

Nurtured by nature at Galena Creek Recreation Area

By Lisa Blauth

The rugged terrain of boulders, mountains, and forest makes Galena Creek Recreation Area the ideal location for students to take the lessons they learned in the classroom and understand them outside. They can explore the different types of weathering, the effects of erosion, and how the two natural processes work together to shape the earth.

Galena Creek Recreation Area is one of Sierra Nevada Journeys' field sites for Classrooms Unleashed and the Our Amazing Earth series, which is designed for fourth-grade students. But being immersed in the natural world, away from the busyness of city life is not only beneficial for youngsters.

"Galena Creek was a bit more isolated compared to some of our other field sites and it sits at a higher elevation so be prepared for varying weather conditions," says Kaitlyn Langan, an outdoor educator with Sierra Nevada Journeys. "It is enjoyable to have a quiet experience at Galena Creek as it lets me use more of my senses to connect with the forest around me."



Galena Creek Recreation Area invites young and old to spend time in nature to improve mental health, sharpen cognition, and learn new facts about the more-than-human world.



(Photos: L. Blauth)

According to the American Psychological Association, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation.

Langan recommends reading the signs at every trailhead which offer important information about the area. Whether you bring a child or come alone, Langan suggested starting with the Visitor Center Interpretive Trail. This

short, paved loop (0.4 miles) near the parking lot is one of the most accessible trails and invites hikers of all abilities to observe the flora and fauna around them.

"You might notice that some of the birds are different from the ones you normally see in town," Langan said. "That's because you are at a higher elevation and different species prefer different environments in which to live. I also saw that the squirrels were different, much smaller, and spent their time in the bushes instead of the trees."

One way of connecting to the natural world is by practicing observation skills and comparing the animals and plants you see in the Galena Creek area to the ones you normally see in the city.

Sierra Nevada Journeys' educators encourage bringing along a journal on hikes to write down colors and shapes of birds, plants, and other wildlife that you saw on your hike. Nature journaling is one of the many tools used in Sierra Nevada Journeys' style of teaching youth about environmental science.

It starts with asking yourself a few basic questions when observing your surroundings: What do I notice? What do I wonder about? What does it remind me of? From there, you can sketch pictures of what you see, and write thoughts about your experiences and discoveries.

Lisa Blauth is the marketing and communications director at Sierra Nevada Journeys. When she's not helping organizations share their stories, you'll find her walking her dog on the ditch trail, hitching up the trailer to go camping, or parenting a teenager. For more information, visit <https://www.sierranevadajourneys.org>.

Community-wide curbside chipping program

By Gary Weichert

Property owners of the Galena Forest Community appreciate the curbside chipping program after they gathered wildfire fuels from their yards. The service is provided by Truckee Meadows Fire and Rescue crews and their

industrial-sized chipper. While chipping is not their primary duty, firefighters are happy to help their community's effort in helping themselves.

Disposing of large quantities of vegetation waste is costly and time-

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Letter From the Publisher

We had a great summer with a fair amount of rain and not a lot of heat. Let's hope that bodes well for a long and warm fall. I believe fall is the best season to spend time at Lake Tahoe. Many of the tourists are gone and numerous places wait to be explored. Fall colors can be found on almost any trail in and around the Tahoe Basin. One of my favorite autumn adventures is the hike to Marlette Lake. Literally, thousands of glowing Aspens paint the hillsides in a golden yellow. You can catch the trail at Spooner Lake Park. While at the park, check out the new Visitors Center and amphitheater.

If you prefer a fall drive over a hike, head to Hope Valley. Take Highway 88 west towards Carson Pass and enjoy the amazing views. On your way home, stop at Sorensen's Café for a bite to eat or the nearby General Store for a variety of items that you might find no other place.

In this issue, read about what's happening at Mount Rose Ski Area and Sky Tavern. Also, check in with Great Basin Institute at Galena Park and see what's going on in Carson City.

If you have an event or a business that

you want to share with our readers, or if you have an interesting story to submit, please don't hesitate to contact us. We are always looking for new information to share with the community and happily consider anything you send our way.

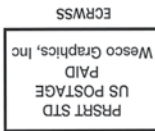
Happy Trails, Richard Keillor



Richard Keillor is standing under the iconic Lahaina banyan tree during an earlier visit to Maui. The tree, severely burnt during the recent wildfire, is a symbol for fertility, life and resurrection. To help provide disaster relief, donate to the Maui Strong Fund.

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curbside chipping *continued from cover*

consuming. Time permitting, this is a wonderful service TMFR is offering when not fighting fires. Whether you prepare your chipping piles yourself or hire landscape workers, this free service is hard to pass up.

Due to the limitations of what the chipper can handle, residents must follow easy guidelines. This is not a trash pick-up, it is a “green waste to mulch” program. If you have missed the inaugural summer curbside chipping program, don’t worry. Another event is planned to be scheduled before October.

While the recent collection came up fast and not many residents participated, for future curbside chipping dates, property owners will get more lead time to gather yard wildfire fuel materials. But it is too early for TMFR to commit to specific dates. Watch your emails and the GalenaForestCommunity.org website for an announcement. While various HOAs are gracious enough to email announcements to their members, if you submit your email address directly to the GFC you will be guaranteed to get our announcements “hot off the press.”

TMFR uses a Google app to collect requests so they can arrange an efficient route around the neighborhood for their crew to follow and give them a communication

method with each property owner for scheduling and/or delays. The online request form seems to imply that your piles need to be built before making your request, as it states you can send a picture, but that is not the case. A picture is not required, so once you know the next date, get on the calendar, then build your pile. Also, the request form implies only neatly formed piles can be chipped. That is also misleading as brush piles

will never be neat.

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

TMFR Guidelines for Curbside Chipping Program

- A hold-harmless agreement signed by the property owner may be required for TMFR to enter your property to access your material to be chipped. If so, the work crew will provide you with the paperwork. Chipping from the street does not require the signed agreement.

- Ideally, the chips generated should be piled or broadcast back onto your property as beneficial mulch. If this is not desirable, you may request that the chips be hauled away.

- Piles to be chipped should be within 5 feet of the road or driveway access. Please keep in mind that your scheduled date and time for chipping could be delayed due to unforeseen TMFR firefighting duty. In anticipation

of a worst-case scenario delay, create your pile(s) in a location you can live with for at least a couple weeks past your scheduled chipping date.

- The material must be no more than 8” in diameter.

- Piles must be free of dirt, rocks and metal. These items will damage the chipper blades.

- Piles must be free of all non-vegetative materials, such as household trash, plastic, and pet waste. These items contaminate the chips.

- The chipper cannot handle bulk quantities of leaves, pine needles, pine cones or lawn clippings. These items merely clog the machine.

No Time on Tuesdays? Send eComment to County Board instead

Submitted to the Galena Times

You have a new way to provide input to Washoe County decision-makers on topics that are important to you through the new SpeakUp platform. SpeakUp allows those who may not be able to attend Washoe County Board of County Commissioner meetings, which occur on the 2nd, 3rd, and 4th Tuesdays at 10 am, the ability to participate in policymaking by providing an eComment on board agenda items.

How does it work? Online Board of County

Commissioner meeting agendas will now have an eComment option where residents can sign up to speak in person or provide their comments online. Comments will be limited to 2,250 characters – the approximate equivalent of three minutes of speech, the limit for public comment in meetings. Commenters will not be able to respond to other comments and can only comment once per item.

Those who wish to appear in person to speak during meetings can register to speak through the

same portal, eliminating the need to queue up at the meeting and fill out a comment card.

“Board of County Commissioners meetings are generally held during working hours, which prevents a large portion of our population from attending,” County Manager Eric Brown said. “This new platform levels the playing field and allows all residents to participate in the democratic process whether they can attend a meeting or not.”

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Galena Creek Regional Park seeks volunteers

By Alexandria Williams

Summer at Galena Creek Regional Park has been an abundance of happenings from blooming wildflowers to birding presentations and gift shopping at the Visitor Center. As this season creeps to an end, The Great Basin Institute staff are preparing for the greater months of fall, and they are looking for volunteers.

The Great Basin Institute is a nonprofit organization that focuses on the development and promotion of environmental research, education, and service throughout the West. GBI and Washoe County Regional Parks and Open Spaces along with the Humboldt-Toiyabe National Forest Service partner to bring interpretive programs to the community.

GBI's Visitor Services staff started the summer off strong with a Park Clean Up. Partnering with Keep Truckee Meadows Beautiful, volunteers from all backgrounds came out to help collect trash, debris, and anything left in the park over the winter months. These volunteers were a mix of people that have been volunteering with GBI for various years as well as new people who had never visited the Galena Forest. The Park Clean Up was a huge success resulting in the removal of 100 pounds of trash and 6 yards (1500 pounds) of green waste.

Volunteers are people of many talents. A few have given educational presentations for the public, on environmental topics such as The Wildflowers of Mt.



(Photos: A. Williams)

"I've been volunteering at Galena Creek Visitor Center for seven years now. What initially drew me to the center was the opportunity to connect our community with nature. The Visitor Center and Park has so much to offer, and I love introducing people to this amazing place."
- Lisa McNiven, Volunteer

Rose by Emma Wynn, to Alan Gubanich's Birding by Ear. GBI's volunteers at Galena Creek are true gems. Without them, we would not be able to run the Visitor Center, give interpretive programs, or hold events.

We're looking for people of all ages and backgrounds to volunteer with GBI: Full-time (year-round), part-time (seasonal) or to help with special events. For our full and part-time volunteers, our

program offers four different types of positions: Visitor Center VIP, Environmental Inspirer, Environmental Leader and Docent. For more information, please contact Alexandria (Alex) Williams via email at alexandriawilliams@thegreatbasininstitute.org.

Alexandria Williams is the Galena Creek Community Outreach Coordinator, a position made possible by Americorp VISTA - The corps Network.

New art studio creates health and happiness

By Dagmar Bohlmann

You don't have to be an aspiring artist to realize the profound effects of art on your nervous system. "Dopamine, serotonin, and oxytocin released in the making of music and art can help to

relieve anxiety and depression," says Susan Magsamen in her new book *Your Brain on Art*.

The director of interdisciplinary partnerships at Johns Hopkins University School of Medicine Brain

Science Institute found out that "just twenty minutes of doodling ... can provide immediate support for your physical and mental state."

Whether you want to perfect your painting skills or simply need some relaxing time, immersing yourself in art will reset your nervous system regardless of your skill level.

"The more we immerse ourselves in arts and aesthetics, the healthier and happier we become," Magsamen states on her website yourbrainonart.com she created together with her co-author Ivy Ross, vice president of hardware design at Google.

Researchers are discovering the arts alter a complex physiological network of interconnected systems – including neural circuitry, circulatory, respiratory, immune, endocrine, and psychological systems.

Reno art studio owner Suzanne Buenting knows about these effects firsthand. As a busy mom of three, her time for art had always been her stolen moments of calm and joy. She has degrees in fine arts and education. In the

past, Buenting has shared her passion for art with elementary, middle school, and high school students. Now that her children are mostly grown, she hopes to broaden her scope and encourage others to find "stolen moments" of their own to cultivate their creative side and notice the positive effects of regularly experiencing art.

