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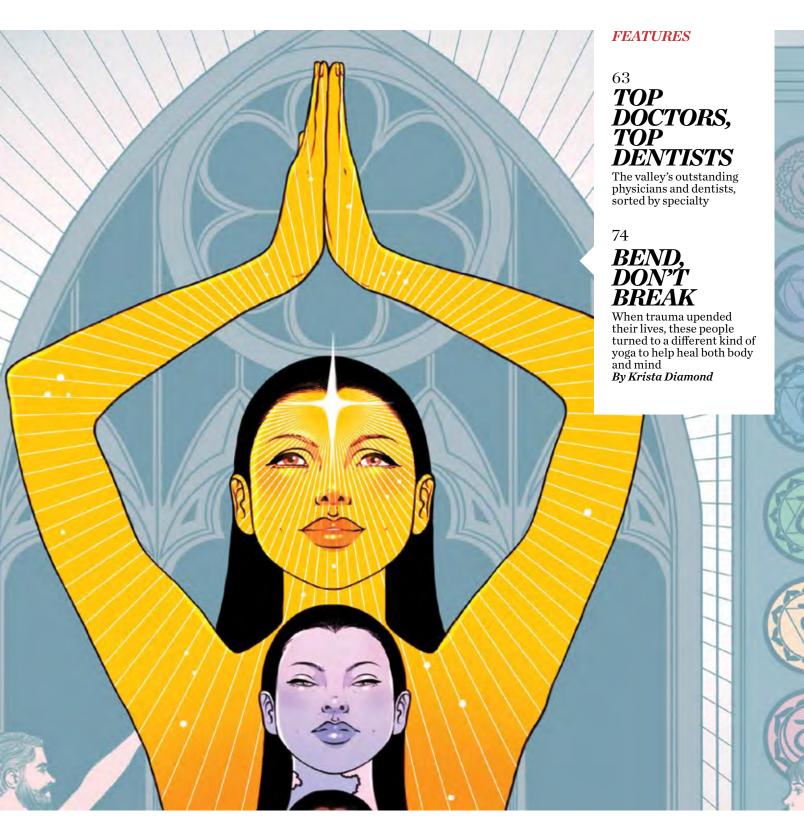
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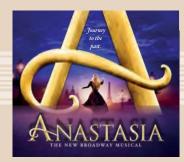


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TOP DOCTORS AND **TOP DENTISTS**





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Editor's Note

BIT OF A STRETCH

've had an on-again, off-again affair with yoga for (wow) decades now. Occasionally I'd get obsessed with some other form of exercise - running, swimming, weightlifting, aerobic existential screaming but I always returned to yoga for the honest rigor it requires and the earnest vigor it promotes. Yeah, you get to know your body in sometimes funny, awkward, and surprising ways through practicing yoga, but that's actually the point: To literally re-embody ourselves in a world constantly pulling us outward. (I'm currently trying to master The Plow pose without yeeting my L5 like a Frisbee.)

Wellness practices such as yoga, meditation, and massage might not seem to intersect meaningfully with the world of conventional Western medicine, but that's changing. Increasingly, meditation is a tool employed by doctors, and they're prescribing it to themselves as a way to avoid burnout in a high-pressure, high-demand field. Burnout is a serious concern in the medical profession, an issue Paul Szydelko brings to light in his story, "Healing the Healers." Indeed, healthcare is only as good as the people providing it, and the industry is wising up to the fact that doctors and nurses — like us, human, after all — are their most precious resource. Yoga and massage, too, are landing roles in the world of mental and emotional wellness. In



"Bend, Don't Break," Krista Diamond profiles the proponents of two disciplines, trauma recovery yoga and end-of-life massage, which don't merely stimulate the physical body, but soothe the troubled soul. The proponents of these practices are hardly your traditional healthcare workers, but their aims are the same: Making fragile and broken humans whole again.

Andrew Kiraly **EDITOR**

> NEXT MONTH Our Fall Culture Guide will fill your calendar with art, music, dance, and more!



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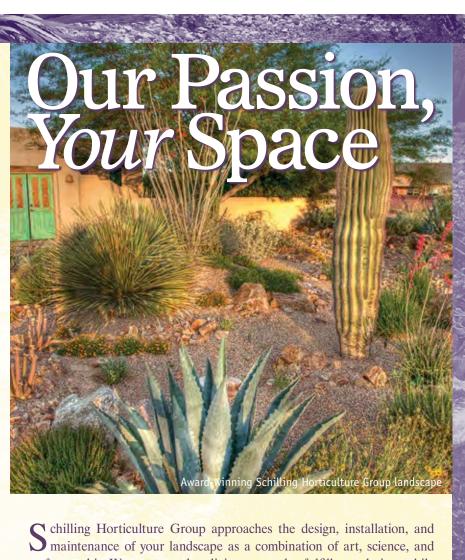
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6 PEOPLE, ISSUES, OBJECTS, EVENTS, IDEAS, AND CURIOSITIES YOU SHOULD BE AWARE OF THIS MONTH

ONE | PROFILE

Hawk Show

She's a dentist by day. But Civon Gewelber's lifelong passion for falconry is taking flight on the Strip

BY Summer Thomad

s Civon Gewelber walks into her living room, it is immediately clear that this is the home of bird lovers, from the ceramic bird decor near the front entrance, to the equipment and ring perches set up in corners all over the house - to the actual falcons sitting patiently atop them.

The five birds perched within the house are just a few of the dozens of raptors, or birds of prey, that Gewelber and her husband, Dave Kanellis, care for on their property. With 12 years of experience in falconry, Gewelber is a master falconer, a certification that requires the completion of an apprenticeship, the obtaining of permits, countless hours, and constant devotion and kinship with a wild creature.

Traditionally, falconry is the ancient practice of employing birds of prey, such as falcons, hawks, or eagles, for hunting game in its natural habitat. Although its precise origin is unknown, the sport dates back to as early as 2000 B.C., with evidence to suggest that birds of prey were being used to help put food on the table in Mesopotamia and Mongolia. By the sixth century, the popularity of falconry had

surged in Europe, and it became a popular sport among nobles and royalty.

Like many little kids, Gewelber grew up obsessed with dinosaurs. But rather than losing interest once she faced the devastating truth of their extinction, she refocused her obsession to the next best thing — birds of prey. "Having an actual raptor was just a step closer to having a T-Rex or a velociraptor," Gewelber says.

After discovering falconry at age 11, she began working toward becoming a falconer by taking a written exam and partaking in an apprenticeship with a sponsor falconer. At 14, she was allowed to become an independent falconer and purchase a bird of her own - a female red-tailed hawk named Fayte. Throughout high school, she took Fayte to bird shows and renaissance fairs, where she'd answer questions and pose for photos while dressed in medieval costumes.

Falconry was just an ardent hobby for Gewelber, who is a dentist professionally - she founded and runs a dental clinic for adults with intellectual disabilities. But when she discovered the practice of pigeon abatement using raptors, she realized falconry could become a real business. Eventually, she purchased her

own abatement company, which she now runs in addition to working as a dentist throughout the week.

Gewelber's company, Airborne Wildlife Control Service, was recently hired by the Wynn resort to help control nuisance birds, mainly pigeons and grackles, that surround its pools. Gewelber's hawks stand guard at the resort to prevent pigeons from stealing food off guests' plates. With the raptors released to soar high above the pool area, smaller birds recognize their predator, and avoid the area. The abatement hawks are trained not to attack other birds, but simply to scare them off by flying overhead.

* * * * *

ON AN OPPRESSIVELY sunny Saturday morning, Gewelber strolls through her backyard and into the 30-room breeding facility they call "the barn," in which she and Kanellis store their extensive collection of raptors. The air-conditioned, 8,000-square-foot facility resembles a storage unit, a long hallway with doors on either side; living behind each door are exotic birds of prey, species from all over the world, including African Verreaux's eagles, African red-



WINGING IT Opening page: Civon Gewelber with Raider a Sonoran Harris Hawk. This page, from left: Thanos. an African red-headed Merlin: Duchess a Siberian Eagle Owl; Olive, a Saker Falcon



necked falcons, and the only Siberian eagle-owls in the U.S. In addition to their abatement business. Gewelber and Kanellis, who is the director of a national cooperative breeding program permitted by the U.S. Fish and Wildlife Service, are also passionate about conservation and education surrounding birds of prey.

"The idea of our breeding program is for conservation of some of these species that are extremely rare in the world and also difficult to breed, so that if something were to happen in the wild, we could help with the recovery effort," Gewelber says.

The birds molt and raise baby birds throughout the spring and early summer; the birds selected for falconry birds begin training more actively this month and in September so that they will be ready to hunt come October and November. Gewelber often brings her three dogs along for training, as the birds and dogs challenge each other by competing to catch jackrabbits.

With many years of experience in raptor education through doing bird-of-prey shows, including "Wings Over the Springs," a freeflight bird-of-prey show hosted by Springs Preserve, Gewelber and Kanellis hope to expand their business to launch an educa-

tion program, in which guests at the Wynn and beyond can learn about and engage with the raptors.

"I love it when people get excited about birds the same way I get excited about them," Gewelber says, describing how adults often adopt a childlike sense of excitement upon seeing the birds up close. "I just like to share the birds with people and watch them get really excited about them."

Perhaps the most remarkable thing about witnessing Gewelber and Kanellis' work is seeing the mutual understanding, trust, and respect they share with their birds. The raptors may be wild, but when given the chance to fly free, they always choose to come home, happy to return to her arm. +

TWO | FIRST PERSON

Braiding Community

Savoring the life and energy of the city's first African braid shop

BY Frank Johnson

hen I was a child, at least once a month my sister and I would accompany our mother's friend, Ms. Louise, to her favorite salon on the West Side to get her hair done with the other women from her church. I remember being resistant to these trips, feeling like salons were spaces for girls and women. Boys went to the barber shop, where it smelled like Barbicide and Black 'N Milds, and they played sports on the TVs and hip-hop on the stereo. The salon smelled like vanilla and incense. The movies were romantic dramas with mostly black casts. It had all the things the older men around me avoided, so I thought I was supposed to avoid them too.

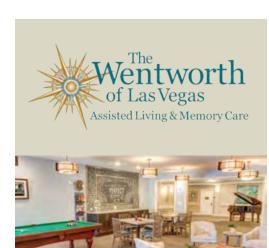
But the energy at the salon was like a family party — some auntie offering me candy while the grown folks gossiped, laughed, and talked wise about what so-and-so ought to do or have done. Every time we left, Ms. Louise had more air in her laugh. She seemed more herself. It made me feel good to be around her that way.

So now it seems almost inevitable that I have become a man who loves few things more than getting my hair braided at the salon.

The first time I got braids was in my early 20s, so my first visit to Adja's African Hair Braiding Salon (5100 W. Charleston Blvd., adjaafricanbraiding.com) in 2016 was both new and familiar. I stumbled on Adja's after a Nigerian friend insisted she would only let an African woman braid her hair, finding everyone else less proficient than the women she knew back home.

That day, I was quietly taken by how welcoming the space felt and how at ease I was watching the calm bustle of the braiders at work. The women's hands moved with masterful precision, switching strands between their fingers so quickly the hair comes together as if done with an electric loom. And yet, there's a gentle care that is familial and soothing. I, of course, fell in love with the salon and all the women there immediately.

Adja's is owned and operated entirely by black women, most of whom immigrated from West Africa, primarily Senegal. The owner, Adja Ngom, moved to Las Vegas after nearly 15 years of operating salons with her sister, Aida, in the Midwest and the South. Adja's opened in 2013, and has recently expanded into their newly renovated salon, located next to the original location, which is now home to Adja's African Beauty Supply Shop.



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"We just knew Las Vegas was the perfect location," Adja says. "Braids are such a West Coast thing, but braids are global. They're part of the culture everywhere, so we knew locals would be interested, as well as tourists."

Most women in the shop speak at least three languages (English, French, and Wolof), and some know Spanish, too. Sitting in the shop can sometimes feel like walking through McCarran or the Fashion Show. I remember listening to an exchange between two

braiders and two Brazilian customers in which the story was told first in Wolof and French, then translated to the customer in English, who then relayed it to his partner in Portuguese. We laughed in four languages - total strangers connecting, even if only for a short while, sharing stories as if we had always known each other. It felt like such a Vegas thing to watch play out.

And that's just a regular day at the shop, a commingling of people it seems might never come together outside that space. On any given visit, I'm as likely to see local families and working folks - laborers, entertainers, performers — as I am tourists. There are as many people getting their hair done for practical and professional reasons as for aesthetic ones. Folks pull up in fancy

DOING THE TWIST From top: Aida Ngom braids a client's hair. Patience Bearlar chats as she works. Adja Ngom, owner of Adja's African Hair Braiding Salon

> foreign cars, some in modest family vehicles, and others take the bus. Some come once a month, some come every week,

but everyone gets the same attentive care.

Vegas is a place where millions have found a home, often unexpectedly or by chance, coming here suddenly or finally, and staying a while. Adja's was the first African braid salon in Las Vegas, and by a stroke of good fortune, there were several Senegalese and West African women here, eager to work in a salon featuring traditional African styles.

"There aren't actually a lot of West African people here, but we just found each

other from the salon and now we're like a family," Adja tells me. Vegas was the perfect place for her shop, a place where so many people believe anything is possible, you couldn't convince me it isn't true.

I spend as much time at Adja's as I can. I always laugh at the little boy in me who thought he didn't belong in a salon. Though Adja's is run by and mostly populated with women, I also see young men, my age and younger. And if I'm being honest, that doesn't necessarily feel like the Vegas I know, but it does feel like the Vegas I hope to see one day, one that empowers and compensates women in equal measure as it asks for their labor.

And sure, perhaps my belief in possibility, like my belief in luck, is a symptom of being raised here. Maybe it's something else. I can't honestly say. What I can say is that I feel incredibly lucky that Adja has braided herself and her family into our community. And not just because I know where I can get my hair braided into whatever style makes me feel most beautiful and most myself, in case I have a show or a big date coming up, or I need to feel tended to, or I just want to walk through the world feeling like a work of art. +

THREE | DEBRIEFING

'The Timing Was Right'

How a fledgling group lobbying for addiction causes notched a winning legislative session

n early June, the Recovery Advocacy Project did what special-interest lobbies do: sent out a summary of its wins in the recently concluded state legislative session. In total, seven bills they backed passed and four didn't. What makes this record remarkable is that it was achieved in the group's first year of existence. How did a band of newbies from the seemingly obscure world of substance abuse recovery charm Carson City? Foundation for Recovery Executive Director Dona Dmitrovic, who helped get RAP off the ground, explains.

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On the relationship between Foundation for Recovery and the Recovery Advocacy Project: Over the years, a few Foundation for Recovery board members determined that we really did need a 501(c)4 organization to focus more on advocacy for issues that were affecting people and families in recovery. In the summer of 2018, the timing was right. There were volunteers who were there to step it up, and the legislative session was around the corner.

TFW you know you're on the right **track:** In the first couple months, around 2,000 people signed up - people in recovery, their family members, and community allies. That doesn't mean they were all active, but that was a clear sign. We hosted our first Recovery Advocacy Day in Carson City in March. A bus from Las Vegas with about 60 people on it, and another big group from Northern Nevada were there, and many more came and went throughout the day.

The win that meant the most: I think the biggest one was our socalled "stigma bill" (AB367). It means that any language (in state law) referring to people with a substance use disorder is person-centered, rather than "addict," or "alcoholic." To me, that's a huge, huge win.

How to succeed your first time out:

There hasn't been a concerted effort in the state to come together before this. There's a better understanding of the issue now, more public awareness, and people interested in it, so when we gave people the opportunity and training to help the state push toward a recovery-centered system of care, they responded.

When it all came into focus: On Recovery Advocacy Day, we had a roomful of people and the attorney general was our keynote speaker. People got up and talked about family members or themselves. Seeing grassroots community members be given a voice, to look legislators in the eye and tell their story — that was really powerful. And some of the legislators had stories too, because addiction touches every one of us. Heidi Kyser



FOUR | BUSINESS

Raider Aided

The NFL team's Henderson practice facility is racking up extra points for the neighborhood

BY Paul Szydelko

he towering structure rising from the desert has Southern Nevada football fans anticipating the grunts, hits, and thrills of the NFL. But the Raiders' headquarters and practice facility under construction in west Henderson also has accelerated development of a new gateway into the city.

With the Raiders' presence just a year away, the transformation of a largely nondescript industrial expanse into a more vibrant, mixed-use character has begun. East of M Resort and just south of St. Rose Parkway, near the expanding Henderson Executive Airport, the Raiders broke ground on the first phase of its 55-acre site in January. It will have some of the same black-and-silver flourishes as the 65,000-seat stadium being built just off the Strip.

