

Project Discovery: The Summer Camp That Transforms Kids into Leaders

By Maridy Carpenter

At Project Discovery, summer camp is more than just outdoor fun—it’s a transformative experience where kids build confidence, develop leadership skills, and forge lasting friendships. Designed to challenge and inspire, Project Discovery helps campers push beyond their perceived limits in a supportive, team-focused environment. With a personalized approach and a strong emphasis on adventure, responsibility, and personal growth, each child leaves camp with a greater sense of self, stronger problem-solving skills, and the knowledge that challenges are best tackled together.

Project Discovery is a non-profit with a mission to get kids outdoors. For over 25 years, their focus has been child-driven rather than program-driven. The staff work hard to make sure each child is successfully challenged and experiences the joy associated with pushing oneself just a little further than they thought they could go. Kids learn to realize that with leadership and power come responsibility and that really difficult tasks can always be accomplished in a team setting with the help of others.

Dr. Mike Selby has worked with young people for over 40 years and successfully completed a doctoral degree in education focusing on the social psychology of leadership. He founded Project Discovery to help children grow.

“I am most proud of the twenty-seven-year tradition of helping young people experience the joy of becoming

“Adventure is the invitation to common people to become uncommon.”
– Warren Miller



(Photos: M. Selby)



stronger, more confident, and able to connect with others to the mutual benefit of all,” he said. “We are changing the world in a good way one child at a time.”

Project Discovery camps are intentionally small with a high staff to camper ratio to be certain that no child is lost in the shuffle. Camp Coaches are leadership focused when working with campers to support more effective skill building, behavioral maturity, and social-emotional growth. Project Discovery Camps are above

all personalized to each child’s needs and developmental level. Project Discovery prides itself on being inclusive, supportive with just the right amount of challenge to help children increase their confidence level. The campers learn to debrief every day with a focus on campers and how they can best work together to better meet their needs and help them reach for their goals.

For more info, please contact www.projectdiscovery.com or (775) 849-3393.

Sky Tavern’s Snowmaking Milestone: A Game Changer for Junior Skiers

By Rick Reed

With tiny snowflakes dancing in the air, Sky Tavern is making its own winter magic, independent from the whims

of weather systems. The nonprofit is thrilled to mark a significant milestone in its growth with the launch of its

continued page 2

Letter From the Publisher

As winter fades and the snow begins to melt, the chickadees on Chickadee Ridge will bid farewell to their generous snowshoer friends until next season. Though winter arrived late this year, it was wonderful to finally see the snow. Soon, our creeks and lakes will be brimming with fresh water, reflecting the vibrant blue of the sky. Living here never ceases to amaze me—our breathtaking landscapes and endless opportunities for outdoor exploration make this place truly special. I know many of you feel the same way.

In this issue of The Galena Times, we bring you a variety of engaging stories. Learn about Project Discovery, try a new recipe from Beth, and catch up on the latest happenings in Carson City. We’re committed to providing our community with meaningful and interesting content, and we’re grateful for the thoughtful feedback and suggestions from our readers.

For those who enjoy wine, I highly recommend a springtime trip to the wineries of El Dorado County, California. Just a two-and-a-half-hour drive from

Reno, this region offers exceptional red wines—some of the best Barbera and Zinfandel I’ve ever tasted—along with stunning scenery. In spring, the rolling hills are lush and green, and temperatures tend to be about 10 degrees warmer than here. Pack a picnic, savor the wine, and soak in the beauty of the season.

Cheers! Richard Keillor



When an elephant gives you a hug, you know it’s pure love. Richard Keillor is sharing a magical moment in Thailand—proof that connection knows no bounds.

snowmaking *continued from cover*

state-of-the-art snowmaking system, an essential component of the organization's ongoing development.

This new system, the product of a three-year installation plan, ensures a reliable and consistent snow base for the iconic Junior Ski program, a beloved tradition for Northern Nevada families.

Thanks to the efforts of the Sky Tavern operations team, led by Mike Oehlert, the system was installed in-house, saving millions of dollars in costs. Partnering with snowmaking innovator TechnoAlpin, Sky Tavern has honed its expertise in operating the system, while strengthening its strategic relationship for future endeavors.

Sky Tavern raised \$2.4 million from the community to implement the project that includes six snowmaking

guns. This new development, along with the operations staff, will help secure important start and end dates for the flagship Junior Ski program.

The organization's adaptive athlete program received a refresh this winter thanks to a grant from the NV Energy Foundation. The grant allowed for accessibility improvements to be made in the adaptive room in the lodge, new ski jackets for the team, and an adaptive bicycle frame. Sky Tavern is partnering with the City of Reno's adaptive program for an adaptive cycling event this summer.

Looking ahead to spring and summer, Sky Tavern's bike park continues its growth plan with new trails and a full calendar of events and skills clinics. The bike season officially kicks off with the

MAYDAY Festival on May 31, featuring food trucks, vendors, group rides, family activities, clinics, a massive prize raffle, and more. The Riders in the Sky skills clinic program begins in June with a full offering of clinics for youth (ages 8+),

women-inclusive, and open classes.


Rick Reed heads up Sky Tavern's bike park development and marketing. Besides bikes, he enjoys traveling and adventuring with his dog Zuul. Visit www.skytavern.org for more information.




(Photos: R. Reed)



Sky Tavern raised \$2.4 million from the community to bring a major improvement project to life that includes six snowmaking guns. This enhancement, along with the operations team, will help ensure reliable start and end dates for the flagship Junior Ski program.



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From Ashes to Renewal: The Recovery of Davis Creek Campground

By Bethany Drysdale

Fire. Destruction. Rebirth. That’s the story of Davis Creek Campground following the fast-moving flames of the Davis Fire in September 2024. The park lost approximately 100 acres, including Park Ranger Andy Brown’s home, but there is hope on the horizon.

The day-use and campground areas were largely spared, with just some black char on the trees to remind park rangers of what could have been a much-worse loss.

Rangers will be felling hazardous trees and restoring power and water before reopening the park to the public.

They have been joined by dozens of volunteers over the past several months to plant hundreds of native shrub seedlings, repair split rail fencing and spread native seeds. There will be additional community events in the future including a pine tree planting that will help hold the soil in place and restore the natural environment of the park.

“There will be areas that will look differently, but most of the park, which we’re thankful for, was spared,” Ranger Nick Steuer said.

Even this early in the season, there are hints of renewal and regrowth.



(Photos: B. Drysdale)

Volunteers help rangers to clean up and replant Davis Creek Regional Park in Washoe Valley. While the park is tentatively closed for the 2025 season, additional community events will be announced on the Washoe County Regional Parks and Open Space Facebook page.

Green tufts of grass are climbing through the charred dirt and rubble.

“Nature, you know, nature comes back, nature has a way,” Steuer said. “So, we’re going to be doing what we can to help out with some shrub and tree planting, and overall, it’s just going to take some time for things to regrow and repopulate with plants.”

Steuer hopes that this experience gives residents a renewed appreciation for the land and that they remember

fire safety when they enjoy it. Fire danger is a year-round threat in northern Nevada, particularly in the areas known as the wildland-urban interface. No matter what the weather has been or is forecast to be, recreating in the outdoors requires an awareness and care that Steuer calls “outdoor ethics.”

“Be safe: be fire safe, be bear safe,” he said.

Living With Fire is a program

through the UNR Extension, and it provides information to keep homes and wildlands safe from fire. All homes should have defensible space – a perimeter around the home that is void of fire fuel and hazards. Homes in the WUI that may have more room around them can employ a three-tier approach to defensible space, beginning 100 feet out with low-fuel space.

Native plants and regular yard maintenance can make the difference between a home standing and burning in a fire. Building materials, construction integrity, and regular cleanup of gutters and roofs can all contribute to making a home more fire-hardy.

Some of northern Nevada’s worst wildfires have happened in the late fall and winter months. High winds combined with dry fuel can be a deadly combo, so part of “outdoor ethics” is to ensure that fires of any size are completely extinguished after use, and that they are never left unattended.

Roasting marshmallows over a fire or enjoying a backyard fire pit on a cold night should be the stuff that good memories are made of and should not turn into the fuel of nightmares.

Bethany Drysdale is the Washoe County Media and Communications Manager. She co-hosts the Washoe Life Podcast and successfully juggles career and family.

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From Beekeeping to Bingo: New Tricks for All Ages at South Valleys Library

By Brad Bynum

You probably know that the South Valleys Library is a great place to check out books. You might also know the library is a great place to take advantage of free WiFi without any accompanying pressure to, say, buy a cup of coffee. But you might not be aware of all the free programs, events, and classes offered at your library.

At the South Valleys Library, and at our sister branches throughout the Washoe County Library System, we focus on providing lifelong learning opportunities. What's that mean? Well, our goal is that every time you visit our library, you leave having learned something. That's true whether you're a toddler learning your colors and shapes, a teenager doing research for a school assignment, or a young adult planning a career change.

And it's especially true for seniors. At the South Valleys Library, we offer several programs designed specifically for older adults. Every Tuesday at 4 pm, we host Time-Out Tuesday, an opportunity for folks to relax, connect with others, and maybe learn something new in a no-stress environment. It's a different program every week, and here are just a few of the highlights coming up this spring.

