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# Galena TIMES

Summer 2024

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## Pines to Mines trail will connect Nevada City to Truckee on 72 miles of adventure

Submitted to the Galena Times

When completed, the Tahoe National Forest's Pines to Mines Trail will welcome equestrians, pedestrians, bicyclists, and Class 1 e-bike users on the new 72-mile trail network. The trail's development aims to increase national forest recreation access for multiple user groups and abilities while supporting local economic development. Pines to Mines will include approximately 50 miles of existing trail with 22 miles of new trail planned to begin construction this year.

"The Tahoe National Forest strives to offer diverse and accessible recreation opportunities for all ages and abilities," said acting Tahoe National Forest Supervisor Matt Jedra. "Pines to Mines will be an asset to our region and we are happy to offer another recreation destination that not only promotes increased public access to our national forest, but also has the potential to support and grow our local economy."

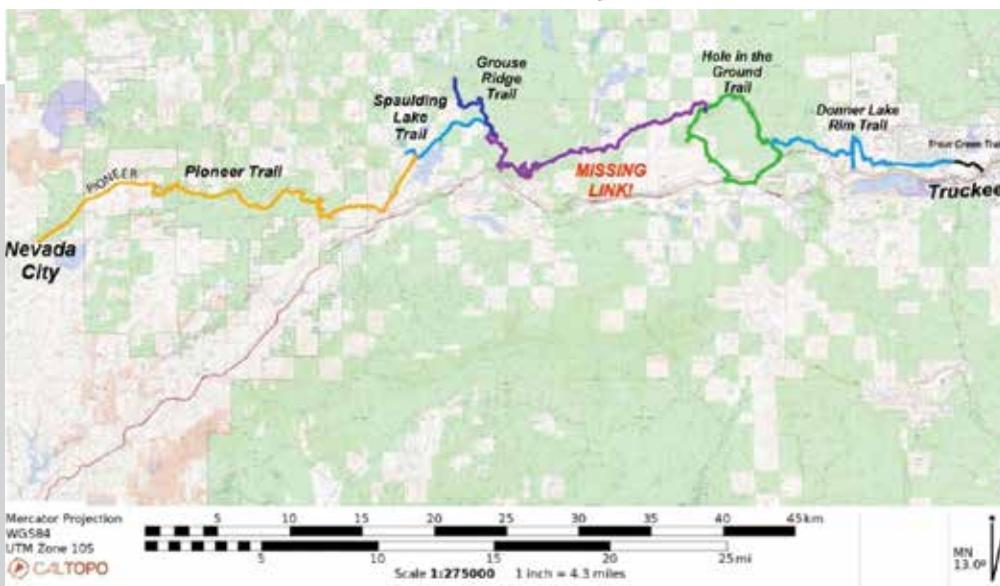
The trail will boast miles of stunning vistas and guide users past remote lakes, canyons, and meadows. The Pines to Mines Trail will include one end of the trail at the existing Pioneer Trail in Nevada City, Calif., and the other at the east end of the Donner Lake Rim Trail in Truckee, Calif. There are several existing trailheads for entrance/exit along the planned 72-mile course with the potential for additional trailheads in the future if there is a need.

The inclusion of Class 1 e-bikes as an approved use on the trail expands access to individuals that may not be able to walk or ride a traditional bicycle



(Photo: PinestoMines.com)

**Truckee Trails Field Director  
Fil Grgic scouting the missing  
link section.**



**Partnering together, Truckee Trails Foundation, United States Forest Service, Nevada County, Bear Yuba Land Trust, and Bicyclists of Nevada County, have been working to realize the dream of a long-distance trail connecting both ends of Nevada County with stunning, adventuresome singletrack. The team is ready to break ground on the missing link this year.**

as far or long. E-bike technology has the potential to include user groups of all ages and attract more diverse users to explore their public land in a socially and ecologically responsible way. Class 1 e-bikes are equipped with a motor that provides assistance only when the rider is pedaling and ceases to provide assistance when the e-bike reaches the speed of 20 mph. Studies completed during project analysis indicated that Class 1 e-bikes are similar to traditional mountain bikes in terms of components, relative speeds and impacts on trails.

"Tahoe National Forest has allowed e-bike use on over 2,000 miles of motorized forest roads and 35 miles of recently designated multi-use trails on the Truckee Ranger District," said Tahoe

National Forest Truckee District Ranger Jonathan Cook-Fisher. "This expansion of trail open to Class 1 e-bikes further improves recreation access for users of all

cycling abilities. As always, users on any trail are reminded to make trail etiquette and safety a priority."

*continued on page 7*

## Letter From the Publisher

As we embrace the warmth and sunshine of summer, I urge you to make every excuse you can to go outside. Whether it's hiking, biking, or simply enjoying a leisurely picnic, there's no shortage of ways to soak up the beauty of the season.

Speaking of outdoor adventures, one of my favorites is the Tamarack Lake Trail, a hidden gem across the highway from the Mount Rose Ski Area. This scenic trail offers breathtaking views of Tamarack Lake and Reno, making it the perfect destination for hikers and bikers alike. For the more adventurous souls, consider extending your journey by connecting to the Mount Rose Peak Trail for an unforgettable trek to the summit.

In this issue of the Galena Times, you'll find an array of exciting articles to pique your interest, from updates on local mountain biking teams to tips on wine appreciation and much more. I also encourage you to check out the Levitt AMP Concert Series in Carson City, featuring ten free shows starting late June through August—a fantastic way to enjoy summer evenings with family and friends.

As the summer crowds flock to Tahoe, consider venturing out later in the day to avoid the hustle and bustle. Pack a picnic

dinner, find a serene spot to catch the sunset, and cool off with a refreshing swim—an idyllic way to savor the magic of Tahoe during the golden hour.

Lastly, I want to extend an invitation to our readers to contribute their stories and ideas to the Galena Times. Whether you have a passion for writing or a business to promote, we welcome your involvement in our vibrant community.

Wishing you all a fantastic summer filled with adventure, laughter, and cherished memories.

*Happy trails, Richard Keillor*



**Richard Keillor avoids crowds at Lake Tahoe by venturing to his favorite spots later in the day.**

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# 6 tips for taking a walk on the wild side in Washoe County



Candee Ramos

## By Candee Ramos

Many northern Nevadas cherish their community for its easy access to the outdoors. With 49 parks, numerous trails and trailheads, and a staggering 10,000 acres of open space in Washoe County alone, we are fortunate to reside in this outdoorsman's paradise.

Now that the sun has largely melted snow from the paths, seasoned hikers and newcomers to trail life have ample opportunities to explore new spots. By planning ahead, even novices can confidently lace up their boots. Dive into Washoe County's top tips for enjoying the wild side.

### • Plan your route

This may sound obvious, but even the most experienced hiker can become too confident and forget this simple step before setting out on their adventure. Because there are so many options for trails within our beautiful backcountry, we encourage you to plan ahead and pick the right kind of trail for you. If you are an experienced hiker with all the right equipment and know-how, some of the more challenging trails may be right up your alley. Is a gentle stroll more your vibe? For newbies or those wanting an easier way to get in touch with nature, think about sitting down with the Truckee Meadows Trails guide ahead of your hike to identify some of the less challenging courses, such as paved pathways with a flat grade. The guide is available for free by visiting [WashoeCounty.gov](http://WashoeCounty.gov) and searching for "trail resources." The tool lists ADA- and dog-friendly trails. Take the time to explore what works best for your interests and capabilities and enjoy your day that much more.

### • Bring the right stuff

As any native Nevadan knows, the high desert is ripe for adventure. It may also be ripe for mishap, which

means bringing the right stuff with you is an absolute must. This includes wearing the proper attire for the adventure you have planned, bringing enough drinking water, protecting yourself from the sun, watching out for hazards (Hello, rattlesnakes!), and possibly bringing a friend along. Be sure to tell someone back at home where you are going and when you plan to be back. A map of the trail you are on is always helpful. Stay on the marked trail and before you know it, you will be back home sharing stories and photographs of your amazing day in our wonderful wilderness.

### • Ahem, Etiquette

We don't mean the salad fork on the left and the soup spoon on the right. Yes, you are in the wild and exploring nature, but even nature has its rules. Your fellow hikers will want you to be aware of how to share the trail with other walkers, bicyclists, dogs, and more. Taking a few moments to consider trail etiquette will save needless frustration and lead to a positive experience for all. Sometimes just waving and saying 'hello' to fellow trailers can go a long way in showing goodwill. There is a great trail etiquette guide on the Washoe County trails page for those who are just getting started or could use a refresher.

### • Leave it better than before

Public lands and trails are yours to explore and enjoy. Isn't it a shame when you see a discarded wrapper on the trail? Rather than curse the litterbug - after all, it could have accidentally flown right out of their hand - take a moment to collect any trash you find along the trail to dispose of properly. Make a game out of it - who from your group can pick up the most junk? Is it litter bingo that you enjoy? Make a plastic water bottle lid the freebie center square on your bingo card and have fun making our world a better place by leaving the area better than you found it. Another important aspect of this? Stay on the marked trail to ensure that the natural surroundings are kept intact.

### • Make new friends

Beyond sharing a kind hello to fellow hikers, there are many ways that you can become involved in volunteering within the trails and open space sphere. For the little ones, Washoe County has launched a new Junior Ranger program. The program is free, tons of fun, and invites young people to enjoy nature and grow up being environmentally responsible. It is easy to access with a simple internet search, or you can always dial 3-1-1 to connect with the Washoe County help desk. You can choose to volunteer with the Truckee Meadows Parks Foundation. Visit [www.tmparksfoundation.org](http://www.tmparksfoundation.org) to learn about guided hikes or their trails challenge. Meet new friends through a shared interest in the beautiful outdoors in Washoe County.

### • Discover resources

Now that you have read up on trail basics, maybe it is the even wilder side of Washoe County or Nevada that you would like to explore next. A vast network of organizations works hard to ensure that you will never get tired of exploring Nevada and all of its natural beauty.

