

The importance of wild spaces

By Dagmar Bohlmann

Reseeding native wildflowers, removing barbed wire to restore wildlife habitat, and donating to local environmental causes are honorable endeavors. Perhaps it’s a way to give back, to offset our personal climate change impact. We like to volunteer to do good in the world. But what if the simple act of dispersing seeds in the Mt. Rose Wilderness actually plants a seed inside the one sowing? One that first might only be a tender shoot of solitude and then grows into an enthusiastic love for wild places. Not so much because we humans protect wilderness, but because we realize what wilderness can do to save us.

Chris Cutshaw is a self-proclaimed ski bum turned Americorps volunteer. He now works as Northern Nevada Stewardship Manager of the Sparks non-profit Friends of Nevada Wilderness. With a B.Sc. in Forestry, he helps to preserve, protect, and improve wild spaces he has come to love.

“Nevada is not just desert,” he says. “From the forested mountains of the Mt. Rose Wilderness to the plains of the Red Rock Desert, it offers so much wide, open space and solitude.”

In the United States, the Wilderness Act of 1964 officially designated and preserved land as wilderness, defining it as “an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain.” More than half of US wild land is in Alaska. Nevada contributes 3 percent nationally or 5 percent of its state land area.

As Cutshaw describes, undisturbed, open spaces provide habitat for wildlife and plants, and healthy ecosystems create clean air and clean water. Wild places invite traditional recreational use



Volunteers of Friends of Nevada Wilderness join board member Lou Bubala (top right) and programs manager Olivia Wolff (bottom right) in removing fences and sowing native seeds to connect to the land, themselves, and each other.



like hiking, fishing, and hunting. But there is more.

“Wilderness also includes spiritual factors,” he says. “These are the last places in the US that aren’t fully manipulated. Our spirit is longing for connection to the natural world instead of filling our lives with noisy machines and technology.”

To Cutshaw, watching how the environment slowly changes from sunrise to sunset on a backcountry camping trip means getting to know the land much more intimately than by hastily driving through it. Natural beauty elicits feelings of awe and to many, that means a mental boost, something he likes to share with others.

“The best part of my job is introducing people to the Nevada wilderness and creating memorable service projects,” he says about his task of organizing free field trips.

On National Public Lands Day in September, a group of volunteers will carpool or caravan to a communal campsite near Soldiers Meadows in the Red Rock Desert. To make this an inclusive experience even for people who don’t have any wilderness skills, Friends supplies everything for those who don’t have transportation or camping gear.

After an informal Friday night

dinner and a lavish Saturday breakfast, volunteers can select one of four service projects. This year marks the start of two Citizen Science projects: habitat monitoring of the Desert Dace, a tiny fish that can sustain water temperatures up to 100 degrees Fahrenheit; and erecting semi-permanent photo point stations to chronologically document

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Letter From the Publisher

We have an old-fashioned, wooden canoe and I love taking it out on Lake Tahoe in the fall. The days are still warm, and the water is calm and clear. As I paddle along, it almost feels like I’m flying above the granite boulders covering the lakebed. Rent a kayak or a paddleboard and give it a try. You won’t be disappointed, and you might just be hooked for good.

If you prefer to keep the solid ground under your feet, you will love to know that there’s a new trail in town. The Ballardini Ranch trail connection to Thomas Creek is now complete. This perfect addition to our existing trail system promises fun whether you are hiking, biking, or horseback riding.

If you are already waxing your skis, remember to get your Mount Rose Ski Tahoe seasons pass before the end of September. Read about the new high-speed chair up Lakeview in this issue. It’s going to be great to have fast access to fresh powder. And on those windy days when the Northwest chair is closed, we may now have a good alternative to get to the top of the mountain. I’m not going to miss those

long, slow, freezing rides on the old lift.

In the meantime, we have several new writers in this issue informing you about local event updates and inviting you to cultural, outdoor, and community activities. It’s a great time of year to get outside and enjoy some seasonal events.

As always if any of our neighbors have any news or information to share, please contact me directly and we’ll help get the word out.

Happy trails, Richard Keillor



Richard Keillor explores Tumalo Falls, Oregon.

wild spaces *continued from cover*

environmental changes. In addition, and as part of the Stewardship program, trash pickup and barbed wire removal are great team-building jobs.

“Removing fences is really important work,” says Cutshaw.

Barbed-wire fences divide wildlife habitats, trap birds like the lowing flying sage grouse, and are impassable to the free-roaming pronghorn antelope. But Friends of Nevada Wilderness is taking down more than fences, they remove barriers to accessing wild spaces for humans, too. All programs are free and committed to inclusion, diversity, and equity.

“We divide our projects in ways that allow people to decide what they want to do based on their interest or physical abilities,” Cutshaw says. “Some are highly physical tasks others are easier.”

But an outing with Friends is not all work. The afternoon on National Lands Day includes soaking in local hot springs or simply enjoying the stillness of the desert. The team’s success is later celebrated with a Dutch Oven Cook-Off around a campfire.

Most participants come as strangers and leave as friends, sharing rare experiences in unusual places. Or as naturalist John Muir says, “In every walk with nature one receives far more than he seeks.”

“When you help maintain a hiking trail or spread seed, you begin to really care,” says Cutshaw about volunteering for Friends of Nevada Wilderness. “Participating in tangible projects creates people who advocate for Nevada wilderness areas.”

In the Hunter Creek drainage, volunteers pulled invasive musk thistle in spring. This fall, small teams of volunteers will head out shortly before a storm to broadcast by hand a mix of native seeds a Forest Services botanist had designed for riparian areas. No dates are set because the seeds have the highest success rate in freezing temperatures just after a storm.



Every first Thursday of the month at 7 pm, Friends of Nevada Wilderness hosts a local environmental expert for folks who are interested in the outdoors to learn more about hikes, local habitats, and ways to get involved with conservation efforts.

“We put 10 pounds of seeds in our backpacks, hike often off-trail and across creeks to sites where musk thistle was removed earlier,” says Cutshaw who currently assembles an interest list. “It’s like a group hike with a purpose.”

Having a purpose is what might help people to get outside. The Environmental Protection Agency estimated that the average American spends 93% of their life indoors. At the same time, psychologists see higher rates of stress, burnout, depression, fatigue, and anxiety. Yet studies show that time in the natural world improves physical and mental health.

Japanese researchers together with professor Bum-Jin Park showed in a 2010 study of 280 adults published in the journal Environmental Health and Preventative

Medicine that forest environments promote lower concentrations of the stress hormone cortisol, lower pulse rate, and lower blood pressure, than do city environments.

Spending time in the outdoors offers a refuge from the plugged-in world. Off the beaten path, you not only find mental wellness and inspiration, but the seed you sow might just be rooting in your heart as a profound love of the natural world.

To find out more, register, or donate, visit <https://www.nevadawilderness.org>.

Friends of Nevada Wilderness Fall 22 Events

Santa Rosa Fence Removal

Friday, September 16 at noon through September 18, 2022
Santa Rosa-Paradise Peak Wilderness

National Public Lands Day

Friday, September 23 at noon through September 25, 2022
Soldier Meadows

2022 Mt Rose Native Seed Spreading

Thursday, October 20 through December 19, 2022
The exact dates are TBD, get on the interest list

Gabbs Valley Mining Claim Marker Removal

Friday, October 28 at noon through October 30, 2022
Gabbs Valley Wilderness Study Area



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NOVEMBER 6

Soweto Gospel Choir
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DECEMBER 11

Pink Martini featuring China Forbes



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Celebrate Nevada's birthday weekend in Carson City

Submitted to the Galena Times

Each October, Nevadans showcase their state pride celebrating Nevada's official entry into statehood on Oct. 31, 1864. Nevada Day weekend in Carson City is one of the biggest celebrations of the year, with no shortage of family-friendly events and activities for visitors to enjoy.

As the home of the official Nevada Day Parade, visitors can explore all the capital city has to offer during Nevada Day weekend Friday, Oct. 28 through Sunday, Oct. 30. Make a mini-staycation out of the extended weekend and find a place to stay at VisitCarsonCity.com to experience this year's events to the fullest.

Find Your Spot for the Nevada Day Parade – Saturday, Oct. 29

Since 1938, the Nevada Day Parade in Carson City has gathered the community together to celebrate Nevada's heritage and culture. Beginning at 10 am at the intersection of William and Carson streets, over 200 floats move from north to south along Carson Street, ending at the Stewart and Carson street intersection.

Before the parade, visitors can also join the annual pancake breakfast at the Governor's Mansion, participate in the annual Nevada Day Classic Run/Walk and watch



Carson City celebrates Nevada Day with a parade and special events.

hot air balloons take to the skies. After the parade, visitors can get their fill at the annual Chili Feed, watch the annual Beard Contest and check out the fierce single-jack rock drilling competition, which celebrates 19th-century mining techniques used on the Comstock. Event details will be made available at VisitCarsonCity.com.

Take a Railbike Ride on the V&T Railroad – Oct. 28-30

Join the Carson Canyon Railbike Tours for a ride

along the historic V&T Railroad. Motor-assisted, pedal railbikes provide a comfortable trip out of Carson Canyon, across the V&T Railway highway bridge to the historic Halfway House Stage Stop. Tours are 90 minutes and are available to ages 4 and up. This will be the last weekend rides will be available for the season. Purchase tickets online at VTRailway.com.

Explore the Nevada State Railroad Museum (for free) – Oct. 29-30

The Nevada State Railroad Museum offers free admission for all visitors from 9 am to 4:30 pm, Friday, Oct. 28 and Saturday, Oct. 29. Plus, visitors can ride a piece of Nevada heritage on the McKen Motor Car from 10 am to 2 pm each day. Rides last approximately 25 minutes and depart from the museum grounds. Train ride tickets can be purchased at the museum. Call (775) 687-6953 or visit CarsonRailroadMuseum.org for more information.

From parade goers to history buffs and every explorer in between, Carson City's Nevada Day celebrations offer something for everyone to enjoy.

Go to VisitCarsonCity.com for a full list of Nevada Day weekend events.

Mt. Rose Ski Tahoe opens new Lakeview Express

Submitted to the Galena Times

Construction is moving along quickly and ahead of schedule for the new Lakeview Express and Lakeside trail improvements at Mt. Rose Ski Tahoe. The new Leitner Poma high-speed quad lift has gotten tower footings, and the terminal foundations will be completed next.

