

# Fundraising with a View: Sky Tavern’s Anti-Gala Champions Outdoor Access for All.

By Rick Reed

Sky Tavern is turning up the heat this summer with a dynamic lineup of community events and fundraisers—all in support of its mission to make outdoor adventures accessible to everyone. Topping the non-profit’s calendar is the debut of the Why We Sky Anti-Gala on August 9—a bold, high-energy twist on traditional fundraising that trades tuxedos for trail shoes and ballrooms for breathtaking mountain views. This unforgettable day-long celebration features live music, delicious food and drinks, scenic chairlift rides, mountain biking, and a moonlit headline concert.

“We want to showcase what the mountain has to offer for the entire community,” said CEO Pat Cashell. “We’re breaking down barriers to achieve our mission of outdoor recreation for all. All are invited to attend and experience Why We Sky.”



Summer is also prime time for mountain bikers to improve their skills. Sky Tavern’s Riders in the Sky skills clinic program continues through September with on-trail sessions for youth (ages 8+), women-inclusive, and open from beginner to advanced. And while summer is in full gear, winter is never far from mind at 8,000 feet. The beloved Learn to Ski and Snowboard family program is already gearing up, with season passes on sale now. Scholarships are available to ensure that cost is never a barrier. Don’t forget that Ski Tavern can be rented for events year-round. 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](http://www.skytavern.org) for more information.

# Reliving a Legacy: Chautauquan Brings Jessie and John Frémont’s Story to Galena Creek Park.



By Steve Hale

On August 8 th Maj. Gen. John C. Frémont returns to Galena Creek Park to reminisce about his wife Jessie Benton Frémont and the whirlwind journey life that germinated their legacy as America’s power couple of the 19 th Century. Jessie Benton Frémont was the well-educated feisty daughter of Thomas Hart Benton, the powerful Senator from Missouri. Fortuitously, in 1841 she married Lieutenant John Charles Frémont at seventeen years old but soon demonstrated a

maturity that belied her young years. For over 40 years she provided unwavering support raising three children while her husband was away becoming famous leading Western expeditions as our nation’s “Great

Pathfinder”. Her expertise editing of his popular expedition Journals was the catalyst for the Manifest Destiny mass migration of tens of thousands across the West. She proved to be her husband’s inspirational motivator and political advisor using both to craft and bolster his political career. Early on she adopted her parents’ anti-slavery stance e.g. which eventually led to a face-to-face tense late night White House meeting with President Abraham Lincoln foreshadowing emancipation during the

Civil War. Jessie defied 19 the Century gender norms. While her visibility shocked some people, her intelligence and articulate writing skills impressed most, creating a reputation as a states woman in a time women couldn’t vote. When the Frémonts ascended as the nation’s foremost popular couple, the newly formed Republican Party nominated her husband as its first Presidential candidate.

continued on page 2

## Letter From the Publisher

It’s an honor to carry forward a Northern Nevada tradition. For over two decades, Richard Keillor has vividly captured the people, beauty, and businesses of this remarkable region on the pages of The Galena Times. Spend just a few minutes with Richard and you’ll understand his deep affection for this place. Through a collection of local stories, he’s helped all of us appreciate this area just a little more. When Richard shared that he was looking for a partner to help carry on the legacy of The Galena Times, I didn’t hesitate. While he’s not going anywhere (thankfully), I’m excited to have the chance to join him in this endeavor and continue what he started. My background is in printing, and I’ve been fortunate to expand some business operations in the Reno area over the past few years. Becoming involved with The Galena Times is a meaningful way for me to deepen those roots and give back to the community I’ve come to admire. In this issue, find invitations to unusual fundraising events, delightful recipe and delicious wine

suggestions. Learn more about local history, high desert gardening tips, and general advice on health and wellbeing from local experts. Please keep sending us your story ideas and event invitation so we can continue to create a sense of community with these pages. Thank you for letting me be part of this journey. I look forward to honoring the stories, landscapes, and people that make this part of Nevada so special. Cheers! – Kasey Cotulla [Galenatimes@deltaprintgroup.com](mailto:Galenatimes@deltaprintgroup.com)



A moment of transition: Kasey Cotulla (left) shakes hands with Richard Keillor, as he takes over the reins as publisher of the Galena Times.

**Maj. Gen. John C. Frémont Reminisces**  
Chautauquan Steve Hale historical character reenactment live and in period costume  
**Friday, August 8th, 8-9pm**  
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Jessie and John Frémont’s Story *continued from cover*

Jessie showed her commitment to the anti-slavery platform while garnering public support and protecting her husband from the opposition’s attacks. Campaign crowds shouted, “Let us see Jessie” and sang the song “We’ll Give ‘Um Jessie”.This

popular public persona continued throughout her life. She advocated for women’s rights, supported influential abolitionists, traveled with her husband, and authored his Memoirs. She demonstrated that women were capable of equal rights of citizenship and full participation with their male counterparts in politics, business and family life.

In modern times there is little wonder why many historians compare Jessie Benton Frémont to the 20 th Century’s Eleanor Roosevelt.

*Steve Hale has been performing live reenactments of pivotal historical figures, in costume and first person, from the West and Lake Tahoe region for over two decades. For more information, visit [ComstockCharacters.weebly.com](http://ComstockCharacters.weebly.com)*





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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.**

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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# Judge Less, Love More



Liesa Leggett Garcia

By Rev. Dr. Liesa leggett Garcia

If you're online these days, and who isn't, we are constantly bombarded with requests for feedback: "Tell us what you think!" We check off boxes as to how the service was, how clean the environment was, how friendly people were. What was the quality of the merchandise or the meal or the service? How likely is it that you'll come back and why, how likely is it you'll tell a friend—why or why not? And on and on and on. And everyone offers a review, telling what they think.

Before I click on a movie to watch, I read the reviews—what did others think? Did others like it? What did they like about it? If enough other people liked it, gave it five stars, I'll watch it. Same thing with a book. How many stars? Okay, then I'll read it. Ordering, say, vitamins?

What do others think about them? Oh. Cheap packaging. Never mind. Next!

These days, everyone is expected not only just to give feedback, but to be a critic. What did you like, what didn't you like, and why? Everything! This open-ended invitation can serve as a silent, anonymous form of retaliation—something the person might never say face-to-face. It's an invisible way to be snarky, to get your say. When do we need to judge? Actually, all the time. Take this path or that. Be friends with this person or that. Partake in this activity or that. In fact, developing good judgment is necessary on a daily basis.

Yet, I've read books and watched movies and eaten meals and bought products that were panned by the amateur and professional critics, yet I loved. And I think, what if I had paid attention to those reviews and stopped myself from watching, reading, eating or experiencing that thing? One size does not fit all. How is my judgment—and by extension, the value I place on others' judgment—affecting what I let myself experience?

Most of the time, our being judgmental keeps us separated from experiencing something new, different, and potentially wonderful. All the energy we spend on judging could be spent on feeling good and making a positive difference in the world.

