

# Firewise USA recognizes Galena Forest’s wildfire fuel reduction effort

By Dagmar Bohlmann

While fire is a natural part of the ecosystem, nobody wants to lose their house in one. Retired airline pilots Gary and Sally Weichert built their dream retirement home in Galena Forest. Now because of their efforts, the Galena Forest neighborhood has been recognized by Firewise USA as a community actively engaged in wildfire fuel reduction projects and promoting fire-safety education. The area is named “Galena Forest Community” and is defined as south and west of Montreux, north of St. James’ Village, and east of Mt. Rose Hwy.

“We’ve been passionate about cleaning brush and creating defensible space since moving here 18 years ago,” Gary said.

His dedication was fueled last August, when an arsonist started two fires on the side of Joy Lake Road. One burnt through dried grass and brush less than 200 yards from the Weicherts’ house. The fire expanded between three homes, and into the yard of an inadequately defended house that was destroyed.

“Two propane tanks were turned into blow torches catching a large pine tree on fire, but our fire department was on scene within five minutes and kept the burning tree from spreading the fire,” Weichert said. “This story is yet another reason why I am so passionate about the push for community-wide participation in fuel reduction and defensible space projects.”

A community that is designated as a Firewise USA neighborhood, demonstrates engagement and understanding, and offers additional manpower, says August Isernhagen, Division Chief of Wildland Fuels with Truckee Meadows Fire and Rescue.

“We run a fuel management program, but we are about 40 people,” he said. “With homeowners engaged, we create a multiplier. The more work we get done, the bigger our impact will be. The more we engage with the community, the better prepared we are.”



Truckee Meadows Fire and Rescue’s wildland fuels reduction team of clears targeted areas that present a significant threat to wildfires. Lots of snow in the winter incites easily ignited cheatgrass in the summer.

Wildfires are a natural occurrence in the Northern Nevada environment, a fact apparently not recognized by many moving into the area. The association with Firewise USA helps educate residents.

“It’s not a question of *if* but when the landscape will burn,” Isernhagen said. “Many moving into the area are not aware of the danger.”

Timber and shrubland evolved over thousands of years with intermittent fires. Historically, said Isernhagen, low-intensity fires would come through every 2 to 30 years, cleaning out the underbrush and pine needles.

“All that 120 years of us putting out fires has done is increase fuel,” he said.

Now with more vegetation, fires burn more intensely. Last year, his division put out around 50 wildfires in Washoe County alone but participated in other jurisdictions also.

“Last summer was so dry that we had less cheatgrass; that kept the fires unusually low,” he said. “But in the last 12 years, we had nine catastrophic fires losing homes and or lives.”

While currently planning for the next season, he admits it’s hard to predict what the summer will bring. Wet winters grow more grass crops which could lead to

heightened fire risks in the lower areas. But Isernhagen is hopeful that the strong snow cover will protect the forested regions and anticipates fewer timber fires. Yet, having homeowners involved through Firesafe USA can make a big difference.

Firesafe USA produces literature with guidelines for maintaining different zones around the house and suggestions for suitable fire-resistant plantings. While lawns and short bushes (but “absolutely no junipers” said Weichert) are acceptable buffers, anything that grows will need continuous attention. Further away from the home, trees are suitable, as are bushes as long as they are kept low and appropriately spaced.

The Weicherts know about the importance of maintaining their own landscaping, not just for curb appeal, but also for keeping a zone of defensible space around their home.

“We work at it at least one day a week, spring, summer, and fall,” Gary Weichert said. “In addition, each fall we spend a full week cutting back bushes and brush in preparation for a new season of growth the following spring.”

In the pine forest environment, pine needles drop like leaves off a deciduous tree.

*continued on page 2*

## Letter From the Publisher

I guess I better be careful with what I wish for. In the winter issue, I wished for a mega winter. In the future, I guess I should just ask for an above average winter. I’m sure all of you are ready for this season to end and for a nice spring to appear. For you skiers and snow lovers out there, it looks like you’ll be very happy far into June or longer.

We cover several activities in this edition for kids and adults this summer, so please get inspired. I’m always encouraging everybody to get outdoors because we live in one of the best places in the world to do it. Our daily possibilities are endless.

We continue to get new local writers

and advertisers. I hope you enjoy their stories and support their small businesses.

Here’s to a fantastic and warm spring.  
*Happy Trails everybody, Richard Keillor*



Richard Keillor is getting some Vitamin-Sea on the shores of Oahu.



## Firewise *continued from cover*

"A layer of pine needles less than four inches deep is acceptable as mulch, but up against a house, in roof gutters, or in roof valleys, pine needles are hazardous and need to be removed," Weichert cautioned. "These are the types of projects that the Galena Forest Community will strive to instill as a must for every resident, and the challenge will be for us to convince everyone it is in their own best interests to follow the guidelines."

"You can't live in the forest without learning how to live with all the things Mother Nature has put together there, like extreme winters, wild animals, insects, and of course, wildfires," he said. "Not much can be done about the first three, but wildfire risk can be mitigated with conscious effort."

Any recorded residential landscaping project, whether DIY or using hired help, will demonstrate the Community's engagement with Firewise USA. And according to the National Fire Protection Association, documented engagement can help rank the Galena Forest Community higher in allocations for state or federal grant money for larger common-area wildfire safety or fuel mitigation projects.

The GFC is not associated with only one homeowners' association, as previous fuel reduction projects were. "Wildfires don't stop at HOA borders," Weichert said.

The affiliation with Firewise USA

was made possible with the help and guidance of firefighting professionals at Truckee Meadows Fire and Rescue, and the Nevada Division of Forestry. All property owners within the GFC-defined boundaries will have access to no-cost educational materials and property risk assessments performed by Truckee Meadows Fire and Rescue. In addition, some homeowner's insurance companies offer discounts to residents of designated Firewise USA communities. The Nevada Division of Insurance is working on legislation to increase the number of insurance providers offering this discount.

For detailed information, please register your email at <https://GalenaForestCommunity.org>. Questions, concerns, or suggestions are welcome at [GalenaForestCommunity@gmail.com](mailto:GalenaForestCommunity@gmail.com).

### BENEFITS OF BEING A FIREWISE USA COMMUNITY

- Get a framework for action.
- Learn about wildfire.
- Get peace of mind.
- Community-building.
- Build citizen pride.
- Get publicity.
- Access to funding and assistance.
- Insurance discount for USAA members in certain states.

## 7 Ways Residents Can Reduce the Risk that their Homes & Property Will Become Fuel for a Wildfire

- ### #1 Clear

Clear off pine needles, dead leaves & anything that can burn from your rooflines, gutters, decks, porches, patios & along fence lines. Falling embers will have nothing to burn.
- ### #2 Store Away

Store away furniture cushions, rattan mats, potted plants & other decorations from decks, porches & patios. These items catch embers and help ignite your home if you leave them outside.
- ### #3 Screen & Seal

Wind-borne embers can get into homes easily through vents & other openings and burn the home from the inside out. Walk around your house to see what openings you can screen or temporarily seal up.
- ### #4 Rake

Embers landing in mulch that touches your house, deck or fence is a big fire hazard. Rake out any landscaping mulch to at least five feet away.
- ### #5 Trim

Trim back any shrubs or tree branches that come closer than 5 feet to the house and attachments, and any overhanging branches.
- ### #6 Remove

Walk around your house and remove anything within 30 feet that could burn, such as woodpiles, spare lumber, vehicles and boats - anything that can act as a large fuel source.
- ### #7 Close

If ordered to evacuate, make sure all windows & doors are closed tightly, and seal up any pet doors. Many homes are destroyed by embers entering these openings and burning the house from the inside out.

NFPA has many more tips and safety recommendations on its websites, including [www.firewise.org](http://www.firewise.org).



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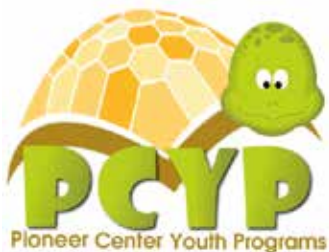




# Connect, gather, explore via library programs

By Julie Ullman

Spring is a great time to explore all the fun events at Washoe County Library branches. You can attend in-person for a musical experience with Pioneer Center Youth Program artists Kantu Inka, Molodi or House of Waters. Or enjoy author talks and local history talks from the comfort of your own easy chair.



Kantu Inka explores Peruvian culture and history through traditional instruments and music. Performing exclusively at the Downtown Reno branch on March 26 at 11 am.

Molodi presents an interactive experience with extreme body percussion in a performance full of rhythm and harmonies. Performing at multiple library branches April 17-20.

House of Waters incorporates elements of West African, jazz, indie rock, classical and world music into their unique sound. Performance on May 6 at 11 am at the Downtown Reno branch and on May 7 at 11 am at the Northwest Reno branch.

## Nevada Historical Society

Enjoy a variety of topics on local



Get awed by rhythms and tunes from Peruvian musicians Kantu Inka (left), extreme body percussionists Molodi (middle) and international fusion band House of Waters at local libraries this spring.

history presented virtually by the Nevada Historical Society. Upcoming topics in the High Noon series include the Great Fire of 1875 in Virginia City, and Sparks – Then and Now. Enjoy live presentations on 3rd Thursdays at noon.

## Author Talks

Don't miss this series of virtual Author Talks featuring authors of fiction and non-fiction including Geraldine Brooks (Horse) and Bonnie Garmus (Lessons in Chemistry) Watch live or visit the Virtual Events archive on the Library website for previously recorded talks.

