

## Bears' fall eat-a-thon: What's on the menu at your house?

Courtesy of BearWise

In the fall, bears are hard at work searching for plenty of food so they can fatten up for the winter ahead. The hunt for food starts in late summer as berries and fruits ripen and shifts into high gear when calorie-packed nuts and seeds (soft and hard mast) are available. By fall bears are foraging up to 20 hours a day in a race against the clock. This annual power-eating marathon is called hyperphagia.

During hyperphagia, bears need to eat ten times the calories they normally consume – that's at least 20,000 calories a day. Their goal: put on as much weight and insulating fat as possible before turning in for the winter. Even bears that live in warmer climates and den up later or sometimes not at all still go into



At 10:15 a.m. in the Galena Forest neighborhood near Joy Lake Road, Beth Carbone captured a black bear rummaging through her neighbor's garbage, which had just been put out that morning. The garbage truck had yet to arrive, leaving the trash vulnerable to wildlife.

hyperphagia in the fall.

A pound of acorns has about 2,100 calories; a pound of blueberries, just 256 calories. It takes many hours of foraging each day for bears to find 20,000 calories' worth of nuts and berries. But just one bird feeder full of black oil sunflower seed or one garbage container overflowing with leftovers can reward a bear with a day's worth of calories for less than an hour's work. No wonder human-provided foods can be even more tempting as winter closes in.

Make Your Place a No-Bear-Food Zone

Barbeques – Ever noticed how a fall cookout or tailgate party can fill the whole neighborhood with enticing

*continued on page 4*

## Support underserved youth: Join the Galena Creek Charity Gala to bridge the nature gap

By Gabe Zurn

In a world where screens dominate our children's lives, the opportunity to connect with nature has never been more crucial. Hands-on, nature-based experiences do more than just complement traditional classroom learning—they foster a sense of wonder, enhance STEM education, and significantly improve psychological well-being. Yet, for many students in our community, especially those from historically underserved backgrounds, these enriching experiences remain out of reach. The Great Basin Institute at Galena is dedicated to bridging this gap, ensuring every child, regardless of their circumstances, can explore the outdoors and develop a lifelong love for

the environment.

The City of Reno may be growing rapidly, but it still holds onto a strong sense of community. When a call for help goes out, neighbors typically respond with vigor. This year, the Great Basin Institute at Galena asks you to rally once more. By attending the first annual Galena Creek Charity Gala, you can help ensure that our youth continue to have these vital opportunities to learn and grow in nature.

For several years, GBI has hosted school field trips, extended day field studies, and week-long camp experiences for students across Washoe, Storey, and Carson Counties.

In three-hour Field Studies, students learn about Mt. Rose environments

through a guided hike. Students conduct experiments, get creative, think critically and question the processes taken to keep the Humboldt-Toiyabe and Mt. Rose Wilderness healthy.

Extended Day Field Studies provide a 10-hour immersive experience providing

students with a unique look into the various biomes that make up Galena Regional Park and the surrounding forest areas. Teachers can choose from a variety of program topics and hiking opportunities. GBI staff offer lunch and

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## Letter From the Editor



Dagmar Bohlmann

As crisp air and vibrant colors envelop our community, fall offers a sense of renewal and anticipation. The changing season not only brings

get involved, and ensure your voice is heard. Whether you're passionate about local issues or national debates, your participation is crucial to shaping the future of our community. Perhaps you'll follow the Washoe County invitation to make a difference by staffing voting centers.

Amidst all the back-to-school busyness, remember the importance of spending time outdoors for your physical and emotional well-being. Fall is a perfect season to enjoy a hike, dust off your bike, or simply bring a picnic to breathe some fresh mountain air. The natural world around us offers a sense of peace and grounding that is more important than ever in our fast-paced lives. Read more about mountain bike programs, downhill races, and general health information in this issue.

hungry bears into our mountain neighborhoods, it also ushers in new opportunities for our personal lives and our shared experiences.

We are excited to support the Galena Creek Charity Gala, an inaugural event for local outdoor programs. Hosted at the historic Galena Creek Fish Hatchery, this year's gala promises to be a memorable evening, with all proceeds dedicated to fostering a love of nature through the Great Basin Institute's youth programs.

Sky Tavern also hosts their annual fundraiser, Party in the Sky. I encourage you to join us in these important causes, whether by attending the events, contributing to the fundraisers, or spreading the word. You find more info in this issue of the Galena Times.

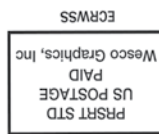
As the leaves turn, so does our focus on the upcoming election season. Now is the perfect time to get informed,

As we move through my favorite season, I wish you moments of joy, connection, and purpose. Get involved in our community by supporting local businesses, attending library programs, or joining organizations. Don't forget to let us know of interesting events and resources, so we can continue to foster a sense of belonging.

*Happy trails, Dagmar Bohlmann*

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charity gala *continued from cover*



(Photo: www.thegreatbasininstitute.org)

The Great Basin Institute staff at Galena Creek Regional Park evoke environmental passion through education and conservation projects with various STEM-based, hands-on games and programs. The inaugural Galena Creek Charity Gala happens on October 11th, 2024, at the historic Galena Creek Fish Hatchery.

snacks throughout the day and lead hands-on activities, hiking, and games, all while teaching science-based subjects. Title I schools can inquire about scholarships.

During the challenges of COVID-19, the Institute adapted by creating "Camp-In-A-Box" and "Field-Trip-In-A-Box" programs, allowing children to experience the wonders of nature from home. As a local nonprofit for over 25 years, GBI is committed to serving K-12 students for years to come—and you can help to make that happen.

You're cordially invited to the inaugural Galena Creek Charity Gala on October 11th, 2024, at the historic Galena Creek Fish Hatchery. This semi-

formal event will feature food and drinks, storytelling, the unveiling of a special piece by Viewpoint with Dennis Quaid, and a silent auction. All proceeds will support our scholarship fund, giving more children the chance to experience the outdoors through our programs. Space is limited, so please reserve your seat today by emailing Gabe Zurn at [gzurn@gbinstitute.org](mailto:gzurn@gbinstitute.org).

Let's come together to ensure that all children have the chance to learn, grow, and thrive in the great outdoors.

*Gabe Zurn has worked for the Great Basin Institute for three years as the Visitor Services Program Manager. She can be reached at (775) 674-5475 ext. 801 or [gzurn@gbinstitute.org](mailto:gzurn@gbinstitute.org)*

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# In a world of information overload, be your own firewall for a healthier mind



By Liesa Leggett Garcia

It's the end of the day; you come home, put your feet up, try to relax and unwind from the day, and how do you do that? You might put on the evening news and listen to everything that's happened that day. They'll tell you every crisis that has unfolded, every tragedy and disaster, all the political discourse. Then maybe, at the end of the broadcast, so you don't go away feeling totally desperate and hopeless, they'll throw in a human-interest story that'll touch your heart and give you some hope.

They report what is going on in our community and in our world. They report, supposedly, the stories that we want to hear. So, let's take that at face value: These stories are a reflection of who we are as a culture.

Many, if not most, of the news reports feed into what Carl Jung called "the collective unconscious." Each of us has stored within us this massive filing system of every experience we've ever had. Some of these files are on our desktop and open all the time—we might call them our working files. They help us in our day-to-day decisions. But many of these files are way in the back of our filing system. They are hidden or stored files. We may have even thought we purged them long ago, but when we are really searching, we find them. They're still with us.

Now imagine that, just like in computer lingo, you have shared files with other people. What may have been someone else's experience you have access to now becomes part of your filing system. Our computers are not unlike our minds. If they're connected to the internet, they are subject to all kinds of wonderful information, but they're also subject to all kinds of viruses and unwanted, unsolicited, and unhealthy information.

What can we do so we don't let shared files affect us, or worse still, to have our world come crashing

down because of viruses or spam? On our computers, we'd install a good virus protector, a spam blocker, or a firewall as preventative maintenance. But what about the barrage of information, rhetoric, and opinion we hear and see from the news, social media, and more? How do we protect our minds and psyche from all that?

To a large degree, we can monitor what comes into our awareness and make a choice not to take in anything that makes us feel bad or "infects" our thinking. Ralph Waldo Emerson said, "Stand guard at the portal of your mind." In this day of information overload, isn't that what we have to do to protect ourselves? Yes, we have to be vigilant as to what comes into our experience and infects us. We've got to be our own firewall.

