at all branches.

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or jlullman@washoecounty.us.

For a complete listing of current services and hours at all library branches, visit www.washoecountylibrary.us.

Light seeker connects to nature through lens

By Dagmar Bohlmann

Dotty Molt has been capturing images in and around the Sierra Nevada Mountains since she took a leap of faith and relocated to St. James Village from South Florida in 2006. She now lives in Incline Village where capturing a Tahoe sunset is as simple as driving to the shoreline and waiting for the light show to begin.

A self-taught artist with a BFA in piano performance, her style of photography, she says, is heavily influenced by Georgia O’Keefe’s bold, bright paintings of flowers, the organization of the music of Bach and the impressionism of Debussy. Her innate sense of composition, deep appreciation for vivid color, and love of hiking straight up steep mountains and exploring backroads in her Jeep Ruby, has taken her off the grid and into the world,

photographing the beauty that exists in everything.

“My first camera was a Pentax ME, and because I never cut off anyone’s head like my aunt did, I became the family photographer,” she said. That was in 1977, when a roll of film created a 36-image limit.

“Over the years, I graduated to a Sony Mirrorless A7Riii, but I discovered very quickly that even though you could take hundreds of images, you had to sift through all of them to find the best capture. I now make it a point to look deeply into a scene, to explore different perspectives and angles of light before I finally commit to what I feel will be the perfect composition. I guess I pretend I’m still using film. It simplifies my life.”

In 2019, Molt began shooting covers for a few local magazines and discovered that portraiture was

challenging but fun, that she was good at making people let down their guard and laugh, and that that’s the moment to click and capture their true essence.

“Covid shut me down, but the community I’m connected to pulled me through last year, from teaching yoga on Zoom, to helping open The Lodge Coffee Wine Bar, to photographing more than 40 families, 3 events, and selling over 25 pieces of art in the last quarter of 2020,” she said.

“I have always lived a blessed life and live by the Golden Rule. I believe in the goodness of the human race,” she said. “I am a light seeker on every level. I set an intention, feel it happen in my heart, let it go, and allow it to manifest when the time is right. I think it’s right now.”

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Mt. Rose continues to improve, expand terrain

By Mike Pierce

As everyone is longing for crisp, cool air and lower temps, the excitement for the coming winter is building at Mt. Rose Ski Tahoe. Guests can expect a high-quality experience every time they come to Mt. Rose Ski Tahoe, as the ski area continues to invest back into the resort's infrastructure year after year.

Current improvements underway this summer include an additional \$1+ million investment in snowmaking infrastructure on Upper Lakeview run plus extensive coverage in the Slide Bowl and Race arena.

Slope grading work is also in progress on Bruce's trail. Designed to reduce obstacles and allow for terrain opening on as little as 12-inches of packed snow, this project should see this intermediate trail open very early in the season with consistent coverage.

The 60-year-old water system serving the main lodge base area is being replaced. This may not be the most exciting project to enhance the ski experience, but the old system was due for an upgrade. The project includes 4000 feet of new pipeline from a tank off the lower section of Around the World which will subsequently increase storage capacity and improve fire protection.

2021-22 will mark the last rides on the classic Lakeview triple chair. Mt. Rose Ski Tahoe has announced that plans are underway to expand the Lakeview Zone of the mountain to include a new high-speed chairlift plus additional ski terrain. Estimated to be the largest, single-year capital improvement project in the resort's history, the new lift will be a key piece of Mt. Rose's efforts to enhance the overall experience in this area which will include trail additions, existing run improvements and enhanced skier traffic patterns. The expansion is estimated to be in the range upwards of \$7.5 million and is expected to be completed in



Snowmaking infrastructure will now enable Mt. Rose to create a quality, early season snow surface in the Slide Bowl / Race Arena area.



Intensive upgrades include a domestic water line installation heading up the Lower Galena Trail.

time for the 2022-23 winter season. Preliminary work has commenced including engineering, site planning and preparation for the unload station of the Leitner Poma high-speed quad. The lift replacement process is set to begin in the spring of 2022.

This past winter, strong ridership combined with COVID-19 related chairlift restrictions proved it necessary to increase Lakeview's lift capacity. With this new chair comes the opportunity to both, build new trails and augment existing terrain for an enhanced mountain experience. The loading area remains adjacent to the Northwest Express, but the unloading location will be situated further uphill, 150 feet to the west of the existing unload location. This new top terminal site provides novice access to a new run, ultimately making the connection with the Around the World trail. This new zone also opens access to extensive glades in previously under-used areas with the added bonus of more expansive views of Lake Tahoe. One of the end goals is to reduce the mixing of more dynamic skiers and riders with those

who may be only just starting to advance to a bit more challenging terrain.

Due to circumstances resulting from the COVID interruption, plans for the Atoma ski terrain expansion to the north of the main lodge base area have been sidelined for now. The capital improvement schedule has been rearranged, with the Lakeview lift replacement a higher priority. Meanwhile, most Atoma planning is complete with some additional local permitting to be buttoned up over the next several months. Breaking ground should happen within two years.

Mike Pierce is director of marketing for Mt. Rose Ski Tahoe. Book your summer event for 2022 now as remaining dates for this year are full. Contact Judit Wilson for availability and rates at jj@skirose.com. Take advantage of Season Passes at their lowest rates through Sept. 30. Mt. Rose does not require reservations for season pass holders and your pass may be used any day the pass is valid. To learn more about Mt. Rose Ski Tahoe and to purchase passes for the 2021-22 winter season, visit skirose.com.

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Turn from intermediate to advanced skiing with Synergy Camp coaching

Submitted to the Galena Times

With the ski season fast approaching, the anticipation of clicking into freshly tuned and waxed skis and getting our slide on, enters our dreams. Muscles twitch with the sensations our bodies recall from the last turns of the previous season. As you visualize your turns, your body remembers the intrinsic movements your body has ingrained. Some movements are vague and some very vivid, some accurate and correct, and some bad habits you wish you could correct. Then you think to yourself, I should get some coaching this season.

If you wish you could find a coach that could get you over this plateau in you skiing to unlock the next level for you, you are in luck. Advanced intermediates and above can enroll in Sky Tavern Ski Area's "Synergy Camp". This six-week program runs one day per week for six weeks and optimizes your skiing potential, get you past your current plateau and help reduce injuries and joint stress.

"Synergy Camp" is administered by Bud Heishman of Snowind Sports. Heishman focuses on his proprietary coaching system called the "Sports

Performance Model". This unique model takes ski coaching to the next level by covering the four areas which all top athletes from any sport use to reach their optimum performance outcomes. His system consists of addressing and eliminating roadblocks caused by equipment, technique, physiological and psychological issues which all can create impediments to progress.

"My goal is to bring the experience of high-level coaching and equipment alignment together in a unique, comprehensive and highly efficient method of ski coaching to create the ultimate learning experience," Heishman says.

By removing or minimizing obstacles caused in each of these four areas, your skiing performance will improve. Identifying equipment alignment issues and modifying these angles will ease progress. By eliminating compensatory movements caused by misalignments, the skier will more easily balance and edge their skis while also reducing stress on joints and ligaments.

Heishman also addresses psychological barriers. For many

intermediate skiers that is the "intent to turn." If your intent to turn is "to slow down," you have probably reached a plateau in your skiing that is difficult to break through. By changing your intent to turn, you break through that intermediate plateau to expert skiing. Learn to "ski the slow line fast" rather than the "fast line slow."

Once impediments to progress are removed from your equipment, your intent is in the right camp, improving your technique becomes much easier and Heishman can get you making the right moves.

Bud Heishman has worked in the skiing industry since 1979, beginning his career at Pennsylvania's Ski Roundtop, first as an instructor then staff trainer and race director and NASTAR Pacesetter. From 1983-1990, he taught at Mammoth Mountain, advancing to PSIA Examiner and member of the PSIA-W Demonstration Team in 1987 and a finalist at the National D-Team try-outs in Snowbird, Utah a year later.