The \$75 million facility in Henderson will include a three-story office building with a porte-cochère, a field house with one and a half practice fields, a performance center with gym and other player amenities, three outdoor practice fields, a pool, an agility hill and sand pit for training, and bleachers for fans.

"West Henderson is probably the most popular area of the valley right now," says Ken Chapa, the city's interim director of economic development, citing the Raiders, traffic from Southern California, and the proximity of the airport.

Among the ambitious projects already in place: Smith's Food and Drug's 482,000-square-foot dry goods distribution center; Costco's 150,000-squarefoot center; Turano Nevada Baking Company just south of the Raiders' site; and FedEx Ground. KRS Global Biotechnology of Boca Raton, Florida, plans a pharmaceutical manufacturing facility. The city is also working with the owner of Haas Automation of Oxnard, California, on a 270-acre site southeast of the Raiders HQ, that would include Haas' manufacturing facility, plus retail, warehouse, and other spaces, Chapa says.

"Even though technically it's an industrial area, it doesn't look or feel like an industrial area," he says. "It feeds very well into Inspirada and Anthem and into that Henderson flavor, if you will — a family-oriented, master-planned community. It's not that heavy industry feel you get with some of those parks. And that's been a great attribute for us."



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One project taking advantage of the corridor's access and visibility is The Village, expected to break ground at St. Rose Parkway and Cactus Avenue this summer, with the first phase opening in the fourth quarter of 2020. There will be 200,000 square feet of office space and 100,000 square feet of retail.

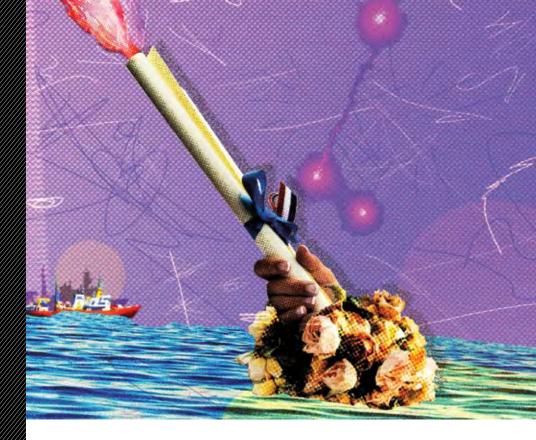
"Normally Las Vegas is a grid, but these two large roads from Interstate 15 come into a V right at the property," says Lance Bradford, CEO of Stable Development, the project's developer. Stable paid the city \$8.25 million for the 8.15-acre lot in a live auction before a Henderson City Council meeting in August 2018.

The Village will support the nearby hospital and include two seven-story towers, one three-story building, and a few one-story retail-only buildings. It will include 10-12 restaurants, Bradford said.

Another announced project is Sauvage Real Estate's The Block, a 103-acre plan just east of M Resort, off St. Rose Parkway, with retail, residential, and hotel spaces. The core would include shops topped by residences, a movie theater, a supermarket, and a civic building.

"It will become a very active corridor, partly because of the Raiders, for people all over the valley," Bradford says. "It's going to become a wellknown area that people will want to come to watch them and eat at the restaurants and hang out. People will want to run into or meet players, so naturally they will have a better opportunity being around this area." +





FIVE | OPEN TOPIC

A Matter of Degree

As students head back to school, a new college graduate ponders the value of her degree

BY Arlette Yousif

went to college. I got my degree. Now what? No really, now what? After years of going back and forth between the workforce and college, it finally happened: I graduated from UNLV with a bachelor's degree in journalism and a minor in film. It's been a long process and, at times, seemed impossible. Graduating with honors takes it to a whole other level of accomplishment. Yet, I find myself wondering what's next.

From the moment I decided to go back to school for the last time and actually graduate, I did everything right. I worked and went to school for as long as I could juggle the two. Eventually, it became too much, and I focused entirely on my studies for the last two semesters. I got good grades. I networked with students and professors. I took advantage of my internship at a local news station by making business connections and absorbing as much knowledge as possible in that short time.

But what they don't tell you going into this program is that an internship at a news station in a top 40 market, such as Las Vegas, is not likely to lead to a permanent position there. Instead, you have to get your foot in the door in a small market that offers an equally small pay rate. The reality is that, in many fields, you'll need a second job or financial support from your family when you're starting out. It is only after taking several classes toward your track that this truth begins to reveal itself.

Within a two-day period I applied for at least 50 journalism positions. I received a few responses — and two job offers. This is rare, as many journalism students end up in fields that have little or nothing to do with their degree. According to the Bureau of Labor Statistics, the job outlook for journalists will decline nine percent by 2026; Bloomberg reports that some 3,000 journalism jobs were lost in the first five months of this year. So I realize how lucky I am to have not just one but two offers weeks before the end of college. Among my graduating class. I am one of the few who already have something lined up. I should be thrilled, which I am - but I'm also anxious. The reality of moving somewhere I've never been and having to work a second job is unsettling. I am faced with going into my field of choice and struggling, or going into a different field altogether to earn a decent living. This seems like the very definition of "torn."

That also applies to Nicole Bastos, who is pursuing a juris doctor degree at UNLV's Boyd School of Law. On the one hand, she tells me she is more interested in nontraditional practices of law than the usual career path of clerking for a judge or working for a law firm. On the other, she knows this could make things more difficult down the road. "It makes me nervous, you know, because a lot of people get job offers depending on where they are during their second-year summer, which is now. And whatever firm they're at, the firm will usually extend an offer or not extend an offer, and since I'm not working at a law firm, you know, that's always something that's living in the back of my mind."

At an early age, it is instilled in children to go to college, get a degree, get a good job, and live the American dream. This concept is becoming more difficult to grasp. It is no longer an automatic direct path from college to a good life within your field of study.

"Many college graduates are eager to find work - any work," says Annie Nova, a reporter for CNBC. "But that first job, however arbitrary, can impact the rest of their career."

Very much, in fact. In 2017, the New York Fed reported that more than a third of $college \ graduates \ are \ under employed-that$ is, working in jobs that don't necessarily require their college-level skills. And it's not just journalism students. Figures recently published by Forbes.com show that graduates in fields as diverse as psychology, biomedicine, and business have high rates of underemployment. This is true even in a presumably in-demand field like engineering; according to the study cited in Forbes, one in three graduates are doing work that doesn't require a degree. And approximately two-thirds of the graduates who are underemployed in their first post-college job remain underemployed five years later.

This 2013 Washington Post headline was even more alarming: "Only 27 percent of college grads have a job related to their major."

These trends will surely become more

complicated in the future as more fields are disrupted by technology (automation, AI), as well as social changes, and shifts in consumer behavior.

All of this begs the question, how important is a college degree in the 21st century?

I don't have that answer, except in my case. In the end, I declined both job offers. The pay was extremely low in both markets. The thought of uprooting myself to move to an unfamiliar place is one thing, but to move to an unfamiliar place and not be able to afford the necessities is another. Yes, when you want something strongly enough you make sacrifices; but there comes a point when you're sacrificing too much, and only you can decide when that is.

In the meantime, I do what I love to do: write. That's where it started for me, at age 13, and that's what I will lead with. The right job in my field is around the corner, and I'll be ready when it appears. •

SIX | POEM

Drawn Dead

"Drawing Dead is when a poker player has absolutely no chance to win a hand, no matter what card is dealt next."

- TexasHoldEm-King.com

First, you were flushed with Embalming's garish glow, blood-bluffed, then parched of edema to be made-familiar by the corpse artist who shuffled light to blur the waxy sheen of decay.

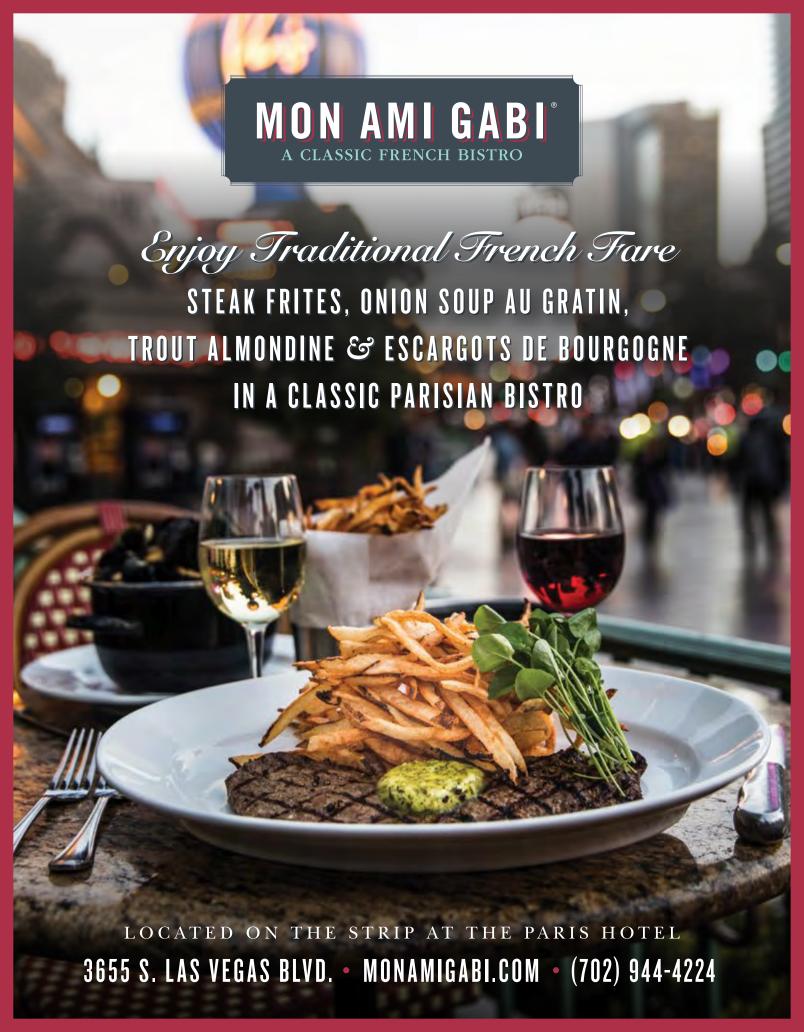
I had just learned about the color wheel in cosmetology school, so imagined the undertaking it must've been to cancel the yellow bilirubin of your skin with the same shade of purple as the Crown Royal bag where I hid my tarot cards when I was young and still betting blind to be my father's daughter.

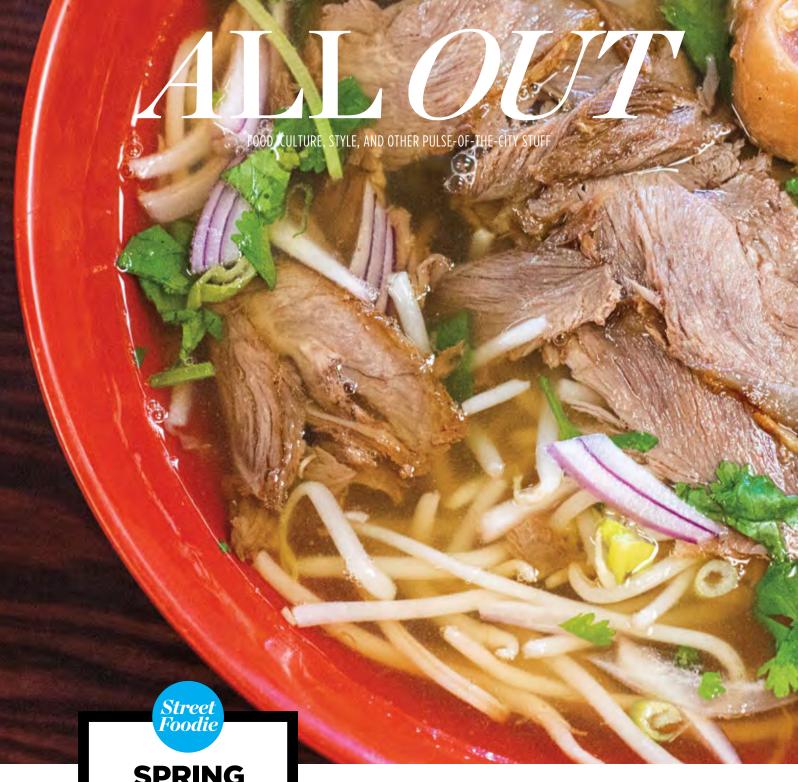
The funeral home felt chintzy, all inclusive, down to the artificial carnation placed in the coat pocket of your charcoal suit. Every pit boss & poker dealer who'd worked for you came to weep at the casket where your mouth curtsied freakish, but the spatula and acetone could not fool me into folding.

After the viewing, your wife twisted herself into the red creases of the curtains, until she vanished, until she was only a sobbing sound.

As if she was still wound in your plum-tongue, vigilant for tells, still committed to her hand, dealt 26 years earlier. I was jealous of the mortician who had dusted your knuckles with the blushed lie of aliveness — at their luck to have been the last to wager against your death with tincture.

Jennifer Battisti





SPRING MOUNTAIN ROLL

Street Foodie gorges on the culinary glory of our everchanging Chinatown

PHOTOS & STORY BY **Brent Holmes**

treet Foodie feels inadequate. Any attempt to fully describe the culinary landscape of Spring Mountain Road is doomed to fall short. Chinatown is loaded with style, meaning, culture, and, most of all, flavor. Of course, Chinatown is a misleading designation; it's really a pan-Asian playground, a panoply of not just Chinese food, but nearly any type of Asian cuisine one could ask for on one street. So much, in fact, that the only way to illustrate its richness within Street Foodie's limitations of time, page space, and gastrointestinal fortitude, is to treat the delights on one block — from Wynn Road to Arville Street - as a microcosm of the ever-changing whole. We hope it entices you to further explore this district, the culinary heart of this place we call home.

Street Foodie NOODLE POT Try the pig's ear. Yes, the pig's ear, done Szechuan-style and served cold-sliced. With its bouncy, spicy, tongue-numbing taste, this is my go-to dish here. The way its flavors transform across the palate, from pepper-hot to minty, with a sour-salty back end, is something you won't experience many other places. Less adventurous? I suggest the chive dumplings or the beef-and-tendon soup. This overlooked gem makes classic Taiwanese cuisine that has filled Street Foodie's tummy for a decade. 4215 W. Spring Mountain Road, 702-522-8989

YUMMY RICE A welcome newcomer in the new Shanghai Plaza, Yummy Rice brings exactly what it promises. The beef and eggs lunch is thick slices of beef and split bok choy with a poached egg on top, plus a sweet soy sauce, all on a sizzling bowl of perfectly crisped rice. Like stone-pot bibimbap but with Cantonese root. 4266 W. Spring Mountain Road, 702-331-3789

TAKOPA New to the original Chinatown mall, and created by the beautiful minds that brought us Isakaya Go, TakoPa proves there's more than one way to fry a 'pus. That is, a flight of takoyaki, balls of dough containing octopus dressed with a variety of toppings from sweet to spicy. Then try Street Foodie's favorite Japanese dish: okonomiyaki, a pancake filled with cabbage,

vegetables, and seafood, topped with bacon, and griddled till the edges are crisp and the body is fluffy. 4215 W. Spring Mountain Road, 702-445-6343

NO. 1 BOBA TEA The word venerable comes to mind. This place has been serving boba since before boba was cool - since 1998, to be exact. If you want a challenge, get the durian slush, with a flavor somewhere between burnt garlic and vanilla custard; somehow, it's compelling. You can't go wrong with the taro-milk tea, which tastes like a cookie married a potato and made a delicious baby. 4255 W. Spring Mountain Road, 702-364-4724

MR. SOON TOFU Another welcome addition to the Chinatown scene. This place has its side-dish game on point; the bulgogi is great; and the broiled mackerel is superbly seasoned. But nothing comes close to the "fiery pillows," the tteok-bokki, a dish of rice noodles and fish cake in a bright red chili sauce that will wake up even the sleepiest diner. 4355 W. Spring Mountain Road, 725-251-5237

NOODLE PAPA Street Foodie was looking for a Noodle Papa but found a curry daddy at this new eatery in Shanghai Plaza. Its spicy noodle soup is quite good. But your humble Street Foodie went in on a bowl of one of the finest Chinese-style beef curries he's had. Every bite is a tribute to complicated heat ascending through well-spiced chunks of vegetable and meat. 4276 W. Spring Mountain Road, 725-251-2078

PHO KINH DO You can't talk about Chinatown without talking about pho, and if you talk about pho you have to talk about broth, and Pho Kin Do has some of the tastiest broth around. 4300 W. Spring Mountain Road, 702-253-0199

YI MEI CHAMPION TAIWAN **DELI** It has a cozy interior and a lengthy menu

rife with questionable uses of the word pancake. The radish pancake is a thick rectangle of fried radish with the savory notes of garlic bread plus Asian culinary undertones - it's dense and soft and satisfyingly simple. The leek and chives pancake is a buttery pastry; the oyster pancake is an omelet with gravy and plump whole oysters, a perfect mermaid breakfast. 4300 W. Spring Mountain Road, 702-222-3435





FEASTS OF THE EAST

Opening page: Beef and tendon soup at Noodle Pot. Clockwise from top: pig's ears at Noodle Pot; Crown Bakery drink and desserts: beef and eggs at Yummy Rice: banchan, rice cakes, and broiled mackerel at Mr. Soon Tofu





ICHIZA The love affair between Street Foodie and Ichiza is long. Well before Raku, Ichiza was the gold standard for late-night Japanese cuisine. Here's a partial list of what Street Foodie recently consumed in a flurry of chopsticks: tuna tartare, fried squid, broiled mackerel, broiled squid. All wonderful. It's difficult to say what Ichiza does best — other than bring joy to everyone who comes in. 4355 W. Spring Mountain Road, 702-367-3151

CROWN BAKERY The fried mochi here is the gut bomb you're looking for after a long night out. For a late-morning cup of coffee, add the choco-almond cookie-bread biscuits with a crunchy almond-sliver latticework. Once a national Korean chain, this is the only Crown Bakery left on Earth. We're glad it's here. 4355 W. Spring Mountain Road, 702-873-9805 +



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Chow Bella!

