



Discover one-of-a-kind adventures with Nevada Trail Finder

By Janice Keillor

Trail maps are an essential part of outdoor navigation, and until now Nevada has not had a comprehensive database of the trails that exist in the state. But the Nevada Trail Finder was officially launched in October to assist with the exploration of the great outdoors. It is a free, interactive mapping site designed to help Nevada residents and visitors find non-motorized and motorized trails across the state.

This project has been in the works since 2017 and was made possible through grant funding from the Off-Highway Vehicle program and the Recreational Trails program. The grants funded a mapping collaborative team that has been working for over four years to compile, create, and verify trail data from land managers and user groups and consolidate the data into a user-friendly “Trail Finder.” Unlike the many private online sites that show trails submitted by the public, the Nevada Trail Finder works closely with land managers to



only display authorized trails.

The Nevada Trail Finder contains detailed trail description pages that allow users to view trail maps, including distances and difficulty levels, get essential

information like current weather and lodging options, submit trip comments and photos, track trail experiences, and a lot more. Search tools will help users quickly find the right trail for whatever

adventure they seek. Trail managers and Nevada Trail Finder account holders will be able to post announcements, trip reports, and trail closures to help users know what to expect.

Trail postings will include links to download KML and GPX files that work with GPS units so that you can geo-reference your location, and some postings will also include a link to an Avenza map and a printable pdf map. The site currently has over 150 trail system postings, and many more are being added.

Thanks to all partners for their hard work and dedication in making the Nevada Trail Finder a reality: The Great Basin Institute, Nevada Department of Conservation and Natural Resources, Nevada Division of State Parks, Nevada Division of Outdoor Recreation, the U.S. Forest Service, Bureau of Land Management, Travel Nevada and all the cities, counties, and non-profit trail organizations throughout the state.

Janice Keillor is deputy administrator at the Nevada Division of State Parks. To find your next adventure, start exploring Nevada Trail Finder www.nvtrailfinder.com.

Long live skiing on wooden longboards

By Julie Russell

The Historic Longboard Revival Series is alive and well in Johnsville, CA where “Dope is King” and the first rule of participation is no cheatin’ or spittin’. This celebration of historical skiing offers speed demons an opportunity to strap on a pair of wooden skis, about ten to fourteen feet long, to compete for the World Champion Longboard

belt. Liquid courage or “Whiskeying” is encouraged at the start line before the gong of an old mill sawblade is rung indicating go-time.

Johnsville is the perfect setting for these annual races as this area has a rich history of skiing. Historically, the first organized ski club races were held at Onion Valley, between Quincy and La Porte in 1861, giving birth to the sport

of downhill ski racing in the western hemisphere. The skis in the 1850’s were originally modeled after “Norwegian

skates” but were modified to become “traveling snowshoes” or “longboards”

continued on page 2

Letter From the Publisher

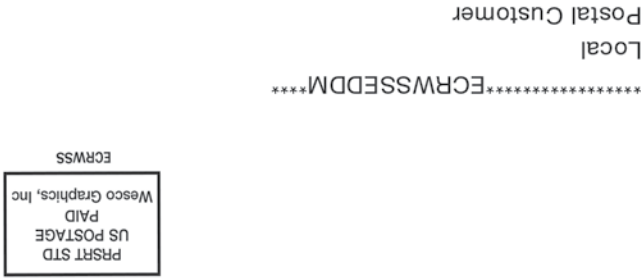
Once again as I write this short introduction, it’s snowing outside my office window. Time to fire up the snowblower! I hope these early snowstorms are a precursor to a fantastic mega winter.

Let’s get in the mood for cross-country skiing, check out what’s happening at Galena Park, and learn about how to ride a train in Carson City. As always, we have a little taste of everything local to help inspire, entertain, and educate you.

The list of wintertime activities is endless and the beautiful countryside around us invites us to get outside. Embrace winter’s glory and have some fun downhill skiing at Mt Rose, snowshoeing, backcountry skiing, ice fishing, or simply building a snowman in your front yard. It’s a good way to raise your spirits, get some exercise, and use it as a good excuse for a big cup of hot chocolate.



Richard Keillor can’t wait to go backcountry skiing.



longboards *continued from cover*

for winter transportation and later ski racing with large purses and local bragging rights.

Handmade concoctions by "Dopemasters" were the secret weapon to allow the lumber to glide as fast as possible which led to the rise of the slogan "Dope is King." In 1993, Plumas Ski Club members from the famed Lost Sierra of Plumas County revived the Longboard race series at Johnsville Historic Ski Bowl, largely keeping the original rules and equipment in place.

Walking amongst the myriad of giant, handmade Douglas Fir skis, modern day Dopemasters glide their secret blends onto the base hoping to claim victory. On race day, skiers carry their equipment uphill to the start line to prepare for their heats of three, strapping boots to binding by two pieces of tightly laced leather. For starting and stopping, racers use a single pole, thicker than a broomstick with a wood block at one end and hope the rooster tail they throw will wow the crowd and create enough drag to come to a stop. Nerves are calmed as the starters offer an optional Flask Passin' to gutsy racers before the starting gong rings and the crowd cheers for their favorite. Competitors point their longboards straight downhill and get in a full tuck as their brim hat or gingham skirt goes flying in the wind.

It takes a healthy dose of spirit and bravery to compete, but you won't be

disappointed as a spectator. It is a family-friendly event, and all are encouraged to dress in period attire. Both men and women compete for bragging rights in single-elimination rounds. Local Reno residents have competed and claimed the title of World Longboard Champion, so why not you?

The Longboard Racing Revival Series takes place at noon on every third Sunday of January, February, and March at the Johnsville Historic Ski Bowl, located about an hour north of Truckee. There is a nominal fee to compete, with a limited quantity of skis to rent. More information can be found on the Plumas Ski Club website, www.plumasskiclub.org.

Julie Russell is Galena Forest resident, skier and long ago second place finisher in the 1996 Longboard Revival.



Wooden skis must be 9-16' or longer, waxed with authentic "Dope," and skiers must wear 1860's style attire and leather boots to compete in the Longboard Racing Revival Series at the Johnsville Historic Ski Bowl in Plumas County, California, an hour north of Truckee.

GROWING
Smiles
Pediatric Dentistry
RenoKidsDentist.com

The Specialist
your child deserves

Gilbert A. Trujillo, DDS
Pediatric Specialist

Kellie McGinley, DDS
Board Certified, Diplomate
Pediatric Specialist

775-824-2323

*Always welcoming
new patients*



The peace of mind
you deserve

ADA
ADA Recognized Specialty
Pediatric Dentistry



Washoe Library System improves accessibility, services

By Toni Farris

In July 2022, the Washoe County Library System adopted a new strategic plan. Look for new services and resources focusing on these initiatives:

- Stimulate Imagination
- Provide Welcoming Spaces
- Workforce Building
- Lifelong Learning
- School Support
- Celebrate Our Diverse Community
- Promote the Library

Homebound Services. This new service is available for patrons who can't visit our libraries in person. Instead, they can request delivery of their items, which will check out for 30 days. This service is limited to Washoe County residents unable to travel to the library due to temporary or long-term illness, disability, injury, impairment, and/or



impaired driving ability. For details, visit www.washoecountylibrary.us/homebound

Bookmobile. Our new bookmobile will be arriving soon. It will allow us to reach more of our community, especially areas without nearby library branches. Watch for it in local parades and at special events throughout Reno/Sparks.

Seniors. In October, our libraries conducted a survey to identify technology needs and interests of our seniors. We will use this data to determine how to meet those needs through services and events.

Virtual Meeting Rooms. Most branches will soon have small, virtual meeting spaces installed to allow individuals to hold virtual meetings or attend a remote job interview. These soundproof spaces are the size of a phonebooth and include a seat and a small tabletop.

Faster Internet. High-speed fiber connectivity is coming to all Washoe County Libraries (except Senior Center and Gerlach), upgrading from 200 MB cable to 1 GB fiber.

Sierra View Library Renovation. The Sierra View Library in the Reno Town Mall is closed for renovations,

including new carpet, paint, and furniture. A new entrance will be constructed on the south side of the library. Watch for the grand reopening in February 2023. Meanwhile, the South Valleys Library is pleased to welcome Sierra View regulars during renovations.

Book Vending Machines. A new library book vending machine will soon be installed at the Cold Springs Community Center. It will serve three schools and the community center and is adjacent to a park and skate park. This is a great opportunity for us to reach this underserved area. A similar machine installed at the Incline Village Library has proved to be very popular, allowing book and DVD checkouts even when the library is closed.

Toni Farris is a librarian at South Valleys Library on 15650 A Wedge Parkway, Reno. For all the latest library happenings, visit www.washoecountylibrary.us.

Holiday, Hounds, and Hooch

By Lori and Rob Burks

Bring your hounds to mingle and jingle. All-natural pet food and supply store Natural Paws, located in the Raley's Galena Center, is hosting their 'Holiday, Hounds & Hooch' on Saturday, December 17th from 3pm- 5pm.

Dogs will be served holiday pumpkin lattes while their owners enjoy a hooch with their pooch from Mutt Lynch Winery featuring a commemorative

wine glass with a \$10 suggested donation to SPCA & Res-Que.

Natural Paws is doggedly committed to pet rescue and will be collecting donations (cash or checks only) for the rescue organizations all day. Festivities start at 3 pm. Dress in your favorite ugly holiday sweaters as the merriments will be held exclusively outside with carolers singing tunes like Jingle Dogs or Santa Doggy.

Attendees can 'take your own' Santa

Selfie with a pet-loving Hipster Santa who will be mingling with the crowd. Natural Paws will also raffle off an amazing pet gift basket of fun dog and kitty goodies with all proceeds benefiting SPCA.

This festive event will also feature a few dogs and cats available for adoption from SPCA and Res-Que if you're looking for a new member of the family for the holidays come by and fall in love. Each adoptee will receive a five-pound

bag of dog food to start the new family member off with excellent nutrition and health. Celebrate and support local pet rescues this holiday season.

Lori and Rob Burks own Natural Paws, an all-natural pet food and supply store in the Raley's Galena Center. For more information visit www.naturalpawsreno.com, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawslori@gmail.com or call 775-853-3533.



Issues with hearing or balance?

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

If you are experiencing hearing loss or feel that your hearing may have been damaged, make an appointment with our award-winning specialists – now seeing patients in Reno.

To schedule your hearing or balance evaluation, call 775.883.7666 today.

SIERRA NEVADA
EAR • NOSE • THROAT
HEARING AID CENTER

10539 Professional Circle, 2nd Floor, Reno, NV 89521
sierranevadaent.com



Local coffee and wine bar gets fresh staff

Submitted to the Galena Times

A new management team pops the corks and brews the coffee at the Lodge Bar & Patio. Carly Southern and Kaitlin O'Connor are both native to the Reno-Tahoe area and look forward to serving and entertaining the local community and all those who come to visit.