*Liesa Leggett Garcia, a Nevada native, is the senior minister of the Center for Spiritual Living, located in southwest Reno. It is a positive, inclusive community that teaches "Change your thinking, change your life." For more info, visit [www.cslreno.org](http://www.cslreno.org).*

# Campfire interrupted: Sierra Nevada Journeys evacuated 177 campers during wildfire threat



By Lisa Blauth

Sierra Nevada Journeys operates eight weeks of overnight, week-long summer camps at the Outdoor Education Camp in Portola, California. On a Sunday afternoon in July, excitement and nervous anticipation buzzed as kids arrived, ready for a week of kayaking, archery, friendship

bracelet making, and challenge courses. Parents, especially those sending their children to camp for the first time, shared these mixed emotions, wondering how their little ones would adjust to being away from home. But as the first full day of camp unfolded, unexpected afternoon thunderstorms rolled in, bringing not just rain, but lightning that sparked several wildfires in Plumas County, about 15-20 miles away. The Gold Complex Fire was a sudden and stark reminder of the

*continued on page 9*



(Photos: L. Blauth)

In July, kids at the Sierra Nevada Journeys summer camp in Portola, CA quickly had to evacuate safely as the Gold Complex Fire approached.

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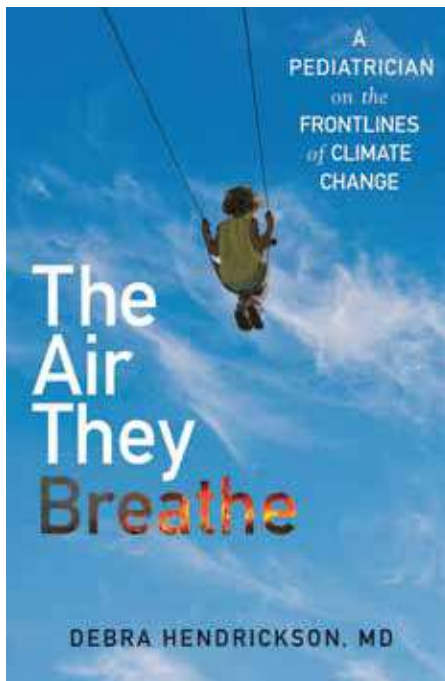
# Fall into learning: Why autumn, elections, and the library are a perfect match

By Brad Bynum

Why is autumn the best season? Is it the beautiful, vibrant colors of the changing leaves? Or the spooky excitement of Halloween? Or the bat-cracking thrills of playoff baseball? Or is it the Goldilocks zone of the weather—not too hot and not too cold, but just right?

All of those things are wonderful, but the real reason fall is the best is that there's no better time for learning. Even those of us who have been out of school for a few years might still catch a back-to-school feeling in autumn. Our minds feel a little sharper, a bit more receptive, and a tad more capable of retaining new information. The fall feels like the right time to learn a new skill, plan a big trip, or research an important project.

So, if the fall is the right time to learn, where's the best place? Well, the library of course. One of the flagship branches of the Washoe County Library System, the South Valleys Library on Wedge Parkway, celebrated its 20th anniversary last year. The golden exterior of the library is complemented by stunning views of the mountains. The library is one of four that were built thanks to a 1994, Washoe County voters-authorized tax override that takes 2 cents out of every \$100 of assessed property value. This override is set to expire and will



be on the ballot before voters for renewal on November 5. We hope to continue to grow with our community's support for the next 30 years. For more information, visit [washoelibrary.org/expansionfund](http://washoelibrary.org/expansionfund).

Meanwhile, enjoy large mountain views as you browse, read, or work on your laptop using the free Wi-Fi. Come for the learning but stay for the full slate of events planned for this season.

The Library hosts story times for kids, and free book clubs as well as clubs for



crafters and more. On September 29, we'll feature a reading and discussion with Reno author Debra Hendrickson, the author of *The Air They Breathe: A Pediatrician on the Frontlines of Climate Change*. Throughout September and October, we'll have a lot of fun Halloween events, including our

Monster Mash! film series.

October will highlight TeenTober, our event series geared especially for teenagers. Come check out our recently renovated Teen Zone area. And, on November 15, don't miss the return of Spellbinders, the world's largest free international festival of magic.

To learn more and discover other upcoming events, check out the fall edition of our Explorer magazine. You can find a paper copy at any Washoe Library branch or visit [washoelibrary.org/explorer](http://washoelibrary.org/explorer).

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

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## BearWise *continued from cover*

smells? Just imagine how good that smells to a hungry bear. So, don't leave

food unattended. After the party's over, clean up any spills, wipe down all the

surfaces and thoroughly clean your grill, including the drip tray and grease pan. Put yummy-smelling (to a bear) trash and leftovers in bear-resistant containers or take inside. Don't leave trash, empty cans and bottles or anything else with an odor on your porch or anywhere else bears could access it.

**Gardens and Orchards** – Harvest fruits, nuts and garden produce. Many orchardists advise harvesting fruit a day or two before it's fully ripe. Bears and other critters have sensitive noses that tell them when it's ripe for the picking. Pick up any fallen produce daily. If you home-can fruit or veggies, don't cool them on the porch.

**Compost** – Don't add pungent items such as meat, melon rinds, or sweet-smelling foods to your compost pile. Cover any food scraps with plenty of yard debris, grass clippings, sawdust or shredded paper to help contain odors. Regularly turn the pile and add lime to reduce odors. Consider using a hard, durable bin with a sturdy cover you can lock or installing an electric fence to keep bears away.

**Chickens, Livestock and Bees** – Honey, bee larva, chickens and other small livestock, eggs and feed all attract hungry bears. Install electric fencing and motion-detecting lights around chicken coops, beehives and livestock enclosures.

**Bird Feeders** – Resist the urge to put out your bird feeders at the first hint of fall; bears can smell birdseed from more than a mile away. A bird feeder that holds

7 pounds of nutritious seeds delivers 18,000 calories a bear can gobble down in minutes. Natural foods for birds are widely available in the fall when plants are going to seed. Download our free bulletin, *Attract Birds, Not Bears*, for lots of BearWise ideas.

**Garbage** – Shorter days and longer nights give bears more time to roam through neighborhoods looking for food. Use bear-resistant trash containers or keep trash inside a sturdy locked building until the morning of pick up.

**Pets** – Feed pets indoors. If you must feed outside, remove bowls as soon as your pet is finished eating and keep the surrounding area clean. Odors from pet food can linger for hours, so be sure to check the yard before you or your pet go outside. If you have a dog, download our free *Dogs & Bears* bulletin for tips on keeping dogs, bears and people safe.

How BearWise are you? Download our helpful *Be BearWise At Home Checklist* today. Taking precautions now will help you prevent problems around your home and help keep bears wild.

*BearWise* was developed by state agency bear biologists who wanted to make sure that no matter where people lived, played or traveled, they got the same consistent message about coexisting with bears. Today *BearWise* is managed by a team of North American bear biologists and communications professionals, and is a program of the Association of Fish and Wildlife Agencies. For more information, visit [www.BearWise.org](http://www.BearWise.org).

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

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

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HEALTH

# From virtual worlds to real adventures: Teens find purpose and camaraderie on Reno mountain biking teams

By Jana Buck

I count myself extremely lucky to get to spend two to three evenings a week, from March through October, coaching teenagers. Teenagers are such an incredible group - daring, yet insecure; intelligent, yet forgetful; sarcastic, yet sensitive; thoughtful, yet scatter-brained; and they're downright hilarious. Adventure and pushing limits are in their nature, and out in nature is exactly where you will find teenagers on the Galena MTB Club and the Reno Devo Team doing just that.

At a time when teens are averaging 8-9 hours per day on screens, these two programs are getting teens off those screens and out on trails under the trees. They're not messaging their friends; they're actually talking with them. They're not playing a virtual game alone but competing, in-person, with their teammates. They're not emailing their teachers but learning through direct demonstrations from their coaches. And all of this is taking place on the most



Teenagers from the Galena MTB Club and Reno Devo Team embrace adventure and push their limits with every mountain bike ride — from all-level training sessions to thrilling races. (Photos: J. Buck)

beautiful mountain trails the Reno Tahoe area has to offer.

Galena MTB Club is a mountain bike team/club for youth, grades 5 to 12 who live in south Reno and are zoned for Galena High School. Galena MTB operates under the Nevada Interscholastic

Cycling League which provides student-athletes with mountain bike training and racing through a local league in a season that runs July through October. No experience is necessary. We have student-athletes who are brand new to mountain biking up to student-athletes that compete

nationally, and every level in between. There is a place for you in the Galena MTB club.

If you know anyone interested but not zoned for Galena, reach out as well and we can get them in contact with another school program in the area.

Reno Devo is the race development branch of Reno Tahoe Junior Cycling, offering programs that run January through July or March through June for student-athletes ages 10 to 22 interested in focusing on mountain bike racing at the regional and national level. Reno Tahoe Junior Cycling also has programs for younger athletes.