Check out the trail resources page on the Washoe County webpage which lists the Bureau of Land Management, Nevada State Parks, the Tahoe Rim Association, the US Forest Service, and many other partners who are all ready to help you to make the most out of enjoying our beautiful area.

Lots of trail apps cater to individual user groups. The Trailforks app helps mountain bikers, hikers, horseback riders, and skiers access up-to-date trail info to navigate trail networks. Whether you are pushing your limits or pushing a stroller, the Alltrails app covers hikers, runners, and even designates dog-friendly trails. NVTrailfinder.com is a new online resource covering thousands of miles in the Silver State.

*Candee Ramos is the community outreach coordinator for Washoe County. For questions, dial 3-1-1 and ask to speak with the Trails Coordinator.*



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# Embark on a summer of adventure with the Library System



**By Jamie Hemingway**

Washoe County Library invites patrons of all ages to combat boredom and spend the summer reading, learning, and sharing adventures together at the library. "Adventure Begins at Your Library" is this year's Summer Reading Challenge theme, and patrons can sign up to participate in the challenge and track their reading from June 1 through July 31. Participants will earn free books for signing up, reading 600 minutes, and completing activities. Learn more at [washoelibrary.org/summerreading](http://washoelibrary.org/summerreading).

Our summer calendar is also packed with opportunities for in-person adventures at Washoe County Library.

**Reno Phil Discover Music: Small Music Ensemble**

Get a close-up look at symphonic music through performances and activities presented by the Reno Philharmonic Orchestra. Audiences will enjoy performances by the Discover Brass, Discover Strings, Discover Tango, and Discover Winds ensembles.

**A Magical Journey Awaits You with Phil Ackerly**

Prepare to be impressed by the sleight-of-hand magic, breathtaking illusions, and family-friendly humor of magician Phil Ackerly. His library tour promises fun and amazement, and an opportunity to learn a trick or two.



**Adventure Begins at your Library with Wild Things, presented by Conservation Ambassadors**

Conservation Ambassadors are back this summer and bringing along their animal friends. From fur to feathers and scales, they'll take patrons up close and personal with a diverse range of species while visiting nine different libraries. Waivers are required.



**Young Shakespeare, a D.G. Menchetti Education Program, presents A Midsummer Night's Dream**

Catch this one-hour, interactive, family-friendly adaptation of the Shakespearean comedy at seven library locations.

Adventure awaits you at Washoe County Library, so don't miss out. Stay connected and up to date by following Washoe County Library on Facebook and Instagram, or by signing up for our newsletter at [washoelibrary.org/newsletters](http://washoelibrary.org/newsletters). Happy summer reading!

*Jamie Hemingway is the Public Information and Development Officer for the Washoe County Library System. She can be reached at 775-327-8360 or [jhemingway@washoecounty.gov](mailto:jhemingway@washoecounty.gov). For a complete listing of current services and hours at library branches, visit [www.washoecountylibrary.us](http://www.washoecountylibrary.us).*

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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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# Project Discovery marks 25 years of empowering teams through experiential challenges

By Katherine Procida

“We change the world one person at a time,” said Dr. Michael Selby, Executive Director of Project Discovery speaking at the 25th Year Celebration of Service to Northern Nevada. Joined by current staff, esteemed guests, and alumni spanning the decades, the event commemorated a quarter-century of dedication. Amidst the jubilant atmosphere, marked by alp horns, heartfelt speeches, champagne toasts, dinner, and dancing to live music, attendees honored this significant milestone.

Project Discovery is one of the largest and most dynamic experiential educational training facilities in the nation. Located at Skytavern, the program’s mission is empowering guests to uncover the leader within them and to use that power for the mutual benefit of their team.

Utilizing experiential challenges like large teeter-totters that the team must balance or a log that two team members must successfully cross while up in the air, the challenges are progressive and tie the fortunes of the team to the individual performance of each member – just like life in a family, a business, or a community. The only difference here is that participants can practice repeatedly until they get it right, which is sometimes less clear or even impossible in daily life.

“We like to think of a day at Project Discovery like a lab setting where

guests get a chance to try out Attitudes, Behaviors, and Cognitions (ABCs) they may not normally use which, if successful, may put a few more relational tools in their repertoire,” said Jim Croley, one of the corporate training managers. “As humans we are all flawed in one way or another and this is a great opportunity to get some honest feedback in a safe environment and some ideas on how you might be able to do a few things differently with more positive results.”

A day at Project Discovery follows a cycle created by John Dewey, considered to be the father of Experiential Education who said, “We learn what we do.” Following that credo, teams are guided through a progressive series of exercises with a running historical record of the ABCs that work for them. As the tool list grows so do the complexity of the challenges and the sophistication of their solutions.

Project Discovery works with a variety of clients from Girl Scouts, local schools, and International War Refugees to Fortune 500 Companies and the US Military.

“We custom design every team training to meet and beat their expectations,” said board member Maridy Carpenter.

This strategy has paid great dividends as some clients have returned annually for all 25 years recognizing the positive influence on their organization.



(Photos: Project Discovery)

At Skytavern, Project Discovery stands as a beacon of experiential education, empowering individuals to discover their inner leadership potential while fostering teamwork for collective growth.

“That’s why we are the only training company with a money-back guarantee, and we have never had to give back, not even one penny,” she said.

Now beginning their 25th season, Selby believes the future is bright with a healthy Summer Adventure Camp Program that caters to the individual needs of each camper, a highly successful Corporate Training Program under the subsidiary, Synergy Tahoe, as well as the benefits delivered to their partner, the Skytavern Ski Program and other non-profits and youth organizations.

“We know we change the world one person at a time because we have had folks return to us a decade or two after their time with us and tell us the day they spent with us so long ago changed the course of their lives,” Selby said. “We look forward to serving Northern Nevada for the next twenty-five years with the same commitment, passion, and focus in making the world a more peaceful, verdant, and fulfilling place.”

*Katherine Procida teaches for the Washoe County School District and consults with Project Discovery in the summer months.*

## Apply for the Washoe County Leadership Academy today!

The Washoe County Leadership Academy is a unique nine-month program that provides a deeper knowledge of local government, inspiration to enhance our community, and opportunities to create new, lasting relationships.



“Funny enough, I think the sewer day was one of my favorite days. We go through our lives not really thinking about some of those things. Getting to see the ‘dirty job’ of that, getting to see behind the scenes and how they make our water safe, was one of the most interesting parts of the program. If you are curious about how your community functions and works and what the backbone to it is, jump in and you will learn a lot.”

– Jonathan McNeill

2024 WCLA Graduate

Watch “Washoe County Leadership Academy” on YouTube



Apply at: [WashoeCounty.gov/WCLA](http://WashoeCounty.gov/WCLA) by June 21, 2024

# Pedaling to success: A ride from skepticism to professional racing

By Lucas Miers

Mountain biking changes lives. I grew up in a family that loved mountain biking, but it just wasn't my thing. When I was 13, I dreaded going on rides with my family and at one point I didn't ride a bike for two years. I was an avid football player and wanted to play in high school. After a few seasons of playing, it started to lose its sparkle in my eyes. I had a few concussions and I never liked running sprints in the summer heat. My parents wanted me to give cycling another chance.

My brother was an extremely talented cyclist and I always looked up to him, so I gave it another try my freshman year in high school and joined Reno Tahoe Junior Cycling and the Galena Mountain Bike team. Little did I know this would be the best decision of my life.

I quickly fell in love with the sport that I used to despise. Nothing was better than getting to be outdoors with my friends racing up and down the trails. With my competitive nature, I was so excited to start racing. I won a couple races and that fueled the



Galena Mountain Bike Club is open to all students zoned for the Galena area grades six through 12. Lucas Miers (right) is the first athlete to come through the Reno-Tahoe Junior Cycling development program to reach the World Cup level.



(Photos: L. Miers)

addiction.

Fast forward to the present, I'm still in love with the sport. I now race at a professional level and have traveled all over the United States and Canada racing. I've been selected to compete for Team USA in a handful of World Cups, raced against countless Olympians and world champions, built hundreds of friendships, and amassed a bunch of sponsors who help support me. I never

could've imagined where this sport would take me, but I'm glad I took another chance on it because it changed my life forever.

Cycling is for everyone. It's a sport where talent, size and background doesn't matter. Passion and the desire to get better are the things that drive success. Some of my teammates continue to ride at college level and many others continue to ride for fun.

## HOW TO GET INVOLVED

### GALENA MOUNTAIN BIKE CLUB

Sixth grade-senior year high school  
(June-October)  
galenamtb.org  
For signup, contact Head Coach  
Jana Buck at jana\_buck@yahoo.com

### NEVADA NORTH CYCLING LEAGUE

Team and event info: nevadanorthmtb.org

### RENO TAHOE JUNIOR CYCLING

Renotahoejuniorcycling.com  
Community/Club Rides ages 5-10  
Registration available  
Rider/Race Development programs  
(January/March-July)  
Registration early winter

*Lucas Miers is a Reno local and Junior full-time pre-med student at the University of Nevada as well as an avid cyclist.*

# Brewery Arts Center hosts 2024 Levitt AMP Concert Series with 10 free family-friendly shows

Submitted to the Galena Times

In a vibrant celebration of music and community, the Brewery Arts Center proudly announces the return of the Levitt AMP Concert Series for the summer of 2024. Sponsored in part by the Mortimer & Mimi Levitt Foundation, this eagerly anticipated event promises ten free, family-friendly concerts every Saturday from June 22nd to August 24th.

Located at the heart of Carson City, the Brewery Arts Center will be the stage for an eclectic lineup of musical talents spanning genres from Americana to Eastern European Surf Rock. With opening performers igniting the stage at 7 p.m. and headliners taking over at 8 p.m., each evening promises to be a sonic adventure for all in attendance.