A four-minute average ride time and expansive views of Lake Tahoe from the top of the new Lakeside trail will greatly improve the Lakeside experience. Photos and construction details are available at skirose.com/lakeview-express.



Mt. Rose Ski Tahoe gets a new high-speed quad lift for the 2022/23 season.

Additional lift improvements have also been in the works this summer with three lifts receiving "drive upgrades" and a fresh, new paint scheme. More details will emerge soon with the announcement of several new faces in key roles at the mountain as well as details on other improvements expected prior to opening day this fall.

Learn more about Mt. Rose Ski Tahoe or purchase a 2022-23 winter season pass (best available rates offered through September 2022) at www.skirose.com. Follow Mt. Rose Ski Tahoe on Facebook at www.facebook.com/MountRoseSkiTahoe, and on Instagram @mtroseskitahoe.

Galena TIMES

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

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

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

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

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Lasting change requires support structures

**Liesa Leggett Garcia**

If you've ever been to Boston, you may wonder about the rhyme and reason of their city planning, specifically the layout of the roads.

For cows to create those paths, they moved through the topography where it was easiest to travel. They didn't think about how to navigate obstacles, they just put one foot in front of the other and moved with the flow of the land.

Each time cows passed through the same area, it became easier for them to take the same path they had taken the last time because the path became more and more clearly defined. Those 17th-century cows took the path of least resistance.

What we've come to understand is that energy will always move where it is easiest for it to move. Electrical currents. Wind. Water. Traffic. If something is really hard to do, a struggle, we're less likely to do it.

The takeaway is that to accomplish

James Clear wrote in his bestselling book *Atomic Habits*, “You don’t rise to the level of your goals, but fall to the level of your systems.” Systems are structures.

The path of least resistance doesn't mean the lazy way, or the most convenient way (although, admittedly, it can mean that). It means in order to go with the flow, we've got to make sure the

"Those who flow as life flows, know they need no other force."

Lao Tsu

tread marks are where we want them.

Liesa Leggett Garcia, a Nevada native, is the senior minister of the Center for Spiritual Living, located in southwest Reno. It is a positive, inclusive community that teaches "Change your thinking, change your life." For more info, visit www.cslreno.org.

Vision Zero Truckee Meadows urges safety

The Vision Zero Truckee Meadows regional task force is reminding the community to use extra caution in and around schools as Washoe County School District classes are back in session.

During the 2021-2022 school year, 12 Washoe County School District students were hit by cars, including one student who sustained life-threatening injuries. While this number is lower than in previous school years, drivers need to remain vigilant. Local students arriving at school safely is just as important as their safety while at school.

Crashes near school zones are

Vision Zero Truckee Meadows recommends the following safety tips for pedestrians and motorists:

- Stay on the sidewalk. If there is no sidewalk, walk on the far left so you can see oncoming traffic.
- Cross the street only at corners or crosswalks.
- Make eye contact with drivers. Make sure they see you.
- Walk in groups and use extra caution in the dark. Wear reflective or highly



(Photo provided by RTC)

- Wake your earbuds out, turn your devices down, and keep your head up.

- Drivers should watch for children walking and bicycling to school and be mindful of school zone speed reductions.
- Per state law, neither U-turns nor

- Drivers must obey crossing guard directions – not only is it the right thing to do, but it is also the law.

Some drivers in last school year's crashes reported that bright sun affected their visibility. If you are unable to see where you are driving due to the bright sun, please pull over until you can see the roadway to safely continue.

Lauren Ball is the Public Information Officer for the Regional Transportation Commission of Washoe County. For more information, visit VisionZeroTruckeeMeadows.com.

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Celebrate German Gemütlichkeit with barks and beer

By Dagmar Bohlmann

Since his daughter was born in late June, Ryan Goldhammer's life has been simultaneously busy and slow. The co-owner of Noble Pie Parlor says it forced him to prioritize family events and savor the little things. On October 1, those will include puppies, cheese, and beer.

"We are being incredibly selective these days about what we do for enjoyment and what we engage in as a business," says Goldhammer.

This fall, his business is among the sponsors of the Summit Reno's Barktoberfest event.

"At Noble Pie Parlor, we have seen a lot of interesting events come through town, whether they be near our Midtown location or the Summit location," says Goldhammer. "Since we've been at the Summit, Barktoberfest has been the ultimate, family-friendly fall festival."

Hosted by the Society for the Prevention of Cruelty to Animals of Northern Nevada, Barktoberfest proceeds will help in their work of placing deserving pets into forever homes.

While the new father anticipates that his daughter's schedule might rule his participation in the event, he is looking forward to costumes and community.

"It'll probably be a little bit crazy

for me when the day comes to pass, but right now I'm picturing myself enjoying a brisk, autumn afternoon with my wife and daughter, sipping on a signature Oktoberfest brew inhaling a slice of pizza, while a sea of cute dogs in lederhosen and other costumes flood the main street of the Summit Mall."

Revision Brewing, Pigeon Head, and Great Basin Brewery are among the businesses supporting the event.

"Sure, you can drink beer, buy food, peruse the vendors and stores, and listen to live music from local bands and even a German DJ, but the real selling point here is the many humans and their furry, costumed companions who will make this day bright and memorable," says Goldhammer.

Reno Running Company is hosting timed one-mile and 5K fun runs, which could also be a jog or walk. For more canine athleticism, dog parents can find wagging tails at the Zoom Room's doggy agility obstacle course. If puppy cuteness enhances social media numbers, the costume contest will deliver plenty of opportunities for charming photos, or you can take pictures with your dogs or your friends at the free, professional photo booth.

If you bring pets, just ensure they are leashed, behaved, and vaccinated. For more information, visit <http://spcanevada.org/barktoberfestreno>.



Scott Butler and Angie Bonini enjoy Barktoberfest with their Golden Retrievers Hank, Waylon and Cash.

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Artown announces lineup for Encore Series

By Oliver X

After a summer season that saw the non-profit organization present over 600 multidisciplinary arts events in 31 days in July, Artown wasted no time in preparing an encore.

“Each year Artown’s Encore Season brings some of the world’s finest artists to Reno,” notes Artown Executive Director Beth Macmillan. “The Encore Series affords the community the opportunity to experience artists in all disciplines, who are at the height of their creative powers and abilities.”

Jazz at Lincoln Center Orchestra September 12, 2022 – 7.30pm - Pioneer Center for the Performing Arts, Reno

The world-renowned Jazz at Lincoln Center Orchestra with Wynton Marsalis made its northern Nevada debut Monday, September 12, 2022. Comprised of 15 of the finest jazz soloists and ensemble players today, under music director Wynton Marsalis, the Jazz at Lincoln Center Orchestra performed a vast repertoire, from rare historic compositions to Jazz at Lincoln Center

Orchestra-commissioned works, including compositions and arrangements by Duke Ellington, Count Basie, Thelonious Monk, Dizzy Gillespie, Benny Goodman, and Charles Mingus.

Dance Theatre of Harlem – October 30, 2022 – 7.30PM - Pioneer Center for the Performing Arts, Reno

Dance Theatre of Harlem is a leading dance institution of unparalleled global acclaim. Founded in 1969 by Arthur Mitchell and Karel Shook, Dance Theatre of Harlem is considered “one of ballet’s most exciting undertakings” (The New York Times). Now a singular presence in the ballet world, the Dance Theatre of Harlem Company tours nationally and internationally, presenting a powerful vision for ballet in the 21st century.

Soweto Gospel Choir – November 6, 2022 – 7.30PM - Pioneer Center for the Performing Arts, Reno

This all-new concert by three-time Grammy-winning Soweto Gospel Choir commemorates South Africa’s Freedom Movement and the Civil Rights Movement in

the United States. Bringing joy to all, “HOPE” opens with a rousing program of South African freedom songs that inspired their Rainbow Nation. Then, the choir’s uplifting performance moves to the United States, with beautiful renditions of the music of the Civil Rights Movement, including works by legendary artists Billie Holiday, James Brown, Otis Redding, Curtis Mayfield, and the one-and-only Aretha Franklin.

Pink Martini featuring China Forbes – December 11, 2022 – 7.30PM – Grand Sierra Resort Casino, Reno

Crossing genres of classical, jazz, and old-fashioned pop, Thomas Lauderdale founded Pink Martini in 1994 to provide more beautiful and inclusive musical soundtracks for political fundraisers for causes such as civil rights, affordable housing, the environment, libraries, public broadcasting, education, and parks.

Oliver X is the 2016 American Advertising Federation of Reno’s Promotion Person of the Year and former editor-publisher of the award-winning Reno Tahoe Tonight Magazine.

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TeenTober celebrates teens at local libraries

By Teree Yount

For so many of us, fall is a welcome transition between summer and winter. The leaves are changing colors, and there is an increasing chill in the night air. Imaginative costumes are being fabricated, ovens are full of delicious treats, and soups are likely bubbling on your stoves. Garlands, centerpieces, harvest displays, pumpkins, and spooky crafts...cheerfully made at the hands of families, friends, and classmates. People really seem to be at their most creative during this season, which makes it a rather good time for teens to gather at their local Washoe County Library for the annual TeenTober revelry.

TeenTober is hosted by libraries nationwide each October to celebrate teens and promote year-round services for this age group. The Washoe County Library System is fully embracing this year's celebration with a host of teen-focused activities and outreach.

From goth sock puppets and luminary mason jars to haunted figurine and Frankentoys, creepy crafts abound. Teens can also learn to DJ, watch Anime, and attend performances by local musicians and dancers.

With so many fun activities their fingertips, what more could teens possibly want? Perhaps a festive carnival and art show with food trucks, activity booths, live music, cool crafts, and fierce balloon animals specifically for teens? This describes the creative and exciting culminating event at The Holland Project's Young Blood group exhibition on Friday, October 14, at 5.30 pm. All artists featured in this exhibition are under 21.

The Washoe County Library System has developed a partnership with The Holland Project, a non-profit, all-ages, volunteer-driven organization that aims to provide access to art, music, and skill-building opportunities, and encourages community engagement and collaboration. At Holland's event space and gallery, teens in the Reno community are encouraged to form bands, book shows, hang their art, design for fashion shows or DJ dance parties. As their mission states, "It is by young people, for young people."