## Library Book Groups

Ready to read and discuss some of the latest and greatest books? You can find book groups at almost every branch and a

variety of genres are selected at different groups, including non-fiction, mysteries, and popular fiction.

## Book Recommendations

Looking for your next great read? Get inspired by book recommendations from Library staff. Visit the Library website and click on #WhatToRead to browse staff-recommended books for every imaginable interest including Health and Fitness, Fiction Inspired by Jane Austen, and Funny Mysteries.

## On the Shelf

Listen to KUNR at 88.7 FM on Monday mornings to hear library staff chat about their latest book recommendations. Catch up on previous staff picks at <https://catalog.washoecountylibrary.us/ots>.

## Newsletters

Sign up to receive weekly newsletters in your email highlighting upcoming library news, events, and services. Visit the Library website at [www.washoecountylibrary.us](http://www.washoecountylibrary.us) and click on Newsletters to sign up.

Explore the Calendar of Events on the Library's website to register for upcoming events that interest you and "spring forward" into new adventures.

Julie Ullman is the managing librarian at Washoe County Library System/South Valleys Library, 15650A Wedge Parkway, Reno. She can be reached at (775) 851-5190 or [jlullman@washoecounty.us](mailto:jlullman@washoecounty.us). For a complete listing of current services and hours at all library branches, visit [www.washoecountylibrary.us](http://www.washoecountylibrary.us).



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# Change a rescue pet's life by adopting, hiking

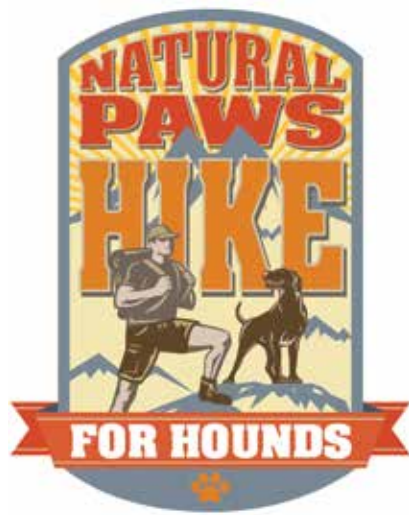
By Lori Dotterweich and Robert Burks

If you are ready to add a furry family member to your home, you don't have to travel far. Locally-owned South Reno natural pet food and supply store, Natural Paws, is doggedly committed to pet rescue and will host two adoption events.

The 13th annual "Mutts in May" adoption day is on Saturday, May 13th from 10 am through 2 pm. Natural Paws is located in the Raley's Center at Galena Junction in South Reno. Natural Paws will host several rescue groups. Twenty percent of dogs in shelters are purebred, so there will be a large selection of lovable breeds and mutts. Whether your family would be a better fit for a quirky or mellow, active or lazy pet, you will be sure to find the right fit for your family. Some rescues will be bringing cute kitties along as well. Each adoptee will receive a free 5-lb bag of kibble from Natural Paws, as well as a lifetime of pet food advice for their dog or cat.

Adopting a rescue animal can be a rewarding experience. As British canine behaviorist Karen Davison says, "Saving one dog will not change the world, but surely for that one dog, the world will change forever."

The second Natural Paws-hosted event is Hike for Hounds on Sunday, June 4th at Galena Creek Regional Park. This isn't your typical dog walk as it's in the mountains on trails surrounded by



beautiful pines and vistas. The Galena Regional Park's Bitterbrush trail is about two miles long. Sign up when you arrive between 10 am and noon. Your hike should take about an hour but make sure to linger longer with your pooch to soak up all the gorgeous Sierra scenery.

Afterward, socialize, relax, and enjoy many unique vendors and food trucks. Your dog will delight in their very own after-hike ice cream – bacon and peanut butter-flavored nonfat yogurt. If you're looking for a new four-legged member of the family, you will find lots of pooches up for adoption. The Hike for Hounds event runs from 10 am to 1 pm.

Just \$30 includes a cool event t-shirt as well as an impressive gift bag of dog goodies. Not to mention the yummy ice cream. All proceeds benefit Res-



Rescue animals make great pets. Reno pet store Natural Paws organizes two adoption events: Mutts in May (5/13) and Hike for Hounds (6/4). (Photos: Natural Paws)

cue & Canine Rehabilitation Center & Sanctuary. CRCS is dedicated to rehabilitating dogs until they are adoptable to loving homes.

Dogs must be on a leash at all times at the event, current on vaccinations, and cleaned up after.

Lori Dotterweich and Robert Burks

are owners of Natural Paws, located in the Raley's Center at Galena Junction in South Reno and are doggedly committed to pet rescue. For more information visit [www.naturalpawsreno.com](http://www.naturalpawsreno.com), [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email [naturalpawsreno@yahoo.com](mailto:naturalpawsreno@yahoo.com) or call (775) 853-3533.



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

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

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

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

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## International Trails Summit coming to Northern Nevada

By Julee Conway

Whether in epic adventures, economic development, or community resiliency, public trails are starring prominently in the International Trails Summit held at the Nugget in Sparks the week of April 17. Co-hosted by American Trails and the Professional TrailBuilders Association, the Summit is geared to trail lovers, professionals, land managers, and all outdoor enthusiasts.

More than 60 educational sessions will cover a broad range of issues and include nationally and internationally prominent presenters, informative and interactive workshops, a state-of-the-art exhibit hall, and a wide array of national training leaders.

Attendees will gain knowledge about trails, create relationships to expand outdoor recreation opportunities, and learn from others who are experienced in the field. Technical training workshops, organized idea exchanges, field trips,

and vendor booths provide invaluable networking opportunities.

The Summit also features the North American premiere of the Worlds Trails Film Festival on April 18th at the Celebrity Showroom in the Nugget. The film festival previously premiered only in Greece, Spain, and Taiwan. It was created by and for trail-loving communities and will be offered free to registered Summit attendees with an additional screening open to the public for a fee on April 20. The film festival's focus is not only on epic adventures in nature, but on the diversity of reasons why trails matter, how trails enrich our cities, improve our mental health, and allow accessibility.

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](http://www.2023its.org).



# Spring cleaning means releasing resentments



Liesa Leggett Garcia

By Liesa Leggett-Garcia

Spring is here and it's time to think about our favorite (or not so favorite) activity—spring cleaning. While we go through the drawers and closets, sort through the garage and basement, and fill bags with the things we don't need or want anymore, we're creating more space for breathing room or even new stuff. While we're tossing and sorting, asking ourselves if we still need this or that, it might also be a good time to think about things we've held onto that weigh an emotional toll. This story about two monks helps illustrate this point.

Two monks are walking down the road. They arrive at a muddy stream crossing, where they come upon a

well-dressed woman who demands, "Don't just stand there. Someone carry me across this mess!" Without pause, the older monk carries her across the stream. She says nothing, not even a thank you. The two monks walk all day in silence. The whole time, the younger one stews in his mind, "How could he pick her up? We're not supposed to touch women, or even talk to them. And she was so rude, she didn't deserve our help!"

Finally, arriving at the monastery for dinner, the younger monk can't hold back his anger any longer. "What were you thinking?" he asks his friend. "Not only was that woman nasty and ungrateful, but you also broke the rules by carrying her across the stream. I will have to tell the master and report this infraction. It is forbidden." The older monk laughed and then said, "Yes, I carried her. But I left her on the other side of the river, many miles ago. Why are you still carrying her?"

The story bodes the question, what might we still be carrying that perhaps we should have left behind long ago? There may be instances from our past where we still harbor resentment, bitterness, anger, hurt feelings, or envy. If we continue to carry those feelings around with us, we may be too burdened to be able to enjoy and appreciate the good things that are here and now.

With the newness that is spring, maybe it's the perfect time to let go of burdensome feelings so that something new can be welcomed. Not always as easy as it sounds, but just like the pile of rubble in the corner of the garage, you'll be glad you were able to let it go.

*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](http://www.cslreno.org).*

# Make your voice heard in local government



Candee Ramos

By Candee Ramos

What better time than now to become more involved in local government? Washoe County invites you to actively participate in your government and make your voice heard, from participating in boards and committees to applying for our new leadership program that is unlike any other.

Foremost, we would like to invite you to attend our regularly scheduled South Truckee Meadows/Washoe Valley Citizen Advisory Board meeting, occurring bi-monthly at the South Valleys Library. The meetings can be watched on Zoom also for those who don't wish to brave the weather. These meetings allow for citizens of the South Reno, Washoe Valley, and Hidden Valley communities to come together and discuss topics

of importance to the area, from Virginia Range horses to recreational shooting, and hear directly from subject-matter experts. There are eight CABs that are regularly scheduled throughout the county, from Incline Village to Gerlach, to keep citizens informed on happenings.

While the CAB meetings are facilitated by Washoe County staff, this is truly the citizens' meeting, and we encourage you to share ideas on topics you would like to hear about. Washoe County Sheriff's deputies and Truckee Meadows Fire staff often attend meetings to provide public safety updates. County Commissioners are also regular attendees, giving you an opportunity to speak directly with your elected officials. To view the full 2023 CAB schedule, please visit [www.WashoeCounty.gov/CAB](http://www.WashoeCounty.gov/CAB).

Beyond CAB meetings, there are many other ways that you can become more actively involved in local government, such as by signing up as a volunteer or applying to become a member of one of our many other boards and committees.

We encourage you to visit the Washoe County website and click on the "Get Involved" link to learn about the more than 50 boards and committees that the county operates and see which might have an opening and be a good fit for your interests and expertise.

Sign up for our "Citizen Involvement" email list for board and committee opportunities to be sent directly to your inbox. Currently, the Senior Service Advisory Board is looking for interested applicants. If seniors are your passion, please consider applying.