Adding to the festival atmosphere, attendees can enjoy diverse sounds, engage in kids' activities, and delight in an array of food trucks.

Among the exciting performers scheduled to grace the stage are Adrian + Meredith showcasing their Americana tunes on June 22nd, followed by the Urban Renewal Project blending Jazz, Hip-hop, and Vintage Soul on June 29th. Blues enthusiasts can mark their calendars for July 6th to catch Dennis Jones in action, while swing-punk aficionados won't want to miss Van Goat on July 13th.

The festivities continue throughout the summer, featuring a diverse array of acts such as Qiensave bringing their Cumbia/Latin fusion on July 20th and the infectious rhythms of False Rhythms' Reggae on July 27th.

As August arrives, classic rock enthusiasts will be thrilled to rock out with Big Brother & The Holding Co on August 3rd, followed by the Celtic sounds of Wicked Tinkers on August 10th. Country music takes center stage

on August 17th with Lance & Lea, and the series concludes with a bang on August 24th with Igor & The Red Elvises delivering their unique brand of Eastern European Surf Rock.

*For more details on the lineup and additional event information, visit BreweryArts.org/levitt-amp and mark your calendars for a summer filled with music, community, and unforgettable experiences.*

## MARK YOUR CALENDAR

**June 22:** Adrian + Meredith Americana  
**June 29:** Urban Renewal Project Jazz/Hip-hop/Vintage Soul  
**July 6:** Dennis Jones Blues  
**July 13:** Van Goat Swing-Punk  
**July 20:** Qiensave Cumbia/Latin  
**July 27:** False Rhythms Reggae  
**August 3:** Big Brother & The Holding Co Classic Rock  
**August 10:** Wicked Tinkers Celtic  
**August 17:** Lance & Lea Country  
**August 24:** Igor & The Red Elvises Eastern European Surf Rock

Visit [BreweryArts.org/levitt-amp](http://BreweryArts.org/levitt-amp) for more information.

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

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# In tune with life – get in alignment for a smoother ride



Liesa Leggett-Garcia

By Liesa Leggett Garcia

We've probably all had the experience of driving a car and having it pull to one side or the other or feeling the steering wheel shake and recognizing the symptoms of our vehicle being out of alignment. We take it into the shop, get it fixed, and our ride is smoother and safer, as well as extending its life and giving us better mileage.

Or maybe we've wrenched our back on the job or while doing yard work and feel debilitated. We may go see a chiropractor to help get our spine in alignment. It can bring us great relief. In a myriad of ways, "getting in alignment" can make our lives better, smoother, and more productive. And whether factual or allegorical,

our lives are at their best when the stars are in alignment.

Align means to arrange in order or to come together in agreement. To be in alignment, there must be a prototype, so we know what we're aiming for. It's always better to be in alignment than out of alignment.

Being in—or out—of alignment also pertains to how we're living our lives. When we hit something in the road throwing our car out of alignment, some unexpected incident can throw our life out of alignment. We may feel thrown off and wobbly. We may feel like we've been out of alignment with our lives for quite a while. It may show up as unhappiness, illness, irritability, and more.

We can help ourselves get back into alignment and on the right track by identifying our own prototype for how we want to live. Perhaps Kindness. Calm.

Peace. Joy. Clarity. These are personal to each of us but they're whatever ways of being that we value.

How can we practice these standards? Or what activities, things, or people do we want to surround ourselves with that help us feel this way? As we keep them on the forefront as guiding principles, day by day, we get into alignment with how we want to be living. We feel better when we are living in alignment with our values.

When our car is in alignment, it drives better. When our teeth are in alignment, they chew better. Life is better when we're in alignment.

*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).*

# Unleash your inner child – Grown-up getaway camp promises unforgettable experiences



Lisa Blauth

By Lisa Blauth

Nestled amidst the majestic Sierra Nevada mountains lies an extraordinary opportunity for grown-ups seeking a break from the hustle and bustle

of everyday life. Picture yourself at Sierra Nevada Journeys' Grown-Up Getaway Camp, an exclusive adult summer camp, where the worries of adulthood melt away, replaced by the carefree spirit of youth.

From August 16-18, 2024, escape to a weekend of pure bliss just 50 minutes north of Reno, where the only item on your to-do list is to enjoy yourself. Say goodbye to responsibilities and hello to a world of fun, camaraderie, and relaxation. Whether you're craving adventure or simply yearning for some downtime, this

camp has something for everyone.

Revisit the joys of childhood as you participate in classic camp activities like archery, kayaking, group games like dodgeball and gaga ball, nature hikes, and time lounging at the pool. Challenge your climbing skills on scaling the Alpine Tower or kick back with a cold beverage and soak up the serene beauty of the Plumas National Forest.

"We look forward to hosting this brand new event with some amazing folks in our community," said Sean Hill, CEO of Sierra Nevada Journeys. "Get ready for some camp nostalgia in a really fun environment, and I'll see you there."

Accommodations at the Sierra Nevada Journeys Outdoor Education Camp are cozy and comfortable, with 16 cabins nestled among the trees. Each cabin boasts modern amenities, ensuring a restful night's sleep after a day of excitement.



(Photo: L. Blauth)

**Embracing their inner child, adults let loose and conquer fears at Sierra Nevada Journeys' Grown-Up Getaway Camp obstacle course with laughter and camaraderie.**

For just \$300 per person, your weekend getaway includes accommodations, delicious meals, refreshing cocktails, and a full schedule of activities and entertainment. Whether you're flying solo or rounding up a group of friends, this is an experience you won't want to miss.

So why wait? Head to [sierranevadajourneys.org](http://sierranevadajourneys.org) to secure your spot at this unforgettable adult

summer camp. Embrace your inner child, reconnect with nature, and create memories that will last a lifetime.

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

# Gear up for Sky Tavern's bike park opening day celebration

By Rick Reed

As summer makes its way to the Sierras, excitement abounds at Sky Tavern in preparation for a season full of fun events and activities on the mountain, most significantly with its bike park. Quickly becoming an important hub for the outdoor and cycling community, the donation-driven community bike park is set to open its trails for the season on May 19th.

Opening day will serve as a celebration of a new season with MAYDAY Festival, a community event offering activities for all ages such as demo bikes, food trucks, a vendor village, drinks by Schussboom, a prize raffle, and countless laps on the trails. Partnering with Project Discovery, a 650-foot dual zipline will be open for all ages.



Admission is free but donations are encouraged. Proceeds will be directed toward a new progression skills zone being constructed this summer. Intended for beginner and intermediate-level riders, the skills zone will feature drops, small jumps, and rock features designed to build skills and confidence.

As a nonprofit sports education organization, Sky Tavern's mission is to promote success through outdoor sports and recreation. In summer, nothing is more core to that mission than the "Riders in the Sky" mountain bike skills clinic program. Teaching mountain bike skills to youth, women-inclusive, and open categories, the affordably priced clinics are led by certified mountain bike coaches. The program will begin in late May.

*Rick Reed heads up Sky Tavern's bike park development and marketing. Besides bikes, he enjoys traveling and adventuring with his dog Zuul. Visit [skytavern.org](http://skytavern.org) to see the calendar of events and clinics and follow on social @skytavernbikepark. To become a volunteer or inquire about sponsorship opportunities, contact [rick@skytavern.com](mailto:rick@skytavern.com).*

## connecting trail from cover

Trail etiquette is the polite way to use trails and allows everyone to enjoy the outdoors and have a good time while being safe and courteous. It is every trail user's responsibility and right to ensure their own safety and expect safe practices from other trail users. When traveling multi-use trails, users may encounter many different forms of trail use, such as hikers, bikers, horseback riders, or off-road vehicles on motorized routes. Therefore, the user must adjust to different regulations—who passes first, who

slows down, who gets the right of way. A basic etiquette rule is "Wheels Yield to Heels." Bicyclists and e-bikers yield to all other users while hikers and walkers yield to horseback riders.

The completion of the new Pines to Mines trail construction is contingent on available funding and resources. Tahoe National Forest will continue to work with partner groups to identify grant opportunities and funding sources to complete trail construction and recreation facility

improvements such as increased signage and trailhead infrastructure. Trail proponents and partners that have assisted the forest in project development, funding and implementation include Bear Yuba Land Trust, Bicyclists of Nevada County, County of Nevada, Gold Country Trails Council, Truckee Donner Land Trust, Truckee Trails Foundation and Trust for Public Land.

*The Pines to Mines Trail Project began analysis in 2022. For more information, visit [pinestomines.com](http://pinestomines.com).*

# Protect your home: Essential steps for defending against wildfires



Gary Weichert

By Gary Weichert

At the risk of sounding like a broken record, late spring and early summer are the time for paying attention to the “Home Ignition Zone” around our mountain houses. This is the immediate area from zero to five feet from any structure, be it your home, detached garage, or shed. The evidence of the success in defending structures with a “clean” 0 to 5 zone is not just anecdotal, it is scientifically proven to be the most effective home defense from a massive wildfire. And it is the easiest and least costly of any defensible space project you may incur.

The website GalenaForestCommunity.org has a “Defensible Space Resources” tab that takes you to a page full of links to information on creating and maintaining your landscaping in a manner that will protect your home from being destroyed in a wildfire.

“Be Ember Aware” and the “Firewise USA Home Ignition Zone” are two, easy-to-read brochures to get you started.

## RTC adds FlexRIDE Zone in South Reno

By Paul Nelson

Residents in south Reno have an additional option for public transportation. The Regional Transportation Commission of Washoe County launched its FlexRIDE South Meadows service May 4th.

FlexRIDE is RTC Washoe’s microtransit service, which is similar to what a ride-share company provides. It offers transportation in areas that do not have enough demand for a fixed bus route. Rides cost \$2 per ride or \$3 for a day pass. Those are the same prices as the fixed bus route fares. The service will be available seven days a week, 6.20 a.m. to 9 p.m.