When not out hiking or hitting the slopes, you can find them at the Lodge six days a week, Tuesday through Sunday 7am-8pm. The Lodge offers a large assortment of wines, cocktails, and coffees plus a variety of light food items.

You will find the perfect refuge at the Lodge on Mt. Rose Highway, whether you stop for a quick morning coffee and breakfast on your way up the mountain, linger for a scenic après ski, or spend an evening enjoying live performances by local musicians on Wednesdays and Fridays at 5.30pm.



(Photo: The Lodge)

Carly Southern (left) and Kaitlin O'Connor serve wine, appetizers, and hospitality and the Lodge Bar & Patio.

the
LODGE
Bar & Patio

Reno Tahoe Junior Cycling team schedules orientations

By Nikki Peterson

The Reno Tahoe Junior Cycling team, also known as Reno Devo, is gearing up for the 2023 season. Its mission is simple – to educate, teach, and inspire our Reno-Tahoe youth on the benefits of and how to live an active and outdoor lifestyle. Coaches strive to make future generations aware and knowledgeable of the joys and responsibilities of outdoor recreation, using the great sport of cycling.

Orientations are scheduled for the Nationals and the Regionals programs. The Nationals program is a more structured program for kids ages 15-18

who are interested in various disciplines (mountain biking, road cycling, etc.) The Regional program focuses more on skill development and fun rides while gaining fitness for kids ages 10-15. This year will include a Club Team, which will be available for kids ages 7-10 years old. This will be a once-a-week activity that will focus on friends, fun, and skills.

Nationals athletes will begin training in January, the Regionals teams will begin in March, and the Club Team will start up in late spring. With adventure rides, team practices, and racing on the schedule, it's going to be a great year. Athletes make friends from all over Reno while getting to travel to places like Monterey, CA; Vail Lake, CA;



(Photo: renotahoejuniorcycling.com)

Reno Tahoe Junior Cycling members of various ages and abilities gather for group training rides.

and Soldier Hollow, UT for racing and lifetime memories with their teammates.

Reno Devo will also hold a weeknight race series for all members of the community throughout the spring and early summer. The coaching rewards are numerous, but nothing beats the joy of seeing young athletes having fun on bikes, building friendships, and becoming more confident people, on and off the bike. Beyond high school, we have three athletes who are racing at the college level. Many of our past riders

continue to ride and race in college and beyond. Even better, many of them stay involved in Reno Devo as coaches and mentors.

Nikki Peterson is a professional cyclist, NICA SoCal league program coordinator, co-host on Girls Moving Mountains podcast, Reno Devo program coordinator, and adventure enthusiast. If you would like to learn more about bicycling programs, visit <https://renotahoejuniorcycling.com> or email Nikki Peterson at nikki@renodevo.com.

RTC continues McCarran Blvd. Study

Submitted to the Galena Times

The Regional Transportation Commission of Washoe County, in partnership with the Nevada Department of Transportation, is continuing the McCarran Boulevard Corridor Study in our community to improve transportation for everyone.

The McCarran Boulevard Corridor Study is taking an in-depth look at transportation issues and opportunities along the 23-mile ring road encircling the Reno-Sparks urbanized area. The RTC appreciates all of the community feedback received during the public comment periods.

As part of this multimodal transportation study, the RTC has been researching and analyzing existing conditions along the corridor, including traffic volumes, safety issues,

transit access, and pedestrian and bicycle facilities within the context of the surrounding land use. With the help of the community's input, the RTC has identified different types of transportation needs to present to the public.

A draft report of the McCarran Boulevard Study showing the proposed improvements is available for the community to view at rtcwashoe.com. While the latest comment period closed on November 30, the RTC anticipates a final report will be available this winter. When the study is complete, the results will help prioritize potential future improvements.

For more information about this study and other RTC programs, studies, and projects, visit rtcwashoe.com.

**Galena
TIMES**

Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

Advertising Manager: Richard Keillor: Richard.Keillor@cbselectre.com

Contributors:

Lisa Blauth, Lori and Rob Burks, Julee Conway, Kris Deeter, Taylor Donovan, Toni Farris, Alexandria Williams, Ryan Golec, Janice Keillor, Liesa Leggett Garcia, Gordon MacLean, Meaghan Maillet, Matthew Mingrone, Grace Nichols, Pier Paolo Pandolfi, Andy Pasternak, Nikki Peterson, David Ruf, Julie Russell, John Sagebiel, Maren Schmidt, Gilbert Trujillo, Briana Wagner

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

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

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

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

Copyright (c) 2022. All rights reserved.

Be your mind’s own bodyguard



Liesa Leggett Garcia

By Liesa Leggett Garcia

We’ve all seen movies and TV shows where a person – usually a celebrity – hires someone to make sure they get around safely. The limited series on Netflix called Bodyguard comes to mind. Also, the movie with Kevin Costner and Whitney Houston. She hires him as her bodyguard because she has reason to believe that someone is trying to kill her. Which means that he has to protect her from potential harm to keep her alive. He is willing to take a bullet for her, if need be (and if memory serves, he does). Just like the Secret Service.

Most of us don’t have the necessity to hire an actual

bodyguard and it would be a little weird if we walked around with one. They’d be sitting with you in the movie theater. Going to the park with you. To work. The grocery store. When you go to a concert, there’s your bodyguard. Somebody to keep you safe. To guard you so no harm could come to you.

Most of us don’t need to hire someone to be our bodyguard... we can be our own bodyguard. Clearly, danger doesn’t lurk around every corner necessitating us to be on high alert. But while we are not in physical danger worthy of a bodyguard, we might want to consider guarding our thoughts and the energy field around us so that we are strong and healthy. Are we taking care in who and what we allow to come into our lives?

We stand guard over what we eat to protect our bodies, but do we stand guard over what we think about all day

long? Watch out for fearful, negative conversations about the economy, the price of gas, the Russians, and whatever else occupies your time and drains your energy. What and who do you let into your life?

Everything you think about and give energy to affects your physical and emotional well-being. And while the negativity can sneak in, it is possible to choose to focus on the good. The Buddha said, “Your worst enemy cannot harm you as much as your own unguarded thoughts. But once mastered, no one can help you as much.”

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.

Experience holiday magic in Carson City

Submitted to the Galena Times

Enjoy a train ride with Santa, see Hallmark-worthy light displays, and take in the snowy views of the Sierra Nevada mountains in Carson City. Spark that child-like twinkle in your eye this holiday season with some favorite traditions and new adventures with your family and loved ones:

Gifts you won’t find anywhere else. Shop for the people on your list (and check it twice) at one of many Carson City shops selling gifts you may not find elsewhere. Located in a historic 1863 home, The Purple Avocado offers a selection of trinkets, home goods, and gifts. Looking for vintage items? Midtown Marketplace, Aunt B’s Vintage, Due Sorella and Hanifin’s Arts & Antiques are great options for home decor, antiques, art and more.

Santa says, “All aboard!” Experience the magic of “The Polar Express” – in real life! Wear your favorite

pajamas, sing carols, and enjoy hot chocolate while chugging along the V&T Railway. Plus, Santa himself visits each rail car and gifts a keepsake silver bell to every child. Tickets start at \$60-80 for two people, plus a \$10 historical fee. Purchase tickets at VTRailway.com.

Train rides with Santa are also offered at the Nevada State Railroad Museum during the annual Santa Train rides. These will run from 10 am to 3 pm Dec. 3, 4, 10, 11, 17, and 18. Tickets are \$5 per person and can be purchased at the museum.

Step into a Hallmark Holiday movie out in the Golden West. Find your spot at the Nevada State Capitol Building to kick off the holiday season for the Silver & Snowflakes Annual Tree Lighting. The event will begin at 5.30 pm, Friday, Dec. 2.

The Silver Saddle Ranch also hosts a dazzling display of lights during the Homestead Holidays event.

Held Friday, Dec. 9 through Sunday, Dec. 11, you can take photos with Santa and enjoy live music, wagon rides, a craft market, and more.

Jack Frost nipping at your nose? Enjoy a warm beverage at Old World Coffee Lab, Comma Coffee, or Alatte Coffee & Wine Bar. Completing the Carson City Triathlon is guaranteed to help you defrost; start with a hearty beer at Shoe Tree Brewing Co., enjoy a meal at Sassafras Eclectic Food Joint, and take a soak at Carson Hot Springs.

Go to VisitCarsonCity.com to download the Carson City Triathlon Pass where you can check in to the three places and collect your prize for completing the event.

Carson City has the perfect places to get cozy during wintery weather.

Go to VisitCarsonCity.com for a full list of holiday happenings and ways to enjoy Yuletide cheer.

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



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

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

Firstlock highlights include:

- Lock-in periods on new construction loans for 60, 120, 180, 270 and 360 days
- Fixed and adjustable interest rate options with a FirstLock
- Conventional and FHA mortgage products are allowed
- Depending on the county limits JUMBO loans up to \$3,000,000 are available²

For more information give me a call today!

All of  serving you®



¹ Float down option may be exercised up to 30 (but not less than 5) days prior to closing at then current 60 day price. The expiration date then becomes the earlier of the original expiration date or 30 days from exercising the float down. An example is if a borrower takes a 120 day Firstlock, the maximum total lock period is 120 days. If the market interest rate declines you can relock at the lower interest rate, but only within the 120 day period. Market interest rates may climb during the 120 period which means the interest rate may be higher than the capped rate and there would be no "float down" opportunity to a lower interest rate. ² Jumbo loans over \$2,000,001 are available in the state of California only. Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank. 3004

 usbank.com/mortgage

Vacant Lot *Loan Financing*



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

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

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

Eligible Properties

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

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

All of  serving you®



 usbank.com/mortgage

Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage products offered by U.S. Bank National Association, Member FDIC. ©2013 U.S. Bank.

Save money and environment: Five reasons to shop at thrift stores

By Grace Nichols

I recently bought a fabulous pink-and-blue knit leather shirt (crazy, huh?) at one of my favorite Reno thrift stores. The next day, I wore it to a brunch where I didn't know many people. Because my shirt was so unusual, several folks asked me where I bought it. When I told them, they often told me about some of their favorite thrift shop finds. Now we had something in common to talk about. It was a great conversation starter.

People shop at thrift stores for a variety of reasons. Here are five of my favorites:

#1 Stretch my dollars. When my budget is tight, thrift stores are a godsend. I can often buy gently used, or even brand new, items at a dime or two on the dollar. Many people are so busy these days that they donate new or worn-once items instead of returning them. Their time-saving strategy is my money-saving one.