Stolen Moments is a new studio and shop that opened at the South Creek shopping center on Foothill Road in South Reno. Buenting offers a variety of art classes for all ages: watercolor painting, drawing, printmaking, Mommy and Me, Ladies Night, special events, and team building.

In addition, Stolen Moments has a beautiful gallery and gift shop specializing in carefully curated and unique artisan/handmade products, and original art from local, national, and international artists. Stolen Moments also showcases featured artists in the shop's gallery space bi-monthly.

Join the mailing list at stolenmomentsreno.com to be informed of class additions and special artist events.

eComments *continued from page 2*

Email has long been an option for those who cannot attend meetings in person, and those emails are available to County Commissioners and entered into the record. However, they are not read aloud at meetings, meaning that many of them may not be noticed by officials or the public. SpeakUp makes the online comments publicly visible so elected officials, fellow residents, and other decision-makers can read them at any

time and gain a greater understanding of the range of thoughts and views of residents. Commenters can also select a stance on topics, marking "Support," "Oppose" or "Neutral."

This brand-new commenting opportunity launched on July 18. Be sure to register your account today by visiting <https://washoe-nv.granicusideas.com>. Once you have an account, you can make your voice heard easier than ever.

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Publisher: Richard Keillor

Managing Editor: Dagmar Bohlmann

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

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

Contributors:

Lisa Blauth, Beth and Michele Carbone, Max Coppes, Diane Crowne,

Kris Deeter, Taylor Donovan, Ryan Golec, Liesa Leggett Garcia,

Harvey MacLean, Kellie McGinley, Gigi Williams, Pier Paolo Pandolfi,

Andy Pasternak, Rick Reed, Maren Schmidt, Denise Viss, Gary Weichert,

Alexandria Williams

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.

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

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Just do your best



By Liesa Leggett-Garcia

As kids are going back to school, “Just do your best” might be sage advice given to them as they’re trailing out the door, heading for whatever they may encounter. It applies to schoolwork, sports, art, and everything in between. It’s worth remembering it for ourselves, too.

Doing your best does not mean you have to do it perfectly. Or *be* perfect, for that matter. In day-to-day life, we can make ourselves crazy trying to be perfect. For one thing, who is to say what is the perfect way to do or to be? Even perfection can be subjective. So, we can give up the notion of trying to be that or trying to do everything perfectly because



Liesa Leggett Garcia’s great nephew Enzo is contently “doing his best” while painting his art project.

that’s not going to happen.

But what we can do, what we strive for, what we can have as a realistic and reasonable goal is to do our best.

There’s a Japanese word – it is “kaizen” – which simply means continual improvement, changing

“If you just do your best, there is no way you can judge yourself. And if you don’t judge yourself, there is no way you’re going to suffer from guilt, blame, and self-punishment.”

- Don Miguel Ruiz, The Four Agreements

for the better. It means that every day, we’re seeing improvement, we’re getting better. Taking baby steps. You don’t go from being an apprentice to a journeyman to a master overnight. It’s a continual progress of doing your best. Kaizen.

To practice excellence in our lives – in our jobs, in our communications, in a project we’re working on, as a parent or partner – whatever it is – we can ask ourselves, “Am I doing my best?” What would it take for me to do that—taking more time? Putting in more effort? Being more patient? Only you know the answer to that.

If we are living our lives with a standard of excellence, we won’t be willing to settle for mediocrity. Good enough is just not good enough. Don’t just settle. As we set standards for ourselves, life will respond in kind and bring excellence into our lives. As we practice “kaizen,” our lives just keep getting better.

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.

Falling in love with the library - personally and professionally

By Denise Viss

My love for libraries began as a very young child. Since money was tight, the library was an affordable destination. I associated the library with oobleck, that oozy combination of cornstarch and water. I didn’t realize until years later that a Dr. Seuss book was the inspiration. I suspect my mom skipped much of the story and went straight to making the oobleck to keep me busy for a while.

Over the years, the library was a resource for

homework, pleasure reading, and a clean restroom when I was traveling into town from my home out in the country. Before heading to Japan as a high school exchange student, I checked out Japanese language learning tapes. While in Japan, the library there provided me with English language books in the days long before the internet.

Throughout college, the library was vital for research papers. Remember those green Readers’ Guide to Periodicals? Years later, I went back to

school for a Master of Library Science degree online. EBSCO databases, another resource online, were essential for finding the full-text articles I needed for my classes.

I started working in libraries part-time when my children were young. My first career was with the Head Start program as a preschool teacher. I frequently visited the public library for field trips with my students and for checking out books for myself as

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New projects elevate Mt. Rose Ski Tahoe's guest experience

Submitted to the Galena Times

After massive investments in new lifts, trail improvements, and snowmaking, Mt. Rose Ski Tahoe is now focused on refreshing other elements of the guest experience. Ahead of the 2023-24 winter season, plans include adding a deck to the snow bar area just off the unload area of the new Lakeview Express, updating the furniture in the Lodgepole Cafe, installing a heated ramp to the entry of the main lodge, implementing new technology to improve the guest experience on the resort's website. Typical off-season maintenance will continue to take place including some larger-scale work on the main lodge parking lots.

'Open Late Fridays' events this spring were really successful, so to create a more permanent snow bar that will provide more options for on-mountain après during the season, a deck is being constructed to enhance this iconic location with 270-degree views of Lake Tahoe, Mt. Rose proper,



From a new deck area at the top of Lakeview Express to updates in the main lodge's food service areas, Mt. Rose Ski Tahoe continues to refresh its customer experience.

and Reno/Washoe Valley.

In the main lodge's Lodgepole Cafe, which serves as the resort's primary dining area, new furniture will elevate the look and feel, while server improvements will create a better flow for guests interested in breakfast, lunch, or snacks throughout

the day. Updates at the Winters Creek Lodge will include new video menus. Other base area enhancements include a heated ramp to improve the guest experience getting down to the ticket windows at the main lodge.

Skirose.com now has ChatGBT technology built into its website

to help guests find the information they're looking for more easily, and snow report enhancements are being implemented for an improved cleaner look and feel. The famous Mt. Rose Daily Specials will now include Service Industry Mondays giving all those involved in the restaurant, lodging, and general hospitality business \$69 lift tickets on Mondays.

Two new Kassbohrer Pistenbully snow machines will be added to the grooming fleet. Mt. Rose boasts Lake Tahoe's highest base elevation at 8,260 feet ensuring supreme snow conditions even on the warmest spring days and the resort's 1,200 acres feature an ample variety of runs ideal for every level of skier and snowboarder. The legendary Chutes offer 1,500 vertical feet of north/east facing extreme terrain with some of the longest continuous vertical in North America.

Start planning a visit to Mt. Rose Ski Tahoe or purchase a 2023-24 season pass at skirose.com.

library continued from page 5

well as my classroom. A local librarian encouraged me to apply for a job in the library system. It was a perfect fit for me as a mostly stay-at-home mom with a love for libraries.

My career was paused in 2008 when we moved to Reno. The South Valleys Library was the first place

our family went for activities for the kids and to make connections for me with the book group and the knitting group. After a divorce, being hired in 2012 was a lifesaver. I believe libraries are a safe haven for everyone for many different reasons.

I recently experienced a career-



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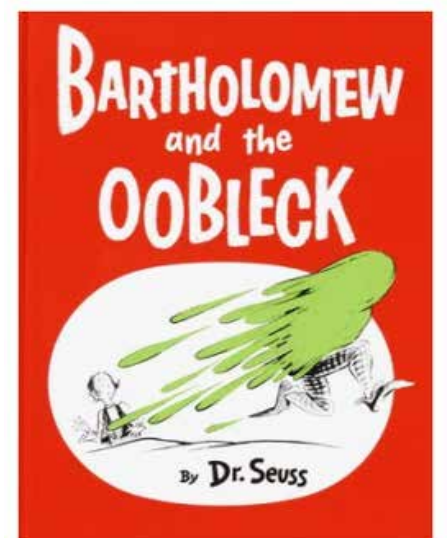
Debra Lynn Markoff, D.D.S. has been practicing dentistry for over 25 years and has enjoys the advances in technology that have improved treatment options and patient comfort. She says "I love working with my hands and people so dentistry is a good fit for me."

Debra Lynn Markoff, D.D.S.
www.renotahoodental.com
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high while helping an older gentleman with no computer skills apply for jobs after his rent was increased. Over several weeks, I helped him navigate resources on our public computers. He came in to thank me when he found a job and was in the process of obtaining more affordable housing.

The library offers programs for all ages, public computers, homebound services, and more. The mission of the Washoe County Library System is to "connect people with information, ideas, and experiences to support an enriched and engaged community, one person at a time."

Denise Viss has her dream job at the South Valleys Library 15650-A Wedge Parkway. As a library assistant, she is the volunteer coordinator and the "go-to" for all things circulation related. For



a complete listing of current services and hours at all library branches, visit www.washoecountylibrary.us.

Sky Tavern, a bike park with trails for all abilities

By Rick Reed

Reno/Tahoe is a world-renowned destination for mountain bikers and nowhere is the next generation of public-driven trail innovation occurring as rapidly and enthusiastically as Sky Tavern, a hub for accessing the expanding Reno-to-Tahoe trail system.

Elevating the region's mountain bike experience at 8,000 feet, Sky Tavern's approach is as unique as it is trailblazing: a publicly accessible, community-funded bike park designed from the ground up to be accessible to all riders regardless of their ability.

"We are proud of our incredible progress at the bike park," says board chairman and mountain bike enthusiast Yale Spina. "This year we brought on our own bike coaches and started youth, women, and men's bike clinics. It's really rewarding to see local riders learning new skills and being able to apply them immediately."

Sky Tavern has embraced a holistic "trails for all" concept by removing common barriers to entry such as the intimidating atmospheres of larger, lift-access gravity parks, ticket fees, and lack of beginner-friendly trails. The park offers abundant options for riders of all abilities who desire to progress their skills.

"Our number one goal at the bike park is to get everyone outside," said development director Alicia Herz. "We are grateful for the community support that we receive - it's one of the many meaningful things that make Sky Tavern unique."

To ensure sustainability, safety, and fun, Sky Tavern enlisted the help of trail-building experts and dirt sculptors of Momentum Trail Concepts. Their progressive designs encourage all levels of smiles, skill-building, and accessibility not previously found in the area.



(Photos: R. Reed)



A veteran of the bike and outdoor industries, Rick Reed (bottom left) heads up Sky Tavern's bike park programs. Sky Tavern is a hub for the Reno/Tahoe mountain biking community. Trails built by Momentum Trail Concepts and maintained by the MTB community offer fun challenges for all abilities.

At the heart of the bike park's success is a community effort to maintain the trails. Since there is currently no cost to enter the park the Sky Tavern, staff have launched a campaign called Ride for \$5. The campaign encourages riders to donate \$5 every time they visit the park to help offset the cost of

maintenance.

Rick Reed is a Sky Tavern Bike Park PRO. The Reno resident and avid mountain biker enjoys traveling and spending time with his puppy dog, Zuul. To learn more about upcoming events or to get involved, contact rick@skytavern.com.