With myriad opportunities to become more involved in county happenings, we invite you to visit the Washoe County webpage to learn about these prospects and the many other ways that you can make a difference in our community.

*Candee Ramos is Community Outreach Coordinator for Washoe County. She can be reached at [cramos@washoecounty.gov](mailto:cramos@washoecounty.gov) or 775.276.3846.*

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# Sierra Nevada Journeys' summer camp recipe for never-ending joy



Krissy McGill

By Krissy McGill

"I'm not afraid because when I try new things it makes me feel good." These are common words spoken by kids who attend camp with Sierra

Nevada Journeys. Our camps are 6 day/5 nights for youth between the ages of 8-16 years old at our overnight camp in Portola, CA. Attending camp using our five-ingredient recipe can create a deeply impactful summer experience.

## 3 cups Connection with Nature

As a science-based outdoor education camp, our aim is to create capacity for youth to engage in the natural space around them, while also encouraging campers to be conscientious members within their environment. This is embedded into our summer camp using

nature as the vehicle for continued youth connections.

## 1 Tbsp Reduced Screen Time

From TVs, phones, and laptops to personal gaming devices or e-readers, we can't seem to get away from screens. Camp is a safe environment to have an electronic-free experience, reducing the pull of external world and offering a place for kids to be present where their feet are.

## 2 tsp of Trying New Things

Summer Camp at Sierra Nevada Journeys presents opportunities for campers to step out of their comfort zones and try something they may not otherwise be exposed to. Each week, our counselors guide campers through archery, kayaking, nature hikes, arts and crafts, and climbing on the high ropes course. Counselors also bring a wide array of passions, further expanding options available to campers.

## 1/2 a stick of Growing in Independence and Community Building

This benefit is what keeps our staff coming back. Not only do campers get to explore their independence and self-management, but they also do this while learning to build and maintain community around them. They are challenged in a variety of social and emotional ways that help them to sprout new connections and skills. The camper who arrives on Sunday is often not the same camper who leaves on Friday.

**Dash of Having Fun! Add according to taste.**

A childhood filled with new friendships, fond memories and a whole lot of laughter are what keeps our campers coming back.

Gently folded and baked at 85 degrees for six days and set to cool by The Pond, camp at Sierra Nevada Journeys is deliciously collaborative. It is flavored with curiosity and creative solution finding. We invite you to join the community of families and campers that have made Sierra Nevada Journeys their yearly summer delight.



(Photos: K. McGill)

**Sierra Nevada Journey's summer campers step out of their comfort zones, reduce screen time, connect with nature, and build confidence at Grizzly Creek Ranch.**

*Krissy McGill is the director of education at Grizzly Creek Ranch and oversees programming for Sierra Nevada Journeys' summer camp. When not educating students about environmental science, you'll find her playing ukulele, hiking with her dogs, or wire wrapping jewelry. For more camp information and to register, visit [www.sierranevadajourneys.org](http://www.sierranevadajourneys.org).*

# Send it, shred it, safely

By Dagmar Bohlmann

Trails are a premier source of fun for kids especially if they love to bike. Behind the handlebars lies a sense of freedom, adventure, confidence, and nature connection. But riding on rocky single-track requires skills beyond those they need to cruise around the neighborhood.

Expert MTB coach Ronnie Schoff teaches riders skills to tackle the trails with confidence and certainty. His company Ronnie's Battle Born Prodigies offers weeklong summer camps for kids ages 6-12.

Young shredders learn how to ride their bikes on grass, dirt, rocks, and



(Photo: R. Schoff)

**Ronnie's Battle Born Prodigies learn to ride mountain bikes and life skills in summer camps in South Reno.**

mountain trails in a fun and supportive environment. The five-day curriculum focuses on bike control and confidence building.

"Students are encouraged to push their skills outside of their comfort zone, so they can pedal away with newfound confidence," Schoff says.

As a certified Wilderness First Responder, Schoff focuses on accelerating trail riding and trail management skills so learn to "send it" safely.

"I've grown up riding these Wild West trails and have experienced monumental moments on my bike," the former Northstar coach says.

Whether they are experienced riders or average city kids with no biking background, Schoff promises they will have an unforgettable experience on trails along the Galena, Timberline, and Rose areas off Mt. Rose highway. In each camp, little shredders receive professional coaching, learn life skills, and meet new friends. They get to work on their bikes and figure out how to handle hard trail situations with multiple options. Reno

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June 12-16, July 10-14, Aug 14-18

10 am – 4 pm

### TAHOE TRAIL THRASHERS

(ages 6-12, intermediate)

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Rocket Riders is geared toward beginning riders while Tahoe Trail Thrashers gets kids on intermediate trails.

Schoff has over 15 years of riding experience as a mountain and dirt bike racer. He is an ICP Level 3 Certified Mountain Bike Instructor, one of only 17 in the world, and has been professionally coaching for 11 years.

"I can teach any level of mountain bike rider from absolute beginner to the advanced rider looking to improve their race times," Schoff says, but particularly enjoys coaching youth riders and helping them to progress their skills.

"I have also coached a number of young special needs children, some from their first mountain bike ride and others all the way up to riding black diamond mountain bike trails."

Beyond a shredders diploma and goodies upon completion, each participant receives the confidence of mastering new skills and the joy of experiencing the great outdoors behind handlebars.

For more coaching services and to register for camps, visit [www.battlebornprodigies.com](http://www.battlebornprodigies.com).



# RTC to reconstruct portions of Arrowcreek Parkway, Zolezzi Lane

Submitted to the Galena Times

The Regional Transportation Commission of Washoe County is working to improve roads in your neighborhood to make your commute quicker, safer, and more comfortable.

The RTC is planning to rehabilitate and reconstruct the existing roadway on portions of Arrowcreek Parkway and Zolezzi Lane during the coming construction season. The project will improve pavement condition and pedestrian accessibility.

The roadway reconstruction work which includes full-depth removal and replacement of the roadway base and pavement is planned to take place

on Arrowcreek Parkway from South Virginia Street to approximately 250 feet south of Rubblestone Drive, with road rehabilitation work on Zolezzi Lane from Arrowcreek Parkway to Jeppson Lane.

As part of the project, the RTC will also reconstruct existing pedestrian curb ramps, sidewalks, and curbs as needed to improve accessibility. The project will also improve traffic signals, and provide overall improvements to these heavily used regional roadways.

Construction is anticipated to begin later this spring or early summer. The RTC does anticipate roadway closures and potential detours as part



(Photos: provided by RTC)

**The Reno Transportation Commission will rehabilitate and reconstruct existing roadways. Expect detours on Arrowcreek Parkway and Zolezzi Lane during the coming construction season.**

of this reconstruction project. More information about roadway closures and potential detours will be available as the construction start date approaches.

This project represents a \$3.8 million investment in the community and is

funded with RTC fuel tax. As always, please use extra caution in and around construction zones for everyone's safety.

To stay up to date on this project, as well as other RTC programs, studies, and projects, please visit [rtcwashoe.com](http://rtcwashoe.com).

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Submitted to the Galena Times

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new talent, you're in for a night of laughs.

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# Perfect answer to save Lake Tahoe

By Gordon MacLean (written in 1954)

The only trouble with Lake Tahoe is that it is too beautiful—too beautiful for its own good. This great natural paradise attracts tourists and would-be homeowners by the thousands, not to mention real estate developers, casino operators, etc., all of whom want to settle down and occupy a piece of Lake Tahoe’s magnificent shoreline, which inevitably leads to pollution of the lake, degradation of the environment and a maze of governmental agencies, chief of which is the Tahoe Regional Planning Agency.

As a result of all of this, we feel that a time has come for a fresh approach to the problems of Lake Tahoe. We, therefore, take pride in announcing the formation of THE LEAGUE TO PAVE LAKE TAHOE. We are certain that any right-thinking Nevadan, and for that matter Californian, will at once concur that the paving of Lake Tahoe will immediately and forever solve all our problems.

Two of the biggest problems facing Lake Tahoe residents are (1) a shortage of water and (2) a surplus of sewage. THE LEAGUE TO PAVE LAKE TAHOE will solve both of these problems with one master stroke: as soon as our engineers have hermetically sealed the pavement to the shoreline, they will commence pumping fresh water out of the lake and fresh sewage in. We have calculated that this process will take 34,516 years to complete, and, in the meantime, there will no longer be any necessity for exporting sewage from the Tahoe basin. In fact, it may even be necessary to import sewage, to keep up with the removal of the freshwater. It will then only be necessary to reverse the direction of the flow of the present export lines and pumps.

Our engineers and architects are already busily at work on THE LEAGUE TO PAVE LAKE TAHOE’s own master plan. This will include paving the surface of Lake Tahoe and subdividing into lake-surface lots with plenty of streets and freeways to accommodate the traffic and many lakes for various purposes. One exclusively for boating, one for fishing, one for swimming, etc. these same



(Photo submitted by H. MacLean)  
**President of the League to Pave Lake Tahoe jokingly discusses with Gordon MacLean (left) their satirical plans to pave Lake Tahoe at Tahoe Junction in 1954.**

lakes could be used during the winter for bowl skiing, ice skating, dumping snow, etc.