Heishman left teaching for a stint to work for Salomon North America from 1990-93 as a Sales/Service Representative in Southern California. In 1994, he moved to Reno to open his ski shop Snowind

Sports on Mt. Rose Hwy. He once again began teaching and coaching for various resorts in Tahoe area including Mt. Rose, Northstar, and Sky Tavern, and testing PSIA candidates for various certification levels.

Heishman opened his ski shop with the intent to help skiers improve using his boot fitting and alignment skills. Over the past 30 years, he has helped countless skiers reach their skiing potential, from Olympic medalists Shannon Barke to the average Joe intermediates. His understanding of and passion for skiing technique, biomechanics, and equipment balancing has led him to develop a proprietary methodology addressing and coordinating the sagittal, frontal, and transverse planes of motion with PSIA's five fundamentals of skiing, to optimize skiing performance by removing impediments to progress.

He has offered various two-day "Synergy" camps as well as coached for "Epicski Academies" in Aspen, Stowe, Big Sky, Snowbird and Squaw Valley. SKI Magazine named Bud Heishman as "One of the Top 15 boot fitters in the Country".

Contact Snowind Sports (775) 323-9463 or www.skytavern.org for more details.

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Sarah Herbert, APRN

Tech company moves to Galena for lifestyle

Submitted to the Galena Times

While a global pandemic may not seem like the ideal time to move an entire company across the country, Dynepic co-founder and CEO Krissa Watry has a keen sense for these things and was already set up for the change. Every employee had been working remotely for several years, because it was a natural and easy fit for the diverse team of developers and core employees on staff. Never one to ignore what she knew was the right move, now it was only herself, her husband, their dog, and all their outdoor gear that had to be packed up.

"The Reno/Tahoe area is exactly where we wanted Dynepic headquarters to be, and it's where our customers want to visit," Watry shared from her home near Galena Creek. "With both my husband and I starting out in the military, we've lived many places, but the combination of this community and endless outdoor adventure opportunities sold us. What's not to love out here?"

This is the kind of forethought and innovative thinking that Watry built Dynepic on a few years ago when it was just her and two developers working out of her home in Charleston, South Carolina. Since then, the venture-backed startup has grown to nearly 30 employees spread across the US, with key locations in Florida, Ohio, and Texas where many of Dynepic's customers are based.

"We're not your typical tech company, and as our team expanded, we found

more value in people living where they wanted and working how they wanted, than putting time and energy into an office workspace," Watry said. "There's a lot of talk right now about the future of work and what that looks like as some companies start to welcome employees back in person. But the nature of our work and who we are as a company means we can go where our customers are, and now we can create new and fun experiences for them here in Reno/Tahoe."

Founded in 2014, Dynepic developed playPORTAL, a secure digital platform (or, 'internet of toys') that provided a child privacy-compliant and secure connected play platform. But it was Watry's military background that eventually led her to discover a critical need for Dynepic's secure infrastructure to modernize how the US military trains using cutting-edge technology like Augmented and Virtual Reality.

"My passion in life is designing innovative products that help people become their best selves. So, when the US Air Force asked us to compete in the 2019 AFWERX Mixed Reality Platform Challenge with other companies large and small, we jumped at the opportunity. And we won," Watry said.

Today, Dynepic's secure DX platform, which the US Air Force is using under the name MOTAR, is being used to power its immersive training ecosystem and learning management. MOTAR provides the one-stop-shop for Air Force course managers, curriculum



developers, and instructors to discover and try out a variety of training technologies, including both traditional and emerging technologies such as AR, VR, AI, and mobile apps.

"MOTAR has helped USAF trainers lower costs, increase efficiency, and provide a more immersive and engaging learning experience for every student," Watry explained. "Instead of just sitting in a classroom or in front of a computer, which doesn't work well for everyone, students can get virtual 'hands-on' experience before going out on the flight line and into the field. And it's safer when they can leave the classroom already having the experience and muscle memory they'll need out there."

Dynepic's primary customer is the US military, but the company is actively



Krissa Watry

expanding into the corporate enterprise space and beyond. Watry is also considering a local showcase storefront where the team can eventually host customers and be a testbed for corporate workforce development efforts for those interested in getting involved.

"What we're doing at Dynepic today is just the beginning," Watry said. "And I'm stoked to take the next step here in Reno/Tahoe."

Divine Discontent offers opportunity to change



Liesa Leggett Garcia

By Liesa Leggett Garcia

Are you content with your life, or at least with where you are now, with what you're doing, who your friends and close relationships are?

Are you content with your health and your physical body? Are you content with your job or career? Content means we're in a state of peaceful happiness. We're satisfied. We're okay with it. We accept it as it is. It's a nice feeling to be content.

Now what about "discontent?" This is a sense of dissatisfaction with your life or maybe what's going on in the world. It can be a restless desire or craving for something that you don't have. I like to use the term "Divine Discontent" because I feel like there's a higher purpose going on than just being unhappy or out of sorts. It's something that behooves us to pay attention to.

Take our physical health, for instance. If we experience pain somewhere in our body, we realize that something is slightly unwell; it's our body's way of telling us to pay attention, that help is needed. Pain wants to be noticed. So, what do we do? Sure, we can ignore it and hope it goes away. And maybe it will. But

if it persists or gets worse, it is insisting we do something else. The point is, when it is not something that we can ignore, we do our best to be proactive to make the pain go away so we may return to a healthy, balanced state.

What about when you're out of sorts and in emotional pain. How might that manifest itself? I find myself feeling crabby, restless, even edgy. When we are paying attention to our inner signals, we know when something is wrong. The key is to be aware of it before it turns to anger, rage even, and doing something constructive and helpful when it shows itself. Pain is pain—it's still telling you something is wrong. Ask yourself what it is you need and fulfill it in a healthy way.

Divine Discontent is not a bad thing. If it were not for it, we would still be back in caves. It's just a signal, a message. It's our innate restlessness with the status quo — and willingness to do something about it — that keeps us from being stuck. Thomas Edison said, "Discontent is the first necessity of progress." So, there's that. It's a call to do and be something that may be different than this.

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.

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Areas of your home can influence parts of your body



Kerstin Tracy

By Kerstin Tracy

We can change not only our inner landscape, our body, but also the world around us with Feng Shui, a pearl of ancient and powerful wisdom. Considered both, an art and a science, Feng Shui recognizes the different influences landscapes and living spaces have on our success and well-being and teach us how to

take advantage of those natural energies. The goal is to harness energy forces and establish harmony between an individual and their environment. Similarly, CranioSacral Therapy uses the wisdom and drive of the body to heal itself. Like outer nature, our inner nature is much more intelligent than we think.

Certain areas of our home and surroundings correlate to parts of our bodies, and we can influence relationships to promote health and happiness.

Face – the face is represented by the entrance or front door to your home. If there is a lack of Qi, or vibrant energy, you might suffer from skin problems

and facial pain. Keep your front door clean, allow for the flow of energy, and notice how well your senses work.

Hands and feet – in Feng Shui, they represent the four corners of your home or business. Your hands are related to the two front corners and your feet to the back corners, and they illustrate how you walk through life and handle yourself in the world. Keep the corners clean so that you can walk with strength through life.

Heart – the heart can be your favorite room or also the center of your home. Avoid any obstructions here.

Kidneys – if you have health issues related to your kidneys, check your bathrooms for clues. Please do not keep any personal items, especially photos of you and yours, in the bathrooms—very draining energy here.

Liver – keep your kitchen organized and clean. Make sure you toss out expired foods.

Pancreas – this amazing organ is related to abundance and your dining room. Keep the dining table clutter-free and have it represent an abundance of food instead. Place fresh fruits here and add some luxury.

Lungs – keep your windows clean so that you can breathe with more ease.

Intestines – your hallway influences your intestinal tract. Keep the hallways in your home clear and allow for excellent energy flow here.

Spine and bones – these two critical areas are related to the structure of your home. Make sure your roof is in order and nothing is leaning or creaking. Living in an earthquake-prone area – this is an important area to check on regularly.