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The short life and mysterious death of local pioneer Peleg Brown

Peleg Brown



Diane Crowne

By Diane Crowne

Peleg Brown died young, too young. He had just passed his forty-second birthday. The attending physician, Dr. Berman, reported in the Reno Evening Gazette on September 9, 1878 that Peleg Brown had “probably died of Lung and Heart disease.”

Many years after his death, Peleg's granddaughter and daughter of Albert Brown, Dorris B. Reed, a Reno school teacher, revealed that he had died of a knife wound delivered a year before his death. We'll never know the circumstances of that knife wound nor whether it may have been the ultimate cause of Peleg Brown's early death. Ms. Reed did not give details, but it would seem likely in those rough, pioneering times before penicillin, that the knife that punctured Peleg's body may have delivered a bacterial load that might have given Peleg sepsis or some other slow-moving, lethal infection.

And so, from whatever curious cause, the year 1878 marked the end of one of Truckee Meadow's pioneers' life, and an illustrious life at that. Peleg Brown brought to the Truckee Meadows a legacy of outstanding, ambitious, accomplished, colonial pioneering spirit dating to the era of this nation's founding fathers. Peleg Brown's lineage goes back well before the settlement of the place we call Rhode Island where Peleg Brown was born. It was called Providence Plantation in 1639 when Peleg's ancestors signed the original Compact creating that settlement. His father's name was Pardon Brown and his mother was Sara Sanford. He had siblings: Joshua, James, George, Pardon Jr, and Lydia.

The manner and cause of Peleg Brown's early death will always be a mystery, but it is not the only mystery of Peleg Brown. We know a lot of details about Peleg's life in 1857 as he was preparing to leave Rhode Island with his brother Joshua. We also know what was going through his mind on the long journey west. We have a pretty good idea of what he was thinking, and what he was doing as he arrived in the Utah territory. We know these things because of a mysterious event some time and someplace in a city somewhere in the Midwest where a crew of men was tearing down a very old house. To the surprise of the workers, there within the walls of that old house was a box of letters. The letters were written by members of Peleg Brown's family to his parents in Rhode Island. Peleg's letters tell us day by day the details of his adventure West. The mystery is that no one knows how the letters got to where they were found nor who put them in that wall; but by some lucky chance, the Nevada Historical Society in Reno now possesses them.

As the story of Peleg Brown's journey West unfolds through his 1857 letters home, we find him first negotiating with cattle salesmen in Kentucky. He is pleased to have found a source of prime, well-bred cattle, and he makes sure that his father, who loaned him the money, is informed of the quality and number of these purchases. He bought 211 head of fine cattle. Only 170 survived the arduous



The Peleg Brown Ranch at 12945 Old Virginia Road in Reno was built in 1864. It is listed on the National Register of Historic Places.



Peleg Brown, son Albert, wife Elizabeth Gill and daughter Laura. Original photo is in the Brown family file at the Nevada Historical Society on the UNR campus.

journey across the plains and through the Great Basin to the Utah territory.

Peleg was 21 years old and his brother, Joshua, was 29 when they came into Washoe Valley in September 1857. In the Spring of 1858, Peleg moved his cattle to the Truckee Meadows near the great hot springs and towering geysers now called Steamboat Springs.

Washoe Valley and Truckee Meadows had been settled by Mormons as early as 1846, but by the time the Browns arrived, Brigham Young had called all Mormons back to defend Salt Lake City. In 1857, Salt Lake City was a thriving Mormon village and stopover for migrants in need of supplies. Its citizens were expecting a raid by the US government under President Polk who had declared that he would eliminate “all those polygamous Mormons.” It was an anticipated “war” that never happened.

Many of the prime pieces of arable land on the Eastern Slope of the Sierras suddenly became available. When called back to the Great Salt Lake, the Truckee Meadow and Washoe Valley Mormons sold their homesteads, sawmills, and pastures for pennies on the dollar, and often traded not for money but for supplies to carry them east across the Great Basin. They were none too happy about it.

In a letter to his father, Peleg gives us the amounts of cash and equivalents needed to pay for the properties he and his brother paid the fleeing Mormons. Joshua paid \$250 for three parcels of land amounting to about 1,000 acres, one parcel in Washoe Valley and two in Truckee Meadows. Peleg bought Truckee Meadows land for \$6.50 and 12 heifers which he mentioned in a July 28, 1858 letter.

In his first Spring season in the Truckee Meadows, Peleg set about planting a large garden that must have been fruitful because he tells us that he drove his wagon all the way to Downieville, a mining town about 98 miles from the Truckee Meadows in California where he sold his first harvest. He may have gotten information about the mining town of Downieville from Orrin C. Ross who operated a freight business out of Donnieville which he later moved to Glendale on the Truckee River.

In later years, the Browns spent every Thanksgiving with the Ross family and, in fact, a Ross daughter married one of Peleg's sons. These families were closely bonded.

In Peleg's letters, he tells us he made that first long trip to Downieville in about a week. Other

more local travels were also long and arduous. His letters tell us that he had to drive his wagon 45 miles to Genoa to use a gristmill and buy seed grain, beans, coffee, milk, and butter. His best meals while in Genoa were Lahontan trout, venison and wild sheep most likely harvested by Paiute or Washoe people. The trip to Genoa took him six days round trip.

Peleg was alone on all his early trips because his brother, Joshua, had left for Rhode Island to eventually bring his wife and children west. Peleg complained about his loneliness that first year. No books, no newspapers, no women, no Joshua. He lost cattle to Native Americans. He tells us that he used to tie his dog, Roam, to the front door to scare off the indigenous people. Peleg was also alone in his second year in the Truckee Meadows. His brother had become ill while on his journey back west, and their father had to leave Rhode Island to rescue his son somewhere in the Kansas territory. Peleg learned about his brother's illness in October 1858.

By 1860, there were only 97 men, 8 women, and 22 dwellings in the Truckee Meadows. There was also an Indian uprising in 1860 that kept Peleg Brown in Genoa longer than he may have wanted to stay that year.

The winter of 1858-59 was a particularly hard winter. It was reported that many indigenous people died of starvation and bitter cold. The following winter was another one of unprecedented severity. In an article in *The Territorial Enterprise*, Isaac Roop mentions that “the natives of Truckee Meadows were freezing and starving to death by the scores.” Pioneers attempted to feed some, but wary Native Americans had known about the poisoned meat set out by settlers to kill wolves, so they refused the offers.

Another Truckee Meadows pioneer, G.W. Huffaker came into the area in 1858. After a time, Huffaker gathered all the lonely bachelors, to meet at his homestead where they played music, read plays, and shared news of home from newspapers that were hoary with age and carried west by travelers to California. Huffaker's guests also ran horse races up and down the Henness Pass Road which much later became Virginia Street. Peleg Brown was one of Huffaker's early guests, which certainly eased some of his loneliness. Huffaker's gatherings later became known as the Athenian Literary Society.

continued on page 9

mysterious death *continued from page 8*

Peleg had planted a five-acre garden in the spring of 1859, much larger than his first, probably anticipating a more bountiful income in Downieville. But he didn't have to travel to dispose of his harvest. Boarding and feeding the avalanche of miners and their animals to the Virginia Hills became the original source of Peleg Brown's wealth. Fortunately, by this time Peleg's brother, Joshua, and his younger brother, Pardon Jr., had managed to get to the Truckee Meadows, and together the three brothers ran a room and board and animal feeding operation. Feeding gold seekers was lucrative.

So, for twenty years the Comstock not only set the industry standard for invention and success, a legendary international status, but also created a workforce that at times exceeded 5,000 people. During that time Peleg engaged in several enterprises that enhanced his wealth: gathering tolls on the road to Virginia City, selling wood from one of his land acquisitions; building an irrigation canal; and even originating the use of alfalfa with his neighbor, Irvin Crane, which created a cattle feeding operation in the Truckee Meadows that sustained his income long after the excitement of the Comstock had ebbed. Peleg also operated a stagecoach station that later became a train station.

Peleg's life changed radically for the better after he met and married Elizabeth Gill of Fort Wayne, Indiana. They met in Washoe City and were married there in 1863. Then a very wealthy man, Peleg harvested lumber from his own wood lot up Cox Canyon, and with an added \$4,000,

he built a lovely Greek Revival house which was rare for its time, and certainly a monument to his financial success. It was located 8 miles south of the Truckee River on the old Virginia Road. His holdings included 620 acres of land in south Reno. They had five children: Albert, Julia (who died at age 6), Laura, Charles, and Nellie.

Along with wealth and marriage, as they say, comes responsibility, and Peleg Brown was up to the task. When Mormon pioneers were called back to The Great Salt Lake, in 1857, they took their theocratic government with them. In the absence of any vestiges of government or laws or enforcement, what transpired was the rule of law created by vigilantes and sometimes disorganized, unruly mobs.

Barns owned by Truckee Meadow's pioneer landowners were numbered. When an issue came up, a circuit rider would visit known vigilantes' homes and call out a number that indicated the location of a vigilante meeting. Among the issues that were resolved by vigilante groups were a matter of squatters on a rancher's land or the theft of cattle. It was reported among Truckee Meadow ranchers that the era of vigilante law was one of peace, and that none of the perpetrators "were ever awakened by the leaden messenger of death from their morning slumbering into the realms of the dark unknown," to use an expression typical of newsman of the Comstock silver mining era. Peleg Brown was most likely among those anonymous "peacekeepers."

Between 1867 and 1876, Peleg Brown was active in newly formed governmental affairs. He served

on a grand jury, was a delegate to the Republican State Convention and an election inspector. He won a seat on the county commission, was a juror for a circuit court, and a charter member of the Agriculture, Mining and Mechanics Society in 1874. No one was more surprised than Peleg Brown when he was first asked "to make laws" as he expressed it to his family in one of his letters home. Peleg was merely following a long-established line of family values that began in 1639 with his ancestors' establishment of the Rhode Island Plantation.

Adding to his accomplishments, Peleg Brown donated land for a school. While the old Peleg Brown school building is long gone, the name of a local elementary school in South Reno lives on and his 1864 home still exists. It is located on Old 395 in South Reno and is occupied by the Damonte family whose predecessor, Louis Damonte, bought the property in 1940 after the death of Laura Wilcox who was Peleg and Elizabeth's oldest child.

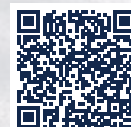
In 1994, the property qualified for the National Register of Historic Places based on three criteria: its association with the development of agriculture and irrigation in 19th century Truckee Meadows; its association with Peleg Brown, a locally prominent rancher who was among the first to introduce alfalfa to the region; and its being a rare example of Greek Revival architecture in Nevada. The property now consists of 4.5 acres and five buildings.

Diane Crowne is a retired East Asian physician. Her hobby of local lore began with impromptu historical speeches for OLLI hikers. She is a member of the Nevada Historical Society.



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Back to School... back to good dental habits



Dr. Kellie J. McGinley

By Kellie McGinley

Time flies when you are having fun in the sun. Now that school is getting back into session, it is a good time to re-set habits and routines including those for your kid's or teen's teeth.

Set reminders for brushing twice a day and flossing at least once a day. Make sure your kids have enough time to brush before going to school and then again before bed, for at least two minutes. It is a wise choice to have those kids/teens with braces to brush and water-floss after school as well.