So, if you think your teens will have any reason to be bored during the month of October, casually leave this article hanging around and act aloof when they mention the public



(Photos: T. Yount)

Washoe County libraries partner with The Holland Project to bring art projects, music, and food trucks to young people in October.

library or The Holland Project. Find The Holland Project at 140 Vesta Street, between Wells Ave and S. Virginia/Holcomb, near Reno's Midtown district.

Teree Yount works for the Washoe

County Library System / South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at 775-851-5190, or by email at Tyount@washoecounty.gov. To register for library events, visit washoecountylibrary.us/events.



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Real estate memories of the 1960s

By Gordon MacLean

Like many other Nevada immigrants, I first came to Reno to get a divorce. I immediately decided that the way to repair the financial and emotional damages that this process invariably entails was to buy a cattle ranch. Little did I know.

I was aided and abetted in this scheme by a hard-bitten character by the name of Al Culver, who I had chosen to be my partner. I knew absolutely nothing about running a cattle ranch and therefore I reasoned I needed a partner who knew more than I did. This qualification greatly simplified matters by leaving the field of choice wide open. It was easy to tell that Al Culver was an experienced rancher because (a) he looked like one, and (b) he agreed with me. Furthermore, he seemed to have the one attribute which really was necessary to our scheme, namely, (c) cash to pay for his half of the deal. Unfortunately, it was not until sometime later that I discovered it was easier to get a refund from the IRS than it was to separate Al from his cash.

It turned out, though, that for many years Al had owned and operated a bean farm in the Salinas Valley in California, and he really did know a lot about growing beans. The only trouble was that our Nevada cattle ranch was not much of a place for growing beans. Even if it had been, I don't know how well the cattle we bought would have done on a diet of beans. As it was, they did remarkably well on the lush grass that sprouted in endless abundance on our meadows that year. By reason of our vast experience and acute foresight, we had managed to buy the ranch just at the beginning of the one year in twenty, when it actually would support the 1,100 head of cattle, we put on it, rather than the 450 it could normally carry. Because of my unerring good judgment, I had also bought our young steers at \$0.20 a pound and sold them a year later at \$0.38 a pound. A few weeks later they were back down to 20 cents. As soon as I discovered how narrowly we had escaped disaster, I promptly sold out to my partner, figuring that at last, I had outsmarted him.

The ranch name, Bella Vista, was a total mystery to me. *It was just south of Rattle Snake Mountain, now home to IGT and hundreds of homes (Harvey MacLean).* I tried unsuccessfully to change it to Rancho De la Tierra Feliz. As a result of my experience, I became acquainted with a very likable real estate broker by the name of Chick Bennett. Chick was one of Nevada's most knowledgeable brokers. Suave, affable, an excellent horseman, and attractive to women, Chick was the right man at the right time to take advantage of Reno's prosperous social and business climate. One Sunday morning in the fall of 1947, shortly after Al Culver and I had

become ensconced as the new owners of the Bella Vista, Chick called to ask if I would like to "take a little drive up in the mountains."

"There is a beautiful lake up there, Gordon," he said. "It will only take a couple of hours. You might even be able to get in a little fishing. I'll have you back at the ranch in time for lunch."

At the time I didn't know it, but Chick was one of the world's most consummate salesmen. It so happened that skiing, hunting, and fishing were, and still are, the delights of my life. I don't know that it is true, but I shall always believe that Chick made it his business to know these things before he even approached his quarry. At any rate, the mere mention of a mountain is enough to set my blood racing. Although I have never climbed anything steeper than Mount Rose, I have read every mountaineering book that I could lay my hands on. I am enthralled by mountains; a mountain perpetually covered by deep, soft, powder snow is my idea of paradise on earth. So it was that when Chick Bennet suggested on that September Sunday that we "take a little drive up into the mountains," he didn't have to ask me twice. I was in the front seat of his Cadillac before he was. Thus, it was that I saw the Mount Rose highway for the first time.

It didn't take us long to reach the summit. In good weather, and on today's road, it's an easy 45-minute drive — 35 minutes if you hurry a little. In those days, on the old road, it took about the same length of time. The "old" road, which was replaced in 1960 by the present highway, was narrower, steeper, and had sharper curves. But, by the same token, it was shorter. I liked it better. It seemed to be so much a part of the forest. Branches of trees leaned out over it until they almost met in the middle. In the spring there were wildflowers growing right on the shoulder. You felt immersed in a lovely maze of greenery, and you couldn't possibly make over 40 miles an hour on it. You had time to watch the chipmunks scamper out of your way.

Just as we crossed the summit, I caught my first glimpse of Lake Tahoe. Even at a distance of eight miles, it is a breathtaking, shimmering vision of light blue loveliness, set down amidst the darker Blues and purples of the snow-flecked Sierra. A little way further through the windswept Pines and we broke out in the clear at the edge of Tahoe meadows dash lush and green even at summer's end. Soon we were across the Meadow and climbing again into the timber on the far side.

Then, suddenly, we were on a narrow, bumpy, dirt road. I hadn't seen the entrance until we were almost on top of it. The trees were so close that they brushed against us as we passed. Soon there was a patch of aspen,



The moment Gordon MacLean saw the 20-acre lake just past the Mt. Rose pass, he knew he wanted to buy it for his family.

quaking in the breeze, then silvery undersides of their leaves sparkling in the brilliant, mountain sunshine, their branches forming a green tunnel around us. When we pulled to a stop beside a cabin of shiny, new yellow logs, Chick introduced me to George Nielsen, the caretaker for three summer homes including the log cabin.

"Howdy, Mr. MacLean," he said, his deep blue eyes twinkling with the kindly smile. "I'm sure pleased to meet ya." George's speech was deliberate, as were his movements. You felt that he wasn't going to be rushed into anything, but by golly, once he started something, he was darn sure to finish it. The only clue to his years was the deep creases that lined his rugged face. He looked straight at you

and had a firm handshake, qualities that always attracted me at a first meeting.

"You must get a lot of snow up here," I said. Donner Pass was only about 30 miles northwest of here. I had been thinking, and more than 1,000 feet lower. I had noticed the sign when we crossed the Mount Rose summit, elevation 8,933 feet, and I knew we could not have descended more than a few 100 feet since then. I had noticed the trees at the top of the pass. At the moment, there were two others just behind me, six-foot diameter giants that had seen four hundred Sierra winters. Their tops were dead, gnarled, weather-beaten, and they pointed east.

"Well, now, I should say we do get a

continued on page 11

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real estate memories *continued from page 10*

lot of snow," allowed George. "See those two trees over there?" He pointed out a pair of 75-foot beauties standing in a hollow below us. "Why, I've seen them buried clean out of sight." I had heard of hundred-foot snow drifts. Somehow, I believed him. But then, I also knew that Sierra storms were often wet, producing heavy snow, not as highly prized by skiers as a lighter, dryer, powder found, for instance, 500 miles further from the Pacific at Alta, Utah.

"Is it very dry and fluffy, or is there a lot of water in the snow?"

"Why," said George, "many's the morning I've had to melt a whole bucket full of the stuff just to get enough water for one cup of coffee. I'll say it's dry. Driest stuff I've ever seen. Twarn't enough water in it last winter to raise a decent crop of grass hereabouts, but conall them houses were clean out of sight last February." Right then I was hooked. I glanced at Chick. He didn't even seem to know what we were talking about. I strolled down to the lake. About 20 acres in size, its blue waters rippled under the caress of a light breeze.

"Any fish in that lake?" I inquired.

"Oh my, yes, I should say so. They stock it with rainbows and brookies every spring. Put in two truckloads just last June."

"Chick," I said, "how could a fellow

get ahold of an acre or two up here -- just enough for a small cabin?"

"Oh, that would be impossible. It's all owned by the Incline Lake Corporation. Sort of a private club. They don't let anyone in unless they are members. I just asked Norm Biltz if I could bring you up for an hour or two today, and he said sure, go right ahead. I'd have planned for the whole day if I thought you wanted to stay, but I know you have things to do back at the ranch."

Somehow Rancho de la Tierra Feliz was rescinding rapidly from my thoughts just then. I had always had a yen to own a log cabin. On a lake. High up in the mountains. I turned to look at the yellow log cabin. It had obviously just been finished. The roof was covered with cedar shakes, and a chimney made of native granite crowned its ridge. Everything about it was as neat as a pin.

I trusted Chick, but I wasn't going to let him know how badly I wanted into this idyllic club or whatever it was. I was too smart for that. "Chick," I said, "is there any chance that whoever owns this cabin would sell it to me?"

"I'm afraid not," was the answer. "You see, he's just finished it this summer and he hasn't even had a chance to spend one night in it yet. No, I'm sure he wouldn't want to sell."

It was only later that I was to learn

that the owner was none other than Bob Flick, a retired paper box manufacturer from Chicago. It was Bob Flick from whom we had bought the ranch. Our ranch had been part of a larger spread, the majority of which Flick still owned. A few years previously, Flick had moved to Reno to retire, bought his ranch, and then built the cabin I was now looking at. He had spent three summers building it. He had no sooner finished it than he had suffered a heart attack. His doctor told him that he could never again set foot on the mountain. And so, he had asked Chick if he thought he might, by any remote chance, be able to find a buyer for his cabin and his interest in the Incline Lake Corporation, which was the club that owned the property. But I didn't know any of this on that beautiful September Sunday, and so I was very careful not to let Chick Bennet know how I really felt. "Couldn't you please just talk to him, whoever he is? Just as a favor for me?"

"Well," said Chick, I'll tell you what. I happen to know Bob Flick pretty well. Same fellow you bought the Bella Vista from, you know. I'll be seeing him about the wind-up of escrow, and I'll ask him. Just as a favor to you. I'm sure he won't sell, but at least I can ask him."

"Chick that's great," I said. "That's all I want. Just ask him. How soon can you see him?"