Of course, Feng Shui may not answer all your problems, but why not take advantage of the unseen influences that can support us. Feel free to take advantage of the wisdom of Feng Shui can enhance good energies and cure negative energies around you. Declutter and enjoy your home and body. You will feel so much better.

Kerstin Tracy is the owner of Ready2Heal. She helps humans and horses suffering from complex structural and neurological problems regain their optimal health. Visit www.kerstintracy.com for more information on essential oils, including where to buy them and for updated Covid-19 safety guidelines and general services like CranioSacral Therapy. You can email any questions to kerstin@kerstintracy.com.

Primary care and having a doctor matters

Submitted to the Galena Times

Maybe you've heard it before, "Good healthcare starts with a primary care provider." But why? Maybe you are 35 years old, in pristine health, thinking, "Is that really necessary? Couldn't I just go to an urgent care if I'm feeling under the weather?" While the simple answer is "yes", there's also a "yes, but ..." answer.

If you are established with a primary care provider, maybe under family medicine or internal medicine, you'll gain the following perks:

• **A more comprehensive look at your overall health** – Our bodies are complex and they're continually

changing: From teeny-tiny cells to larger organs, from mental health to our physical wellbeing. Establishing a relationship with a PCP early allows them to create a medical benchmark and monitor your health journey over time, making recommendations along the way to help keep you active, and feeling good.

• **Quicker referrals to specialists** – Even if you're not on medication and are generally in excellent health, you may at some point feel under the weather. With an established doctor, it often takes less time to get an appointment because new patient appointments take up a larger block of time on the doc's schedule. Plus, having

this access via appointment and through messaging on the MyChart patient portal, you can easily be referred to a specialist for a higher level of care when you need it.

• **Focus on preventative care** – If you haven't needed a doctor, you're lucky. Let's continue to keep you out of the hospital by tapping into the provider's knowledge about making healthy lifestyle choices and preventing disease. Often, your doctor can help you identify risk factors, and collaboratively work with you to create an individualized plan, with a focus on preventing or managing chronic illnesses so you can live a happier,

continued on page 14



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Vaccine mandates made history



Andrew Pasternak, MD

By Andy Pasternak

With the COVID 19 vaccines soon to gain a full Food and Drug Administration approval, several companies and government agencies now require their employees to get vaccinated. While this stirs up tensions between personal freedoms and public health measures, this same debate has been a part of our country since 1776.

The first disease we could start to prevent was smallpox. Smallpox is due to a virus spread through respiratory droplets within six feet of someone with the disease. The risk of dying from smallpox was around 10-30%. During the 18th century in Europe alone, up to 400,000 people a year died of smallpox. Now, due to vaccines, we have completely eliminated smallpox.

In 15th century China, the physicians started experimenting with a procedure called "variolation." Doctors would take from a smallpox scab and then use that to create an immune reaction in someone who had

never had the disease. This procedure gradually moved westward. In 1718, Lady Mary Wortley Montagu noticed this procedure in Turkey and introduced it to England. Because variolation used the actual smallpox virus, there was about a 2% risk of death from the procedure.

As a friend recently reminded me, in 1777, George Washington mandated his troops be variolated for smallpox. He had smallpox as a teenager, and he had seen the effect of smallpox on his troops who had little natural immunity. He was concerned that the disease could decimate his army to the point of being vulnerable to British attack.

In 1796, Edward Jenner developed the first smallpox vaccine, which vastly improved safety compared to variolation. By 1805, Italy attempted to make the vaccines mandatory, and other countries followed, including England in 1853.

With the vaccine mandates, a slew of protests followed. For example, in 1885 in Leicester, England, up to 100,000 people marched in the streets protesting the vaccine mandates with claims that the vaccines caused deaths. Around the same time, riots broke out

in Montreal, Canada, over mandatory vaccinations in response to an outbreak.

In the USA, groups protesting mandatory vaccinations also held marches and protests. In 1902, Cambridge, Massachusetts instituted a smallpox vaccine mandate which was challenged in court. In 1905, the Supreme Court took up the case. It ruled in favor of vaccine mandates by saying, "The liberty secured by the Constitution of the United States does not import an absolute right in each person to be at all times, and in all circumstances, wholly freed from restraint..."

Even with the advent of the polio vaccine in 1955, the famed radio announcer Walter Winchell warned his listening audience that the vaccine would kill people. Fortunately, at that time, most Americans had seen how devastating polio was and elected to get vaccinated. Within two years, polio cases plummeted.

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.

Why are baby teeth important to care for?



Dr. Kellie J. McGinley

By Kellie McGinley

As a pediatric dentist, I often get asked by parents "Why should we care about the baby teeth? Aren't they going to just fall out anyway?" Yes, baby teeth will fall out eventually, years down the road; however, it is very important to understand that children need

to maintain the health of their baby teeth before they are lost for many reasons.

Just like adults, children need teeth to function in eating and speaking. However, baby teeth also known as

primary teeth additionally aid in the formation of the bone, jaw positioning, facial structures, and to maintain the space for adult, permanent teeth to grow into. Primary teeth are steppingstones to the development of the oral cavity and facial formation. If lost too early due to dental decay, these functions are missing. Some baby teeth start to fall out naturally by age 5-6 years and other baby teeth in the back by ages 11-13 years. That's a long time we must keep these baby teeth healthy.

Baby teeth can get cavities just like adult teeth can, and actually at a faster, more aggressive rate due to thinner enamel and high carbohydrate diet that kids tend to snack on. If you are a parent, you may also know that

brushing young children's teeth can be challenging with behavior and short attention spans. If baby teeth are not kept clean and kids have a high carbohydrate/high sugar diet, cavities can form, and the following domino effect can ensue.

Small cavities can progress to large cavities if left untreated.

Large cavities can lead to toothaches and pain for a child. When children have a toothache, it has been proven that they are less likely to focus on school, miss school to get a tooth treated, and children tend to not sleep as well at night.

continued on page 14

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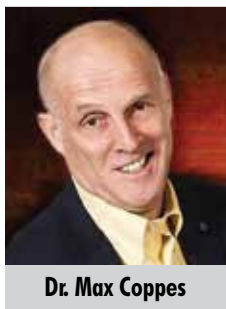
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What is cancer?



Dr. Max Coppes

By Max Coppes

For most of us, the word cancer elicits fear: fear for prolonged pain and suffering, fear maybe for death. While it is true that having cancer is far more serious than many other diseases or medical conditions, tremendous progress has been made over the past few decades that has translated in prolonged survival and even cure. In 2021, there are good reasons to be cautiously optimistic when dealing with cancer, although a group of cancers remains that have a bleak outcome.

What is cancer? Cancer is a disease that results from the uncontrolled growth of one's own body cells. It can therefore manifest itself in any tissue or organ and frankly at any given time, even in childhood. Cell growth is in and by itself good: our body needs new cells, either to grow (children) or to replace old or damaged cells that die. In fact, adults replace almost 100 million cells each minute.

Given this incredible activity, it is not surprising that under normal circumstances cell growth is masterfully regulated and controlled. The right signal starts the process of cell growth followed by a different signal that stops it. Cancer results when this orderly process breaks down and the signal for growth is not turned off and/or when the signal to stop growing is not turned on.

The uncontrolled growth that results from this malfunction results in lumps of tissue that can be cancerous or not cancerous or benign. While benign tumors do not spread into or invade nearby tissues, cancerous tumors do and furthermore can travel to distant places in the body, called metastasis.

Uncontrolled cell growth is particularly worrisome when abnormal or damaged cells keep replicating. There is no normal function for such compromised cells. Finally, because cells in the lungs are different from those say in the breast, lung cancer is very different from breast cancer. Moreover, within an organ, cancers can grow in different tissue cells. As an example, there are at least three different kinds of lung cancer. All to say is that all cancers have a common feature, namely the disorderly and uncontrolled growth of cells, but one cancer type certainly is not the same as another.