Check the snack cabinet! After school may be the time to hear, "I'm hungry!" Snacks that contain high sugar like fruit snacks, sugar-coated dried

fruit, cookies, and popsicles are cavity-causing foods... but yummy to eat. Make sugary snacks and drinks only special occasion foods. Carbohydrates like crackers, chips aisle foods, granola bars, and Gold Fish for example can also cause cavities in kids as they stick to the teeth and feed cavity causing bacteria. Teach your kids about healthy snacks like cheese, veggies with dip, fruit (apple with peanut butter), whole grains, nuts, deli meat, or leftovers.

Water, water, water! Instead of packing juice, soda, or chocolate milk for your kid's lunch, pack a water bottle! It can be fun to have your kids pick out a fun water bottle with their favorite character or use stickers to customize it. Going to practice after school? Drink lots of water or choose a water with added electrolytes. Sugar free sport drinks are a healthier alternative for your teeth compared

to those drinks that have added sugar.

Even when life gets busy juggling school activities, make sure to still attend your kid's dentist and orthodontic appointments to maintain the health of your child's teeth. Kids who have a tooth ache from a cavity are less likely to focus in school and obtain a good night's sleep.

Have a happy, healthy start to the school year!

Dr. Kellie McGinley, a Reno native and avid sports 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.

Understanding rising childhood allergies



Dr. Kris Deeter

By Kris Deeter

Food and environmental allergies have increased over time with more children presenting to the emergency department or

to their provider with reports of reactions. The Centers for Disease Control and Prevention reported this year that just over one quarter

(27%) of all children in the United States have at least one allergic condition. Nineteen percent have a seasonal allergy, 10% have eczema, and 6% have a food allergy.

In my early training, I learned about the "trifecta" of eczema, allergic rhinitis, and asthma. When pediatricians find one of these diseases during an exam, we look for the others and ask who else in the family has one of the three, as they tend to be genetic. Having one of these allergic diseases can result

in an impaired quality of life for the child, so it is important for providers to help families understand how to monitor and treat these conditions. Food allergies can also be life-threatening when they result in anaphylaxis or an acute allergy attack that can cause swelling and difficulty breathing. Over the years, we have added another term to the field of allergy: the "allergic march." An allergic march is seen when babies present with allergic rashes on their elbows or knees, called eczema, then later develop food allergies, environmental allergies, and asthma.

An important paper just published this summer in the journal, *Pediatrics*, will take us further down the road in describing, treating, and hopefully, preventing allergic reactions in children. Researchers at the Children's Hospital of Philadelphia focused on five allergic diseases: eczema (also called atopic dermatitis); IgE-mediated (anaphylactic) food allergy; asthma; allergic rhinitis (also called "hay fever"); and eosinophilic esophagitis, or "EoE". EoE is an emerging and less recognized non-anaphylactic food allergy (does not cause you to wheeze or swell) that gives you chronic esophageal symptoms, like burning in the back of the throat and pressure in the chest. For each condition, they determined the age at diagnosis and whether and when patients presented with other allergic conditions.

Previously most allergy studies used data collected from surveys of parents. In this new study, data was collected from electronic medical records – from both hospitals and doctors' offices. In total, they identified over 200,000 children

between infancy and 18 years of age with allergies who were each followed for more than 5 years between 1999 and 2020. The researchers found that the average peak age of onset (when it first started) was approximately 4 months of age for eczema, 13 months for anaphylactic food allergies, 13 months for asthma, 26 months for allergic rhinitis, and 35 months for EoE.

The researchers report that 4% of children in the study had anaphylaxis (serious reactions like wheezing and swelling) with food allergies. The most common food allergies found were peanut (2% of the group), egg (0.8%), and shellfish (0.6%). Many children had more than one food allergy. Patients with asthma tended to also present with allergic rhinitis (runny nose and sneezing) as well as other allergic conditions.

Understanding that the rate of allergy is increasing in our population and educating ourselves on how to recognize and treat allergic reactions is important for our children and our families. Ask your child's provider to talk to you about signs and symptoms of allergy and any rashes your baby may develop. For school-age kids, be mindful that many kids at the lunch table may have food allergies, so be understanding of any rules around foods allowed at school to keep everyone safe. Hopefully, with further research, we will soon develop more strategies for the treatment and prevention of allergies.

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.

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End-of-life care options must meet patient's needs



Andrew Pasternak, MD

By **Andy Pasternak**

Over the past few months, I've seen my dad progressively weaken. He has been bouncing back and forth between the nursing home, the hospital, and now the intensive care unit. As a result, my family has had to face the difficult care options that I discuss with my patients when it's near the end of their lives. Unfortunately, our American healthcare system still is skewed towards physicians and hospitals doing more and more procedures, even as people near the end of their life. I always try to counsel patients that just because a specialist recommends a procedure, it's okay to ask about the benefit, especially if the person has a poor life expectancy.

Fortunately, if you or your loved one is approaching the end of their life, there are resources to help. Both hospice and palliative care can be powerful treatment options to keep people comfortable and assist families with grieving. While they are sometimes confused with each

other, there are some differences between the two.

Hospice care is typically used for people who face a terminal illness. Clinicians can request hospice care if they feel the person's life expectancy is less than six months. People enrolled in hospice are no longer getting curative treatment for their underlying disease. Care focuses on emotional support, pain control, and other modalities to make the patients and their families as comfortable as possible. Hospice programs also provide bereavement counseling for the family after the person's death.

Often, I will see people with chronic debilitating medical conditions. However, these conditions may not be terminal, and we don't know the person's life expectancy. In this case, palliative care would be more appropriate. Palliative care focuses on helping patients have the highest quality of life possible. People getting palliative care can still be getting treatment for their medical conditions.

Both hospice and palliative care programs focus on listening to the needs and wants of the patient and their families. Both incorporate a "whole-person" perspective provided by a team of people.

This team includes physicians (often including the person's primary care physician), nurses, home health aides, clergy, and social workers. Typically, insurance, including Medicare, will cover the cost of hospice care, and most insurance companies will also cover some of the costs of palliative care.

The important thing is that these programs really do help patients and their families. Several studies have shown that patients and their family members have better mental health outcomes when they take advantage of palliative and hospice programs. People enrolled in these programs typically also face fewer procedures and hospitalizations.

As many others have said, "A good life goes hand in hand with a good death." If you or a loved one is facing the end of their life, talk to your physician about these important options.

Dr. Andrew Pasternak is a board-certified family physician at Silver Sage Center for Family Medicine and Silver Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.

Plant-based diets play big role in cancer prevention



Pier Paolo Pandolfi

By **Pier Paolo Pandolfi**

Cancer is a significant health concern. Millions of lives are affected by this devastating disease. While advancements in medical treatments have improved outcomes, there is increasing interest in exploring preventive measures. One approach gaining attention is the adoption of plant-based diets.

A plant-based diet emphasizes consuming whole plant foods like fruits, vegetables, whole grains, legumes, nuts, and seeds while minimizing or excluding animal products. It is important to note that plant-based does not necessarily mean exclusively vegetarian or vegan. Some individuals on a plant-based diet may include small amounts of animal products, while others may exclude them entirely.

Numerous studies have explored the association between plant-based diets and cancer risk, highlighting some promising findings. Here are key factors that contribute to the potential cancer-preventive benefits of plant-based diets:

1. High in nutrients and antioxidants: Plant-based diets are typically rich in essential nutrients, vitamins, minerals, and antioxidants. These substances aid in cellular defense against oxidative stress and free radical damage known to promote cancer growth.

2. Plant-based diets are generally higher in dietary fiber than animal-based diets. Consuming enough fiber has been linked to a decreased risk of colorectal cancer. Fiber promotes regular bowel movements, supports healthy gut microbiota, and assists in maintaining good digestion—all of which contribute to cancer prevention.

3. Plant foods contain diverse phytochemicals, which are bioactive compounds with potential anti-cancer properties. These phytochemicals include flavonoids, carotenoids, and polyphenols. Research suggests these compounds may help inhibit tumor growth, reduce inflammation, and support the body's natural defense against cancer cells.

4. Plant-based diets typically reduce the consumption of red and processed meats. Processed meats have a solid relation to colorectal cancer. High red meat intake has also been linked to a higher risk of developing specific malignancies, such as colorectal,

pancreatic, and prostate cancer.

5. Plant-based diets tend to lower calories and saturated fats, making them beneficial for weight management and reducing the risk of breast, ovarian, and endometrial cancer. If you are considering adopting a plant-based diet, here are practical tips to get started:

Gradually incorporate more plant-based foods into your diet rather than making sudden and drastic changes. This approach allows for a smoother transition and helps ensure you meet your nutritional needs. Aim for various fruits, vegetables, whole grains, legumes, nuts, and seeds to obtain a broad spectrum of nutrients. Ensure a balanced protein intake, healthy fats, vitamins, and minerals.

If you have specific dietary concerns or medical conditions, consult a registered dietitian who can provide personalized guidance and meet your nutritional needs. Plan your meals to ensure a well-balanced and diverse range of plant-based options. Try different cooking techniques and recipes to keep your dinners exciting and pleasurable.

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

Take care of your head and your body



Ryan Golec

By **Ryan Golec**

I have been involved in teaching and coaching fitness for 25 years now. I have met, trained, evaluated, befriended, and mentored a lot of people. The easiest part of my job is showing people how to work out. The harder part is to understand where their roadblocks are.

What are their underlying challenges to losing weight or getting into shape, and their mental or lifestyle reasons for not performing optimally?

I can safely say that I still am nowhere near figuring it all out, but one thing is for sure: As a society, we are not only heavier and in worse health, but also more depressed and more anxious than ever. As a young trainer, I was all about using the gym to battle my

frustrations, and I still think it is a good place for that. But unloading negative energy into an intense workout will only give an immediate endorphin rush, yet it won't solve the underlying root cause.

This hit home for me recently, and I hesitated to share this story, but I believe this is something we all need to address. I used to teach group classes as a part of a fitness challenge I ran. I had a lot of motivated and hardworking people come through over a five-year period. They were all there working hard and perhaps facing their own demons. In May, I got word that one of my participants from about 10 years ago took her own life. She was not even 40 years old. Knowing a client who ended her own life just hit me hard.

There are so many researched benefits to mental and emotional states with exercise. You might need a hard workout to clear your mind after a stressful workday or a fight with your spouse. But obviously,

exercise won't solve bigger problems.

The US is in the middle of a mental health crisis. And while I believe that exercise can play a big role in helping people feel better, more energized, and more confident, I also know it can't alone solve deeper problems. Please take time to talk to someone about it if you have suicidal thoughts. Talk to a therapist, talk to a friend, talk to your doctor or even your trainer. People are willing to help if you are brave enough to ask. Let's all try to play a role in supporting those who are struggling.

Ryan Golec is the director of movement and education at Performance EDU in Reno. He has worked in the fitness world for over 20 years and has a passion for correcting and enhancing movement patterns to help people achieve their ultimate goals. He is also a licensed massage therapist and uses manual therapy as a part of his system to improve his clients' function and fitness. Contact him at (775) 846-2894 or Ryan@fitubuilt.com.