On April 22, we'll have a presentation from the Northern Nevada Beekeepers Association. On April 29, the Pioneer Center Golden Encore program for seniors presents "Choreography Café." In this event, a tap-dancing waitress leads seniors — and everyone else — through some easy dance moves set to great music from yesteryear. On May 6, the Better Business Bureau will offer lessons on scam



(Photos provided by: B. Bynum)

The Pioneer Center's Golden Encore program brings joyful movement and music to the South Valleys Library, including interactive performances like "Choreography Café," where a tap-dancing waitress leads seniors through fun, easy dance routines set to classic tunes, and vocal trio Retro Radio Dolls (right).

prevention, and on May 27, you can learn about "How to Be a Maker" with the University of Nevada, Reno's Innovation Center, a synergistic, collaborative space designed to stimulate the creation and incubation of start-ups.

At 2 pm on March 30, the Pioneer Center Golden Encore returns with a concert by Retro Radio Dolls, a vocal trio who perform songs from all the way back to the 1920s through to today's hits.

We also host all-ages bingo and mahjong games.

Of course, the library offers learning resources for seniors beyond our events and programs. We have a puzzle table and a puzzle exchange. And we offer Stay Sharp Memory Kits full of games, books, and puzzles that help strengthen memory skills. Those kits can be checked out, just like our books, CDs, and movies. We also offer many free online learning resources, including digital access to newspapers, including The New York Times, The

Wall Street Journal, and, as of recently, the Reno Gazette-Journal.

And the library is also a great place to practice one of the oldest and most tried-and-true methods for learning: reading a book.

Brad Bynum is the marketing and communications assistant for the Washoe County Library System. Before joining the library team, he was the editor of the Reno News & Review and an instructor at the University of Nevada, Reno, a school from which he has a bachelor's degree in English and a master's degree in music. He grew up in South Reno and graduated from Galena High School.

For more details about upcoming events, including a complete calendar of upcoming Time-Out Tuesday events, visit our website, washoeountylibrary.us, or come by the library and snag a copy of the Washoe County Library Explorer, our quarterly magazine which features our events calendar.

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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.

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

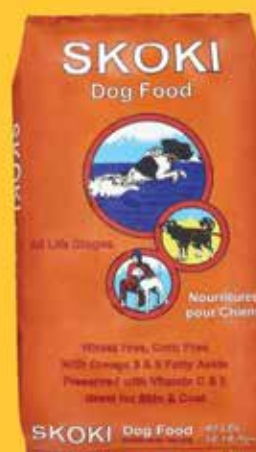
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Discover Nature Together: Monthly Family Hikes & Outdoor Adventure Camps

By Sue Jacox

Enjoy connecting with nature with your family during Great Basin Outdoor School's monthly family hikes, and make sure your children have something safe, fun, and educational to do outdoors during school breaks at Adventure Day Camp.

Family hikes at spectacular locations in our Reno-Tahoe area are short and easy so all ages can participate. We'll explore the majestic dunes at Washoe Lake State Park March 15 with a guest presentation from Park Interpreter Kim Zuch. April 13, we'll collect litter with Gear Hut in the Huffaker Hills area to help keep our parks clean. With spring underway, we'll stroll along the Truckee River at Lockwood Park on May 10 to see the desert wildflowers. June 14, we'll catch tadpoles in the wetlands of Lower Evans Creek at Rancho San Rafael Regional Park. The summer heat will send us to a high elevation paradise at Tahoe Meadows on July 12 and to Spooner Lake on August 9. To cap off our hikes, we'll view the busy free-tailed bat colonies under the McCarran Bridge at Cottonwood Park on September 4. Register each month on the Great Basin Outdoor School website and don't miss out on these exciting family adventures!

Adventure Day Camp during spring, summer, and fall school breaks gets 6-12-year-olds out exploring



Monthly family hikes - like the one at the dunes at Washoe Lake Nevada State Park - are short and easily accessible so even families with small children can participate.



Great Basin Outdoor School's Adventure Day Camps during school breaks get 6-12-year-olds out exploring trails along the Truckee River at the River School Farm in Reno.

the trails along the Truckee River at the River School Farm in Reno. With a different theme each week, they'll enjoy kid-friendly science, songs, games, hikes, crafts, and more. The first week, March 17-21, will focus on nature's cycles. From the water cycle to the carbon cycle to the rock cycle, nature moves in patterns that play an important role in keeping Earth's ecosystems in a healthy balance. Discover decomposers, learn about life cycles, and track the movement of the sun as we explore the cycles surrounding us.

Sibling discounts and some partial scholarships are available. Sessions fill fast, so register soon for spring Adventure Day Camp, and registration for summer Adventure Day Camp opens in April.

Sue Jacox is Great Basin Outdoor School's president. She was lucky enough to grow up in Reno going to camp at Lake Tahoe and Galena Creek and is dedicated to sharing similar outdoor experiences with local youth. Visit www.greatbasin-os.org for more information and hike and day camp registration or email Education@greatbasin-os.org.

Hike, Wag, Adopt: Two Pawsome Events to Support Rescue Pets

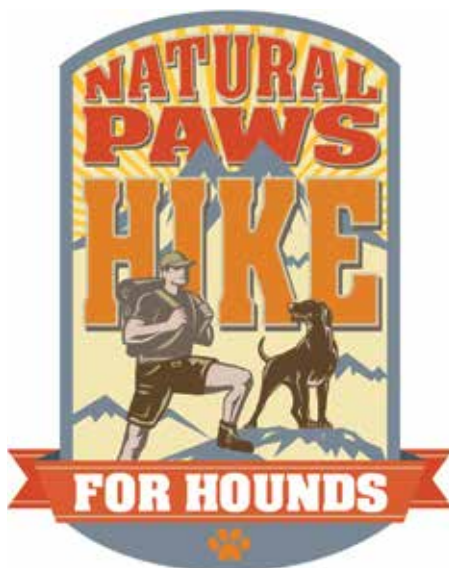
By Lori and Rob Burks

Calling all dog lovers! If you're looking for a way to enjoy the great outdoors with your furry friend or searching for a new four-legged family member, mark your calendar for two fantastic events hosted by Natural Paws this spring. Whether you want to hit the trails or meet adorable adoptable pets, you'll be making a difference in the lives of rescue animals.

Mutts in May Adoption Event – Saturday, May 17th

If you've been thinking about adding a new best friend to your home, you don't have to look far. Natural Paws is hosting its 15th annual "Mutts in May" adoption event on Saturday, May 17th, from 10 am – 2 pm at their South Reno location (Raley's Center at Galena Junction).

Several local rescue groups will be on-site, including Boxers & Buddies, Nevada Humane Society, Res-Que, Pet Network Humane Society, Pawsibilities,



Dog Town Rescue, and Canine Rehabilitation Center & Cat Sanctuary. With a mix of purebreds and lovable mutts, you'll find the perfect match for your family—whether you're looking for

a playful pup, a laid-back snuggler, or even a feline friend.

As a special welcome, every newly adopted pet will receive a free 5 lb bag of kibble from Natural Paws, along with a lifetime of pet food advice to help them thrive.

Hike for Hounds – Sunday, June 1st

What's better than a scenic hike in the Sierras? A scenic hike with your dog—for a great cause! Join fellow pet lovers for Hike for Hounds on Sunday, June 1st, at Galena Creek Regional Park.

This isn't just a walk in the park—it's a two-mile, guided hike through the mountains, surrounded by breathtaking pine forests and stunning views. The event, hosted by Natural Paws, runs from 10 am – 1 pm, and while the hike itself takes about an hour, you'll want to stick around afterward for unique pet-friendly vendors, delicious food trucks, live music, and a special treat just for your pup—bacon & peanut butter-flavored frozen

yogurt!

Tickets are just \$30 per person, which includes a stylish event water bottle or tee, an impressive doggie gift bag, and of course, a post-hike pup sundae. Best of all, 100% of proceeds benefit CRCCS, a local nonprofit dedicated to rehabilitating and rehoming rescue dogs.

Remember, dogs must be on a leash at all times and up-to-date on vaccinations. Please clean up after your dog.

Whether you're looking to adopt a new furry friend or enjoy the trails with your loyal companion, these events offer a fun way to support animal rescue efforts in our community.

Lori and Rob 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, [Facebook.com/NaturalPawsReno](https://www.facebook.com/NaturalPawsReno), email naturalpawsreno@yahoo.com or call (775) 853-3533.

Beyond Words: The Power of Listening Bridge Divides and Fosters Understanding



Liesa Leggett Garcia

By Liesa Leggett Garcia

In an increasingly fast-paced and interconnected world, the art of listening has become a precious commodity. On

television, podcasts, social media, and board rooms, it seems everyone wants to have their voice heard (loudly); few practice active listening. But communication is a two-way street, and listening can foster understanding, empathy, and connection.

Listening is not a passive activity, instead, it's active engagement with the potential to transform relationships, bridge divides, and enhance our collective human experience.