“South Reno is a growing area and we hear from a lot of residents who need better access to public transportation,” Jim Gee, RTC Director of Public Transportation and Operations said. “The new FlexRIDE zone takes them from their homes to doctor’s offices, grocery stores, restaurants, and to a nearby bus stop.”

The South Meadows FlexRIDE zone stretches from South Meadows Parkway to Geiger Grade and from the Summit Mall to Rio Wrangler Parkway. Customers also have access to certain points of interest that are outside of the FlexRIDE zone.

FlexRIDE has become a popular option for residents since the RTC launched the program in 2021. Current zones include portions of Sparks and Spanish Springs, the North Valleys and Somerset and Verdi.

“We hear a lot of positive feedback from customers in those three areas,” Gee said. “Ridership has doubled over the last year, so we’re excited to see that growth

The “Colorado State Forest Service defensible space discussion” is also a great read, especially with its photo of a home that survived a forest fire intact, due to its owner’s diligent attention to the home ignition zone. A hardcopy of some of these resources may be available on request from the GFC, at no charge. Utilize the “Contact Us” page on our website to make your request.

As a side note, we do not yet have dates set for community-wide curbside chipping this summer and fall. Announcements will be made when dates are set, hopefully with at least a two-week advance notice. However, the clearing of your 0 to 5 zone is far too critical to wait for a chipping program. In most cases, that critical zone can be cleared utilizing our normal Waste Management services. Watch your email and look for posters along our streets announcing when the chipping dates are set.

### Summer is Defensible Space Time

After our record-setting winter, one thing is certain – we will have a record-setting crop of wildfire fuel to contend with this summer and fall. So let’s take some time now to review the recommendations for creating defensible space and maintaining it throughout the

fire season.

Your best resource for recommendations is a personalized visit by Truckee Meadows Fire or the Nevada Division of Forestry. You can contact the Galena Forest Community to help arrange an appointment.

Alternatively, you can find printed guidelines for defensible space by going to the UNR Living With Fire website. On their home page they have a section all about defensible space. Of most interest are the “Fire Adapted Communities” series of booklets, specifically the Tahoe Basin and the Washoe County versions. These detailed booklets also cover home construction issues.

Our most obvious concerns, and generally the easiest to maintain, are within five feet of your home’s structure. This “immediate ignition zone” should be kept free of flammable debris at all times. Shrubs and flowers that are kept healthy are acceptable, as long as they are not too tall. No flammable mulch should be used in this zone. Open decks are of great concern, as they easily accumulate debris. Valleys in roofs, along with gutters, also accumulate flammable debris and should be kept clean.

The “lean and green,” “intermediate ignition zone” is from five to 30 feet from your home. This is where all your normal landscaping is located, such as a lawn, shade trees, and larger bushes. Here again, “healthy” is the key word to keep in mind. Anything dead should be removed, especially branches. However,

it is a common misconception that pine needles are an extreme fire hazard. Pine needles in a decomposing state are the pine forest’s natural mulch. Generally speaking, a layer of needles less than four inches deep is beneficial to our pine trees and keeps unwanted weeds under control, so don’t get carried away with scraping your intermediate zone bare. Yes, pine needles will burn, but not with more than a slow, small flame. Junipers are not acceptable, even in this zone. Follow Living With Fire guidance for spacing between all plantings.

The “Extended Ignition Zone” stretches further out to a minimum of 100 feet from your home, more if it runs downhill from you. The leaner you make this zone, the easier it will be for firefighters to defend your property. Follow the guidance as well as you can, but this may be the biggest part of your defensible space plan.

Remember to keep track of your time spent on wildfire prevention projects (or paying to have it done) and submit a Firewise USA Volunteer Hourly Worksheet to the GFC to document our Community’s activities.

Gary Weichert heads the Galena Forest Community Committee. Visit GalenaForestCommunity.org and add your email address to the private contact list used for official GFC communication purposes. For questions, concerns, or suggestions, use the contact form on www.GalenaForestCommunity.org or email gary.w@galenaforestcommunity.org.



The RTC’s FLEXride service uses smaller shuttle buses known as cutaways. Each can carry up to 15 passengers.

continue with the expansion of this service in the South Meadows.”

Gee says the ability for customers to connect to RTC’s main transit line is an important benefit of FlexRIDE because it opens access to the rest of the Reno-Sparks area.

Two fixed bus routes serve south Reno. Route 56 runs between Meadowood Mall and Damonte Ranch Parkway. The Regional Connector runs from Meadowood Mall to Carson City via South Virginia Street and Interstate 580.

RTC’s transit system provided more than 5 million rides in 2023, a 12 percent increase from 2022. 60 percent of those rides were work trips, showing how vital public transportation is to the economy.

Customers can use the FlexRIDE app or call a dispatcher to schedule a ride. The average wait time is approximately 20 minutes.

Paul Nelson is a government affairs officer for the Regional Transportation Commission of Washoe County.

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# Flourishing ventures of Granville W. Huffaker created frontier fortunes



Diane Crowne

By Diane Crowne

By 1854, the “human avalanche” of 1849 had fallen to about 12,000 a year, but the practice of driving large herds of cattle had increased. When Ervin Crane and Peleg Brown introduced “Chili Clover,” otherwise known as alfalfa, to the Truckee Valley, they touched off a booming trade in hay production and cattle feeding. As one of the first settlers in the Truckee Meadows, Granville W. Huffaker was well-positioned to take advantage of profitable frontier ventures.

His fields were producing bumper crops of cattle feed, mainly crops of alfalfa. By the time the Central Pacific Rail Road came through the West in 1868, ranchers from all over Nevada were bringing their range-fed cattle into places like Huffaker’s to be fattened and shipped to California and the Midwest. Earlier, in 1859, Huffakers had become a regular stopover for Langston’s stages. In 1860, the Pioneer Express had established an office at Huffakers, which was succeeded by Wells, Fargo & Company, and then by the extension of the V&T Railroad.

In 1862, the Huffaker station was given a post office with GW as postmaster. For the next ten years, Huffakers was the most prominent stage station and stopover in

the county. GW encouraged gatherings of local ranchers to join him in frivolities with music and dancing.

In the early days, few women lived in the Truckee Valley and bachelor men would gather at Huffakers to “give rein to their jolly natures.” News of the Battle of Bull Run and other news of the Civil War came into the Truckee Valley by Pony Express and stagecoach, and were vehemently argued and discussed at Huffakers.

Much later, George Peckham described activities at Huffakers in his newspaper series “Reminiscences of an Active Life.” Huffaker established the Athenian Literary Society, which met at the schoolhouse he had built in 1868. People attending could “hear recitations, eulogies, songs, debates, mock trials and newspaper readings that included neighborhood news that was always a hit.” Huffakers was also a popular center for horse racing and a place to air land squabbles in the 1880s. In other accounts, the Athenian Literary Society was founded to inform the public, and to connect people, resources, and opportunities that advanced education, culture, and government. It was a forum for the beginnings of a new government.

Someone once said that the Comstock was the graveyard of the entire old-growth forests of Lake Tahoe and the eastern slope of the Sierra Nevada Mountains. Granville W. Huffaker profited greatly from that lumbering. The Pacific Wood and Lumber Flume Company whose principal owners



Huffaker’s 1868 schoolhouse and former home of the Athenian Literary Society was removed from Virginia Street, restored, and now resides at Bartley Ranch Regional Park, Washoe County, Nevada.



Granville W. Huffaker’s elegant stone house on the Road from Henness Pass that later became South Virginia Street still exists today. Covered in white stucco, it is currently the home of a firearms seller and is hidden behind a used car lot.

were John Mackey, James G. Fair, and J.C. Flood built the longest V-flume in Washoe County. It began at Huffaker’s Mill north of Lake Tahoe on 12,000 acres owned by the flume company. The flume extended for fifteen miles terminating at Huffaker’s log pond on South Virginia Street. Sections of the flume can still be seen in the foothills behind the old Huffaker estate.

Within a few years of establishing the V&T railroad in 1871, logs and cordwood from Huffaker’s and the “Bonanza Flume” were loaded and moved to Virginia City via Carson by rail. It was said that the carrying capacity of the flume was 500 cords of wood and 500,000 feet of lumber every day. It would take 2,000 horses to do the same work of this flume in one day. Needless to say, it was a very profitable

business for Huffaker and his well-known business partners who were, not coincidentally, Comstock multi-millionaires.

GW Huffaker was active in Nevada government and politics for almost twenty years from 1866 to 1885. He held committee memberships to bring the university to Reno from Elko, to form a new mining district in Washoe County, and to extend the Virginia and Truckee (V&T) Railroad to Susanville. During this time, he was one of Washoe County’s highest taxpayers, an indication of his exceptional wealth. GW died in 1892 when he was 61.