La Strega and Locale bring Strip-worthy Italian fare (and flair) to the southwest valley

BY Greg Thilmont

or the past few years, historic Downtown and suburban Henderson have been the valley's most exciting dining destinations. Now, it's the Southwest's time to shine. Two new high-profile restaurants, La Strega Trattoria and Locale Italian Kitchen, offer a distinct take on the culinary traditions of Italy (and Sicily).

Better yet, the eateries are helmed by chefs who made names for themselves on the Strip. At La Strega, it's Gina Marinelli. Previously, she created dazzling pasta dishes at D.O.C.G. at The Cosmopolitan. Locale is led by Nicole Brisson. She ran the shop at CarneVino in the Palazzo and later at Eataly in Park MGM. It's no understatement to say that these top toques have droves of fans who've followed their moves to their new neighborhood venues. And they deserve the fandom: The menus at La Strega and Locale celebrate the hearty fare of Italy with sophisticated digressions into the delicate and experimental.

Located in Summerlin South near Gardens Park, La Strega (Italian for "the witch") is a bright retreat with a breezy front space, living room-like

24 DESERT COMPANION · AUGUST 2019 PHOTOGRAPHY Sabin Orr

arugula was the seasonal stand-

out. Seafood options include day-boat scallops with braised kale, corn, and guanciale vinai-



lounge area, and comfortable dining room. It's homey in a stylish, contemporary way. For a cocktail starter, I suggest the Abigail (gin, Liquore Strega, lime sour, mint, and basil). Adorned with flower petals and Day-Glo yellow-green in hue, it looks as bright and bracing as it tastes.

The icy spritzes are a close second, vibrantly prismatic mixtures that draw the eye with aquamarine, coral, and marigold tones.

For starters, the Adriatica Insalata might be the perfect summer salad. With arugula, feta cheese, tomatoes, cured olives, and crunchy rustic bread in a piquant Tuscan pepper vinaigrette, it's a refreshing mash-up of a Greek salad and panzanella. (Those craving an appetizer with more heft might favor the braised pork with

polenta and Cerignola olives.) Of course, there are pizzas like the traditional Margherita, but the Pesto & Truffle pie with wild mushrooms, fontina, and shaved pecorino with a crown of emerald

ITALIAN JOBS Opposite page: Salt-encrusted branzini and rigatoni at La Strega. Top: La Strega's bomba pastry; below: beefcheek croquettes and pollo al forno at

grette, and - bringing a bit of Japanese flair to the mix - fresh hamachi crudo with chili gremolata, truffle salt, and cilantro. But the catch-of-the-day stuffed fish was an absolute stunner. with aromatic basil, oregano, dill, and marinated lemons adding zing to a salt-crusted whole branzini. It's a memorable table share for dining with family and friends. What about pasta primi? La Strega handcrafts its pasta, and a decidedly rustic dish stole the show for me - rigatoni Bolognese with robust wild boar, spicy 'Nduja sausage, and creamy ricotta. It's rich, filling, and fork-after-fork irresistible. The dessert list is concise but compelling. I went for the extraordinary bomba, a golden-baked pastry orb filled with Harry's Berries-brand

strawberries, pastry cream, mint, and lemon sugar.

A few miles to the south, Locale has brought culinary cred to Blue Diamond Road. In its industrial-chic space, Brisson's well-known butchery skills are illuminated by glowing Edison bulbs. My favored cocktail to start was the iridescent orange "Brunch in Milan," a swirl of infused vodka, Aperol, Avissi Prosecco, and housemade apricot purée. It's sunshine in a glass, and a potent





prelude to Locale's antipasti, which trend to the robust. Like the crostini, with Cetara anchovies accented with red pepper mostarda and locally grown oregano. Also from the sea, tender octopus arrives with a pleasantly crispy exterior atop a light stew of Yukon gold potatoes, pepperonata, and 'Nduja. (You can't escape this spreadable, chili-laced charcuterie sensation these days.) The Guancia Fritti'alla Amatriciana is a croquette stuffed with shredded beef cheeks and sweet-savory onion marmalade on the side. For a more delicate starter, the mozzarella tasting of bufala, burrata, and fior dilatte - served with ramekins of tomato jam, Cantabrian anchovy, and mint-pistachio pesto for slathering - is the ticket.

Brisson's pasta dishes balance eclectic flair and old-school richness, including a farm-meets-surf medley of linguine tossed with mussels, roasted tomatoes, Fresno chilis, and marjoram. A plating of fragrant ricotta-mint ravioli is topped with an elegant ragù of braised rabbit and pancetta. Housemade garganelli – rolled cylinders - features a savory oxtail sauce enhanced with celery leaf and orange. Meats command the entrée menu, and it's where Brisson's skills shine. Pollo al Forno is simply roasted chicken (yes, that's a foot on the end of that bird's leg) with polenta and pepperonata for sides. And the grilled New York strip with a snappy side of Caesar-dressed bitter greens is quintessential Brisson, whose mastery of proteins and devotion to well-sourced ingredients (which earned her a 2015 Chef of the Year award from Desert Companion) promise to keep Locale on the restaurant radar for years to come. Locale and La Strega excel each on their own merits, but the wider trend they represent — former Strip chefs going native — is one we hope stays on the menu for a long time. +

LA STREGA TRATTORIA

3555 S. Town Center Drive #105 702-722-2099, lastregalv.com Tue-Fri, 5-10p Sat-Sun, 4-10p

LOCALE ITALIAN KITCHEN

7995 Blue Diamond Road #106 702-330-0404, localelv.com Daily 4:30-10p

TABLE FOR TWO

IN SEARCH **OF GREAT VEGAN PIZZA**

BY Heidi Kyser & **Christopher Smith**

BLAZE PIZZA (A)

HEIDI KYSER: Everything

is good except the Daiya cheese, which kinda ruins everything else. **CHRIS SMITH:** Being able to choose your own ingredients is good. I got onions, green peppers, spinach, and tofu popcorn, which detract from the weird Daiva flavor.

HK: I wanna say it's good ... for vegan pizza. I'd prefer if it stood on its own, as just good pizza, period. cs: Yeah, I'd say it's a good go-to vegan option — satisfying,

but not crave-worthy. PIZZA COMPANY (B)

HK: So cool they do an all-vegan pizza, garlic knots, and ranch special for \$19.99.

cs: The house-made ranch and cheese show that the chef really cares about vegan custom-

HK: This mushroom, olive, pepper, and Beyond Sausage pizza tastes as good as any thin-crust pizza. cs: I'd definitely come back here.

POP UP PIZZA (C)

HK: The pan-style crust gives the whole thing a nice smoky flavor.

cs: Daiya cheese again, unfortunately. HK: It works a little

The Green Italian at Naked City Pizza

better for me here. though, because of the

cs: The standard vegan option has a lot of veggies - artichoke, mushrooms, red peppers, spinach ... Maybe too much for some people? HK: Maybe, but they can customize it with

GOOD PIE (D)

any toppings. Just

takes a little longer.

cs: (Trying the upside-down, with caramelized onions and meatballs, which was the vegan selection of the day) Oh my God, this sauce reminds me of my favorite mom-and-pop pizzeria in Beverly (Massachusetts). HK: Too sweet for me

- probably the onions. The meatballs are delicious, though. CS: I love the grand-

ma-style crust. HK: I usually love it, but this one is too ... crusty? cs: At least the cheese doesn't stick to your teeth!



HK: (Trying the Green Italian) This is good. cs: (Trying the Bee's Knees) Told you.

Daiya cheese too, why does it taste so much

CS: Probably the oil brushed on the crust and the fact that it's cooked

thought went into combining interesting fennel and radish with mushrooms on the Bee's Knees. Brilliant. is currently off the menu.)

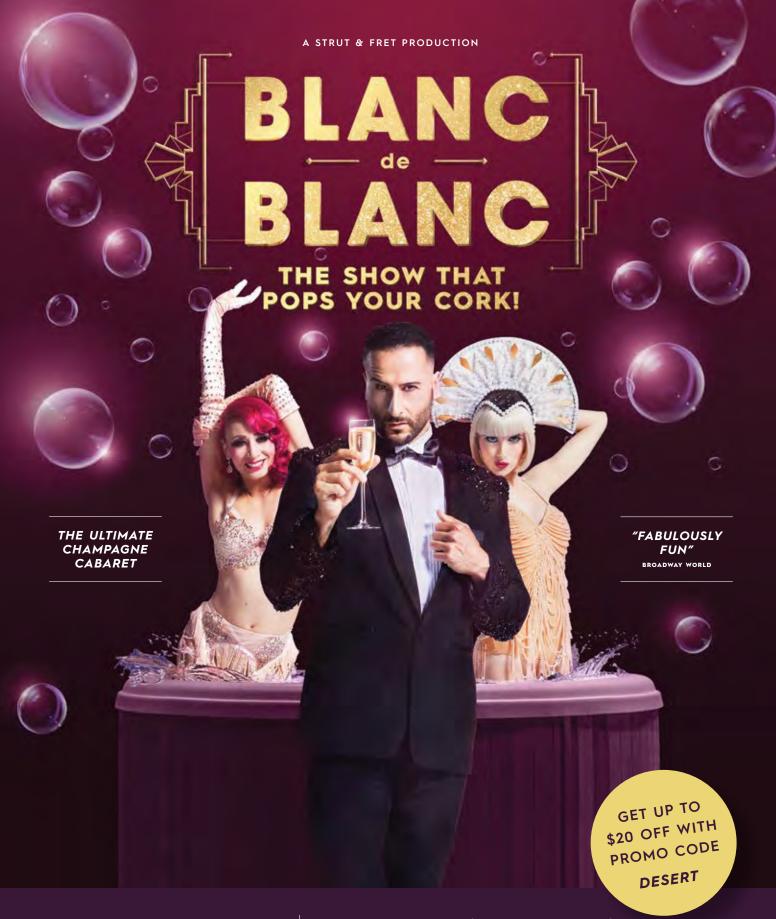
cs: Too bad they don't have vegan options in all their locations. **HK:** Maybe not. If they had one in my neighborhood. I'd eat there all the time. I do not

HK: Okay, so if they use

in such a hot oven. HK: I love how much flavors, like the shaved (Note: The Bee's Knees

need that much pizza. +

(A) 10060 W. Sahara Ave., blazepizza.com (B) 2275 E. Sunset Road #2, 702-363-9300 (C) In the Plaza Hotel & Casino, 702-978-7873 (D) 725 Las Vegas Blvd. S. #140, 702-844-2700 (E) 10940 S. Eastern Ave., 702-0915-7519



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(Visual Art)

CORNISH ASSAULT, BY MATT ORTEGO

If the gravid turbulence of modern civilization - its discord, corruption, and inhumanity - has you speculating, as one does, whether the planet would be in better shape if another species took over ... and, further, if you're among the somewhat smaller subset of people who think that species should be chickens — if you'd welcome some new bok-bok-bokking overlords — Matt Ortego's serious whimsy is the exhibit for you. In a set of paintings that imagine a chicken-ruled world, the artist works out his feelings about the human-animal relationship. August 8-October 22, Spring Valley Library, free, lvccld.org

OREGON TRAIL

MAJESTIC REPERTORY

A.J. Allegra's parodic homage to Oregon Trail, a historyeducation video game from the ancient historical era of the '70s and '80s. It follows a pioneering family - with names like Ezekiel, Jebediah, and Old Crazy Fingers as they bumble westward through the terrible hazards of the year "18 something something." Dysentery jokes abound. August 3, 10, 17, 24, 31, 10p, \$20, majesticrepertory.com

Dry Wit. A cross-valley collab, with UNLV's Barrick Museum hanging deep cuts from its collection in the Downtown office of Nevada Humanities. Work by Mikayla Whitmore, Eric LoPresti, Jean Giguet, Andrew Schoultz, and others "challenge us to see and experience Las Vegas in unique and different ways." Groovy! August 1-September 25, 1017 S. First St., unlv.edu/calendar

(Outdoors)

FULL(ISH) MOON HIKE TO FIRST

If you're going to hike in August, you might as well do it at night, when the temperatures drop to merely hellish; and if you're going to hike at night, you might as well do it in Red Rock, when it's almost a full moon. Note: The First Creek trail is not an easy amble; it's moderately difficult, so be ready. August 12, free, details and registration at 702-515-5367



(Literature)

ELIZABETH QUINONES-

BLOCK

To celebrate the release of her chapbook Bougainvillea, the longtime Southern Nevada poet — who has read at the Las Vegas Book Festival and had work published in a variety of venues, including Desert Companion - will join fellow poets Jennifer Battisti and Jesse Sensibar for a reading. August 30, 5:30p, free, writersblock.org



(Music) **MIKE XAVIER**

We've heard Mike Xavier described as a "positivity rapper," but that doesn't mean his flow is namby or pamby. Dial up the video for "I Remember"; it's about confronting the hard truths of his past on the way to a better future. Plus, he uses a live band, which is dope. August 17, 7p, \$15-\$328, brooklynbowl.com



BACK-TO-SCHOOL EVENTS



August 2 | 10am – 7:30pm

Supply A Teacher August 3 | 10am While supplies last.



Sunset Students

Shop and earn points for local elementary schools. Points turn to cash! Details at Guest Services.