Mother Teresa said, "If you judge people, you don't have time to love them." If we are quick to pass judgment on others, we forget that they, like us, are human beings. As we seldom know what roads people have traveled, maybe we should give them the gift of an open heart. Doing so allows us to replace criticism with appreciation because we can then focus wholeheartedly on the spark of good that burns in all human souls.

*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).*

# From Omaha With Wisdom: Three Timeless Lessons for Small Business Owners from Warren Buffett

By Kasey Cotulla

In early May, I checked off a long-time goal on my business owner bucket list: attending the Berkshire Hathaway Annual Shareholders Meeting in Omaha, Nebraska. Alongside 40,000 fellow shareholders, I spent two days soaking in Midwestern hospitality and timeless business insights from one of the greatest investors of all time—Warren Buffett.

My first afternoon was spent exploring the massive CHI Health Center, where Berkshire-owned companies like See's Candies, Dairy Queen, Brooks Running, GEICO, and Duracell had set up booths. Each brand represented something Buffett values deeply: steady cash flow, smart leadership, and long-term consistency.

The next morning, Buffett took the stage, answering questions for hours with his signature wit and humility. But it was the final five minutes that left the strongest impression—he quietly announced that he plans to step down as CEO at age 95. The crowd stood in heartfelt applause, a tribute to a lifetime of integrity and impact.

As a small business owner, I left Omaha with three

timeless Buffett takeaways that apply to any enterprise, big or small:

**1. Stick to what you know.** Buffett has always emphasized staying within your circle of competence. For small business owners, this means building on your strengths and not chasing trends you don't fully understand.

**2. Hire well—and keep great people.** Buffett says he looks for integrity, intelligence, and energy in his managers. Once you find people who embody those traits, empower them and hold onto them.

**3. Think long-term.** Whether it's customer relationships, brand reputation, or business investments, Buffett urges owners to play the long game—and avoid shortcuts that might damage trust.

Perhaps most touching was a sentiment Buffett shared near the end: "The luckiest day of my life was the day I was born in the United States." That statement hit home for me. As a small business owner, I feel incredibly fortunate to build something meaningful in a place where opportunity, while not guaranteed, is always possible.



Kasey Cotulla, attended the iconic Berkshire Hathaway Annual Shareholders Meeting..



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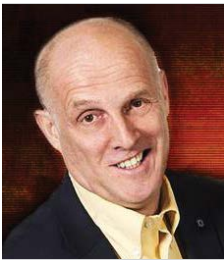
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# Renown Ushers in New Era for Rare Cancer Care



Dr. Max Coppes

**By Max Coppes**  
Many people are familiar with the more common cancers, such as breast, colon, lung, or prostate, and their treatments.

Because they are so common, there is a generally agreed upon way to diagnose and treat them. But what happens when a cancer is very rare, does not manifest itself predictably, and often goes undetected for years? That's the case for neuroendocrine tumors (NETs), a group of uncommon cancers that arise from cells with both nerve and hormone-producing functions.

NETs can occur almost at any location in the body, but they are found most frequently in the gastrointestinal tract, pancreas, and lungs. They're often slow growing, but that doesn't make them harmless. Symptoms can be vague, like abdominal pain, fatigue, flushing, or diarrhea. As a result, these symptoms are often misattributed to more common issues like inflammatory bowel disease or anxiety. Consequently, many NETs are diagnosed late; unfortunately, sometimes after they've already spread.

Despite their complexity, we have come a long way to understanding and treating these unique tumors. A key element of this progress? Medical oncologists who chose to focus on

expanding our insight into these rare tumors and subsequently developed multidisciplinary teams to study and treat NETs.

Because NETs often straddle the line between multiple organ systems and specialties, research has shown that patients benefit most when they're evaluated, monitored, and treated by a dedicated, collaborative team who have NET expertise. We are fortunate that one of our medical oncologists, Dr. Katharine Thomas, gained considerable experience and expertise in studying and managing NETS during her training.

Dr. Thomas will lead the newly launched Neuroendocrine Tumor Program at Renown Health's Pennington Cancer Institute is designed specifically to provide personalized and coordinated care for patients with NET. This effort brings together expertise from surgery, medical oncology, and radiation oncology in one cohesive team.

Leading the surgical component are Dr. Nick Manguso and Dr. Alicia Gingrich, both experienced in complex oncology surgeries. Whether a patient needs a delicate pancreatic resection or a liver-directed treatment, these surgeons are at the forefront of NET care.

For systemic treatments like somatostatin analogs, peptide receptor radionuclide therapy, targeted therapies, or chemotherapy and immunotherapy, patients will work closely with Dr. Thomas. Her evidence-based approach

to managing these rare tumors and the unique issues that these tumors bring long term, will be invaluable for the patients managed by this new program. Finally, when radiation plays a role, whether for symptom relief or local tumor control, Dr. Suchit Patel, one of our radiation oncologists, ensures the latest techniques are applied with precision and care.

Together, this team meets regularly to review patient cases to ensure that every treatment plan reflects the most current knowledge and is tailored to the individual's precise tumor biology, symptoms, and goals.

So, what does this mean for our community? If you or a loved one has

been diagnosed with a NET, it may be time to connect with a team that truly understands this complex disease. Our multidisciplinary NET program is here not only to provide the most up to date, cutting-edge treatments but also to guide, educate, and support patients through their unique cancer journey. Renown Health's Pennington Cancer Institute is here to help.

*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.*

# Lingering in the Shadows: Long-Term Consequences of Concussions

**By James A. McLennan**

Mild traumatic brain injury (mTBI), commonly referred to as a concussion, is often underestimated as a minor head injury. While many individuals experience a rapid recovery, the long-term consequences of even a mild concussion can be substantial, potentially leading to persistent and debilitating mental health issues. These can predispose individuals to mood disorders such as depression, anxiety, post-traumatic stress disorder, and treatment-resistant depression.

Additionally, mTBI may increase the risk of developing neurodegenerative conditions such as chronic traumatic encephalopathy, dementia, and Parkinson's disease. It is crucial to recognize that a concussion extends beyond a temporary headache, representing a complex injury with potential lasting neurological effects.

The misconception that mTBIs are benign arises from a limited understanding of the intricate biochemical and physiological changes initiated by the injury. Although initial symptoms may diminish, the trauma from a concussion triggers a cascade of events within the brain, disrupting normal cellular functions. This process is gradual, and over months or years, can result in neurobehavioral and cognitive changes. While inflammation is a natural healing process, in the context of mTBI, it can become excessive and prolonged, leading to a neuroinflammatory environment detrimental to neuronal survival. Ultimately, this cascade can result in programmed cell death of neurons.

Furthermore, a mild concussion can impair neurotransmitter production by affecting the body's capacity to synthesize key enzymes. These chemical messengers are critical for communication between brain cells, and

their depletion can significantly impact mood, cognition, and behavior.