#2 Variety of labels. I own many designer-brand clothes and items even though I've never been in their branded stores because I bought them at a thrift

store. Perhaps their original purchasers didn't want to be bothered taking them to a consignment or cash-for-clothing shop. Whatever their reason, it's a win for me and my fellow shoppers.

#3 Save the Earth. Buying items at a thrift store, instead of a general retailer, is good for the environment. It keeps a lot out of our landfills. It also eliminates the production, shipping, and other climate-impacting costs of making new items. This is especially important for rarely used items like ugly Christmas sweaters and extra-large luggage. Wood furniture, too.

#4 Entertainment, even thrills. I didn't go into the thrift store looking for a pink-and-blue knit leather shirt. I was bored and looking for something unique. I enjoy the thrill of the hunt, looking for a great price on a beautiful or one-of-a-kind item. I've also found fabulous original art and home décor. Shopping at a thrift store is more fun and social than shopping on QVC or Amazon.

#5 Helping my community. My favorite thrift stores donate all or most of their profits to local service projects



You can get great deals on high-end merchandise at the Assistance League of Reno-Sparks thrift shop.



You can even find great art at thrift shops.



Thrift shops offer a great selection of dishes and other great items for your home.

so when I spend \$20 there, I'm also putting \$20 toward helping those less fortunate in my community. My first choice in Reno is the Assistance League thrift store at 1701 Vassar because everyone, from CEO to cashiers, is a volunteer. Not a penny goes to salaries so, after they pay their basic bills, all the

money supports their many local service programs. Maybe that's why they are #1 on Yelp.

If you haven't shopped at a thrift store in a while, or maybe ever, I invite you to try one soon. Happy shopping!

Grace Nichols is a member of Assistance League of Reno-Sparks.

Get into internet truly everywhere

By John Sagebiel

Like many of us, I love to travel. Also like many of us, I often need to stay in touch and have responsibilities that require me to be in contact with the rest of the world at regular

intervals. But a lot of the places I love to travel to are so remote that mobile phones either don't work at all or the signal is so weak it's unusable. Enter Starlink, a satellite-based, high-speed internet service that allows for very



John Sagebiel outfitted his van with the Starlink antenna to work in remote locations.

fast connections anywhere I can get a clear view of the sky.

I purchased the "Starlink for RVs" system just before leaving on a ten-day road trip though the southwestern US and I had only a brief time to experiment with it before heading out on the road. It turns out that the RV version and the home version are the same hardware, just different service plans. The RV plan just allows you to pause and reactivate service as you want. That's very convenient for me since I do not live full-time in my van.


The hardware is about \$600 plus taxes and shipping and the service is \$135 per month. The hardware consists of the antenna, a stand for the antenna, a cable to connect it, and the Wi-Fi router. It does require 120V AC power, but many RVs have this already or a small inverter can be used. I found it used less than 65 watts of power, most of the time about 40 watts.

The system and service are pricey, but the service is truly amazing. When

I would find a place to camp, I would deploy the antenna, plug in the router which provides power to the antenna, and I generally had a connection within 60 seconds. The more of the sky that was visible, the faster the connection would become live. The speeds varied a bit, I ran speed tests in varied locations and found up to 150 mb/sec, which is faster than my home internet. The slowest I saw was about 40 mb/sec. It was fine for steaming video meetings, watching streaming video and anything else I tried.

In this over-connected world, it could be argued that being disconnected would be good, and it is. The system can be turned off. It's your choice. But for those moments when you want to work in very remote places or check in with family, this is an amazing system.

John Sagebiel is the assistant director of Environmental Programs, Environmental Health & Safety at the University of Nevada, Reno.



Support Your Community

- 1. DONATE**
Don't throw away!
- 2. SHOP**
Best Thrift Shop in town
- 3. VOLUNTEER**
11 philanthropic programs

1701 Vassar St., Reno
10 am to 4 pm | Tuesday through Saturday
www.assistanceleague.org/reno-sparks

Galena Creek Park awaits winter adventurers

By Alexandria Williams

Winter is rolling in here at Galena Creek Regional Park and for this snowy season, The Great Basin Institute invites you to explore the high desert and forest environments. Our park offers wonderful trails that lead into Mt. Rose Wilderness where the trees stand tall and the streams flow free. GBI is a non-profit organization that promotes environmental research, education, and service. Collaborating with Galena Creek Park, GBI offers adventurous and scientific programs to the public.

Located just off the Mt. Rose Scenic Byway, the Visitor Center is where you can find information for any and everything between Galena and Lake Tahoe. The Center and gift shop are now open Fridays through Sundays from 9am to 4pm. GBI staff and volunteers are ready to assist you along your travels. The gift shop is a great place



The Great Basin Institute offers winter adventures, birding presentations, and holiday gifts at Galena Creek Park.



(Photos: A. Williams)

for last-minute Christmas shoppers, from mugs to t-shirts to books, we offer valuable souvenirs that would light up any outdoor fanatic's face with a smile.

For those of you looking to get into winter activities, we are offering beginner to intermediate-level snowshoeing excursions. Bring your best puffer jacket

and join us for a day in the snow followed by a cup of hot cocoa or cider. Think of this as a personal guided park tour or your daily dose of nature.

During winter, Galena's nature trails which are typically full of noise may seem a little quieter. Have you ever wondered why? Don't worry, the Lahontan

Audubon Society has all the answers. Monthly birding presentations about species, vocalizations, and migrations are given at the Visitor Center. The Audubon Society presents taxidermy birds that allow the community to observe the birds of Galena and the surrounding region. This is the time to see a great horned owl or American kestrel up close. We hope you not only enjoy the holiday seasons but the outdoors as much as we do.

Alexandria Williams will be the new Community Outreach Coordinator at Great Basin Institute. She started as a summer counselor in the spring of 2022 in the AmeriCorps program.

If you are interested in becoming a docent and assisting in programs for Galena Creek Park, please contact the Visitor Center email at thegreatbasininstitute@gmail.com. Program updates will be posted on our website www.galenacreekvisitorcenter.org and Instagram @galenacreek.

How Incline Lake got its name

By Gordon MacLean

"Tell us, Uncle Gordon, how did Incline Lake come to get its name?" ask my nephew Hank Frazee. Once again, we were sitting around our granite fireplace, watching the pitch stumps crackle and sputter, and telling the children the history of Incline Lake.

"Well, you see, it was like this," I began, pausing to pour Janice and myself another glass of wine and settling a

little deeper into the overstuffed, red, leather armchair that faced the fire.

"Originally it was always called either Little Lake or Biltz's Lake. This was before the U.S. Geological Survey made their definitive assessment to put an end to a series of rumors that there was something "mighty peculiar" about the lake. You see, what the U.S.G.S. found, and proved beyond a shadow of a doubt, was that the surface of



When Gordon MacLean wasn't gathering his family and illustrious friends around the fireplace of their Incline Lake cabin, he took them out fishing. Norman Biltz, aka "Duke of Nevada" (2nd from left) had originally created the lake in 1938.



(Photos: G. MacLean)

Incline Lake is exactly one foot nine and thirteen hundredth inches higher at the upper end of the lake than it is at the lower end. The only tilted lake in the whole world. And so, of course, ever since has been known as Incline Lake.

I think Hank almost believed me. At the very least, I'm sure he wondered just a little bit.

The truth of the matter is that Incline Lake, Incline Creek, and Incline Village were all named after the great Incline Tramway of the Sierra Nevada, a magnificent project constructed by the Sierra Nevada Woodland Lumber Company in the year 1872 to transport lumber 1400 vertical feet from a sawmill located near the present site of Sierra Nevada College to the crest of the Carson Range, there to be dumped into a flume that carried the lumber under the ridge through a 4,000 foot tunnel which is still in existence and eventually onto Virginia City.

Incline Lake was the brainchild of Norman Biltz, who had acquired the property in the late 1930s as part of a land swap involving other Tahoe property.

Of all the many colorful characters to fill the pages of Nevada's history by far the most powerful, politically and financially, was Norman Biltz. In

1954, Fortune Magazine named Biltz "the Duke of Nevada." Calling him by far the most important businessman in Nevada, Fortune explained what makes Norman Biltz so important is not what he has or even what he can call on, it is his enormous personal influence over all sorts of business enterprises conducted by all sorts of people. Practically everywhere in Nevada, Biltz can call the tune.

Biltz's power extended far beyond the Nevada borders. Through his association with and backing of Senator Pat McCarran, the last great leader of the Silver Bloc, a group of western states which could stymie any legislation they considered inimical to their interest, the name of Norman Biltz was respected for many years in the US Senate, and, therefore, even in the Oval Office. Biltz's third wife was Esther Auchincloss Nash, granddaughter of one of the founders of the Standard Oil Company and an aunt of Jacqueline Kennedy Onassis.

And so, it was Norman Biltz who organized the Incline Lake Corporation and sold interests in it to several his friends. A dam was built, and Incline Lake was created in 1938.

The modest Biltz home at Incline Lake became a center for convivial

continued on page 8



Class of 2003 20 Year Reunion

Please join us next Spring for a twenty-year reunion of 2003 Galena High School graduates. We are hoping to have everyone attend and look forward to seeing you!

Date: April 29th, 2023. Beginning at 5:00 pm.

Location: Bighorn Tavern
1325 W 7th St G, Reno, NV 98503

Attendees: Lots. 150++

Attire: Clothing Required.

Fun and Games: We will have lots of this.

Food and Drink: Yes. We will have these too.

DJ: Definitely not.

If you graduated from Galena in 2003 and want to join in the fun, please reach out to us either through our Facebook group page or our dedicated email.

Facebook Group: Galena HS Class of 2003 Reunion

Email: galenagrad2003@gmail.com

To aid in the build up to, and planning for the event, get connected for communications and announcements.

International Trails Summit coming in spring 2023



Julee Conway

By Julee Conway

The International Trails Summit is coming to The Nugget in Sparks on April 17-20, 2023. Co-hosted by American Trails and the Professional TrailBuilders Association, the summit is the largest gathering of trail interests in the country.

The schedule will be full of engaging sessions and networking opportunities for professionals, land

managers, and all outdoor enthusiasts to learn about trails, building relationships, and expanding our region's outdoor recreation offerings.

A feature of the summit will be keynote speaker, Ku Stevens, a Reno local Citizen of the Year known for organizing the Frank Quinn Remembrance Run. The event commemorates his grandfather and the 50 mile route he took to escape the Stewart Indian School in Carson City to get back to his Paiute family home near Yerington.

The International Trails Summit will also feature

the World Trails Network – Hub for the Americas, an internationally representative body of the world's leading trails and trail destinations. Participants believe that their combined voices are the best way to strengthen trails for everyone. Do not miss this opportunity to engage with leaders in the trail industry.