A lot of research continues to be done to better understand what exactly causes the orderly process to break down. Some people are prone for this breakdown because their 'software' (genetic composition) is different, some would say defective (but that implies a judgement) that weakens part of the control system. When you have – usually inherited – a weakened genetic control system, it is typically just a matter of time before you develop cancer. A good example of this, are men or women with a BRCA mutation, a genetic mutation that affects the body's ability to repair defective cells. We now know that such

individuals are at a very high risk of developing breast cancer amongst others. Because we know this, individuals with a BRCA mutation are carefully monitored in our high-risk breast cancer clinic.

The second way to affect the orderly process for cell growth is external damage to our control systems. Known examples include the use of tobacco or exposure to radiation, think Chernobyl. If the external damage is associated with a known location for cancer development, e.g., lungs with the use of tobacco, we can provide specific monitoring for such patients. If the at-risk location is less well defined, screening is often not effective.

The final cause for orderly process breakdown is the most important one: age. As people get older, many of our body systems become less flexible and show signs of wear and tear. This also applies to our immune system and the systems that regulate cell growth. The chronic decline in efficiency results in a substantial risk for developing cancer. In fact, age is the biggest risk factor for the disease; you are more likely to get cancer as you get older.

Dr. Max J Coppes, MD, PhD, MBA, Professor of Clinical Internal Medicine and Pediatrics at the University of Nevada Reno School of Medicine and the Cancer Center Director of the Renown Institute for Cancer. Dr. Coppes is committed to talk about different aspects of cancer. If you have specific questions that you want him to discuss, feel free to let us know at www.galenatimes.com/contact.

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All Area Home Sales May 25 - August 25, 2021

GALENA/MONTREUX/ST. JAMES	Asking Price	Sold Price	Price/SF	Sold Price/SF	SF	Acreage	Off Market
16645 Snow Flower Dr	\$874,900	317.68	\$920,000	334.06	2754	1.11	6/11/2021
1155 Austrian Pine Road	\$950,000	356.21	\$1,000,000	374.95	2667	0.61	8/4/2021
10000 Blue Spruce Rd	\$985,000	365.9	\$1,025,000	380.76	2692	0.84	7/30/2021
355 Douglas Fir Circle	\$935,000	326.81	\$1,155,000	403.7	2861	0.67	6/30/2021
1055 Blue Spruce Rd.	\$1,150,000	367.06	\$1,300,000	414.94	3133	0.52	6/11/2021
17030 Mountain Bluebird Drive	\$1,305,775	420.89	\$1,305,775	508.88	2566	1.01	6/21/2021
250 Black Pine Dr.	\$1,450,000	453.27	\$1,450,000	453.27	3199	0.47	7/30/2021
5925 Cartier Drive	\$1,750,000	549.11	\$1,800,000	564.79	3187	0.54	8/11/2021
305 Blue Spruce Rd	\$1,995,500	357.74	\$1,800,000	322.7	5578	2.05	8/20/2021
6005 Gauguin Dr	\$1,852,000	525.84	\$1,850,000	525.27	3522	0.7	7/14/2021
20625 Margaux Road	\$2,000,000		\$2,000,000	655.31	3052	0.49	6/25/2021
136 W Jeffrey Pine Rd	\$2,000,000	513.87	\$2,100,000	539.57	3892	1.07	6/7/2021
760 Piney Creek	\$2,150,000	617.82	\$2,200,000	632.18	3480	1.16	7/26/2021
5955 Lake Geneva Drive	\$2,300,000	671.73	\$2,242,500	654.94	3424	0.63	6/4/2021
5800 Lausanne Drive	\$2,500,000	684.93	\$2,300,000	630.14	3650	0.95	6/21/2021
5084 Bordeaux Court	\$1,825,000	451.17	\$2,325,611	574.93	4045	0.54	6/28/2021
CALLAHAN RANCH							
15480 Cherrywood Drive	\$858,750	369.2	\$1,000,000	429.92	2326	1.15	7/7/2021
5575 Goldenrod	\$1,099,000	528.37	\$1,056,000	507.69	2080	1.05	8/16/2021
4775 Townsite Road	\$1,150,000		\$1,150,000	582.57	1974	1.01	6/24/2021
14905 La Briana	\$1,289,000	400.68	\$1,289,000	400.68	3217	1.03	6/10/2021
14825 Parisian Court	\$1,325,000		\$1,325,000	369.91	3582	1.49	5/25/2021
4795 Townsite	\$1,199,000	369.95	\$1,400,000	431.97	3241	1	6/9/2021
15180 Chateau Avenue	\$1,299,000	421.62	\$1,405,000	456.02	3081	1.09	7/8/2021
15160 Redmond Loop	\$1,397,000	381.17	\$1,447,000	394.82	3665	1.08	7/1/2021
15235 Redmond	\$1,450,000		\$1,450,000	373.33	3884	1.03	6/15/2021
5405 Wilmington Court	\$1,399,000	434.88	\$1,525,000	474.04	3217	0.9	7/9/2021
ROLLING HILLS/GALENA COUNTRY ESTATES							
14555 Sundance Dr.	\$700,000	328.33	\$750,000	351.78	2132	0.37	7/9/2021
3695 Bozeman	\$765,000	272.53	\$785,000	279.66	2807	0.41	8/3/2021
14550 Sundance Dr.	\$795,000	372.89	\$800,000	375.23	2132	0.49	8/16/2021
3792 Portland Drive	\$750,000	290.36	\$810,000	313.59	2583	0.31	7/12/2021
1779 Kodiak Cir	\$749,000	278.54	\$818,000	304.2	2689	0.32	7/7/2021
2385 Telluride Drive	\$800,000	257.4	\$850,000	273.49	3108	0.36	7/21/2021
4610 Edmonton Drive	\$799,000	269.39	\$881,000	297.03	2966	0.29	6/25/2021
497 Ketchum Ct.	\$855,000	250.29	\$930,000	272.25	3416	0.32	5/25/2021
SADDLEHORN/MONTE VISTA							
14542 Grey Rock Court	\$1,295,000	392.19	\$1,200,000	363.42	3302	0.4	7/19/2021
14240 Via Contento Court	\$1,388,000	412.11	\$1,478,000	438.84	3368	0.47	5/28/2021
14095 Moonrise Court	\$1,600,000	534.22	\$1,600,000	534.22	2995	1.07	8/20/2021
14265 Caballero Court	\$1,500,000	538.6	\$1,665,000	597.85	2785	0.45	7/13/2021
14307 Swift Creek Court	\$1,819,000	408.4	\$1,725,000	387.29	4454	0.82	5/25/2021
3820 Boulder Patch	\$1,775,000	438.06	\$1,925,000	475.07	4052	0.53	6/28/2021
14240 Table Rock Ct.	\$1,995,000	386.93	\$1,996,000	387.12	5156	0.78	7/28/2021
ARROWCREEK							
6160 Sierra Mesa St.	\$998,000	394.78	\$1,250,000	494.46	2528	0.49	6/22/2021
2711 Sun Chaser ct	\$1,350,000	536.35	\$1,300,000	516.49	2517	0.29	6/15/2021
1026 Desert Jewel Ct.	\$1,315,000	399.09	\$1,320,000	400.61	3295	0.81	7/16/2021
2707 Sun Chaser Ct	\$1,375,900	546.64	\$1,375,900	546.64	2517	0.51	7/8/2021
1005 Desert Jewel Court	\$1,595,000	389.78	\$1,575,000	384.9	4092	0.84	6/16/2021
2983 Roundrock Court	\$1,625,000	391.19	\$1,625,000	391.19	4154	0.53	7/26/2021
10753 Harbottle Dr	\$1,450,000	451.43	\$1,700,000	529.27	3212	0.65	6/18/2021
2984 RoundRock	\$1,625,000	390.63	\$1,725,000	414.66	4160	0.78	5/28/2021
4145 Bunker Point Court	\$1,895,000	474.94	\$1,850,000	463.66	3990	1.18	8/17/2021
5600 Rue Saint Tropez	\$1,750,000	347.91	\$1,875,000	372.76	5030	0.35	6/8/2021
7225 Masters Drive	\$1,875,000	468.75	\$1,900,000	475	4000	0.98	7/1/2021
1217 Kachina Court	\$1,950,000	392.91	\$1,950,000	392.91	4963	1.56	6/2/2021
1015 Taos Ranch Court	\$2,000,000	370.44	\$2,000,000	370.44	5399	0.56	6/8/2021
6736 Rabbit Brush Court	\$2,225,000	494.99	\$2,350,000	522.8	4495	0.68	7/16/2021
391 Questa Court	\$2,500,000	479.29	\$2,400,000	460.12	5216	1.24	6/18/2021
WEST WASHOE VALLEY							
7464 Paloma Linda Way	\$695,000		\$695,000	490.82	1416	2.5	7/22/2021
4040 County Line	\$842,000		\$842,000	227.63	3699	1.3	6/16/2021
4 Wild Sage Circle	\$900,000	278.9	\$1,001,000	310.2	3227	1.79	6/21/2021
7570 Old US 395	\$990,000	255.68	\$1,080,000	278.93	3872	5.39	7/7/2021
28 Lightning W Ranch Road	\$1,250,000	333.78	\$1,225,000	327.1	3745	1.14	7/20/2021
17 Lightning W Ranch Rd	\$1,600,000	395.65	\$1,600,000	395.65	4044	1.24	7/1/2021
OTHER AREAS OF SOUTH RENO							
4075 Lamay Lane	\$1,450,000	367.93	\$1,475,000	374.27	3941	1.04	8/12/2021
905 Peace Pipe Loop	\$1,400,905	439.43	\$1,475,000	462.67	3188	0.63	8/13/2021
15180 Broili Drive	\$1,349,000	391.01	\$1,575,000	456.52	3450	1.01	6/23/2021
11316 Dixon Lane	\$1,795,000	575.69	\$1,795,000	575.69	3118	2	6/17/2021
1725 Holcomb Ranch Lane	\$1,970,000	300.3	\$1,905,000	290.4	6560	2.51	6/7/2021
1940 VIEW CREST DR	\$2,200,000	523.81	\$2,200,000	523.81	4200	2.77	8/25/2021
11215 Boulder Heights Court	\$2,500,000	301.79	\$2,415,000	291.53	8284	2	6/21/2021
8999 Panorama Drive	\$2,950,000	842.86	\$2,900,000	828.57	3500	5.16	8/23/2021