The link between these physiological changes and mental health symptoms is becoming increasingly evident. Damage to brain structures involved in emotional regulation, memory, and cognitive function can manifest as depression, anxiety, and difficulty coping with stress. In some instances, the injury itself, along with lingering symptoms, can trigger or exacerbate PTSD-like symptoms, including flashbacks, hypervigilance, and emotional numbing.

A "mild" concussion should not be dismissed. The potential for long-term consequences, including permanent neurological damage, behavioral changes, mood disorders, and memory loss, is significant. These effects can profoundly impact an individual's quality of life, affecting their relationships, work, and overall well-being.

For those who have experienced a concussion, seeking medical attention is essential. A comprehensive evaluation by a healthcare professional specializing in brain injuries is crucial for accurate diagnosis and management. Early intervention and appropriate treatment can help mitigate long-term effects and enhance the likelihood of a full recovery. Do not disregard lingering symptoms. Understanding the complex interplay between the physical trauma of a concussion and its potential impact on mental health is the first step toward effective treatment and support.

Seeking help is a sign of strength and is vital for safeguarding long-term brain health and well-being.

*James A. McLennan, MD, was born and raised in Nevada. With additional training in neuroendocrinology, Dr. McLennan practices as a concierge family physician at Advanced Medical Arts in Reno. At TBI Help NV, he treats patients suffering from long-term consequences of traumatic brain injury.*

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# From Trails to Trauma: Pediatric Nurse Urges Helmet Use to Prevent Brain Injuries



**By Laura Dykins**  
As the days become longer and the temperatures begin to rise, many families are itching to get outside. There is no better way to enjoy the great outdoors than a family bike ride along Galena Creek. As you fill your backpacks with water, snacks, sunscreen and all the essentials, do not forget the most vital safety equipment—your helmet. Trust me, your head will thank you!

As former pediatric intensive care nurse and current nurse practitioner working for Renown Pediatrics, I know just how critical helmets are in the prevention of traumatic brain injuries and concussions.

Every year in our community, dozens of children are admitted to Renown's Pediatric Intensive Care Unit for monitoring and treatment following brain injuries. In fact, TBIs are the leading cause of pediatric trauma-related admissions to the PICU, responsible for nearly half of all trauma cases in children.

Many of these accidents occur from falls or collisions while riding bicycles, skateboards or rollerblades. Though not every accident will result in hospital admission, even a seemingly minor head injury can lead to long-term effects like headaches, cognitive impairment, memory issues, or physical disabilities.

Many Nevadans enjoy exploring the desert with their ATVs and UTVs. Do you still need a helmet for these vehicles? The answer is, "Yes!" The Nevada desert is often rough, uneven, and unpredictable. Helmets can



Kids practicing helmet safety during the summer—learning smart habits for every ride!

be protective against flying rocks, branches, and bugs that can hit you at high speed. The use of helmets can significantly reduce the risk of TBI or death in case of a

crash or rollover. "Ughhh, but my helmet is so uncomfortable—I hate wearing it!" Have you heard this before? Parents know the challenge of getting their children to wear a helmet consistently, so here are a few pointers to ensure that you and your family can have a fun, safe summer on wheels.

**Make Helmets Fun:** Choose helmets with cool designs, favorite characters, or colors that appeal to your child. Many kids are more willing to wear something that reflects their personal style.

**Set a Consistent Example:** If parents wear helmets themselves, kids are more likely to follow suit. Walk the talk!

**Educate About Safety:** Teach children about the risks of head injuries and how helmets can help prevent them. Use age-appropriate information to make it understandable and relatable.

**Ensure Comfort and Fit:** Make sure the helmet fits properly and is comfortable to wear. Adjust the straps and try different designs to find the best fit for your child. Be Firm, but Supportive: Consistently enforce the rule that helmets are a must for safety and also offer praise and positive reinforcement when they wear it.

Whether in town or exploring the beautiful outdoors, wearing a helmet reduces the chances of injury and can help ensure long-term brain health for your growing child. Get outside and enjoy your summer – just make sure to pack your helmets.

*Laura Dykins, APRN, is a Pediatric Nurse Practitioner, at Renown Medical Group. She practices at Renown Children's Primary Care, 745 W Moana Lane, Reno.*

# Free Your Feet: The Surprising Health Benefits of Going Barefoot This Spring

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**By Ryan Golec**  
Spring has arrived in Reno-Tahoe, inviting us all to step outside and soak in the region's natural beauty. But why not take it a step further—literally? Kick off

That means muscles and nerves in the feet control a quarter of the skeleton. You want that system to be strong and active. Shoes can often reduce muscle and nerve activity in the feet and drive the muscular activation up the leg. That can lead to issues of the Achilles tendon or the knee. Strong feet are like the long, strong roots of a tree. You need a robust root system for the health of the tree.

your shoes and connect with the earth beneath your feet. Walking barefoot, also known as "earthing," offers surprising health benefits and a deeper sense of connection to the world around you.

Lastly, the connective tissue and proprioceptive structures are performance powerhouses. How you move, balance, and change direction starts at the ground. Several little muscles activate in the feet before any large movement happens. Whether you walk, run, skip, or jump, your feet are like little movement leaders. They start the process and guide the way. They also add force output that you may be missing in a soft shoe.

Aside from reducing pain and inflammation, walking barefoot in grass can reduce stress, anxiety and improve sleep. All winter, our feet were squished into shoe jail. While hyper-cushioned boxes are designed for comfort and "performance," often they are holding back our feet's true potential.

I'm not saying you need to run barefoot or that putting your feet on the ground will fix your Achilles tendonitis or bunions. What I am saying is: Attend to your feet with love, freedom, and exercise, and they might just show you some love back. We are only as strong as our weakest link.

Feet are loaded with muscles, sensory nerve endings, proprioceptive structures, blood vessels, and force-conducting connective tissue. To work properly, they all require stimulation and activity. But shoes often reduce the functions of our feet. So what does that mean?

*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.*

First, blood and lymphatic movements are vital to keeping tissues healthy and waste eliminated. By getting your bare feet working, you get this process started from the ground up. It is a great way to help get feet moving with blood and help eliminate any swelling.

Second, wake up all those little nerve endings and muscles. 25 percent of the bones of the body are in the feet.

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# Brushing Up on Summer: Smart Dental Habits for Kids



Gilbert A. Trujillo

By **Gilbert Trujillo**

I don't know about you, but I'm more than ready for sunshine, long evenings, and all the fun that comes with warmer

weather. As we dive into summer, here are a few helpful dental health tips for parents to remember.

When school's out, daily routines often go out the window. Kids stay up later, sleep in longer, and their activities shift away from the structured school day. Instead of fighting the change, embrace the new schedule by building a fresh routine that includes regular brushing and flossing. Once you know what your child's summer days will look like, carve out consistent time for their oral care.

Of course, summer also means more sugary snacks, sodas, ice cream, and cool treats. While they're delicious, your child's teeth won't thank you. These sugary, starchy foods feed the bacteria in the mouth, leading to acid production—and that's what causes cavities.