Jana Buck is the Head Coach and Team Director for Galena MTB and an Assistant Coach for the Reno Devo Regional Team. For more information about Galena MTB or other school programs, please contact Jana Buck at [jana\\_buck@yahoo.com](mailto:jana_buck@yahoo.com). For more information about Reno Tahoe Junior Cycling and Reno Devo, please visit [renotahoejuniorcycling.com](http://renotahoejuniorcycling.com) and go to the contact tab.

# Operation School Bell marks 40 years of clothing Washoe County's neediest students

By Lorie Schaefer

Assistance League Reno-Sparks began its Operation School Bell program in 1984 with the mission to supply new school clothes to Washoe County's most disadvantaged children. That year volunteers shopped for just 72 elementary school students. Now 40 years later, volunteers will clothe over 3000 students. To date, the Assistance League supported more than 100,000 students.

Many Assistance League members are parents, grandparents, and retired teachers. They understand the impact that new school clothes can have on students' confidence, attendance, and academic performance.

Operation School Bell has two main

activities.

- Accompanying approximately 100 elementary students per night on 30 shopping trips at local Target and Walmart stores.

- Supplying clothing and hygiene items to elementary and middle school counselors to keep their emergency clothes closets stocked for immediate assistance.

The challenges have not eased over the past forty years. Many families struggle to afford essentials like clothing and food. High housing costs stretch family budgets to the breaking point, affecting children's attendance and academic success.

Operation School Bell is the Assistance League's largest philanthropic

effort and is only made possible by community support. The continued generosity of Northern Nevada businesses and individuals—donors, shoppers, and members—is needed to meet the annual goal of nearly half a million dollars.

Become part of something bigger than yourself. Please visit [renosparks.assistanceleague.org](http://renosparks.assistanceleague.org) to find out how you can help provide this vital service to the most vulnerable children in Washoe County.

Lorie Schaefer is a retired Carson City educator, author, grandmother, and Assistance League volunteer. She has called Northern Nevada home since 1977.



Assistance League members, students, and school counselors share smiles while shopping together at local Target and Walmart stores. (Photos: L. Schaefer)

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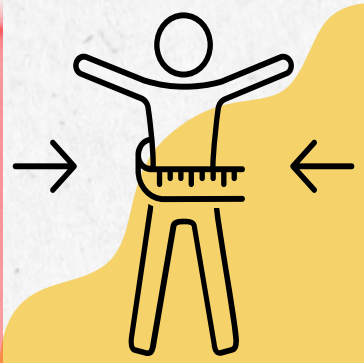
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# Wildland Urban Interface faces insurance crisis: What Nevada homeowners need to know



Gary Weichert

By Gary Weichert

Insurance companies are raising premiums for homeowners living in the Wildland Urban Interface. Some companies have

completely withdrawn from these markets, leaving homeowners with little or no choice of homeowner's fire insurance. California homeowners have been feeling this pinch for the past several years, and now Nevada is being affected.

The Nevada Division of Insurance recently educated local homeowners at a townhall meeting about how insurance companies operate, what control the DOI

has over the insurance industry, and how to respond to insurance cancellations or exorbitant premium hikes. The bad news is, the DOI has no authority to compel an insurance company to offer insurance to anybody, nor do they have any way to control the premiums being offered. Both of those aspects of the insurance business are market-driven, not regulated.

The good news is that the DOI is busy working on bringing new insurance companies to Nevada to bolster competition. However, this project will take time, and it may not be the answer for high wildfire risk properties.

As we all hold our breath waiting to see what our next homeowner's insurance renewal letter has to say, one thing is sure – Defensible Space creation and maintenance is going to be oh so

important from now on.

Stories are circulating regarding insurance companies sending out defensible space inspectors for on-site evaluations, and even using drones for "fly-over" risk evaluations. One company required a set of current outdoor photos to be submitted with the renewal application, and another company took advantage of their "cancellation within 45-days of signing" clause to renege on a newly issued policy.

If you do find yourself in need of a new homeowner's insurance policy, DOI Commissioner Scott Kipper, highly recommends that you engage an "insurance broker" to do the shopping for you. His logic is that an independent broker is not beholden to any one company, nor restricted to just brand names. Wildfire insurance policies are likely to get "creative" in the future and

could possibly require more than one company to be involved, something an exclusive agent would not be able to offer.

Be sure to let your homeowner's insurance company know that your property is in the "Galena Forest Community", which is "Firewise USA recognized." At this time in Nevada no discounts are given for this recognition. But being in a Firewise USA Community tangibly demonstrates that you and your neighbors are continually working to reduce the wildfire risk in our beautiful forest.

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

## Sky Tavern starts fall season with new leadership and events

By Rick Reed

As autumn paints the mountains in vibrant hues, Sky Tavern is buzzing with anticipation—not just for the crisp air and falling leaves, but for an exciting lineup of events and the launch of the 2025 Junior Ski Program. With a fresh leadership team and a renewed mission, this 75-year-old nonprofit is gearing up to make outdoor recreation more accessible and thrilling than ever.

Recently, Reno local Pat Cashell was appointed as CEO, and ski resort operational veteran Chris Brown as COO. The 75-year-old nonprofit organization has clarified its mission statement, attaching a new set of supporting values to solidify its foundation for the next 75 years.

"By simplifying our mission statement to provide outdoor recreation for all, the organization can focus solely on how to best serve our community," said Cashell. "We will support this mission through our programs and community events while further removing barriers to entry for outdoor recreation."



(Photo: Submitted by Sky Tavern)

Mountain bikes enjoy fall colors on the downhill trails at Sky Tavern. The Party in the Sky fundraiser is October 13th.

The renewed excitement could already be sensed this summer, as the calendar was filled with events related to the growing mountain bike park, from skills clinics to adaptive bicycle races and themed parties like Hot

August Laps.

The events continue through fall with the Party in the Sky Fall Fundraiser, the mountain's biggest event of the year, on October 13th. Featuring food trucks, vendors, kids' activities, and a raffle and auction, the fall festivities will have something for everyone. An enduro downhill race on October 19th will round out the 2024 bike park events.

As winter approaches, Sky Tavern's Junior Ski Program is making its final registration push. Program details and registration can be found at [www.skytavern.org](http://www.skytavern.org). Planning is also underway for the annual ski swap, set to return November 22-23. Stay tuned for location and time.

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

## Pumpkin possibilities: Creative ideas for decorating, carving, cooking, composting

Submitted to the Galena Times

As the fall season rolls in, pumpkins take center stage as one of the most versatile and iconic symbols of the season. Beyond their vibrant colors and festive appeal, pumpkins offer endless possibilities for use in and around your home & garden. Here's a look at how you can make the most of this fall favorite.

### Decorating Your Space

Pumpkins are a quintessential element of fall décor, adding warmth and charm to any setting. Whether you're sprucing up your porch, enhancing your dining table, or creating a festive centerpiece, pumpkins bring the spirit of the season indoors and out. Mix and match different sizes, shapes, and colors to create a visually stunning display. Combine traditional orange pumpkins with white, green, or even textured varieties for a unique look. Don't forget mini pumpkins and gourds—they're perfect for filling bowls, lining windowsills, or accenting wreaths.

### Carving Jack-o'-Lanterns

No Halloween is complete without a glowing jack-o'-lantern to greet trick-or-treaters. Carving pumpkins is a fun activity for adults and kids alike, whether you're going for a simple, classic face or an intricate design, our large, sturdy pumpkins are perfect for carving, with plenty of room to get creative. Be sure to save the seeds when scooping out the insides—they make a delicious and healthy snack when roasted. Pumpkin painting is a great alternative, whether your kids are too young for carving, or you just want to avoid the mess, painting a cute (or scary) face on your pumpkin can be just as fun (and they'll last longer!)

### Cooking and Baking

Pumpkins aren't just for decoration—they're a versatile ingredient in the kitchen, too! From savory soups and stews to sweet treats like pies, breads, and muffins, pumpkins add a rich, earthy flavor to a wide range of dishes. Roast or steam fresh pumpkin flesh to use

in your favorite recipes or try making your own pumpkin puree. Don't forget to experiment with pumpkin in savory dishes, like creamy risottos or flavorful curries.

### Building Family Traditions

Perhaps the most important use of pumpkins is their ability to bring people together. From visiting Moana Nursery to pick out your pumpkins to carving jack-o'-lanterns or baking pumpkin pie, these activities create lasting memories with family and friends. Whether you're starting new traditions or continuing old ones, pumpkins are at the heart of many beloved fall experiences.