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

Walk sideways to improve muscle tone

By Ryan Golec

Ok, well maybe you will get some judgement if you are walking sideways, but it might be worth it. Let's consider that when you move forward you require sideways control. It would make sense that you need to work that sideways motion. Let's look at the mechanics. If you stand on one leg, as you would during a running stride, how good is your balance and pelvic control?

Without getting crazy anatomical, muscles on the outside and inside of the leg and hip, as well as muscle on the side of your spine, work synergistically to keep your pelvis level and prevent unwanted motion. You may believe that this just happens naturally, and it should, but often weakness in this plane of movement creates drastic changes in motion.

This weakness may work up or downstream to cause pain in the back, knees, or ankles. If the hip cannot be controlled, it will sink down on the floating side and

cause excessive stress on the outside of the standing leg. People like to refer to this as IT band syndrome. Natural reaction is to want to release and stretch this area. In reality, this is a deficit in the pelvic control system, and that needs strength.

Here is an easy test. Look in the mirror and lift your knee up to hip height, if you can, and hold for 10 seconds. Put your hands on your hips. Are your hands level? Are you steady or do you lose your balance? The 10 second single leg stand is a "must pass" test is you want to run, load a squat, or load a lunge. I would even say this would be a prerequisite to hiking.

Here is a simple start to improving. Just try standing on 1 leg for 5 seconds, then 10, then 15, etc. Get better by doing it. Work yourself up to a 1-minute stand, and then close your eyes and start back at 10 seconds. In addition, add a side plank. Lying on your side with your knees bent, post up on your forearm, and lift your hips. Ideally line

your body up straight from knee to head. If you can hold this for 1 minute, straighten your legs out and try it again.

Coming full circle, try walking sideways over a certain distance. This will provide a different stimulus to the lateral and medial hip musculature. It can "wake up" some muscles that might have been taking a break. These are just a few ideas to improve your strength and motor control. Are you guaranteed to get hurt without this control? No, but being resilient and robust will keep you moving well and feeling strong for years to come!

Ryan Golec is director of movement and education at Performance EDU in Reno. He has been in the fitness world for over 20 years and has a passion for correcting and enhancing movement patterns to help people achieve their ultimate goals. He is also a licensed massage therapist and uses manual therapy as a part of his system to improve his clients' function and fitness. Contact him at (775) 846-2894 or Ryan@fitubuilt.com

Sinusitis has many stuffy mimics

By K. Brian Romaneschi

We've all experienced congestion and sinus pressure from time to time, whether it's from a cold, allergies or smoke from the seasonal fires that engulf the Reno-Tahoe region during late summer and early fall. But it could also be the sign of something else – a sinus infection.

Sinus infections, or sinusitis, occurs when the tissue lining the sinuses become inflamed. This can cause painful symptoms such as nasal congestion, facial pressure, an unpleasant odor in the nose, upper dental pain and postnasal 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 tomogram 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.

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 or call (775) 882-3277 to schedule your in-person or telemedicine appointment today.

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Move well to age well



By Meaghan Maillet

Maintaining a variety of movement patterns can be a big factor in how we age. George Bernard Shaw is credited with the quote, “We don’t stop playing because we grow old; we grow old because we stop playing.”

Developing Functional Movement

From the moment we are born we are learning and developing functional movement patterns. The process of learning to roll, then crawl, then stand, walk, and run is all about developing stability and control. Once a child is beyond the toddler stage, their movements seem almost effortless. Kids can run and jump, squat down and spring back up. They can bend and twist, roll and climb, start and stop, and change direction on a dime.

Challenges to Functional Movement

As we get older, movement tends to require more effort and range of motion becomes limited. This limitation may eventually impact independence. Pain,

prior injury, or fear are common challenges to movement. Others include:

- Movement specificity/lack of variety. Many people develop very specific movement patterns for a particular activity. This specificity is often a detriment to a more broad, functional range of movement. Someone who runs every day may not feel confident with the movement needed to play tennis, even if they are physically fit.

- Use it or lose it. Beyond the age of climbing trees, most of us never have reason to pull our bodyweight vertically. Unless you engage in sports like rock-climbing or do pullups as part of your gym workout, there is not much need to, lest we fall and need to pull ourselves up. To maintain the strength, mobility, and stability to perform movement, we must make a conscientious effort to engage in those movements. Simple things like balancing on one foot to put on pants or twisting with an overhead reach to put a box on the top shelf can become difficult if we don’t practice them regularly.

Maintaining Functional Movement

You don’t have to be an athlete to work on functional movement. And it is never too early or late to start. While

functional movement training can be part of a formal exercise program, it doesn’t have to be. Incorporating a variety of motions that challenge patterns can improve functional movement. Activities like dancing, gardening, hiking, and kayaking can improve functional movement without spending a minute in a gym.

If you need help getting started, trained professionals like physical therapists, personal trainers, massage therapists and chiropractors can guide you safely on your way. Look for practitioners who specialize in functional movement or mobility. Before starting any new exercise program, it is always best to consult with your trusted healthcare provider.

Meaghan Maillet, LMT, is the owner of Connective Touch Therapeutic Massage. Meaghan recently relocated from the Northern Virginia suburbs of Washington, DC. Although new to Nevada, Meaghan has over 20 years of experience as a licensed massage therapist. She works with all ages and specializes in Sports Massage, Prenatal Massage and Traditional Thai Massage. To learn more, email meaghan@connectivetouchmassage.com or visit www.connectivetouchmassage.com.