Try to limit how often and how much your child indulges in these treats. At our house, when our grand twins visit, we make a habit of brushing after every meal or snack. It's not always convenient, but it's a lot easier than dealing with cavities at the dentist.

Another thing about summer—kids suddenly turn into adventure seekers. Whether they're riding bikes, bouncing on trampolines, or diving into pools, summer fun can come with risks. If your child plays sports or engages in activities where falls are possible, be sure they wear a well-fitted sports mouthguard to help prevent dental injuries.

If a dental accident does happen—like a chipped or knocked-out tooth—call your pediatric dentist right away. At Growing Smiles, we manage dental traumas and are part of a call group, so you always have access to a pediatric dentist. Many times, if the injury is purely dental, ER or urgent care will refer you back to your pediatric dentist. It is a good idea to call your pediatric dentist first, possibly saving you time and frustration.

We hope these tips help you and your family enjoy a safe, healthy, and joy-filled summer. These are the moments that make the best memories—cherish them, because they fly by.

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

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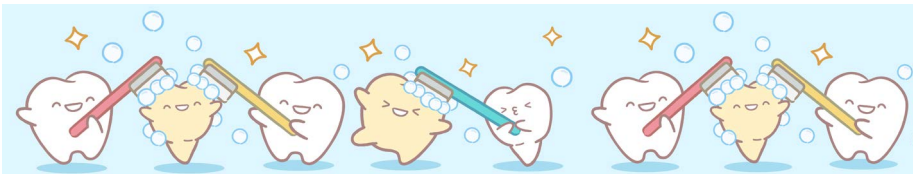


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# Seafood Simplicity: This Make-Ahead Cioppino Is Big on Flavor, Not Fuss



Michele and Beth Carbone

**By Michele and Beth Carbone**

I was in San Francisco in a famous Italian restaurant many years ago and saw a menu item called Cioppino. I had never heard of it. Out of curiosity I ordered it.

It was a variation of a classic Southern Italian fish soup in a tomato base, but they had used too much tomato. I decided to re-create the soup and since then I have served it many times to friends and family.

You can use just about any combination of seafood to make a fish soup, but the essential ingredients are the squid, mussels, and shrimp. Fishermen like using small fish, but they are full of bones. So, the recipe I use has no bones; nobody chokes, and it is delicious.

This recipe is best when prepared a day before you wish to serve it because the flavors blend together over time. I suggest you make it in abundance since it will be good for a couple of days. It takes only a few minutes to prepare!

## Ingredients

- ½ bunch fresh, flat-leaf Italian parsley, chopped
- 3 cloves garlic

- 1/3 chopped onion, red
- Hot small Calabria or Thai peppers (1 or more)
- ¾ cup extra-virgin olive oil
- 1 sprig of fresh rosemary
- 1 box of Pomi (750g) chopped tomatoes or homemade canned tomatoes and fish broth (see below) or water
- 1.2 pounds of squid (tubes and legs; slice the tubes into ½ inch segments)
- Two large shrimp per person, shells on, but with the backs sliced
- 1 ½ pounds of fresh mussels –the most critical ingredient!
- ¾ pound fish steak, such as swordfish, Marlin, tuna, Ono, or any fish that has a firm texture and cut 1 inch thick. Cut in cubes of about 1 inch.
- ½ pound of sea scallops
- 2 - 4 soft shell crabs (optional, if in season)
- 1 cup dry white wine
- 2 cups fish broth (optional)
- Salt and pepper to taste

## Preparation

1. In a large heavy-bottomed pan with a cover, gently sauté the cloves of crushed garlic in about ¾ cup of extra-virgin olive oil. Remove the garlic cloves as soon as they take on color.
2. Add the squid to the skillet together with the chopped parsley, hot pepper, and chopped red onion. Cook for 2 minutes, mixing often. And no, I

do not take out the “pink water” that comes out of the squid here.

3. Add the rest of the seafood to the pan and cook for 2 more minutes, mixing often.
4. Add 1 cup of dry white wine. Cover the pan for 1 minute.
5. Remove the cover and allow the wine to evaporate for about 30 seconds.



**Suggested Wine Pairing:**  
Arneis, Gavi, Greco di Tufo, Vermentino, no more than 2 years old, cold. Some people recommend red wine with a fish soup. Taste is taste! If you like a red wine, try a good Cirò, Chianti, Barbera, or Pinot Noir!

*Michele and Beth Carbone maintain a website with all their recipes in both English and Italian. Visit [www.michelecarbhone.org](http://www.michelecarbhone.org) to search for any recipe by keyword. And, as always, they value your feedback.*

# From Party Trick to Palate Pick: Exploring Wine Varietals Around the World

**By Joseph Grzyski**

This past winter, I attended a birthday party with a twist: a blind wine tasting focused on learning, not just guessing. Instead of identifying specific producers or vintages like a sommelier might, guests explored grape varietals and their countries of origin. Each person received a list of possible varietals and producing countries. There were two flights each of red and white wines—three wines per flight, all from the same varietal and country. The goal: identify both and rank them by price.

This format was a fun, educational way to understand how the same grape can express itself differently depending on terroir. For instance, Syrahs from France, California, and Australia taste vastly different, as do Sauvignon Blancs from Sancerre, Marlborough, and Austria's Steiermark. Tasting them side by side revealed just how much geography influences flavor.

In the spirit of that birthday party, I went to Craft in Reno and bought two Grüner Veltliners from Austria. The 2023 Sohm and Kracher is \$20 and perfect for summer. Chill this great, easy-to-drink wine and enjoy during your favorite daytime activity. It is floral, refreshing, and a moderate 12.5% by volume alcohol. The best part -go now before they sell out- you get 1 full liter not 750 ml. This wine is fantastic at that price and volume.

The next Grüner was an aged 2016 from Bründlmayer. The wine is more sophisticated, the color is deeper straw yellow with fantastic minerality, nice acid with citrus undertones, and more perfume. This can be consumed with some appetizers any alpine cheese. Try blind tasting these wines... get a partner and see if you can tell the difference.

I also picked up two California pinot noirs. The

2022 Saint Georges pinot noir by Birichino from the central cost. I often find California pinots to be overly ripe, too high in alcohol, and lacking the delicacy characteristic of this varietal. This wine is a fantastic smash hit for \$34. It is not picked too late, has nice body but a beautiful nose of flower petals, and fruit with no hint of alcohol (common in poorly made Pinot). The wine is aged before bottling in neutral barrels – so you know the winemakers really wanted the fruit to sing. There was no need to run the song with oak or additional tannin. I will return to Craft to buy more.

The 2020 Presqu'ile Pinot from the famous Bien Nacido Vineyard (time to re-watch the Sideways, the movie that put Santa Barbara County on the wine map). This wine highlights the difference between terroir—Santa Cruz mountains of Birichino to this Santa Maria Valley wine. The wine is also twice as expensive at \$70. But... you do get what you pay for here; this is a beautiful, balanced wine with deep cherry color, a much more fruit forward nose and long finish. If you like a bigger Pinot or want to pair a wine with a more substantial entrée, then this is your wine. It is a fantastic California Pinot Noir. You cannot go wrong with any of these incredible wines that celebrate the varietal and the country of origin. Enjoy.