### Composting for a Greener Garden

After the season has passed and your pumpkins have served their purpose, don't toss them in the trash. Pumpkins are rich in nutrients and make an excellent addition to your compost pile. Cut them into smaller pieces to speed up the decomposition process, and let nature take its course. Your garden will thank you for the boost in organic matter come spring.

At Moana Nursery, we celebrate the

beauty and utility of pumpkins, offering a wide variety of Moana Grown pumpkins, grown at our farm in Canby, Oregon. With over 24 different types of pumpkins, our selection is unmatched. From adorable mini pumpkins and decorative gourds to the classic jack-o'-lanterns and impressive extra-large pumpkins, there's something for every purpose and preference. Whether you're looking to bake the perfect pumpkin pie, create a stunning porch display, or carve up some Halloween fun, we've got you covered.

What makes Moana Grown Pumpkins even more special? We're dedicated to keeping them affordable for every family. We believe that pumpkins are a staple of the fall season, and everyone should be able to enjoy them without breaking the bank. That's why we offer our pumpkins at the lowest prices in town—just \$1.99 per regular pumpkin, 99¢ for mini pumpkins and gourds, and \$4.99 for specialty varieties.

Moana Nursery has three locations. In South Reno, find them at 11301 S. Virginia Street or call (775) 853-1319 to pick out your perfect pumpkin.



# Mt. Rose Ski Tahoe continues to invest in experience ahead of 60th season

Submitted to the Galena Times

The team at Mt. Rose Ski Tahoe has never been shy about making significant off-season investments that enhance the guest experience, and this year is no exception. As the resort prepares for its upcoming 60th anniversary season, major capital improvements will tally \$2.2 million and include a complete Mountain View dining area renovation featuring a new taco bar, snowmaking system enhancements, and a new snowcat to support the resort's ability to offer a high-quality snow surface. Mt. Rose's popular 'Open Late' schedule will also be extended to include both Fridays and Saturdays starting in February 2025.

"This season will mark two milestone anniversaries at Mt. Rose – the resort's 60th, and the 20th anniversary of The Chutes," said Mike Pierce, Mt. Rose Ski Tahoe marketing and sales director. "We'll not only celebrate these events all season long with our guests but are upgrading our facilities and equipment so that we can

continue to offer an exceptional experience and high level of service."

The Mountain View Dining area located on the upper level of the resort's Main Lodge will undergo a full refresh this summer, including new furniture and an improved guest experience and traffic flow. The new home of the Timbers Taco Bar will round out the Mountain View dining experience.

Improvements on the Around the World trail are also included in the summer work plans. A somewhat traditional bottleneck area is receiving attention to widen this zone approaching the Lariat Junction to create a smoother guest experience. This trail is very popular with advanced beginners and low intermediates.

The resort also continues to invest in snowmaking system upgrades that will allow for increased production providing the maximum coverage early season. Three new snowmaking machines including another tower gun near the



(Photos: Submitted by Mt. Rose Ski Tahoe)

**New snowmaking machines will further the Mt. Rose Ski Tahoe's commitment to open as one of the first resorts in the Tahoe area.**

top of Kit Carson Bowl will further the mountains' commitment to being one of the first resorts open in Tahoe with significant terrain. A new snowcat completes the list of upgrades to the Mt. Rose fleet.

Beginning in late February 2025, Mt. Rose's popular "Open Late" schedule will be expanded to two days per week to include both Friday and Saturday. Select lifts will remain open later in the evenings for those who want to extend their day

and make the most of more daylight opportunities in the spring. Friday Night Gates will also return with more teams to be added to the field. Also Bonus Mondays will return to the infamous Daily Special Options with heavily Discounted Monday Lift Tickets for anyone who skis at Rose the previous Saturday or Sunday, void on holidays.

Start planning a visit to Mt. Rose Ski Tahoe and purchase a 2024-25 season pass at [skirose.com](http://skirose.com).

# Join the election effort: Washoe County calls on diverse community to staff vote centers

Submitted to the Galena Times

The Washoe County Registrar of Voters is recruiting for numerous positions to work at Vote Centers during early voting, starting in mid-October, and on Election Day, and is making a special plea for bilingual and youth employees. It takes a village to make an election happen, and we need community members to help us to run an efficient election that is welcoming for everyone.

"Working at a Vote Center is an exciting opportunity to be a part of democracy in action," Interim Registrar of Voters Cari-Ann Burgess said. "We are hoping to hire at least one bilingual election worker at each vote center to provide assistance and translation for those who need it, and we hope to energize young voters and high school students to take part in serving their

community in this way."

Each Vote Center has greeters, intake specialists, managers, runners, and many more positions, so there is truly something for everyone. Pay begins at \$16 per hour during early voting, and \$175 on Election Day. English and Spanish are the primary languages spoken in Washoe County, but there is also a need for those fluent in European, Asian, and Pacific Islander languages. Ballots are printed in English and Spanish.

Each year we have dozens of incredible volunteers, some of whom have been volunteering election after election. We couldn't do it without them! Washoe County is especially interested in recruiting high school or college-age employees, who are the face of tomorrow, too. The minimum age to work at a Vote Center is 16.

## QUALIFICATIONS TO WORK AT A VOTE CENTER

- Be a United States citizen and be a registered voter in the State of Nevada.
- Be at least 16 years old.
- Physically be able to endure the long hours of Election Day (approximately 14 hours +).
- Physically be able to set up equipment that is approximately 35 lbs. in weight.
- Have a professional demeanor.
- Have access to reliable transportation.
- Able to attend the required poll worker training and pass a hands-on evaluation in order to work.
- Complete and pass the online poll worker training.

Learn about the vote center positions and how to apply by visiting [WashoeCounty.gov/Voters](http://WashoeCounty.gov/Voters). Don't delay, apply today!

## wildfire threat *continued from page 3*

unpredictability of nature.

"Summer is our busiest time, and camp was at full capacity," said Sean Hill, CEO at Sierra Nevada Journeys. "We decided to evacuate 177 campers as evacuation warnings were soon coming our way. Coordinating the evacuation with summer campers and community partners was like a complex game of chess — packing buses and organizing people and gear, all while ensuring the well-being of our guests. We had to stay ahead of the fire."

Campers and their families reunited Monday night at an evacuation location in Reno. A few stayed the night with Sierra Nevada Journeys at the evacuation site doing a little urban camping, while waiting for pick-ups the next day. Eventually, everyone returned home safe and in good spirits.

"It was a very challenging time, and we had to close Camp for a week until the evacuation warning was lifted. As an outdoor science education nonprofit, we

rely on the generosity of donors to help in times of need," added Hill. "Today, we need your help. We want to ensure our Student Scholarship Fund is available for all campers and students to access, no matter their background or their ability to pay for programs. This fund also gives Sierra Nevada Journeys the flexibility to make good, people-first, decisions in times of emergencies and throughout the school year."

The following week, as the smoke cleared and Camp reopened, there was a sense of renewal and gratitude among everyone.

"We came together to ensure that the camp could continue to provide life-changing experiences for all children," said Hill.

As the summer concluded, the Sierra Nevada Journeys team reflected on the season and reinforced the importance of their mission. Every campfire, every hike, every lesson in the great outdoors

was a step toward empowering the next generation of environmental stewards. Please consider donating at [sierranevadajourneys.org/give](http://sierranevadajourneys.org/give).

Lisa Blauth is the marketing director with Sierra Nevada Journeys and a

professional juggler of life. When she's not helping organizations share their stories, you'll find her walking the dog on the ditch trail, hitching up the trailer to go camping, or remodeling her beloved money pit in the Old Southwest.