And so it was that Chick made what I'm sure was the easiest sale in his entire life. I have often since wondered if he had tipped off George Neilson to the way I felt about snow. I never asked George. And I never asked Chick. I'm too fond of him. After all what better service could a broker do than to bring together a seller anxious to sell and a buyer anxious to buy? I have never for an instant regretted that trade. It was the best money I have ever spent. There is a line from the Rubaiyat that runs: "I often wonder that the vintners by, one half so the precious as the stuff they sell." After all, how often in life do you get the chance to exchange money for something that you wouldn't trade for money? I bought Bob Flick's cabin and his shares of stock in the Incline Lake Corporation for what he had in them. No doubt he would have taken less. Perhaps I might have paid more. At any rate, I've never for a second regretted the ride that Chick Bennet took me on, that sunny Sunday so many years ago.

Harvey MacLean edited his father's story. The Maclean family lived at the Mt. Rose summit for over 75 years before their private development firm Incline Lake Corp. sold the property to the Lake Tahoe Basin Management Unit, a division of the Forest Service, for \$43.5 million as part of a 777-acre land acquisition that began in 2008 and concluded in 2011.



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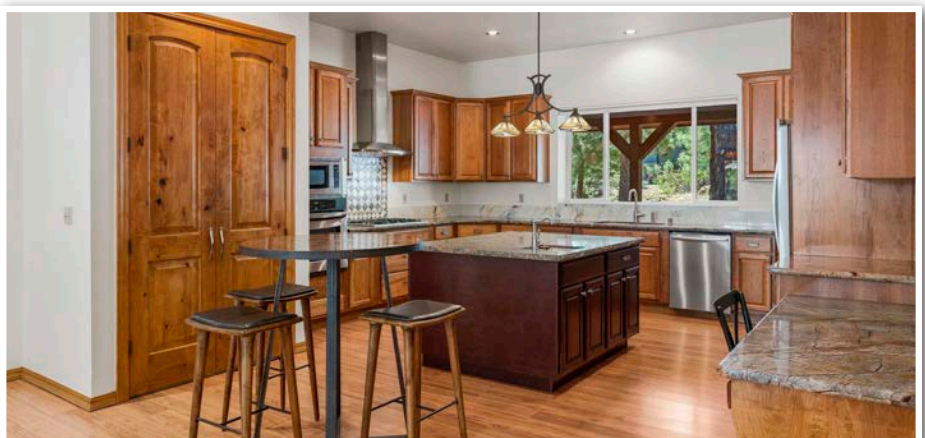


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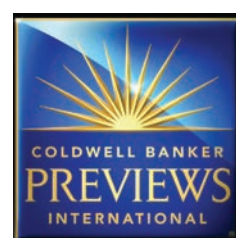
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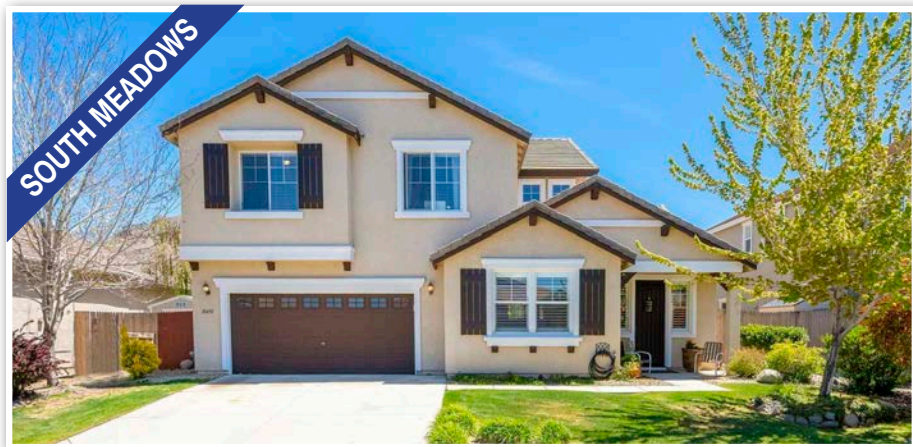
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Beautifully upgraded & updated, shows like a model on cul-de-sac complete with formal living room, dining room & separate family room, nook, pantry, tandem, 3-car, attached garage. 4th bedroom is an upstairs loft room, used currently as an office. This home boasts neighborhood use for small RV and large truck parking freedom. **\$699,000.**



Come build your dream home on 1.77 private acres in Galena Forest. Plenty of tall pines with mountain and valley views, which is rare in the Galena area. Upper-level easement allows for level south facing access to the property. Close to skiing at Mt. Rose, Lake Tahoe and Reno Tahoe International Airport. **\$390,000.**



Living in the great outdoors with modern amenities is what this A-Frame, style tri-level home offers, the wild blue yonder in your own backyard and 3 bedrooms, 3 bathrooms, 1824 SF, a separate living-great room & a bonus family room each with a wood stove insert or free standing stove. Built in 1980 and recent updates. **\$599,000.**



Fully furnished and recently remodeled unit in the Mountain Shadows complex. This condo overlooks the upper pool and has a unique, open floor plan at 1632 sq/ft - only a handful of this plan. So many upgrades including an expanded kitchen, bamboo flooring, double pane white vinyl windows, granite counters, wine fridge, soft closing drawers, expanded wet-bar, separate laundry room, newer tile and cabinets. Great location! **\$928,500.**

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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

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All Area Home Sales May 25 - September 12, 2022

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Off Market
Galena/Montreux/St. James							
605 Yellow Pine Rd	\$1,650,000	468.09	\$1,568,930	445.09	3525	0.66	6/10/2022
257 E Jeffrey Pine Rd	\$1,645,000	646.87	\$1,572,500	618.36	2543	1	8/9/2022
490 Myrtlewood	\$1,595,000	594.04	\$1,575,000	586.59	2685	0.89	5/31/2022
525 Piney Creek Rd	\$1,700,000	481.18	\$1,670,000	472.69	3533	0.62	6/13/2022
1005 Joy Lake	\$1,625,000	461.65	\$1,700,000	482.95	3520	0.51	6/2/2022
4324 Beaujolais Street	\$1,640,000	619.57	\$1,784,823	674.28	2647	0.33	8/12/2022
4300 Beaujolais Street	\$1,650,000	376.54	\$1,937,757	442.21	4382	0.37	5/31/2022
5985 Cartier	\$2,225,000	579.73	\$2,100,000	547.16	3838	0.59	7/20/2022
20745 Parc Foret Court	\$1,885,000	430.17	\$2,278,120	519.88	4382	0.4	7/22/2022
20576 Chanson Way	\$1,750,000	490.88	\$2,314,351	649.19	3565	0.33	6/14/2022
6685 De Chardin Lane	\$3,185,000	659.28	\$3,140,000	649.97	4831	0.67	7/8/2022
5850 Lausanne Drive	\$4,900,000		\$4,900,000	678.76	7219	1.09	6/1/2022
Callahan Ranch							
16255 Callahan Rd	\$630,000	794.45	\$590,000	744.01	793	1.21	5/31/2022
5345 Tannerwood Dr	\$760,000	436.53	\$760,000	436.53	1741	1.07	6/8/2022
5445 Tannerwood Dr	\$900,000	403.59	\$860,000	385.65	2230	1.05	8/29/2022
6060 Mountain Shadow Ln	\$1,099,950	407.39	\$1,055,000	390.74	2700	1.24	8/4/2022
15505 Willowbrook Dr	\$1,125,000	368.97	\$1,125,000	368.97	3049	1.03	8/31/2022
Rolling Hills/Galena Country Estates							
2200 Snowmass Drive	\$649,999	429.33	\$639,900	422.66	1514	0.39	8/26/2022
14315 Ghost Rider	\$649,000	365.84	\$672,000	378.8	1774	0.38	6/2/2022
35 Deer Valley Court	\$810,000	280.47	\$815,000	282.2	2888	0.72	6/21/2022
2485 Killington Dr	\$865,000	300.14	\$840,000	291.46	2882	0.82	8/19/2022
2470 Deer Valley Drive	\$844,900	379.56	\$845,000	379.6	2226	0.51	5/31/2022
469 Missoula Ct	\$875,000	343.95	\$860,000	338.05	2544	0.29	8/23/2022
4454 White Fish Drive	\$975,000	373.71	\$975,000	373.71	2609	0.29	6/24/2022
4145 Twin Falls	\$1,069,000	360.42	\$1,100,000	370.87	2966	0.28	6/1/2022
14395 Mount Snow Drive	\$1,150,000	336.65	\$1,125,000	329.33	3416	0.38	8/18/2022
Saddlehorn/Monte Rosa							
14225 E Windriver	\$850,000	402.46	\$825,000	390.63	2112	0.35	8/30/2022
14140 Saddlebow Dr.	\$1,399,000	537.66	\$1,399,000	537.66	2602	1.07	8/2/2022
14245 Powder River Court	\$1,600,000	418.52	\$1,500,000	392.36	3823	1	6/24/2022
14105 Saddlebow Drive	\$1,795,000	511.69	\$1,725,000	491.73	3508	1	6/10/2022
14445 Quiet Meadow Drive	\$1,799,000	572.2	\$1,750,000	556.62	3144	0.54	7/15/2022
14306 Swift Creek Ct	\$2,350,000	481.06	\$2,000,000	409.42	4885	0.78	8/19/2022
Arrowcreek							
2706 Wind Feather Trail	\$1,250,000	580.59	\$1,075,000	499.3	2153	0.34	6/15/2022
5745 Rue St Tropez	\$1,575,000	465.98	\$1,500,000	443.79	3380	0.32	7/15/2022
10044 E Desert Canyon	\$1,795,000	443.43	\$1,635,000	403.9	4048	0.7	6/2/2022
5717 Cedar Trace Ct	\$1,800,000	559.01	\$1,690,000	524.84	3220	1.03	8/26/2022
5728 River Birch Drive	\$2,199,000	454.81	\$2,010,000	415.72	4835	1.06	7/19/2022
10765 Harbottle Drive	\$2,100,000	638.3	\$2,150,000	653.5	3290	0.6	7/5/2022
5735 Indigo Run Drive	\$2,800,000	652.99	\$2,850,000	664.65	4288	1.27	6/2/2022
1015 Taos Ranch Ct	\$2,999,999	555.66	\$2,925,000	541.77	5399	0.56	7/22/2022
6672 Masters Drive	\$3,599,900	497.02	\$3,700,000	510.84	7243	1.57	6/1/2022
5885 Flowering Sage Ct	\$4,100,000	569.21	\$4,000,000	555.32	7203	1.05	6/3/2022
West Washoe Valley							
305 Nikki Ln	\$800,000	351.65	\$750,000	329.67	2275	10.52	7/15/2022
4951 Franktown Road	\$1,100,000	355.41	\$1,131,416	365.56	3095	4.83	6/1/2022
9 Lightning W Ranch Rd	\$1,795,000	568.94	\$1,795,000	568.94	3155	1.1	7/20/2022
7410 Bryan Canyon Rd	\$2,330,000	566.91	\$2,330,000	566.91	4110	5	5/25/2022
Other areas of South Reno							
5108 Tucumcari Cir	\$1,000,000	385.06	\$950,000	365.81	2597	0.67	8/18/2022
5022 E Albuquerque Rd	\$1,100,000	351.21	\$1,000,000	319.28	3132	0.35	8/30/2022
1540 Twin Oaks	\$1,175,000	381.25	\$1,100,000	356.91	3082	1.15	6/1/2022
5024 E Albuquerque Rd	\$1,145,000	461.51	\$1,145,000	461.51	2481	0.36	8/12/2022
12535 Water Lily Way	\$1,299,500	491.68	\$1,150,000	435.11	2643	0.51	8/4/2022
5112 Capitan Circle	\$1,250,000	436.91	\$1,250,000	436.91	2861	0.71	8/29/2022
11190 Vincent Lane	\$1,350,000	385.71	\$1,250,000	357.14	3500	2.7	6/30/2022
6400 Mesa	\$1,325,000	454.86	\$1,275,000	437.69	2913	0.56	7/1/2022
1175 Flanders Rd	\$1,295,000	426.27	\$1,295,000	426.27	3038	0.81	8/17/2022
8355 Lakeside Drive	\$1,650,000	432.16	\$1,350,000	353.59	3818	2.5	8/30/2022
250 Snow Creek	\$1,399,000	480.26	\$1,355,000	465.16	2913	0.72	8/12/2022
1095 Flanders Rd.	\$1,789,000	588.87	\$1,750,000	576.04	3038	0.81	6/29/2022
12570 Thomas Creek Rd	\$1,800,000	494.78	\$1,750,000	481.03	3638	1.05	8/2/2022
14050 Broili	\$1,995,000	486.11	\$1,800,000	438.6	4104	1	5/31/2022
1940 View Crest	\$2,325,000	553.57	\$2,275,000	541.67	4200	2.77	5/31/2022
1625 Catalpa Lane	\$2,575,000	505.7	\$2,400,000	471.33	5092	3.22	6/28/2022
2480 Faretto Lane	\$3,000,000	437	\$2,750,000	400.58	6865	4.01	8/31/2022
2358 Diamond J Place	\$6,500,000	1,096.12	\$6,000,000	1,011.80	5930	1.01	5/31/2022