- Our Master Plan will accomplish the following:**
1. Eliminate controversial matters such as pollution, conservation, erosion control, etc.
  2. Eliminate governmental agencies trying to resolve controversial matters.
  3. Eliminate the question of what to do with environmentally sensitive land, as there will no longer be any, and thereby save nearly \$102 million of the combined US Forest Service and California bond buyout programs.
  4. Eliminate the problem of sewer capacity, as LTPLT estimates that its plan will take care of the needs of both Nevadans and Californians for the next 34,516 years.
  5. Eliminate the current hassles of issuing and obtaining building permits.
  6. Eliminate completely having to obtain T.R.P.A permits and as there will no longer be a T.R.P.A.
  7. Eliminate traffic problems by including a network of streets and freeways intersecting at our very own Spaghetti Bowl.
  8. Eliminate the controversy over the Nevada/

California border by constructing the median of the North-South freeway directly over the border, so that the southbound traffic travels in California and the northbound traffic is in Nevada.

9. Eliminate the sameness of our Blue Lake Tahoe by having our paved surface painted and color-coordinated by an exterior decorator to match the houses, in bright red, orange, purple, yellow, or color or colors of one’s choice.

10. Provide greatly increased summer recreational facilities: boat owners will have their own “lake” around the entire rim of which launching docks are planned; fishermen will have their own well-stocked “lake”; swimmers will have a temperature-controlled “lake”; etc.

11. Provide greatly increased winter recreational facilities by using the summer “lakes” which can be converted into skiing bowls, ice skating rinks, etc.

12. Provide jobs for construction workers, road crews, street cleaners, maids, butlers, etc.

13. Finance additional social services such as fire, police, education, and health, through increased collections of property taxes, sales taxes, and building permit fees.

14. Finance itself through the sale of our lake-surface lots.

15. Eliminate the shortage of lakefront lots. Every lot in the Tahoe Basin will be “lakefront”, actually “lake-surface” and how could you get any closer to the lake?

For additional information concerning LTPLT, please write to THE LEAGUE TO PAVE LAKE TAHOE, P.O. Box 0000, Clam Gulch, Alaska 0000-0000, or call (010) 234-5678.

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

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# Why Timbers Bar is the ultimate après-ski destination



(Photos: M. Selby)

By Mike Selby

Over 6000 ski areas worldwide and over 450 in the United States serve libations of some kind in ubiquitous ski bars. But only one of them has Ryan Senft as a bar manager and that makes Timbers Bar at Mt. Rose Ski Tahoe special.

After close to twenty years at Mt. Rose entertaining positions in Rosebuds, food service, and the parking lot, Senft finally found his niche by happenstance. One day the two guys running the bar got caught skiing in, of all places, The Chutes while the area was closed off, and the two were immediately terminated. Someone grabbed Senft from the parking lot and put him behind the bar. Well, a dozen years later, his Bloody Marys are legendary.

Under his oversight, Timbers Bar is not some cookie-cutter, institutionalized drinking establishment. Instead, you can experience the magic of homemade chili and a good local draft beer between long power runs. The variety of libations is coupled with excellent, friendly service and complimented by the rustic



mountain ambiance. Pine-studded walls, a marble bar, and timber-slab tables provide the perfect place to watch your buddy take a slider down El Cap or observe your little ones learn the difference between French Fries and Pizza on Show Off.

Most other bars are on contract with distributors and get the same order week after week throughout the season. Often ski bar managers and barkeeps come and go with the seasonal work. Larger corporations like Vail Corp operate so many bars that efficiency seems to be

**Bar manager Ryan Senft (left) has turned Timbers Bar at Mt. Rose Ski Tahoe into a friendly, authentic après ski destination.**

in an inverse ratio to creative sourcing of products and personalizing the bar experience. But Timbers Bar is different.

Aside from quality, authenticity, and friendliness, price is also something the Timbers Bar can brag about. Rather than a \$14 mug of beer and a \$17 Bloody Mary like other Tahoe resorts, season pass holders enjoy a significant bar discount for both food and liquor.

When asked what he enjoys most about his position, Senft lit up with a big smile and said, "Just seeing people having a good time."

More than just a bar, Senft has created a place where people want to come and swap lies about the Chutes and deep powder they skied, which is just part of what makes the Timbers Bar, the very best apres-ski bar. And on most weekends, you can even listen to live music.

*Mike Selby is the executive director at Project Discovery, a leadership development and teambuilding company.*



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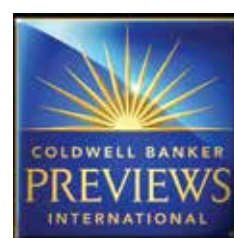
Just minutes from Lake Tahoe and Mt. Rose Ski Resort. Everything about this house will make you feel like you're on vacation at the lake. Built in 2004. Exterior freshly painted. Hickory wood & slate floors, maple cabinetry, and it has a Smart system. **\$2,175,000.**



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# All Area Home Sales November 10, 2022 - February 22, 2023

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Off Market
<b>Galena/Montreux/St James Village</b>							
25 Winterberry Court	\$895,000	420.39	\$895,000	420.39	2129	0.52	11/16/2022
955 Douglas Fir Drive	\$1,599,000	398.36	\$1,375,000	342.55	4014	1.3	12/12/2022
6370 Wetzel	\$1,795,000	648.48	\$1,795,000	648.48	2768	0.31	1/10/2023
655 Douglas Fir	\$2,175,000	566.11	\$1,950,000	507.55	3842	0.48	1/4/2023
165 Yellow Pine Circle	\$2,195,000	613.3	\$2,100,000	586.76	3579	1.69	12/9/2022
20765 Parc Foret Court	\$1,795,000	409.63	\$2,368,690	540.55	4382	0.31	12/30/2022
20685 Parc Foret Drive	\$2,695,000	691.91	\$2,500,000	641.85	3895	0.4	11/29/2022
20540 Latour Way	\$2,690,000	823.64	\$2,500,000	765.46	3266	0.31	11/16/2022
5825 Strasbourg	\$2,995,000	650.8	\$2,950,000	641.03	4602	0.53	11/18/2022
16955 Salut Court	\$3,745,000	797.15	\$3,295,000	701.36	4698	0.47	2/14/2023
5099 Nestle Court	\$4,195,000	711.74	\$4,000,000	678.66	5894	0.71	1/13/2023
<b>Rolling Hills/ Galena Country Estates</b>							
3866 Bellingham Drive	\$663,000	328.22	\$650,000	321.78	2020	0.31	12/2/2022
2185 Snowmass Drive	\$675,000	351.93	\$657,000	342.54	1918	0.35	2/15/2023
524 Kirkland Court	\$699,000	235.67	\$700,000	236.01	2966	0.3	12/15/2022
1960 Golden Gate Drive	\$753,000	289.62	\$725,000	278.85	2600	0.31	1/17/2023
20 Killington Court	\$799,000	315.31	\$799,000	315.31	2534	0.36	12/1/2022
<b>ArrowCreek</b>							
2782 Shadow Dancer Trail	\$1,115,000	498.21	\$1,010,000	451.3	2238	0.4	1/25/2023
2965 Roundrock Court	\$1,195,000	325.08	\$1,100,000	299.24	3676	0.42	12/28/2022
3423 Forest View Lane	\$1,189,000	496.24	\$1,100,000	459.1	2396	0.4	2/6/2023
3212 Old Coach Way	\$1,195,000	379.73	\$1,100,000	349.54	3147	0.36	12/15/2022
3302 Forest View	\$1,250,000	396.57	\$1,145,000	363.26	3152	0.28	11/21/2022
9960 Via Solano	\$1,895,000	411.51	\$1,800,000	390.88	4605	0.51	11/10/2022
3456 Nambe Drive	\$2,100,000	452.59	\$1,960,000	422.41	4640	0.68	12/7/2022
4010 Gray Fox Court	\$2,499,000	424.28	\$2,230,000	378.61	5890	1.09	11/18/2022
10293 Window Rock Trail	\$2,500,000	475.65	\$2,300,000	437.6	5256	1.48	2/15/2023
1196 Eagle Vista Court	\$3,050,000	629.9	\$2,500,000	516.32	4842	0.51	12/12/2022
398 Questa Court	\$2,595,999	491.29	\$2,595,999	491.29	5284	1.56	1/30/2023
3935 Mules Ear Court	\$2,858,250	556.19	\$2,800,000	544.85	5139	0.8	12/22/2022
<b>West Washoe Valley</b>							
5655 Meacham Street	\$630,000	452.59	\$606,000	435.34	1392	2.53	2/10/2023
7425 Franktown Road	\$1,280,000	625.31	\$1,150,000	561.8	2047	5	11/16/2022
<b>Saddlehorn/Monte Rosa</b>							
14250 Quiet Meadow Drive	\$910,000	367.83	\$895,000	361.76	2474	0.35	11/29/2022
14265 Via Contento C Court	\$1,050,000	392.67	\$985,000	368.36	2674	0.42	1/18/2023
14245 Domingo Court	\$1,269,000	390.34	\$1,065,000	327.59	3251	0.75	1/6/2023
14210 Wild Quail Court	\$1,399,000	374.16	\$1,200,000	320.94	3739	0.85	12/28/2022
14316 Swift Creek Court	\$1,799,000	416.44	\$1,799,000	416.44	4320	0.97	11/22/2022
665 Oxbow Court	\$1,849,000	485.43	\$1,800,000	472.56	3809	1.02	1/20/2023
<b>Other areas of South Reno</b>							
12570 Creek Crest Drive	\$700,000	395.48	\$700,000	395.48	1770	0.34	2/10/2023
12210 Stoney Brook Drive	\$710,000	402.04	\$710,000	402.04	1766	0.35	12/12/2022
12495 Creek Crest Drive	\$735,000	354.73	\$715,000	345.08	2072	0.36	2/13/2023
25 Water Lily Court	\$849,999	332.03	\$810,000	316.41	2560	0.5	1/27/2023
10050 San Clemente Drive	\$949,900	301.36	\$915,000	290.29	3152	0.51	12/12/2022
5262 N Elk River Road	\$1,395,000	443.28	\$1,300,000	413.09	3147	0.58	1/4/2023
1318 Wolf Run Road	\$1,650,000	484.72	\$1,600,000	470.04	3404	0.51	12/13/2022
530 Genovese	\$2,300,000	586.14	\$2,200,000	560.65	3924	0.82	11/21/2022
925 Maple Creek Court	\$2,350,000	668.18	\$2,250,000	639.75	3517	2.56	11/14/2022
2490 Faretto Lane	\$2,680,000	451.94	\$3,313,000	558.68	5930	2.84	1/17/2023
<b>NW Carson City</b>							
1726 Desert Peach Drive	\$649,000	294.33	\$645,000	292.52	2205	0.23	11/28/2022
582 Derby Court	\$699,000	274.87	\$699,000	274.87	2543	0.23	1/13/2023
1824 Amberwood	\$749,500	298.01	\$735,000	292.25	2515	0.26	12/12/2022
2551 Kings Canyon Road	\$860,000	273.54	\$785,000	249.68	3144	0.45	12/22/2022
2141 St. George Way	\$829,000	263.59	\$800,000	254.37	3145	0.25	11/17/2022
4681 Wagon Wheel Road	\$850,000	254.03	\$815,000	243.57	3346	1.07	11/10/2022
4150 Levi Gulch	\$950,000	375.64	\$847,117	334.96	2529	1.07	12/23/2022
2622 Wellington North	\$1,199,000	393.89	\$1,018,014	334.43	3044	1.05	12/19/2022
1697 Jordan Court	\$1,015,000	390.08	\$1,078,971	414.67	2602	0.23	11/28/2022
3235 Red Leaf Court	\$1,085,603	451.21	\$1,087,103	451.83	2406	0.24	2/10/2023
2676 Norwood Place	\$1,449,000	291.78	\$1,250,000	251.71	4966	1	12/29/2022
1857 Wellington West	\$1,175,000	162.16	\$1,300,000	179.41	7246	1.19	11/10/2022