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	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Days on Market
Galena/Montreux/St James							
30 Golden Currant Cir	\$1,100,000	471.09	\$1,100,000	471.09	2335	0.51	40
25 Golden Currant Circle	\$1,195,000	440.15	\$1,145,000	421.73	2715	0.62	56
200 Mugo Pine Circle	\$1,185,000	426.87	\$1,155,000	416.07	2776	0.53	43
1805 Joy Lake Rd	\$1,249,999	400.77	\$1,170,000	375.12	3119	0.57	113
3150 Joy Lake Road	\$1,375,000	423.21	\$1,375,000	423.21	3249	0.59	39
6360 Wetzel Court	\$1,599,000	565.42	\$1,520,000	537.48	2828	0.186	22
305 Blue Spruce Rd	\$1,800,000	322.7	\$1,600,000	286.84	5578	2.05	77
6400 Zermatt Court	\$1,850,000	668.35	\$1,775,000	641.26	2768	0.24	42
16820 Delacroix Ct	\$2,138,888	557.29	\$2,000,000	521.1	3838	0.69	94
20825 Parc Foret Court	\$2,130,000	681.16	\$2,493,394	797.38	3127	0.37	894
20636 Chanson Way	\$2,495,000	580.1	\$2,495,000	580.1	4301	0.4	21
5775 Nordend Way	\$2,665,000	731.94	\$2,600,000	714.09	3641	0.52	35
20780 Parc Foret	\$2,260,000	659.08	\$2,774,653	809.17	3429	0.48	969
20800 Parc Foret	\$2,580,000	556.99	\$3,064,094	661.51	4632	0.46	1023
6037 Breithorn Circle	\$3,450,000	852.48	\$3,425,000	846.31	4047	0.54	33
5223 Nestle Court	\$4,200,000	852.79	\$3,800,000	771.57	4925	0.83	191
6440 Dubrou Court	\$5,500,000	718.86	\$5,000,000	653.51	7651	0.67	59
Callahan Ranch							
15950 Carl Drive	\$560,000	393.81	\$560,000	393.81	1422	1	174
15660 Fawn Lane	\$795,000	440.93	\$725,000	402.11	1803	1.12	66
15025 La Briana Ave	\$1,299,999	416.4	\$1,200,000	384.37	3122	1.02	57
15275 Redmond Loop	\$1,650,000	450.08	\$1,625,000	443.26	3666	1.13	51
14760 Chateau Ave.	\$1,680,000	458.27	\$1,680,000	458.27	3666	1.34	97
15140 Chateau Ave.	\$1,850,000	396.15	\$1,870,000	400.43	4670	0.99	181
Arrowcreek							
2957 Stonebridge Trail	\$1,175,000	383.36	\$1,030,000	336.05	3065	0.38	102
621 Rabbit Ridge	\$1,149,900	456.85	\$1,035,000	411.2	2517	0.38	162
624 Rabbit Ridge Court	\$1,350,000	484.74	\$1,300,000	466.79	2785	0.365	83
3905 Mules Ear Court	\$1,500,000	518.49	\$1,350,000	466.64	2893	0.67	35
3388 White Mountain Ct	\$1,475,000	467.96	\$1,425,000	452.09	3152	0.344	74
10584 Rue St Raphael	\$1,590,000	436.33	\$1,550,000	425.36	3644	0.4	72
5752 Muirfield Ct.	\$1,695,000	527.71	\$1,650,000	513.7	3212	0.59	48
2956 Flint Ridge Court	\$1,650,000	538.34	\$1,665,000	543.23	3065	0.4	33
5505 Rue Saint Tropez	\$1,695,000	502.97	\$1,675,000	497.03	3370	0.37	40
3452 Nambe Dr	\$2,000,000	421.41	\$1,985,000	418.25	4746	0.679	57
3664 Spirit Bluff Ct.	\$2,300,000	383.46	\$2,050,000	341.78	5998	1	291
4025 Mules Ear Court	\$2,250,000	604.03	\$2,150,000	577.18	3725	0.97	52
6182 N Featherstone Cir	\$2,500,000	624.53	\$2,500,000	624.53	4003	1.3	42
Rolling Hills/Galena Country Estates							
14400 Lasso Dr	\$575,000	324.13	\$575,000	324.13	1774	0.21	59
14475 Sundance Dr	\$649,000	454.48	\$647,500	453.43	1428	0.42	36
14051 Crested Moss Ct.	\$839,000	309.37	\$830,000	306.05	2712	0.17	27
Saddlehorn/Monte Rosa							
14230 Prairie Flower Ct	\$925,000	240.32	\$1,035,000	268.9	3849	1.09	27
14235 Prairie Flower Court	\$1,470,000	443.71	\$1,250,000	377.3	3313	1.08	44
3885 Aspen Hollow	\$1,749,000	445.04	\$1,725,000	438.93	3930	0.4	63
13345 W Saddlebow Drive	\$1,890,000	414.66	\$1,860,000	408.07	4558	0.85	76
14060 Saddlebow Drive	\$2,190,000	574.8	\$2,190,000	574.8	3810	1	34
1500 Taos Lane	\$2,450,000	470.97	\$2,325,000	446.94	5202	0.52	108
West Washoe Valley							
24 Lightning W Ranch Rd	\$1,400,000	452.05	\$1,265,000	408.46	3097	1.34	39
7430 Bryan Canyon Rd	\$1,675,000	518.58	\$1,535,000	475.23	3230	5.04	81
Other areas of South Reno							
1920 Foothill	\$950,000	265.36	\$925,000	258.38	3580	2.53	97
750 Sierra Manor Drive	\$1,080,000		\$1,080,000	503.97	2143	1.28	58
13060 Broili Dr	\$1,250,000	651.04	\$1,100,000	572.92	1920	1.01	48
575 Dancing Cloud Ct.	\$1,200,000	415.94	\$1,150,000	398.61	2885	0.44	44
3660 Lone Tree Lane	\$1,350,000	450.6	\$1,200,000	400.53	2996	2.5	19
6982 Peace Pipe Ct.	\$1,650,000	452.43	\$1,600,000	438.72	3647	0.49	131
825 La Guardia Lane	\$1,725,000	469	\$1,675,000	455.41	3678	1.59	90
425 Sierra Manor Dr	\$2,300,000	938.78	\$2,200,000	897.96	2450	2.36	36
1820 View Crest Drive	\$3,450,000	505.87	\$3,325,000	487.54	6820	2.54	36

Invest in your own health reserves



Taylor Donovan

By Taylor Donovan

We all know what it feels like to be doing well and experiencing good health. As we age, it seems more challenging to stay in this state or experience it for extended periods of time. Symptoms of prolonged stress can slowly begin to manifest and result in that sense of feeling off, low energy, constant anxiety, and a slew of other problems reflective of a health-in-crisis state.

Symptoms are your body's attempt to communicate that something isn't right. The more we refuse to listen or acknowledge the needs of our bodies, the louder the volume of our symptoms. Yet in a way, symptoms are a blessing in disguise and can lead us on the pathway necessary to take better care of ourselves to build health reserves.

Let's talk about the chemistry of stress for a moment. Your body chemistry changes fundamentally every time you react stressfully. Stress often starts in the mind and travels directly to the adrenals to initiate the fight or flight response. The heart starts pounding, breathing changes, glucose is released into the blood, the muscles tense, the eyes dilate, and the blood thickens. The average adrenaline rush of a commuter stuck in traffic releases enough glucose into the blood to keep her running for one mile.

And where does all this extra energy and increased alertness come from? It comes from a diversion of energy from the body's normal repair and maintenance jobs such as digesting, cleansing, and rejuvenating. Every moment you spend in a negatively stressed-out state speeds up the aging process in your body. It's stressful just thinking about

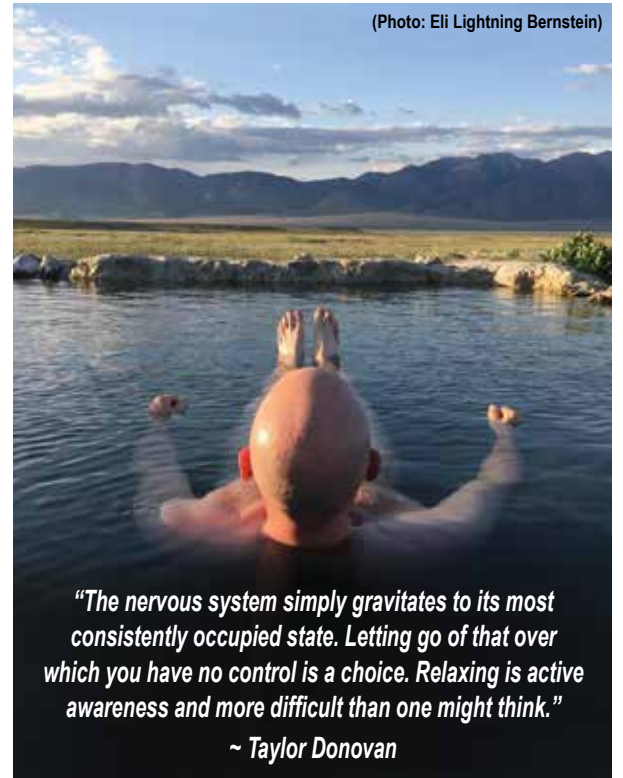
it. And unfortunately, the body goes out of balance, and symptoms of fatigue and aging begin to show up in larger and more troublesome ways.

Most people would rather ignore the symptoms than listen to what their body is trying to express. So many of us are addicted to stress and have forgotten how to relax and be fulfilled at the same time. Mindfulness techniques like meditation can be instrumental in breaking this cycle of stress addiction. Every choice made to build our health and vitality acts as an investment in our health reserve.

Our health reserve is what allows us to stay healthy through stressful times and reflects how much we've invested in it via our attitudes and action steps. Establishing a health reserve can be thought of as creating a 401(k) for our well-being and ensuring a quality aging experience. As we age, it becomes more important to be able to adapt and recover from the demands of a stressful lifestyle. These faculties are naturally strained as we go through life but there's no reason that they shouldn't be in good working order and highly adaptable. Creating a resilient, adaptive capacity is one of the best ways to age gracefully and navigate the waves of change skillfully.

Change is an inevitable consequence of being alive. A Taoist once remarked that change is just gushing life. Sometimes the gush is welcoming like friendly rapids and other times it's intense like spring run-off through a steep canyon. Life happens and things don't always go our way. Part of the challenge is learning to live with grace so that when we encounter resistance, we don't add to it with our own attitudinal friction.

Several methods work symbiotically to create a health reserve with enough staying power to withstand the tough, stressful times of our lives. Chiropractic adjustments, exercise, nutrition, a



(Photo: Eli Lightning Bernstein)

"The nervous system simply gravitates to its most consistently occupied state. Letting go of that over which you have no control is a choice. Relaxing is active awareness and more difficult than one might think."

~ Taylor Donovan

positive mental attitude, spiritual practice, and detoxification all work in concert to strengthen your health reserve.

As we enter autumn, we can prioritize a commitment to our own health and well-being with the intention of increasing the quality of our own lives and those lives that are intimately connected to our own.