Carson Tahoe Cancer Center celebrates ‘Sweet 16’

Submitted to the Galena Times

It’s time to blow out the candles. Carson Tahoe Cancer Center is celebrating 16 years since opening their doors to provide local people facing cancer with compassionate care.

Since 2006, this 35,000-square-foot, state-of-the-art facility, tucked away along the northwestern foothills just west of our Regional Medical Center, provides cancer treatment, intervention, support, and after-care to our patients – all under one roof.

“We are extremely excited to celebrate the Carson Tahoe Cancer Center’s 16th birthday,” says Jared Carter, Director of the Cancer Center. “I am proud of the team we have assembled to serve the communities of Northern Nevada with quality cancer services. This includes our oncology clinical program, which offers medical oncology, infusion services, patient navigation, clinical trials, cancer registry and partnered radiation therapy.”

The Carson Tahoe Cancer Center was Northern Nevada’s first freestanding, comprehensive cancer center opened to



From construction in 2006 to being Nevada’s first freestanding cancer center, the scenic, state-of-the-art Carson Tahoe Cancer Center turns 16.

patients and the community. Additionally, the acclaimed Cancer Resource Center – at one time located in the historic Adams House – provides much needed resources and support to local cancer patients. Additionally, the Merriner Cottages located next door to the Cancer Center, provide patients and their families a home-away-from-home with comfortable lodging during their treatment.

“We offer help and a path towards healing for patients who require financial assistance, housing, transportation, food and nutrition services,” says Carter. “It is wonderful to allow our patients to stay in our community to receive these services.”

So far, the Carson Tahoe Cancer Center has made a community impact in several big ways:

- In 2015, announcing the affiliation with one of the top academic cancer research institutions in the country – Huntsman Cancer Institute at the University of Utah.
- The Cancer Center maintains accreditation by the American College of Surgeons’ Commission on Cancer, which signifies the highest standards of excellence when it comes to cancer healing and treatment, intervention, support and after-care.
- A generous gift of \$543,898,

through the Pennington Foundation in 2021 allowed the remodel of 15 “home away from home” Merriner Cottages, which provide respite to rural patients facing cancer.

From moment the doors opened, staff and administrators have worked hard to redefine healthcare excellence in Northern Nevada. The scenic facility includes full-time medical and radiation oncology practices, an ambulatory infusion center with stunning views of the Eagle Valley, and extensive support services. For those who need additional healing and medical support, Carson Tahoe Regional Medical Center is right next door with a broad safety net of critical care services.

“From diagnosis to treatment to recovery, we’ve been here for our community every step of the way throughout these 16 years. We look forward to continuing to improve, expand, and lead the way in cancer care,” adds Carter.

To learn more about the Carson Tahoe Cancer Center, visit CarsonTahoe.com/Cancer.

Ovarian cancers hard to detect

By Pier Paolo Pandolfi

September is Ovarian Cancer Awareness month – among five others: childhood cancer, leukemia/lymphoma, gynecologic, prostate, and thyroid cancers. Ovarian cancer includes cancers of the ovaries, fallopian tubes, and the primary peritoneum, the tissue that lines the abdominal wall and covers the abdominal organs.

Ovarian cancer is relatively rare, with approximately 21,000 women diagnosed each year or about 2.2% of all cancers in women in the United States. However, ovarian cancer often goes undetected and therefore presents in advanced stages, resulting in comparatively low survival rates. About 49% of women with ovarian cancer are alive after five years. In fact, ovarian cancers

are still the fifth leading cause of cancer death in women in the US.

It is important to realize that there are different ovarian tumor types, some benign (not cancer), some malignant (cancer), and some unclear or borderline. The ovaries are mainly made up of three kinds of cells,

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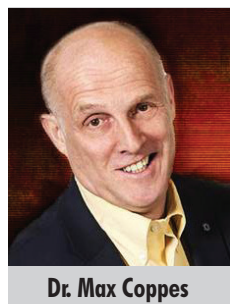
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\$15.5 M donation establishes William N. Pennington Cancer Institute in Reno



Dr. Max Coppes

By Max Coppes

The William N. Pennington Foundation makes a significant donation towards transforming cancer care in Northern Nevada. More than 16,000 Nevadans will be diagnosed with cancer this year; 3700 of them live in the greater Reno area. Unfortunately, these

numbers will only increase each year. There are two major reasons. First, cancer is mainly a disease of older people and with the many advances made in medicine over the past century, as a population we are getting older. Second, Nevada has increasingly become an attractive place to live, and particularly the Reno area with Lake Tahoe is really attracting newcomers.

In the past, getting cancer was pretty much a death sentence. Until a few decades ago, there was not much that could be offered for a cure. But things started to change in the late 1960s and early 1970s, when advances were made in radiation therapy, chemotherapy, and the combination of both with surgery. Hope for cure led to the 1971 bipartisan National Cancer Act. This Act led amongst others to the establishment of the so-called

National Cancer Institute Cancer Centers. These centers were created all over the country to be actively involved in state-of-the-art cancer research and deliver cutting-edge cancer treatments.

Currently, 71 NCI-designated Cancer Centers operate in 36 states and the District of Columbia. Unfortunately, Nevada is one of the 14 states without an NCI-designated Cancer Center. As a result, looking for cutting-edge treatments, we in Northern Nevada still need to travel over the hill or fly to MD Anderson, the Mayo Clinic, or the Huntsman Cancer Center.

Last year, we embarked on the bold journey to establish an NCI-designated Cancer Center in Reno. While some consider our vision to be audacious, I feel that we deserve nothing less. We deserve cutting-edge cancer treatments and more doctors and researchers that provide and deliver that kind of care right here in our community. So, we created a concrete strategy to evolve from the great care our community offers to patients with cancer to the cutting-edge one that typifies NCI-designated Cancer Centers.

The plans and pathways we have created are ambitious and call for closer collaboration between the many cancer-care providers in our community. However, they also call for changes to the status quo.

We need to attract more physicians and researchers to Nevada who are committed to the rigors and expectations associated with NCI-designated Cancer Centers. These doctors will have to dedicate considerable portions of their time and effort to research and education.

After careful analysis of our plan, the William N. Pennington Foundation decided to make a historic \$15.5M gift to get us underway on our journey to become an NCI-designated Cancer Center. This gift will support the recruitment of many cancer specialists and cancer scientists over the next several years.

In honor of this generous donation, the Cancer Institute at Renown Health will henceforth be known as the William N. Pennington Cancer Institute, in honor of a man who has had such an impact on healthcare, medical research, and education in our community. We look forward to the day when the Pennington Cancer Institute is added to the list of NCI-designated Cancer Centers.

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

Seasonal yard work: How to protect your back

Submitted to the Galena Times

Living in a region with four seasons is magical but can quite literally be backbreaking. Between raking leaves in the fall and shoveling snow in the winter, our backs may suffer from the toll of heavy yardwork for more than half of the year. Did you know more than 76,000 people are injured every year from raking leaves

or using other manual gardening tools, including snow shovels?

When you're in the same physical position, performing the same movements for hours, you can put a lot of stress on your spine and the muscle surrounding it. Hunching over, bending down, twisting, and lack of balance can be a big contributor to back pain when

you're raking or shoveling. Most of us have a favored side, maybe a side where we feel more coordinated. But when we pull from one side repeatedly, it can easily create an imbalance in the body.