(START TO FINISH)

SENSE OF NO PLACE

e calls them "non-spaces." With their swooping planes, vivid colors, and layered densities, the subjects of Valentin Yordanov's paintings stop just short of cohering into recognizable urban locations — they're at once strange and familiar. Here we follow Yordanov's large (60 by 48 inches) painting "Social Club" from decidedly urban-looking sketch, through intermediate phases in which vectoring "cityscape" lines begin to disrupt an orderly grid of background squares, to the completed piece, a riot of color, window-like patterns, and shapes suggesting building lines, signage, angles of flow. You can almost imagine yourself into it as a figure in a capital-intense metropolitan thrum, dazzled by a cityscape abstracted into a kind of idealized purity - this is not a place bedeviled by homelessness or downtown grit. (That's how you know it's not real.) Yordanov, who earned art degrees in Bulgaria and Romania before landing in Las Vegas, will have his exhibit Beyond Borders in the Sahara West Library's Studio gallery (which is a real space) through September 28 (lvccld.org). Scott Dickensheets

BOOK REPORT Two new books of local interest place you at a crossroads. In one direction, Nevada poet Shaun T. Griffin beckons with his reflective Because the Light Will Not Forgive Me: Essays From a Poet (University of Nevada Press). In it, he goes deep on poetry, place, and the Great Basin: "Poets who live in this place cannot live outside of its influence," he writes. In the other, Bob Hope biographer Richard Zoglin tempts you with Elvis in Vegas: How the King Reinvented the Las Vegas Show (Simon & Schuster), in which he parries the ancient wisdom that Vegas fattened, defanged, and destroyed the King. Zoglin's revisionist take: Vegas offered Presley one last reinvention, which then changed the Strip's entertainment mojo. Sounds like a good journey either way. Scott Dickensheets





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SHOP

BACK TO

Whether you're hitting the books again or just gearing up for late-summer fun, these must-haves are at the head of their class

BY Christie Moeller



BACK TO SCHOOL PLAYLIST >>> "MATH WIZ" Luna / Dean Wareham's struggle with arithmetic is a relatable, melodic salve. "HALLOGALLO" Neu! / Krautrock is musical Adderall. Find your focus with a 10-minute dose of autobahn hypnosis. "MISSISSIPPI GODDAM" Nina Simone / Miss Simone's history lesson about civil rights is sadly relevant to current events. "HEADMASTER" The Kinks / The centerpiece of Schoolboys in Disgrace, an album-long cautionary tale for you class clowns. "COLLEGE BOY" J. Cole / The magna cum laude rapper spits a stay-in-school narra-tive. Maybe UNLV should hire him as president. Mike Prevatt

1. BURTON PROSPECT 2.0 20L BACKPACK

The Prospect has ergonomic straps, plentiful pockets, and a stylish profile. \$54.95, BURTON.COM

2. APPLE WATCH

SERIES 4 Keep time — and keep fit — with the latest and greatest Apple apparat. \$399, APPLE WATCH SPORTS BAND in canary yellow, \$49, apple.com

3. MY CLARINS RE-MOVE PURIFYING CLEANSING GEL

This silky cleanser is vegan and free of phthalates, parabens, and sulfates. \$20, Macy's

4. BEATS BY DRE **POWERBEATS**

Lightweight, sweatproof, and waterresistant, with a 9-hour battery life. \$249.95, Apple Store

5. BAN.DO "GET IT TOGETHER" POUCH

This artist-made pouch holds pencils, pens, or cosmetics. \$14, bando.com

6. VANS PLAID CHECKERBOARD ERA PLATFORM SNEAKER

Kick it old-school with these classic Vans with a little extra lift. \$60, Vans in the **Fashion Show Mall**





WRITER IN RESIDENCE

In Search of a Vegas Style

BY T.R. Witcher



Editor's note: In this rotating column, a writer explores a topic of relevance to Southern Nevada in six installments. Our first Writer in Residence is T.R. Witcher. This is the second of six columns about housing. Read his first essay at desertcompanion. vegas.

omebuilder Dave Cornoyer first visited Las Vegas when he was 19. He went looking for the stylish house where Robert De Niro's Sam Rothstein lived in Casino. He found the mid-century neighborhood Paradise Palms instead. To him, it epitomized the coolness of Las Vegas.

"At the time," he says, "I still had this mid-century idea of Las Vegas, the resorts and the pool, the stonework, and the fun architecture."

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It is functional and the very antithesis of cool. It's chiefly why Las Vegas, one of the most iconic places on Earth, also feels strangely placeless. By comparison, those mid-century-mod cribs are like cool little time machines to a zestier, martini-addled past. Trying to draw a line connecting the two - if such a line can be drawn - is to try to answer whether Las Vegas has its own vernacular style, a question that forces us to think about the idea of affordability as much as aesthetics.

The earliest residential subdivision, Buck's Addition, was platted in 1905 by Peter Buol, just east of William Clark's original Las Vegas Townsite. In the prewar years, developers who purchased land would put in "basic utilities and minor infrastructure such as roads and sidewalks," wrote Michelle Larime, with the Nevada Preservation Foundation, in a 2015 report for the state's Historic Preservation Office. Then they'd sell to whoever could afford to actually construct their own home. If you couldn't, and not many people could, you were out of luck.

The valley began to grow after 1931, the year Hoover Dam began construction, gambling was legalized, and divorce laws were liberalized, and grew even faster after the war. As the Strip took off, residential development drifted south of the city's boundaries, where developers faced lower taxes and fewer regulations.

In 1960 Irwin Molasky broke ground on the city's first master-planned community, Paradise Palms. Stretching roughly between Desert Inn and Twain, Eastern and the Boulevard Mall, the new neighborhood, with its HOA, community park and pool, tennis courts, and golf course, offered buyers a shared universe of leisure.

But the homes were pretty dope, too. It

wasn't just the modern kitchens, built-in appliances, CMU block fireplaces, or swimming pools. Molasky found a style to match his ambitions in Palm Springs.

Like Vegas, Palm Springs exploded after World War II, and it needed housing fast. Famed Swiss Bauhaus architect Albert Frey had moved to Palm Springs and found the desert climate a perfect fit for his minimalist. open aesthetic. The Palm Springs style - aka desert modern, or what we think of when we say mid-century modern — at first pioneered homes that were "discreet to the street" but featured expansive, glass-filled backs that opened on to views of backyard pools and 11,000-foot Mount San Jacinto. The unique attributes of the look quickly came into their own: the overhangs and clerestory windows, those dramatic flat gable roofs, the variety of building materials, the open floor plans.

But Palm Springs really took off when the father-and-son-led Alexander Company began building cheaper, mass-produced



NEXT MONTH: Vegas' wild new houses of tomorrow

mid-century homes and turned to the design firm of Palmer and Krisel. In one summer, the Alexanders built 600 homes. (The Alexanders built a few thousand in Palm Springs alone; other developers built many more throughout the Coachella Valley.)

Molasky was friends with the son, Bob Alexander. Local preservationists speculate that Molasky was so impressed with what he saw on a trip to Palm Springs that he hired Las Vegan Hugh Taylor, who had designed the popular Desert Inn, to do something similar.

Taylor did - so similar, in fact, that, until just a few years ago, preservationists believed architect Will Krisel designed all the homes. (Apparently Krisel, who did design some of the homes, also believed this.) But Taylor turned over his archive to the Nevada Preservation Foundation in 2014; turns out the initial homes at Paradise Palms - though indebted to Krisel's Palm Springs work were designed by Taylor himself.

The Paradise Palms master plan consisted of 1,000 homes - almost all were built between 1960 and 1965. Similar developments followed: Molasky built homes at Winterwood Country Club and at Black Mountain Golf Course in Henderson. And easy breezy ranches were popping up from a host of builders everywhere: Scotch 80s, McNeil Estates, Glen Heather.

And then the sixties ended. The crystalline, sparkling purity of modernism was no longer sexy, just constraining. "The Atomic Age was over," says Downtown real estate agent Jack LeVine, who specializes in the city's vintage neighborhoods. "We'd gone to the moon. We went back to building more traditional-style housing."

Builders lost their boldness, Cornoyer says, "the sense of creating fun pieces of living art to live in." The architects who invented California modernism - Krisel, Paul Williams, A. Quincy Jones, and others — did inspired work in Las Vegas. Can anyone name the designers who built residential Las Vegas from 1980 onward? (Cornover, I should note, lives in Paradise Palms and is the forward planning manager for Lennar Corp.)

What we can name are the master-planned communities, which grew ever bigger, from Charleston Heights in the '60s (Sproul Homes) to Spring Valley (Pardee) in 1972, to Green Valley (American Nevada) in 1978, on

through to the mother of them all, Summerlin, the 25,000-acre city of master-planned communities (Hughes bought the land in 1952, but its conversion began in 1988), to more recent iterations (Rhodes Ranch, Mountain's Edge, Southern Highlands, Aliante, Centennial Hills, Inspirada, etc. etc.)

"You can see the rings," LeVine says. "You can leave Downtown and go in any direction and see the changes, the pre-WWII ring, the '50s ring, the '60s ring" — up to the present day.

The metaphor of rings suggests difference sexy vintage hoods Downtown that grow more generic and widget-like the closer you get to the hills. But if you trace the route the other way, any notion of a Vegas vernacular style is no easier to find.

We know the terroir of cities not by their grand boulevards, libraries, and museums, their parks or skyscrapers, but by the coherence of their residential styles: a Brooklyn brownstone, a Chicago three-flat, a San Francisco Victorian.

Palm Springs is the real home of mid-century mod, all spit-shined glamour; Downtown Vegas, with its weathered stock of vintage homes on lots that may or may not have landscaping, offers something harder to define, grittier, more lived-in, more eclectic.

Heidi Swank, executive director of the Nevada Preservation Foundation, cautions that we shouldn't take too narrow a view of what mid-century modern was. "Mid-century modern is not just butterfly roofs," she notes. There were other styles, like the single-level "story book" or "Cinderella" style (think birdhouse cupola, multipaned windows, and low eaves) that L.A. architect William Bray built off of Oakey between Spencer and Eastern.

But mostly, Swank says, "It's ranches. Ranches are the huge bulk of mid-century modern architecture." Yes, Paradise Palms signals the golden-hued mythos of a burgeoning capital of cool. But the "backstage" of the slick Palm Springs aesthetic is the more straightforward California ranch home, the rambling, quintessential postwar American suburban residence. Credited to architect Cliff May, that's the style that largely defines the center of Las Vegas.

The generic, inexpensive California ranch homes eventually morphed into the generic, red-tile, two-story Mediterranean, another import from Southern California that began appearing in earnest in the 1980s and proliferates the farther out from Downtown you go.

Molasky, it seems, was reaching for the new; future generations of developers and builders seem driven by playing it safe. And that's what marks the Las Vegas home in totality: It's happily, unashamedly derivative.

That a sleek, desert-modern style never became *the* style — too designer-driven, too showy? - suggests that perhaps our town has never been all that interested in its own built history. Or that the anonymity of our style confers a patina of democracy whether you park cars or close deals, you're probably living in the same kind of house. (The size of the house and the car parked out front may serve as the class signifiers.)

Or maybe it's that we've invested so heavily in the iconography of the Strip to define our ambitions, identity, and place, that there was no need or desire for the rest of the city to symbolize anything at all.

But if the sexy style of Paradise Palms never really caught on, we might find one other strand of a vernacular style in the idea of the master-planned community itself, with its promise of ease and convenience, affordability, and sedate, insular, trouble-free living. All that careful planning — just for vou. The Downtown neighborhoods seem $more\ eclectic\ and\ less\ mass-produced-but$ the same ethos that drove Molasky drives Summerlin and the rest. Who knows? Maybe in 50 years the homes on the edge of the city will gain their own kind of cachet.

"Hugh Taylor is our guy," Swank says. "We do all we can to promote Hugh, but Hugh was not this groundbreaking architect. He was a get-it-done architect. He could read the trends and use those trends to do interesting things."

Maybe Taylor is the standard-bearer for the real aesthetic of Las Vegas, a chameleon who could riff on the prevailing style of the day. Swank took Taylor's oral history shortly before he died in 2015. He told her he didn't make special houses. He made houses mostly California-style ranches — that were good and comfortable. "For him, he almost took more pride in the tract homes because he wanted to make homes for regular people." +

HEALTHCARE

HEALING THE **HEALERS**

Long hours, heavy workloads, high stress. How do doctors avoid burnout? Increasingly, with practices such as mindfulness and meditation

BY Paul Szydelko

any times during his 33-year career, Dr. Lo Fu Tan felt burned out and depressed. He had bad thoughts. He knew that his career and his family – and his patients – depended on him performing well. But the empathy, compassion, patience, and other qualities he's always strived to personify sometimes evaporated. In those moments when he felt like he was on his last nerve, he would take it out on colleagues, staff even patients.

"When you are burnt out or frustrated with that patient who is perhaps in your mind challenging what you are telling them or what you're offering them, you become short with them," says Tan, an urgent care and telemedicine provider with Southwest Medical. "You roll your eyes. You shorten the visit. You do all these things that you shouldn't be doing, because it really doesn't help the relationship with the patient."

To help keep his mood upbeat, Tan has practiced meditation for many years. In fact, he hasn't missed a morning session in the two-and-a-half years since going on a retreat with David Ji, who was Dr. Deepak Chopra's lead educator for 10 years. Each day, Tan



MIND OVER MATTERS

Dr. Lo Fu Tan meditates daily to reduce stress, improve his mood, and better serve patients.

gets out of bed, makes coffee, showers, has breakfast, and then sits on a sofa chair in the dark for 30 minutes.

"The goal is to stay still and silent with hopes of hitting that sweet spot in which your mind stops the incessant thoughts that come to us," Tan says. "When this happens, you might see colors like green, blue, purple."

He aims to meditate twice a day. His morning routine at home is consistent, but trying to find the other half-hour a day is more challenging. Sometimes a session is just a 16-second mini-meditation. Still, even that helps him get "regrounded, reset, refocused, recharged, and get rid of bad stuff I've been collecting through the day." He says, "When I'm in a better frame of mind, when I'm a happier guy and positive, then I can see that

negative stuff going on around me much more clearly." "That awareness is important and comes in part because of meditation. It gives you the opportunity to take a break ... and get some silent time and stillness. The goal is to give your brain a bit of wakeful rest."

Meditation is a focal point of Southwest Medical's Moment Health, a mindfulness program introduced last year, an effort designed to help physicians and other health care providers renew their energy and enhance their performance. One of the program's goals: reduce burnout among physicians. Tan was meditating regularly long before the program began, but he says it reassured him that he wasn't "way out there" in thinking meditation was an important tool to avoid burnout. It turns out he was ahead of the curve.

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FEEL THE BURNOUT

POPULAR TELEVISION SHOWS through the years such as M*A*S*H, St. Elsewhere, ER, Scrubs, House, and Grey's Anatomy punctured the image of the tireless, infallible doctor. Doctors are still often glamorized, but unlike how they were portrayed in earlier TV classics such as Dr. Kildare, Ben Casev, and Marcus Welby, M.D., their flaws are more commonly dramatized, their personal lives explored more intensely, their anxieties and vulnerabilities more readily acknowledged.

Still, it may surprise some that widespread burnout in the health care industry has been a concern for more than a decade. Defined by the American Medical Association as "a long-term stress reaction characterized by depersonalization, including cynical or negative attitudes toward patients, emotional exhaustion, a feeling of decreased personal achievement, and a lack of empathy for patients," burnout is even a metric that health care organizations track and monitor. For the first time since 2011, the physician burnout rate has dipped below 50 percent among doctors in the U.S., according to a new triennial study by the AMA, the Mayo Clinic, and the Stanford University School of Medicine. Almost 44 percent of U.S. physicians exhibited at least one symptom of burnout in 2017, compared with 54.4 percent in 2014 and 45.5 percent in 2011.

And the syndrome has a hefty price tag: Doctor burnout costs the U.S. health care system \$4.6 billion a year in physician turnover and reduced clinical hours, according to a study published in the Annals of Internal Medicine in May. Factor in recruiting, onboarding, impact on those covering extra shifts, and loss of revenue or opportunity cost, the cost of replacing a doctor in an organization can be exorbitant. Patients suffer, too. Doctors who leave medicine midcareer cause patients to start over again with a new doctor. Other physicians who cut back their hours — especially in communities with an acute shortage such as Southern Nevada — make it more difficult for patients to obtain timely appointments. And a research review in the British Medical Journal in 2017 concluded that "there is moderate evidence that burnout is associated with safety-related quality of care." It's not hard to imagine tired, distracted, and exasperated doctors exhibiting impaired memory, lack of attention, and poor decision-making. Unnecessary testing, misprescribing medications, and errors



RX TO RELAX Anne Weisman, UNLV School of Medicine's director of wellness and integrative medicine, encourages medical students to use relaxation techniques to avoid burnout.

in surgery are among the many serious ways patients' well-being can be affected.

"The tide has not yet turned on the physician burnout crisis," says Dr. Barbara L. McAneny, AMA president. "Despite improvements in the last three years, burnout levels remain much higher among physicians than other U.S. workers, a gap inflamed as the bureaucracy of modern medicine interferes with patient care and inflicts a toll on the well-being of physicians."

The stakes involve more than improving patient outcomes and reducing doctor turnover. More alarming is the estimate that one doctor commits suicide in the U.S. every day - the highest suicide rate of any profession, according to findings presented at the American Psychiatric Association's 2018 annual meeting. The number of doctor suicides -28 to 40 per 100,000 - is more than twice that of the general population.

The study also showed that some of the most common diagnoses for doctors are mood disorders, alcoholism, and substance abuse.

EXHAUSTED DOCS

SYMPTOMS OF BURNOUT, applicable to people in other professions, are most disconcerting as patients await trained medical care in an exam room, an ER, or surgical suite. In a hospital, the stakes are higher and the causes of stress are stronger.

Doctors' typical stressors, according to Dr. Dike Drummond, a Mayo-trained family practice physician and the founder and CEO of thehappymd.com: having a high level of responsibility and little control over the outcome; encounters with sick, scared, or hurting people with accompanying emotional needs; lack of work-life balance; leadership roles for which they were not trained; the sense that they are the bottleneck in providing health care; isolation behind the exam room's closed door; confusing financial incentives; a hostile legal environment; and documentation requirements.

The doctor burnout dilemma calls for a broader strategy beyond self-awareness and meditation, including building out a proper staff to reduce the stress load on doctors in the first place. Health care organizations are realizing they must find ways to enable doctors to spend more of their time doing what they were trained for - instead of incessant management tasks and cumbersome electronic medical records. It's a topic that seems to be gaining traction in hospitals and health care organizations, says Dr. Dylan Wint, a neurologist with the Cleveland Clinic Lou Ruvo Center for Brain Health.