These wines are available at Craft, 22 Martin Street in Reno.

*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.*







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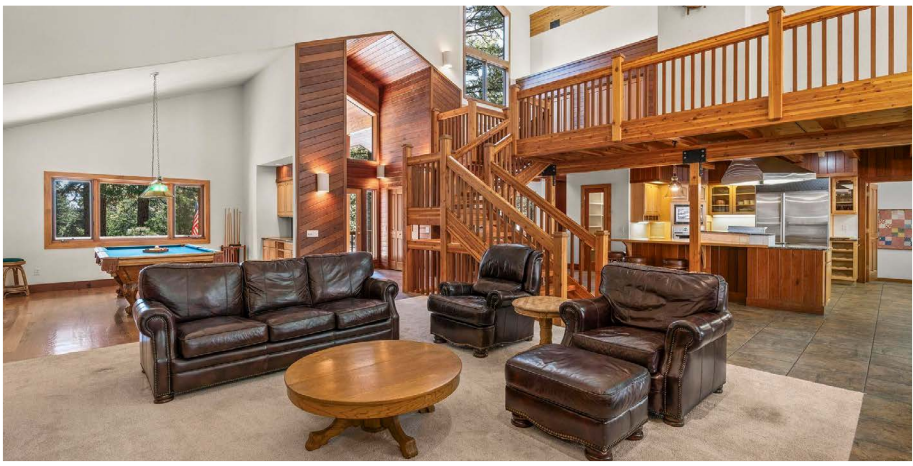
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# Beneficial Bugs in the High Desert: Attracting Allies for a Thriving Garden

Submitted to the Galena Times

One of the most effective ways to improve your garden's success is by welcoming beneficial insects into your landscape. These tiny allies play vital roles in pest control, soil health, and pollination, helping your plants thrive while reducing the need for harmful chemicals. Here's a guide to beneficial bugs like earthworms, ladybugs, praying mantids, lacewings, and beneficial nematodes—along with tips on how to attract them to your high desert garden.

## Earthworms: Soil Engineers of the Desert

Earthworms are one of the best allies for gardeners, particularly in the high desert, where the soil can often be dry and compact. They play a critical role in improving soil structure and fertility.

- **Impact on Your Garden:** Earthworms tunnel through the soil, aerating it and allowing water and nutrients to reach plant roots more easily. They also break down organic matter, such as fallen leaves and compost, into nutrient-rich humus, which improves soil texture and provides essential nutrients for plants.

- **How to Attract Earthworms:** To encourage earthworms, enrich your garden soil with plenty of organic material like compost, mulch, or decomposed manure. Avoid over-tilling the soil, as this can disturb earthworm populations. Keep the soil consistently moist (but not soggy) and ensure good drainage. You can also purchase earthworms to quickly introduce them to any garden environment.

## Ladybugs: Natural Pest Control

Ladybugs (or ladybird beetles) are well-known for their appetite for aphids, mealybugs, and other soft-bodied pests that can damage plants.



A Convergent Lady Beetle

- **Impact on Your Garden:** Ladybugs are highly effective in keeping aphid populations under control. A single ladybug can consume hundreds of aphids in a single day, which helps protect your crops from these harmful pests. They also feed on mites, whiteflies, and other garden pests.

- **How to Attract Ladybugs:** To attract ladybugs to your garden, plant nectar-rich flowers like dill, fennel, or yarrow. These plants provide food for ladybug larvae. You can also purchase ladybugs and release them in areas where aphids are a problem.

## Praying Mantids: Stealthy Hunters

Praying mantids are another fascinating beneficial insect that can help control pests in your garden.

- **Impact on Your Garden:** Praying mantids are generalist predators, meaning they will eat a wide

variety of garden pests, including aphids, beetles, caterpillars, and even small rodents. They are patient hunters, waiting for prey to come within range before striking with their powerful forelegs.



Clusters of aphids on a Trumpet Vine

- **How to Attract Praying Mantids:** To encourage mantids, plant dense, perennial plants such as asters or goldenrod that provide shelter and hunting grounds. You can also purchase praying mantid egg cases (ooths) and place them around your garden to encourage their presence.

## Lacewings: Tiny, Efficient Predators

Lacewings are another effective natural pest control agent, especially known for their ability to target aphids, thrips, and whiteflies.

- **Impact on Your Garden:** Lacewing larvae are voracious predators of aphids and other soft-bodied pests. They feed on these pests in large quantities, helping to keep your garden free of harmful insects. Lacewing adults also pollinate flowers while feeding on nectar.

- **How to Attract Lacewings:** Planting flowers such as daisies, marigolds, and yarrow will attract lacewings, as they are drawn to nectar. You can also introduce them to your garden by purchasing lacewing eggs or larvae and releasing them near pest hotspots.

## Beneficial Nematodes: Micro-Helpers Beneath the Soil

Beneficial nematodes are microscopic organisms that can provide highly effective pest control, particularly for soil-dwelling pests.

- **Impact on Your Garden:** These nematodes are natural predators of harmful insects like root weevils, root maggots, and grubs. They infect these pests by entering their bodies and releasing bacteria, which ultimately kills the pests. Beneficial nematodes are especially helpful for controlling pests that live in the soil, preventing them from damaging plant roots.

- **How to Attract Beneficial Nematodes:** You can introduce beneficial nematodes to your garden by purchasing them and applying them to the soil in moist conditions. Make sure to follow instructions for proper application, as they are most effective when introduced during specific stages of pest development.

## Attracting More Beneficial Insects to Your Garden

In addition to introducing specific insects, there are several ways to create a welcoming environment for beneficial bugs in your garden.

### 1. Water Sources for Bees and Other Pollinators:

Pollinators like bees, butterflies, and hummingbirds are vital for fruit and vegetable production. To attract these creatures, provide a water source, such as a small birdbath or a shallow dish with pebbles that bees can land on. Keep the water clean and fresh to make it appealing to pollinators.

2. **Hummingbird Nectar:** Hummingbirds are excellent pollinators, especially for flowers with tubular shapes. You can attract them by planting nectar-rich flowers like trumpet vines, salvia, and honeysuckle. Alternatively, provide a nectar solution, Moana Nursery offers free nectar and refills from April-September.

3. **Planting Pollinator-Friendly Flowers:** In addition to attracting insects, planting a variety of flowers that bloom at different times throughout the year ensures a continuous food source for pollinators. Plants like lavender, sage, and sunflowers are especially well-suited to desert environments and provide nectar for both bees and butterflies.

4. **Providing Shelter:** Create habitats for beneficial insects by leaving some areas of your garden undisturbed. Piles of leaves, logs, or rocks provide shelter for insects like ladybugs, lacewings, and mantids. You can also set up insect hotels made from bamboo or hollow stems to offer additional shelter for pollinators and other beneficial bugs.