If we don't listen, we can't understand. We can't learn and grow. When we take the time to listen to others, we open ourselves to their perspectives, experiences, and emotions. It allows us to see the world through their eyes, fostering empathy. Empathy is essential in building meaningful relationships and communities. It enables us to appreciate the complexities of others' lives and helps us to respond with compassion to their challenges.

Even in conversations about sensitive topics such as race, gender, or even politics, active listening can help break down preconceived notions and biases. By genuinely hearing someone else's story, we can challenge our own assumptions and see life through their eyes. This can lead to more meaningful conversations which can ultimately benefit our larger community.

Listening also creates an environment where people feel valued and respected. It's a way to let others know that their thoughts and feelings matter. They can feel safe to express themselves which can lead to greater honesty.

In a world often marked by division and conflict, listening can serve as a powerful

tool for reconciliation. Many societal issues stem from misunderstandings and a lack of communication. By actively listening to differing viewpoints, we can bridge divides and foster dialogue that respect diverse perspectives.

Ralph Waldo Emerson said, "Who you are speaks so loudly I can't hear what you're saying." We can let our actions speak louder than our words by closing our mouths from time to time and just listen.

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.

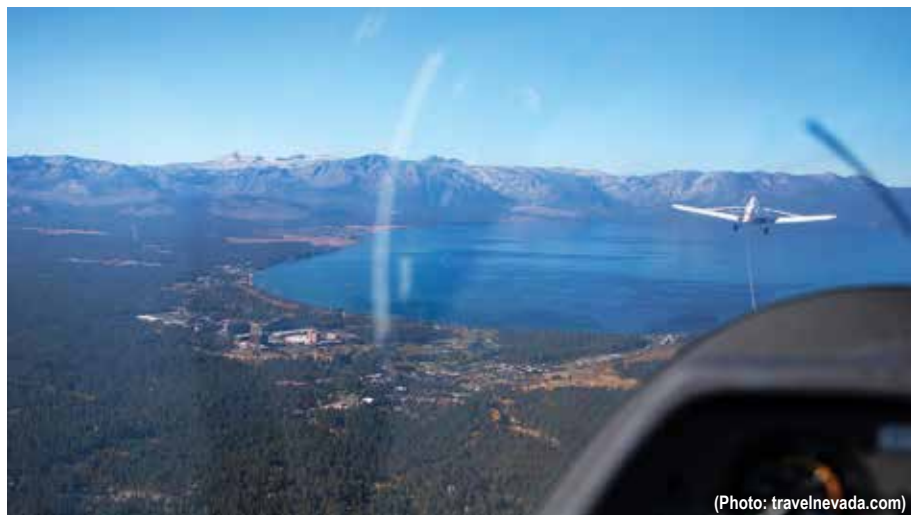
Riding the Sierra Wave: The Ultimate Adrenaline Rush in a Glider

By Tom Phillips

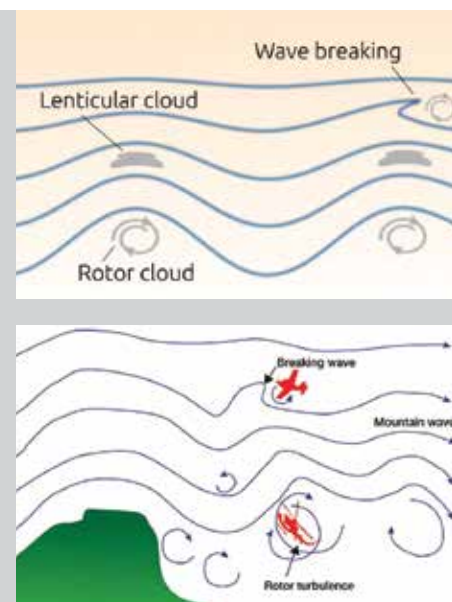
Think skiing the Gunbarrel at Heavenly is an adrenaline rush? Try strapping into the pilot seat of a glider soaring above Minden Airport. That's where the real thrill begins. All goes well until the tow plane suddenly banks hard, its nose swings left, seemingly frozen in midair. Then, in an instant, it gets big in your windscreen, the tow line slackening. Your instructor yells, "Full left rudder and opposite aileron!"—welcome to the rotor, the chaotic gateway to the legendary Sierra Wave.

It feels like entering The Twilight Zone. After your head bounces off the canopy a few times, you give control to the instructor and pull the seat belt to full tourniquet. You consider if the parachute you're wearing has been inspected recently. "Ready to take back control?" your instructor asks.

After over 50 years as a pilot, I thought I had seen everything. Not even. Flying in the rotor is right up there with taking



The views across the Sierras and Lake Tahoe from the cockpit of a glider plane are breathtaking but sometimes pilots have to overcome turbulences to see them.



enemy fire for excitement. Rock climbing? Yeah, if you do it during an earthquake. Hunting? Sure, when they give deer rifles to shoot back.

We glider pilots look forward to the days when a west wind blows over the Sierras. Just as the ocean forms waves when a current flows over a reef, the atmosphere

makes waves when it is pushed over an obstruction like a mountain range. You can find lift to take you to stratospheric heights. That's the fun part: Looking down on Lake Tahoe from 18,000 feet in a glider.

But under the wave is turbulent air called the rotor. Flying through it is the

price of admission for riding the rising air. Adrenaline fans, this is the most fun you can legally have.

Tom Phillips is a retired air force pilot and an instructor at the Minden Soaring Club and the High Sierra Pilots. Contact the Minden Soaring Club www.mindensoaringclub.com to learn how to fly gliders. Wave flight optional.

Spring Adventures Await: Join the Great Basin Institute for Exploration and Fun



Young explorers immerse themselves in nature at Galena Creek, engaging in hands-on STEAM activities and outdoor adventures during the Spring Exploration Camp.

By Gabe Zurn

While our beloved Sierras look beautiful dressed in white powder, it is incredible to feel spring in the valley and have warm, sunny days again. And no matter the weather, the Great Basin Institute, a local nonprofit operating the Galena Creek Visitor Center, ensures something fun is on the books. Get ready for adventure and save these dates:

Send your kids outside! It's time for our Spring Exploration Camp March 24-28th. Spark curiosity and inspire the next generation of environmental stewards. Young explorers will dive into hands-on STEAM activities, wildlife observations, science experiments, and thrilling outdoor adventures. Registration is open. Better hurry and sign up for a week they'll never forget. Scholarships are available. Questions? Please email

visitorcenter@gbinstitute.org

We hear late April is going to be particularly nice, according to the Farmer's Almanac. In fact, the weather should be grand enough for our First Annual Galena Days Open House. Join us for a trip back in time at the Galena Creek Visitor Center, and learn about when Galena was established as a mining town in the 1860s. Try your luck with games from a bygone era, learn how soap and candles are made, or maybe you'll strike it rich while mining for Galena.

This special one day of festivities will feature local vendors, local musicians, snacks and beverages for sale and of course, a very special raffle. Mark your calendars for April 26th, 2025!

Lastly, the Great Basin Institute strives to provide the best in quality environmental education. And each year

we try to do our part to make the Galena Creek Visitor Center a welcoming community space. For the last year, GBI has worked with the ViewPoint project thanks to our funding partner, the Nell J. Redfield Foundation, and we're ready to premier the results of our project. On April 26th, we'll be presenting our final video project. Be one of the first to see

how GBI envisions sharing nature with everyone! We hope to see the community out here this spring.

Gabe Zurn is the visitor services program manager for the Great Basin Institute at Galena Creek Regional Park. For more information, please visit www.galenacreekvisitorcenter.org or call (775) 674-5475 ext.801.

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Spring into Action: Defensible Space and Fire Preparedness for Galena Forest Community

By Gary Weichert

We must not forget the Davis Fire. While its devastation isn't visible from the Galena Forest Community, it came dangerously close. Thanks to expert firefighting efforts—and a bit of luck—our homes were spared. But that near miss is a reminder that we still have work to do to strengthen our defensible space.

Just a mile south, modern “home-hardening” techniques and maintained defensible space saved nearly all homes from the fire's flames and embers. The guidelines for wildfire risk reduction work, so let's not wait to protect our homes, investments, and lives.

With spring here, now is the perfect time to tackle defensible space projects. The damp ground makes brush removal easier before new growth appears. If you need guidance, professional landscapers are available, and the GFC provides printed information. We can also connect you with firefighting professionals for a

free wildfire risk assessment.

With fire insurance cancellations and skyrocketing premiums on the rise, maintaining defensible space is more crucial than ever. Many insurers now require risk inspections before issuing or renewing policies. Your efforts—along with those of your neighbors—will play a key role in determining coverage eligibility.

On a positive note, in 2024, GFC residents recorded numerous volunteer work hours and over \$216,000 in wildfire risk-reduction expenses. While this likely represents only a fraction of the work completed, it shows our community's dedication to lowering our wildfire risk rating, which remains at “extreme.” Please continue documenting and submitting your efforts throughout the year.

In partnership with Truckee Meadows Fire & Rescue, the GFC is organizing a curbside chipping program,



(Photo: G. Weichert)

Defensible space in action—while the fire scorched nearby bushes, a well-maintained buffer helped firefighters save this home from destruction.

likely in May. While exact dates are still pending, start preparing your piles early in a convenient location. Keep in mind that chips will be left for you to use as mulch—just avoid accumulating them within five feet of any flammable structure.