Julee Conway is the former director of the City of Reno Parks and Recreation Department. She continues to actively support trails, outdoor recreation, and land conservation efforts in the Truckee Meadows and throughout the state of Nevada. For registration information, visit www.2023its.org.

Crowlers and growlers are meant for sharing



Briana Wagner

By Briana Wagner

It's officially beer-sharing season. Time to enjoy big beers that have been hanging out in fermenters all summer long waiting for their time to shine. Some have higher alcohol percentages and bigger malt profiles, like Russian imperial stouts and Wee Heavies. Others like porters, browns, and Belgians just taste festive and warm the belly. It's okay to gravitate to high alcohol-by-volume beer in the winter because you are not chugging those beers but will be sipping them by the fireside and sharing them with friends.

At Schussboom, you can get a Growler (64 ounces) or Crowler (32 ounces) of your favorite beer to go and be the hero at the party. You can't buy our craft beer anywhere but at Schussboom, so the extra effort will be noticed, it's very exclusive.

Launching for the holiday season, we brewed Cordially Yours, Stout, a chocolate-cherry Russian imperial stout. This brew is an all-grain stout infused with bittersweet chocolate and sweet cherry puree. We are also bringing back some requested favorites like the High-Speed Quad, a Belgian quadruple; George Michael's Cream, a vanilla bean cream ale; and Lit Out From Reno, a Belgian-style golden strong ale. You can order your Growlers or Crowlers to-go through the online store and have them ready for a quick pick-up.

Over the course of a year, we have made 56 different beers. Each was crafted with diligence, care, high-end ingredients, science, and showcasing the variety of styles that make up craft brew. We were honored to win a silver medal at the 2022 Great American Beer Festival for our Bear Bait, a raspberry honey wheat ale, making it the number two fruited wheat ale in the country.

Have a festive holiday season and thank you for bringing your positive energy to Schussboom Brewing. Enjoy those big beers guilt-free because it's the season.

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

Incline Lake *continued from page 7*

parties to which Billy would invite his wealthy powerful and famous friends. E. L. Cord, William Harrah, Tom Dant, Bill Lear, Max Fleishman, and Stanley Dollar are but a few of the famous names that graced Biltz's guest list at Incline Lake. Even the astronauts relaxed

at Incline Lake before their first moon shot. This, then, was the group of which I became a member in the fall of 1947. If I had lived to be 1000 years old, I would never regret it for an instant.

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.

**START
EXPLORING**

SWISS ALPS

SKI ADVENTURE

FEBRUARY - MARCH
2023

An adventure of a
lifetime, every time!

**CALL TO RESERVE
YOUR SPOT TODAY**

775.683.9115

THERAPEUTIC MASSAGE | PRENATAL | THAI

Autumn is a Season, FLU is not!

Massage can help boost the immune system so that you can enjoy the beautiful season of AUTUMN without getting sick.

Research has shown that massage can help:

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

For more information on the many benefits of massage, visit www.amtamassage.org/research

CONNECTIVE TOUCH

THERAPEUTIC MASSAGE

**16520 Wedge Parkway
Suite 300, Reno
NVMT9892**

30% Off

your first service

New clients only. Must present coupon.

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

703.568.2010 | www.connectivetouchmassage.com

Serenity abounds on cross-country skis

By Andy Pasternak

As winter rapidly approaches, I'm excited about my favorite activity here in Tahoe, cross-country skiing. Let me give you my reasons why it's my favorite sport.

Growing up in Michigan, we had some downhill skiing, but it frankly wasn't that fun. Due to long lift lines and short downhill runs, the ratio of standing around to skiing just wasn't my cup of tea. What I did love, however, was cross-country skiing. One of my youth soccer coaches had written a fun book about the basics of XC skiing. So, after a few times trying it, I was hooked. Plus, with the number of state parks in Michigan, it was a lot less expensive than buying a downhill pass.

When my wife and I were finishing our medical training in Wisconsin, we came out to Reno in January to interview for our jobs. On our free day, we drove up to Royal Gorge Cross Country. It was an absolutely perfect bluebird day with immaculately groomed trails that seemed to go on forever. I'm not going to say that was our only reason for moving here, but it was a factor.

There are two forms of XC skiing: Classic Skiing (aka diagonal stride) and Skate Skiing (aka Freestyle). Classic skiing is the more traditional XC skiing where people look like they are walking along on skis and often ski in tracks. Skate skiing looks like a speed skater with a side-to-side motion on a wider groomed trail.

The equipment for each is different. Classic skis tend to be longer and have an area in the middle of the ski that gives the ski "kick." The kick zone can be an area to wax, a pattern in the ski that provides grip, or even a synthetic "skin." Skate skis are shorter and have a completely smooth bottom, as there's no need for kick. While the poles are often the same materials, skate skiers ski with longer poles than classic skiers



(Photo: A. Pasternak)

Family physician Andy Pasternak and his wife JoAnn Ellero, a Reno anesthesiologist, enjoy the low-impact exercise of cross-country skiing.

due to the mechanics.

Why do I love XC skiing? There are so many reasons. First off, it's a great form of exercise. At the highest levels, XC skiing is one of the most demanding sports physiologically. When you watch the finish of an Olympic XC ski race, the skiers often collapse from their efforts. Fear not; you don't need to be an aerobic animal to XC ski. I often go out with friends and cross-country ski at a pace similar to hiking. With a bit of practice, the feeling of gliding over the snow is second to none.

Another thing I love about XC skiing in Tahoe is the solitude you can find on the trails. Even at some of the XC ski resorts on the busiest weekend, once you ski a couple of kilometers, the tracks aren't packed with skiers. In addition, parking and crowds are much more manageable compared to the downhill resorts.

Like downhill skiing, there is a learning curve to XC skiing. Most people find classic skiing easier to learn as it's similar to walking and running with a straightforward motion. However, I know people who naturally seem to pick up skate skiing more easily.

Tahoe has incredible places to XC ski. Royal Gorge is now owned by the Sugar Bowl Ski resort in partnership with the Truckee-Donner Land Trust. It's still one of the largest XC ski areas in North America. Tahoe Donner Cross Country is where I ski the most these days. They feature a great new cross-country ski center and have upped their rental and lesson programs. Tahoe Cross Country, in Tahoe City, is a super fun place to ski and with views of Lake Tahoe on some of the trails. It's also the location for the area's biggest cross-country ski event. The Great Race takes place the first week of March and benefits Tahoe Nordic Search and Rescue. While some people competitively race the course, many more skiers do it for a fun tour on the snow with a chance to refuel at their soup stations and hang out at the finish for music and a well-deserved lunch.

What's really exciting to me are the new Nevada Nordic trails (<https://nevadanordic.org>). A few years ago, a group of dedicated volunteers set up a non-profit foundation to start grooming XC ski trails in and around Mt. Rose Meadows and the old Diamond Peak XC ski trails. While they don't have a rental program or lessons, the tracks are excellent if you have your own skis and know how to ski. While skiing on the trails is free, donations to Nevada Nordic are appreciated to help them continue to groom the trails.

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.



urban HOUND

DOGGY DAYCARE + BOARDING + GROOMING

The premier dog boarding and daycare in Reno; peace of mind for you, and a safe and fun adventure for your dog!

AVAILABLE FOR YOUR FURRY BEST FRIEND:

- Cage-free boarding featuring individual suites
- Daily walks, additional pampering services
- Large supervised daycare/playcare areas with play equipment
- Bath/Brush grooming to help keep your pup healthy and happy
- Professional groomer on site
- Kitty Boarding for your feline family members
- Open 7 days a week, 365 days a year



WE LOVE YOUR HOUNDS HERE

Your first day of doggy daycare is FREE!
CALL 775-787-1410 to let us know your pup will be joining us!

6380 MAE ANNE AVE, SUITE 3, RENO, NV 89523 | WWW.URBANHOUNDRENO.COM



WE'RE BUILDING A BETTER COMMUNITY THROUGH QUALITY TRANSPORTATION

rtcwashoe.com



See All Area Home Sales for the LAST 3 MONTHS on → www.GalenaTimes.com → Click REAL ESTATE → RECENTLY SOLD



Just minutes from Lake Tahoe and Mt. Rose Ski Resort. Everything about this house will make you feel like you're on vacation at the lake. Built in 2004. Exterior freshly painted. Hickory wood & slate floors, maple cabinetry, and it has a Smart system. **\$2,175,000.**



1600 acres overlooking Reno and Sparks. Own a portion of Spanish Springs Mountain. Secluded yet just over 7 miles to the Pyramid Highway. The views are spectacular, flora and fauna abound. **\$2,400,000.**



City and Virginia foothill views in Arrowcreek from this well cared for, single-level home set on a corner lot backing to greenbelt. A great use of living space with open floorplan, dedicated dining area, family room with fireplace and access. **\$1,234,567.**



\$130k under recent appraised value. Sellers are extremely motivated due to a move. This first-class architecturally designed home offers impressive upgrades. Breathtaking views welcome you home as high ceilings and elegant wood floors. **\$1,395,000.**



Amazing home in beautiful Galena Forest. Must see this pristine, luxury mountain retreat, built and designed with ARXX Green Energy Construction, and Montr  ux quality finishes. Nothing compares! Magnificent gourmet kitchen. Superb quality. **\$1,795,000.**



Enjoy the enchanting Tahoe Woodland lifestyle in Galena Forest! This luxury mountain home showcases numerous recent improvements, including: new roof, new garage doors, new flooring, new interior & exterior paint. **\$1,475,000.**