Ladybug larvae on a Butterfly Bush

In the high desert, where water and soil can be scarce, beneficial bugs are invaluable allies in maintaining a healthy garden ecosystem. By introducing earthworms, ladybugs, praying mantids, lacewings, and beneficial nematodes, and by creating a welcoming environment with water sources and pollinator-friendly plants, you can foster a thriving garden that requires fewer chemicals and less maintenance. These insects not only enhance the productivity of your garden but also play a crucial role in supporting the local ecosystem. By encouraging beneficial bugs, you're helping to ensure a balanced and sustainable garden for years to come. Happy gardening!

*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.*



# Turn the Page on Summer: Read, Play, and Explore with South Valleys Library

By Brad Bynum

School's out for summer! But, with apologies to Alice Cooper, that might mean no more teachers' dirty looks, but it doesn't have to mean no more pencils, or no more books. In fact, it might mean more books.

Summer is a great time to read because it's time to read the books you want to read. Choose your own adventure! For all ages — from preschoolers flipping through board books to retirees challenging themselves by tackling daunting literary classics — there are few pleasures in life more consistently rewarding than sitting in the sun, preferably near a beautiful body of water, with a cool beverage and a good book.

So, where to go to find the perfect beach book? The library, of course!

Every year, Washoe County Library, along with other libraries all across the country, hosts a Summer Reading Challenge. From June 1 through July 31, participants can earn free books just by reading and attending library events. The theme of the challenge this year is "Color Our World," highlighting the creativity that comes alongside reading. Readers

of all ages and abilities are welcome to participate.

At the South Valleys Library, the challenge starts with a bang at our Summer Reading Challenge Kickoff Party at 3.30 pm on June 3. Join us for fun activities and get started turning pages and winning prizes. For more information about our Summer Reading Challenge, including our kickoff party and other events at the South Valleys Library and throughout Washoe County, visit [washoelibrary.org/summerreading](http://washoelibrary.org/summerreading).

But the excitement doesn't end there. Washoe County librarians will be out and about all summer long at various events throughout the community. Some of our favorite summer collaborations are the family-friendly outdoor story times at the Wilbur D. May Arboretum & Botanical Garden. Celebrate early literacy with stories, movement, and music followed by fun crafts. For dates and more information, visit [washoelibrary.org/arboretum](http://washoelibrary.org/arboretum).

Reading is always a focus at the library, but it's not the only activity we offer for you and your family to help keep your minds sharp during the doldrums of summer. For kids ages 6 and older,

we offer up engaging activities every week at our STEAM Thursdays at 4 pm.

Kids can have fun while learning more about Science, Technology, Engineering, Art, and Math.

To learn more about all our events this summer, visit our website, [washoecountylibrary.us](http://washoecountylibrary.us), or come by the library and pick up a copy of the Washoe County Library Explorer, our quarterly magazine. Turn summer brain rot into summer

brain bloom!

*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.*

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# Science Is Sweet: Sierra Nevada Journeys Incorporates Food Science in Classroom Lessons



Danielle Vitale

By Danielle Vitale

When we think of "science experiments," an image is often conjured of pristine white lab coats and high-tech equipment. However, when Sierra Nevada Journeys educators arrive at a school for a science lesson, there is no lab coat in sight. Instead, educators come armed with

pantry staples like flour, sugar, and yeast.

"With a bit of creativity, we can deliver complex lessons in earth sciences and biology to students by using items they may already have in their homes," says Corrie Calderon, senior program director at Sierra Nevada Journeys. "By using accessible materials, students can bring their knowledge home and easily replicate the lessons with their families."

In one lesson, students can be seen diligently adding flour and water to mason jars to create a sourdough bread starter. What was once a popular pandemic hobby is now a tool to teach students about environmental change. Students hypothesize how their starters may react if they are given rye flour instead of all-purpose



(Photo: D. Vitale)

Rock candy experiments are prepared for students to observe.

flour. Will they see their starter begin to bubble if they leave it by a sunny window? By replicating the effects of real environmental changes on a much smaller scale, educators successfully demonstrate complex topics like thermodynamics and biodiversity in ways that students can easily understand.

Another lesson prompts students to combine water and sugar to create rock candy. While some may grimace at the thought of giving students the free rein to create their candy, the lesson has a dual purpose. First, it demonstrates a critical step in the water cycle — evaporation. While students wait for their rock candy to form, they observe the rate at which the water evaporates from their candy mold and what is left behind. Next, they observe the crystallization process and watch how their candies might mimic the crystal structures of geodes.

It may be difficult to explain outright that crystals are formed by the reorganization of atoms into repeating patterns, but giving students a visual aid of the process, such as making rock candy, allows them to digest the information easily.

Science doesn't have to be intimidating.

With simple ingredients and imaginative instruction, Sierra Nevada Journeys empowers students to explore, experiment, and connect classroom learning to the real world.

*Danielle Vitale is the marketing and advancement coordinator at Sierra Nevada Journeys and a lifelong advocate of outdoor education. She enjoys working in her garden and perusing local bookstores. To find more at-home science activities, visit [sierranevadajourneys.org/athome](http://sierranevadajourneys.org/athome).*



Two Sierra Nevada Journeys educators feed sourdough starter, before returning them to the students for observation.



Sugar crystals begin to form in a student's rock candy experiment.



# Above It All: A Veteran Pilot's Journey from Arctic Missions to Tahoe's Tranquil Beauty

By Tom Phillips

"It has to be there somewhere", the copilot interrupted my concentration. "Just fly the instruments," I said. "Leave the thinking to me!" We were flying into Kangerlussuaq Airport in Greenland. In the back of our C-130 Hercules was 25,000 pounds of supplies for the Air Force folks stationed in Thule, Greenland, and replacements for those lucky enough to have served their tour and due to rotate to some comparative garden spot like Minot, North Dakota.

"Beautiful place isn't it? Reminds me of a place I used to go with my parents on vacation."

"Yeah where?" asked the copilot.

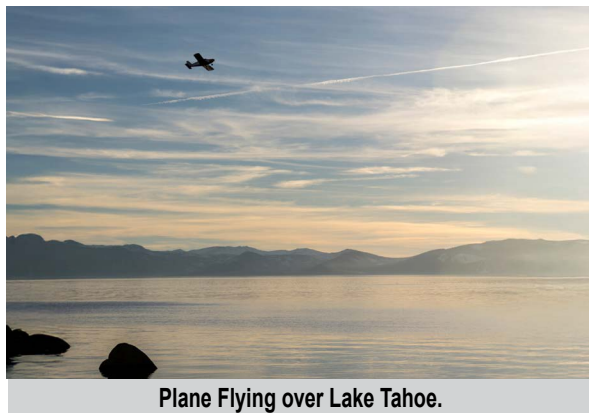
"Emerald Bay, on Lake Tahoe."