An easy remedy: switch your lead arm and leg intermittently to even out your body. It might feel

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Power training is for everyone



By Ryan Golec

Power is a strength and conditioning concept that most people associate with performance athletes. You may think of a baseball player swinging a bat, a linebacker tackling a running back, or a basketball player dunking. But consider that everyone has daily activities that require doses of power. Lifting a child off the floor, digging a hole in the backyard, and even loading a heavy suitcase into the car. Power is simply the combination of strength and acceleration.

Even getting out of a chair, or climbing stairs can be expressed as power. We have all had that day: try to get off the couch and it's a slow struggle with some grunts and groans. Sometimes you are just tired

and sore. But soon that is the new normal. Before you know it, you have lost the ability to jump up and get moving. We lose the ability to rush up the stairs without a handrail. And we lose the ability to scoop your daughter or granddaughter off the floor to give her a big kiss. Many people start a strength routine working basic strength, core, and balance work. The question is how many of you are doing some kind of power training in your exercise routine?

The ability to accelerate a load requires the quick recruitment of a lot of muscle fibers. The body works on a use-it-or-lose-it mentality. Even if you are building strength, doing all of it in a slow, controlled fashion will only carry over a small amount to daily power expression. In your mind, you may picture power training as someone throwing a heavy weight over their head or jumping up on a big box. However, basic power training can be so much simpler.

Start with your basic strength exercises. If you do a push-up, you could lower yourself slowly and then push up as fast as you can. If you did a squat, you would lower yourself slowly and come up as fast as you can. What makes this training nice is that the weight should be conservative. This is important because you want to move the weight fast. Start with a weight that is an effort of 6-7 out of 10. The end of the exercise set should be when you start to slow down. Experiment with this in your training and enjoy getting your power back.

Ryan Golec is the 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.

ovarian cancer *continued from page 15*

each one can develop in a different tumor. Epithelial ovarian cancers originate from the cells that cover the outer surface of the ovary, germ cell tumors start from the cells that produce the eggs within the ovary, and stromal ovarian tumors are the result of malignant changes in the tissue cells that hold the ovary together. The latter, by the way, produce the female hormones estrogen and progesterone.

While we do not know exactly what causes most ovarian cancers, researchers have identified some risk factors for getting epithelial ovarian cancer which is by far the most common ovarian

cancer: age (getting older), weight (obesity), having a first child after age 35 or never having had a child, taking hormone therapy after menopause, having a family history of ovarian, breast or colorectal cancer, and having a family cancer syndrome. The strongest risk factor for epithelial ovarian cancer is an inherited genetic change in either the breast cancer gene 1 or 2. For germ cell and stromal ovarian cancers, there are no clear risk factors. Finally, keep in mind that having one or more risk factors does not mean you will get ovarian cancer.

As mentioned, ovarian cancers typically grow unnoticed, and currently,

no meaningful screening tests are available. Specifically, pap smears, used to screen for cervical cancer, are useless to detect ovarian cancers. For now, regular women's health exams that include a pelvic exam, are the best option, but the truth is that most ovarian tumors are very difficult to feel early on during a physical exam. Things may change in the future, maybe even sooner than most people think, as researchers are actively studying whether ovarian cancers shed tumor cells, DNA fragments, or other cancer-specific particles that can be measured in the blood of an unsuspecting patient.

At the Pennington Cancer Institute, we are one of only 40 sites participating in a study that collects blood from individuals with cancer and persons with no known cancer (so-called 'controls') to determine whether blood samples can detect the presence of 11 types of cancer, including ovarian cancer. We hope that this study, and others, will eventually lead to new and more effective screening methods to detect cancer before the onset of symptoms.

Pier Paolo Pandolfi, MD, PhD is a Senior Scientist at the William N. Pennington Cancer Institute, Renown Health.



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Recovery after exercise effects performance



Andrew Pasternak, MD

By Andy Pasternak

We all know the benefits of exercise. Exercise helps to lower your risk of heart disease, stroke, various cancers, obesity, diabetes, blood pressure, and the list goes on. If you are training for a specific event, increasing the amount and intensity of exercise will help performance. While we talk a lot about the best forms of exercise, it's also vital to discuss recovery. Knowing how and when to incorporate rest and recovery is essential to allow your body to repair and rebuild even stronger.

During exercise, you start to break down muscles and damage muscle fibers. Your heart has to work harder to pump more blood to your muscles, increasing strain on the heart. Finally, the body burns off glycogen for energy.

During recovery, your body repairs the muscles and often creates new muscle mass to adapt to the strain of exercise. Similarly, the heart muscle adapts to be able to pump blood more efficiently during exercise. From an energy standpoint, during recovery, your body replenishes energy stores. Recovery after exercise is where your body actually gets stronger for the next time you exercise.

We're seeing the importance of recovery at the elite level as athletes stay competitive at older ages. Tennis players like Roger Federer, Rafael Nadal, and Serena Williams have succeeded over decades as

they have learned to manage their training loads and know how and when to recover after their matches. Typically, what I find is that elite athletes take more recovery after their big events. In contrast, more recreational and novice athletes don't get enough recovery as they worry about losing fitness. Another mistake I personally make is that my recovery days are often days when I'm busy with work and meetings; I don't have time to exercise, so I call it a recovery day. An actual recovery day shouldn't be a day where you are at work for 12-14 hours.

A big question is how much recovery one needs. There's no great answer, as so many variables go into that. I like to think of recovery in two ways: short-term recovery while getting ready for a race or event and long-term recovery after that event. When we have people getting ready for a race or an event, we often recommend that they take off 1-2 days for every 7-10 days of exercise. Once the event is over, more extended amounts of recovery are needed depending on the length of the event, the total amount of training, and the physiological strain on the body.

As people age, balancing recovery with exercise becomes even more critical. We all know how important exercise is to help preserve muscle strength and keep your heart healthy. For various reasons, as you age, recovery does take longer, but recovery is equally essential in adolescent athletes as well.

One of the most significant places we see overtraining is over-zealous coaches pushing young athletes too much. Overtraining in kids seems to be

happening more as kids are forced to specialize in a single sport at a younger age and aren't allowed to play three or four different sports over the course of a year.

There are two types of recovery: Active recovery and passive recovery. During passive recovery, it's just 100% about lying around on the couch, on the beach, or in your hammock with a book. With active recovery, you still exercise at a lesser intensity and shorter duration. Active recovery is beneficial after a big event. For example, if I do a long training run, I might spin on my bike for 20-30 minutes the next day. Active recovery helps to get the blood pumping a little bit to clear out the by-products of exercise and to help blood flow and healing. Both, active and passive recovery are essential.

Without adequate recovery, we will see athletes go into overtraining syndrome. Some of the symptoms of overtraining syndrome include:

- prolonged feelings of fatigue,
- decreases in exercise performance despite lots of exercise,
- prolonged musculoskeletal aches and pains,
- agitation, insomnia, moodiness, anxiety, and depression.

If you are in a regular exercise program and are having some of those symptoms, think about changing up your recovery.

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.

protect your back *continued from page 16*



weird at first, but before winter hits, you'll be moving and grooving.

Here are some leaf-raking tips from Better Homes & Gardens:

Tip #1: Wait for all the leaves to fall - It might be tempting to get a jump-start on raking and begin as soon as leaves start to drop. Save yourself some time by waiting until most leaves fall from your trees and shrubs. Then, break up the work into segments by raking one section of the lawn at a time.

Tip #2: Stretch first - While raking may seem simple, it can be physically stressful, even for healthy people. The American Academy of Orthopedic Surgeons recommends stretching to warm up your muscles for 10 minutes before moderately strenuous activities such as raking.

Tip #3: Make small movements and take breaks - Raking can be a good way to get a little exercise, but it will feel a whole lot more pleasant if you

don't overdo it. Taking big, sweeping swipes with your rake will tire you out fast. Instead, use shorter strokes, being mindful to keep your back straight. Switch the rake from the left and right sides of your body every few minutes to give your dominant arm and shoulder rest. And every once in a while, put down your rake and take a break.

If you don't own a snow blower, manually shoveling snow can feel like a cardio workout, even more strenuous than raking leaves. For this tedious task, it's also just as important you prep your body before you start shoveling.

Other words of wisdom:

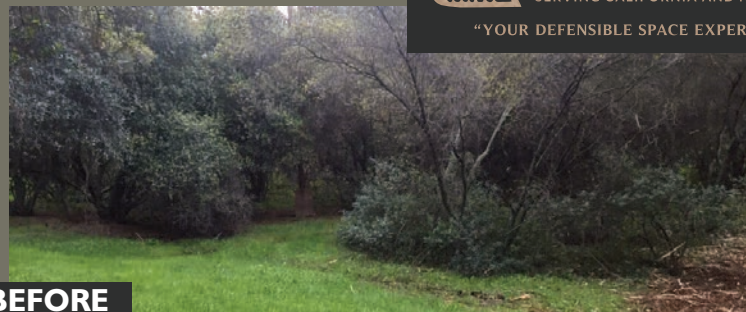
- Layer up! Wearing warm layers can help improve blood flow, reducing the risk of injury.
- Keep your back straight.
- Dump snow by pivoting the entire body along the direction of the foot.
- Avoid excessive arm movement.
- Shovel small amounts of snow

frequently versus large piles at once. The longer you wait to shovel, the more packed in and dense the snow becomes.

Be kind to your spine this season and it will return the favor for years to come.

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Keep on rocking but protect your hearing



By Paul Manoukian

Nearly everybody is exposed to loud noises while doing activities they enjoy or must perform, many of which may cause damage and hearing loss. The best way to protect your hearing is to avoid loud sounds and noisy activities. But nobody wants to stop doing what they love. After all, what would you do without your handy pair of headphones when it comes time to listen to a favorite band or podcast?

The first headphone was developed for telephone operators around 1890 and weighed a whopping ten pounds. It wasn't until 1958 that jazz lover John Kross created the revolutionary concept of stereo headphones and in 1979, Sony's Walkman made headphones portable for the first time and sold over 400 million units. Today, headphones and earbuds are ubiquitous and have even become fashion statements. They come in many varieties and styles, but all headphones and earbuds have one thing in

common: they can permanently harm your hearing if not used properly.