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



Richard Keillor, ABR® 775-813-7136

Richard.Keillor@cbselectre.com

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

www.richardkeillor.com

RE License #S.52602

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

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

All Area Home Sales September 13 - November 9, 2022

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Off Market
Galena/Montreux/St James							
16865 Rue du Parc	\$1,700,000	488.23	\$1,700,000	488.23	3482	0.62	10/21/2022
20785 Parc Foret Court	\$1,560,000	589.35	\$1,758,459	664.32	2647	0.31	9/26/2022
500 Yellow Pine Rd	\$1,895,000	656.62	\$1,875,000	649.69	2886	1.01	11/7/2022
5725 Nordend Way	\$2,250,000	708.88	\$2,150,000	677.38	3174	0.51	10/12/2022
5096 Bordeaux Court	\$2,245,000	692.69	\$2,150,000	663.38	3241	0.58	9/20/2022
20805 Parc Foret Court	\$1,886,000	430.4	\$2,235,879	510.24	4382	0.31	11/3/2022
4312 Beaujolais	\$1,675,000	382.25	\$2,282,294	520.83	4382	0.34	9/28/2022
5685 Lausanne Drive	\$2,499,000	710.55	\$2,499,000	710.55	3517	0.58	10/24/2022
20563 Chanson Way	\$2,995,000	673.49	\$2,835,000	637.51	4447	0.38	10/21/2022
120 W Willis Lane	\$3,185,000	599.25	\$3,000,000	564.44	5315	1.05	10/25/2022
Rolling Hills/Galena Country Estates							
755 Summer Star Place	\$685,000	279.14	\$670,000	273.02	2454	0.26	10/21/2022
ArrowCreek							
2747 Shadow Dancer Trail	\$1,050,000	405.72	\$1,025,000	396.06	2588	0.32	11/1/2022
548 Echo Ridge Ct	\$1,145,000	473.92	\$1,095,000	453.23	2416	0.36	10/13/2022
3491 Painted Vista Dr	\$1,298,000	579.98	\$1,245,000	556.3	2238	0.46	9/28/2022
2901 Shale Creek Drive	\$1,599,000	429.72	\$1,500,000	403.12	3721	0.31	9/29/2022
1219 Broken Feather Court	\$1,992,000	443.06	\$1,875,000	417.04	4496	0.58	10/3/2022
Saddlehorn/Monte Rosa							
14130 Quiet Meadow Court	\$1,195,000	311.12	\$1,050,000	273.37	3841	0.37	11/1/2022
4445 Wild Eagle Terrace	\$1,200,000	464.58	\$1,150,000	445.22	2583	1.14	9/16/2022
14205 Wild Quail Ct.	\$1,659,000	515.22	\$1,400,000	434.78	3220	0.98	11/3/2022
4810 S Saddlehorn Drive	\$1,599,000	463.75	\$1,500,000	435.03	3448	0.84	10/21/2022
West Washoe Valley							
5678 Old US Highway 395	\$750,000	325.1	\$750,000	325.1	2307	2.9	11/8/2022
2 Silver Saddle Court	\$1,100,000	349.87	\$1,147,000	364.82	3144	1.38	10/27/2022
62 E Lightning W Ranch Road	\$1,950,000	327.29	\$1,900,000	318.9	5958	1.21	9/14/2022
Other Areas of South Reno							
11320 Cornerbrook Ct.	\$749,900	315.22	\$715,000	300.55	2379	0.36	11/1/2022
2355 Stonehaven Cir	\$945,000	411.59	\$872,500	380.01	2296	1.06	10/7/2022
12955 Valley Springs Road	\$995,000	337.06	\$940,000	318.43	2952	1	10/4/2022
15020 Edmands	\$1,190,000	391.19	\$1,055,000	346.81	3042	0.97	10/14/2022
4880 Gallup Road	\$1,300,000	353.84	\$1,300,000	353.84	3674	0.87	9/15/2022
3810 Fairview Rd.	\$1,995,000	586.76	\$1,825,000	536.76	3400	2.45	10/14/2022
1155 W Huffaker Lane	\$2,190,000	604.97	\$2,173,295	600.36	3620	2.97	9/27/2022
6109 Mesa Rd	\$2,195,000	601.86	\$2,185,000	599.12	3647	0.81	10/21/2022
446 Anitra Dr	\$2,700,000	502.05	\$2,475,000	460.21	5378	6.4	9/19/2022
NW Carson City							
188 Sussex Place	\$615,000	328.53	\$600,000	320.51	1872	0.16	9/20/2022
171 St Albans Pl	\$620,000	243.81	\$650,000	255.6	2543	0.25	9/14/2022
4200 Meadow Wood Rd	\$745,000	262.14	\$700,000	246.31	2842	1.2	9/13/2022
3973 Westwood Dr.	\$770,000	349.36	\$750,000	340.29	2204	0.36	10/31/2022
4490 COMBS CANYON ROAD	\$799,000	258.07	\$787,000	254.2	3096	1.31	9/30/2022
3760 Paradise Vw	\$899,900	341.91	\$875,000	332.45	2632	1.32	9/26/2022
9 Comstock Circle	\$875,000	281.71	\$875,000	281.71	3106	0.7	10/7/2022
2469 Kingsview Way	\$939,000	346.11	\$920,000	339.11	2713	0.28	9/15/2022
1686 Wellington West	\$1,997,500	492.36	\$1,865,000	459.7	4057	1	9/29/2022

Carson Tahoe Health expands program, fosters long-lasting nursing careers

Submitted to the Galena Times

Thanks to the recent American Rescue Plan Act grant, Carson Tahoe Health is now able to expand its Nurse Apprentice Program, ultimately helping improve care for local communities. This relief comes as the healthcare industry continues to face national nursing staff shortages.

CTH is one of several hospitals in Nevada that participates in the program, which allows enrolled nursing students to get real-world experience while working alongside hospital staff.

"Our nurse apprentices get hands-on experience and training as they complete their education, and are compensated for their work," said Cindy Kuperus, interim chief nursing officer and director of perioperative services. "As a result, they are well-prepared to enter the workforce."

During their time participating in the program, the students can experience different units and specialties within the organization before graduating as a nurse. This allows them to have an idea of what work they gravitate to, and what they're good at - which gives the community better, more thoughtful care.

"We have found that our nurse apprentice graduates have a sense of belonging to the Carson Tahoe family, and have increased longevity within the organization," said Kuperus.

Carson Tahoe Health's main operating room's day charge nurse, Agatha Gentile, BSN, RN, CNOR, was the regional medical center's first OR nurse apprentice in 2006. Since then, she has worked her way up the organization, now leading a dedicated team of health professionals.

"For myself, the apprentice program in the operating room solidified my choice of becoming a nurse in this particular field," said Gentile. "The program is an amazing avenue for nursing students to seize upon if given the opportunity. To be fully engulfed in the environment learning and training with the staff that will become your co-workers and work family is invaluable."

The funds provided through the grant go towards helping various establishments across the country that continue to be impacted by the COVID-19 pandemic. While this program is truly in Carson Tahoe's DNA, the additional funds help to expand it, and really foster better care, close to home.



(Photo: Carson Tahoe Health)

Enrolled nursing students participate in the Nurse Apprentice Program at Carson Tahoe Hospital, financed by an American Rescue Plan Act grant.

According to Nevada Rural Hospital Partners, a student can become a nurse apprentice if they are enrolled in a pre-licensure registered nurse or licensed practical nurse program. They also must meet the Nevada State Board of Nursing approved skills list, before being hired as a nurse apprentice. Once on board, they will help provide nursing care at participating healthcare facilities, including Carson Tahoe Health.

For more information about the Nurse Apprentice Program, visit <https://nap.nrh.org/students>.

Interested in advertising with the Galena Times?

Distribution areas include:

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

APPROX. 9,000 PAPERS ARE DIRECT MAILED & 1,000 ARE DISTRIBUTED AT SELECT BUSINESS LOCATIONS.

Contact Richard at (775) 813-7136, Richardk@cbivr.com or visit www.galenatimes.com

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



Comprehensive Financial Planning

MFG
MacLean Financial Group

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

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

health for life
Chiropractic and Wellness Center

TAYLOR DONOVAN, DC
(775) 229-3889
docdonovan@gmail.com

- *Gentle and specific manual adjustments*
- *Postural training*
- *Lifestyle advice*
- *30 minute sessions*



Health is wealth. Invest in yourself.

RSV, Covid, and flu... oh, my!



By Kris Deeter

As we move from fall into winter, the typical respiratory viruses have descended upon us. Similar to last year, the usual players are acting up earlier than usual. Over the past couple months, cases of Respiratory Syncytial Virus, or RSV, have surged from east coast to west coast filling up to 90% of all children's hospital beds with a 300% increase in cases over the past year. The increases are believed to be, in part, due to the loss of immunity in our population after the 2020 winter season in which we were all wearing masks and social distancing. These measures not only decreased our risk of Covid, but also decreased the normal respiratory viral cases.

This summer, we saw an early rise in Rhinovirus and Enterovirus cases – typically known as the common cold. Just as these cases were beginning to decrease in October, RSV cases began to increase. Now, we are also

seeing an increase in Influenza cases and new variants of Covid. This will mean that our hospitals will again be full, adults will be missing work, and kids will be missing school. As always, the biggest risk will be to the elderly and to infants. Infants tend to be most at risk for illness, and even mortality, due to RSV infection.

During infancy, babies tend to struggle with the upper airway congestion that develops due to RSV. Their noses can become completely plugged up with mucus which makes it difficult for them to breathe. As their breathing rate gets faster and coughing gets worse, they are unable to latch on well to the breast or bottle which decreases the amount of fluids and nutrition they can take. This leads to dehydration and lethargy (sleepiness).

Any mucus in the nose of a baby should be quickly managed with saline drops (sold over the counter) and a suction bulb. This is the most common and effective treatment to keep your baby breathing well. Acetaminophen (Tylenol) can be used for any fever over 100.5 every 4 to 6 hours to keep your child comfortable if they appear fussy. Any fever in a baby

less than 3 months should be quickly discussed with your health care provider. Most importantly, continue to offer breastmilk, formula, and/or Pedialyte regularly to keep your baby hydrated and having regular wet diapers. Children and babies that develop more severe symptoms and require hospitalization actually receive those same treatments. In the hospital, we can also add supplemental oxygen and IV fluids, if needed. As it is a virus, antibiotics are not indicated and are usually not helpful.

The best and most responsible thing we can do to protect the elderly and infants in our community is to do what we can to decrease the risk of spreading these viruses. We can do this through immunizations (the flu shot and new bivalent Covid vaccine), wearing masks when we are sick or have been exposed to someone close to us who is sick, and by washing our hands frequently and before close contact with high-risk family members.

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

Why do we brush our teeth?



By Gilbert Trujillo

As a culture, we are all taught to brush our teeth. We all know that we are doing it to clean our teeth and to give us, hopefully, fresh breath. Let's go a bit deeper into this.

The reason we brush and floss our teeth is to get the food and bacterial microfilm off our teeth. This film, plaque, can harm our gums and teeth. We all have natural bacteria in our mouths, it's part of our bodies. However, these bacteria can also cause

inflammation of our gums and tooth decay.

Our bacteria love our food, primarily simple carbohydrates. While feasting on these carbs, they secrete acid as a byproduct. This acid erodes our tooth enamel. The simple fact is, the more simple carbs a person eats, the more chance that cavities will occur. Bacteria need three things to cause tooth decay.

- They need the food or drink.
- They need this food or drink often.
- They need the food and drink to stay awhile.

So, if you snack on carbs frequently and only brush once or twice a day, there is more chance that the acid from the bacteria will cause problems. Flossing is a must as

your tooth bristles cannot reach between the tight teeth. To have a healthy set of teeth and gums it is recommended that people snack less on carbohydrates, brush and floss more if consuming them, and use a fluoride toothpaste to put back the minerals that acid strips off teeth.