"Burnout is something the larger Cleveland Clinic is concerned about and talks about a fair amount." Wint says. "It seems to be a combination of increasing workload, but also an increasing proportion of the work that seems to be not medicine, per se, but various administrative tasks." Employing more scribes for note-taking in exam rooms and refining software for visit documentation to customize for doctors' specialties are among the practical efforts to make things more efficient, Wint says.

Dr. Jerry Reeves, medical director at Comagine Health, organized a Clark County Medical Society continuing medical education event in October to address physician burnout. The course, attended by about three dozen doctors, included presentations on tools and resources to identify and address burnout. They include self-assessment tools, and counseling and support services; adjusting schedules and staff to delegate tasks that don't require clinical expertise and experience; building a culture of joy in the workplace; re-energizing the doctor-patient relationship; and telemedicine solutions.

"A lot of the onerous burdens of day-today practice has to do with wasted time and energies with moving patients from home to parking lot to office to exam room to out-processing," Reeves says. "What the patient really may need are answers to questions that could just as easily be done through an e-visit or a telemedicine visit."

MEDITATION, MINDFULNESS, AND MORE

CONCEIVED BY OPTUM and implemented by Southwest Medical, monthly Moment Health mindfulness presentations are web-based and an hour long. Employees are encouraged to log on to watch during the workday. Topics have included eating mindfully during the workday; gratitude in the workplace; problem-solving with mindfulness: mindfulness, trauma, and loss; and enhancing workplace effectiveness. (Mindfulness is defined as a mental state achieved by focusing one's awareness on the present while calmly acknowledging and accepting one's feelings, thoughts, and physical sensations, used as a therapeutic technique, according to an Optum spokesman.)

And what's good for doctors is good for patients, says Dr. John Rhodes, senior medical director of primary care delivery for Southwest Medical's Mountain West Region. In addition to the local shortage of doctors and the national urgency to reduce doctors' rates of divorce, substance abuse, and sui-



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HEALTHCARE

cide. Rhodes cites the Institute for Healthcare Improvement's Triple Aim framework - improve the patient experience, improve the health of populations, and reduce per capita costs. Adding provider satisfaction to the framework makes it a Quadruple Aim, Rhodes says.

"From a leadership standpoint, we're willing to invest time and resources back to our providers and give them another option toward their overall physical spiritual and emotional health.

That's appreciated by many of our providers," Rhodes says.

Chief among them is Tan, the meditation proponent spreading the mindfulness message to his Southwest Medical colleagues, whose mantra is "To Be Here Now."

"That can be a challenge at times," Tan says. "Adding this mindfulness program at the worksite gives us an opportunity to really be here now. It is about trying to improve our performance and be grounded and be focused on the present versus worrying

"Adding this mindfulness program at the worksite gives us an opportunity to really be here now," says Dr. Tan. "It is about trying to improve our performance and be grounded and be focused on the present."

......

about something that's going to happen tomorrow or some mess-up that occurred the day before."

The sessions are recorded so they can be accessed at any time. A "respite room" for doctors at Southwest Medical's Oakey Health Center, stocked with art and comfortable furnishings, is a dedicated space for retreat. meditation, or simply decompression. Southwest Medical is adding more such rooms

in its facilities.

Jennifer Bergdoll, vice president of human capital for Optum's Mountain West Region, who was instrumental in the launch of the Moment Health program, says she was looking for ways to take care of the providers.

"We're trying to be proactive in providing benefits to help our clinician workforce manage the demand in different ways. We want to be strategic and plan ahead. We know that the shortage isn't going to change in the short term: What are the things we

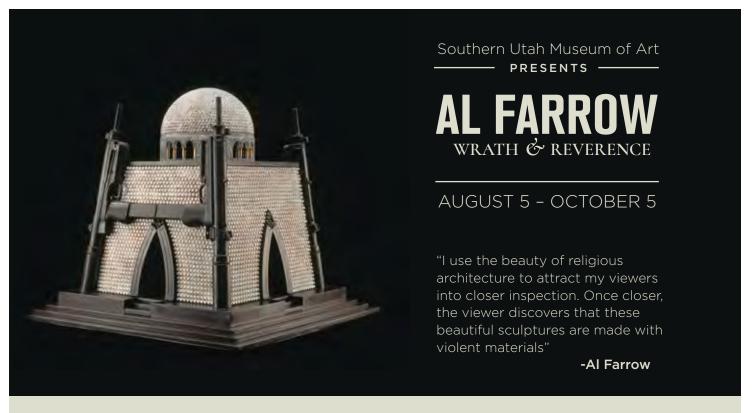
can do to help our providers manage in a busy environment?"

Participation has varied from 25 to 50 percent of the 3,000 employees to whom the program is available, Bergdoll says. Southwest Medical will continue to monitor participation and satisfaction rates and devise ways to enhance the program, she says.

INTEGRATION GENERATION

ATTENTION TO THE mental and emotional wellness of health care providers signals a cultural and generational shift as well. Realizing that doctors are only human, the UNLV School of Medicine is integrating wellness and well-being into the curriculum for future doctors.

"We've brought meditation, yoga, tai chi, therapy dogs, and a nutritional component as partners with Wynn Las Vegas," says Anne Weisman, the school's director of wellness and integrative medicine. "We've exposed our students to quite a few relaxation and wellness techniques while they're beginning medical school so that this becomes part of their practice."



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HEALTHCARE

Weisman works with students to develop plans so that they're taking care of themselves. "We've chosen to do it pro-actively as a new school. This is part of our culture, this is who we are, this is what we're doing. So we're working with the medical students, we're working with the residents, we're working with faculty, the staff - it's really trying to embed a culture of wellness and well-being into our School of Medicine from the get-go."

The emphasis on overall wellness applies not just to future doctors, but to future patients as well. For instance, in integrative medicine, students are taught techniques outside traditional Western medicine - such as the use of essential oils, hypnotherapy, massage therapy, and acupuncture - to get a comprehensive view of their health and their patients' health, Weisman says.

"The integrative medicine curriculum is throughout their coursework. The wellness stuff I've kept as optional, because I don't want this to be something that causes additional stress," Weisman says. Chair massage and pet therapists are the most popular, and she is working to refine the timing of the wellness opportunities around students' class and testing schedules.

Wint, who has been practicing for more than two decades, says he doesn't remember self-care as a common topic of discussion in medical school, residency, or fellowships back in his day. "It was kind of the opposite," Wint says. "You were a bit soft or needy or a variety of not-complimentary terms if you did express a need to take care of yourself or show a vulnerability."

Weisman, however, sees a generational change in medical students' expectations. "Unlike their predecessors, they are unwilling to live this way. What's great about this group of younger people is a real shift - we can do better in moving that needle. ... It's shifting gently and kindly. Maybe the way that (doctors) were trained wasn't the most humane and appropriate way."

When she got into the field, Weisman says she was struck by how little emotional intelligence was honored or taught. "How do you feel when you've just delivered a terminal disease diagnosis? How do you feel when you've had great outcomes, poor outcomes, or just the day-to-day emotions

that come with taking care of people?"

In her lectures, Weisman says she emphasizes the importance of doctors taking the time to prepare mentally, physically, emotionally, and spiritually before each encounter with a patient. "We can feel that and sense that from each other," she says. "I would like our students and our doctors to be really clear as they're working from patient to patient so that they're able to be present and compassionate."

'ALLOW ME TO BE HUMAN'

BUT RAISING AWARENESS about and building programs for doctor wellness is less a revolution than an evolution. One big hurdle is what Rhodes calls the Lone Ranger approach: reluctance among doctors to get help for themselves. Reasons include the ideal of putting patients first, time constraints, privacy issues, the prevalence of highly driven personalities who don't easily admit weakness, and concerns about divulging substance abuse or mental health issues affecting their licensure.

CONTINUED ON PAGE 92



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SOCIETY

WATER, WATER — BUT NOT EVERYWHERE

It took many years, billions of dollars, and some lives lost for this desert city to finally protect itself from rampaging water

BY Geoff Schumacher

as Vegans have been coping with flash floods since the town came into being in 1905. In the early years, the biggest problem was not flooded intersections, it was damaged railroad tracks. The Las Vegas economy revolved around the railroad, and if the trains couldn't move, the town couldn't function. A report in the Las Vegas Age from January 1910 illustrates the dire implications of a railroad washout:

"Heavy flood damage to the Meadow Valley Wash area was inflicted by torrential rains and melting snow. ... The narrow valley was unable to carry the flood water in the usual channels, and ... houses, barns, and, in some cases, whole ranches were overwhelmed. The track of the Salt Lake railroad, on which was spent about one million dollars in building substantial bridges and putting in expensive rip-rap work after the washouts of three years



ago, was practically a wreck for a distance of nearly one hundred miles. Thousands of railroad ties, great bridge timbers, portions of houses, and wreckage of every conceivable kind was carried for many miles by the flood. ... Fifteen miles west of Caliente, an entire train (carrying merchandise), engine and all, was overwhelmed and washed away with the exception of the caboose. The crew escaped by taking to the hills."

About 20 years later, a flood raging through Las Vegas had a more significant effect on automobile travel. In August 1928, the *Age* reported:

"The new Boulder City highway suffered the greatest damage in southern Nevada, a wall of water having poured over it for some time at a point about four miles from Las Vegas, endangering the lives of a party of four who attempted to drive thru on Saturday evening. ... The road from Charleston Boulevard across to the Reno Highway by way of the Filby Ranch was washed out so badly, travel was completely barred until repairs are made."

In July 1932, a flood in the southeast valley resulted in the deaths of two people, according to the Las Vegas Evening Review-Journal:

"The storm inflicted the greatest damage to property on the Boulder Dam Highway between Midway City and Sunset. Thousands of dollars in damage was done to homes and business buildings in this area. Two persons were believed killed, Mrs. A. Grimes and a man whose name could not be ascertained, when their car was overturned by the rushing water."

Today, when a big storm approaches, Las Vegans no longer assume heavy flood waters will turn the streets into raging rivers or deluge houses to the kneecaps. An almost \$2 billion flood control system, largely built over the past three decades, has essentially put an end to disastrous and deadly flash floods in Clark County. Fingers crossed.

* * * * *

SEVERE FLOODS WERE a fact of life in Las Vegas from the beginning, and efforts to reduce their impact were meager and uncoordinated during the community's first 80 years. Even after the town became a full-fledged city in the 1940s and '50s, flood control remained

A RIVER RUNS THROUGH IT

A July 3, 1975 flash flood on the Strip submerged cars and deluged parking lots.

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an afterthought. Jarvis Marlow summarized the problem in a UNLV master's thesis on the history of flood control in Las Vegas:

"Engineers ... designed the early flood control measures to protect homes from the rainfall that fell within a neighborhood's boundaries. Contractors built channels and pipes to convey upstream storm water away from their homes, with no regard for the downstream properties. Little thought was given to connecting flood control structures across the growing metro network."

The notion of regional flood control briefly gathered momentum in 1962 when Clark County asked voters to approve a \$6 million bond issue. Approval would have guaranteed another \$26 million in federal money. But voters rejected it soundly.

A massive flood in July 1975 - which made national headlines by destroying 300 cars in a Caesars Palace parking lot - prompted some local officials to start thinking again about a regional solution. Thinking, but not acting. After some major flooding in 1981, Clark County Commissioner Bruce Woodbury lobbied the 1983 state Legislature to establish a regional flood control district.

"We were not successful that year," Woodbury says. "Nobody thought it was that big a deal."

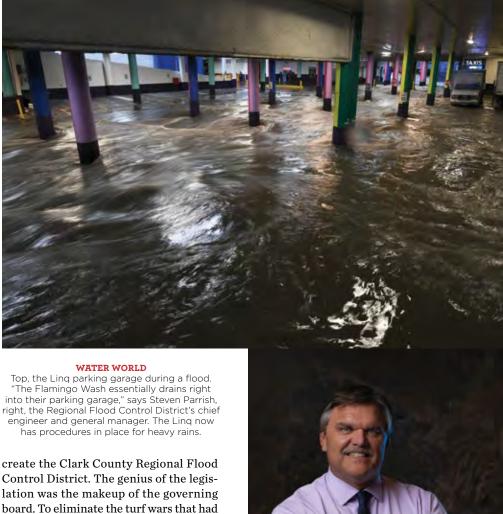
The turning point finally came in 1983 and 1984, when Las Vegas was pummeled by multiple storms, resulting in millions of dollars of damage and, more importantly, the deaths of nine people. The most horrific incident occurred in September 1984, when a family of five perished. Michael Shepard, 27, and his wife, Carol, 26, were driving home from dinner with their three young children when they encountered a 60-footwide, 30 mph flow of flood water near Blue Diamond Road.

As the Las Vegas Review-Journal reported, the Shepards watched the water for a while before making the decision to try to drive through it to reach their home, which was only about 100 yards away. Their pickup truck was immediately swept away by the four-foot-deep torrent. Rescue crews found the bodies of the parents and two older children, Shanna, 6, and Shad, 3, right away. It took several hours to find the two-week-old infant, Sheila, whose body was a considerable distance from the truck.

The death of the infant girl, in particular, captured the full attention of Jim McGaughey, a freshman state assemblyman.

"I decided I was going to do something about flood control," McGaughey recalls.

In the 1985 legislative session, Mc-Gaughey sponsored Assembly Bill 169 to



characterized past flood control efforts, the board had to be representative of all the affected jurisdictions. The bill created a board consisting of two Clark County commissioners, two Las Vegas city council members, and one representative each from Henderson, North Las Vegas, Boulder City, and Mesquite.

The Assembly and Senate passed the bill unanimously. Governor Richard Bryan, who had grown up in Las Vegas and experienced the "annual ritual" of monsoon season flooding, eagerly signed it on June 2, 1985. "That was the finest hour I had as a legislator," McGaughey says.

CREATION OF THE flood control district was a major political achievement, but it was just the first piece of the puzzle. The second piece was creating a funding source for the new agency. AB169 called for a public vote on the funding mechanism in 1986.

The September 1986 primary election ballot included a question asking Clark County residents to support a quarter-cent sales tax increase to pay for flood control. The question was purposely placed on the September ballot because it fell within the community's annual monsoon season.

Passage was far from guaranteed. Virginia Valentine, the flood district's first chief engineer and general manager, noted that "we had a whole group of people who didn't have flooding in their neighborhoods, or they had just moved to town and had never seen a flash flood. So we're going out there trying to raise taxes for something a lot of people had never seen."

The campaign for the quarter-cent sales tax was grassroots at its core. McGaughey, Woodbury, Valentine, citizen activists Ann Zorn and M.J. Harvey, and others made presentations to practically anyone who would give them the time. "Where two or more gathered, we were there," Woodbury says.

Valentine recalls participating in 300 to 400 presentations. "I had these two big slide projectors. And you learned to carry a light bulb in your pocket, because it always seemed like the projector bulb burned out." At a mobile home park on East Desert Inn Road, Valentine says, the audience consisted of "one guy in a bathrobe sitting in a lounge chair. We gave him the whole presentation."

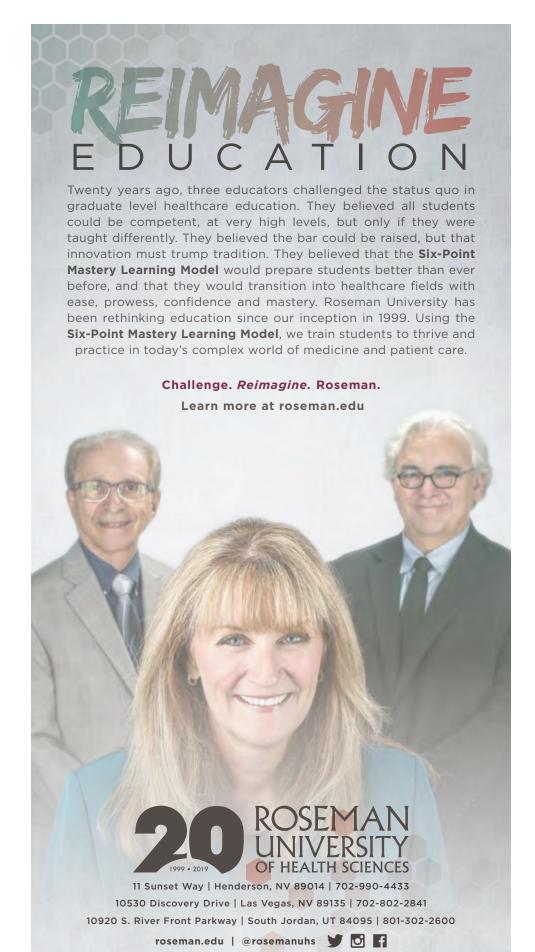
The shoe-leather campaign paid off, with voters approving the sales tax hike by a two-to-one margin. Tax revenue started flowing into the flood district at a rate of \$1 million per month.