# Slow down, pay attention, amplify your life



Janice Keillor

By Janice Keillor

There never seems to be enough time to do the things we enjoy. Our obligations and commitments can keep us so busy that we end up constantly rushing through our daily lives, unable to slow down and pay attention to the details. When we live a hurried life, time seems to

slip away without having the opportunity to appreciate it. This can affect our health in ways that we don't even realize, from increased anxiety and stress to problems with digestion and sleep, according to the American Psychological Association.

Sometimes it's not possible for us to do less because we must work, take care of our families, and meet our responsibilities. But it is possible to shift our perception of how much time is available and to enjoy our lives more without actually having more time. By practicing mindfulness and being present in what we are doing, we can lengthen time perception and amplify life.

Being present and mindful means being focused on one thing - a conversation, a project, a task at hand - without distraction, without wanting to be somewhere else, without being in our heads and lost in thought. It involves a shift from the ordinary state of a wandering mind to bringing our attention to the experience of what is happening now, in the present moment. It seems easy to do, but it can take a conscious effort to shift our awareness and focus on what is right in front of us, instead of thinking about what we did or what we still need to do.

Along with rushing through our days, we are constantly bombarded with distractions that cause us to lose focus and hinder our ability to be present. From absentmindedly browsing the internet to binge-watching TV and movies, we are tuning out the real world and looking at screens more than ever before while becoming less aware of our surroundings. These digital distractions kidnap our minds and take it hostage for hours a day, resulting in cognitive overload and an erosive lack of focus. It has become so destructive to our ability to focus that some people have started using digital applications to shut down their access to the internet to avoid distraction. It can be too hard to do it on your own.

Multitasking is another habit that erodes our ability to focus and truly be present in the moment. If we're constantly trying to do too much at once, we don't engage in the deeper processing and learning experienced by doing each task. Instead, we bounce from one thing to the next, often making mistakes and forgetting what we were supposed to be doing, which can result in headaches and an overall feeling of exhaustion. While we try to do more by multitasking, we become less productive and efficient. But with a little effort, it's possible to pay attention to our actions, accomplish more, and feel a sense of elongated time.

The American Psychological Association defines

*"This is a wonderful day. I have never seen this one before."*

*~ Maya Angelou*

mindfulness as the awareness of your internal states and surroundings. The easiest way to practice mindfulness is to focus on the breath, resting your attention on the inhalation and exhalation repeatedly while noticing any external stimuli. It doesn't require stopping what you're doing, just focusing on what you're doing and feeling.

With presence and mindfulness comes an abundance of benefits, including reduced anxiety, stress, and depression and improved memory, focus, and sleep. By developing the habit of mindfulness and presence, we can tune into the fundamental wonder of being alive, and even the most ordinary moments become extraordinary. Just paying attention can make

us feel better.

Time passes at the same speed no matter where our attention is. We can't always eliminate our commitments and responsibilities, but we can pay attention to what we're doing and make the most of life as it happens instead of rushing from one day to the next. Each day can be a memorable one, we just need to experience it. Being present and mindful on a daily basis may take some practice at first, but over time, it can become a new habit that improves our overall well-being.

*Janice Keillor is deputy administrator at the Nevada Division of State Parks. She experienced the importance of living mindfully as a single mom with five kids and a full-time job.*

## Practice mindfulness skills

### Sensations exercise

*You can practice mindfulness skills daily in just about any situation in everyday life. Here is one approach to use your senses to guide your mind back into the present moment (Mayo Clinic, 2020).*

- Close your eyes and take a few deep breaths.
- Pay more attention to simple pleasures, such as the taste of food or the colors you see, distant sounds, and nearby smells during everyday activities.
- Try to be in the moment by being open and accepting, either of a situation or yourself.

### Breathing exercise

*Another approach is likewise billed as being doable in any situation and promises to help you relax and lower your blood pressure (Harvard Health Publishing, 2021).*

- Pay attention to the sensations in your body.
- Breathe in through your nose, filling your lungs.
- Breathe out through your mouth.
- Pay attention to the sensation of breathing.
- Do the task at hand, slowly and deliberately, while continuing to breathe deeply.
- If your mind wanders from the task, bring your focus back to the sensations in the moment.

### STOP exercise

*Another mindfulness technique is called STOP, an acronym, and it goes like this (Kaiser Permanente, n.d.):*

- **S**top what you're doing—literally pause and collect yourself.
- **T**ake a conscious breath, a deep breath (or two).
- **O**bserve your thoughts, emotions, and sensations (tension? butterflies?).
- **P**roceed from a place of greater presence, strength, and wisdom.

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# We learned how to unleash our immune system against cancer



Pier Paolo Pandolfi

By Pier Paolo Pandolfi

Our immune system is extremely efficient at clearing our body from any unwanted intrusions, from foreign entities such as bacteria, viruses, and parasites. Our bodies have learned, throughout evolution, how to efficiently combat foreign attacks of all sorts,

including attacks from new emerging viruses such as more recently COVID-19. We are equipped with a very sophisticated army of cells that can recognize a foreign entity and destroy it efficiently.

Our lymphocytes, the main component of our 'army', can recognize parts of a virus or microorganism as foreign and produce so-called antibodies that stick to and inactivate the target. An antibody can do the job on its own like a very precise missile that inactivates the target, the so-called neutralizing antibodies, or evoke the function of other cells that literally eat and destroy a target when tagged as foreign by an antibody. Other immune cells in our blood such as macrophages and neutrophils can recognize a foreign cell or a microorganism as foreign and eat and digest them even in the absence of neutralizing antibodies. Not only do these clear our body from infections, but they also do remember the aggressor so that at the next attack the defense is swifter and more efficient, which is at the core of vaccinations against flu, Covid, and other microorganisms.

This sophisticated system of defense has evolved and been perfected throughout our ancestral evolution. While there is little doubt that our immune system can recognize foreign intruders, for decades it was not clear whether our immune system was able to see cancer cells as foreign. This became even more puzzling when we discovered that cancer cells are often harboring mutations in their genes and molecular defects that should be recognized as "foreign."

The common mantra for decades was that if the cancer had grown in our body, the immune system had already failed. But why? Why are cancer cells not recognized by our immune system? Or why if they in fact were recognized, did they manage to overcome or evade the attack from the immune system?

Well, it took the work of many brilliant immunologists to realize that our immune system has several "brakes" built in. You need to have breaks because when the infection is eventually defeated you need to stop the attack, or you would waste the army in useless battles. An immune system that doesn't stop could even end up attacking your own organs: what we refer to as "autoimmunity."

By discovering the mechanisms that tell an immune cell to stop the fight, it became clear that cancer cells are very good and convincing at signaling 'peace' to the lymphocytes. So, when the immune system prepares for the battle against cancer cells, cancer cells send signals of non-aggression: "do not kill me" or "do not eat me." These cancer signals are very effective at putting the immune army at rest. Once these signals were understood, drugs could be developed to neutralize these breaks and reactivate the immune army against cancer.

One class of such drugs currently in the clinic is referred to as "checkpoint inhibitors," the "inhibitors of the brake." And the beauty of these drugs is that when they neutralize the cancer cells' "do not kill me" signals, the immunological army is unleashed and

the effects against cancer cells are massive and often curative.

There is still a great deal to learn on how to activate the cells against cancer that so efficiently keep us safe from microorganisms. We can by now harness the power of lymphocytes, but also of macrophages and neutrophils. They too are very potent in eradicating cancer if properly trained. We can genetically engineer cells to kill specific cancer cells, the so-called CAR-T cells of SUPERCAR-T cells. And we can even make vaccines to prevent cancer development.