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

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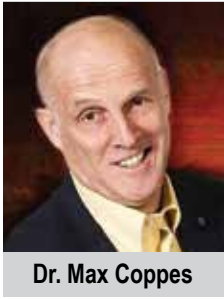
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Lung cancer screening can save lives



Dr. Max Coppes

By Max Coppes

Most of us are familiar with breast, cervical, colorectal, and prostate cancer screening. Truth be told, effective cancer screening has

allowed for early diagnoses of cancer in many people, often at relatively early stages, and as a result lead to favorable outcomes for those affected. The slogan "Cancer screening saves lives" generally holds true, especially for cancers that are difficult to treat when they have spread.

One type of cancer that remains challenging to cure is non-small cell lung cancer, the most common type of lung cancer. The five-year survival for NSCLC, when spread regionally, is around 35% and only 5-9% when cancer cells have spread throughout the body. By contrast, localized non-small cell lung cancer has a five-year survival of about 65%. This suggests that if we can detect lung cancer early on, survival is far superior.

So, who should be screened and how should they be screened? Like other cancer screening programs, we first need to think about the benefits and risks of screening to identify who should be screened. We know that cigarette smoking is the number one cause of lung cancer and is linked to 80-90% of lung cancer deaths. However, research does not support screening everyone who has

ever smoked.

After a careful review of available data, the US Preventative Services Task Force, an organization that is independent of the US government, recommends screening anybody that has smoked 20 pack years (one pack year is the number of cigarette packs smoked per day x number of years smoked, e.g. one pack a day for the last 20 years or two packs a day for the last 10 years), AND smoke now or have quit within the past 15 years, AND are between 50 and 80 years old, would benefit from screening.

The recommended modality is low-dose computed tomography, a procedure that only takes a few minutes and produces about four or five times less radiation than a typical diagnostic CT scan. Fortunately, the Centers for Medicare & Medicaid Services announced national coverage for lung cancer screening with LDCT once each year for those meeting the criteria. The expected detection rate is 1-2%.

At the Renown Health's Pennington

Cancer Institute, we established the Lung Cancer Screening Program which is currently led by Dr. Kathleen Graham to implement an effective way of identifying who in our community meets the criteria and streamline the process of annual LDCTs for those eligible. Since its inception in 2016, the Lung Cancer Screening Program has enrolled almost 1400 individuals who are now invited yearly for LDCT.

The program has already identified 27 individuals who unbeknownst to them had cancer. However, the number of patients enrolled in the Lung Cancer Screening Program is less than 10% of those that would be eligible within the Renown Health system, e.g., have a Renown Medical Group primary care physician and meet the smoking history and age criteria.

Dr. Graham is working hard to expand the number of patients that would benefit from screening. Moreover, at this stage, the program is unable to routinely

identify at-risk individuals seen by many of our excellent primary care providers not associated with the Renown Medical Group.

We estimate that at least another 10,000-12,000 individuals would be eligible for annual screening in our community. So, what can you do? Well, if you are between 50 and 80 years old, have a 20-pack-year (or more) smoking history, and still smoke or have quit within the past 15 years, talk to your primary care provider about being referred to our Lung Cancer Screening Program, which by the way was recognized by the Lung Cancer Alliance as a Screening Center of Excellence. We would be delighted to support your healthcare needs and include you in the screening program.

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.



Easy 3-ingredient punch for fall

- 2 gallons apple cider (not spiced)
 - 6-12 ounces caramel flavoring syrup (I like Torani), add more to taste
 - 1-2 teaspoons pumpkin pie spice
- Optional: Cinnamon sticks, Sliced apple circles

1. Pour apple cider (all but 1/4 of the 2 gallons) into a drink dispenser. Add the caramel syrup.
2. Whisk in pumpkin pie spice. Some of the spice may float to the top, but whisk again right before serving. Taste and add more pumpkin spice, if desired.
3. Serve chilled, at room temperature, or warm. Stir occasionally to keep the flavors equally distributed. Add cinnamon sticks and sliced apples to the punch just before serving, if using.

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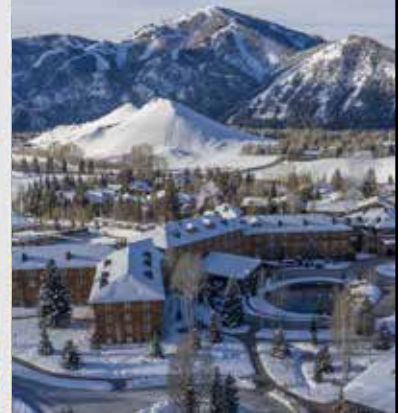
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Guest book entries remember blizzard of Christmas 1965

By Gordon MacLean

Bill Stulla, in our minds, was always the happy Hungarian. Totally unflappable, forever jolly, Bill would immediately light up any gathering as soon as he entered the room. Bill ran a TV show for kids entitled "Engineer Bill". Dressed in his railroad engineer's cap and coveralls, he would fascinate the kiddies with his "red, light green light" game.

Bill's wife, Ruth, was the perfect complement to his easygoing nature. Quite a proper lady, she believed that life should always run precisely according to plan. If it didn't always work out that way, at least she could pretend that it did. A good sport at heart, she had more than a touch of Emily Post in her outlook. Ruth and Bill had paid us several summertime visits, when we began to think they might enjoy the contrast of a winter trip. As it turned out, both of them were delighted at the prospect. "Oh, how wonderful," exclaimed Ruth. "We can have hot buttered rum out on the patio!"

Yes, indeed, I agreed, mentally picturing our patio under its usual winter garb of ten-foot snowdrifts. We will have a real fun cocktail hour. And so it was that the morning of December 10th, 1964, found Harry Frazee and me eagerly awaiting the Stullas' arrival at the Sky Tavern parking lot. Bill Stulla, being a naturally talented diarist, left us a record of the events that ensued. The words that follow are his:

Winter 1964 - 1965

The Journal of Bill, Ruth, and Kathy Stulla

1964, December 30th

Did leave Los Angeles on December 30th 7:30 AM, aboard United 727 jetliner. Weather overcast; flight smooth. Arrived Reno, Nevada, 9:30 AM.

Enjoyed Irish Coffee in cocktail lounge. Left and Hertz coach at 10:15 arrived Sky Tavern 11:05.

Blizzard raging.

Scout Harry Frazee waves snow shovel to attract attention --- sorry to say we did not recognize him due to blue face. Commander MacLean greeted us most cordially and invited us to climb aboard Sno-Cat. Blizzard still raging.

Started for Sky Tavern for MacLean lodge at 11:35. Deep snow made travel difficult. Just below crest of Mount Rose, Commander MacLean gave the order to abandon ship. Ruth jumped from the co-pilot compartment and landed in snow up to her --- ---well, it was deep.

Followed Sno-Cat to crest and climbed aboard. Navigated 2 miles of Tahoe Meadows by compass ---visibility zero zero. Finally sighted orange pine trees (painted by Stullas) and red pine trees, (painted by Frazees).

Enjoyed hot glug. Blizzard still raging.

Nothing to eat that night except Boeuf A La Bourguignon (beef stew in red wine, you peasant).

December 31st New Year's Eve - 1964

Arose at 9:30 AM - breakfasted at 9:31 AM. Ruth arose at 9:45 AM. - breakfasted at 11 AM.

Janice presented Bill with custom-fitted snow shovel and pointed out windows at which snow was drifting. Progress slow, so Janice came out and demonstrated correct technique.

Shoveled, shoveled, shoveled.

Lunch.

Janice decided to pack slope at rear of cabin. Demonstrated correct technique so everyone packed, packed, packed. Blizzard abating.

Commander MacLean and Scout Harry Frazee away to sky Tavern to pick up Edwards family and replace pontoon on snowcat.

5:00 o'clock - no sign of Sno-Cat.



(Photos provided by H. MacLean)

Reno businessman Gordon MacLean spent a memorable New Years Eve 1964 with his family and friends in his home atop Mount Rose while a blizzard was raging that kept them hostage.

6:00 o'clock - no sign of Sno Cat. Becoming tired from pacing floor and peering out windows.

7:00 o'clock - no sign of Sno Cat.

Great joy! Sno Cat herd approaching at 7:30 PM.

Great sorrow, Scout Harry Frazee wounded by Los Angeles Indian as he gets off T-Bar, bruised kneecap unable to shovel.

Frozen Edwards family thawed out by 8:30 PM and warmly welcomed as commander MacLean prepared cheese fondue. Salon portion of living room very active. Nothing to eat that night except fondue Bourguignon, wine, wine, wine and etc.

Happy New Year to everybody, etc, etc, etc.

And so to bed.

January 1st 1965

A new year storm passed on - sky is clear - temperature 20 degrees.

For second year in a row, Commander MacLean decides to put rope tow in operation. Operation slope pack begins.

Sno-Cat tries to make top of rope tow. Commander MacLean and ensign Edwards (Ralph) worked diligently to place rope tow in operation. Troops continued to pack slope with Sergeant Janice in charge.

Pack, pack, pack.

3:00 PM commander MacLean issues orders that when rope tow starts only one adult, or two children may ride at one time. Place a ski company on 30-minute alert.

4:00 PM commander MacLean reports that rope tow will be inoperative for another year.

Ruth Stulla braves clear skies and crisp mountain air to walk out to ski slope to watch Bill practice getting back on feet in deep snow. Can't wait that long so trudges back to cabin.

6:00 PM gathered around coffee table in living room as Commander MacLean serves his fragrant, steaming, glogg.

7:00 PM glogg gone. Gordon breaks out bottle of wine.

7:30 PM wine gone.

7:30 PM Janice announces dinner in 10 minutes. Gordon breaks out bottle of wine.

8:00 PM Janice announces dinner in 10 minutes. Gordon breaks out bottle of wine.

8:30 PM wine gone.

8:30 PM Janice announces dinner in 10 minutes.

Gordon breaks out bottle of wine.

9:00 PM wine gone.

9:00 PM Stulla stands on head on living room floor.

9:00 PM and 30 seconds Janice announces dinner in 10 minutes.

9:40 PM Coq Au Riesling (chicken in Riesling)

Recipe: 1 chicken

2 cloves garlic

3 gallons of Riesling

juice of 1 lemon

9:50 PM everybody drinking gravy.

10:00 PM Gordon prepares Crepe Suzette.

10:15 PM everybody still drinking chicken gravy.

10:30 PM Gordon serves Crepes Suzette and Grand Marnier.

10:45 PM everybody now drinking chicken gravy, Crepe Suzette sauce and Grand Marnier.

10:50 PM Janice hangs by her knees from ceiling crossbeam

10:52 PM Bill Stulla hangs by knees from ceiling cross beam.

10:57 PM Mary Frazee stands on head on floor. Blouse drops and louses up act. Refuses to do encore even after five curtain calls.

11:00 PM Gordon asleep in host chair

11:05 PM Gordon wakes up long enough to move to couch.

11:10 PM Janice starts teaching Marlene Edwards Lotus position.

11:45 PM Still trying to teach Marlene Edwards Lotus position.

12:00 AM. Janice decides to teach Stulla to twist.

1:00 AM. Gives up and switches to interpretive dancing. Zing.

2:00 AM. Everybody still drinking chicken gravy. Nothing to eat that night except all that stuff.

And so to bed.

January 2nd, 1965. Saturday.

Everybody in somewhat hungover condition seeking to recuperate and enjoy things before departure on Sunday.