Dr. Gilbert Trujillo, a Reno native, received his D.D.S. from the University of the Pacific and his Certificate in Pediatric Dentistry from Baylor College of Dentistry, Texas A&M. He received his Certificate of Resident of Pediatric Dentistry from Children's Medical Center, Dallas. Dr. Trujillo belongs to many dental organizations and is active in organized dentistry on the local level. He can be reached at (775) 824-2323 or at RenoKidsDentist.com.

HOME MEANS NEVADA

OF NORTHERN NEVADA

Whether you're buying, selling, or refinancing, trust your Stewart Title team to manage the transaction and protect your property rights with their can-do attitude and Battle Born grit.

stewart.com/northern-nevada
WTInfo@stewart.com

Follow us at: [StewartTitleNNV](#)

Promoting health and wellness in our community.

Cutting-edge sports science for every athlete.

Andrew Pasternak, MD, MS

Teresa Angermann, DO

Shelby Gregory, APRN

Jason Crawford, MD, MPH, FAAFP

Silver Sage

CENTER FOR FAMILY MEDICINE
SPORTS AND FITNESS LAB

775.853.9394 | silversagecenter.com

How we cured a once-fatal form of leukemia



Pier Paolo Pandolfi

By Pier Paolo Pandolfi

Leukemia is a cancer of the blood that results in the excessive production of malignant blood cells produced by our bone marrow. Leukemia affects on average 2.5 million people worldwide every year and can still be highly fatal in spite of major advances in its treatment, including novel effective therapies, and, whenever indicated and available, bone marrow transplantation. While leukemia is the most common cancer in children, 90% of leukemias are diagnosed in adults.

Historically, leukemia has been one of the cancers most extensively investigated. One of the most important reasons is that blood is more readily accessible than other internal organs of our body. Due to research, we now know that there are different types of leukemia. The blood is made of different cell types and all of them can be subjected to malignant transformation. For example, cells that normally fight bacteria can become malignant leading to a so-called myeloid type of leukemia referred to as Acute Myeloid Leukemia. When on the other hand our B or T lymphoid blood cells - those which normally fight viral and bacterial

infections - become malignant, we develop a leukemia referred to as Acute Lymphoblastic Leukemia. In some instances, the clinical course is less aggressive and those leukemias are referred to as "chronic" rather than "acute."

Besides these clinical and cellular differences, after decades of genetic research, we now know that leukemias are profoundly diverse from a genetic standpoint. Different types of AML are associated with different genetic changes, mutations in specific genes, and/or major physical disruption in genes, gene deletion or gene fusions. Only thirty years ago when I was in medical school this was simply not known. Thus imagine the tremendous acceleration biomedical research has experienced in the last decades.

The acceleration of genetic knowledge has had a tremendous impact on the way we treat leukemia, also leading to real cures. Well, I personally had the privilege to be part of a phenomenal journey of discovery which led to the eradication of a specific form of AML, once fatal, called Acute Promyelocytic Leukemia, or APL for short. In the last year of my medical school training, along with Dr. Letizia Longo, who later became my wife, we identified the broken fusion genes found in the malignant cells from APL. At the time, we had no idea what those broken genes meant, and we wondered whether they were causing APL.

To answer this question, we introduced these broken genes in the blood of mice and to our surprise, these mice developed APL, the same type of leukemia as in humans. This was exciting because we immediately reasoned we could try find medicines that counteracted what the broken genes were causing. And to make a very long story short, we found that a combination of two natural compounds, a vitamin and a chemical normally found in the soil, were able to cure APL in the mouse. Based on these results, we prompted the clinical research community to run clinical trials in humans with this drug combination. The rest is history. This drug combination has been approved by the FDA and today APL is considered curable. At diagnosis, APL patients are given this combination therapy and if properly managed they are sent home disease-free and drug free - a real, definite cure.

Our successful journey convinced us that this methodological approach is powerful and can be applied to other types of cancers. Indeed, this paradigm paved the way to multiple attempts to replicate the APL journey, currently ongoing. At the Pennington Cancer Institute in Reno, we are building the needed infrastructure to bring this cutting-edge research to our community.

Pier Paolo Pandolfi, MD, PhD is the senior scientist at the William N. Pennington Cancer Institute in Reno.

Strong, flexible spine restores energy and purpose

By Taylor Donovan

"You are as young as your spine is flexible" is a saying that you will hear often if you regularly attend yoga classes. For thousands of years, those that valued youthful vitality well into their seasoned lives have practiced proper movement and flexibility. You only get one spine in this life, so it is best to keep it in good working order for as long as possible.

Keeping your spine functional and strong is rather simple especially if you lead a busy and active lifestyle. The sedentary life steeped in comfort is the bane of spinal health. The reason for this is that the spine loses its curves as one

becomes more sedentary and supported by backrests. Spinal health and performance are all about curves. These provide shock absorption and adaptability as you go about your days. Losing your spinal curves is akin to a downhill skier going through moguls with knees that won't bend. It looks awful, is painful, and doesn't end well.

Another saying that bears repeating often is, "an ounce of prevention is worth a pound of cure." The body is no different from many things we value, so if you don't use it, you will likely lose it. The spinal joints get their nutrition through movement as there is no dedicated blood supply to these articulating surfaces. Regular, predictable

movements lubricate and provide nutrients essential to keep your joints moving smoothly and through a wider range of motion. Even better can be adding some passive movements performed by a trained professional. There is no reason for you to sit on the sidelines of your best life because of pain or immobility.

An actionable strength and flexibility plan is perfect in the winter months. These often incorporate daily movements and are reinforced with postural training to gradually restore spinal health, the primary curves, and core muscle reinforcement. Progress is made gradually and feels exceptional. Adding proper breathing

techniques to reinforce this strong posture can give many folks their health freedom back.

Some common wisdom says, "We spend the first half of life creating wealth and the second half chasing health." It doesn't have to be this way, though. The best life has an abundance of both. Plenty of resources and energy to live the life that brings you the most joy and purpose.

Dr. Taylor Donovan is a holistic chiropractor, lifestyle wellness physician, and owner of Health for Life Chiropractic. He graduated from Los Angeles College of Chiropractic in 2004. For more information and to schedule a visit, contact (775)852-0446.



Happy HOWLidays

NATURAL



PAWS

Sophie & Ellie

2015-2022

Brooke Olson
Photography

Holiday, Hounds & Hooch! Dec 17th • 3-5pm

(775) 853-3533 • Galena Raley's Center • www.NaturalPawsReno.com

Breath of fresh air for nasal airway obstruction



Matthew Mingrone

By Matthew Mingrone

Do you regularly feel like you can't breathe easily through your nose? Maybe it's affecting your quality of sleep, or you find it hard to exercise. If so, you may have a common and often undiagnosed condition called nasal airway obstruction. Common symptoms of nasal obstruction include trouble breathing through your nose, or a "blocked" feeling, nasal congestion, difficulty sleeping, leading to fatigue, struggling to breathe through your nose during exercise, and frequent "mouth breathing."

Some patients respond well to medications to clear NAO, and some can benefit from invasive surgery.

However, medications may only offer temporary relief, and surgery isn't always the best option for every patient. Thanks to an innovative new treatment called VivAer, patients can get significant, lasting relief with a non-invasive, office-friendly treatment.

With VivAer, your ear, nose and throat physician will first apply local anesthesia to numb the inside of your nose and then insert a small wand into your nostril to precisely target and treat the blockage. The tip of the wand uses low-temperature radiofrequency energy to gently remodel your nasal passage to improve airflow. The treatment has minimal discomfort, and once it's finished, you can typically get right back to your normal daily activities.

In a two-year clinical study, patients were consistently satisfied with the results of their VivAer treatments. 97% of patients experienced significant improvement

in nasal breathing, 94% of patients improved their ability to get air through their nose during exercise or exertion, and 89% of patients reported getting a better night's sleep.

Dr. Matthew Mingrone is a board-certified otolaryngologist at Sierra Nevada Ear, Nose & Throat, who specializes in snoring and sleep apnea issues. He has over twelve years of experience and is highly trained in medically proven, minimally invasive treatments for snoring and sleep apnea. Dr. Mingrone has appeared in numerous national publications and on television as an expert on ear, nose and throat issues, and has helped thousands of patients resolve snoring and sleep problems.

Contact Sierra Nevada Ear, Nose and Throat for an evaluation and to see if you would benefit from this revolutionary treatment. Call 775.882.3277 to schedule your appointment today.

Off-Season - perfect time for sports massage



Meaghan Maillet

By Meaghan Maillet

This time of year, a strange phenomenon occurs at the office that I will call the "Off-Season Lull." It is characterized by the absence of clients who are competitive runners, triathletes, or golfers. As the weather warms, they will return. When I inquire as to their whereabouts over winter, I will usually get a response along the lines of, "Well I've only been doing base training, so I didn't feel like I needed massage" or worse, "I didn't feel like I deserved a massage."

The truth is, the off-season is the perfect time to get a sports massage. It is a time where you can work on structural

changes that you wouldn't want to address during your sport season for fear of how it might impact performance. Do you have tight muscles in your back that are limiting torso rotation during your golf swing, but are scared to address it because it might impact your long game?

A common mistake many athletes make is to schedule a massage a few days before their event and want to "fix" their problem areas. But that's the wrong time for fixing things. You don't have proper time to adjust to structural changes and may end up having a poor performance, or worse, you could wind up injured.

The off-season is the perfect time to work on those chronic issues. It is also a time when many athletes opt to have orthopedic surgeries or go through intensive physical therapy. This allows for ample time to recover,

rehabilitate and return to sport specific training.

Massage therapy can be a complementary addition to your off-season rehabilitation and training program. So, if you've signed up for a summer endurance race, or if you have your eye on the club golf championship, do yourself a favor and schedule some off-season sports massage. Then, prepare for your best season yet.

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

Movers, shakers, playmakers progress fitness



Ryan Golec

By Ryan Golec

If you have ever worked with a personal trainer or had a custom program designed for you, what factors were used to determine your program? Obviously, it's important to have an assessment done before beginning a workout program. From there, a program should be designed individually.

I like to think about a general fitness program as having three main levels: Movers, Shakers, and Playmakers. This is an adaptation of standard fitness periodization that starts with base strength and corrective work, progresses to strength and power, and finally sports-specific training. Methodical training programs are much more prominent in the strength and conditioning world of sports. However, in general strength training, many beginner or novice participants are thrown to the wolves and often given more than what they're ready for.

Those of you who have had good experiences with training and fitness were likely given quality progressions. In my three-part concept, this is how I see the progressions advance:

Movers are learning basic strength and conditioning techniques. In conjunction with light load technique

work, global, low-risk exercises for conditioning like basic agility, cardio intervals, medicine ball or battle rope work, and mobility training can round out the program.