It was a great start, but it was not nearly enough to address the rapidly growing community's flood control needs. The third piece of the puzzle was delivered by the 1991 Legislature, which gave the district the ability to raise more money through bond sales. Now the district had access to the kind of money it needed to tackle flood control across Clark County.

* * * * *

WHEN HEAVY RAINS fall in the Spring Mountains, west of the city, that water will inevitably rush downhill into the valley's washes. The caliche-hardened desert soil does not absorb much. But now a series of levees and detention basins redirect and capture much of the water that otherwise might flow unimpeded into neighborhoods, businesses, and streets. The flood water still eventually finds its way through the valley's channels and storm drains into Lake Mead. But the detention basins slow the flow, and the channels and drains direct most of the water through and beneath the community's built environment.

The district made substantial progress on its master plan during the 1990s, but it wasn't nearly ready to contend with the historic downpour of 1999. July rains pounded the valley, with some areas seeing three inches. The storm led to two deaths and millions of dollars in property damage. Police and firefighters rescued 163 people from flooded areas, including eight who were plucked from danger via helicopter. Although the flood control system was still in its adolescence, officials said that without the detention basins and flood channels that had already been installed, the disaster would have been unimaginable.





DANGER IN THE **DRAINS**

The biggest challenge facing the Clark County Regional Flood Control District today is not the chance that rushing storm waters will inundate homes and businesses. "The biggest problem we're having right now, frankly, are the homeless living in the system," says Steven Parrish, the agency's chief engineer and general manager. "They get swept up in the flood flows and have to be rescued."

An estimated 300 people live in the hundreds of miles of storm drains running under

the Las Vegas Valley, according to Louis Lacey, director of crisis teams for HELP of Southern Nevada. "It's an ideal way to get out of the elements, be it extreme heat or cold," he says.

But the drains are dangerous in a rainstorm. Three people drowned in them in 2016. "When it rains, flood water comes rushing down the storm drains and everything the water picks up becomes a projectile, which can lead to you being knocked down and taken down under the water," Lacey says.

When Lacey receives notification of an impending storm, he sends his mobile crisis intervention team to the tunnels to post warning signs and tell people to leave. "Some people are grateful for the warning," he says. "Others really don't respond in a positive manner. It's a mixed reaction."

Lacey says he understands why the drains might be attractive for certain homeless individuals. Drug addiction is a common vice in the tunnels. But a significant level of risk comes with it. "If it rains and you are unprepared or incapacitated, there's a high possibility that it will end badly."

Parrish is often asked why the flood district doesn't put up grates at the entrances to the storm drains. The problem, he says, is that while grates might keep out the homeless, they also would block debris, which would build up and block the water from flowing into the drains.

For Lacey, the solution is not grates, it's more and better services for the valley's homeless population.

"We're hoping that more shelters are built and housing is made more available so that people can access these resources and get on the path to self-sufficiency," he says. Geoff Schumacher

"I can't begin to estimate what would have happened if these flood controls were not in place," Gale Fraser, then chief engineer and general manager of the flood control district, told reporters. "I know it would have been a lot worse."

Two decades later, experts agree that if that 1999 storm occurred today, the flooding and damage would be greatly reduced. "We're much more resilient than we were 20 years ago," says Steven Parrish, the district's current chief engineer and general manager. Anyone who has lived in Las Vegas since then surely can tell the difference. If nothing else, you can't help but notice that the Charleston Boulevard underpass doesn't flood anymore.

"Problem areas that we've had before are no longer problem areas now," Parrish says. "In terms of damages to structures, we're seeing much less to businesses and homes."

The flood district now has an even 100 detention basins and 648 miles of channels. To date, it has spent \$1.9 billion creating the system.

When the bill creating the flood control district reached Governor Bryan's desk back in 1985, he "clearly recognized the significance of it. The magnitude I fully appreciated, but what I didn't appreciate at the time was that it would cost close to \$2 billion to get the job done. In 1985, that number would have blown me away."

The work is not, in fact, done. The master plan calls for 36 more detention basins and 201 miles of channel. "We have 30 more years of work to do," Parrish says.

And flooding still happens, of course. The parking garage at the Linq, formerly the Imperial Palace, continues to be a challenge. "The Flamingo Wash essentially drains right into their parking garage," Parrish says. "It's something we would like to fix, but it's a difficult problem to solve because you'd have to raze the building."

When Harrah's Entertainment acquired the Imperial Palace in 2005, its then chairman, Gary Loveman, told investors the hotel may be torn down to make room for expansions of adjacent properties. Parrish hoped this would allow for installation of proper flood control drainage. But then the Great Recession hit, and the company opted to refurbish the aging resort instead. To this day, when the flood district detects a big storm coming, its first warning call goes to the Linq, which has well-established procedures to close the parking garage until the storm passes.

CONTINUED ON PAGE 92

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MENTAL HEALTH

CLASS ACTION

An emerging philosophy of youth suicide prevention focuses on training peers and teachers to see warning signs. Can it solve Nevada's teen suicide crisis?

BY Heidi Kvser

n a late-June Las Vegas day, with the sun and wind roasting everything outdoors, eight College of Southern Nevada faculty and staff members hunkered down in an air-conditioned classroom for a full day of mental health alertness training. The instructor, Michele Howser, who teaches human behavior at the college, left the lights off, due to a pleasant ambient glow from the thirdfloor room's window, which offered a view of Bonanza High School's football field and the mountains of Red Rock Canyon beyond.

Howser, a brunette tennis player with aquamarine eyes and a dimpled chin, began by introducing herself: Ph.D. in social welfare, adoptive and foster care parent. "Mental health is my passion," she said. "I love it. So, when they asked for volunteers, I was like, 'Yeah! Pick me!"

She laid out the day's agenda, which would culminate in an exam and - for those who passed - certification in Mental Health First Aid, a citizen awareness and assistance program developed in Australia and brought to the U.S. in 2007. Howser used the adult version of the curriculum, tailoring it to CSN faculty and staff interactions with students. That's because the training itself is part of the college's larger goal: to refer more students to the Counseling and Psychological Services center.

The day's lessons are laced with bleak facts: 18.5 percent of U.S. adults have a mental disorder, while only 41 percent of them get some kind of help with it. The median time of living with such a disorder before seeking help is 10 years. Howser explains the difference between signs and symptoms — symptoms are felt; signs are seen - by way of beginning a half-day survey of common mental health issues, from anxiety and depression, to substance abuse disorder and trauma. In the section on depression, we learn that loneliness is a symptom, while isolation is a sign. Howser notes that suicide and suicidal ideation are on the rise, despite an increase in services and decrease in stigma.

"Why?" she asks. "There's a lot of work and study being done on that right now, much of it having to do with people's self-esteem being built around likes on social media. But the research is still catching up with the way the world is changing. It's not our role as early responders to sort that out. It's our role to get people the help they need."

And yet, suicide was the unspoken force behind the training that day at CSN and many

other trainings like it taking place at schools all over the state. Suicide is currently the leading cause of death among Nevada teens and the second-most frequent cause of death among young adults. It claimed the lives of 32 Nevadans ages 15-19 in 2017, and another 45 in the 20-24 age bracket. Those numbers doubled over the previous decade, and they don't include suicide attempts, which are more common than completions. Two CSN



A CULTURE OF HELP

CSN professor Michele Howser trains teachers and students in mental health alertness. "Mental health is my passion," she says.



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students will be included in those numbers for 2018, according to Daniel Alvarado, director of CSN's CAPS and Disability Resources Center.

"Those incidents highlighted the need to do something about dealing with students in distress," says Alvarado, "and what that meant for the faculty and staff, (their) knowing the early warning signs and handling it as part of classroom management. We already had some plans underway, and that moved things forward, as far as prevention goes."

Shortly after Alvarado was hired last summer, his office applied for and won a federal grant. They're using the \$150,000, spread out over three years, to improve student awareness of and access to mental health services. Alvarado restructured CAPS. contracting with Mojave Counseling to offer more counselors for more hours. And the funding will cover materials and training costs for Mental Health First Aid, the program Howser was teaching that day in June.

CSN isn't the only school using the Mental Health First Aid, or MHFA, curriculum. Through the Nevada Office of Suicide Prevention, several CCSD schools have offered the youth version of it, which teaches adults to help young people. And the pilot of a new version, geared toward teens helping teens, ran at eight U.S. high schools last year, including Valley High School in Las Vegas.

STUDENT COUNSEL

Valley High School Principal Ramona Esparza opened a wellness center at her school, "Mental health is the elephant in the room. We have to embed it in our curriculum today.

MHFA is response training for mental health emergencies. "It's like a first-aid kit to identify when someone you love is struggling," says Andrew Magness, a Valley social studies teacher who was one of the program's five facilitators at the school. "You don't have to be a therapist. It teaches you how to connect your friends to the correct people to get the help they need."

Or, as Howser put it, "This is not about us leaving and saying, 'I took a class for eight hours, and I think you're bipolar.' It's about us knowing when someone needs help, and helping them get it."

"They really emphasize that it's not your responsibility to take care of this person," says Lisette Vistal, a recently graduated senior who went through the Teen Mental Health First Aid training at Valley. "You direct them to an adult that can help them. I know if someone's talking to me, I feel like I have to fix them. So, I liked how they emphasized that it's not my job to do that."

Another thing Vistal appreciated about the program was its frequent repetition of the slogan, "It's okay not to be okay." It struck a chord with her, a high-achieving student in the International Baccalaureate

magnet program who'd been enduring a personal struggle without telling anyone for fear of appearing needy, weak, or ungrateful.

"It really helped me realize that it was okay to get help," she says. "One day, during the training, I was having a bad day about that situation, that issue, and I found myself knocking on my teacher's door and saying, 'I need to talk to someone.' After talking to my teacher, I felt like there was hope regarding my situation, that it could get better. And I wanted other people to have that feeling, too."

Now a freshman in nursing at UNLV, she's considering switching her major to psychology.

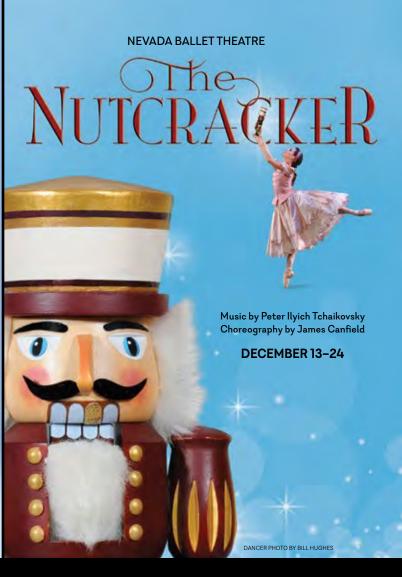
Vistal wasn't the only student the program inspired, Magness says: "I can tell you, Valley's counselors were busy in the following weeks ... The whole summer is packed with appointments for kids who have graduated and are moving on. They want to take advantage of the wellness center while they still can. There were a lot of kids that stepped up and understood that it's okay to ask for help."

So, the program succeeded in getting kids at Valley to seek help much earlier than the 10-year median (so far, CSN's first aiders have

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MENTAL HEALTH

made no referrals to CAPS, according to the college's spokesman Richard Lake). Then the question is: Can this success be repeated on a grand enough scale to reach every kid who's considering killing himself? Can it help solve the problem of student suicide?

'MOST PEOPLE WANT TO STAY ALIVE'

THE AUTHORS OF "A Review and Application of Suicide Prevention Programs in High School Settings," from a 2011 edition of Issues in Mental Health Nursing, sort school suicide intervention programs into four categories: screening to single out at-risk students for help; protective skills, such as problem-solving and coping mechanisms, to help at-risk kids build resilience; curricula for educating entire student bodies on mental health issues; and gatekeeper training, for those who can offer or refer to help. Often, programs are hybrids of two or more categories.

As the study's authors note, curriculum-based programs are a natural fit in schools. The Clark County School District requires that all eighthand ninth-grade students complete such a program called SOS, for "Signs of Suicide." In addition, as noted, the district works with the state Office of Suicide Prevention to offer teachers Youth Mental Health First Aid training (neither organization con-

firmed how many have actually undergone it). Although it also offers Adult MHFA, UNLV emphasizes an opt-in computer program called Kognito for improving general mental health literacy campus-wide. Kognito, like MHFA, is a hybrid gatekeeper/ curriculum-based program.

MHFA's curriculum includes a Power Point presentation, several group activities, such as role-playing, and a 130-page manual that covers the basics of common mental health disorders. As is often done with these programs, its essential skills are organized into an acronym, in this case AL-GEE, which stands for Assess, Listen, Give reassurance and information, Encourage

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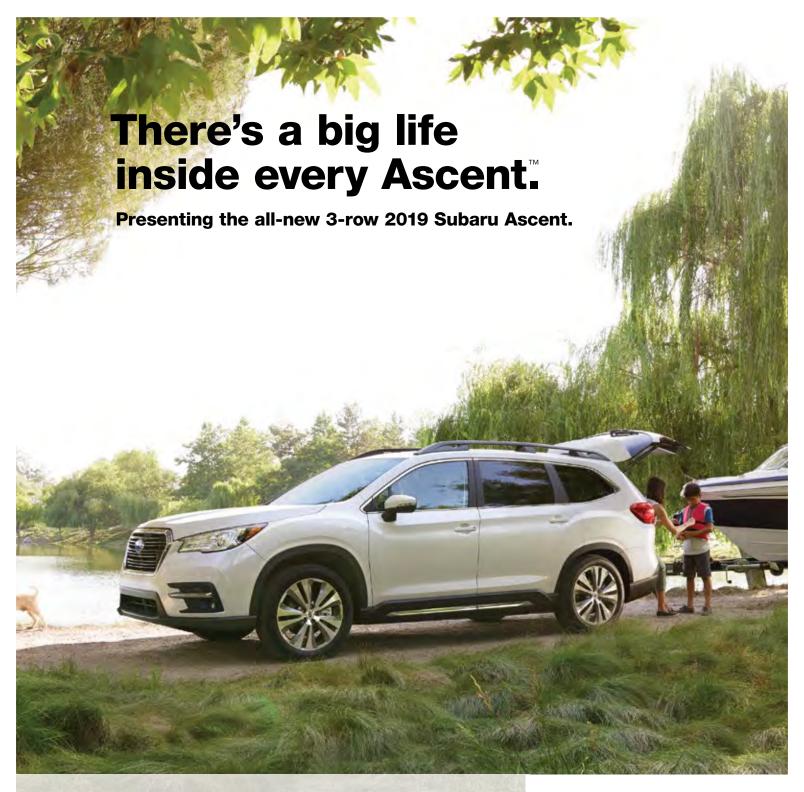
professional care, and Encourage self-care. At CSN's training, Howser repeated the ALGEE steps in dozens of different scenarios. The idea is that you can always refer to the manual if you're unsure whether something is cause for concern, but in a crisis, you need to be able to recall the intervention

steps without having to think about them too hard. The acronym is supposed to help.

Does this approach work? It's hard to say. For one thing, "You can't measure something that doesn't happen" - in other words, a crisis averted — says Tara Phebus, the head of the Nevada Institute for Children's Research and Policy at UNLV's School of Public Health. Phebus' office and the Nevada Medical Center recently wrapped up an assessment of SOS to determine whether schools have everything they need (materials, training) to execute the program accurately and are doing so.

CONTINUED ON PAGE 92





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DEATH OF A **PARTY GIRL**

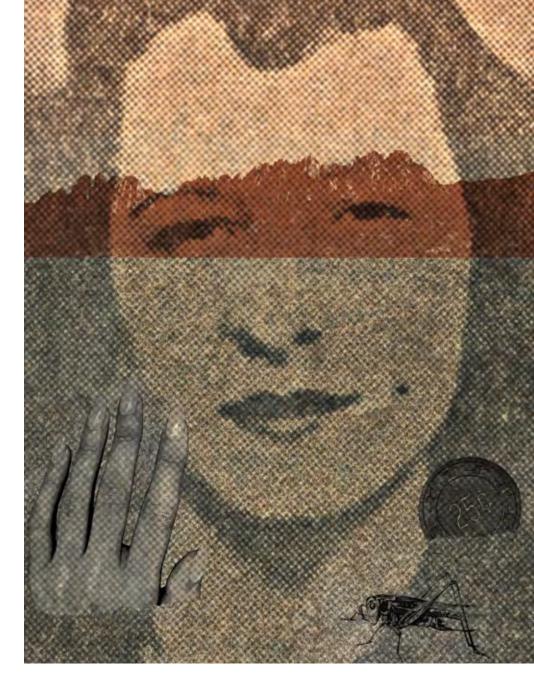
The violent murder of a teenager in Las Čruces, New Mexico, spawned a national corruption scandal that would ripple to Las Vegas – and change the future of gambling

BY John L. Smith and Sally Denton

hese days it seems all roads lead to Las Vegas. But there was a time when the trail wasn't so clear. Even as Benjamin "Bugsy" Siegel was busy overspending on the construction of the fabulous Flamingo in the months after the end of World War II, there was no shortage of gambling competition outside Nevada. Illegal casinos, many of them mob-influenced, were going concerns from Wheeling to Omaha, Pittsburgh to Palm Springs.