Respiratory viruses effect babies differently



Dr. Max Coppes & Dr. Kris Deeter

By Kris Deeter and Max Coppes

Winter is around the corner and children’s hospitals across the country, including ours, are preparing for an influx of babies and toddlers who will be fighting respiratory viruses.

Most of these viruses also infect adults, but due to our built-up immunity and big noses, we can boot out those viruses with a good sneeze and fight the infections. Small babies, on the other hand, have tiny nasal passages, so any virus that causes swelling of the airways tends to completely block their ability to breathe.

Unlike adults, most babies up to around 3 or 4 months of age actually rely completely on their noses to breathe. They have not developed the reflex that allows them to breathe through their mouth. There is a good reason for this: the absent reflex allows them to feed well from their moms or a bottle while maintaining an open nose. A virus can quickly make breathing more difficult or even a life-threatening problem. Babies are admitted to the hospital to help them get more oxygen and to help them maintain hydration and nutrition while they are unable to coordinate feeding and breathing.

Why does this happen in the wintertime? Two important factors. First, most of us spend much more time indoors and as a result have more ‘direct close contact’ with each other. This allows viruses to rapidly be transmitted from one person to another. Second, many viruses tend to prefer cold weather as they have a gel coating that breaks down in warm weather. Because of this, most viruses have a so-called “season”. Winter viruses, including the influenza virus that causes the flu, tend to have their peak in Europe and North America (the Northern Hemisphere) between December and March. Other common winter viruses include rhinovirus which causes the common cold, enterovirus, adenovirus, and coronavirus, a

common pre-COVID19 strain.

Currently, only one vaccine protects against our winter viruses, the one against the flu. Since it takes the body a few weeks to develop immunity against the flu, the influenza vaccine is usually administered in the fall, starting in September. The most important reason for getting the flu shot is that it infects millions of people. In fact, every year, hundreds of thousands of people are hospitalized and tens of thousands die of the flu. Most of them are older people with preexisting conditions. Given our recent experience with COVID-19, this may not seem that alarming, but the unnecessary loss of a few hundred children every year due to the flu, has led pediatricians to recommend the flu shot starting at age 6 months.

One of the most common viruses that brings babies into the hospital is respiratory syncytial virus, or RSV. Most of us were exposed to RSV by the time we were two years of age, though as immunity wanes over time, we can get it again when we are older. For infants, RSV infections make up more than 30% of respiratory illness with over 50,000 babies being admitted nationally every year and 100-500 infant deaths. It causes blockage of the nasal passages, decrease in oxygen levels, and decreased feeding. The virus is especially hard on premature babies, babies under 6 months of age, babies with heart or lung conditions, and babies with weakened immune systems.

We currently do not have an effective treatment for RSV other than saline suctioning of the nose to keep it open and respiratory devices to help the baby breathe. For very high-risk infants, there is a prescription made up of virus-fighting antibodies, Synagis, that needs to be given monthly. If your child is a candidate for Synagis, your pediatrician will ensure your child is referred to the pediatric pulmonology team at Renown Children’s Hospital, who administers the injections.

As with everything else this year, all bets are off when it comes to understanding respiratory viruses in 2021. During our 2020-2021 winter, we were all wearing masks, washing our hands, and keeping our distance.

As a result, RSV was almost nonexistent. At Renown Children’s Hospital we had zero RSV admissions last winter. Then, in April 2021, our county reported its first case. The numbers have slowly grown, and in June we were already up to 40+ cases. Based on this unusual pattern, we are preparing ourselves for a very different winter season.

As for you, the message is this: be careful this fall if you have small children. Keep washing your hands, keep your distance from people with colds, and keep your babies’ noses clear. If you are worried that your baby is not feeding well, if they are having a

funny breathing pattern or breathing fast, or if they get a fever, please bring them in to be checked. Your pediatricians are here to help you.

Dr. Kris Deeter, MD, Clinical Associate Professor and Vice Chair of Pediatrics at the University of Nevada Reno School of Medicine. She is also Associate Physician-in-Chief at Renown Children’s Hospital.

Dr. Max J Coppes, MD, PhD, MBA, Professor and Neil J Redfield Chair of Pediatrics at the University of Nevada Reno School of Medicine. He is also Physician-in-Chief at Renown Children’s Hospital.



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Regional heart care maps electrical systems

Submitted to the Galena Times

Considered the “electricians” of the heart, electrophysiologists diagnose and treat abnormal heart rhythms, a new service line for Carson Tahoe. Over the years, Carson Tahoe has grown its cardiology services to better serve the local community, including offering interventional cardiology and open-heart surgery with elite “CardioOne” rooms, where patients can be treated in one location from check-in to surgery to post-op. The next step in expanding access to comprehensive heart care is electrophysiology with Dr. Jeffrey Turner, as a part of Carson Tahoe Medical Group.

“We’re excited to now offer electrophysiology services to the Quad counties,” says Dr. Allen Fink, Carson Tahoe vice president and chief medical officer. “We believe you shouldn’t have to travel far from home to receive advanced care, which is why it was important to

bring Dr. Turner into the Carson Tahoe family.”

So, what makes this heart care different?

As the human heart beats, it pumps oxygen and nutrient-rich blood throughout the body and carries away carbon dioxide and waste products. In a weakened or damaged heart, the electrical impulses of the heart may not function properly, leading to an irregular heartbeat. With advanced equipment and diagnostic tools, the faulty electrical impulses can be diagnosed and treated.

An important procedure that will be a part of this new program is called ablation.

Dr. Turner has a background in biomedical engineering in addition to medicine.

“We access the heart from the arteries and veins minimally invasively with tools called catheters to map the electrical system of the heart and treat

abnormal pathways,” he says.

During an ablation, energy usually in the form of heat can be delivered through a catheter to correct heart rhythm problems. While many arrhythmias are not dangerous, some can lead to serious complications including blood clots, heart failure, stroke, and even death.

Dr. Turner explains that modern technology is helping people with detection.

“With new devices that monitor your heart, like Apple watches, people can see that there is a problem, sometimes previously misdiagnosed as panic attacks or anxiety, many of the symptoms are similar,” he says.

Heart disease is the leading cause of death in the United States for both men and women. Around 655,000 Americans die from heart disease every year – or 1 in every 4 deaths. Given these grim numbers, it has never been more important to have access to a



Electrophysiologist Dr. Jeffrey Turner joins Carson Tahoe’s dynamic team of heart health specialists.

comprehensive heart health program, with prevention, detection, diagnosis, and treatment options.

For more information, visit CarsonTahoe.com/Heart

doctors continued from page 7

healthier, and longer life. After all, isn’t our quality of life worth planning for?

“It took me admittedly too long to establish with a doctor,” says Shay Dusek, Carson Tahoe Medical Group administrator. “Now that I am established, though, I can have quicker access to my doctor which gives me a greater sense of peace should I have a medical concern.”

To find a PCP, and book an appointment, visit CarsonTahoe.com/Medical-Group and browse all Internal Medicine and Family Practice providers at Carson Tahoe Health. Now with a South Reno location.

baby teeth continued from page 8

If a child has an abscessed or infected baby tooth, the tooth will be recommended to be removed or extracted because the infection can spread to the developing permanent tooth and/or lead to facial swelling.

When a baby tooth is lost before it’s normal/natural time, space will be lost and cause crowding of the teeth next door. It can then be difficult for a child to chew food with a missing tooth as they wait for the adult tooth to grow in.

You can see, a series of events can happen if we do not care for or treat baby teeth. See your pediatric

dentist every six months, maintain good oral hygiene and a healthy diet. Our goal is to prevent dental decay for children, so they maintain a happy, healthy mouth.

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 board-certified pediatric dentist who advocates for children and optimal oral health as a Diplomate American Board of Pediatric Dentistry. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at RenoKidsDentist.com.

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Debra Lynn Markoff, D.D.S. has been practicing dentistry for over 25 years and has enjoys the advances in technology that have improved treatment options and patient comfort. She says “I love working with my hands and people so dentistry is a good fit for me.”