Some other activities that could result in hearing loss are automobile races, sporting events, firework shows, and loud concerts. Even small engines like motorcycles and snowblowers can cause hearing loss, as well as playing an amplified instrument or shooting a firearm. The louder the sound, the more damage it can cause.

But there's good news, protecting your hearing is easy. When using digital devices, keep the volume at two-thirds and use for no more than two hours per day. When expecting to do something with loud noise exposure, protect yourself with formable foam earplugs, which are widely available and easy to use. If you're frequently exposed to noise, like concertgoers and motorcyclists who want to appreciate audio or hear warning sounds, custom sound attenuating earplugs are useful. While doing activities with prolonged noise exposure like mowing the lawn, snow blowing or woodworking, protective earmuffs reduce noise by completely covering both ears, and they come in all sizes,

including for children and infants.

You can easily make hearing protection work for you or your family by measuring decibels, setting rules for when to wear protection and being a good role model. Use a smartphone to determine which activities call for hearing protection by downloading a free decibel meter. If a noise is above 85 decibels, then protection is recommended. Choose hearing protectors that fit with your activities and lifestyle and keep them within close reach.

Paul Manoukian attended the University of Nevada, Reno, where he majored in health science. Manoukian then headed east to attend medical school at Tufts University School of Medicine, earning his M.D. in 1989. He simultaneously earned a Master of Public Health, with a concentration in Health Policy and Management at Harvard University School of Public Health.

If you or a family member are at risk of hearing damage due to the above-mentioned activities, it may be time to have your hearing tested. The staff at Sierra Nevada Ear, Nose & Throat can help. To schedule your hearing test, just call 775-883-7666 and make your appointment today.

Send kids back to school safely vaccinated



By Kris Deeter

For each generation, keeping your kids safe has meant something a little different. I was a child of the 1970s — no seatbelts, lots of bike time without a helmet, eating colors and chemicals we never questioned, and throwing lawn darts. 'Nuff said. There was so much that we did not know — then and today. I have no doubt that my parents loved me and did their best to keep me safe, including making sure my siblings and I received the recommended immunizations. To this day, I have a copy of my original vaccination record showing that my mother protected me from MMR, polio, and tetanus.

Times have obviously changed. We don't let our kids wander out of the neighborhood as much as we used to. We put helmets on their heads and belt them into car seats. We continue to do everything we can to keep them safe, including making sure that they receive their childhood vaccines. What has also changed, however, is the comfort level that some parents have now in refusing vaccines. After decades of eradicating polio, tetanus, and measles from our country, no one remembers the impact that these diseases had on children. We have lost our fear, so we consider not giving the shots.

One of the standard pediatric shots is the MMR, which includes protection against measles, mumps, and rubella also known as German measles. Though the United States successfully campaigned early on to eliminate measles, it took much longer to make

vaccines available across the world. In 1980, 2.6 million people died from measles in that one year. The numbers went down as vaccine programs rolled out. In 1990, 545,000 people died of measles, and by 2014, the count was down to 73,000.

Because of vaccine refusal, we are now seeing outbreaks of these rare diseases in our country. In 2019, we had a measles outbreak in the US of 1,274 cases of which a majority were unvaccinated people. Though mumps is not as serious (just incredibly uncomfortable for most of us), we had less than 500 cases yearly over the past few decades. Suddenly, between 2015-2020, we had a big bump in those numbers with more than 20,000 US cases.

And now we have polio detected in our wastewater in New York. Polio was eliminated in our country with ZERO cases for the past 30 years—until now. Our grandparents and many of our parents were terrified of polio. Until the 1950s, polio outbreaks caused more than 15,000 cases of paralysis every year. Once vaccines were released, cases of paralysis fell to less than 100 in the 1960s and 10 in the 1970s. Vaccines work.

As we slowly limp away from the last two years of lockdowns and virtual school, most of us are really hopeful for a fabulous, in-person, safe school year for our kids. We buy them new clothes, clip them into their seatbelts in the car, and bring them to a school that we hope will protect them and teach them. We make sure they have their helmets on when riding bikes, scooters, and ATVs. We watch them closely in the pool for the last few days of summer. And no lawn darts.

In keeping our kids safe, please do not forget to talk to your pediatrician

about vaccines and boosters that may be due. This is one of the most tested and effective ways of protecting our kids. Especially as your kids get older and do more traveling, remember that all the diseases that we have worked so hard to eliminate in the United States are still circulating globally. It only takes one traveler to bring a deadly disease back home.

Lastly, when you are talking to

your health care provider, please ask about and consider the new pediatric Covid vaccine. Early in the pandemic, children only made up about 4% of all Covid cases with minimal hospitalization and almost no reported mortality. We now know that children were protected against the early strains due to differences in their innate immunity. Unfortunately, mutations

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Prioritizing self care is not selfish



Meaghan Maillet

By Meaghan Maillet

The meme “Self-Care Is Not Selfish” shows up on virtually all social media outlets I subscribe to. Often it is accompanied by the analogy of airline safety instructions to put your oxygen mask on first before helping others. It seems people are beginning to take this advice to heart.

Every two years, the American Massage Therapy Association publishes an Industry Fact Sheet identifying trends in the massage industry. The trends are based on data collected from consumer surveys. In the last decade, the statistics have shown that people who get massages are doing so more for health and wellness reasons, rather than pampering. According to the 2021 Industry Fact Sheet, 63% of massage therapy consumers say they get a massage for health reasons and have discussed massage with their doctor. The most common health issues consumers seek massage for are pain relief and stress reduction.

In the 2021 survey, for the first time since the AMTA has been conducting consumer surveys,



men are more likely to get a massage than women. And 75% of men who get massages do so for health reasons. According to the data, men are also more likely than women to discuss massage as a self-care option with their doctor.

It is not just massage therapy that people are turning to for their self-care and wellness needs. Participation in practices such as meditation, yoga, tai chi, and qigong is increasing amongst both, women and men. Doctors and other health practitioners are more likely to suggest these techniques, as they are

encouraged to seek non-narcotic approaches to pain management.

These trends are encouraging, but many people still have a hard time getting into the habit of putting self-care on the top of their to-do lists. Clients often say to me, “I have been meaning to get in on a more regular basis, but...” or “I want to book another appointment, but I would hate to have to cancel.” To which I typically respond, “It is easier to cancel an appointment than it is to book one.” Business owners appreciate that clients want to respect their time. But they also know that occasionally life happens, and will not be offended if you should need to cancel.

Meaghan Maillet, LMT, is the owner of *Connective Touch Therapeutic Massage*. She relocated from the suburbs of Washington, DC, and has over 20 years of experience as a licensed massage therapist. She works with all ages and specializes in Sports Massage, Prenatal Massage, and Traditional Thai Massage. To learn more, email meaghan@connectivetouchmassage.com or visit www.connectivetouchmassage.com. For more information and to view the AMTA Industry Fact Sheet, visit www.amtamassage.org/publications/massage-industry-fact-sheet/.

Why emphasize dental care during pregnancy?



Dr. Kellie J. McGinley

By Kellie McGinley

Being pregnant has its own challenges and hardships, as you're constantly worried about the tiny human(s) growing inside you. Expecting mothers, I ask you, are you caring about your own oral health? As a pediatric dentist and now expecting mother myself, I can't help but think about the changes I was experiencing and why it is important to really consider my own dental health to prevent oral disease. I often get questions from expecting mothers about how to care for their own teeth while pregnant and I would answer more scientifically from what the literature states. Now, I can experience first-hand what it is like to be pregnant and try to care for your own teeth.

Our bodies are constantly changing with pregnancy. Changes in our diet and routine also occur, especially while getting through the first trimester. Personally, some days all I could stomach were crackers, dry cereal, and granola bars also known as carbs, carbs, and more carbs. Water

even tasted strange to me, so I resorted to some sugar-free water flavoring to get the hydration I needed.

Every day, I educate my patient families on the fact that dental cavities are caused by sugars and carbohydrates we frequently put in our mouth which feed bacteria. Some healthy snacks include fruit, vegetables, hard cheese, whole grain foods, and nuts. I found freezing yogurt was a good way to satisfy my “sweet tooth”.

Furthermore, it is extremely easy to fall asleep and forget to brush and floss. Pregnancy can trigger many hormones in the body. These hormones can also cause gingivitis and swelling of the gums. If you were like me and sick/nauseous, acid erosion of your teeth can be a concern and the recommendation is to rinse your mouth with water routinely to naturalize the acid. It is important to care for your oral health more than ever during pregnancy to keep you and your growing baby healthy.

Brush and floss at least two times per day, even a third while pregnant. It is safe and important to go to the dentist while pregnant with the recommendation to have 2-3 dental cleanings while pregnant. The best time for any extensive dental

treatment is in the second trimester. Make sure you always inform your dental provider that you are pregnant. If you are pregnant, ask your dentist about ways to keep your mouth healthy for you and your growing baby.

Dr. Kellie McGinley, a Reno native and avid sports enthusiast, received her D.D.S. from the University of Michigan

School of Dentistry and her Certificate in Pediatric Dentistry from Children's Hospital Colorado. She is a passionate board-certified pediatric dentist who advocates for children and optimal oral health as a Diplomate American Board of Pediatric Dentistry. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at RenoKidsDentist.com.

back to school *continued from page 19*

chave created new strains that are now defeating the pediatric immune system. We are seeing an increase over the last surge with kids making up 25% of all new cases. Over 12 million children have now tested positive with most of these in the last few months. Children remain vulnerable to post-Covid diseases like MIS-C (multi-system inflammatory syndrome) and long

Covid which both result in disruption to physical and mental health.

This fall, let's unite again to do the right thing and keep our kids safe.

Kris Deeter, MD, MBA, FAAP is Chief of Pediatrics at the University of Nevada, Reno School of Medicine, and Physician-in-Chief of Renown Children's Hospital. She also works for REMSA as a pediatric educator.

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Pasta sauce for fast fall dinners

By Michele Carbone

I grew up eating pasta every single day. In Italy, we call the many delicious varieties of pasta and sauce “sugo.” The key to any sugo is to keep it simple, flavorful, and not too fat.

“Too much” is the main problem of poor-quality Italian cuisine: too much garlic, too much cheese, too much tomato, too much oil, and so on. Italian food is light and allows you to taste the main ingredient, not overwhelming the food with too much of everything. Here are some tips to cook like an Italian.