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, and printable resources, visit www.GalenaForestCommunity.org or email gary.w@galenaforestcommunity.org

Rediscover Your Inner Child: Experience the Carefree Joy at a Grown-Up Getaway Camp



Lisa Blauth

By Lisa Blauth

Tucked away in the breathtaking Sierra Nevada mountains lies a one-of-a-kind escape for adults eager to break free from daily responsibilities

and embrace the carefree joy of summer camp. Welcome to Sierra Nevada Journeys' Grown-Up Getaway Camp—an exclusive retreat where adventure, relaxation, and nostalgia converge.

From August 15-17, 2025, trade your to-do lists for a weekend of pure enjoyment just 50 minutes northwest of Reno. This is your chance to step away from the stresses of adulthood and immerse yourself in a world of camaraderie, fun, and discovery.

Relive childhood memories with classic camp activities, including zip lining, arts and crafts, nature hikes, and exhilarating group games like dodgeball and gaga ball. Test your limits on the Alpine Tower and navigate the thrilling ropes course for an extra dose of

adventure.

Designed exclusively for Grown-Up Getaway Camp, special activities include live music by the campfire, a poolside DJ, paint n' sip sessions, morning yoga, and a lively happy hour where you can unwind with a refreshing drink while soaking in the tranquil beauty of Plumas National Forest.

“Our inaugural event last year was an overwhelming success, and we can't wait to bring the magic of camp back again,” said Sean Hill, CEO of Sierra Nevada Journeys. “Expect a weekend filled with nostalgia, great company, and unforgettable experiences. I'll see you there!”

Accommodations at the Sierra Nevada Journeys Outdoor Education Camp provide comfort amidst nature, with 16 cozy cabins nestled among towering trees. Modern amenities ensure a restful night's sleep, preparing you for another day of adventure and relaxation.

For just \$450 per person, this all-inclusive weekend getaway covers shared accommodations, delicious meals, signature cocktails, and a full

lineup of activities and entertainment. Whether you're coming solo or rallying a group of friends, this is an experience not to be missed. All proceeds benefit our Student Scholarship Fund.

Don't wait—secure your spot now at sierranevadajourneys.org/grownup and prepare for a weekend of fun, connection, and cherished 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, remodeling her beloved money pit in the Old Southwest, or parenting her teenager.



(Photos: L. Blauth)

Adult campers embrace adventure and community to unplug and reconnect. Sunrise yoga offers a peaceful start to the day at Sierra Nevada Journeys' Grown-Up Getaway Camp.

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From Soccer to Skiing: Find Your Passion at Sports Fest '25!

By Meghan Ochs

Get ready for an unforgettable day of sports, fun, and community at Sports Fest 2025, happening on Sunday, June 8th, at Rancho San Rafael Park! Hosted by Skiing is Believing, this action-packed event is designed for families to play, compete, and discover new activities while supporting a great cause.

Sports Fest 2025 is more than just a day of fun—it's an opportunity for kids and adults alike to test their skills, learn from expert coaches, and explore a variety of sports through hands-on clinics, exciting competitions, and live demonstrations. From lacrosse, soccer, and volleyball to archery, biking, martial arts, and weightlifting, there's something for every interest and skill level. You'll also have the chance to connect with local nonprofit and community organizations that are making a difference in youth sports.

This ticketed event welcomes participants of all ages, with proceeds benefiting Skiing is Believing's



Sports Fest 2025 is more than just a day of fun at Rancho San Rafael Park—it's a chance to play, learn, and compete. From expert-led clinics to thrilling competitions, there's something for everyone. Proceeds benefit Skiing is Believing's scholarship and equipment fund.

scholarship and equipment fund—helping break down barriers and ensure every child has the chance to experience the joy of sports.

Whether you're looking to try a new sport, compete for prizes, or simply enjoy

a day of outdoor fun, Sports Fest 2025 is the place to be!

Skiing is Believing is a local organization offering year-round multisport and fitness day camps for kids ages 5-14 as well as after school programs,

and specialty weekend coaching programs in their flagship sports. SIB's mission is to promote, support and ease access to snow and bike sports.

For more information and tickets, visit www.skiingisbelieving.org.

Pedals and Party: Inside the 24 Hours in the Old Pueblo



(Photo: J. Sagebiel)

A mountain biker navigates the infamous rock drop in the Arizona desert, a highlight of the legendary 24 Hours in the Old Pueblo race.

By John Sagebiel

If you live in Northern Nevada, you are probably familiar with the festival known as Burning Man. Well, for mountain bikers there is a similar festival in the Arizona desert every February called the 24 Hours in the Old Pueblo. Sometimes called Burning Man for Mountain Bikers, the event has been described as a big party in the desert that gets interrupted by a mountain bike race.

Just like Burning Man, every participant at the 24 Hours in the Old Pueblo creates their own unique experience. Also like Burning Man, the organizers and participants build a city an hour north of Tuscon in the Sonoran Desert and then tear it all down when the event is over.

At its core, it's a mountain bike race, but a different one from what many people are familiar with. Rather than a loop or a point-to-point race where the winner is the person who crosses the line first, in this style of racing the course is a 16-mile, single-track loop, and the winner is the person who does the most laps in 24 hours.

Starting at noon on Saturday, it ends

about 24 hours later at noon on Sunday but those racers out on a lap when the clock strikes noon are allowed to finish that lap and have it count. If two racers have the same number of laps the one who finished first wins.

I love experiencing this event as part of a team, especially in a four- or five-person group. Each rider completes a lap and then hands off a small wooden baton with the team number on it before the next racer takes off. This relay-style format creates a strong sense of camaraderie, making the event even more enjoyable.

Another unforgettable aspect of this 24-hour event is night riding, which offers a uniquely immersive experience. The powerful bike lights illuminate only a small section of the trail ahead, leaving the rest in darkness. This focused beam becomes my guide, sharpening my concentration and creating a thrilling, almost meditative ride through the night.

A highlight of the course is the rock drop—an obstacle that looks intimidating but is surprisingly fun and easy to ride. It also serves as a lively gathering spot, complete with an MC, a sound system,


and a cheering crowd that keeps the energy high.

The rest of the party can be seen all over the event. Teams set up camps, have themes, and play music all night long. Some have movies playing and prepare food all night to fuel the riders. Out on the course is the Whiskey Tree where racers can take a shot of whiskey as they go by.

This year was extra special, marking

the 25th anniversary of the event, and even though I couldn't ride due to recent shoulder surgery, it was incredibly rewarding to be there, participating and volunteering, and to be part of such a vibrant and inspiring experience.

John Sagebiel is retired from the University of Nevada, Reno and spends his time riding, traveling the Southwest, reading, and some work, too.