*Diane Crowne is a member of the Nevada Historical Society. This story concludes the three-part series about the adventures of a Truckee Meadow pioneer.*

**“Imposing Ceremonies: Granville Huffaker’s Funeral Cast Sunday”**  
*Obituary in the NV State Journal, 12 Jan 1892*

*The funeral of the late Granville W. Huffaker, one of the first settlers on Truckee Meadows, took place last Sunday. Deceased was a member of Reno Lodge, F.& A.M. of Reno Chapter, R.A.M., and De Witt Clinton Commandery, Knights Templar of Virginia City. The funeral took place from the halls of the Reno Lodge, where the beautiful casket containing all that is mortal of the late brother and companion lay in state. The ceremonies at the hall were conducted by Reno Lodge, F.& A.M. The pall bearers were Theodore Winters, Stephen Ede, John Douglass, Enoch Morrill, B.F. Bobo and John Wright, all old-time acquaintances of the deceased. The funeral cortège, headed by the Commandery mounted, followed by Reno Lodge, F.& A.M., the hearse, mourners*

*and citizens, proceeded from the hall down Sierra Street to Second, down Second to Virginia, up Virginia to Commercial Row to Sierra, up Sierra to Fourth, up Fourth to the cemetery. The riderless charger of the deceased Knight, fully accoutered, was led behind the hearse, emblematic of the fact that a companion had fallen in the battle of life.*

*At the Masonic cemetery, the Commandery conducted the services which were imposing and impressive, being of a semi-military and religious nature, and decidedly Christian in character, a cross being placed on the coffin and buried with it, emblematic of the origin of the Knights Templar and their vows as Christian soldiers. The funeral was the largest ever seen in Reno. Hundreds of citizens from town and country attending, as well as members of the fraternities of which the deceased was a member, to pay the last tribute to an old and highly esteemed citizen.*



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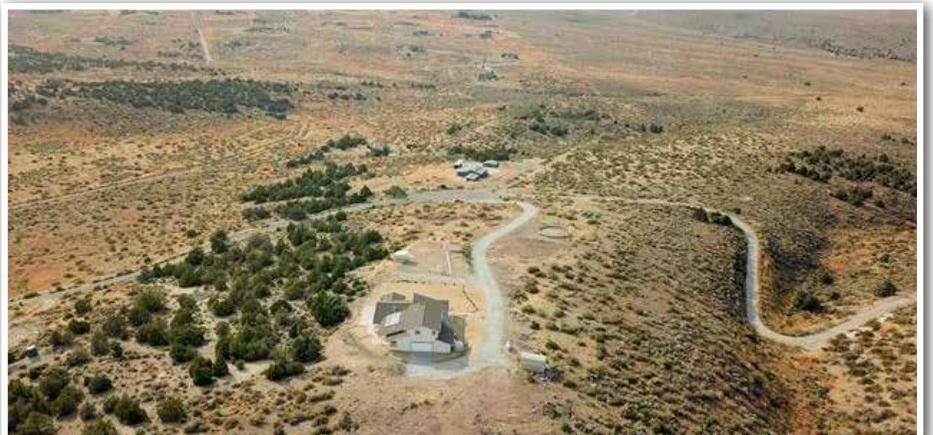
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|---|--------------|----------|-------------|---------------|------|---------|----------------|
| <b>Galena/Montreux/St James Village</b> |              |          |             |               |      |         |                |
| 1650 Joy Lake Road                      | \$979,000    | 354.71   | \$935,000   | 338.77        | 2760 | 0.51    | 175            |
| 405 Mugo Pine Circle                    | \$1,157,000  | 477.11   | \$1,080,000 | 445.36        | 2425 | 0.53    | 288            |
| 250 Scotch Pine Circle                  | \$1,135,000  | 371.52   | \$1,100,000 | 360.07        | 3055 | 0.531   | 84             |
| 200 Black Pine                          | \$1,197,000  | 505.06   | \$1,197,000 | 505.06        | 2370 | 0.49    | 37             |
| 855 Joy Lake Road                       | \$1,294,000  | 479.79   | \$1,275,000 | 472.75        | 2697 | 0.51    | 30             |
| 100 Yellow Pine Circle                  | \$1,649,000  | 501.37   | \$1,475,000 | 448.46        | 3289 | 1.33    | 249            |
| 209 Waterman Court                      | \$1,899,900  |          | \$1,820,000 | 674.07        | 2700 | 1.05    | 33             |
| 162 Jamil Court                         | \$1,890,000  | 457.85   | \$1,850,000 | 448.16        | 4128 | 1.02    | 55             |
| 20840 Parc Foret Court                  | \$2,750,000  | 656.48   | \$3,090,796 | 737.84        | 4189 | 0.58    | 899            |
| 520 Mount Mahogany                      | \$3,645,000  | 540.8    | \$3,550,000 | 526.71        | 6740 | 1.18    | 267            |
| 5144 Bordeaux Drive                     | \$3,799,000  | 868.34   | \$3,600,000 | 822.86        | 4375 | 0.76    | 18             |
| 20845 Parc Foret Court                  | \$2,550,000  | 630.41   | \$4,079,967 | 1,008.64      | 4045 | 0.46    | 1110           |
| <b>Callahan Ranch</b>                   |              |          |             |               |      |         |                |
| 15850 Fawn Lane                         | \$550,000    | 572.92   | \$555,000   | 578.13        | 960  | 2.002   | 149            |
| 15465 Callahan                          | \$845,000    | 452.84   | \$800,000   | 428.72        | 1866 | 1.05    | 32             |
| 16195 Clarence Jasmine Drive            | \$1,195,000  | 424.66   | \$1,100,000 | 390.9         | 2814 | 2.15    | 302            |
| <b>ArrowCreek</b>                       |              |          |             |               |      |         |                |
| 3506 Painted Vista Drive                | \$920,000    | 349.94   | \$885,000   | 336.63        | 2629 | 0.3     | 356            |
| 549 Spirit Ridge Court                  | \$1,175,000  | 545.75   | \$1,050,000 | 487.69        | 2153 | 0.358   | 109            |
| 539 Echo Ridge Court                    | \$1,250,000  | 496.62   | \$1,230,000 | 488.68        | 2517 | 0.31    | 165            |
| 3144 Marble Ridge                       | \$1,529,000  | 507.3    | \$1,395,000 | 462.84        | 3014 | 0.27    | 54             |
| 3365 Forest View Lane                   | \$1,450,000  | 460.76   | \$1,400,000 | 444.87        | 3147 | 0.33    | 49             |
| 10280 Via Bianca                        | \$1,650,000  | 537.99   | \$1,650,000 | 537.99        | 3067 | 0.5     | 31             |
| 5745 Rue Saint Tropez                   | \$1,695,000  | 501.48   | \$1,675,000 | 495.56        | 3380 | 0.32    | 66             |
| 10212 Via Verona                        | \$1,898,000  | 490.31   | \$1,820,000 | 470.16        | 3871 | 0.38    | 99             |
| 5758 River Birch Drive                  | \$2,500,000  | 618.81   | \$2,300,000 | 569.31        | 4040 | 1.15    | 24             |
| 3432 Nambe Drive                        | \$2,999,000  | 462.45   | \$2,582,000 | 398.15        | 6485 | 0.95    | 214            |
| 5890 Flowering Sage Court               | \$2,925,000  | 650.43   | \$2,815,000 | 625.97        | 4497 | 1.09    | 300            |
| 1223 Kachina Court                      | \$3,100,000  | 519.52   | \$2,900,000 | 486.01        | 5967 | 1.28    | 175            |
| <b>Saddlehorn/Monte Rosa</b>            |              |          |             |               |      |         |                |
| 14300 W Windriver Lane                  | \$1,100,000  | 400.15   | \$1,000,000 | 363.77        | 2749 | 0.54    | 125            |
| 3830 Nature Trail                       | \$1,249,000  | 484.48   | \$1,150,000 | 446.08        | 2578 | 0.44    | 88             |
| 14620 S Quiet Meadows Drive             | \$1,250,000  | 495.25   | \$1,250,000 | 495.25        | 2524 | 0.64    | 19             |
| 7035 Quail Rock Lane                    | \$1,795,000  | 421.56   | \$1,732,500 | 406.88        | 4258 | 0.42    | 38             |
| 14210 Prairie Flower Court              | \$2,295,000  | 539.75   | \$2,200,000 | 517.4         | 4252 | 0.98    | 90             |
| 14265 Sorrel Lane                       | \$2,575,500  | 649.56   | \$2,400,000 | 605.3         | 3965 | 0.78    | 73             |
| 14220 Eagle Springs Court               | \$3,250,000  | 484.93   | \$3,000,000 | 447.63        | 6702 | 0.78    | 63             |
| <b>Other areas of South Reno</b>        |              |          |             |               |      |         |                |
| 2155 Kingman Court                      | \$1,185,000  | 376.55   | \$1,150,000 | 365.43        | 3147 | 0.52    | 451            |
| 9811 Dixon Lane                         | \$1,425,000  | 613.43   | \$1,190,000 | 512.27        | 2323 | 1       | 32             |
| 346 Wolf Run Court                      | \$1,200,000  | 343.05   | \$1,200,000 | 343.05        | 3498 | 0.51    | 29             |
| 7340 Tempe Court                        | \$1,060,000  | 445.94   | \$1,205,000 | 506.94        | 2377 | 0.38    | 31             |
| 2085 Tesuque Court                      | \$1,300,000  | 450.61   | \$1,321,000 | 457.89        | 2885 | 0.57    | 36             |
| 5105 Tucumcari Circle                   | \$1,300,000  | 450.61   | \$1,325,000 | 459.27        | 2885 | 0.57    | 37             |
| 6889 Marble Canyon Rd                   | \$1,375,000  | 431.3    | \$1,375,000 | 431.3         | 3188 | 0.51    | 23             |
| 407 Octate Circle                       | \$1,525,000  | 511.74   | \$1,575,000 | 528.52        | 2980 | 0.36    | 22             |
| 1255 Monte Vista                        | \$2,350,000  | 601.02   | \$2,350,000 | 601.02        | 3910 | 1.37    | 56             |
| 2331 Diamond J Place                    | \$4,200,000  | 1,022.89 | \$4,100,000 | 998.54        | 4106 | 1.01    | 48             |
| <b>NW Carson City</b>                   |              |          |             |               |      |         |                |
| 281 Sussex Place                        | \$612,500    | 327.19   | \$595,000   | 317.84        | 1872 | 0.15    | 49             |
| 2017 Columbine Court                    | \$649,000    | 251.84   | \$598,000   | 232.05        | 2577 | 0.24    | 40             |
| 278 Sussex Place                        | \$639,900    | 341.83   | \$635,000   | 339.21        | 1872 | 0.14    | 46             |
| 2085 St George Way                      | \$785,000    | 308.69   | \$780,000   | 306.72        | 2543 | 0.31    | 48             |
| 2176 St George Way                      | \$834,900    | 328.31   | \$820,000   | 322.45        | 2543 | 0.25    | 101            |
| 1762 Newman Place                       | \$890,000    | 371.76   | \$880,000   | 367.59        | 2394 | 0.29    | 127            |
| 2725 Waterford Place                    | \$890,000    | 349.98   | \$890,000   | 349.98        | 2543 | 0.23    | 33             |
| 4804 Reds Grade                         | \$998,000    | 271.71   | \$990,000   | 269.53        | 3673 | 2.36    | 68             |
| 2555 S Wellington                       | \$1,350,000  | 326.8    | \$1,275,000 | 308.64        | 4131 | 1.01    | 167            |
| 4400 Numaga Pass                        | \$1,530,000  | 266.6    | \$1,350,000 | 235.23        | 5739 | 2.19    | 76             |
| 2650 Manhattan Drive                    | \$2,395,000  | 455.5    | \$2,150,000 | 408.9         | 5258 | 1       | 196            |

## Resilience is key to thriving through life's changes



Ryan Golec

By Ryan Golec

One undeniable truth emerges as we journey through life – we all age. Yet, the way we perceive aging shapes our experience entirely. Are we resigned to viewing it as a decline into obsolescence, or do we embrace it as an opportunity for deliberate growth and adaptation? The dichotomy between these perceptions sets the stage for how we approach life's challenges, particularly as we encounter obstacles and changes that come with aging.