The next phase is the Shaker. Shakers are building on their technical base with increased strength work while increasing agility and balance (thusly the "Shaker").

The top stage is the Playmaker. The Playmaker is ready for anything. In this phase you can challenge all the different aspects of fitness. The prior foundation work makes this phase safe to direct the participant toward ambitious goals.

A quality introduction assessment can help a trainer determine what phase a client should start with. Although I think this concept applies to all fitness enthusiasts, I really advocate this for aging populations. These participants are capable of almost anything if the program development keeps them safe, confident, and happy.

So, when you determine what kind of exercise program you want to join, ask yourself...am I a Mover, a Shaker, or a Playmaker? Then use that base to build strength, gain agility, and be powerful beyond your wildest dreams.

Ryan Golec is the director of movement and education at Performance EDU in Reno. He has worked in the fitness world for over 20 years and has a passion for correcting and enhancing movement patterns to help people achieve their ultimate goals. He is also a

licensed massage therapist and uses manual therapy as a part of his system to improve his clients' function and fitness. Contact him at (775) 846-2894 or Ryan@fitubuilt.com.

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

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

Implants *Cosmetic* *Dentures*

Reno Tahoe Dental provides implant restorations, partial dentures, full dentures, ceramic crowns, restorative dentistry, bridges and more. Always with individual patient needs and comfort in mind.
Reno Tahoe Dental has a mission to provide clinical excellence in a caring, warm, comfortable and professional environment.

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

Debra Lynn Markoff, D.D.S.
www.renotahodental.com
(775) 825-3922

Cut U.S. Forest trees to create Holiday memories

Submitted to the Galena Times

Are you ready to make cutting a Christmas tree part of your holiday tradition? Get your permit now. Christmas tree permits for National Forest System lands on the Humboldt-Toiyabe National Forest's Bridgeport and Carson Ranger Districts are available for purchase online through Recreation.gov, as well as in-person at multiple locations until they are gone.

"The Humboldt-Toiyabe National Forest has a long history of welcoming holiday visitors into the forest to cut their own Christmas trees," said U.S. Forest Services supervisor Bill Dunkelberger. "This is a generational tradition for many families and maybe a new experience for those who are just getting acquainted with the program. Either way, it is a special way for the public to connect with and create memories within their local national forest."

The U.S. Forest Service Christmas Tree Program is designed for families, businesses, and institutions wishing to cut their own trees for decorating. Christmas tree permits are issued on a first-come, first-served basis for \$10 each, with a limit of two trees per household. Permits are nonrefundable and nontransferable, and only valid through Dec. 25, 2022.

To purchase a Christmas tree permit online, visit Recreation.gov and search for the Humboldt-Toiyabe National Forest Christmas Tree Permits (<https://bit.ly/RecreationgovHTNFCChristmasTreePermits>). Visitors will need to set up or login into a Recreation.gov account to complete the transaction. There will be an additional fee of \$2.50 per online transaction.

The topping of Christmas trees has resulted in serious problems in previous years by leaving behind

LOCAL TREE PERMIT VENDORS

CARSON RANGER DISTRICT OFFICE

1536 S. Carson St., Carson City. Mo-Fr 8am-4:30pm (closed 11/24)
(White Fir, Jeffrey Pine, Incense Cedar)

FOREST SUPERVISOR'S OFFICE

1200 Franklin St., Sparks. Mo-Fr 8am-4:30pm (closed 11/24)

GALENA CREEK VISITORS CENTER

18250 Mt. Rose Hwy, Reno. Fr-Sun 9am-4pm (closed 11/24 and 11/25)

SCHHEELS

1200 Scheels Drive, Sparks. Mo-Sat 9am-9pm, Sun 10am-6pm (closed 11/24)

SPORTSMAN'S WAREHOUSE

1443 South Carson St, Carson City
Mo-Sat 9am-9pm, Sun 10am-9pm (closed 11/24)

high tree stumps. Please ensure that the maximum height of the stump left behind is no taller than six inches above bare soil with no live branches left on the stump. Remember topping trees is not permitted!

If you have purchased a Christmas tree permit in person, please make sure the adhesive tag is attached securely to the tree, so it is visible during transportation. If you purchased your permit through Recreation.gov, a copy of the permit is required to be placed visibly on your vehicle dashboard.

"Keep your family and your own safety in mind as you head out to look for a Christmas tree on National Forest lands," said Dunkelberger. "Dress warmly and bring along a saw, shovel, map, snacks, and water. Also, make sure relatives or friends know where you are going and when to expect you home."

Getting your tree early before the snow falls usually means better access on forest roads. High-clearance, four-wheel drive vehicles and traction devices are recommended when driving on mountain roads at this time of year. Vehicles with inadequate tires and/or no chains have caused extensive problems in the past, blocking roads and preventing other drivers from being able to enter or leave the cutting areas.

Remember, most forest roads are not plowed in the winter. Leave early in the day to allow for maximum daylight. Be prepared for unpredictable weather, check road conditions before leaving, and always use caution when emerging onto main roads. Forest officials would like to remind the public that proper and responsible use of vehicles on Forest roads is important to ensure roads remain in good shape for all visitors. Causing damage to roads and other Forest resources can be a violation of federal regulations, which could carry a fine up to \$5,000 and/or six months in jail.

The Carson Ranger District also recommends the public not cut Christmas trees in the Dog Valley area unless they have a four-wheel drive and/or high-clearance vehicle. The Dog Valley Road, located near Verdi, Nevada, about 15 miles west of Reno, is a steep dirt road that is extremely hazardous when snow and ice covered.

The road is not accessible once the Reno-Sparks Metropolitan area receives significant amount of snow. People with only two-wheel drive vehicles might want to cut a Christmas tree off Nevada State Route 431 (Mount Rose Highway) in south Reno. For list of suggested cutting areas, visit <https://bit.ly/CRD2WDChristmasTreeCuttingOptions>.

Evergreen owners worry about fall needle drop

By David Ruf

When the sun is in the northern hemisphere daylight is longest, by almost 6 hours, and as it ventures to the south the daylight decreases. This shortening of daylight is part of the coloring of the trees and shrubs in our area. The temperature decline and a freeze will also help other plants to transition from green summer apparel to the radiant reds, glossing golds, opportunist oranges, and pleasing purples that spring up almost overnight.

Deciduous trees and shrubs lose their leaves, and most people have little to no worries about the changing of the seasons with this group of plants. However, young evergreens turning colors has become a worrisome factor for a large group of people who are paying attention to their yards.

The trendiest evergreen of late is the Vanderwolf pine. This tree dons long, soft blue-green needles that reach around 6 to 8 inches in length. This tree is in a family or group of evergreen trees whose single needle, when young, splits into five finer needle segments. These trees are known as five-needle pines. These five-needle pines come from the East Coast of the USA, from Japan, China, and other eastern countries, and some are native to Nevada.

The Western White Pine and the second state tree, the Bristlecone, all belong to this group. These pines have needles that usually turn the brightest yellow and gold out of all evergreens with

their fall needle drop. All evergreens do this in the fall, whether in the Northern Hemisphere or the Southern.

Other pines and spruce and arborvitae will turn a more brownish shade of yellow. This process happens yearly and the more growth the tree has, the more colored needles you will see in the trees in October and November.

This needle coloring and dropping out of the plant happens in the region of needles that are closest to the trunk of the tree. These needles are usually the ones that have been doing their share of the work, collecting sunlight and turning it into food for the rest of the tree. Now comes their time to rest, so out of the tree they fall onto the forest floor to rest and become a ground cover to help retain moisture, prevent weeds from encroaching, and then decay to add stored nutrients back to the earth.

Revel in the fall every chance you get and study nature, whether the sky, the birds, the water, or my favorite, the plants that surround us. Should you come into the garden shop to look around and get ideas, or just to stroll through the botanic garden that makes up a large portion of the nursery and who we are, you might find me enjoying the fabulous fall season with the rest of the staff.

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.

WE'RE OPEN!

your plants, our passion

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

Greenhouse
Garden Center & Gift Shop

775.882.8600

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

www.greenhousegardencenter.com



David Ruf
Greenhouse
Garden Center
Owner



Environmental scientist reflects on Trinity Atomic Test Site

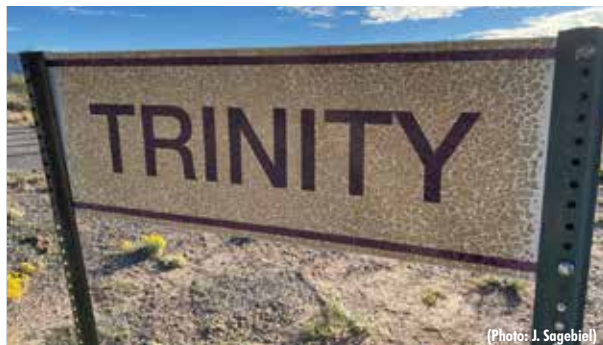
By John Sagebiel

On the clear, crisp October morning, I visited the Trinity Site, the location of the first nuclear explosion on Earth. Located on the White Sands Missile Range in New Mexico, the site is open to the public twice a year, usually in April and October. But there's not a lot to see there. A stone obelisk marking the location was erected in 1965. A small part of the footing of the metal tower that held the bomb is still there.

The landscape has been altered. It was graded to fill in the crater that was formed by the explosion. A low building covers part of the original crater wall, but you can't see anything. Some thin clouds hung in the sky and the views were clear to the horizon. In many ways, the view could have been from any of countless places in the Great Basin. But somehow this place is different.

I had a lot of time in my van driving away thinking of what that site meant to me, why did I plan a long trip around seeing that? Straight driving time from Reno is over 18 hours. A few things came to mind.

I've taught environmental science, sustainability, and energy topics for many years. I have long made the point that up until 1942 everything humans did to get or make energy was essentially taking something from the environment and either using it directly (wind and



J. Robert Oppenheimer gave the code name "Trinity" to a remote patch of the Jornada del Muerto Desert where the world's first nuclear device exploded.

waterpower) or burning it. Early humans would simply burn wood they found, and even now, most of our energy is obtained fundamentally the same way: take something in the environment (oil, gas, etc.) and burn it.

That profoundly changed on two occasions. One was December 2, 1942, when Fermi and his collaborators got the first self-sustaining, controlled nuclear chain reaction. This was a radically different way to obtain energy; a major shift in our perception and use of the materials around us in the world.

The second occasion was April, 1954, when Bell Labs announced the first practical silicon solar cell, then called a solar battery. Again, not taking heat from the sun, but

rather using our understanding of quantum mechanics and semi-conductors to use a totally different mechanism to obtain energy. Interestingly, both these events can be traced to the work of Albert Einstein, who worked a lot on quantum mechanics and his one Nobel Prize was for the photoelectric effect.