12:00 noon Clouds gathering. Barometer dropping.

3:00 PM. Starting to snow.

4:00 PM. Blizzard raging.

5:00 PM Shoveling. (Edwards and Stulla -- Frazee incapacitated).

continued on page 18

blizzard *continued from page 17*

6:00 PM Libations in moderation.

8:00 PM Dinner. Beautiful Crown Roast.

9:00 PM Weather terrible - Snow drifting.

10:00 PM shoveling. (Frazee reading a book)

11:00 PM. Unenthusiastic bridge game. Weather reports vary foreboding.

1:00 AM. And so to bed!

January 3rd, 1965, Sunday

Blizzard howling. All roads out of Reno closed.

Road to Sky Tavern Closed.

Shoveling.

Putting shutters on.

Shoveling.

Hauling garbage in Sno-Cat. (Edwards and MacLean)

Shoveling.

Putting shutters on.

People hoarding cigarettes.

Inventory of food supplies. People beginning to look appraisingly at plumper people.

Shoveling.

MacLeans miss plane.

Shoveling.

Cocktails.

Dinner. Excellent. Tomorrow beans.

People storing cigarette butts.

Stullas miss plane.

Midnight. Still snowing - Stranded. - Frazees, Edwards, , Macleans, Stullas, and Vera.

And so to bed.

(end of quote from Stulla Journal)

Monday, January 4th, 1965.

Weather worse than ever. Obviously, no chance of evacuating our guests. So, Harry Frazee and I decide to attempt a trip to Incline Village by Sno-Cat for food and supplies.

Our first big problem comes up where the highway leaves the heavy timber and breaks over the edge in a steep drop towards Lake Tahoe. We are hit head on with the full strength of the storm as it sweeps in from the lake. The gale force blizzard has built up an enormous drift cutting at a right angle across our path.

The slope is 40 degrees--much too steep to negotiate without capsizing. There is a three-foot diameter pine tree about 100 feet from us, up slope and to our left. We have 150 feet of one-inch nylon rope in the back of the cat.

I open our windows on both sides. Then we pass one end of the rope in one window, through the cat, out the other window, up across the roof, and then tie it off to itself where it comes in the first window. Now Harry and I struggle through the waist deep powder dragging the rest of the rope behind us. Uphill towards the pine tree. It takes us 1 1/2 hours to reach our goal and tie the free end to the tree.

Then another struggle backed down our tracks to the cat. Now we can set off once more, this time executing a giant pendulum, with the snow cat supported by the rope to the pine tree. Thus, we've managed to cross the steepest part.

Finally, we must haul ourselves, hand over hand, back up the rope, to the tree, release the rope, and then return to the Sno-Cat.

Still driving downhill, we come to an area where the wind has packed the snow into a slab almost as hard as granite. Again, the slope is across our path. Although not nearly as steep as the pendulum place, nevertheless, our uphill pontoons are beginning to lift off the snow -- The prelude to tipping over!

"Harry, my boy, it's time for some pontoon running," I say to my partner, "and guess who's going to be the runner!"

In this maneuver, someone climbs out of the cat onto a pontoon. In the older models of the snowcat, traction was supplied by means of steel cleats which ran in an endless belt around the pontoon. The two sets of cleats were held together by steel tubes extending the width of the pontoon and revolving with the cleats. Thus, a steel track driving the cat. If one were especially nimble. It was just barely possible to run in place on the top of the pontoon, dancing a skittish ballet on the steel track as it spun beneath one's feet. Thus, the pontoon runner's weight would be leveraged outboard of the Sno-Cat, helping to keep the pontoon down on the snow and the cat from overturning.

Naturally, the cat driver would proceed in low gear with all due caution, usually also riding the clutch. Interesting new ballet steps would be rapidly invented by the pontoon runner on the rare occasions when the driver's foot would slip off the clutch, suddenly propelling both Sno-Cat and pontoon runner at a greatly increased rate of speed. Needless to say, all this took place while both driver and runner were wearing ski boots.

Four miles and three hours later, we finally staggered into Incline Village's solitary grocery store. Many phone calls to our worried friends and families. Then joyfully packing the Sno-Cat with food and cigarettes. And then nothing to it but four hours more of hair-raising cat skinning (including our pendulum in reverse) to regain the cheerful warmth and good fellowship of our mountain top home.

And so, to quote once more from just a few of the entries from our guest book log about the memorable Christmas by Mimi Klinger:

Dear Mr. and Mrs. MacLean: One could easily have begun a book with a title like *Travel with Charley* - Uncle Charley, that is. At first, we were all entertained by stories of the bear, and Alaska, and excited by the coming of Christmas.

The Stullas arrived and then the Edwards. There were many, many travels in the Sno-Cat with Mr. MacLean and Mr. Frazee.

Then the hard, deep Snow came, and our book title changed to *A Long Day's Journey into the Night*. Groceries were

beginning to be rationed -- At least the fresh and frozen groceries.

One outstanding journey was Mr. MacLean's and Mr. Frazee's trip to Tahoe for groceries and to make phone calls. The next outstanding trip was the departure of the Edwards and the Stullas in the midst of a blizzard.

While the travelers went their separate ways, Mrs. MacLean, Mrs. Frazee, and myself shoveled the back door during the raging blizzard. Helena Rubenstein never had a better astringent, and Charles Atlas never had a better muscle building plan. I had not been so beat for ages as I was that night. But c'est la vie -- When have you, lose a few. At the present time, we're winning, as we all are getting ready to depart for the cabin and begin our long journey home.

Everyone was very pleasant and helpful, and a tremendous amount of fun was enjoyed by all. May all the future trips be as happy, but not quite as harrowing. Thanks for everything to everyone.

Best wishes.

R. Mimi Klinger.

P.S. The kids had fun watching the adults New Year's night, but it was more fun watching them watch the adults!

And from Janice's mother, Vera McMurrin:

Sumptuously snowbound! A wild wind depositing snow, sculpting magnificent drifts!

To be a prisoner of nature, all conveyances frustrated in a pleasant thing, providing one has sufficient food, a glowing fire, good company and books. Here I sit amidst the blizzard, unperturbed at being kept away from the outside world ---

Let nature play her pranks, A great beauty must be indulged in. Caprices".

Vera McMurrin

And from Janice's sister, Mary Frazee: January 7th, 1965.

It has been an eventful day, full of plan changes and exciting experiences for all. It is almost 2:00 PM and we are preparing to leave. We are leaving many things and memories behind. The Sno-Cat trailer will not pull up hill, so we will have to unload and carry ourselves all and all the luggage up every hill we come to. There are eleven of us left to evacuate, but the sun is shining, although it is very cold out. Let's hope darkness won't drop down and the blizzard come up before we get to safety. Thank you for a wonderful time.

Love,

Mary

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

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An Italian Classic: Spaghetti aglio e olio



Beth Carbone

By Michele and Beth Carbone

This is the simplest recipe for a great pasta, and we Romans often have this pasta as a midnight snack after coming home from dancing. It's also known as "pasta del cornuto" because traditionally it was the wife who would cook dinner for the working husband. But if she had an affair and thus had no time to cook before her husband came home, she could rush home to cook this dish in ten minutes. So, when you are in a hurry, this is the pasta to prepare.

The most basic version of the recipe involves only a few ingredients: spaghetti, olive oil, garlic, and freshly chopped parsley. A variation on the recipe includes adding anchovies and a few pear tomatoes into the mix.

Ingredients for 2-4 people

- 300 grams of spaghetti
- 1 cup olive oil of the best quality
- 2 smashed cloves of garlic
- ½ cup chopped parsley
- 4 Calabrian, hot peppers, minced (or other peppers)

For my variation on the recipe add:

- 24 - 32 filets of anchovies, minced (depends on how big they are, if you look at the photo, those were big anchovies, so I used 12 anchovies = 24 filets)
- 12 pear or cherry tomatoes, yellow and red, cut in half

Preparation

In a large pot of salted, boiling water, add the spaghetti. You will cook it for about 2 minutes less than the cooking time for the pasta you've selected.

In the meantime, in a small saucepan, heat the olive oil and add the garlic cloves. As soon as the garlic is golden, remove it with a fork or a slotted spoon.

Bring the heat to high and add the minced Calabrian peppers, 2 tablespoons of minced parsley, and the minced anchovies.



(Photos: B. Carbone)

A bowl of spaghetti aglio e olio (garlic and oil) is a traditional Italian dish that takes only 10 minutes to make.

Wait for a minute for the anchovies to melt, and then turn the heat to medium and add the pear tomatoes.

Cook on medium heat until the pear tomatoes become soft, about 5 minutes.

Drain the pasta and then pour the pasta back into the same pot (which should still be hot), and then put it back on the stove on low-to-medium heat. Add the aglio e olio sauce and mix well with the spaghetti, allowing it to cook together for 2 more minutes stirring constantly. Turn the fire off.

Just before serving, add one more tablespoon of minced fresh parsley, mix well and plate the pasta.

Please do not add anything else – especially no cheese!

Buon appetito!

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

Feng Shui your home for fall



Lisa Blauth

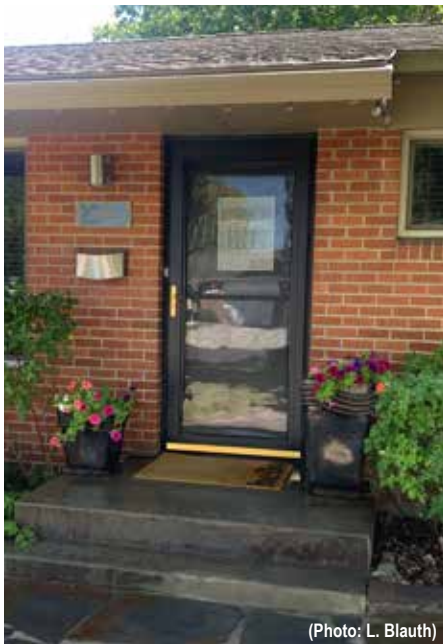
By Lisa Blauth

If your laundry is piling up and regular chores have been ignored over the summer in exchange for beach days, fall is

the time to get started on some Feng Shui best practices.

First, clear the clutter. Then again, clear the clutter. Tackle that giant pile of laundry. Oops, your drawers are overstuffed? Take one step backward and start by clearing out what needs to be donated. I keep a bag in the spare closet and regularly add items. That way, the decisions don't become overwhelming. Find your local donation drop-off center to make it easy to give away that bag on a monthly basis.

Second, get those pesky repairs done. Do you have a dripping faucet like I do? Create a list of all the items that need to be repaired. If you're not handy, check out who your neighbors recommend on Nextdoor.com. Make the best use of resources by ganging multiple repairs together. Share photos of your project in advance to determine what supplies you need to have before they arrive, so things go smoothly.