Let's explore the concept of resilience - the ability to rebound and adapt amidst adversity - and its pivotal role in navigating life's progression. We delve into the five key factors that foster resilience and empower individuals to thrive as they age.

Life progression isn't easy. Some of us deal with more challenges or hardships than others, but as we

age, we are all presented with obstacles, challenges, and change. I intentionally don't use words like injury, limitation, or trauma. That doesn't mean those things don't exist. But our perception is our reality. Obstacles, challenges, and changes give us the perception that we can adapt. Injury, limitation, and trauma are perceived as more permanent or inevitable. Many of the things that we experience can never return to their previous form or ability. However, being resilient might not mean we return to our original form, but we certainly can adapt to the challenges that these changes present.

Strength, conditioning, and fitness come with their own perceptions. Inherently, there are no bad exercises or movements. Every program or exercise that is used should serve a purpose towards someone's specific goals. If you haven't been active or have lost ground and motivation due to obstacles, challenges, or changes, it's a huge step to just start something consistently. But to become resilient in life as we age,

investigating the following five factors is essential:

- How comfortably can you get down and up off the ground (mobility and control)?
- How easily can you move around on the balls of your feet (agility and balance)?
- How well can you change your body's shape and position (controlled mobility)?
- How well can you move load or under load (strength)?
- How well can you recover from repeated efforts (conditioning)?

*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, Ryan@fitubuilt.com or visit [www.performancedu.com](http://www.performancedu.com).*

## Summertime massage is a perfect way to relax and rejuvenate



Meaghan Maillet

By Meaghan Maillet

As the warm summer months approach, many people look forward to vacations, outdoor activities, and soaking up the sun. However, the summer heat and increased physical activity can take a toll on the body, leaving muscles tense and fatigued. This is

where the benefits of massage therapy come into play, providing the perfect way to relax, rejuvenate, and prepare for the summer season.

Massage therapy is an ancient practice that involves the manipulation of soft tissues in the body, including muscles, connective tissues, tendons, ligaments, and skin. By applying various techniques, such as kneading, stroking, and pressure, massage therapists can help alleviate muscle tension, improve circulation, and promote overall relaxation.

During the summer months, when outdoor

activities like hiking, swimming, and gardening are in full swing, muscles can become overworked and prone to tightness and soreness. A massage can help relieve this discomfort by increasing blood flow to the affected areas, promoting the delivery of oxygen and nutrients to the muscles, and mobilizing tight tissues that can contribute to pain and stiffness.

In addition to relieving muscle tension, massage therapy can also help reduce stress and anxiety levels, which can be particularly beneficial during the busy summer season. The soothing touch and relaxing atmosphere of a massage session can activate the body's natural relaxation response, lowering heart rate, blood pressure, and stress hormones like cortisol. Scheduling a massage during a vacation can be a wonderful strategy for managing the stress of travel.

Furthermore, massage therapy can improve sleep quality, which is essential for recovery and rejuvenation during the summer months. The combination of reduced muscle tension, decreased

stress levels, and improved circulation can promote a deeper, more restful sleep, leaving you feeling refreshed and energized for summer activities.

Whether you are an athlete preparing for a competition, a gardener tending to your outdoor oasis, or simply someone looking to unwind and enjoy the summer months, incorporating regular massage therapy into your routine can provide numerous benefits. Not only can it help alleviate physical discomfort and promote relaxation, but it can also contribute to overall well-being, allowing you to fully embrace the joys of the summer season.

*Meaghan Maillet, LMT, is the owner of Connective Touch Therapeutic Massage. Meaghan relocated from the Northern Virginia suburbs of Washington, DC and has over 25 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](mailto:meaghan@connectivetouchmassage.com) or visit [www.connectivetouchmassage.com](http://www.connectivetouchmassage.com).*

## Children's Miracle Network Hospitals play vital role in supporting pediatric care



Kris Deeter

By Kris Deeter

I have been offering strategies for keeping children healthy and thriving and suggesting best treatment options for over-the-counter therapies and in-home care when children get sick. Despite our best efforts, there can still be times when a child needs to go to the ER. There are also times

when a newborn baby or child requires an extended stay and long-term treatment in a hospital. To provide state-of-the-art critical life-saving treatments and healthcare services, children's hospitals and pediatric programs across the country rely on philanthropy.

One of the largest fundraising networks supporting pediatric care is Children's Miracle Network Hospitals. Founded more than 40 years ago, CMNH has raised over \$8.5 billion for pediatric programs, and there are 170 member hospitals across the United States and Canada. You have probably seen their paper hot air

balloons in many stores and businesses.

In 1985, Renown Children's Hospital became a Children's Miracle Network Hospital. Since that time, Renown Children's has raised over \$18 million which has allowed young patients and their families to receive vital care right here in our local community. Funds raised through CMNH have helped Renown Children's obtain customized equipment that is essential to the treatment of every child's size and age. Some of these items include baby Leo Beds for the NICU, Accuvein handheld technology to detect the tiniest veins, Panda Warmers to keep babies safe and warm, and major renovations and expansions of the pediatric units.

The quality care provided at Renown Children's Hospital also includes physical, mental, and emotional health support, which are key to successful outcomes. Services like Child Life teams and outdoor gardens play critical roles within the children's hospital. These programs are completely dependent on philanthropy and have been supported with CMNH funding.

Here is how it works: CMNH partners with some of the most recognizable brands who join in the vision to improve care and health outcomes

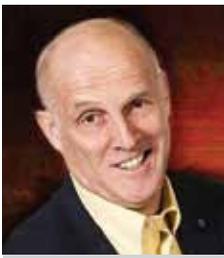
for children, families, and communities. When you shop at Costco Wholesale, Panda Express, Walmart Supercenters, and Sam's Club (to name a few), at the checkout register there is an opportunity to round-up or choose a donation.

When you give to a Children's Miracle Network Hospitals' program or partner, those donations remain in our Northern Nevada community. As a member, Renown Children's has the flexibility to secure the most urgent treatment needs today, while also planning for future needs of our large region; a transformative asset for those unforeseen instances when children require higher levels of care and can receive that care close to home.

Children's Miracle Network Hospitals have a mission to give kids a world of possibilities and a vision to Change Kids' Health, Change the Future.

*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. To learn more about Renown Children's Miracle Network Hospital, visit [renown.childrensmiraclenetworkhospitals.org](http://renown.childrensmiraclenetworkhospitals.org).*

# High altitude hazard - living with elevated skin cancer risks



Dr. Max Coppes

By Max Coppes

Skin cancer is the most common type of cancer in the United States, affecting over 3 million people each year. Skin cancer originates in the skin's upper layer, which is made up of three kinds of cells: squamous cells, basal cells, and melanocytes. Each cell type can evolve into cancer. Most skin cancers are caused by overexposure to ultraviolet rays from the sun or artificial sources like tanning beds. Moreover, for us living in Reno, elevation increases the risk of skin cancer because at higher altitude there is less atmosphere between our skin and the sun. In other words, while we enjoy the many sunny days and lack of humidity at 4,500-5,500 ft altitude, our environment puts us and our children at increased risk for skin cancer.

There are basically three different types of skin cancer. Basal and squamous cell carcinomas are the two most common types. Both are highly curable because they only grow locally and tend not to spread. However, when local growth is wide-ranging and surgical intervention is needed, extensive disfigurement is often the price for a cure. Melanomas, cancer of the melanocytes, on the other hand, are relatively rare, accounting for 1% of all skin cancers, or around 100,000 new cases diagnosed this year. Melanomas tend to spread to other parts of the body and therefore are more difficult to treat and ultimately cure.

Consequently, the vast majority of skin cancer deaths (around 8,300 people in the US this year) are from melanoma.

Most, but not all, melanomas are pigmented. Melanocytes are the skin cells that produce the pigment called melanin and as such play a role in skin pigmentation. The earlier a melanoma is detected the better the ultimate outcome. The five-year survival for localized melanoma is over 99%, for disease that has spread regionally 75%, and for melanoma that has spread to distant organs 35%. It is therefore important to immediately seek medical advice when you discover an abnormal skin lesion, one that looks different from any other spot on your skin, or an existing spot on the skin that is changing in size, shape, or color.

Other signs can include itchiness or tenderness of a skin lesion, redness or swelling beyond the border of an existing mole or change of the surface of an existing mole. If you do notice any of the above, talk to your family physician, or even better seek the help of one of our outstanding dermatologists in the community.