All the technology and the new chemistry behind the mRNA vaccines that were rapidly developed against COVID, were originally developed to optimize the production of cancer vaccines. The explosive mRNA knowledge derived from COVID vaccines will undoubtedly offer in the years to come a panoply of new approaches for cancer prevention and therapy. The future of cancer research is truly exciting and will have a tremendously favorable impact on us all.

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

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# Why do we fill baby teeth?



Gilbert A. Trujillo

By Gilbert Trujillo

Those of us in pediatric dentistry hear this all the time. We all know, they're just going to fall out, so why fix them?

There are several reasons. Let me explain.

First, let's have a timeline of how long the baby teeth will be in the mouth. Bottom front teeth leave around age 6-8. Top front teeth leave around age 7-9. All back teeth leave between ages 10-13. These baby teeth are important for speech, eating, and maintaining space for the permanent teeth that will eventually come in.

Second, let's look at the main differences between baby teeth and adult teeth. Enamel is much thinner on baby teeth. Enamel is the hardest substance in the human body. The acids produced by the bacteria in our mouths eating carbohydrates will eat holes in

the enamel over time.

The next layer below enamel is dentin which transmits sensation to the nerve chamber, which is much larger in baby teeth compared to permanent teeth. Once there is a cavity through the enamel, pain can start being felt. The bigger the cavity, the more pain.

Many of our patients have large cavities as young as 18 months old or earlier. We see many patients each week with large cavities on teeth they won't lose for several more years. These children are in chronic pain, many have been in chronic pain for years, but they don't really know the difference because these cavities have been around for a long time.

Once a cavity has become very large, the nerve can die in the tooth leading to dental infections, also known as an abscess. I saw three patients last week with facial swelling – meaning large infections in the jaw. These infections are very

dangerous on young children not to mention painful.

So, the basic answer to why we fill baby teeth is: we want to stop the cavity before it becomes painful and to prevent pain, infection, early tooth loss, and drifting of permanent teeth. It is easier and cheaper to fix small cavities than to fix large cavities. Plus, the children are the ones having to deal with the pain of decayed teeth and with a dentist fixing them.

We all want what's best for our kids. Taking care of dental problems early and striving for prevention is best for our children.

*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.*

# Buyer beware: Hearing aid amplifiers are not hearing aids



Heather Dean

By Heather Dean

With prices on the rise, it's tempting to overlook hearing aids and instead buy what's commonly known as a "hearing amplifier." However, it's important to know that these devices are not intended for people with hearing loss.

Personal sound amplification products are sold online under many different names, including hearing aid amplifier, hearing amplifier aid, sound amplifier, digital sound amplifier, and voice amplifier. The word "amplifier" is generally a clue that they are not hearing aids. Designs vary but some models look nearly exactly like hearing aids.

What's the difference? Both hearing aids and personal sound amplifiers amplify sound; however, there are major differences between them. Professional fit hearing aids are Class 1 medical devices regulated by the FDA. They are customized

to a person's hearing loss and are available from hearing healthcare professionals. Hearing amplifiers can be purchased online or over the counter. They are not adjustable to a person's unique hearing loss pattern. All sounds are amplified.

Hearing amplifiers are typically designed for people with normal hearing who want to amplify sound for recreational purposes. They are not meant to be worn all the time and are not meant to aid with hearing loss. While they may help to an extent, don't be surprised if you are not 100% pleased with your purchase. Hearing aids fit by a professional tend to have the highest consumer satisfaction rate.

Unlike personal sound amplifiers, hearing aids are programmed for a person's individual hearing loss. Only the frequencies a person struggles to hear with will be amplified, and those frequencies will be amplified at the correct volume for optimal hearing. Hearing aid technology can be either basic or advanced, but even basic hearing aids are far more customizable than they were in previous years. While you may be tempted to opt for a cheaper device when your hearing begins to fail, experts caution against making that decision without the

help of a qualified hearing healthcare professional.

Hearing aid amplifiers are affordable and can help in mild cases. However, if you're having trouble hearing, it's best to find out what's causing the hearing loss. It could be a simple problem such as wax build-up or an ear infection that is easy to treat. A hearing healthcare professional can evaluate your hearing and recommend the best course of treatment.

*Dr. Heather Dean earned her Doctor of Audiology from the Arizona School of Health Sciences in 2005. She uses diagnostic testing to determine the presence of hearing loss and inner ear vestibular issues. Dr. Dean performs diagnostic testing for all age groups—pediatric to geriatric—at three Sierra Nevada ENT office locations. Call (775) 882.3277 to schedule your appointment.*

*She is a member of the American Speech-Language-Hearing Association and the American Academy of Audiology. She and her husband have been married for 16 years and share their Reno home with three active school-age girls. In her free time, Dr. Dean volunteers as a booster for her daughters' gymnastics team. Content provided by HealthyHearing.com.*

# What should functional training be to you?



Ryan Golec

By Ryan Golec

Functional training has been the buzzword in fitness for quite some time. So much so, that its meaning has been diluted through years of marketing and varying interpretations. The truth is, its definition is watered down

because it can mean so many things.

At the basic level, it means fitness training that prepares you to function in life or perform the functions of your daily needs. So, the question you need to ask is, what does functional training mean to you? What are your daily needs, physical restrictions, challenges, or even the performance needs of your job, sport, or life? A functional program should reflect those needs.

When I work with a lot of my senior clients, the functional emphasis is to restore strength,

agility, and range of motion that has been lost through the years. By comparison, the couple of high-level baseball players with whom I work have an entirely different set of performance needs. These athletes need to increase power, speed, and mobility through the hips and torso. Although these two demographics are different, there can be a lot of overlap in the basic exercises that are used.

Almost any exercise can reflect function and performance for multiple demographics. It will always come down to applications. If I have a 75-year-old client who needs to carry their groceries up a flight of stairs, I may use a box step-up with a light set of dumbbells. If I have a baseball player that needs to increase their first step explosiveness when stealing a base, I may use an explosive box step-up holding a heavy set of dumbbells. A grandparent who wants to pick up their grandchild can use a moderate-weight sandbag or medicine ball and pick it up from a squat

or hinged position. An athlete looking to increase their vertical leap may use the same exercise but explosively throw that ball into the air.

When you look at an exercise that may look dangerous or intimidating and thus "not for me," it may not be about the exercise but how it is applied to suit your needs. No matter what those are, there is a version of "functional" exercises for you. And you may be surprised by how athletic those exercises may be. Don't be scared or intimidated to move, however, you should be scared of what happens if you don't. Train smart and move well.

*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.*



# Take care of your body like it's a loaner



Taylor Donovan

By Taylor Donovan

How old were you when you realized that you don't own your body and health? Okay, your body is yours but you don't own it in the sense that we feel we own most things. The best we can hope for is a functional, dynamic, pain-free 90 years on the planet. Your

health is the one possession that owns you.

The wellness industry has become a field that tries to postpone and elongate your best years. I am all for this as I only want to stick around on this planet as long as I am able-bodied and feeling good. I also advocate using natural principles and drawing upon the six great healers – sunshine, water, sleep, air, nourishment, and exercise. We are blessed in abundance with these 'healers' here in

Northern Nevada.

Since we have reluctantly established that your body is a loaner, let's agree that we participate in a work-trade agreement with it. That becomes exceptionally clear once we enter midlife. No longer are we endowed with boundless energy, hard playing without consequence, and waking up fresh and revving to go. Now we have to work for all of these things. The further we go in life, the more it feels like we are in the bonus round – in a single elimination tournament.

The thing is, taking good care of yourself can be enjoyable once you accept that to get good health you must give it a good effort. There is just no other way. Even the latest influential wellness hackers admit this candy-coated into simple steps in numerical order. I wonder at which point I would have opened a book entitled "The Secret Guide to Your Best Human Life." However, as a

wellness-inclined chiropractor with 20 years of practice, I might be uniquely qualified to write such a book.

Wouldn't it be interesting to go through a wellness audit each decade? Based on your life phase and circumstances, the process would encourage you to incorporate certain things into your daily life and let go of others. If you would like to get older while feeling younger, think of someone who could be your holistic tour guide in the aging process. Someone who has an integrative approach to health care and looks at things in a straightforward manner with honesty and optimism. Then perhaps you, too, can write a book about living your best life.

*Dr. Taylor Donovan is a holistic chiropractor, lifestyle wellness physician, and owner of Health for Life Chiropractic. He specializes in optimal structural support, balanced muscle postures, and lifestyle advocacy. For more information and to schedule a visit, contact (775) 229-3889.*

## Is perfection the enemy of your wellness goals?



Meaghan Maillet

Meaghan Maillet

If you have made it to this point of the year and you are still focused on your New Year's wellness resolutions, give yourself a big pat on the back. Statistically, upwards of 80 percent of people who make New Year's resolutions admit to giving up on them in the

first quarter of the year. Then they frequently make the same resolution the next year. If we're making the same resolution, obviously it is important to us, so why do we give up?

**Perfect becomes the enemy of good**

There are many variations of this concept, and it can be a large factor in why most people give up on resolutions. We make specific, measurable goals with absolute timelines. This is great for giving us a clear set

of directions. But if we don't follow the plan exactly, even for a short time, we view it as a failure rather than a setback. We allow the plan to completely derail rather than figure out a way to get back on track. If we don't extend ourselves a bit of grace, then perfection becomes the enemy of good.

Companies in the diet and nutrition world have recognized this phenomenon and have made adjustments to support their customers. Most have started incorporating planned "cheat" days into the regimen so that it isn't a failure if you stray from the plan.