"I've been to Lake Tahoe, and it isn't anything like this," the copilot interjected impudently.

"They both are at the end of a fjord, they both have pine trees, and they're both beautiful," I argued.

"And Emerald Bay comes with a constant overcast and fog you can cut with a knife," he retorted. "And where are the pine trees?"

"Mere details, my inexperienced friend," I said. "And I'm pretty sure I saw one a mile or so back."



Plane Flying over Lake Tahoe.

"If there's any pine trees here, they must be covered in snow," the copilot finished the conversation.

Some people are not good at metaphors.

If you are not fortunate enough to enjoy the world's great tourist meccas like Greenland, perhaps you would relish an aerial tour of Emerald Bay. The two places are similar, but Emerald Bay offers nice weather, no glaciers, plenty

of pine trees, and no polar bears.

To experience the beauty and grandeur of Emerald Bay, look no further than Soaring NV at the Minden Airport, Minden, NV. They offer glider rides for two with a highly experienced pilot in the front seat as your guide.

The tow plane will pull you from Minden, over Heavenly Ski Area, past Stateline, NV, South Lake Tahoe, CA, and the South Lake Tahoe Airport on your way to Emerald Bay. The flight will amaze you as you sail noiselessly behind the towplane with only the sound of the air being pushed aside at 80 MPH.

As you fly over Emerald Bay State Park hikers and swimmers below will envy the view you have of the magnificent emerald-colored water. It's so clear you can see all the way to the bottom. You will explore natural wonders that hide from the earthbound. Maybe you will want to see them up close and personal when the glider ride is over. You will have an experience most have only in their dreams.

*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](http://www.mindensoaringclub.com) to learn how to fly gliders. For a reservation, contact Soaring NV at (775) 790-8041.*

## Defensible Space Starts With You: Keep Wildfire Risk Low This Summer Despite Budget Cuts

By Gary Weichert

While wildfire season no longer follows a defined calendar, summer and fall still bring the highest risk. If you've already completed your spring defensible space cleanup, ongoing maintenance should be simpler. But unfortunately, Truckee Meadows Fire & Rescue has had to pause its curbside chipping program due to a temporary halt in federal funding. That means we'll need to continue managing green waste and defensible space on our own for now.

Start by focusing on the immediate zone—the first 5 feet surrounding your home or any other flammable structure. This typically involves raking up leaves and pine needles and disposing of them in your trash. Be sure to check under decks and in corners where windblown debris tends to collect.

Still, this shouldn't stop our wildfire preparedness

efforts. If you have more green waste than Waste Management will pick up, contact the Galena Forest Community (GFC) for suggestions. We're working on finding an affordable chipping service and may organize a collective solution. If each household creates a manageable green waste pile and stores it safely, we can coordinate pickup once we reach a critical mass of participants.

Our community chipping program has gained momentum—let's not lose that progress. If you're unsure what steps to take to reduce wildfire risk on your property, don't hesitate to reach out. And remember: many insurance providers are now conducting formal inspections of defensible space. Beat them to it by being fully prepared. Resources are available on the GFC website, and we're happy to deliver hard copies if needed. Note: If you live in a homeowners association,

they may enforce stricter defensible space requirements than national guidelines. Be sure to comply with HOA standards.

Finally, summer is a great time to review your evacuation plan. Our early response to the Davis Fire was strong, but preparation can always improve. Visit [GalenaForestCommunity.org](http://GalenaForestCommunity.org) for evacuation tips and a link to the UNR evacuation checklist. Customize it to suit your household and keep it in an accessible place.

*Gary Weichert heads the Galena Forest Community Committee. Visit [GalenaForestCommunity.org](http://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*

## EVACUATION TIPS



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Pack as much as you can fit in the vehicle(s) you will drive away in, keeping in mind that what you take may be all you'll be left with. You're not trying to pack for a specific vacation, you are packing to start a new life (but hoping you aren't). So, take all the clothes you possibly can.

Leaving perishable food behind is not only silly, if you do get to come back home after several days or more, you'll come home to a spoiled mess. Pack all perishables in a cooler and take them with you. If your home doesn't survive, you'll be happy for over-packing. If your home was spared, you were merely inconvenienced by going overboard.

But if you under-packed and remain displaced for more than three days, you'll be more than inconvenienced by lack of clothing choices. And the odor of spoiled food in the house will ruin your mood.

[www.GalenaForestCommunity.org](http://www.GalenaForestCommunity.org)

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# Speak Up, Washoe: New Online Portal Makes Sharing Ideas Easier Than Ever

By Candee Ramos

Can you believe we're already halfway through 2025? It's a perfect time to check in on those goals you set back in January. At Washoe County, we're doing the same—especially when it comes to improving how we connect with you.

We want to make it easier than ever for residents to share their voices and shape the future of our community. Whether or not you have time to attend meetings or call 3-1-1, your input matters. We're working on better ways to hear it so we can continue to serve you and help you express your needs and wants to government decision makers.

That is why we created the newest tool in our communications toolbelt – the Community Input

Portal. Residents from various areas in unincorporated Washoe County can tell us how we can improve the quality of their lives using a simple, online tool that is available 24/7. Get in touch with us from the comfort of your couch; it is almost as simple as sending a text. For those in South Truckee Meadows, there is a portal just for you. When you visit the online portal and provide ideas, our team does a weekly review of input we received. Are there actionable ideas that we can implement? Are there general ideas from you to one of our many departments - parks, roads, libraries, animal services, senior care, voters office, or our numerous other departments - to take under advisement?

We take what we read in the Community Input Portal and direct those concerns or

ideas where they need to go. We encourage you to make it a goal of your own to ensure that your needs and wants are made known to your policymakers. Challenge yourself to use the Community Input Portal before the end of the year.

We all have ideas and suggestions for making life in northern Nevada better – bring those to light in 2025! How do you get there? **Visit [www.WashoeCounty.gov](http://www.WashoeCounty.gov) and look for “Community Input” on the homepage, or visit <https://washoe-county-nv.civilspace.io/en>.**

*Candee Ramos is community outreach coordinator for Washoe County's Office of the County Manager. She can be reached at [cramos@washoecounty.gov](mailto:cramos@washoecounty.gov).*

# Trails, Teamwork, and Tenacity: South Reno's Youth Join Forces on Two Wheels

The Galena Mountain Bike Club

Those of us lucky enough to call South Reno home know just how much our geography and community has to offer. The Galena Mountain Bike Club is an ideal way to take advantage of both! Galena MTB is a club sport for middle school and high school students zoned for Galena High School. This year we are accepting a limited number of 5th graders as well. We welcome riders of all skill levels - from beginners to nationally competitive racers and everywhere in between. What better way to get to know the trails throughout Reno than on a mountain bike with friends enjoying the outdoors!