Legalization would eventually become the great Las Vegas trump card, making it a sanctuary city for gamblers from places like Steubenville, Ohio, and Covington, Kentucky, Miami, and Cleveland. Caravans of professional dealers and dice men were chased out of their hometowns by reform-minded sheriffs and, in the new decade, the famous organized-crime fighter, U.S. Sen. Estes Kefauver of Tennessee.

Still, there was a time when Las Vegas's preeminence as a gambling center wasn't



so secure. It had real competition from an unlikely place — Santa Fe and other New Mexico outposts from Las Vegas to Las Cruces. The 1949 death of an 18-year-old party girl was the improbable factor that would drive a generation of visionary gangsters out of the Land of Enchantment and into the Silver State.

Her name was Ovida Coogler. But she would become best known to New Mexico news readers as "Cricket," an apocryphal nickname for the clicking sound her red stiletto pumps made on the sidewalk the night of her murder. A barfly and escort to powerful men since the age of 14, the pretty brunette high school dropout was a popular figure in the southern New Mexico desert crossroads of Las Cruces. The town of 13,000 brimmed with saloons and gambling halls, and Democratic Sheriff A.L. "Happy" Apodaca – a large, jovial former prizefighter who was a chauffeur and pimp for the mob figures who owned and frequented the joints - administered the law.

New Mexico itself was a hotbed of illegal gambling that operated more or less in the open from Raton in the north, through Santa Fe and Albuquerque, east to Ruidoso and Las Vegas, and south to Hot Springs, Las Cruces, and Hobbs. You didn't have to be an undercover investigator to find lively card and dice games and slot machines in bars, roadhouses, and hotels.

Although the efforts of local sheriffs and the state police filled plenty of column inches in New Mexico's newspapers, arrests of operators and their accomplices often resulted in veritable wrist-slaps of small

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fines or a few days in jail. In short order, the news wags would observe, it was business as usual at clubs with names such as the Mint and the Centro.

In Las Cruces, it was no secret Happy Apodaca had a piece of the action and the muscle it took to keep it.

PLAYING ADULT GAMES

MAYBE THAT'S WHY Cricket's disappearance on March 31, 1949, initially didn't attract much attention. She epitomized the "high-risk lifestyle," as law enforcement euphemistically referred to the harrowing lives of young prostitutes. In the then-wideopen gambling town, her clients included the state's most prominent politicians and officeholders. She also consorted with notorious national hoodlums who had set their sights on Santa Fe as a new gambling mecca and were paying protection money to New Mexico government officials. "Like many another teenager, she was chiefly interested in excitement, romance, and escape from throttling poverty," as Time magazine reported that summer. Petite and vivacious, Coogler was attractive in the fitted blue plaid suit she wore on the last night of her life. And although she was playing a woman's game, it is important to remember she was little more than a child. Friends said she was a hopeless romantic, and her favorite lyrics were from the 1949 chart-topper, "There's No Tomorrow." "Under Happy and his political friends nobody cared if a girl like Cricket ran wild. Occasionally, as a matter of fact, flashy politicos from the state capital itself came to Las Cruces and obligingly helped her get drunk," Time reported.

But when rumors began to spread that Lt. Gov. Joseph Manuel "Little Joe" Montoya had killed her — and that Apodaca, the county's political czar, had personally covered it up — the public became more interested. Sixteen days after her disappearance, when four boys hunting rabbits on Easter morning found her bruised, decomposing, partially clad body in a shallow grave, her pale hand reaching out of the earth, the public was outraged.

Apodaca announced that Cricket had been raped and murdered, and ordered her body sprinkled with lime and buried again without an autopsy or funeral. A civic uprising led to the influx of reform-minded state police officials and FBI agents, who directed a grand jury that threw Apodaca out of office, raided Doña Ana County's gambling dens, confiscated slot machines, gaming tables, Western Union equipment, and mimeographed horse racing sheets, handed down 58 indictments, and, as Time reported, "brought the cold sweat of apprehension springing to the brows of many a high-placed gambler and politico." Twenty-five political and organized crime figures statewide were indicted on various corruption charges. But the man with whom Cricket was most often linked was not among them. Instead, Montoya would go on to become a powerful U.S. senator, though the Coogler case would remain an albatross around his neck during his entire political career.

By the time a young Santa Fe newspaper reporter named Tony Hillerman arrived on the scene in 1952, things were "coming apart," as he put it, leaving him to witness "only the aftershocks of the earthquake." He found illegal gambling everywhere in the one-party state controlled by a corrupt Democratic regime. Its judges, politicians, and law enforcement officers were taking bribes from the Mafia, as Hillerman, who would go on to write a string of national best-selling mystery novels, described the milieu. The "bunch of scoundrels" in New Mexico government had been selling out the state to a national crime syndicate that was eyeing Santa Fe as a replacement for the casino empire in Nevada.

"Bugsy Siegel had been murdered in California, and it would surface that the Mafia wasn't impressed with the remote desert town of Las Vegas and was making efforts to take over New Mexico and make Santa Fe a gambling capital," Hillerman would later recall. "The Chicago Mob had bought a bunch of good land outside of Santa Fe" and had hired an architect to design a "really big Las Vegas-style flossy casino."

In the immediate years leading up to Cricket's death, such infamous Syndicate figures as Siegel, Meyer Lansky, Moe Dalitz, and Mickey Cohen had interests in illegal casinos throughout the state, and were frequent visitors to Santa Fe. The most conspicuous was Siegel - the notorious mobster whose Flamingo Hotel in Las Vegas was a \$5 million failure for his Chicago and Cleveland mob bosses - who had been buying up real estate for casino sites in the state capital before his 1947 assassination in Beverly Hills. "The Cleveland Mob found Santa Fe politicians receptive and began holding regular meetings at a hotel at Radium Springs just north of Las Cruces," according to an account by journalist Peter R. Sandman. Sightings of the Vegas gambling kingpins touring in and around Santa Fe in their big black sedans were ubiquitous. Like Siegel, Dalitz was also an early investor in New Mexico real estate.

"The rules for the (illegal) gambling enterprises, as set down by the mob, are these," wrote Sandman. "Since gambling was already open and protected, the mob would operate the casinos without hindrance and be protected by the highest offices in the state assisted by city, county, and state police agencies." Small-town governments profited greatly. The central New Mexico resort town of Hot Springs — which would be renamed Truth or Consequences in 1950 — invested the gambling kickbacks directly into its street improvement fund. "Slot machines paid off this way: 40 percent to the owner of the establishment, 40 percent to the owner of the machines, and 20 percent to (NM) Revenue Commissioner Victor Salazar, who was also secretary of the Democratic Central Committee." Journalist Kent Paterson likened criminal enterprises in Italy or Mexico to Mafia interests in 1940s New Mexico. They "commanded a complex system of official pay-offs to different levels of government and law enforcement and held exclusive rights to local markets, using intimidation when necessary to secure their business supremacy."

Illegal operators often maintained a cozy proximity to police, politicians, and judges. Some casino men were suspected of keeping sheriffs on their payrolls as a way of ensuring their joints would stay open — sometimes at the expense of the competition.

Will Harrison, a longtime political columnist for the Santa Fe New Mexican, spent decades chronicling the close proximity of public officials to the gamblers. In a frontpage story in 1947 about the investigation of a casino operation, he concluded that despite a few arrests, the gambling joints remained open and law enforcement's efforts "have done nothing to restrict the activities of the Ruidoso gang."

TOTALLY CORRUPT -THE WHOLE STATE'

FRUSTRATED CITIZENS AND independent-minded grand juries more than once took justice into their own hands by going public with their suspicions about government corruption.

Cricket became national news when FBI head J. Edgar Hoover took a personal interest in the cover-up of her death by state and federal law enforcement officials - one of many deaths and disappearances related to rampant illegal gambling and organized crime in postwar New Mexico. "There were

slot machines at the service stations and prostitutes hanging around," a resident of Mesilla Valley near Las Cruces recalled decades later. "It was like Las Vegas. It was totally corrupt — the whole state." Other local citizens recalled gaming artifacts included roulette tables, British-style slot machines and old-fashioned "punch-boards" that held winning number combinations.

The extent to which Hoover kept a close eye on the activity, and especially on the corruption of the state police, only became public with the release 35 years later of FBI files. Those files from the El Paso field office revealed that the most lucrative of the casinos belonging to the Cleveland Mob were the Sunland Club, Valley Country Club, and La Loma Del Rey Club — all located in Anapra near the New Mexico/Texas line (what is now part of the city of Sunland Park). Gambling operations in the central New Mexico communities of Ruidoso and Alamogordo were also profitable, and the Chicago Outfit ran slots in the Rocky Mountain resort town of Red River north of Taos. Dalitz lackey Edwin Rogers "Butts" Lowenstein controlled the horseracing handbooks in

New Mexico through his Silver City News in Albuquerque, which was bankrolled by the Sicilian-born Detroit gangster Peter Joseph Licavoli, who was "entrenched in Santa Fe," according to one account. While ties to organized crime were rampant in New Mexico during the late 1940s, it was not until the grand jury-ordered raids of Anapra yielded evidence of its statewide depth and breadth, and national impact.

Once the FBI opened its investigation into organized crime and corruption in New Mexico, the mob quickly retreated back to Vegas, as every gambler in the state fled to avoid prosecution. "All of a sudden the Mafia lost interest in New Mexico, and Bugsy's men were no longer making offers on Santa Fe real estate," said Hillerman. "If it hadn't been for the Cricket Coogler case, Santa Fe might well have been Las Vegas and maybe Las Cruces would have been a kind of Reno," wrote Paula Moore, author of the 2008 book Cricket in the Web.

But the gamblers didn't stay away from New Mexico. After being driven underground for a generation, ironically there's more gambling today than there ever was.

Following the 1988 passage of the Indian Gaming Regulatory Act, a state tribal compact signed in 1995 led to rapid expansion of legal casinos on native lands. Racetracks never missed a stride. Today, more than two-dozen full-scale tribal casinos and gaming venues compete for customers with five racetracks that also offer slot play. With the most slot machines per capita in the nation, in 2017 New Mexico generated nearly \$1 billion in gross revenues from those alone.

While some investigative journalists have surmised that Coogler was murdered because of what she knew, it is as likely she was eliminated simply because of the company she kept – powerful men prone to violence. Others have speculated that her violent death was accidental. But there is no question the cover-up was systematic and intentional.

The violent death of a teenage girl spawned a national corruption scandal that shook the state for decades to come. Now, 70 years later, the murder of "Cricket" Coogler remains the most famous unsolved murder in New Mexico, her name still code for expendable witnesses who could be permanently silenced. •



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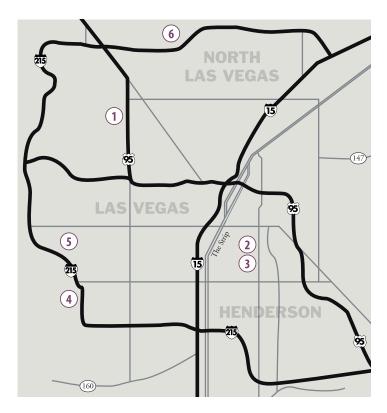
Fortunately for Las Vegas residents, the HCA Healthcare Family has a number of hospitals, ERs, and outpatient locations to serve any healthcare needs for residents throughout the valley. The truth is, you're never far away from HCA's caring and high quality professional medical assistance.

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- (2) Sunrise Hospital 702.961.5000
- (3) Sunrise Children's Hospital (6) ER at Aliante 702.961.5437
- 4 Southern Hills Hospital 702.916.5000
- (5) ER at The Lakes 702.962.0500
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Top Doctors 2019

The 181 best physicians in Southern Nevada, as chosen by their peers



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Medical specialties are listed alphabetically. Doctors are listed alphabetically beneath those specialty areas, with subspecialties below that. Note that some physicians may require referrals.

ALLERGY & IMMUNOLOGY

JIM CHRISTENSEN, MD OptumCare Lung & Allergy Care 4750 W. Oakev Blvd. #1A 702-724-8844 Asthma & Allergy. Urticaria, Pediatric

Allergy & Immunology

JOEL KATZ, MD

Allergy & Asthma Center 2625 Box Canvon Drive 702-360-6100 Food Allergy, Immunotherapy, Insect Alleray, Asthma

CARDIAC ELECTROPHYSIOLOGY

ROBERT LEWIS BAKER, MD Nevada Cardiology

Associates 3121 S. Maryland Parkway #512, 702-796-7150 Sudden Death Prevention. Radiofrequency Ablation, Atrial Fibrillation

ARJUN V. GURURAJ. MD Nevada Heart &

Vascular Center 3150 N. Tenaya Way #320 702-240-6482 Arrhythmias, Catheter Ablation, Heart Failure, Atrial Fibrillation

FOAD MOAZEZ, MD

Nevada Cardiology Associates 3150 N. Tenaya Way #460 702-233-1000 Arrhythmias, Pacemakers, Defibrillators

CARDIOVASCULAR DISEASE

SEAN S. AMELI. MD Ameli-Dadourian **Heart Center** 400 S. Rampart Blvd. #240. 702-906-1100 Cholesterol/Lipid Disorders, Echocardiography-Transesophageal,

BERGE DADOURIAN, MD

Preventive Cardiology.

Hypertension

Ameli-Dadourian Heart Center 400 S. Rampart Blvd. #240, 702-906-1100 Peripheral Vascular Disease, Interventional Cardiology

VANESSA GASTWIRTH. MD

Nevada Cardiology Associates 3150 N. Tenaya Way #460 702-233-1000

THOMAS L. LAMBERT, MD Cardiology Specialists of Nevada

3150 N. Tenaya Way #135 702-598-3999 Interventional Cardiology, Heart Failure

CHILD & ADOLESCENT PSYCHIATRY

DEBORA A. BARNEY, MD Center for Emotional

6284 S. Rainbow Blvd. #110 702-257-0140 Autism Spectrum Disorders, Depression, Anxiety Disorders, Mood Disorders

CHILD NEUROLOGY

LINDA M. BROWN, MD **Neurology Center of** Nevada 653 N. Town Center Drive #217, 702-247-9994 Epilepsy/Seizure

COLON & RECTAL SURGERY

Disorders

OVUNC **BARDAKCIOGLU, MD**

UNLV Medicine Dept of Surgery 1707 W. Charleston Blvd. #160, 702-671-5150 Minimally Invasive Surgery, Colon & Rectal Cancer, Robotic Surgery, Hemorrhoids

DERMATOLOGY

ALAN J. ARNOLD. MD Couture Dermatology & Plastic Surgery 2615 Box Canyon Drive 702-998-9001 Mohs Surgery

MIRIAM BETTENCOURT, MD Advanced Dermatology

& Cosmetic Surgery 861 Coronado Center Drive #100, Henderson 702-257-7546 Melanoma, Mohs Surgery

VICTORIA G. FARLEY, MD Vivida Dermatology

6460 Medical Center St. #350 702-255-6647 Cosmetic Dermatology, Dermatologic Surgery, Acne & Rosacea, **Psoriasis**

DOUGLAS FIFE, MD

Vivida Dermatology 6460 Medical Center St. #350, 702-255-6647 Mohs Surgery

ROBERT STRIMLING, MD Strimling Dermatology,

Laser & Vein Institute 10105 Banburry Cross Drive #350, 702-243-6400, Mohs Surgery,

Laser Surgery, Cosmetic Dermatology, Varicose

CANDACE THORNTON SPANN, MD

Couture Dermatology & **Plastic Surgery** 2615 Box Canyon Drive 702-998-9001 Hair Loss in Women. Acne, Facial Rejuvenation, **Botox Therapy**

DIAGNOSTIC RADIOLOGY

RAJNEESH AGRAWAL, MD

Desert Radiology 2020 Palomino Lane #100, 702-759-8600 Neuroradiology, Interventional Radiology