Nuclear power took a turn for the worse then in June 1945 with the Trinity Test — the world's first self-sustaining uncontrolled nuclear chain reaction. In a 1965 television broadcast about the moments following the Trinity test, J. Robert Oppenheimer said, "We knew the world would not be the same. A few people laughed; a few people cried. Most people were silent. I remembered the line from the Hindu scripture, the Bhagavad-Gita. Vishnu is trying to persuade the prince that he should do his duty, and to impress him, takes on his multi-armed form and says, 'Now I am become Death, the destroyer of worlds.' I suppose we all thought that one way or another."

So, this site holds a lot of historical significance. I traveled there to bear witness to that. To stand at that site and look around at the high desert where the world radically changed in June 1945. It's been said that history doesn't repeat itself, but it rhymes. I hope that by remembering our history, I will try and break those patterns. Look up and see things as they are, not as I hope they will be.

John Sagebiel is the assistant director of Environmental Programs, Environmental Health & Safety at the University of Nevada, Reno

Santa Claus is making the invisible visible

By Maren Schmidt

"I've never gotten a present from Santa Claus," said Iliana, my 12-year-old seatmate on an east coast flight. "My parents thought I should only be given verifiable facts. They told me there is no veracity in Santa Claus."

"It's too bad that no one ever told your parents about the Secret of Santa Claus. When you know the Secret, you believe in Santa Claus all your life, even if you can't verify facts." I said.

"You believe in Santa Claus? What secret?"

"It's simple, but..."

"Please, tell me," Iliana said.

"We're flying on a plane right now. Who built this plane? Who designed it? Who got it ready to fly? Who trained our pilots? We know that someone had to do it, and with some research, we could find those people. We won't though. We'll never meet those people. I'll call them invisible workers since they work to give us something we couldn't do alone."

I took a sip of coffee. "There are thousands of invisible workers for almost everything we use. I have no idea who planted the beans for this cup of coffee, or who picked them, roasted them, and packaged them. I can only thank our flight attendant, the last person in this invisible line of people."

"I have faith," I continued, "that when I wish to fly on an airplane or have a cup of coffee, these unknown people will have done their jobs, and my desires will come true. I don't have to grow my own coffee beans, or build my own airplane, because of all these wonderful people."

"So, you're saying that Santa Claus is an invisible worker?" said Iliana.

"I see Santa Claus as being all these people in the world, who strive to serve humankind, to make life more enjoyable,

more comfortable, more magical. I will never see these people who do so many things for me, but they are most assuredly real. When I understood this, and I was older than twelve, I wanted to be that helpful kind of person. In the first stage of believing in Santa Claus, when we're little, we're on the receiving end. When we live the secret, we are on the giving side, which is fun. Being like Santa, which is doing our jobs with the cheerful intention to help others, makes amazing things happen, such as flying at 30,000 feet at 500 miles an hour, while sipping coffee, and talking to you about Santa Claus."

"I get it. Once you know how Santa works you become Santa Claus. You do your regular stuff with love in your heart and try to help others not expecting anything in return. Santa is people helping people. I'm pretty sure nobody told my parents that," Iliana said. "I think I'm going to have some fun being an invisible worker."

I was hoping I could show Iliana that Santa is that invisible force of faith, charity, believing, and doing that cannot be easily explained.

For the young child, one way we can help them see and experience this force is in Santa's work. As young children enter a developmental stage of reasoning, around age six, and begin to wonder about Santa, we need to give them opportunities to work and contribute to something bigger than themselves. We need to show them how to choose to be part of the magical power of giving, service, and surprise.

As we walked off the plane, Iliana said, "I'm so excited about Santa Claus. I've already got some great ideas. I think this feeling is what it means to say, 'It's more blessed to give than receive.' Boy, are my parents and a few other people going to be

surprised."

Iliana spied her grandparents and started singing "Here Comes Santa Claus". They laughed and said, "What are you so happy about?"

As I walked away, Iliana waved and winked at me, then answered, "It's a secret."

Maren Schmidt has over thirty years of experience working with children, and their families, as a parent, Montessori teacher, Girl Scout leader, Sunday School teacher, Montessori school owner and administrator, parenting coach, and workshop leader. This blog post was published with her permission. Sign up for her newsletter at www.marenschmidt.com.

NOW AVAILABLE TO HOST PRIVATE AND SEMI-PRIVATE SPECIAL EVENTS

Visit us online for upcoming events and happy hour specials!

www.TheLodgeReno.com

Facebook: @thelodgereno Instagram: @thelodgereno

Located down the road from Galena hiking and biking trails
17025 Mt. Rose Highway 775.507.7049

Sierra Nevada Journeys' afterschool program gets kids loving STEM



Lisa Blauth

By Lisa Blauth

Each week, students come together after school to explore the outdoors and learn about science, technology, engineering, and math while building resiliency in Sierra Nevada Journeys' STEM Explorers program. STEM Explorers is intentionally designed to help children build academic success, become comfortable in nature, and grow their social and emotional development through facilitated leadership and collaboration-based lessons.

"We expand on what students are learning in science class and supplement it with similar hands-on activities during our after-school programming," says Sierra Nevada Journey's advancement manager Audrey Bergmann. "We help students grow their confidence and get them excited about science; they can see themselves going into STEM careers in the future."

In the fall of 2021, Sierra Nevada Journeys launched STEM Explorers by partnering with the Washoe County School District and the Boys and Girls Club of Truckee Meadow. The program is made possible by



BGCTM's 21st Century Grant, which supports academic enrichment opportunities during non-school hours for children. The program is based at Dilworth Middle School, Sparks High School, and Hug High School. Sierra Nevada Journeys uses nature and the environment as its classroom; therefore, in addition to on-campus activities, outdoor learning and hands-on experiences use a variety of natural areas, regional parks, learning centers, and museums across the region.

"We've taken students to Rosewood Nature Study area to learn about native and invasive species," Bergmann



Partnering with Washoe County schools and the Boys and Girls Club of Truckee Meadows, the Sierra Nevada Journey's STEM Explorers program expands on what students learn in science class with hands-on, outdoor activities after school.



(Photos: L. Blauth)

said. "Students also participated in removing invasive plants. Next week we're going to the University of Nevada Mackay School of Science and Engineering for tours of their labs."

"Recently, I learned many of our middle school-aged STEM Explorers have never had the opportunity to visit the Terry Lee Wells Nevada Discovery Museum. You tend to think of the Discovery for young children, but we applied the STEM theories as we interacted with the exhibits. Students had a blast," Bergmann said.

Students participate in activities that increase resiliency and belonging

among peers and aid in self-awareness, mutual respect, collaboration, and mental well-being. According to an end-of-year survey administered to students in STEM Explorers, the majority developed different ways to solve problems and made friends who care about them. Sierra Nevada Journeys hopes to expand the program to additional middle and high schools throughout Northern Nevada.

Lisa Blauth is the marketing and communications director at Sierra Nevada Journeys. Contact her at lisa@sierranevadajourneys.org, phone 775.355.1688, or visit sierranevadajourneys.org.

A Focus on Math Brings Infinite Rewards.



Now is the time to make math a priority

Math knowledge builds upon itself. That's why the Mathnasium Method™ addresses learning gaps early on, so your child develops a rock-solid foundation. Our fun, dynamic approach delivers results and builds confidence in math that stays with them throughout their lives.

Contact us today to schedule a free assessment.

Mathnasium of Diamond-South Reno
(775) 800-7457
mathnasium.com/diamond
734 S. Meadows Pkwy, #102

Changing Lives Through Math™

MATHNASIUM
The Math Learning Center

NOW IN-CENTER AND ONLINE!

**FULLY ACCREDITED
K-12 SCHOOL**

iSchool
School Your Way

ENROLLING YEAR-ROUND

Private, Non-Profit, Non-Sectarian

Onsite and Distance Learning
130+ NCAA - Approved Courses
Dual High School/College Credit
Individualized • Flexible • Accountable
Founded 2011

775.831.2423

www.ischools.us | info@ischools.us
CA CDS 31669446146286 | CEEB 290-021

Carson City



physical
Your (everyday) health.
mental

Our priority.

At Carson Tahoe, we know your everyday health is intricately tied to your physical and mental well-being. If one is off, it can throw you into a tailspin. And while taking care of you is our life's ambition, treating the whole you is our life's passion. Whether you see us for an emergency or need guidance on your everyday wellness, our family of providers and healthcare specialists are here to provide compassionate, comprehensive care to help you through your health journey ... mind, body, and soul.

Carson City | Dayton | Minden | Reno
www.CarsonTahoe.com



Here's to your health.

Baby-Friendly Designated Hospital | CoC Accredited Cancer Center | Acclaimed Open-Heart Surgery Program | *One System of Complete Care*

ONLY 20 MINUTES FROM SOUTH RENO!

Michael

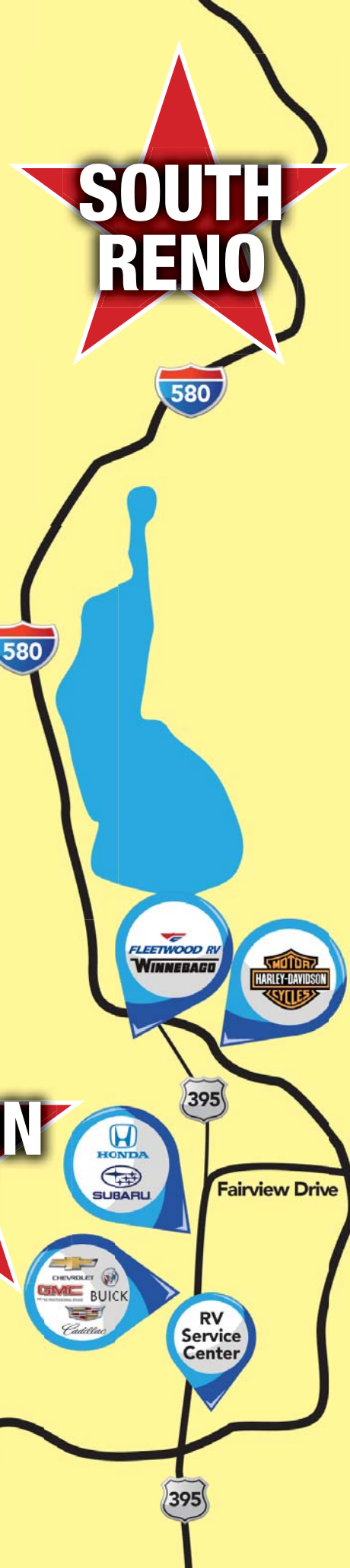
HOHL

A U T O M O T I V E



CARS & TRUCKS DO COST LESS IN CARSON CITY!

CARSON CITY



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

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

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

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

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

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

MichaelHohlAutomotive.com