Hot Calabrian peppers have the most flavor, while Thai peppers, for example, are “only” spicy. See if you can find some Calabrian hot peppers for your Italian recipes.

Italian (or Mediterranean) “origano” and American “oregano” are two different herbs. You can cook Italian dishes using US oregano. But if you want to cook authentic meals, buy excellent dried Italian origano on Amazon. It will last a year or more.

Also, Italians from Southern Italy don’t keep their garlic in the sauce. Once the garlic becomes gold, you must remove it. If you let it burn, it changes the taste of the dish. To easily remove garlic, rather than cutting the garlic into small pieces, just smash the clove, so it is easy to remove.

“Quello che ce metti ce trovi,” we say in Rome. It means you will eat what you put in the dish. If you



Dr. Michele Carbone is not only a board-certified anatomic pathologist and cancer researcher, but he is also a food lover and cooking enthusiast passionate about culinary expertise.

use poor-quality ingredients, you will eat a poor-quality and poor-tasting dish. Starting with olive oil, ingredients are the most important thing in any dish you prepare. If the ingredients are good, you can rarely screw up. But if the ingredients are bad, you cannot cook anything good. So, if someone tells you, “This wine is bad, let’s use it for cooking,” you might not want to eat their food.

Dr. Michele Carbone is a physician and a scientist who loves to cook for family and friends. He was born in Rome and went to medical school there, immigrating to the US in the mid-1980s. He and his wife Beth have a website with recipes that he has developed over the years: <https://michelecarbhone.org/>

Sugo Simplice - Basic Italian Tomato Sauce

I use a basic tomato sauce as the basis for many recipes. Whether you want to make a lasagna, an eggplant parmigiana, or a fast pasta dish for a group of hungry kids, use this recipe. It takes less than 10 minutes to prepare, especially if you are using canned Italian plum tomatoes.

Ingredients for 4 – 6 people

1 can of Italian plum tomatoes (chopped), or a box of Pomì chopped tomatoes
2 garlic cloves, smashed
½ cup extra-virgin olive oil
1 Calabrian red hot pepper or a Thai pepper, minced (optional)
A handful of chopped, fresh Italian basil
Salt and pepper to taste

Preparation

Add olive oil to a large skillet and heat to medium. When the olive oil is warm, add the smashed garlic cloves.

Allow the garlic to turn golden; then remove all the garlic, using a fork.

Add the chopped tomatoes and basil and bring the heat to high. Add salt and pepper. Stir the ingredients together and allow to cook for about 5 minutes. Do not overcook!

Remove the pan from the heat.

If you are using this as a sauce for another dish, you can use it immediately. If you are using it as a pasta sauce, mix it with spaghetti or other pasta, add freshly grated Parmigiano cheese, and enjoy!

Five fragrances of summer delight senses

By David Ruf

The nose knows. What it knows are odors and fragrances, what it likes and what it doesn’t. It’s interesting to know that after a minute or two of being around a fragrance, its potency is largely reduced. This can be when someone walks into a room with a heavy dose of perfume on and after ten minutes they usually are not as overpowering. The human nose adjusts.

When summer blooms, we are greeted by some beautifully fragrant flowers and foliage. It’s the flowers that excite most individuals with their fragrance, color, and excitement of summer. Hall’s Honeysuckle is the vine of choice and a new introduction is Scentsation. This vine has a white and butter yellow flower that can be plucked from the vine and placed in one’s mouth thus allowing you to suck out the nectar which delights the taste buds as well as your nose.

Daphne not only conjures images of women of beauty and grace but now it might conjure a heady fragrance that delights the senses for months on end. This is because Eternal Fragrance Daphne can start blooming in March and cycle throughout the year until October. This is not a few flowers but hundreds of buds opening to hundreds of aromatic flowers. It is a compact evergreen that needs afternoon shade and is rabbit, deer, and horse-proof.

Mockorange is another shrub that has pure white flowers and an aroma that can compete with gardenias or jasmine. Newer introductions bring

forth aroma on plants with a compact and tidy habit unlike the older varieties that could cover the side of a shed with little effort.

I believe that most of us have a taste for honey, whether it be clover, wildflowers, or tupelo. However, the linden trees of my childhood heralded the end of school, days to go fishing, and nights of sleeping with the windows open and the heat of the day disappearing to the cool of the following morning, all blanketed in the fragrance that gracefully drifted down from the towering branches of the neighbor’s tree. Lindens are known to be the number one honey producer of any tree and while in bloom are alive with the hum and buzz of thousands of busy honeybees.

In the world of annuals, Daddy Blue Petunia is a gorgeous grandiflora with wavy lavender petals that releases a vanilla scent in late afternoon and into early evening. In the correct combination of air, temperature, and humidity the scent floats right to you. Place them in a container near your patio for a refreshing, savory moment.

Out of all our five senses, smell is the one that triggers the most emotion, most memories, and most desires. Find delight and happiness when you stop and smell the roses, but also the honeysuckle, daphne, mockorange, lindens, and petunias.

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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David Ruf
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Community Agreements build cohesion in families, group settings



By Lisa Blauth
As we roll into the fall school semester, families and teachers may want to create Community Agreements to build a cohesive team and establish a shared agreement on how they want to work together.

Community Agreements are created to establish a mutual understanding or make a set of expectations for all members of a community to abide by. They can be based on many things, such as how to support each member and how to make everyone feel included.

Some communities may struggle to get along with each other when there are shifts in normal dynamics. For example, those sharing living spaces may experience increased tension or conflicts due to spending much more time together in a confined space. A Community Agreement can be beneficial to help dissolve these problems, as it allows everyone to freely express their wants, needs, and expectations in a group setting.

There is no one right way to design a Community Agreement. Here are the steps to create your own:

- Determine who is in your community which is

defined as a group of people who share something in common. Examples include your family or people who live with you, a sports team or club, a classroom with students and teachers, or a workplace including colleagues from all areas of the organization.

- Allow everyone in your community to have space to contribute what they want in the agreement and be heard. One method could be to share values or expectations in a circular format, allowing each person involved to bring up one thing they want to be included in the agreement at a time.

- Time to get creative! Depending on what you have on hand, you can get crafty with paper, paint, rocks, string, beads, etc. You can also reuse household items for your visual representation such as toilet paper rolls, tissue boxes, glass or plastic containers, etc.

- Display your agreement somewhere where it is easily seen so that each community member can be reminded of what they agreed to regularly. Remember to give appreciation to those in your community who are actively working to follow it.

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



Families, classrooms or other groups can get creative in designing a Community Agreement that honors and includes everyone.

pit in the Old Southwest, or parenting a teenager. For more hands-on science or social-emotional learning, visit SierraNevadaJourneys.org/AtHome.

Customer satisfaction adds up for Mathnasium learning center

Submitted to the Galena Times
Mathnasium of Diamond in South Reno was honored at the National Mathnasium Convention in Las Vegas in July as one of the Top 10 centers in the United States for customer satisfaction.

“When we say our instructors are some of the best, we aren’t kidding,” says Center Director Neetha Govind. “Thank you to all our Mathnasium families for your continued support and positive feedback. We are happy to be a



Mathnasium director Neetha Govind receives honors for customer satisfaction at the national Mathnasium Convention in Las Vegas.

part of your child’s lifelong learning.” Mathnasium’s personalized learning plans are proven to improve grades and help kids catch up and get ahead, and our proprietary teaching method is effective with kids of any level, whether they’re struggling or advanced. Mathnasium

students learn how to think critically, solve problems and work independently. If you’re unsure about what your child needs, or if you’re ready to get your child started, Mathnasium of Diamond offers a free assessment. Contact them at (775) 800-7457 or mathnasium.com/diamond.



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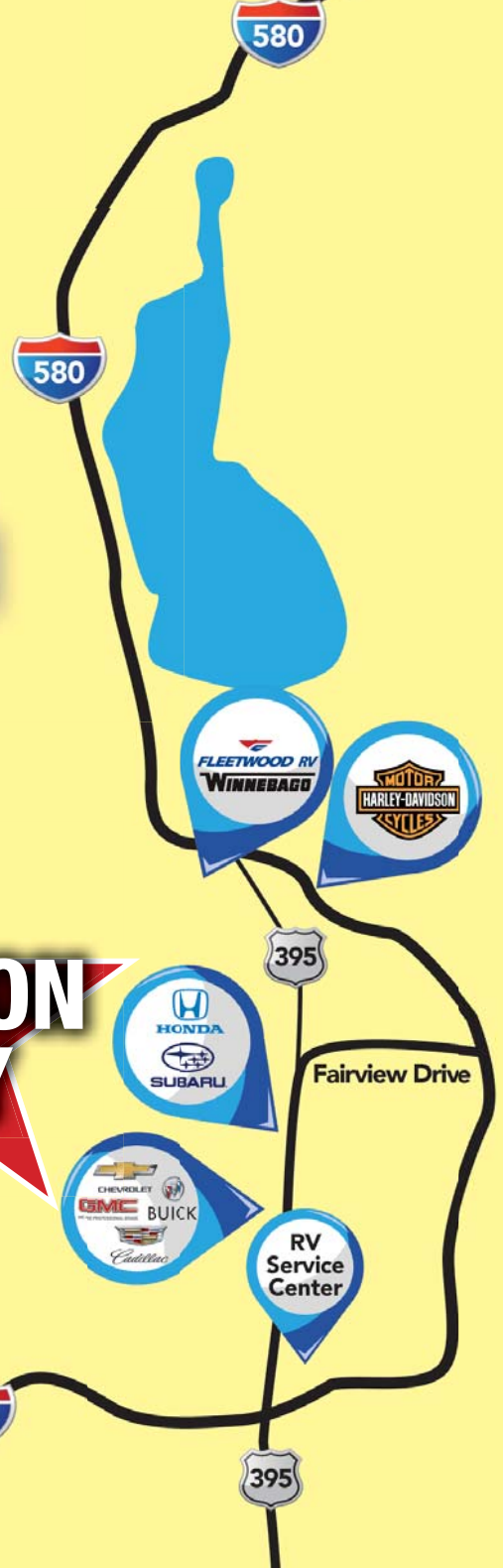
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