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All Area Home Sales

December 6, 2024 - March 4, 2025

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Days on Market
Galena/Montreux/St James Village							
1655 Blue Spruce Rd	\$1,075,000	541.29	\$1,050,000	528.7	1986	0.52	61
455 Yellow Pine Drive	\$1,399,999	447.28	\$1,425,000	455.27	3130	1.11	166
6345 Wetzell Ct	\$1,945,000	496.68	\$1,900,000	485.19	3916	0.23	83
16840 Delacroix	\$2,070,000	594.49	\$2,070,000	594.49	3482	0.53	111
5965 Cartier Drive	\$2,395,000	751.49	\$2,225,000	698.15	3187	0.58	140
197 N Argyle Ct	\$2,435,000	448.93	\$2,300,000	424.04	5424	1.05	140
287 E Jeffrey Pine Rd	\$2,699,000	662.17	\$2,625,000	644.01	4076	1.03	69
20800 Parc Foret Drive	\$3,999,500	849.69	\$3,837,500	815.28	4707	0.46	77
5605 Foret Circle	\$4,500,000	816.7	\$4,500,000	816.7	5510	1.048	11
5860 Lausanne Dr	\$4,700,000	659.83	\$4,659,500	654.15	7123	0.94	20
Callahan Ranch							
15100 Fawn Lane	\$595,000	368.19	\$535,000	331.06	1616	2.12	85
6000 Goldenrod Dr	\$549,000	284.16	\$627,000	324.53	1932	1	11
15992 Thompson Ln	\$848,000	404.58	\$845,000	403.15	2096	1.249	92
5340 Cedarwood Dr	\$810,000	447.02	\$860,000	474.61	1812	0.99	140
4935 Thompson Ct.	\$1,249,000	417.73	\$1,100,000	367.89	2990	1.143	227
5575 Goldenrod Drive	\$1,200,000	576.92	\$1,110,000	533.65	2080	1.05	113
15380 Redmond Loop	\$1,700,000	437.69	\$1,700,000	437.69	3884	1.35	78
15185 Chateau Lane	\$1,800,000	476.31	\$1,850,000	476.31	3884	1.73	19
ArrowCreek							
3462 Forest View Ct	\$1,285,000	407.68	\$1,285,000	407.68	3152	0.51	149
624 Rabbit Ridge Court	\$1,450,000	520.65	\$1,350,000	484.74	2785	0.365	39
2982 Granite Pointe Drive	\$1,590,000	527.54	\$1,500,000	497.68	3014	0.55	191
2988 Granite Pointe Dr	\$2,050,000	493.5	\$1,880,000	452.58	4154	0.62	189
6275 Coyote Point Cir	\$2,195,000	531.61	\$2,195,000	531.61	4129	0.36	39
4005 Cocopah Court	\$2,350,000	683.14	\$2,300,000	668.6	3440	0.87	16
12040 High Vista Drive	\$2,450,000	449.29	\$2,450,000	449.29	5453	1.09	33
2897 Granite Pointe Ct	\$2,688,000	555.83	\$2,600,000	537.63	4836	0.67	64
10035 W Desert Canyon Dr	\$2,950,000	685.73	\$2,950,000	685.73	4302	0.94	43
3965 Mules Ear Ct.	\$2,999,000	661.45	\$2,999,000	661.45	4534	0.85	42
5885 Flowering Sage Ct	\$5,499,000	763.43	\$5,000,000	694.16	7203	1.05	281
Saddlehorn/Monte Rosa							
14330 E Windriver Lane	\$789,000	352.23	\$815,000	363.84	2240	0.57	16
14250 Bandolier Ct	\$1,395,000	457.38	\$1,300,000	426.23	3050	0.39	100
14205 Saddlebow Ct.	\$1,750,000	482.89	\$1,685,000	464.96	3624	1.04	98
Other Areas of South Reno							
7080 Sierra Vista Way	\$1,650,000	290.24	\$1,200,000	211.08	5685	3.121	66
45 Water Lily Ct	\$1,269,999	474.23	\$1,210,000	451.83	2678	0.584	115
15 Pecetti Cir	\$1,375,000	272.12	\$1,220,000	241.44	5053	1	233
1465 Wolf Run Rd.	\$1,295,000	393.02	\$1,295,000	393.02	3295	0.6	32
4870 Gallup	\$1,395,000	418.17	\$1,350,000	404.68	3336	0.86	40
3955 Lamay Circle	\$1,650,000	254.98	\$1,375,000	212.49	6471	1.13	97
1350 Monte Vista Drive	\$1,495,000	526.97	\$1,475,000	519.92	2837	1.05	147
NW Carson City							
4201 Sandy Cir	\$995,000	335.58	\$950,000	320.4	2965	1.23	208
3951 Siena Dr.	\$995,000	410.82	\$955,000	394.3	2422	0.18	42
1177 Kensington Court	\$954,000	276.52	\$960,000	278.26	3450	1.04	137
1763 Vineyard Way	\$975,000	400.9	\$975,000	400.9	2432	0.2	41
3070 Kings Canyon	\$1,100,000	564.1	\$1,020,000	523.08	1950	1.24	90
3793 Meadow Wood Rd	\$1,250,000	346.55	\$1,233,438	341.96	3607	1	36
2444 Kingsview Way	\$1,275,000	349.12	\$1,275,000	349.12	3652	0.59	49

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

Skip the Soda: Building Healthy Habits Early for a Lifetime of Better Health



Dr. Kris Deeter

By Kris Deeter

It is much easier to build a healthy habit in childhood than to stop a bad habit in adulthood. Yes, I am looking at all of you soda drinkers! Did you know that ONE 20-ounce soda (MUCH smaller than a Big Gulp!) contains 14 to 18 teaspoons of sugar? I'm not trying to preach

here, but I am concerned about high sugar intake and the risk of diabetes, dental cavities, and obesity. I am married to a man who downs a Mountain Dew on the way to work every morning. He says that coffee hurts his stomach, but his drink makes my teeth and my waistline hurt! He is trying to switch to Diet Mountain Dew, but this is a years-old habit that is incredibly hard to change.

What if, instead, he had never started drinking soda?

This is why I love pediatrics and child health. We have an opportunity to help children before they ever know we are helping them. We have a small window period, before the kids get to a more rebellious age,

in which we can guide their choices and start them on a path to a lifetime of health. I know this sounds grandiose, but it is just one of many small steps that we can take to improve health for the next generation. Our kids look up to us. They are watching what we do. If they see us grab the Big Gulp and suck down 30 ounces of soda, well – guess what they are going to want to do? They want to be like us because we are their heroes, and we should be! We just need to be careful about our superpowers and help them make good decisions in the future.

My husband and I agreed on two big things when we had kids (and this took a few rounds of negotiation): No soda and no cussing. Full disclosure, the second one was the hardest for me! Twenty-three years later, I am proud to say that I have two kids that don't love soda and don't cuss (at least, not in front of me). Believe me, none of us is perfect, but I hope these habits will serve them well.

It wasn't always easy, but I did my best to follow my pediatrician's advice:

- Breast milk or formula until a year of age – best nutrition for a baby's growth in the first year.
- Cow's milk (skim or 2% preferred) after 1 year with a max of 16 ounces a day (2 big sippy cups). Too much milk can cause anemia (low blood count) and decreased appetite for food.

- No goat milk before a year – can cause severe anemia unless you provide regular iron supplement.

- Water down the juice to cut the sugar. A glass of apple juice can contain the same amount of sugar as a cola. Juice has more natural sugars and sometimes vitamins and fiber, but just read the labels, and be careful about making your kids sugar-hyper.

- Water is best – start a healthy habit when kids are little (but over 1 year) by offering water when they are thirsty and sparing the milk and juice for mealtime.

- Pediasure and other supplemental formulas are best discussed with your pediatrician and often only recommended if your child is underweight or has a medical condition.

- Red Bull and other "charged" drinks can actually be dangerous for kids, so please talk to your pediatrician about the risks for your child.

I will always say you are the expert on your child, and you and your provider are the best sources of truth for your child's health. I only hope that my tips help stimulate more conversation and awareness around healthy beverages and creating healthy habits that will carry our kids into adulthood.

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.

Beyond the Scale: Why Measuring Body Composition Matters More Than Just Weight Loss



Andrew Pasternak, MD

By Andy Pasternak

Losing weight is a goal for many patients, but how do you get there? If you only focus on losing weight, you may lose muscle mass and eventually sabotage your efforts. We especially see this in patients using the new GLP-1 medications such as Mounjaro and Ozempic for weight loss. When patients go off these medications, they often regain weight when they stop the medications because their drop in muscle mass means their bodies aren't burning as many calories.

Traditionally, obesity is defined by the Body Mass Index measurement. BMI is a way to measure "optimal" weight for a given height. The advantage of BMI is that it is easy to calculate. BMI limitations, however, were recently highlighted in a fantastic article in the Lancet that addressed the best ways to define obesity.

The biggest problem with BMI is that it doesn't directly measure other essential variables that are more predictive of health: total body muscle mass, total body fat, fat distribution, and water. Previously, doing this in an accurate way involved testing measures that weren't readily available outside of research institutions.

Fortunately, a relatively new method allows us to accurately measure body composition. We recently purchased the InBody 970 system to provide extensive body composition. The InBody 970 is a research-grade device utilizing bio-impedance analysis, which provides a consistently accurate body composition

method. Fat, muscle, and bone produce different resistance levels to electricity; BIA passes a safe electrical signal through your body to measure resistance levels. The test takes less than two minutes and is more cost-effective than other body fat/skeletal muscle mass measures. Unlike other methods to measure body composition, it doesn't require radiation, and you don't have to dunk yourself underwater. The InBody 970 is superior to other bioimpedance devices because it measures 40 separate impedance measurements to get the most accurate data.

If you can't measure it, you can't improve it! InBody's direct segmental measurements provide precise and accurate outputs for each section of your body that you can use to make minor adjustments that will lead to significant long-term health improvements. This reproducible data gives you tangible proof of your progress. It also gives you and your healthcare team another tool to monitor and fine-tune your wellness, fitness, or performance program. In addition to lean muscle mass and total body fat, the InBody 970 also allows us to measure: Basal Metabolic Rate (how many calories a day you use at rest), Bone Mineral Content, Body fat/muscle by individual limb, and Abdominal (visceral) Fat Analysis.

The visceral fat measure is critical as having high visceral fat, in many ways, is worse for your health than other types of fat buildup. High visceral fat is linked to metabolic syndrome, heart disease, stroke, and diabetes.

Whatever your goals, it's important to remember that there's more to being healthy than looking thin. The InBody

970 helps you focus on numbers that improve your health and well-being.

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage

Sports Performance. The office accepts new patients at 10467 Double R Blvd, Reno, NV 89521. Call (775) 853-9394 to see how body composition analysis can help you improve your overall health and quality of life.

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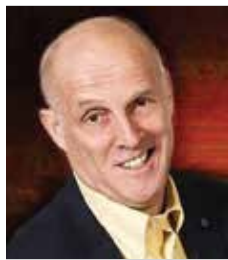
Mikey Ferguson, NVMT.11468

I've always had a passion and desire to help people feel their best and be their best self. So many times, we help other people and forget to take care of ourselves physically, emotionally, and spiritually. I love waking up every day and knowing there is so much to be grateful for and I don't want to ever take anything or anyone for granted. Every person that crosses my path, I hope will receive positive vibes from my healing energy. My number one goal is to be fully committed to all my clients and get them towards their goal of wellness and self-healing. Massage Therapy requires every part of me to be fully present for you. I look forward to getting to know you.