Dermatologists are the best experts at assessing whether a skin lesion is cancerous or not. In most instances, if the dermatologist determines that you have a melanoma, you will be referred to a surgical oncologist. At the Pennington Cancer Institute, we are fortunate to soon have two board-certified surgical oncologists specialized at melanoma surgery: Dr. Nick Manguso who already is here, and

Dr. Alicia Gingrich who will be joining us this summer from MD Anderson. Depending on their findings, surgical oncologists may refer you to one of our PCI's board-certified medical oncologists for systemic therapy and/or one of PCI's board-certified radiation oncologists. Together, this integrated team will develop the best course of action for you.

As a last note, it is especially important to point out that the use of immunotherapy, which started about a decade ago, in the treatment of advanced melanoma has dramatically improved outcomes from a median survival of months to over three years, for a group of patients that had a dismal outcome before the advent of immunotherapy.

Immunotherapy harnesses the immune system to attack the cancer in a more targeted and sophisticated way than traditional chemotherapy, leading to better responses and less toxic effects. It is often used in tandem with surgery for localized disease and can remarkably control the disease in the metastatic setting, turning advanced melanoma into a disease that can be managed for several years without detrimental effects on quality of life. At the PCI we are in the final stages of establishing a comprehensive melanoma program to better serve our community.

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

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JULY 26 **Native Trout\***  
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JULY 12 **The Birches**  
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# Break free from insurance constraints, embrace concierge physical therapy for premium care



Jennifer Barrett

By Jennifer Barrett

The world of healthcare has been rapidly changing over the past few years. The cost of medical insurance has skyrocketed while the level of care has plummeted. Access to doctors has become restricted by insurance and the wait times can seem endless. Given high co-pays and premiums, many patients are moving towards cash-based services outside insurance to ensure they are receiving the very best care.

Patients and providers are having to adapt to this ever-changing health care environment. Providers are looking for ways to continue to provide high quality care. Concierge medicine has been a trending strategy for healthcare professionals looking for a convenient and effective option to continue to provide highest level of care.

**What is concierge physical therapy?**

Concierge physical therapy provides immediate or ongoing access to treatment without the restrictions and confines of insurance-based care. No doctor prescriptions or insurance authorizations are required. It allows for personalized appointments a customized treatment plans between you and your physical therapist. All treatments are provided 100% by your licensed physical therapist. There are no other patients or support staff. It is just you and your physical therapist.

Treatment is provided in a cash-based model without the need for insurance coverage. This can reduce the stress of dealing with your insurance company. Patients can receive access to care on a per session or pre-paid package price.

**Why is concierge physical therapy beneficial?**

Concierge physical therapy can offer rehabilitation opportunities before or after surgery. Research has shown participating in “pre-rehab” prior to surgery

will improve and speed up your recovery after surgery. Post surgical rehabilitation in this type of setting will improve outcomes and allow for quicker return to activities. In many cases, patients choose to invest in cash paid pre-rehab and post-rehab then continue through their insurance if they feel necessary.

Concierge physical therapy can be an ideal option for student athletes looking for a quick rehab option and treatment to ensure a fast return to play.

Concierge physical therapy is also an excellent option for patients who are suffering from chronic or recurring pain. Patients can choose to see a physical therapist monthly to treat and manage these recurring issues or more frequently when pain flare ups occur.

*Jennifer Barrett, PT, MPT is the owner of Barrett Sport and Wellness, a cash-based concierge physical therapy practice in South Reno. She is also a BASI certified Pilates instructor and certified dry needling specialist. Visit her at 10615 Double R Blvd, Reno or call (775)799-0468.*

## What to know about cancer prevention vaccines



Pier Paolo Pandolfi

By Pier Paolo Pandolfi

Cancer prevention vaccines, also known as cancer vaccines, are designed to protect individuals from certain types of cancer by targeting infectious agents linked to the development of specific cancers. Unlike traditional vaccines that primarily focus on infectious diseases caused by bacteria or viruses, cancer prevention vaccines aim to reduce cancer risk by targeting viruses associated with cancer development.

Here are key aspects to know about cancer prevention vaccines:

**Human Papillomavirus**

One of the most well-known vaccines for cancer prevention is the HPV vaccine. A family of viruses known as HPV is associated with a higher chance of developing cervical, anal, oropharyngeal, penile, vulvar, and vaginal cancers. When it comes to preventing infections with the most prevalent kinds of HPV that cause cancer, the vaccine is very successful.

**Hepatitis B**

Liver cancer can result from a persistent hepatitis

B virus infection. One practical method of preventing HBV infection and, consequently, lowering the risk of liver cancer is the hepatitis B vaccine. The vaccination is frequently administered in doses, beginning early childhood. Additionally, it is advised for those with specific medical disorders and healthcare workers who are more likely to be exposed to HBV.

**Helicobacter pylori**

The bacteria *Helicobacter pylori* is known to cause stomach lining infections and is linked to a higher risk of gastric cancer. Although there isn't a vaccine specifically for *H. pylori*, efforts are being made to find possible vaccinations that might lower the risk of stomach cancer and prevent infection. Nonetheless, several antibiotic treatments are part of the current *H. pylori* infection prevention efforts.

**Vaccination schedule and recommendations**

Cancer prevention vaccines are typically administered according to specific schedules recommended by health authorities. The Centers for Disease Control and Prevention and the World Health Organization provide guidelines on the recommended vaccination age and catch-up schedules for those who may have missed doses.

**Effectiveness and benefits**

Cancer prevention vaccines have demonstrated

significant effectiveness in reducing the incidence of specific cancers. The HPV vaccine, for example, has led to a substantial decrease in HPV infections and related precancerous lesions. These vaccines contribute to long-term cancer prevention efforts by preventing infections with cancer-causing agents.

**Public health impact**

Cancer prevention vaccines potentially have a significant impact on public health by reducing the burden of certain cancers. Increased vaccination rates contribute to herd immunity, protecting even those who may not be eligible for vaccination. Public health campaigns and education initiatives promote vaccine awareness and uptake.

Cancer prevention vaccines represent a groundbreaking approach to reducing the risk of specific cancers by targeting infectious agents associated with cancer development. The availability of vaccines, such as those for HPV and hepatitis B, underscores the progress made in cancer prevention efforts. Incorporating vaccination into comprehensive cancer prevention strategies, along with lifestyle modifications, screening, and early detection, can significantly reduce the global cancer burden.

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

## Expert tips for easier child tooth brushing from a dental hygienist and mom

By Kaylee Alcarion

Are you struggling with brushing your young child's teeth at home? As a Registered Dental Hygienist, and a mom, I know this can be frustrating. Here are a few tips to make home dental care a little easier.

If your child is age three or younger, try holding them on your lap facing you and have another adult sit in front of you so your knees are facing each other. Lay the child back so his/her head is on the lap of the other adult. Now one adult can hold the child's hands still while the other can brush the teeth and their hands are available to help hold the child's head as well. If you are alone at home, sitting on the floor with the child's arms under your legs and their head positioned between your legs works the same way.

After age three, having the child lay back on a bed or couch can provide a good view of all of the teeth and assist in restricting the child from moving their head away from you, like they could if they were sitting or standing up.

With my two young children, we make brushing and flossing a part of their daily routine. They know when we are getting ready for bed that we brush their teeth. Every now and then one of them will protest. My children know that we are brushing their teeth, whether they cry or make it easy.

Effectively brushing all teeth and gumlines is most important in preventing cavities and decay. Children do not develop the dexterity to do a really good job until age eight or nine. Even beyond that, it is recommended to monitor your child to make sure all surfaces and the gumline are brushed and that your

child has brushed for the recommended two minutes. Allowing your child to have a turn before or after an adult's help can give them an opportunity to learn how to brush.

Although many children do not like to have their teeth brushed and it can be a daily struggle which at times may include tears, it does not cause them pain. Even though it may be difficult, brushing your child's teeth is crucial to preventing decay. Prevention of their first cavity is key. Brush your child's teeth two times a day for two minutes with a fluoride toothpaste and floss at night time. And don't forget to bring him/her in for their first dental visit by age one.

*Kaylee Alcarion is a Registered Dental Hygienist with Growing Smiles Pediatric Dentistry on 517 Hammill Lane in Reno. For more information, contact (775) 824-2323 or visit RenoKidsDentist.com.*

# Growing greener: Moana Nursery expands with eco-friendly farm in Minden

Submitted to the Galena Times

In the heart of the high desert, where the rugged terrain meets the expansive skies, lies Moana Nursery's longstanding commitment to providing exceptional greenery perfectly attuned to the unique climate of the region. For years, our nearly 300-acre growing farm in Canby, Oregon, has been the cornerstone of our dedication to cultivating a diverse array of trees, shrubs, perennials, and grasses. This expansive farm has allowed us to meticulously select and nurture plants that thrive in the challenging conditions of the high desert, ensuring that our customers receive nothing short of the highest quality products.

As part of our ongoing efforts to expand our operations and better serve our community, we are thrilled to announce the opening of our new local farm in Minden, Nevada. Nestled just a stone's throw away from our retail stores, this new venture represents a significant milestone for Moana Nursery. With over 47 types of annuals and 42 vegetable varieties, our Minden farm boasts 25,000 square feet of covered growing space and an additional 25,000 square feet of uncovered/outdoor growing area.

What sets our Minden farm apart is not just its size, but its commitment to sustainability. At Moana Nursery, we recognize the importance of minimizing our environmental footprint while maximizing the quality of our products.

That's why we've invested in state-of-the-art eco-friendly irrigation systems, such as the ErfGoed Flood Floor. This innovative system allows us to bottom-water our plants, collect excess water, replenish it with nutrients, and reuse it, ensuring that every drop of water is utilized to its fullest potential. By implementing such sustainable practices, we are not only reducing our environmental impact but also producing crops that are better suited for our local environment.

The establishment of our local farm in Minden is a testament to our belief in the power of locally grown produce. By cultivating our plants near our retail stores, we can ensure freshness, reduce transportation costs, and pass on these savings to our customers. Moreover, growing locally allows us to tailor our crops to the specific needs of our community, further enhancing the quality and resilience of our plants.