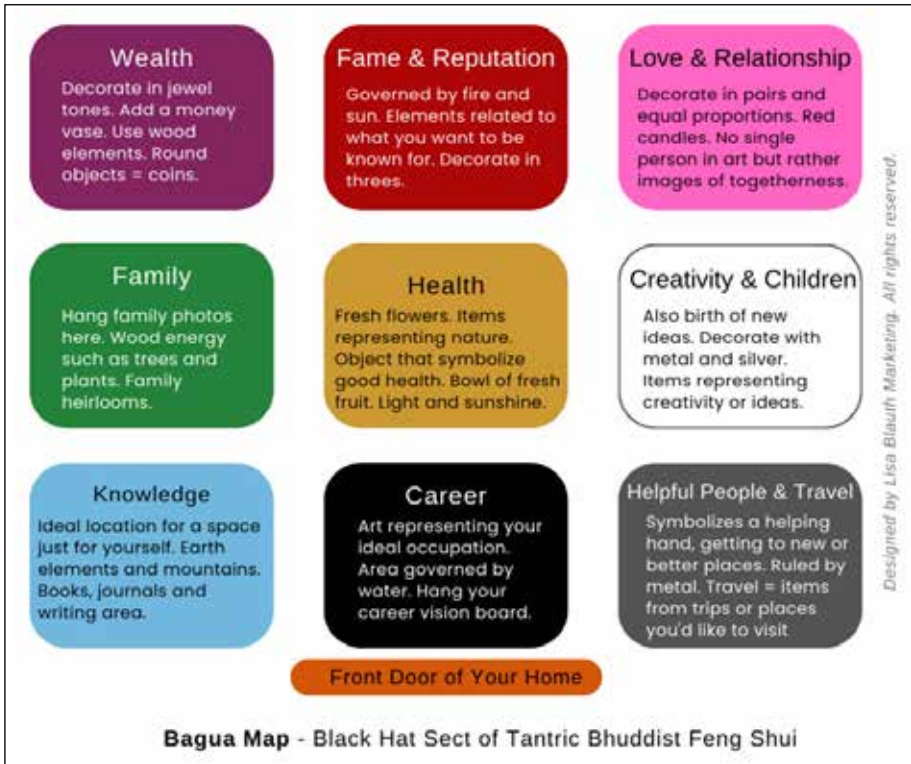


(Photo: L. Blauth)

The front door is an important starting point for an Feng Shui inspired energy overhaul of your house for fall.

Once you have the not-so-fun tasks out of the way, focus on one area of your life that you'd like to improve. On the Bagua Map, use the location of your front door as a starting point to determine which rooms represent the nine categories of your life.

For example, let's say your front door is in the center of your home which is your career and life path area. Think about your job and your purpose. Is the entrance welcoming



and inviting? Make sure the door can open fully. This area is ruled by black and dark blue. Bring in elements that represent your ideal work. Decorate using books or objects that represent your desired career. My goal was to find a balance between work and life (balance of two objects such as two planters). I also used this area to set an intentional reminder every time I enter my home — to come from a place of compassion.

Don't worry so much about the

rules of Feng Shui; focus on what feels good and right to you. Think about what brings you joy, and you can't go wrong with how you approach using Feng Shui to improve your home.

Lisa Blauth is the marketing and communications director at Sierra Nevada Journeys, Feng Shui certified, and a juggler of life. When she's not helping organizations share their stories, you'll find her walking her dog on the ditch trail, hitching up the trailer to go camping, or parenting a teenager.

Summit prepares business owners for succession planning

By Harvey MacLean

As the business landscape continues to evolve, small to medium-sized enterprise owners must confront an imminent reality - transitioning business ownership. According to "The Challenge of Business Succession in Manufacturing and the Opportunities for Diversifying Ownership" by Andrew Stettner and Audra Ladd, ownership transition demand will be reaching its peak over the next several years. This is due to the number of owners over the age of 55, who presently hold half of all private companies. Consequently, most of these owners are looking to sell within the next ten years. Considering this looming challenge, small business owners need to develop a plan with solutions for efficient and successful ownership transitions.

A resource for small businesses is the inaugural Master Planning Summit on November 9th and 10th at The Club at ArrowCreek in Reno, NV. This two-day conference will feature nationally recognized speakers, including business valuation experts, legal specialists, tax advisors, value coaches, and recruiting and retention experts. The Summit's theme revolves around preparing business owners for the critical transition of their business interests.

The Master Planning Summit will equip attendees with the knowledge and tools needed to maximize opportunities and minimize regrets during the transition process. Expert speakers will delve into various topics, including effective business valuation methods, legal considerations, and strategies for recruiting and retaining top talent. Whether transitioning their business soon or years from now, attendees will gain valuable insights applicable to their specific circumstances.

According to a study conducted by Mary Ellen Biery, a former contributor to Forbes and Sageworks Stats, over the next decade, approximately 4.5 million SMEs, valued at over \$10 trillion, will experience ownership transitions. Nevertheless, the research indicates that only around 20 to 30% of businesses attempting to sell are successful. These vital statistics highlight the urgency for SME owners to address the impending transition crisis and take proactive steps to ensure a successful future for their businesses.

With the most significant transfer of business ownership on the horizon, small business owners can't afford to delay their preparations. In addition to the Summit, it takes a team with a plan to position the business for

a successful transition. MacLean Financial Group's Master Planning Program is a one-year program aimed at assisting business owners in growing their companies, enhancing profitability, and preparing for future transitions. The program considers the unique needs of each business, offering tailored support and guidance from a team of experts.

Hawley MacLean is the owner of MacLean Financial Group. To learn more about the Master Planning

Program and reserve your spot, contact MacLean Financial Group's office at (785) 329-3041 or email hawley@macleanfinancialgroup.com.

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Seasonal flowers make best floral arrangements

By Gigi Williams

There's something deeply gratifying about creating beautiful floral arrangements. The vibrant hues, enticing scents, and striking forms of flowers all combine to form stunning visual displays. One of the keys to creating a truly special arrangement is understanding and using seasonal flowers. But why exactly do seasonal flowers make the best arrangements? Let's explore.

1. Freshness and Quality

The most significant advantage of using seasonal flowers in your arrangements is their freshness and high quality. When flowers are in their natural season, they are at their peak of vitality. They possess an unparalleled freshness and vibrancy that is hard to beat.

For instance, roses are at their finest during the late spring and summer months. Tulips, on the other hand, are best in the spring. Opting for flowers that are in season guarantees that you are getting them at their best – most aromatic, most vibrant, and most resilient.

2. Cost Effectiveness

Seasonal flowers are typically more cost-effective than out-of-season alternatives. When flowers are in season, they're in ample supply and are therefore less expensive than



(Photo: Moana Nursery)

Flowers can transform spaces. Seasonal blooms are significantly fresher, more vibrant, longer lasting and environmentally friendly than out-of-season bouquets.

those that have to be imported or grown in controlled environments to simulate a different season. Utilizing seasonal flowers in your arrangements means your budget can stretch further, allowing for bigger, more lush creations.

3. Environmentally Friendly

Using seasonal flowers is a more environmentally friendly choice. Out-of-season flowers often need to be transported long distances or grown in energy-intensive greenhouses, both of which have a substantial

carbon footprint. On the other hand, seasonal flowers, especially those grown locally, have a much lower environmental impact. Choosing seasonal means not only creating beautiful arrangements but also caring for our planet.

4. Variety and Inspiration

With each new season comes a whole new palette of flowers. This ever-changing variety can serve as a source of inspiration for your floral arrangements. From the daffodils and tulips in spring, roses, and lilies

in summer, to chrysanthemums and asters in fall, and the classic poinsettias for the winter, each season offers a fresh set of options to explore and experiment with.

5. Local Economy Support

Choosing seasonal flowers often means you're supporting local farmers and nurseries. Buying seasonal supports your local economy, contributes to local job creation, and helps local businesses thrive.

6. Creating Nature Connections

Lastly, using seasonal flowers helps to create a deeper connection with nature. By aligning your floral arrangements with the rhythms of the seasons, you're not only creating beautiful displays but also fostering a relationship with the natural world around you. Lastly, using seasonal flowers helps to create a deeper connection with nature. By aligning your floral arrangements with the rhythms of the seasons, you're not only creating beautiful displays but also fostering a relationship with the natural world around you.

Gigi Williams is a floral design specialist at Moana Nursery. She has more than 35 years of floral experience and is happy to help choose flowers for your special occasion. Visit www.moananursery.com or stop by any one of three Moana Nursery garden centers.



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Pony up to overcome obstacles in raising children



Maren Schmidt

By Maren Schmidt

My natural proclivities tend toward optimism. During these past three years of pandemic disruptions in education, though, I've had to remind myself more than once of the old joke, "There's a pony in there somewhere."

It really is there! This pony represents our journey as we move ahead, creating new ways of living our lives and going about our everyday activities.

It's becoming obvious, what worked for us in the past may not work today. From the food we eat to the priorities we put on relationships, to the schools we want for our children and ourselves, to the opportunities we want for those lacking financial and social resources, to the teaching methods we use, to the courage we'll need to face the obstacles on our way...we need to find a new way.

This pony symbolizes our desire to move toward the positive and the best, in ourselves, our families, our communities, and our world. It personifies our loving intention to make a better world for our children.

Our work as adults is to remove obstacles to the development of our children. Today's children have many more obstacles in their way than most of us had.

Obstacle 1: It begins with the food they eat.

Sixty-six percent of the food our children eat in the United States is ultra-processed, full of sugar and unhealthy fats. This type of diet leads to the fact that 88% of adults are metabolically unhealthy with over 60% of adults having one or

more chronic diseases.

Solution: Understand that your choices in the store and in the kitchen—the food that you eat—determine your underlying health. Eat real food and avoid ultra-processed foods that are filled with sugar and unhealthy fats.

Obstacle 2: Our children are living in a climate of pessimism.

In our culture, the doom and gloom rhetoric of various groups, the pandemic lockdowns, along with the political discord, affect the well-being of our children. They deserve a vision of hope, love, and positive growth.

Solution: Every generation has problems to solve. Our children can be the heroes in the story of their lives. It's our job to inspire them and be role models.

Obstacle 3: Our children are dealing with parents and grandparents with chronic diseases.

If 60% of adults have a chronic disease, it means many of our children are robbed of having parents that can be there for them.

Solution: Take control of your health and your family's health. Learn to be healthy.

Obstacle 4: Children are struggling in schools that do not meet their educational needs.

Teaching methods, curriculum, discipline issues, and more are keeping many of our children from learning the basics. This is evidenced by the fact that 51% of adults cannot read above a fifth-grade level.

Solution: Advocate for educational freedom where all children have a choice of what kind of school they will attend. Insist that children be taught reading using systematic phonics.

Obstacle 5: Most parents have no choice about

where their children go to school.

Administrators for our state-run schools decide where children go to school, when they'll go to school, and what they'll be taught in school. Parents have little if no say about their children's education.

Solution: Work to pass legislation that puts parents in control of their children's educational choices.

Obstacle 6: Most of us are dealing with attention issues due to being interrupted by phone technology.

Our emails, social media, video games, and more are designed to steal our attention. Learning to focus our attention builds our ability to concentrate and create true learning. Sadly, pings, dings, and rings break that concentration, creating a huge obstacle for childhood development and parent/child relationships.

Solution: Learn about strategies to minimize technology interruptions.

Our children are dealing with more obstacles than this, and I'm certain you've seen more, too.

Our work as adults is to prepare the environment and remove obstacles to development for our children. It is not an easy job, but then, nothing worth doing ever is. Are you with me? Pony up! Let's get going!

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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