**Something is better than nothing**

The same phenomenon is observed in the fitness industry. Often, we allow the "All or Nothing" approach to derail us from our goals. If I don't have time in my day for an hour workout, well then, I just don't have time to work out. But if we can change that mindset to "something is better than nothing," we allow ourselves

some grace on those days when life happens and our plans have to change. If I don't have an hour, but I can squeeze in 10 minutes, 10 minutes is better than nothing. It gets me further down the road toward my goals. And it reinforces positivity rather than negativity.

If your resolutions have fallen by the wayside, perhaps you can challenge yourself to not let perfect be the enemy of good. Strive for your goals and adopt a "something is better than nothing" attitude rather than letting a missed benchmark crush your resolve.

*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.*




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# Careful with over-the-counter meds



Kris Deeter

By Kris Deeter

One of the more stressful surprises this winter and now spring is the number of over-the-counter and prescription drugs that are suddenly out of stock. We have run to the pharmacy to get cold and fever medications to find only empty shelves. Pediatricians have been taking more calls than ever from parents who are upset and scared as Tylenol, formula, and antibiotics are suddenly unavailable. Pediatricians have been having to change up their usual antibiotic prescriptions after getting phone calls from CVS saying that amoxicillin is in shortage.

Whereas the disappearance of formula last year was due to supply chain issues and disruption of manufacturing after Covid, the recent shortages of OTC medications have actually been due to unexpectedly high consumer demand. More kids were sick this year, and more parents were buying out the supply. Sales were up 65% in November 2022 compared to the year before.

Big pharmacy chains, like CVS and Walgreens, have even been rationing or limiting the number of bottles you can buy. Parents have been going to the emergency department more, sharing supplies with friends, posting on social media, and researching ways to bring a fever down without meds. Even at Renown Children's Hospital, we ran out of Tylenol suppositories and liquid at one point and had to switch to IV versions (yes, we have that).

Though things are improving as companies have increased production, I would like to offer a little guidance as this could happen again. First of all, please don't hoard these medications (for



(Photo: Spencer Platt/Getty Images)

**Heightened demand, not supply chain issues, caused over-the-counter medication shortages for children's cold and flu medications.**

instance, buying ten bottles of liquid ibuprofen). Most likely, you will never need this much unless you run a daycare. All of these medications have an expiration date, so you shouldn't keep them around for years after they expire. I always keep a bottle of acetaminophen (brand name, Tylenol) and ibuprofen (Motrin, Advil) around in appropriate versions for kids and adults. When fever hits, you don't want to run to the store in the middle of the night. But one bottle at a time is enough.

Secondly, remember there are other ways to bring down a fever. Keep the temperature in the room a little cool, try lukewarm (not cold) baths, and cool washcloths to the top of the head, armpits and diaper area can also help break a fever. Don't expect to bring a temperature down to normal when your child is sick. Tylenol will usually bring a fever down a point or two, while Motrin can drop it 2 to 3 points and helps a bit more with body aches.

Your body is very smart and knows that a little fever helps kill a virus, so running 100-101 F is very safe and normal when you are sick. The main reason to use medications is to avoid high temps.

Over 105 F can be dangerous and needs a call to medical personnel to discuss if doesn't come down. The same is needed for kids who get seizures when they have a fever. About 1/3 of all children ages 6 months to 6 years will have a "simple" (harmless, but scary to watch) febrile seizure. We usually recommend more aggressive treatment of fever for these kids.

Lastly, the only other things that I buy for kids OTC are nasal saline drops and diphenhydramine (Benadryl). Saline drops and a bulb suction are the best treatments for a baby with nasal congestion. Benadryl is helpful for kids who have allergies, get hives, or have trouble sleeping with a bad cold (discuss use with your provider).

I personally believe that almost everything else sold for kids over the counter is a waste of money. Most of these "cold" medications don't really help and can often hurt. Many kids get more irritable, can get a higher heart rate, or can be allergic to the dyes and flavorings used in these meds. A cold caused by a virus (almost everything our kids get) will run its course in 3-5 days whether or not you use any OTC meds.

The best thing you can do is keep your child hydrated and comfortable. Yes, chicken soup (gives you warmth, nutrition, and a little salt), orange juice (a little sugar and hydration for energy), and rest (to recover) work better than anything. Before you spend money on other OTC meds that promise on the box to fix all of your symptoms, consider talking to your provider about what might actually happen.

*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.*

## Tips for navigating complex healthcare system



Andrew Pasternak, MD

By Andy Pasternak

As I write this, I'm back in Michigan. My dad needed neck surgery, and he has many underlying medical problems. In the weeks before his surgery, he bounced between hospitals and rehab facilities. While his care is excellent, communication of the care plan to my mom and my family was somewhat disjointed, partly because so many different physicians and hospitals were involved. As healthcare becomes increasingly complex, here are some things you can do to help friends or family navigate the healthcare system better.

- Make sure the patient lets everyone know that it's ok for the medical team to talk to you. The Health Insurance Portability and Accountability Act (HIPAA) has set specific rules to ensure that your medical information is confidential. As a result, healthcare workers are conscientious about ensuring they only communicate with people who have permission to know about their loved one's medical issues.

- Talk to everybody you can. While speaking with the physician responsible for your family member's care is a great start, it's also constructive

to talk with the nurses, therapists, and other care team members. Each has their perspective and can often give family members different information, which provides you with a better overall picture of how they are doing.

- Write down your questions. As a family physician, I love it when someone comes in with a list of questions. It tells me the person is invested in their care and makes our appointment time together much more efficient. We're able to address all the patient's issues, and the patient and their family leave my office with the information they need to make healthcare decisions.

- Ask for written records or some sort of summary of care. Especially with the advent of electronic health records, office visits, lab results, and radiologic reports can all be sent directly to patients through patient portals. While these often contain some complex medical terms, they can also be beneficial to understanding your loved one's care.

- Use technology. When I started practicing, if the patient's family member wasn't living in the area, it usually resulted in a phone call after hours to update them. Now with cell phones, we'll often have family members Facetime during office visits so they can hear the conversations I have with their family, and they can stay up-to-date on

what's happening.

- Talk to friends or family in the medical field. The medical community is a pretty tight-knit group. So talking to people you know in medicine, even if they don't live in the area, can help make connections or reassure you about the care.

- Don't forget the family physician. I'm biased, of course, but I consider primary care physicians as the "conductors of the health care orchestra." As long as I am getting the information from the hospitals or specialists, I often answer questions for the family while the person is in the hospital or after they've seen the specialists. Your primary care physician usually has a more global view of your overall health.

- When in doubt, consider getting a second opinion. Depending on the problem's urgency, ask for a second opinion if you don't feel comfortable with what the physician is telling you. When making a major health decision, you want to be as confident as you can be in your care plan, and getting a second opinion can help.

*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.*



# Steak Salad pleases crowds

By Michele and Beth Carbone

This is one of our most popular dishes, especially for a large group of people. You start by marinating a London Broil, or flank steak, overnight.

## Ingredients

• 1 kg of steak of a large, lean, and tough cut of meat (flank steak, top round roast, or top sirloin). The steak should be at least 4-5 cm thick.

- 1 kg of potatoes, cubed
- ½ kg green beans
- 1 kg cherry tomatoes
- pitted black olives, 1 or 2 hand-full
- 250 grams of bite-sized chunks Parmigiano cheese
- one bunch green onions, chopped (optional)
- 250 grams sauteed mushrooms (optional)
- lettuce and arugula

## Prepare Marinade

Marinate the steak overnight, or for at least 12 hours. I usually double the following recipe so that I have extra sauce to drizzle over the salad.

- ¼ cup extra virgin olive oil
- ¼ cup soy sauce
- ¼ cup of balsamic vinegar

Put the marinade in a large, capped jar and shake it to combine the ingredients. Then put the steak into a baking pan, pour the marinade over it, and refrigerate it at least 12 hours. I usually start the marination 24 hours in advance and flip the steak a couple of times to make sure that the



**Dr. Michele Carbone (left) loves entertaining his guests. His steak salad is legendary.**

entire steak is well-marinated.

## Prepare salad ingredients.

I have found that it's best to prepare the vegetables on the afternoon before the salad is assembled, allowing each to go to room temperature before being combined in the final salad.

- 4-6 potatoes, cubed and cooked in boiling water until just fork-tender. Pour off excess water and cool them down under cool, running water. Place them in a bowl, toss gently with olive oil, and reserve until you are ready to serve.
- ½ kg green beans, cut into bite-sized pieces, cooked in boiling water until fork-tender. Pour off the water, and place the beans in a bowl, and toss them gently with olive oil.
- Cherry tomatoes, quartered, and tossed with a small

amount of olive oil.

- Pitted olives
- A few ounces of chopped parmigiano cheese, in large chunks
- A bunch of chopped green onion (optional)
- Sauteed mushrooms (optional)

## Cook the steak.

Remove the container with the steak in its marinade from the refrigerator a couple of hours before you plan to cook, so that the steak reaches room temperature.

• Heat a cast iron grill over high heat. When it is very hot, place the steak on the grill and allow it to brown for 4-5 minutes. Avoid moving the steak so that the skin cooks dark and crisp. Flip the steak and cook it another 4 minutes or so, until it is medium-rare.

• Remove the steak from the grill and allow it to sit for a couple of minutes before slicing it in long, thin diagonal slices.

• Prepare a large platter with the lettuce and arugula, then top it with the potatoes, green beans, tomatoes, parmigiano, olives (and optional mushrooms and green onions). Drizzle the extra marinade over the salad, then top it with the sliced steak.