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Renown's Pennington Cancer Institute Has Front Seat in Innovation: Destroying Liver Tumors with Sound Waves



Dr. Max Coppes

By Max Coppes

In August 2024, Dr. Christos Galanopoulos, a prominent cancer surgeon with Renown's Pennington Cancer Institute, was almost the first surgeon in the United States to treat a patient for a liver tumor without needing to cut into the body. Dr. Randall Zuckerman,

another surgical oncologist at PCI, was almost the first to enroll a patient in the first multi-institutional trial using this new technology. Almost first because we live in a time zone that puts us 3 hours behind the East Coast. So his 7 am surgery was 3 hours after Georgia's 7 am procedure. Nevertheless, PCI's is one of only 25 sites worldwide that offers a revolutionary new procedure to treat cancers and is one of the leading centers included in clinical trials involving histotripsy. Unlike traditional treatments such as surgery, radiation, and chemotherapy, the HistoSonics Edison® System is a machine that emits high-pitched ultrasound waves to target and destroy tumors; it does

not involve incisions, heat, or toxic chemicals.

Histotripsy was approved in 2023 by the Food and Drug Administration for the treatment of liver tumors. Its use in targeting cancers in other organs is actively being studied at the moment, including at PCI. How does histotripsy work?

The strong sound waves emitted by the equipment create focused energy air pockets in the target area (tumor) which immediately pop, thereby breaking apart cancer tissue. While the procedure still requires general anesthesia, so that the doctors can control the patient's breathing and minimize body movement. It is a viable treatment option for patients who would not tolerate surgery or where surgery would be extremely high risk, e.g. when a tumor is too close to a critical structure and surgery may damage that structure.

Together with 25 other Cancer-Centers across the world, the PCI surgical oncology team, Drs. Galanopoulos, Zuckerman, Gingrich, and Manguso, is gathering real world data on the long-term benefits of this new technology in patients over the age of 18. This research study will help determine how histotripsy fits in the existing treatment armamentarium of cancers

in the liver, whether primary liver cancers or cancers that have spread to the liver. Qualified patients will be treated and followed for up to five years.

At the same time, Dr. Eric Kim, a urologic oncologist at PCI focused on managing patients with prostate cancer, is working with the same company to explore whether this technology could be used for cancer in other organs, specifically prostate and kidneys. With improvements in prostate imaging (such as MRI and PET scans) paired with real time ultrasound, histotripsy has the potential to effectively treat prostate cancers while completely avoiding damage to critical nearby structures that typically impact prostate cancer patients. The PCI at Renown was the first site in the U.S. to enroll patients into the prostate imaging trial for HistoSonics, which will pave the way for prostate histotripsy treatment trials in the near future.

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.

Atherosclerosis: Understanding the Silent Threat to Cardiovascular Health



Dr. Quinn Pauly

By Quinn Pauly

Atherosclerosis is a prevalent and serious medical condition, often referred to as "artery plaque build-up" or "hardening of

and utilize imaging and laboratory testing to detect early (subclinical) arterial plaque before it leads to significant complications.

Several factors contribute to the development of atherosclerosis, including genetics and age, smoking and high blood pressure, diabetes and metabolic disorders, high cholesterol and dyslipidemia, poor diet and lack of physical activity, obesity and sleep apnea, and chronic inflammatory conditions.

Proactive Steps for Prevention

Mitigating the risk of heart attacks and strokes requires immediate and sustained lifestyle changes. The American College of Lifestyle Medicine outlines six core behaviors that have been shown to help prevent and manage atherosclerosis: regular physical activity, effective stress management, avoidance of harmful substances (such as tobacco and excessive alcohol consumption), restorative sleep (at least seven hours per night), strong social connections, and whole food, plant-based nutrition.

While the importance of a healthy lifestyle is widely recognized, many individuals struggle to implement meaningful behavioral changes. Health & wellness coaches offer valuable guidance in this area, providing expertise and support to facilitate sustainable improvements in physical and emotional well-being.

Northern Nevada has a dedicated network of primary care providers, health coaches, and telehealth services that assist individuals in taking control of their cardiovascular health. Proactive prevention and early detection are key to reducing the

risks associated with atherosclerosis and promoting long-term well-being.

Dr. Quinn Pauly MD, FAAFP, DipABLM, is a solo, private-practice doctor in Reno, Nevada. The Wooster High School graduate is a board-certified family physician, a Fellow of the American Academy of Family Practice, co-founder and immediate

past president of the Nevada Physician Wellness Coalition. In addition to over 30 years in continuous clinical practice, he is a recognized thought leader in Lifestyle Medicine, Physician Wellness/Physician Burnout, and Healthcare Industry Wellness Programming. For more information, call (775) 260-9284 or visit doctorpauly.com..

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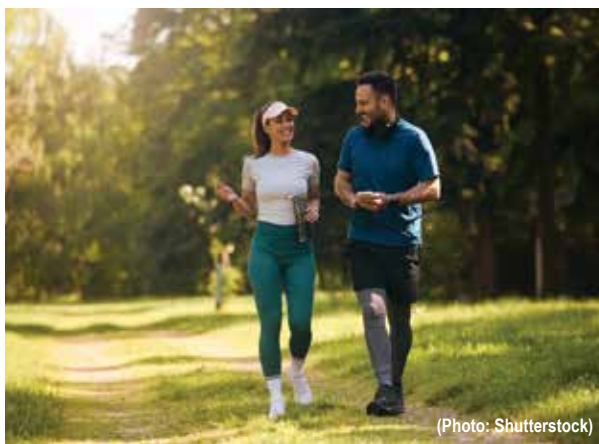
Ryan Golec

By Ryan Golec

If you haven't been living under a rock, I am sure that you have seen all of the new "medical" weight loss meds that have popped up. And they do work. They work on receptors to the brain to help block hunger and cravings.

I am certainly not here to tell you whether you should or should not try these tools. What I want you to understand is what may play a psychological role in your weight loss and fitness challenges.

I have talked in the past about how society today has groomed us to live higher stress lives. Now, the central nervous system can't differentiate between a work deadline and being chased by a bear, but what it does do is shut off the resting side of the nervous system to provide energy for the stress needs of the body. The two sides of the nervous system are the sympathetic (fight or flight) and the parasympathetic (rest and digest). When one system is running, it inhibits the other side. The higher the stress state, the less the body gets to



(Photo: Shutterstock)

A happy couple enjoys a walk outdoors embracing the simple joys that support mental calm and physical wellness.

rest and digest. So, what does this have to do with happiness and weight loss?

The parasympathetic state allows the body to recover from stress and activity, digest and process nutrients that we consume, and allow for appropriate hormone production; several of these hormones are involved in metabolism and potentially weight management. However, the parasympathetic state is not strictly activated by rest. In fact, some people may actually find rest

states stressful. Here is where I believe happiness plays a role.

The more people I've worked with, the more I have found that their lives have slowed or even eliminated the time allocated to things that they truly enjoy. Activities, time, and people, that truly make you happy create a hormonal response that can play a strong role in moving you into the parasympathetic state and reducing stress.

You may even find that if you increase the time you spend feeling happy, you may be less concerned with the specifics of losing a couple of pounds. So, what's the prescription? 1: Move your body every day. 2: Eat quality food in reasonable portions. 3: Prioritize happiness.

And if I'm being totally honest, this should probably be number 1. Eat, move, and be happy!

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.

Preventing More Than Cavities: The Hidden Health Benefits of Dental Care



Dr. Kellie J. McGinley

By Kellie McGinley

Since we were young, it has been recommended to "see your dentist every six months." One of the main reasons is to evaluate your oral health for disease such as cavities and gum disease. However, seeing the dentist is more than just a "teeth checkup" because your dental health is linked to comprehensive health.

Dentists are not only looking at your mouth for cavities; they are at the forefront of oral health in correlation with overall health. One of the most important examples of this is dentists are trained to evaluate airway problems and tongue-ties that can be the root cause of obstructive sleep apnea and sleep disorders. In children, this can be related to bed wetting and behavioral concerns. Historically ADD/ADHD has been profoundly misdiagnosed in children when the cause of

behavior problems overwhelmingly is due to sleep disorders. Dentists can also identify oral pathology related to heart disease, GERD, celiac disease, HPV, and oral cancer.

As a mother, I was recently listening to a research-based podcast on children's diet in the modern world and a main topic surrounded the question, "Are we feeding kids the wrong foods?" They described how children in today's society are more exposed to substances such as juice, refined carbohydrates, sugars, and artificial/processed food products. This is leading to an increasing rate of childhood obesity and type II diabetes. It is highly recommended to offer children adequate daily portions of vegetables, protein, unrefined carbohydrates, and to increase whole grains in their diet.

As a pediatric dentist, I thought to myself... these are the same recommendations I am discussing with my patients to prevent cavities. So, if our children consume less carbohydrates, sugars (in food and drinks), and processed food products we can help prevent childhood obesity, diabetes,

AND cavities.