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# All Area Home Sales May 14 - August 28, 2024

	Asking Price	Price/SF	Sold Price	Sold Price/SF	SF	Acreage	Days on Market
<b>Galena/Montreux/St James Village</b>							
300 Black Pine Drive	\$1,295,000	477.51	\$1,280,000	471.98	2712	0.531	33
184 Carleton Court	\$1,400,000	426.31	\$1,400,000	426.31	3284	1.015	107
1500 Joy Lake Road	\$1,560,000	433.09	\$1,575,000	437.26	3602	0.5	30
30 Austrian Pine Circle	\$1,755,000	651.93	\$1,710,000	635.22	2692	0.693	280
161 Jamil Court	\$1,850,000	532.83	\$1,775,000	511.23	3472	1.05	91
250 Timbercreek Court	\$2,121,500	564.68	\$2,080,000	553.63	3757	1.1	90
4640 W Pinewild Road	\$2,695,000	471.32	\$2,600,000	454.7	5718	1.22	353
5720 Dijon Circle	\$2,800,000	630.06	\$2,640,000	594.06	4444	0.49	56
6619 Jung Court	\$3,200,000	561.11	\$2,950,000	517.27	5703	1.09	286
235 Timbercreek Court	\$2,950,000	571.71	\$2,950,000	571.71	5160	1.155	26
5180 Bordeaux Court	\$2,630,000	766.99	\$3,290,338	959.56	3429	0.85	889
5108 Bordeaux	\$3,200,000	592.7	\$4,676,669	866.21	5399	0.64	1082
5940 Lake Geneva Drive	\$8,475,000	793.24	\$7,500,000	701.98	10684	1.24	504
<b>Callahan Ranch</b>							
15781 Fawn Lane	\$945,000	349.35	\$940,000	347.5	2705	1.23	39
4775 Townsite Road	\$1,225,000	620.57	\$1,175,000	595.24	1974	1.01	43
5245 Goldenrod Drive	\$1,250,000	539.26	\$1,235,000	532.79	2318	1.204	61
5440 Goldenrod	\$1,324,385	476.74	\$1,300,000	467.96	2778	1.07	34
14905 Napoleon Court	\$1,400,000	473.93	\$1,400,000	473.93	2954	1.22	36
15160 Redmond Loop	\$1,732,000	472.45	\$1,732,000	472.45	3666	1.08	41
15525 Donnybrook Court	\$1,798,000	496.14	\$1,865,000	514.62	3624	1.03	20
<b>Arrowcreek</b>							
3388 White Mountain Court	\$1,485,000	471.13	\$1,485,000	471.13	3152	0.344	71
3084 Marble Ridge Court	\$1,495,000	358.51	\$1,495,000	358.51	4170	0.32	49
3327 Forest View	\$1,695,000	537.75	\$1,570,000	498.1	3152	0.28	42
2871 Shale Creek Drive	\$1,685,000	449.57	\$1,685,000	449.57	3748	0.34	22
2978 Roundrock Court	\$1,895,000	485.4	\$1,895,000	485.4	3904	0.53	34
6275 Coyote Point Circle	\$1,895,000	458.95	\$1,900,000	460.16	4129	0.36	39
4015 Spotted Eagle Court	\$2,100,000	679.61	\$1,980,000	640.78	3090	0.8	48
5960 Cour Saint Michelle	\$2,200,000	413.07	\$2,100,000	394.29	5326	0.32	27
5734 Muirfield Court	\$2,300,000	568.46	\$2,200,000	543.75	4046	0.55	83
5600 Rue Saint Tropez	\$2,289,000	455.07	\$2,240,000	445.33	5030	0.35	58
4010 Spotted Eagle Court	\$2,598,000	573	\$2,598,000	573	4534	0.83	46
1230 Broken Feather Court	\$3,500,000	640.2	\$3,725,000	681.36	5467	0.53	79
<b>Saddlehorn/Monte Rosa</b>							
4310 Wild Eagle Terrace	\$1,029,400	389.48	\$1,000,000	378.36	2643	0.35	34
4660 Saddlehorn Drive	\$1,475,000	491.83	\$1,475,000	491.83	2999	0.58	70
14260 Table Rock Court	\$2,400,000	659.88	\$2,300,000	632.39	3637	0.75	69
<b>Other areas of South Reno</b>							
820 Flanders Road	\$1,299,409	450.56	\$1,354,090	469.52	2884	1.25	31
2000 Foothill Road	\$1,825,000	609.35	\$1,800,000	601	2995	2.53	48
3700 Lamay Lane	\$1,889,000	523.99	\$1,850,000	513.18	3605	1.78	135
3485 Lunsford Court	\$1,999,985	606.98	\$2,099,985	637.32	3295	2.62	53
4900 Gallup Road	\$2,395,000	502.83	\$2,350,000	493.39	4763	0.91	48
2470 Faretto Lane	\$2,995,000	727.12	\$2,500,000	606.94	4119	2.52	284
1900 Palmira Drive	\$2,992,000	783.25	\$2,992,000	783.25	3820	2.5	47
2420 Faretto Lane	\$4,600,000	800.84	\$4,640,000	807.8	5744	3	50
11180 Boulder Glen Way	\$4,950,000	639.12	\$4,900,000	632.67	7745	2.008	45
<b>NW Carson City</b>							
2654 Wellington N	\$899,999	279.68	\$870,000	270.35	3218	1	238
1801 Maison Way	\$975,000	425.58	\$975,000	425.58	2291	0.33	49
2043 Emily	\$1,075,000	191.59	\$1,025,000	182.68	5611	0.34	50

# Enhancing young athletes' performance: How sports massage supports growth and reduces injury risks



Meaghan Maillet

By Meaghan Maillet

Many youth athletes are becoming highly competitive at an early age. This can be good if the athlete has aspirations to play at a collegiate or even professional level. But it can also increase the risk for repetitive use injuries as the young athlete is still growing and developing. Proper sports

development strategies combined with active recovery techniques, such as massage therapy, can support the youth athlete and help reduce the risk of injuries as they train and compete.

Youth athletes can enjoy the same benefits of sports massage as adults such as decreased muscle soreness, faster recovery time between workouts, improved performance and even improved sleep. Other benefits include improved body awareness which can help with coordination as the athlete learns new movement patterns. Massage can also improve body image which can be particularly challenging for athletes who have experienced an injury.

It is important to find a sports massage therapist who has experience working with youth. Youth athletes are not just small versions of adult athletes. Therefore, it is important the therapist has a basic understanding of physiological and psychological differences throughout



(Photo: M. Maillet)

Sports massage therapist Meaghan Maillet educates young athletes on the importance of recovery.

various stages of growth and development.

Some things to consider before booking a sports massage for your youth athlete:

- Find a therapist with training in sports massage and experience working with kids. Children often won't speak up to an adult if something is not comfortable. It is essential that the therapist has a rapport with the athlete, is able to communicate well and clearly explain what to expect during the massage, what parts of the body will be touched and why, and empower the athlete in the process, reinforcing that the athlete is in charge of the session.

- Because sports massage often involves stretching and range of motion exercises, the athlete should plan to

wear athletic shorts and a sports bra/tank top during the session.

- Know that you, as the parent/guardian of the child athlete, have the right to be present during the massage at all times. At the initial appointment, an intake form will need to be completed by the parent/guardian of any minor. If you choose not to be present during the massage, the Nevada State Board of Massage Therapy requires that you sign a consent for your child to receive a massage without a parent/guardian present. Many spas and massage establishments have age restrictions for massage and body treatments, so check their age policy before booking a massage for a minor.

Sports massage can be an excellent tool to incorporate into the training regimen of a youth athlete. When performed by a qualified therapist, experienced working with youth, sports massage can support the health, well-being and performance of the young athlete so they can enjoy their sport for years to come.

Meaghan Maillet, LMT, is the owner of *Connective Touch Therapeutic Massage*. Meaghan relocated from the Northern Virginia suburbs of Washington, DC and has over 20 years of experience as a licensed massage therapist. She works with all ages and specializes in Sports Massage, Prenatal Massage, and Traditional Thai Massage. To learn more, email [meaghan@connectivetouchmassage.com](mailto:meaghan@connectivetouchmassage.com) or visit [www.connectivetouchmassage.com](http://www.connectivetouchmassage.com)

# Silent threat: Drowning is leading cause of toddler death



Kris Deeter

By Kris Deeter

This summer, we have seen too many drowning victims in our trauma bay at Renown Children's Hospital. Though we are moving into fall, drowning will

continue to be a risk for our kids until the snow starts to fall.

It is not widely known that the number one cause of death in two- to four-year-old children is drowning. The CDC mortality charts show that the number one cause of death in one- to forty-four-year-olds is "Unintentional Injury" – also known as preventable accidents. When you break that down, most of the mortality is caused by motor vehicle accidents, falls, and more recently, by firearm injuries. Specifically, in our toddler age group, however, drowning deaths rise to the top. When you look at all ages at risk for drowning there are two peaks in the graph – one for toddlers, the other for teenagers who are typically mixing risky behaviors with pools and water sports.

Medically, taking care of a drowning patient for our hospital team is straightforward. If a patient is pulled from the water in less than 6 minutes, receives CPR within 10 minutes of being pulled out of the water, and is moving and responding in some way by the time they reach the Emergency Department, I can usually predict that patient will leave the hospital in good condition.

On the other hand, if a child is underwater for longer than 5 minutes, does not get good CPR and is not responsive during transfer, the prognosis is bleak.

This breaks down to one simple truth – prevention is the only way to ensure a good outcome for our kids. We must prevent the little ones from getting into water by themselves, we need to watch our kids when they are playing in the water, and we have to be able to pull them out immediately when they are having trouble.