• Add salt and pepper.

• Serve immediately.

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

# How to scratch a gardener's March itch

By David Ruf

Ahh yes, the itch. Maybe you suffer from an itch, too. It might be the need to binge-watch a new TV show or take a trip to the tropics, or if you are like me, you want something green and growing to help quiet that itch. We are now forty-plus days past the winter solstice, and I know that means that I have twenty more minutes of daylight, that the buds are swelling on some of the maples already, so much so that the red of the tiny flowers are now dancing in the breeze.

The forsythia buds are straining, waiting impatiently for those 40 to 50 degree days, so their golden trumpets of warmth and beauty spring out from their hiding places and herald peace and hope of the oncoming season.

The seed and bulb catalogs have filled mailboxes bringing excitement to gardeners that rivals the Christmas season: the hope of ripe tomatoes, giant pumpkins, and big crops of greens and legumes dancing in the whimsy side as well as the practical side of one's brain and soul.

If you have the typical garden or raised beds, then it's usually safe to start planting outside around March 15th. Most root crops, leaf crops, and peas can be directly sowed into the soil, for you to get some brown earth on that green thumb that you have itching. Starting then you can also seed your tomatoes and peppers indoors. These two culprits take extra time, usually eight weeks, to make a nice 4-6-inch potted plant. We tell folks to watch the weather in May when the days are in

the 70s and 80s, yet between May 15th and June 15th, the Eagle, Washoe, and Carson Valleys are prone to 3-8 nights with frost. Having protection on your beauties helps prevent any sadness that the chilly mornings could bring.

At my home, we have forsythia and quince. These two plants bloom very early and exude the celebration of spring with their bright flowers. We cut several stems about 12-18 inches long from the plants, bringing them inside in February and arranging them in different vases in different rooms. Within two weeks of living indoors in temperate water, these brownish stems erupt with all the colors of the outdoors along with a light, pleasant aroma to help refresh every winter-shuttered home.

Lastly, forcing some hyacinths is another thrill for young and old. The tattered bulb can erupt in as little as two weeks and be perfuming your home in three weeks. A nice, sunny double-pane window helps. This can be a fun project with your elementary school-aged child who may need something to do.

Last year's spring wasn't Northern Nevada's best with barely any precipitation and very long, cold periods. This year has shown us that it's going to be different and better than last. Get those broken limbs cleaned up, find your potting soil, seeds, and seed-starting supplies, and get ready for March. I know that February often drags on by the days, yet the weeks will fly by, and we will add almost an hour of daylight for us outdoorsy folks to enjoy.

Scratch your itch, and if Hawaii isn't possible, have a few flowers indoors this

month. Breathe in deeply the fragrance of your potting soil as you fill your containers and dream of this year's harvest.

*David Ruf is the owner and manager of Greenhouse Garden Center. Subscribe to the Greenhouse Garden Center's monthly*

*email newsletter which has current To-Do gardening tips. You can sign up on [www.greenhousegardencenter.com](http://www.greenhousegardencenter.com), by calling (775) 882-8600, or by visiting Greenhouse Garden Center at 2450 S Curry Street in Carson City.*

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**David Ruf**  
Greenhouse  
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Owner



# Why you should try club volleyball



By Bella Francis

Have you ever considered playing club volleyball? Let me tell you why you should. I am a sophomore at Galena High School and play club volleyball at Northern Nevada Juniors Volleyball on a 16U travel team. We practice three days a week and go to California and Utah to compete in tournaments. I also participate in Sierra Strength and Speed, a strength and conditioning program that takes place before or after practice.

This is my third year playing volleyball and second year of playing club and I haven't regretted one second of it. I've done clinics, club teams, summer programs, and spring teams. Every one of these opportunities that NNJ provides to young players in the Northern Nevada community has had a positive impact on me. I improved my skillset, gained leadership experience, learned teamwork, and built self-confidence. Not only have I gotten incredible coaching from some of the best teachers in Reno, but I've also gained many friendships with the girls with whom I play.

Playing a sport with other girls who love it as much as I do makes it so enjoyable. The environment is amazing because it's a safe space to learn. It makes it easy to be coached and seek advice on improving my skillsets as well as my leadership ability. If I've had a rough day, I always have something to look forward to



Playing volleyball helps gain leadership experience, learn teamwork skills, and built confidence. Northern Nevada Juniors Volleyball offers programs for players ages 3-18 in Sparks and at South Reno's Sportsdome.

because I know my time at NNJ is going to be fun and beneficial to me.

Because of my club experience, I feel significantly more connected to the sport and my team during the high school season. My freshman year was tough because I had not participated in club volleyball before, and I didn't know any of the simple skills that the club participants already knew. This is one of the big reasons I felt inclined to play club, and it helped me feel more connected to the volleyball community. After starting at NNJ, I was much more involved and confident heading into my sophomore season.

It's really important to me to be a part of something that is separate from school and family and still has a positive impact on my happiness and physical and mental health. Excelling at the sport and creating friendships with the people I play with checks all the boxes for things that are important to me. If you're seeking to be a part of something new, I would recommend trying NNJ!

*Bella Francis is a sophomore at Galena High School. She loves to read and write. In addition to playing volleyball, she has done track and field. After high school, she hopes to study marketing in college.*

# Give kids sincere praise to connect authentically

By Maren Schmidt

One of the formative experiences of my early twenties was taking the Dale Carnegie Course in Public Speaking and Human Relations. In each class,

we focused on a tenet of Carnegie's philosophy: to give sincere, honest appreciation. But giving honest and sincere appreciation can be a difficult skill to master.

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\*National Assessment of Educational Progress



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Some compliments come across as hints to past mishaps. Someone saying, "You look pretty in that outfit," can give the fleeting thought of what might have been left unspoken, such as, "...not like the outfit you had on yesterday."

A compliment can sound manipulative. "You really do an outstanding job cooking wonderful dinners" can contain a hidden message of "...and I think I can get out of helping clean up the kitchen and ever preparing a meal myself if I lay the charm on thick."

Praise can sound overly enthusiastic. "You're just a wonderful artist. Your stuff should hang in the Louvre" may communicate that the speaker wants to push us in a direction we don't care to go.

How can we give sincere, honest appreciation?

Dale Carnegie suggested that we bring with us some basic attitudes such as being genuinely interested in other people, smiling, remembering that a person's name is the sweetest sound in any language, being a good listener, talking in terms of the other person's interests instead of your own and making the other person feel important.

We can give a sincere compliment by describing instead of evaluating. Evaluating praise is when we put a value on something: That is so beautiful. You're so good. That's better than yesterday.

Descriptive compliments describe what you see and feel and then use a word that sums up the entire experience. Let's use the example of a child cleaning up his or her room. A descriptive compliment might go like this: Describe what you

see. "Susan, I see all your books on your shelves. I see all your clothes put away. I see your bed is nice and neat."

Describe what you feel: "Susan, it feels wonderful to walk into such an organized room." Sum up the experience with a word: "You worked to get your room looking just so. Susan, that's what I'd call persistence."

A descriptive compliment is effective in communicating that we have taken a genuine interest in our children's efforts. When the descriptive compliment includes a smile, the person's name several times, and a one-word summary of the experience, we help our children feel important and part of our families. Descriptive compliments work at the office, with spouses, and with other family members.

Anybody can say, "Good job!" It takes a few minutes of thought and genuine interest to show sincere appreciation. Be prepared for a lot of repetition of any activity that you praise. Be careful to not compliment something that you do not want to be repeated.

Saying "You can really play that xylophone" might lead to a weeklong marathon playing of Hot Cross Buns. Sincere appreciation is powerful. Handle with care.

*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 newsletter was published with her permission. Sign up for her weekly Kids Talk Newsletter at [www.marenschmidt.com](http://www.marenschmidt.com).*





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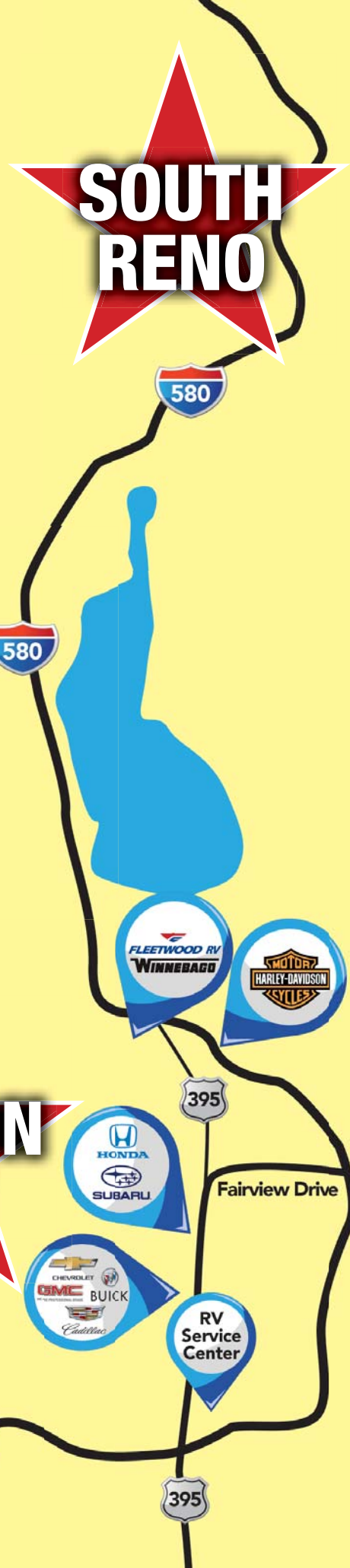
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