We are entering our tenth season in the National Interscholastic Cycling Association (NICA) Nevada North League. NICA's mission is to build strong minds, bodies, character, and communities through cycling. With this mission in mind, Galena MTB maintains

focus on the NICA values of Fun, Inclusivity, Equity, Respect and Community. Not only do we ride together all over the trails in south Reno and the Mt. Rose area, but we provide ample opportunities for our athletes to participate in the mountain bike community through races, trail building, and team meals. Through their participation, athletes get the benefits of building their fitness, making friends and, most importantly, having fun!

The season runs July through October with practices 3 weeknights per week. We participate in five race events in the Nevada North League with clubs from northern Nevada and the eastern Sierra. The season fee includes all five races as well! For more information or to join the club, please visit [galenamtb.org](http://galenamtb.org) and find the 'Contact Us' tab. If you know anyone with 5th-12th graders who are not zoned for Galena, they can **learn more at [www.nevadanorthmtb.org](http://www.nevadanorthmtb.org).**

We look forward to seeing you on the trails!

*Nikki Peterson is the race director for the Nevada North League. She has been involved with NICA since 2018. She is passionate about cycling, and even more passionate about getting #morekidsonbikes. With six years of experience as a Pro mountain biker and gravel cyclist, she understands the transformation as a person that happens from being on a bike.*



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- Activities, laughs, and memory-making galore

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[SierraNevadaJourneys.org/GrownUp](http://SierraNevadaJourneys.org/GrownUp)



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# Discover Nevada's Celestial Wonders

Submitted to the Galena Times

Travel Nevada invites stargazers on a 700-mile celestial journey, connecting two International Dark Sky Parks—Death Valley National Park and Great Basin National Park. Dubbed the “Park to Park in the Dark” route, this adventure is Nevada’s first official astronomy road trip and your ticket to the cosmos. There are plenty of incredible experiences to enjoy along the route, so drive from location to location and sightsee during the day, then use your nights to stargaze and sleep.

### Rockhounding by Day, Stargazing by Night in Gemfield

Start the trip near Goldfield at Gemfield, a dream for rockhounds searching for colorful gemstones by day and stargazing at night. With minimal light pollution, this remote spot offers breathtaking views of the Milky Way.

### Explore a Volcanic Wonderland on the Lunar Crater Byway

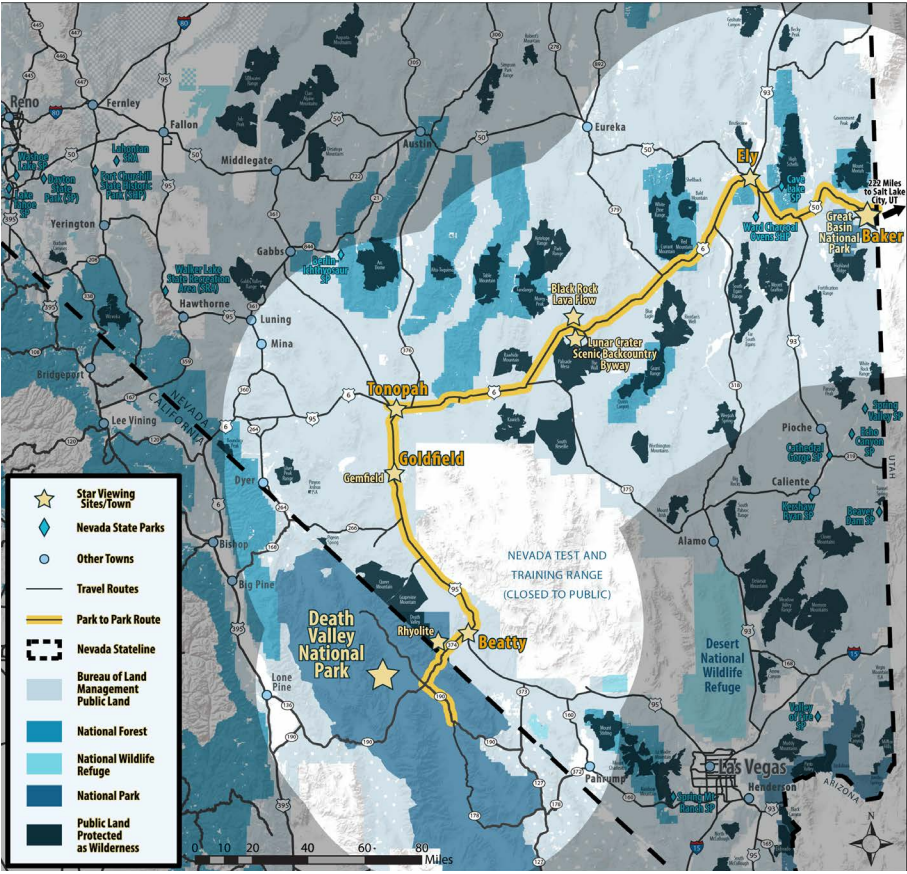
Next, take on the 18.2-mile loop through the Lunar Crater Byway, one

of only six designated National Natural Landmarks. Be sure to stop at Tonopah, located about 77 miles southwest, as it’s the closest town to this landmark. No matter if you stay to check out the uninterrupted darkness by night or just pass through by day, Lunar Crater Byway is a must-see gem in Nevada.

### Scenic Serenity on the Success Loop

Finally, the 40-mile Success Loop winds through lush forests, alpine meadows, and rugged peaks, offering a scenic escape for those seeking solitude. Located just east of Ely, this remote location provides unparalleled views of the night sky, making it an ideal camping spot for those looking to sleep under a blanket of stars.

With astrotourism surging by over 250% in the past year, travelers are seeking out destinations where the stars take center stage—and Nevada is leading the way. Whether you’re an experienced astronomer or a casual stargazer, the state’s dark sky destinations promise unforgettable encounters with the cosmos.

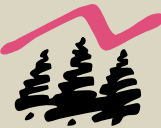


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Alexander Ayzengart, MD

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HEALTH



# LIVE EDGE SLABS OF RENO TAHOE



## Knot Your Average Furniture Shop

By Jack & Will Watchman, Owners of Live Edge  
Slabs of Reno Tahoe

When we opened our doors in November, we were excited to bring handcrafted live edge furniture to the Reno-Tahoe area. What we didn't expect was how quickly this town would remind us just how small—and special—the “Biggest Little City in the World” really is.

From day one, it's been a string of small-world moments. One client bought and lived in our childhood home after we moved down to Reno. Two clients, (next door neighbors) unknowingly bought tables from us a few days apart. Another client we met told us where they lived and recounted a story that Jack was a part of 20 years prior (his friend had lived across the street and they had chased a bear out of the neighborhood)!



At Live Edge Slabs of Reno Tahoe we make custom bespoke tables and more from sustainably sourced Costa Rican hardwoods. We offer a HUGE selection of highly grained, beautiful slabs of all shapes and sizes (need a 20 foot conference table from one piece of wood? We have it!).

As cheesy as it is, we have a lot of fun making the tables, but the real joy is connecting with people in the area and making new friends along the way.

Thank you all again for the support and we hope to see you in the shop soon!  
We are open Tuesday - Saturday 10AM-5PM.



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