Two prevention strategies that work well are 1) pool fences, and 2) water watchers. No one buys a house with a pool thinking that the best way to make it look modern and cool is to install a pool fence. However, having a fence that locks is the only way to make sure that a resourceful toddler doesn't fall into it. Even if you don't have small children in your home, you likely have small kids in your neighborhood who could make their way into your backyard. Apartment complex pools are also very dangerous for toddlers as they often not fenced, or gates are left propped open. We must be aware of these dangers to protect all of the little ones in our community.

A newer concept in the injury prevention world is having a designated "Water Watcher" at any event or party around a pool or body of water. A Water Watcher is a sober, CPR-trained adult who volunteers to keep eyes on the pool and has a cell phone close by to call for help if needed. I have seen parents schedule rotations to watch to give the responsible adults break time. It's helpful to have a large nametag or lanyard marking this person that can be passed to the next Watcher in rotation.

The Water Watcher should also monitor safety issues like minimizing the number of pool toys and "floaties" in the pool as small children can be easily covered by these items. Many of the kids

we have seen drowning this summer were in big pools with lots of people and pool toys around with everyone assuming that someone must be watching the kids. For more information, review the American Academy of Pediatrics website on Swim

Safety.

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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# Beware of sugar bugs: How summer fun can lead to cavities



Dr. Kellie J. McGinley

By Kellie McGinley

Summer is a fun-filled time of the year for road trips, camping, water parks, and enjoying the long, warm days outside. Not only do we need to worry about sunburn and bug bites but also about sugar bugs. Sugar bugs, also known as cavities, are more prevalent in summer activities than at any other time of year. Why? More sweet treats, more snacking, and less focus on a good oral hygiene routine.

Over the summer when kids are out of school, the focus on oral hygiene tends to dwindle. The routine of waking up, brushing teeth and going to school, then returning from school, eating dinner with the family, brushing teeth, and going to bed at a decent hour is often lost in the summer.

In our pediatric dental office, more kids come in with

heavy plaque – bacteria and food build-up – on the teeth during the summer months and they tell us they simply forgot to brush. Parents think the kids are responsible enough to brush when they are supposed to, but that doesn't always happen. Summertime is often too fun and relaxing to worry about teeth.

It's easy to eat all the yummy, sweet treats in summer. Who doesn't love a good ice cream or root beer float on these hot summer days? On road trips and flights to get out of town, we resort to high carbohydrate snacks and sugary drinks. However, pretzels, granola bars, chips, fruit snacks, candy, juice, and squeeze packs are all things that can cause cavities for kids and adults alike. But these are the easiest to pack, bring along, and make the kids happy on the go. I get it.

Here are some healthy tips:

- Keep a toothbrush and floss in the car, diaper bag, backpack, and brush after the high carbohydrate or sugar snacks. It's worth the extra brushing to prevent cavities.

- Make a note by your door on the way out for "Kids did you brush your teeth?"

- Limit the summer sugar treats to special occasions, not an everyday activity.

- Look for snacks with no added sugar, avoid snacks that are sticky to the teeth.

- Drink lots of water.

As the summer winds down, return to good oral hygiene practices and schedule your kid's dental check-up to ensure the summer sugar bugs didn't leave a mark.

*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.*

# Break free from corrective exercise limbo



Ryan Golec

By Ryan Golec

A big aspect of the new landscape in health and fitness revolves around what people consider "corrective exercise." This is not inherently a bad concept, but the idea of correctives makes assumptions that something needs to be fixed. Pain, muscular imbalances, injury history, and

perceived dysfunction are seen with almost anyone if you dig far enough, but this doesn't indicate that there is an actual problem.

The biggest problem with "correctives" is that often they end up consuming most of the program. In my history in the fitness industry, I have seen the majority of chronic pain, and limited movement be improved by just getting globally stronger.

To quote the famous powerlifter Mark Bell, "Strength is

never a weakness."

However, a lot of people fear getting stronger because of the perception of some looming injury that may occur. This could be based on a history of injury, something seen online, or some feedback or observation from a health practitioner. Each person does have a handful of weaker links that they could try to bring up to speed. But if you haven't worked through a balanced general strength routine, you'll never know if you actually have a problem, or just symptoms stemming from reduced strength and motor control.

Here's my successful approach to gaining strength without getting stuck in corrective limbo. Start by having a general fitness and movement assessment done by a fitness professional. This assessment will identify areas you need to work on, providing valuable direction. Incorporate a few targeted exercises into your 10-minute warm-up, focusing on increasing blood flow, enhancing movement, activating muscles around the joints, and giving extra attention to the

identified areas.

Now, for the main workout: Spend the next 30-45 minutes on compound exercises that build strength in both upper and lower body parts across multiple planes of motion. Scale these exercises to your ability without pushing your personal threshold. Finish with a 5-10 minute cool-down consisting of light aerobic work and stretching. This is the recipe for fitness and strength success. A qualified fitness professional can design a well-balanced program tailored to your personal goals. So rather than trying to fix everything on your own, focus on improving your overall fitness.

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



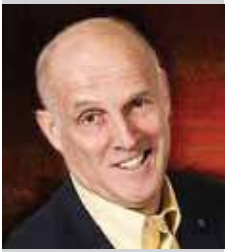
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# Thyroid health: Navigating nodules, cancer, and the importance of specialized care



Dr. Max Coppes

**By Max Coppes**  
The thyroid is a butterfly shaped gland, typically 4-5 cm (1.5 to 2 inches) long weighing 10 to 20 grams (less than 0.7 ounces), just below the Adam's apple. This gland belongs to our endocrine system secreting four important hormones: Thyroxine (T4), Triiodothyronine (T3), reverse Triiodothyronine (rT3), and Calcitonin. Iodine, a trace element found in our food, is essential to produce T4, T3, and rT3.

The most important function of the thyroid is to control the speed of our metabolism, that is managing how our body transforms food into energy. It does so by interacting with many important organ systems, including the cardiovascular, digestive, reproductive, and nervous systems. So, in summary the thyroid may be very small, but it is a very important gland.

There are basically four types of thyroid disease: (1) hypothyroidism (underactive thyroid), affecting ~10 million people in the USA, (2) hyperthyroidism (overactive thyroid), affecting about 1 out of 100 Americans, (3) goiter (enlarged thyroid), affecting 5% of Americans, and (4) thyroid cancer, affecting only ~ 53,000 new people every year. In addition to these diseases, up to two-thirds of Americans may develop a benign lump or growth in

the thyroid gland, called thyroid nodules. Often, they will go unnoticed and cause no symptoms.

Since the vast majority of thyroid nodules are not cancerous, how to proceed when being told that you have a thyroid nodule? The first step is imaging, usually an ultrasound, which will determine the size of the nodule, its consistency (fluid-filled or solid), and whether there is only one nodule or more in the thyroid. The result of the ultrasound will determine whether a biopsy needs to be performed or whether a 'wait and watch' attitude can be adopted.

Both radiologists and endocrinologists can determine whether the imaging characteristics of the nodule are suspicious, warranting a biopsy, or 'look benign' and can be 'followed' or monitored. Monitoring means the recommendation for follow up ultrasounds to determine whether any changes occur over time. If the lesion is suspicious, a biopsy is performed to obtain tissue for detailed analysis. The result will determine whether the lesion is benign or cancerous.

The three most common thyroid cancers are differentiated, medullary, or anaplastic. Within these main tumor groups there are different subtypes, and each has a slightly different biologic behavior and thus will require different treatments. For example, papillary thyroid cancer accounts for 80% of differentiated thyroid cancers. And while they tend to grow very slowly, they do often spread to the lymph nodes in the neck. Despite this, they are often

treated successfully and are rarely fatal. By contrast, anaplastic thyroid cancers, making up less than 2% of all thyroid tumors, are very hard to treat and cure.

In general, thyroid cancer is treatable. To be offered the best option, a multidisciplinary team of cancer specialists will propose the best treatment. It is therefore very important for those that have thyroid cancer to be seen by a team that has all relevant specialists available. Some thyroid cancers are treated by external beam radiation therapy, others by radioactive iodine.

If surgery is indicated, it is recommended to be seen and treated by a surgeon specialized in thyroidectomies, the removal of the thyroid. This procedure can be challenging given the number of blood vessels and nerves present in and around the thyroid gland. If performed

by an experienced endocrine surgeon, the procedure is safe. I am excited that effective September 1, 2024, Dr. Sharon Wright, an experienced endocrine surgeon will be joining Renown Health's Pennington Cancer Institute, further expanding the top-notch care that we provide in our community.