Next time you are at the dentist, try to open your mind to what they advise. Ask for recommendations on how to keep your mouth healthier. Cavities are undeniably the number one preventable disease in children. Key word ... preventable! As a parent, my job is to help my daughter stay happy, healthy, safe, and grow strong. These are the same goals for my pediatric dental patients. When you take your children to a pediatric dentist, ask questions about your child's oral health and ways to prevent disease. Research has proven a healthy mouth is linked to a healthy body.

Dr. Kellie McGinley, a Reno native and avid sport enthusiast, received her D.D.S. from the University of Michigan School of Dentistry and her Certificate in Pediatric Dentistry from Children's Hospital Colorado. She is a passionate board-certified pediatric dentist who advocates for children and optimal oral health as a Diplomate American Board of Pediatric Dentistry. She joined Growing Smiles Pediatric Dentistry in July 2018 and can be reached at (775) 824-2323 or at RenoKidsDentist.com.

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Experience Carson City for Free: The Best No-Cost Activities in Nevada's Capital



Submitted to the Galena Times

Carson City, Nevada, is rich in history, culture, and outdoor beauty—and the best part? Many of its top attractions won't cost you a dime. Whether you're a history buff eager to stroll past Victorian-era homes, an outdoor enthusiast looking for scenic trails, or a family in search of fun-filled activities, there's something for everyone. From historic landmarks to breathtaking parks, here's how to experience the best of Carson City without breaking the bank.

History buffs will love exploring Carson City through self-guided tours and

immersive cultural exhibits. The Nevada capitol offers countless opportunities to connect with the past while experiencing the town's historic charm.

Kit Carson Trail: Enjoy the fresh mountain air walking (or biking!) through Carson City's historic district while tuning into an audio tour about Kit Carson Trail. This 2.5-mile path features nearly 50 landmarks, including Victorian-era homes, museums, and churches.

Nevada State Capitol Building: From the outside, this is a stunning 1870 sandstone structure that's the second-oldest capitol building west of

the Mississippi. Stroll the picturesque grounds before heading inside. Explore the free Battle Born Hall exhibit, showcasing Nevada's journey from its mining boom to statehood. Nature lovers of all ages come here for affordable adventure.

Ash to Kings Canyon Trail: For those craving an easy opportunity to explore the Sierra Nevada mountains, this 13.5-mile, out-and-back trail is a perfect fit. A popular trail for locals and visitors alike, take in scenic views while getting a workout in.

Carson River Park: This 40-acre park is perfect for fishing, nature walks, autumn leaf-peeping, and picnics along the Carson River. Owls, deer, and coyotes are a few creatures spotted by visitors.

Nevada's capital city is full of family-friendly spots that are as fun as they are memorable.

Bob McFadden Plaza: Bob McFadden Plaza is a lively outdoor space perfect for families to enjoy. In the summer, kids can play in the splash pad while parents sip on wine or beer from surrounding businesses. It's also a popular event venue for community events throughout the entire year.

Nevada State Museum: Children and adults alike will marvel at the life-sized underground mine replica and fascinating displays about Nevada's distinct cultural and geological heritage. Admission is \$10 for adults, and free for children 17 and under.

Creating unforgettable memories doesn't mean you have to shell out the big bucks. Carson City has a great blend of free activities and other incredible attractions. Plus, with a variety of cozy lodging options to fit any style or budget, it's easy to turn a day of exploring into a weekend to remember.

Discover Nevada's Must-Try "Out There" Experiences

Submitted to the Galena Times

Nevada's vast landscapes and diverse outdoor opportunities make it a haven for adventure seekers. With the recent passage of the EXPLORE Act, highlighting the importance of public land access, the Silver State's 60 million acres of public lands are even more inviting to thrill-seekers and nature lovers. To celebrate, Travel Nevada has unveiled its list of "Out There" Experiences—a guide to the state's most unique and bucket-list-worthy adventures.

Pair Paranormal Vibes with Panoramic Hot Springs

Stop by Gold Point Ghost Town, a well-preserved mining town brimming with historic charm, rustic cabins and even a saloon. After soaking in the haunting atmosphere, head to Fish Lake Valley Hot Springs to unwind in soothing natural pools surrounded by desert vistas. The combination of history and relaxation makes this experience one to remember.

Journey Back in Time at Toquima Cave

On the outskirts of Austin, visitors can marvel at some of the oldest Native American pictographs, thanks to their immaculate preservation and distinct use of black, red and yellow. Nestled in a stunning natural setting, Toquima Cave is a must-see for history buffs and nature enthusiasts.

Stargazing at Massacre Rim

For quiet wonder, head to the dark

skies of Massacre Rim in Northern Nevada. Recognized as one of the darkest places on Earth, this remote area offers unparalleled stargazing under a canopy of countless stars, all away from the hustle and bustle of the city.

Transparent Kayaking on Lake Tahoe

On Lake Tahoe's crystal-clear waters, Clearly Tahoe Kayak Tours offers transparent kayaks for a unique view of this alpine wonder. Paddle by day, at sunset or under starlight for an unforgettable experience surrounded by natural beauty and some of the clearest waters on the planet.

From the dazzling lights of Las Vegas to the serene shores of Lake Tahoe, Nevada offers an adventure for every spirit. These "Out There" experiences showcase the state's unmatched diversity and bold beauty.

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Airport Art Exhibition Showcases Sage Ridge Student and Faculty Talent

By Dagmar Bohlmann

Travelers passing through Reno-Tahoe International Airport have the opportunity to experience a compelling artistic exhibition at the depARTures Gallery in the B and C concourses. The Art of Consciousness is running from February 3 to May 1, 2025, and transforms the airport into a space of creativity and inspiration. The show features a diverse collection of artwork created by students and faculty from Sage Ridge School.

Works from students in grades 7 through 12 alongside contributions from teachers offer a multifaceted exploration of themes such as the human condition, nature, animals, self-portraiture, cityscapes, and landscapes. Through an array of 2D and 3D media—including painting, sculpture, photography, and mixed



Natures Heart by Nicole Ashton (24" x 36") is part of The Art of Consciousness exhibit at the depARTures Gallery in the B and C concourses of Reno Tahoe International Airport.

media—the exhibition provides an insightful glimpse into how young

artists interpret and engage with the world around them.

Curated by AP Studio Art senior students, the collection highlights not only technical skill but also the depth of creativity and perspective within the Sage Ridge artistic community. The exhibition aims to connect viewers with art that sparks reflection and appreciation for the evolving voices of emerging artists.

Select pieces from The Art of Consciousness will be available for purchase, with participating artists pledging 5% of proceeds to the Sage Ridge School Visual Arts Department. This contribution supports ongoing arts education and opportunities for students. Purchased artwork will be available for pick-up starting May 5, 2025, by appointment through Nicole Ashton, Head of the Arts Department, at nashton@sageridge.org.

To view and purchase the artwork visit <https://tinyurl.com/27dpcx6x>.

Navigate the ‘I Want’ Storm: Help Kids Think Critically About Consumer Culture



Maren Schmidt

By Maren Schmidt

To live is to consume. The first definition of consume is “to eat, drink or ingest.” Consumption is about taking care of hunger and

thirst. The second definition is “to buy.” The third is “to use up.”

Modern consuming is more about buying than eating or using things up. Advertising is a huge business to get us to purchase goods and services, and advertising to children is big business, with estimates of over \$15 billion used to advertise to kids. The psychology of advertising plays into our core emotional systems and can make it difficult for us to differentiate between needs and wants.

The novelty of advertised items along with the subtle social attachment communicated makes certain commercials irresistible. Realizing that our wants are about satisfying emotional needs can help us navigate the rough-and-tumble waters of “I want.”

Think.

Get your children thinking about needs and wants by asking questions. Many items targeted to our children are foods, or perhaps foodstuff is a better description. Ask what kinds of food do we need to stay healthy and have good

energy. What kinds of food should we avoid? Read aloud the labels of your child’s “gotta-have” cereals, sodas, or candy bars. Ask your child if each ingredient is something that we would want to put into our bodies to stay healthy and have high energy.

Compare.

For children over age six, money talks. A \$5.00 box of cereal, or use the \$5.00 for other kinds of food? Two boxes of cereal per week for a year. Is it how you want to spend \$520? How much oatmeal can you buy for that much money? What do you want to put in your body for optimum health?

Watch.

Spend time watching television and screen time to be aware of all the kinds of consumer messages your child is receiving. The average American child today is exposed to an estimated 13,000 to 30,000 television commercials a year—over 100 a day, according to an American Academy of Pediatrics report.

This same report recommends restrictions on advertising that targets children under the age of eight, based on research showing that children under this age are unable to critically comprehend televised advertising messages and are prone to accept advertiser messages as truthful, accurate, and unbiased.

Help your children think,

compare, and watch out for messages that create want.

Help your children discover the difference between a want and a need, and you’ll get through the rough waters of “I wanna.”

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.