At Moana Nursery, we firmly believe that local is the way to grow. Our new farm in Minden represents a bold step forward in our commitment to sustainability, quality, and community engagement. As we continue to nurture our plants with care and dedication, we invite you to join us on this journey towards a greener, more vibrant future for the high desert and beyond. Together, let's cultivate a brighter tomorrow, one seedling at a time.



(Photos: Submitted by Moana Nursery)

Moana Nursery's new, state-of-the-art Minden farm boasts 25,000 square feet of covered growing space and an additional 25,000 square feet of outdoor growing area committed to sustainability.

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## Elevate your pasta game with fresh mushrooms



Beth and Miguel Carbone

By Beth and Michele Carbone

I developed this recipe a couple of years ago, when our local supermarket started selling exotic mixes of fresh mushrooms. The key to this recipe is that the pasta is cooked in a chicken broth, as if it is a risotto. The broth is absorbed into the pasta as it cooks, creating a rich, intense flavor.

As for the pasta, I suggest the “Stracci” from the company called Seggiano, which is a 100% organic Italian pasta from Tuscany. You may need to order it as it is not easy to find, but you can get it at Eataly, our local Whole Foods carries it, and of course you can order online. If you can’t find stracci, use a good quality short pasta, like a rigatoni or a penne noodle.

### Ingredients

- 1 box of Seggiano stracci or about 375 grams of pasta serves 4-5 people.
- Approximately 3 cups of fresh mushrooms, for example 1 box of Mycopia’s “Chef Sampler” mushroom mix
- 6 ½ cups of chicken broth, preferably homemade (note that I have a recipe posted on my website [michelecarbone.org/basic-chicken-broth-basic-or-light-version](https://michelecarbone.org/basic-chicken-broth-basic-or-light-version))
- 3 cloves of garlic, smashed.
- a handful of fresh Italian parsley, finely chopped
- 2-3 fresh red peppers (optional)
- 1 cup white wine
- 1/3 cup of a cup of freshly grated Parmigiano Reggiano
- 2/3 cup extra-virgin olive oil

### Preparation

- Bring the chicken broth to a boil, lower heat and keep covered so it stays very hot and does not evaporate.
- Chop the mushrooms, and mince the parsley and hot peppers. Mix them all together on the cutting board.
- Pour the olive oil in a 10 or 12 inches diameter pot (Le Creuset and similar brands are the best). Heat the olive oil, add the garlic cloves, and turn down the heat.
- As soon as the garlic is golden, remove it from the pan with a fork or slotted spoon and discard it. Add the mushrooms/parsley/hot pepper mix to the pan, turn the heat to medium/medium-high, and mix continuously for a minute. (If you have a professional cooktop, the heat should be medium-high; for an electric or non-professional cooktop, the heat should be set to high).
- Add the dry pasta and mix constantly for 2 minutes.
- Add the white wine to the pan and mix well. It will incorporate/evaporate in about 1 minute.
- Start adding broth one mestolo (ladle) at the time until it’s ready—it usually takes about 20 minutes from the time you start adding the broth. Don’t mix it too much – stir it about every minute or two, just enough so it doesn’t stick to the pan.
- When ready—taste it to know if it is ready—add 1/3 cup of a cup of freshly grated Parmigiano Reggiano, salt to taste, and enjoy.
- Serve immediately—and buon appetito!

*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://michelecarbone.org/>. To find more pasta recipes check out [michelecarbone.org/blog/pasta-recipes/](https://michelecarbone.org/blog/pasta-recipes/).*

## Craft ideal wine and food matches amidst shifting weather

By Joseph Grzymiski

As spring breathes new life into the world, it brings with it an unpredictable symphony of weather: one day, warm rays dance on blossoming wildflowers, the next, cool breezes whisper of lingering winter. In this season of transition, selecting the perfect wine and food pairings becomes an art, balancing the freshness of spring flavors with the capriciousness of the weather.

As we navigate the ever-changing landscape of springtime, let us discover delightful combinations that harmonize with the moods of the season and elevate our dining experiences to new heights. Some days choose a heavier red to go with winter foods like lasagna and other days it is pure spring – a crisp white Sauvignon Blanc to go with spring vegetables, alongside fish and some rice.

If you like rice, make a spring vegetable risotto and pair it with a 2022 Perusini Sauvignon Blanc from the Friuli region of Italy (near Venice). The pale straw-white wine has a beautiful, fragrant nose of floral aromatics and honeysuckle. It finishes with nice acidity and minerality. I rarely want oak, vanilla, and other products of malolactic fermentation in warm weather wines – in my opinion they are better-suited to winter foods.

The Perusini Sauvignon Blanc wine delivers, is beautiful on the nose, easy to drink, and will pair well with spring and early summer foods. Try it with a simple risotto made with a light chicken or vegetable stock and a

variety of chopped up spring veggies added at the end. Drizzle with some olive oil and pecorino when plating. Perfetto! You won’t have a drop of the wine left.

Barbera is a versatile Italian red wine with enough weight to kick the spring chill to the curb and a pretty nose to pair with a variety of springtime foods and moods. GD Vajra’s 2022 Barbera d’Alba is a fantastic wine to buy by the case for small, simple dinners or to serve for festivities with larger groups.

The grapes are organically grown and aged in stainless and a touch of neutral oak after fermentation. The fruit really shines and gives the wine a lovely maroon, purple, clear tint in the glass bursting with berry flavor. The finish is juicy but well-balanced. It is an easy and versatile wine to drink with a variety of foods. I would pair this with a bruschetta with olives, anchovy, tomatoes, and olive oil. If you are adventurous, pair it with a rabbit stew and fresh spring vegetables. But it doesn’t matter, the Vajra Barbera is a great wine that can be consumed any way you please.

Both wines are available for around \$25 at Craft on 22 Martin Street in Reno.

*Joseph Grzymiski likes cooking for his family and drinking wine. He is studying human genetics at Renown Health and UNR School of Medicine. He founded the Renown Institute for Health Innovation and is the principal investigator of a large population health study called the Healthy Nevada Project.*



Joseph Grzymiski selects wine and food pairings that balance the freshness of spring flavors with the capriciousness of the weather.

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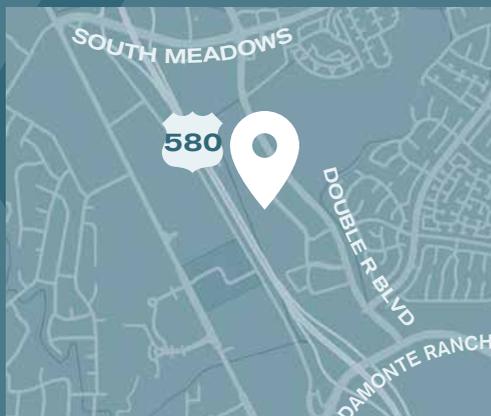
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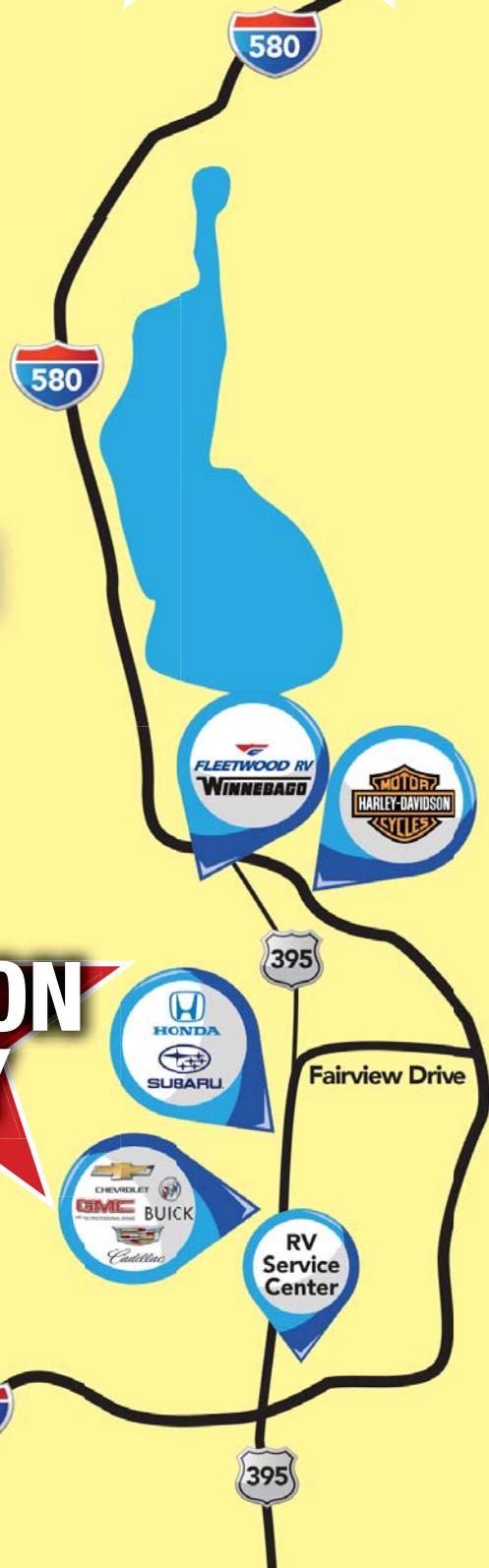
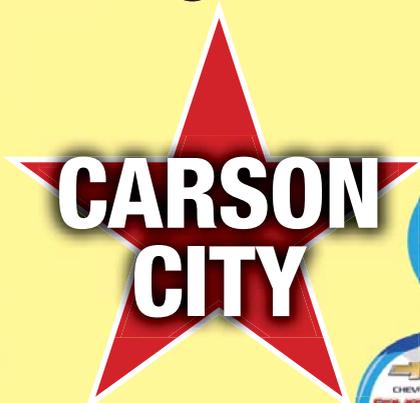
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