In summary, by far most thyroid nodules are benign, but occasionally still need treatment including surgery. For those that are diagnosed with thyroid cancer, know that it has a relatively good prognosis but does require treatment by a multidisciplinary team. Renown Health's Pennington Cancer Institute has your back.

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

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# Unlocking youth: Testosterone Replacement Therapy can revitalize your life



By Vance Alm

Ever wondered how some men seem to defy aging, maintaining their vitality and confidence well into their later years? The secret might just be Testosterone Replacement Therapy. As men age, their testosterone levels gradually decline, often leading to a range of issues from reduced energy and muscle mass to diminished libido and mood. TRT offers a way to counteract these changes, potentially revitalizing your health and well-being. But before you jump in, let's explore what TRT is, how it works, and what you need to consider.

As men get older, testosterone levels drop. Unlike women who experience a rather rapid drop during menopause, hormonal changes in men are more gradual and less noticeable, but eventually levels can drop to such low levels that men now have hypogonadism.

Now what?

Men can develop symptoms that may be improved with testosterone replacement. TRT could help boost bone density, muscle mass, and strength. Some men use testosterone therapy to uplevel their athletics. However,

previous use sometimes shut down natural testosterone production; resulting in a need for TRT. It can improve libido and sexual function. One of the biggest benefits tends to be psychological. TRT improves confidence, mental focus, and being able to think better. This often results in an improved mood and overall sense of well-being.

Sounds great! But what's the catch?

Everyone's response is different but sometimes patients will have side effects. The most common are skin changes; a return of acne as your skin is made more youthful. Some men experience an acceleration of male pattern baldness. Elevation of PSA due to enlargement of the prostate; or stimulation of a small, previously unnoticed prostate cancer. Testosterone is not thought to cause cancer, but it can accelerate the growth of prostate cancer. Elevation of the number of red blood cells could increase the chances of blood clots. Sleep apnea can worsen due to bigger neck musculature. That's why we monitor for symptoms and correct them as needed.

Sounds interesting. Where can I find out more information?

Check with your primary care doctor or visit me at Sierra Nevada Health and Wellness. I have experienced TRT both as a provider and as a patient. The first time I used it, I had great results. I won my first-ever Scottish Highland Games, demonstrating increased strength. I took on several additional part-time jobs alongside my

full-time position as a physician, thanks to improved mental focus. I even bought a new Corvette, which boosted my mental well-being, and I had a new girlfriend, reflecting increased libido and confidence. I felt great for several years and eventually stopped because I felt so good. I didn't experience any crashes or overwhelming problems; I just decided I didn't need it anymore. A year ago, I restarted TRT, and the rejuvenation I felt was incredible. However, after testing showed an elevated PSA level, I stopped again. Fortunately, it wasn't cancer, and I had no ill effects from discontinuing TRT. I'm in a better mood for other reasons, but it was great to feel young and energized again. TRT can be amazing for you too.

*Dr. Vance Alm has been serving the local community for 23 years following his residency at the UNR Family Practice Residency. Born and raised in North Dakota, Dr. Alm earned his undergraduate degree from North Dakota State University and his medical degree from the University of North Dakota School of Medicine. A distinguished veteran, Dr. Alm spent four years enlisted in the U.S. Army before retiring as an officer from the U.S. Air Force. He has called Reno home for the past 26 years and now operates his clinic in South Reno. In addition to his medical practice, Dr. Alm has made notable contributions to public life by running for public office and authoring a book on healthcare in America. He enjoys gardening, golfing, and axe throwing. For more info, contact his office at Sierra Nevada Health and Wellness at (775) 786-0100.*

# Strength beyond the physical: Addressing mental health in sports at the Lake Tahoe Summit



By Andy Pasternak

When I was a kid, I used to look at professional athletes as being not just physically strong but also incredibly mentally strong. It seemed that extremely physically gifted athletes would also be naturally confident. How could these warriors have any self-doubts? Since tennis was one of my favorite sports, I'd watch players like Bjorn Borg and John McEnroe, who seemed to play with wills of steel.

However, looking back now, it's clear that several professional athletes often hid their mental health problems from the public. As a family physician, I've seen athletes at all levels with mental health issues. One of the more positive trends in sport is how many athletes are willing to now talk openly about their battles with depression, anxiety, eating disorders, and other mental health issues.

Since I'm currently watching the Olympics, US Olympic teams now have mental health professionals as part of the team to help support athletes. Even in sports like football, players like Tom Brady have been very open about how working with mental health professionals early in their careers has significantly helped them achieve at the highest levels. We also see several athletes who use sports, especially endurance sports, as a way to help manage many of their mental health issues.

As part of a way to continue to improve awareness about mental health issues in

athletes, I'm quite excited to speak at the inaugural 2024 Lake Tahoe Performance Summit, sponsored by Courage Project, on Friday, Sept 27th. Courage Project is a non-profit organization that seeks to enhance the lives of children who experience anxiety and depression through mindful engagement in inspiring outdoor experiences, education, and training. The Courage Project aims to increase access, reduce stigma, and establish a positive foundation for our community's future mental health.

This interactive, experiential workshop will provide exposure to the educational content and mindfulness exercises that comprise a leading, evidence-informed mental training program: Mindful Sport Performance Enhancement. Participants will gain a deeper understanding of the theoretical and empirical basis of MSPE, factors relevant to its application across diverse populations and settings, and limitations of this research and future directions. Headed by Dr. Keith Kaufman, the conference will present key strategies for integrating core mindfulness skills into practice, competition, and daily life.

I'll be part of a moderated, multi-disciplinary panel that will discuss factors related to sports performance from the perspectives of sports science, coach, and athlete. Participants will also gain hands-on, experiential instruction in MSPE concepts and practices via participation in an in-vivo, mindful yoga practice and a guided, mindful hike in the picturesque Olympic Valley.

The 2024 Lake Tahoe Performance Summit is intended for psychologists, other licensed mental health providers,

graduate students, sports science professionals, coaches/athletic staff, and athletes. We'd love to have you join us by registering at Eventbrite <https://tinyurl.com/4r24j75e>

*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.*

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# Reno-Tahoe's Sage Ridge named Best Private School of Reno

By Alexandra Chuck

After celebrating its 25th anniversary as the region's only non-sectarian, independent, college-preparatory school serving grades 3-12, Sage Ridge School was named Best Private School in the Reno Gazette-Journal's 2024 Best of Reno Official Community's Choice Awards. The competition shines "a spotlight on the establishments that make the Reno area stand out."

"This recognition is a testament to our community's commitment to academic excellence and its support of our outstanding students and faculty," Sage Ridge Head of School Dr. Ginger Hovenic said. "Our goal at Sage Ridge has always been to provide an exceptional educational experience that nurtures each child's potential and prepares

them not just for college but for life."

The 25th anniversary year for Sage Ridge was one of many milestones—including the school earning a Platinum designation on the College Board's AP School Honor Roll, opening its new 24,000-square-foot E.L. Wiegand Student Activity Center on a growing campus, and the students' many state, national and international accomplishments.

"Sage Ridge focuses on individualized learning, ensuring each student receives the attention and resources they need to thrive," Science Department Chair Dr. Brady Janes said. "Teachers collaborate to encourage innovation in teaching methods which keeps our curriculum dynamic and engaging."

Dr. Janes represents Sage Ridge faculty's commitment to fostering a

supportive and inspiring community that nurtures students' growth beyond the classroom. In addition to current STEAM initiatives at Sage Ridge—medical lunch and learns, robotics, and STEAM-focused curriculum for grades 3-12—Dr. Janes advised Sage Ridge junior Sophie Najjar on a grant proposal for funding STEAM programming from the Community Foundation of Northern Nevada. CFNN awarded the grant to Sage Ridge to support a series of activities for Upper School girls designed to enhance leadership skills, promote community service, and increase STEAM engagement.

"Having Dr. Janes as a mentor and advisor on this project has been such a positive experience," Najjar said. "Sage Ridge teachers genuinely care about our

growth and success. As a student, I feel motivated to excel knowing an entire community is there to support me."

In support of preparing students not just for college but for life, Dr. Janes won an engineering grant for Sage Ridge from Project Lead The Way. Grant funding will be used to immerse students in interdisciplinary activities covering the principles of engineering, aerospace engineering, computer-integrated manufacturing and more.

*Alexandra Chuck is a communications expert consulting for Sage Ridge School. She resides in Galena. Learn more at the Sage Ridge Open House on Saturday, Nov. 16 at 10 am, Sage Ridge School, Webster Building, 2515 Crossbow Court, Reno, NV 89511, or email info@sageridge.org.*

# Vision Zero Truckee Meadows urges safety as students return to school

By Lauren Ball

The Vision Zero Truckee Meadows regional task force is reminding the community to use extra caution in and around schools as Washoe County School District classes are back in session.