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Would you like to avoid taking required minimum distributions?

Submitted by Tom MacDonald

If you have Traditional and/or Sep IRAs and are over the age of 72, you are required each year to withdraw a portion of your total IRAs and it becomes part of your taxable income. These are called Required Minimum Distributions or RMDs. But, if your taxable income is very low, you might not have to pay as much in taxes.

Maybe you don't want to take these funds as income. Maybe your current income is sufficient for your needs, and you'd prefer to see your retirement portfolio grow so it will hopefully become a larger sum later in life; when you might need it more than now. It could also provide a larger inheritance for your offspring.

One option is a Roth IRA. A Roth IRA doesn't have an RMD.

A colleague of mine was consulting with a 72-year-old recently retired doctor. His income in retirement has dropped significantly and he is in a lower tax bracket. His advisor recommends a Roth Conversion of a \$3 million IRA. The conversion will be accomplished in 3 years at \$1 million in conversion per year.

So, why is a Roth such a big deal? Most or all of the \$3 million in invested funds is retained. Invested funds in a Roth are not subject to RMDs. Funds in a Roth

can be withdrawn tax-free. Funds in a Roth grow tax-free. Invested funds in a Roth are expected to provide more time in the market.

In this example, the tax bite for conversion is nearly \$500,000 over 3 years. The client has a \$1 million house, so the advisor recommends a HECM (Home Equity Conversion Mortgage) also known as a reverse mortgage. In this case, the HECM doesn't quite cover all the expected taxes. An additional option for high value homes is to use a proprietary reverse mortgage (referred to frequently as a 'jumbo') to provide sufficient funds. By using a mortgage that has no monthly payments to pay the taxes, the portfolio is not reduced by the amount of taxes and is eligible to continue to grow, again, tax-free.

Reverse mortgages require no monthly principal and interest payments for maximum cash flow. A requirement of all reverse mortgages is that the borrower must maintain the home as the primary residence and remain current on property taxes, homeowner's insurance, the costs of home maintenance and any HOA fees.

Tom MacDonald is a Mutual of Omaha Reverse Mortgage advisor. NMLS ID #210661. These materials are not from HUD or FHA and the document was not approved by HUD or FHA or any Government Agency, Equal Housing Lender.



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I grow my peaches in Nevada

By David Ruf

When I was a youngster, I lived in Africa, in Somalia, and that was over 50 years ago. I can recall eating hundreds of bananas since we would buy them on a stock which holds 50 or more. We had mangos and papayas too, tasty treats that we enjoyed daily. While there, we could get canned fruit and juice often, but supplies were sometimes limited. Canned pears and peaches were often the fruit in the commissary. It was a wonderful time for a boy of eight and many occurrences there have shaped my life and tastes.

That being said, when we moved back to the United States we stopped in at my grandmother's in Massachusetts and I had my first, freshly picked-off-the-tree peach. Even now I can smell the exciting, sweet, and delightful aroma. When I bit into it, the soft hairs tickled my lips. Juice streamed into my mouth, down my face, and over my hands, putting my senses on overload.

I could not believe that something could taste as good as — or even better than — ice cream. This fresh peach evokes more from my senses still to this day than almost anything. Canned fruit had been good and drinking the syrup was always a treat, but it could not compare to the peach that was on my face, in my mouth and dripping onto the green lawn beneath my feet.

Trying to grow peaches in Northern Nevada is possible but includes challenges. First is the late frost that can turn those delightful pink flowers to brown in just a

matter of minutes. Aphids can cause the leaves to curl into a ball of green with black dots all up inside. And then we have wind, squirrels and birds that can elicit feelings of wrath and damnation. Yet all these obstacles can be overcome and with a few tricks you too can enjoy the fresh taste that I so love.

- Try to plant your tree, or better yet, bush peach on the east side of a house to block the winds and help with some frost protection.

- Spray, once a week for 3 weeks, about 3 weeks after the flowers have fallen off to control aphids.

- Put netting over the tree or bush after July 4th to help prevent birds pecking at all the fruit.

- Plastic campaign signs can be used, if you have nothing else, to wrap the tree trunk to prevent those squirrels from getting up into the tree and allows you to relive some past political episodes that you may wish to forget or remember.

Please realize that we live in a harsh environment and not every year is one where you will get fruit. Follow these helpful tips and you should have a bounty every third year or so.

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, by calling (775) 882-8600 or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City.

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Galena nights dining with neighbors



By Beth Carbone

The hummingbirds dart and swoop around two feeders positioned under tall pines at the edge of the yard. The seed-filled, bright yellow sock for the chickadees and finches appears to offer a more convivial dinner table, with tiny groups of bright

birds feeding along the sides of the tube.

When I first put the feeders out, I didn't realize that our community's bears would appreciate the seeds and hummingbird syrup, but after coming out one morning to find the feeders plundered and the sock ripped open, I learned to bring in the feeder at night. Now, each morning, the hummingbirds buzz around me and the chickadees hop excitedly along the tree branches as I place the feeders for the day.

We like to feed our human friends, too. Our back porch here in Galena has been a wonderful gathering place over these summer months. The cooler evenings have blessed our warm days, allowing us to gather and eat together as we appreciate the peace of this lovely community. The birds continue to dart about as we humans gather at the porch to eat and drink. As darkness falls, and our dinners end, we go out together to collect the bird feeders and put them inside for the night.

Here's a recipe that we enjoyed recently. Note, our little herb garden in our back yard yields the basil and rosemary for this recipe.

Out of the many recipes of pasta with ricotta, this is in my opinion the best. I modified a recipe from a book called Pasta Fresca, written in 1988 by Viana

Kleiman. Bellwether Farms in California makes a great Italian-style ricotta. Whole Foods, Raley's, and other specialty markets carry Bellwether's ricotta, or you can order it directly from them.

Spaghetti with Ricotta and Zucchini

Ingredients for 4 - 6 people

- 1 box spaghetti (450 g) or fettucine or linguine or capellini (Angel hair)
- ½ cup virgin olive oil
- 1 clove of garlic, smashed
- 4 to 6 medium sized zucchini (1 per person), cut in ½ cm round coins
- 1 sprig of fresh rosemary
- 1 box of Bellwether Farms Whole Cow's Milk ricotta (340 g)
- 1 bunch of basil, chopped
- 1/3 cup of the boiling water in which you cooked the pasta

Preparation

- Boil water in a large pot and add spaghetti.
- While the water is coming to a boil, combine the olive oil, smashed garlic cloves, and rosemary in a large skillet. Bring the heat to medium-high, remove the garlic as it becomes gold.
- Note that the heat is somewhat dependent on your stove: for example, on a "professional" gas stove, you might use "medium high" and small family type stove, you might use "high" heat. The heat needs to be intense enough to brown the zucchini.
- When oil is hot—hot, but NOT smoking, do not

let it smoke, it means the heat is too high—add the zucchini and cook until golden brown on each side (remember to turn them!)

- Remove the sautéed zucchini from the skillet and place on absorbent paper towel to drain the oil. Keep the skillet ready with the olive oil and rosemary sprig.



Sautéed zucchini
draining on
paper towels.

- By this time the pasta should be almost ready. Taste it to be sure it is a little bit hard or "al dente." Scoop out 1 cup of the boiling pasta water and reserve.

- Quickly drain the pasta and transfer it in the large skillet—fire off—which contains the remaining olive oil and rosemary. Now you must move very fast: mix well, add the ricotta and a little bit of water to make the ricotta smooth, but not liquid—you can always add more water but you cannot take it out, so add a little bit at the time; you will need about 1/3 of a cup.

- Add the basil and zucchini to the skillet and mix it well.

Buon appetito!

If you enjoy this recipe, visit Beth Carbone's food blog that she maintains with her husband Michele www.michelecarbhone.org

Silver lining to COVID – new options for K-12 students

By Kathryn Kelly

Microschools, pods, co-ops, homeschool, private education associations – by any name, thousands of parents are taking back control of their students' education. An astonishing 9,092 students left Washoe County School District in the school year ending August 2020, during a time of unprecedented growth for the Reno area.