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Zia Viviana's Tomato Sauce (sugo)



Beth and Miguel Carbone

By Michele and Beth Carbone

My aunt Zia Viviana loved to cook great foods with simple recipes. Her tomato sauce, with a hint of bell pepper, garlic and Calabrian peppers, is wonderful if you want to make a flavorful, full-

bodied sauce to accompany meatballs, pasta, or just soak up with a slice of crusty warm bread.

Ingredients

- 1 28-ounce can of whole San Marzano Italian tomatoes
- 1 whole clove of garlic, peeled and smashed
- ¼ of a red bell pepper
- 4 – 5 leaves of fresh basil
- 1 hot red pepper (optional)
- ¼ - ½ cup of extra virgin olive oil (added after the sauce has been cooked)

Preparation

1. Put everything into a pot at the same time, leaving the tomatoes whole. Bring to a boil. As soon as it boils, lower the heat to simmer and cover, using a wooden spoon to keep the lid partially open.

2. Allow it to cook slowly for about three hours. Note that this cooking time is elastic — if you cook it a half hour more or less, it is still delicious. You can also stop halfway, cover, and then continue when you come home from work or errands.

3. After three hours, remove the cover, and let it continue to cook for another thirty minutes. Remove from the heat and add the extra virgin olive oil. Use a potato masher to smash the tomatoes.

4. Use this sauce for a great spaghetti or use it as the basis of the sauce for my meatball recipe. If you make spaghetti, look for an Italian spaghetti (for example, Rummo is a brand that's



readily available in many supermarkets).

5. Buon appetito!

Michele and Beth Carbone maintain a website with all their recipes in both English and Italian. Visit www.michelecarbone.org to search for any recipe by keyword

Sip and Savor: Perfect Spanish Wines for Springtime Gatherings

By Joseph Grzyski

Longer days, a tease of warmth, and then miserable weather – it must be spring in Reno. What to do? Invite some friends over, make a giant charcuterie board, and call it dinner. Better yet, pair it with a bottle of Cava from Spain. The Avinyó 2020 Brut Reserva is a stunning Cava for the price (\$22). It is made from Cava's traditional grapes: 60% Macabeo, 25% Xarel-Lo, and 15% Parellada. It is aged in the bottle for 18-24 months. Floral on the nose, it is redolent of orange blossom honey – a great complement to a cheese board.

I served up this wine to my wife and a friend who stopped by. They both loved it and couldn't believe the price. We all agreed it would be excellent for brunch. Grab a dish of smoked salmon, fresh bread, lots of dill, and cream cheese. The subtle perfume and nose of sweetness of the Cava (this is a Brut or dry Cava and is NOT sweet) will enhance the dish. You can't go wrong with Cava for almost any occasion – I plan to keep a case around for springtime festivities.

If that charcuterie board is still full and you prefer red wine, try the Spanish grape Mencia. The 2023 Guímaro from the Ribeira Sacra wine region in Galicia is a light red wine made from Mencia, which can often result in a more medium-bodied wine. This Mencia is picked a bit earlier and is a relatively low alcohol (12.5% alcohol by volume)



(Photos: J. Grzyski)

Two Spanish gems for spring: the Avinyó 2020 Brut Reserva Cava and the 2023 Guímaro Mencia, perfect pairings for any charcuterie board or tapas feast.

wine that is complex for the price point (\$22).

The wine is a light red/rose color in the glass and there is earth and strawberry on the nose. We paired it with an Alpha Tolman cheese from Jasper Hill. This alpine cheese - with characteristics similar to Gruyere - complemented the Mencia well. A beautiful nuttiness emerged with the pairing and the floral notes of the wine almost replace any need for a jam or honey with the cheese.

If you want to lean into Spanish style tapas, make a traditional tortilla with potatoes and onions and serve with some olives and jamón. Either of these wines would be fantastic. Better yet, plan a wine-tasting vacation to Spain. In the meantime, happy spring and salud!

Joseph Grzyski 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. The 2020 Avinyó 2020 Brut Reserva and the 2023 Guímaro are available for ~\$22 at Craft, 22 Martin Street in downtown Reno.

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From Sunscald to Success: Mastering Tomato Gardening in Arid Climates

Submitted by Moana Nursery

Growing tomatoes in the high desert offers both unique challenges and rewarding successes for gardeners. Our high desert region is known for its intense sunlight, temperature swings, low humidity, and dry air. While these conditions can be challenging for gardeners, growing tomatoes is well worth the challenge.

To start, it is essential to select tomato varieties that are well-suited to the environment. Gardeners should consider varieties that offer heat tolerance, shorter maturity periods to avoid the threat of frost, and resistance to common diseases. Varieties such as Early Girl, Celebrity, and Beefmaster have proven to perform well in challenging climates, with some even specifically bred for high-temperature conditions. At Moana Nursery 15,000 tomatoes of 22 varieties are grown locally at a farm in Minden, NV and have all been chosen for success in our high desert climate.

Once you've selected the perfect tomato variety, soil preparation is your next key to success. Enrich your soil with ample organic matter, such as compost, to help improve water retention and supply necessary nutrients. Organic mulches, applied around the base of the tomato plants, help to regulate soil temperature and suppress weed growth. In cases where native soil is particularly compacted or rocky, the construction of raised beds can facilitate better drainage and allow for easier incorporation of soil amendments.

Efficient watering strategies are paramount in high desert gardening. Drip irrigation is especially



(Photos: Shutterstock.com)

Soil preparation, efficient watering, managing temperature extremes, fertilizing, and monitoring for pests are important success strategies for growing tomatoes in the high desert climate.

effective, as it delivers water directly to the root zone, thereby reducing evaporation and ensuring a steady supply of moisture. Watering during the cooler parts of the day, like early in the morning, helps minimize water loss, while deep, infrequent watering encourages robust root development.

Managing temperature extremes requires additional measures. During unexpected cold snaps or early frosts, gardeners should be prepared to protect their young plants with frost cloths or temporary coverings. During intense summer heat, the use of shade cloth can provide necessary relief, preventing sunscald on the fruit and reducing plant stress. Additionally, high winds may damage delicate tomato plants, so establishing windbreaks or installing physical barriers can help to protect your tomatoes.

Even though the high desert may naturally reduce some pest pressures, vigilant monitoring remains essential. Regular inspection of plants

for pests such as aphids, whiteflies, or hornworms is important, and adopting integrated pest management practices—including the use of beneficial insects and maintaining good garden hygiene—can help control any outbreaks. While the reduced humidity tends to lower the risk of fungal diseases, periods of unexpected rain or higher humidity still call for proper plant spacing and pruning to enhance air circulation and mitigate disease risk.

Since high desert soils can lack essential nutrients, a balanced fertilization approach is vital. Applying a balanced fertilizer that includes nitrogen, phosphorus, and potassium ensures that tomato plants receive adequate nutrition. Add a calcium supplement, like fish bone meal, to encourage fruiting and avoid blossom end rot.

Ultimately, growing tomatoes in the high desert is a venture that requires careful planning and adaptation, but the rewards are well worth

RECOMMENDED 2025 TOMATO VARIETIES

Beefmaster, Beefsteak, Black Krim, Brandywine Red, Bush Champion II, Bush Early Girl, Carolina Gold, Celebrity Plus, Cherokee Purple, Husky Cherry Red, Jubilee, Midnight Snack, Mortgage Lifter, Patio, Purple Zebra, Red Grape, Roma, San Marzano, Sungold, Sunsugar, Supersweet 100, Sweet 100.

the effort. By selecting appropriate varieties, preparing the soil diligently, implementing efficient watering techniques, and taking proactive measures to manage temperature extremes and pests, gardeners can overcome environmental challenges and enjoy a thriving tomato harvest. Embracing the learning process inherent in gardening will lead

to continual improvements and ultimately, a bountiful garden in even the most challenging climates.

Moana Nursery is a premier gardening center with three locations. In South Reno, find them at 11301 S. Virginia Street or call (775) 853-1319. For questions or advice tailored to your garden, stop by any Moana Nursery and speak to one of the experts.

The Tomato's Tangled History: From Suspicion to Culinary Staple

The wild tomato originated in the Andes, mainly in Peru and Ecuador, and was likely domesticated in pre-Columbian Mexico. Its name comes from the Náhuatl word *tomatl*. Introduced to Europe by the Spanish in the 16th century, it was first embraced as food by the Spanish and Italians, while northern Europeans grew it as an ornamental plant, wary of its relation to poisonous nightshades. The Italians called it *pomodoro* ("golden apple"), suggesting early European tomatoes were yellow. The French name *pomme d'amour* ("love apple") may stem from its supposed aphrodisiac properties or a misinterpretation of *pomme des Mours* ("apple of the Moors"), referring to its relation to the eggplant.

Source: Britannica.com



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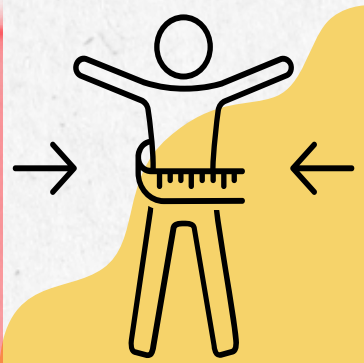
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