During the 2021-2022 school year, 12 Washoe County School District students were hit by cars, including one student who sustained life-threatening injuries. While this number is lower than in previous school years, drivers need to remain vigilant. Local students arriving at school safely is just as important as their safety while at school.

Crashes near school zones are preventable.

Local law enforcement agencies will be increasing enforcement in and around school zones to help keep students safe.

Vision Zero Truckee Meadows recommends the following safety tips:

- Stay on the sidewalk. If there is no sidewalk, walk on the far left so you can see oncoming traffic.
- Cross the street only at corners or crosswalks.
- Make eye contact with drivers. Make sure they see you.
- Walk in groups and use extra caution in the dark. Wear reflective or highly visible clothing or backpacks to help others see you in low-light conditions.
- Take your earbuds out, turn your devices down, and keep your head up.
- Drivers should watch for children walking and

bicycling to school and be mindful of school zone speed reductions.

- Per state law, neither U-turns nor passing are allowed in active school zones or school crossing zones.
- Drivers must obey crossing guard directions – not only is it the right thing to do, but it is also the law.

Some drivers in last school year's crashes reported that bright sun affected their visibility. If you are unable to see where you are driving due to the bright sun, please pull over until you can see the roadway to safely continue.

*Lauren Ball is the Public Information Officer for the Regional Transportation Commission of Washoe County. For more information, visit VisionZeroTruckeeMeadows.com.*



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## Spaghetti al Pesto – Calabrese version



Beth and Miguel Carbone

By Beth and Michele Carbone

Italians love pasta, even on the hottest days of summer. Summer pastas feature light, fresh herbs and vegetables that don't need to be cooked. One of the most classic pastas is the Spaghetti al Pesto, which features fresh basil, extra virgin olive oil, a touch of

garlic, and grated Italian cheeses.

There are lots of variations of pesto, but my favorite is the Calabrese version. It omits the pine nuts that are a feature of the Genovese region, and instead substitutes a few potatoes and green beans. The flavors are delicious, and the starch from the potato not only helps the pesto bind to the pasta, but the potatoes absorb some of the olive oil and basil for a surprisingly piquant flavor.

I use a food processor to mix all the ingredients for the sauce. If you don't have a food processor, you can use a blender.

### Ingredients

A large bunch of fresh Italian basil, leaves only  
3 Yukon (golden) potatoes, cut in ½ inch cubes

1 garlic clove

A handful of green beans, cut into bite-sized pieces (fresh or frozen)

½ cup of extra virgin olive oil (make sure this is very good quality, because it makes a big difference in this recipe)

½ cup Pecorino cheese, cut into 1-inch chunks

1 box of a good Italian pasta, either the traditional spaghetti, or a smaller shape like the trofie or gemelli.

### Preparation

• Bring a large pot of water to a boil. Once the water is at a hard boil, put the chunks of potatoes into the water. Wait for a couple of minutes, and then add the full box of pasta and the green beans to the boiling water. As soon as the water starts to boil again, stir with a long wooden spoon to make sure the noodles don't stick to the bottom of the pot.

• Add a tablespoon of salt to the water.

• While the pasta cooks, make the pesto in your food processor:

• Put the basil leaves, garlic clove, and olive oil and blend for a few seconds until the sauce is bright green and smooth.

• Add the Pecorino cheese and blend until the grated cheese is integrated into the thickened sauce.

• Dip a cup into the boiling pasta water and add just



a bit to the sauce. Blend it. Add more of the pasta water if you need it to be more liquid, blending it until you are satisfied with the texture of the sauce.

• When the pasta is al dente, pour it into a colander, and then quickly pour it into a large pasta serving bowl.

• Add the pesto and mix the pesto into the pasta with its potatoes and green beans.

• Plate the pasta and garnish with a leaf or two of basil.

Bon 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/>*

## Sip and savor: Exploring Southern Germany's underrated wines and scenic beauty

By Joseph Grzymski

German wines are underappreciated in the United States. Many readers, I am sure, are familiar with the white wine varietal Riesling but there are so many other great wines coming from Germany.

Many are higher quality at a given price point than can be found in the United States. I would particularly encourage you to try wines from the area of southern Germany near the Bodensee, which we refer to as Lake Constance. Bordering

the Swiss Alps, this quaint and quiet part of Germany is replete with incredible biking and hiking. The cows are happy and this translates to delicious chocolate and cheeses, my late father-in-law often professed.

The Bodensee is easily accessed by flying to Zurich. On a recent trip, we stopped into a small, family winery called Vollmayer, which was about 10 miles from the lake. One of the proprietors had spent time apprenticing at the Napa winery Alpha Omega – known for their Cabernet Sauvignon red wine. Vollmayer knows their stuff and yet, most of the wines were (sadly, only locally) available for under \$20. These wines are typically made with fruit that is less ripe than many American wines at this price point with greater structure, acidity, and lower alcohol (due to being picked at a lower brix or sugar content).

Fear not. You can find some great quality wines from this region in Germany at local wine stores in Reno. I tasted both a red and a white southern German wine, both projects between the winemaker Roterfaden and a co-op of growers from the town of Rosswag. It's a great idea; each grower probably doesn't produce enough grapes to justify the expense of a bottling so they pool their harvests and create a local wine from vineyards in an ancient nature preserve.

The white wine from Roterfaden and the co-op is a blend of three grapes: Riesling (40%), Kerner (20%), and Pinot Blanc (40%). Pinot Blanc is also used for beautiful sparkling wine from this region. The white blend from the co-op is an aromatic wine – lots of citrus and pear on the nose. These wines are higher in acidity than you may be used to and bone dry. These are not "butter" wines, and they are likely to be fermented in stainless



(Photo: S. Grzymski)

**Wines from Southern Germany - beyond Riesling - are surprisingly dry, well-structured, and affordable.**

steel without the use of oak. There is a pleasing minerality to the wine. The alcohol is 12.5% by volume. I loved paring it with German and Swiss cheeses as well as an apricot spread. The fat from the cheese and the sweetness of the apricot balance the wine beautifully.

The red wine (also 12.5% ABV) is a field blend of "native southern German varieties" of red grapes defined by notes of cherry, rose petals, strawberries, and freshly baked tart. If you like red wines that taste like fruit bombs, this isn't for you. If you like well structured, low oak reds with acidity and minerality, then you should try it. These wines are made with great intention, support local farmers, local winemakers, and are a bargain for the quality. Prost!

The wines are \$17.50 each and available at Craft in Reno.

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

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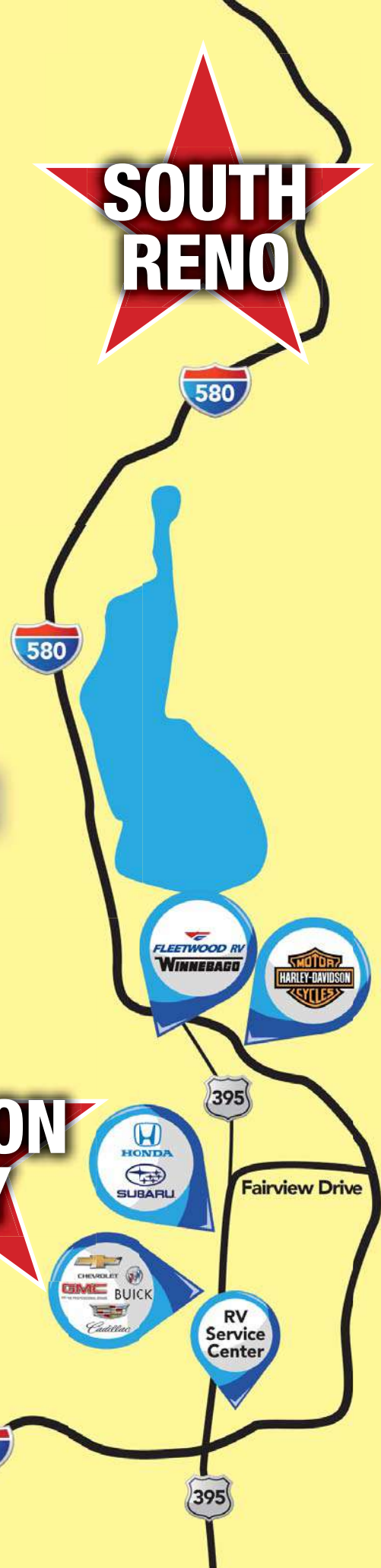
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