Each of these new education groups has a unique character, reflected in where it meets, the activities they undertake, and degree of family involvement. City kids can now spend their school day on a farm, helping with chores and learning skills from agriculture to animal husbandry. Students in remote areas of Nevada now have access to resources formerly reserved for larger cities, like courses in cybersecurity, coding, or business. Harkening back to the days of the one-room schoolhouse, older students help mentor younger ones, learning valuable lessons about project management and supervision along the

way, while students with fewer siblings are exposed to a wide variety of ages and abilities. Just like real life.

Many of the new options leverage technology to access courses not offered locally. Astrophysics. Civics. Japanese. Philosophy. Videography. Adults get a chance to learn new topics while students get an early chance to explore potential careers. Kids who don't have a frog to dissect this year can instead perform virtual brain surgery with increasingly sophisticated online labs.

As with any form of learning, online education has had mixed success during COVID, with many schools and teachers unprepared for the transition and too few engaging curricula to choose from online. In reality, all three are needed – gifted teachers working from well-crafted curricula, delivering content by all available means to ensure the best possible student outcomes. The explosion in new options is allowing parents to tap great teachers,

choose course content consistent with family values, and delivered while at home, at school, or exploring the world.

And for the thousands of families looking for education without masks, vaccinations, or mandatory testing, the Private Education Association is an option to consider. Operating in the private domain, PEAs are exempt from federal and state requirements.

In short, there is something for everyone. For a list of Northern Nevada alternative school options, check www.ischools.us/alternatives. Nevada Action for School Options (nevadaaction.org) and the Northern Nevada Homeschools (nnhs.org) are always an invaluable resource.

It is an exciting time to be in education.

Kathryn Kelly, DrPH MEd, is Executive Director of I-School, an accredited, private K-12 school located in Incline Village and Carson City, offering onsite and remote instruction. She may be reached at kkelly@ischools.us.

Extended Studies help companies, staff to stay on trend

By Jodi Herzik

Top-performing companies recognize employee development leads to bottom-line results by staying relevant and competitive in their industry and retaining experienced staff. Extended Studies at the University of Nevada, Reno can deliver targeted courses at your site or ours — designed with your budget, your goals and your business in mind.

In decades past, it was common for employees to spend their entire career with the same company. Loyalty was valued, and it went both ways. Times have changed. It's a job-seekers market, and employees no longer have that bond of loyalty. Consequently, businesses must rethink the role of continuing education in their corporate strategy if they want to retain employees.

A recent survey conducted by the American Management Association found: "Employee development issues were of top importance for employees and helped

to improve retention. By offering educational opportunities, employees are inspired to both serve you better in their current positions while also grooming them as skilled candidates for other positions within the company."

Educational benefits go beyond boosting morale. Employees who feel valued by their employers are less likely to actively pursue other job opportunities. Retaining valuable employees also can save the company money — replacing an experienced employee costs. Overall increased job satisfaction makes employees more productive and reduces absenteeism.

Who will benefit most?

- Your company, its management staff and employees who recognize training and retention are key to bottom-line success
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For more information, visit extendedstudies.unr.edu or call (775) 784-4046.

Jodi M. Herzik is the interim vice provost for Extended Studies at the University of Nevada, Reno.

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- 2. Provide buffer asset to mitigate adverse sequence of returns.** Establish standby HECM Line of Credit.
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Ultimate luxury meets romantic village and world-class skiing in Gstaad

Submitted to the Galena Times

Legend has it that the Saanen region of Switzerland was created by God while stopping to rest during the world's creation. He placed His hand down shaping the land – His fingers molding the valleys, so a story on eurotraveltogue.com. The natural beauty of Gstaad with its picturesque mountains, forests, and lakes has lots of romantic charm.

Today, this quiet town has become one of the most exclusive destinations known for its luxury hotels, shopping, top-notch service, world-renowned cuisine, and its international and fabulously wealthy visitors. The population of Gstaad grows from 7,000 to 30,000 during Christmas time as the rich and famous flock to the village that puts together one of the most unforgettable and extravagant winter holiday displays in the world, according to an article in The Guardian.

But there is more to Gstaad than just its glamorous reputation. It's an incredible destination for ski enthusiasts to enjoy a variety of experiences ranging from relaxing to thrill seeking. Novice skiers can take advantage of the easy terrain options and cross-country ski trails. Adventure seekers looking for challenging runs can try the Glacier 3000 which has incredible powder and excitingly steep descents, the Tiger Run on the Wasserngrat which is the steepest ski slope in the region, or a local favorite, La Videmanette. For the extra adventurous, helicopter skiing is a great way to experience challenging slopes and get a bird's eye view of the scenic alpine landscapes, as ski-europe.com suggests.

You can also try many other unforgettable outdoor winter activities like sledding, sleigh rides, dog sledding, hot air balloon rides, scenic hiking trails, or participating in the lively après ski scene. Gstaad has done an



(Photos: H. MacLean)

incredible job preserving its rich culture and the people who live there take pride in their centuries old traditions from maintaining the architectural style to keeping the cow farming and cheese making tradition alive. To experience this cultural treasure, stop by the mountain log cabin of Le Petit Chalet to try their truffle or goat cheese fondue and raclette, or visit the underground cheese cave owned by the local dairy, Molkerei Gstaad, for a guided tour with cheese sampling.

There is truly so much to experience in Gstaad from the incredible skiing and winter activities to unique cultural experiences. It's hard not to believe

its divinely touched origin story. You might even see a celebrity or two while you're there.

MacLean Adventures is planning a ski adventure to Gstaad in 2022 from March 2nd to the 13th. We will be staying at the beautiful golf hotel Les Hautes de Gstaad & Spa where you will get to enjoy its sunny and picturesque location on the panoramic plateau of the Saanenland. When not enjoying the slopes, you'll be treated to exquisite cuisine, unique ambiance, and endless opportunities for relaxation at the sauna-park, steaming bath, and pool.

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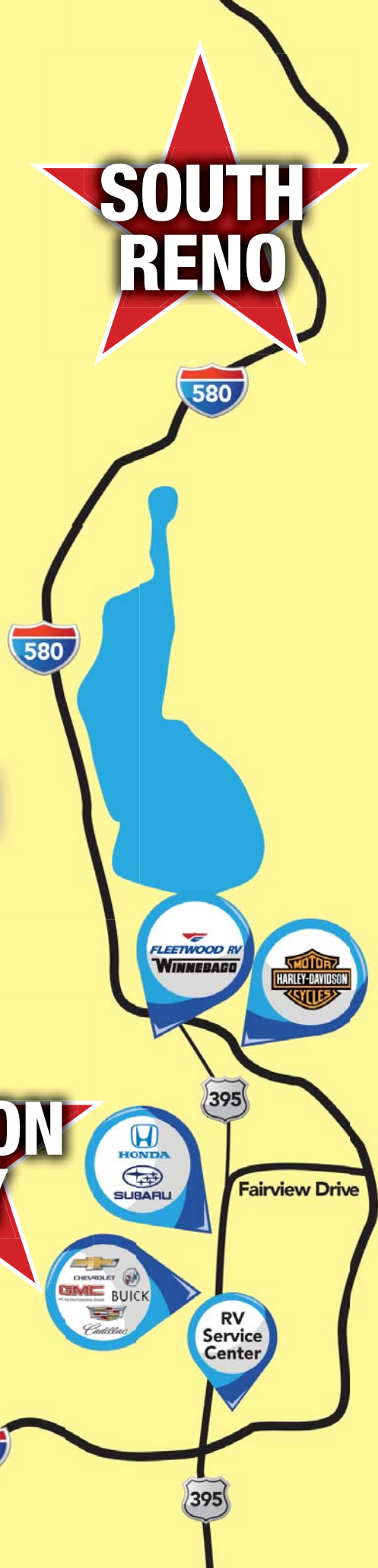
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