PAUL BANDT, MD

Desert Radiology 2020 Palomino Lane #100 702-759-8600 Interventional Radiology, Nuclear Radiology

DIANNE MAZZU, MD

Desert Radiology 2020 Palomino Lane #100, 702-759-8600 Body Imaging, Mammography, Ultrasound, CT Scan

RAJASHREE C. VYAS, MD

Desert Radiology 2020 Palomino Lane #100. 702-759-8600 Pediatric Radiology, Musculoskeletal Imaging

LISA K. WONG, MD **Desert Radiology**

2020 Palamino Lane #100. 702-759-8600 Pediatric Radiology

ENDOCRINOLOGY, DIABETES & METABOLISM

W. REID LITCHFIELD, MD **Desert Endocrinology**

2415 W. Horizon Ridge Parkway #100, Henderson 702-434-8400

Diabetes, Thyroid Disorders

FREDDIE G. TOFFEL, MD

2700 E. Sunset Road #D34, 702-736-2021 Diabetes, Hormonal Disorders

FAMILY MEDICINE

KIMBERLY ADAMS, MD **Total Wellness Family**

Medicine 5225 S. Durango Drive 702-253-9355 AIDS/HIV. Adolescent Medicine, Sports Medicine. Chronic Illness

MICHAEL GUNTER, MD Canvon Trails Family Practice

7455 W. Washington Ave. #445, 702-804-5138 **Primary Care Sports** Medicine

SUNGWOOK KIM, MD

Brighton Family Medicine 1720 W. Horizon Ridge Parkway #140, Henderson 702-566-5445

DARREN RAHAMAN, MD

Nevada Health Centers 1799 Mount Mariah Drive 702-383-1961

LARA WENNER, MD HealthCare Partners

Nevada 3960 W. Craig Road #101, North Las Vegas 702-473-8380

GASTROENTEROLOGY

GREGORY M. KWOK. MD Gastroenterology Associates

6950 S. Cimarron Road #200, 702-796-0231 Gastrointestinal Functional Disorders, Gastroesophageal Reflux Disease (GERD)

WAI LI MA, MD

GI Excellence 9260 W. Sunset Road

CHRISTIAN DIAZ STONE, MD

Comprehensive Digestive Institute of Nevada 8530 W. Sunset Road #230. 702-483-4483 Inflammatory Bowel Disease/Crohn's, Colitis, Digestive Disorders, Colon & Rectal Cancer

NICHOLAS TIBALDI, MD Southwest Medical Associates

4750 W. Oakey Blvd. 702-877-8330 Hemorrhoids, Crohn's Disease, Irritable Bowel Syndrome, Ulcerative Colitis

HAND SURGERY

ANDREW BRONSTEIN, MD **Bronstein Hand Center** 10135 W. Twain Ave. #100 702-458-4263 Wrist Reconstruction, Elbow Surgery, Pediatric Hand Surgery, Carpal Tunnel Syndrome

DAVID FADELL. DO Hand Surgery Specialists of Nevada

9321 W. Sunset Road 702-645-7800 Trauma, Arthritis, Elbow Surgery, Shoulder Surgery

JAMES VAHEY, MD Hand Center of Nevada 8585 S. Eastern Ave.

#100, 702-798-8585 Hand/Upper Extremity Surgery

HEMATOLOGY

RUSSELL GOLLARD. MD Nevada Cancer Specialists

3175 St. Rose Parkway #200. Henderson 702-724-8787

INFECTIOUS DISEASE

BRIAN J. LIPMAN. MD

10001 S. Eastern Ave. #307, Henderson 702-909-7170 AIDS/HIV, Pneumonia

RONALD SHOCKLEY, MD Infectious Disease Partners 3121 S. Maryland Parkway

#412, 702-309-2311 AIDS/HIV

INTERNAL MEDICINE

LAWRENCE S. COPELAND, MD 653 Town Center Drive #101. 702-243-7483 Concierge Medicine

RAMA HAROUNI, MD Dignity Health **Medical Group**

400 S. Rampart Blvd. #240, 702-304-5900 Preventive Medicine

REZA MOJTABAVI, MD

Avencia Medical Center 3150 N. Tenaya Way #240 702-445-7770

MOHAMMED NAJMI, MD

Medical Group at Sun City 2440 Professional Court #110, 702-240-8155 Chronic Illness, Eating Disorders, Nutrition

THERESA STECKLER, MD

Touro University Nevada 874 American Pacific Drive Henderson 702-777-4809 Geriatric Medicine

CANDICE H. TUNG, MD Jerry Schwartz & Associates

7395 S. Pecos Road #102 702-737-8657 Concierae Medicine. Diabetes

RAJI VENKAT, MD

Dignity Health Medical Group 10001 S. Eastern Ave. #101, Henderson 702-616-5801

SANDHYA WAHI-**GURURAJ, MD**

UNLV Medicine 1707 W. Charleston Blvd. #230, 702-671-5060 Preventive Medicine, Hypertension

INTERVENTIONAL **CARDIOLOGY**

ASHFAQ A. KHAN, MD HealthCare Partners Medical Group 3131 La Canada St #200 702-731-8224 Angiography-Coronary

JAMES A. LALLY, MD

Heart Center of Nevada 700 Shadow Lane #240 702-384-0022 Arrhythmias

CRES P. MIRANDA, MD Nevada Heart & Vascular

Center 3150 N. Tenaya Way #320 702-240-6482

Coronary Angioplasty/ Stents, Preventive Cardiology

JANMEJAY J. PATEL, MD HealthCare Partners **Medical Group**

3131 La Canada St. #200 702-731-8224

MATERNAL & FETAL MEDICINE

BRIAN K. IRIYE, MD High Risk

Pregnancy Center 2011 Pinto Lane #200 702-382-3200 Prenatal Diagnosis, Ultrasound, Diabetes in Pregnancy, Multiple Gestation

PATRICIA PIERCE, MD High Risk

Pregnancy Center 2011 Pinto Lane #200 702-382-3200 Pregnancy-High Risk, Ultrasound

MEDICAL ONCOLOGY

CARLOS ARAUJO, MD HealthCare Partners **Medical Group**

8285 W. Arby Ave. #100B Las Vegas, NV 89113 702-735-7154 Hematology

FADI S. BRAITEH. MD

Comprehensive Cancer Centers of Nevada 3730 S. Eastern Ave. 702-952-3400 Gastrointestinal Cancer, Lung Cancer, Breast Cancer, Colon & Rectal Cancer

EDGARDO FAYLONA, MD Optum Medical Care

Cancer Care 2300 W. Charleston Blvd. #FI 2, 833-247-5156

OSCAR B. GOODMAN. MD/PHD

Comprehensive Cancer Centers of Nevada 9280 W. Sunset Road #100. 702-952-1251 Genitourinary Cancer, Prostate Cancer, Bladder Cancer

H. KESHAVA PRASAD, MD

Comprehensive Cancer Centers of Nevada 3730 S. Eastern Ave. 702-952-3400

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Leukemia & Lymphoma, Lung Cancer, Palliative Care

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RUPESH J. PARIKH, MD Comprehensive Cancer Centers of Nevada 10001 S. Eastern Ave. #108. Henderson 702-952-3444 Hematology

WOLFRAM E. SAMLOWSKI, MD Comprehensive Cancer Centers of Nevada 9280 W. Sunset Road #100, 702-952-1251 Melanoma, Sarcoma, Kidney Cancer, Merkel Cell Carcinoma

JAMES D. SANCHEZ, MD Comprehensive Cancer Centers of Nevada 7445 Peak Drive 702-952-2140 Leukemia & Lymphoma, Lung Cancer

VOGELZANG, MD Comprehensive Cancer Centers of Nevada 3730 S. Eastern Ave. 702-952-3400 Prostate Cancer. Mesothelioma, Kidney Cancer, Genitourinary Cancer

NICHOLAS J.

NEONATAL-PERINATAL MEDICINE

ELMER S. DAVID, MD A Las Vegas Medical Group 4043 E. Sunset Road, Henderson 702-733-0744 Neonatal Nutrition

NEPHROLOGY

ADIN BOLDUR, MD Kidney Specialists of Southern Nevada 500 S. Rancho Drive #12 702-877-1887 Hypertension, Kidney Failure

RADHIKA R. JANGA. MD Nevada Kidney Disease & **Hypertension Centers** 6970 W. Patrick Lane #140, 702-732-1586

BINDU KHANNA, MD Kidney Specialists of Southern Nevada

500 S. Rancho Drive #12 702-877-1887 Glomerulonephritis

CHIDI C. OKAFOR, MD Kidney Specialists of Southern Nevada 500 S. Rancho Drive #12 702-877-1887 Hypertension, Dialysis Care, Dialysis-Peritoneal

SYED I. SHAH, MD Kidney Specialists of Southern Nevada 500 S. Rancho Drive #12 702-877-1887 Transplant Medicine-Kidnev

VINCENT YANG, MD Kidney Specialists of Southern Nevada 7316 W. Cheyenne Ave. 702-877-1887 Diabetes, Hypertension, Kidney Disease-Chronic, Kidney Stones

NEUROLOGICAL SURGERY

DEREK A. DUKE, MD The Spine & Brain Institute 861 Coronado Center

Drive #200, Henderson 702-896-0940 Brain & Spinal Surgery, Spinal Surgery

RANDAL PEOPLES, MD St. Rose-Stanford Clinic, Neurosurgery 2865 Siena Heights Drive

#131, Henderson 702-616-6580 Pediatric Neurosurgery, Pain-Back & Neck, Spinal Cord Injury

MICHAEL E. SEIFF, MD The Spine & Brain Institute

8530 W. Sunset Road #250. 702-851-0792 Brain & Spinal Surgery, Chiari Malformations, Minimally Invasive Surgery

NEUROLOGY

JEFFREY CUMMINGS, MD Cleveland Clinic Lou Ruvo Center for Brain 888 W. Bonneville Ave.

702-483-6000 Alzheimer's Disease, Clinical Trials. Neurodegenerative Disorders

SHANKER N. DIXIT, MD **Neurology Center** of Las Vegas

2480 Professional Court 702-405-7100 Clinical Neurophysiology, Stroke, Epilepsy/Seizure Disorders. Headache

CHDISTODHED MILFORD, MD

Silver State Neurology 2585 Montessouri St #100, 702-272-0694 Clinical Neurophysiology, Electromyography (EMG)

DYLAN P. WINT. MD Cleveland Clinic Lou Ruvo Center for Brain Health

888 W. Bonneville Ave. 702-483-6000 Neurodegenerative Disorders, Neuro-Psychiatry, Cognitive Impairment-Mild, Behavioral Neurology

OBSTETRICS & **GYNECOLOGY**

JOHN V. MARTIN. MD Women's Health Associates of Southern Nevada

2050 Mariner Drive #120 702-255-2022 Pregnancy

DONNA M. MILLER, MD Women's Health Associates of Southern Nevada

861 Coronado Center Drive #131, Henderson, 725-777-0414 Pregnancy-High Risk, Pap Smear Abnormalities, Menopause Problems

TAMMY REYNOLDS, MD Women's Health Associates of Southern Nevada

2050 Mariner Drive #120 702-255-2022

K. WARREN VOLKER, MD/PHD WellHealth Medical

Group 9260 W. Sunset Road #100, 702-255-3547 Gynecology Only,

Minimally Invasive Surgery, Pelvic Surgery

OPHTHALMOLOGY

EMILY FANT, MD Shepherd Eye Center 3575 Pecos-McLeod Interconnect 702-731-2088

JEFFREY HART, MD Center For Sight 5871 W. Craig Road 702-724-2020

JAY K. MATTHEIS. MD Wellish Vision Institute 2110 E. Flamingo Road #211, 702-733-2020 Dry Eye Syndrome, LASIK-Refractive Surgery, Cataract Surgery, Glaucoma

WILLIAM N. MAY, MD Wellish Vision Institute 10424 S. Eastern Ave. #100 Henderson 702-733-2020 Cataract Surgery, Dry Eye Svndrome

TIMOTHY PEROZEK, MD See Right Now 653 N. Town Center Drive #212 702-982-1360 Glaucoma, Diabetic Eye Disease/Retinopathy, Intraocular Lens Replacement

HELGA F. PIZIO, MD New Eyes 2020 Wellness Wav #402 702-485-5000 Cataract Surgery, Intraocular Lens Replacement, Eyelid Surgery/Blepharoplasty. LASIK-Refractive Surgery

SURJEET SINGH, MD Nevada Eye Physicians 1505 Wigwam Parkway, Henderson 702-819-6640 Cataract Surgery, LASIK-Refractive Surgery, PRK-Refractive Surgery

MATTHEW SWANIC, MD Las Vegas Eye Institute 9555 S. Eastern Ave. #260. 702-816-2525 Cataract Surgery, Corneal Disease, Glaucoma, LASIK-Refractive Surgery

TIMOTHY H. TWEITO, MD Nevada Retina Center 6980 Smoke Ranch Road #110, 702-732-4500 Diabetic Eye Disease/ Retinopathy, Retina/ Vitreous Surgery, Retinal Disorders

KENT L. WELLISH, MD Wellish Vision Institute 2110 E. Flamingo Road #211. 702-733-2020 Corneal Disease & Surgery, LASIK-Refractive Surgery, Cataract Surgery, Dry Eye Syndrome

C. EDWARD YEE, MD Las Vegas Ophthalmology 2980 S. Jones Blvd. #A 702-362-3937 Corneal Disease & Surgery, LASIK-Refractive Surgery, Cornea Transplant

MEHER YEPREMYAN, MD Retina Consultants of Nevada

653 N. Town Center Drive #518, 702-369-0200 Retinal Disorders, Retina/ Vitreous Surgery

ORTHOPAEDIC **SURGERY**

GREGORY T. BIGLER. MD Knee & Shoulder Institute 9499 W. Charleston Blvd. #200, 702-933-9393 Shoulder & Knee Surgery, Arthroscopic Surgery, Arthritis, Sports Medicine

ANDREW CASH, MD Desert Institute of Spine Care 9339 W. Sunset Road #100. 702-630-3472 Spinal Surgery, Minimally Invasive Spinal Surgery

Nevada Orthopedic & Spine Center 7455 W. Washington Ave. #160, 702-258-3773 Musculoskeletal Disorders Reconstructive Surgery. Musculoskeletal Tumors

RONALD HILLOCK, MD

STEVEN R. HOER, MD Orthopaedic Institute of Henderson 10561 Jeffreys St. #230, Henderson, 702-565-6565

Joint Replacement **MICHAEL MIAO, MD** Desert Orthopaedic

2800 F. Desert Inn Road #100, 702-731-1616 Arthroscopic Surgery

Shoulder/Knee, Sports Medicine, Reconstructive Surgery

JASON H. NIELSON, MD Children's Bone & Spine Surgery 1525 E. Windmill Lane #201. 702-434-6920 Pediatric Orthopaedic Surgery, Pediatric Sports Medicine, Dance Medicine,

Arthroscopic Surgery-Hip

DEIRDRE D. RYAN, MD Children's Bone & Spine Surgery 9050 W. Cheyenne Ave. #110. 702-998-5200 Spina Bifida, Neuromuscular Disorders, Trauma, Foot

ROMAN SIBEL, MD Orthopedic Foot & Ankle Institute 3175 St. Rose Parkway #320, Henderson, 702-

Deformities

997-9833 Foot & Ankle Deformities, Charcot Foot, Clubfoot, Diabetic Leg/Foot

MICHAEL D. THOMAS, MD Nevada Orthopedic & Spine Center

7455 W. Washington Ave. #160, 702-258-3773 Pediatric Orthopaedic Surgery, Scoliosis, Spinal Deformity

TROY S. WATSON, MD Desert Orthopaedic Center

2800 E. Desert Inn Road #100, 702-734-4900 Foot & Ankle Surgery, Arthroscopic Surgery, Sports Injuries-Foot & Ankle, Dance/Ballet Iniuries

OTOLARYNGOLOGY

CHRISTINE MIRABAL, MD Ear, Nose & Throat

Consultants of Nevada 3195 St. Rose Parkway #210. Henderson, 702-792-6700 Ear Disorders, Nasal & Sinus Disorders, Throat Disorders

MATTHEW NG. MD **UNLV Medicine** 5380 S. Rainbow Blvd. #324, 702-992-6828

Neuro-Otology, Skull

Base Surgery, Otology, Acoustic Neuroma

WALTER W. SCHROEDER, MD

Ear, Nose, & Throat Consultants of Nevada 3195 St. Rose Parkway #210, Henderson, 702-792-6700 Head & Neck Surgery,

Nasal Surgery, Throat Disorders

ROBERT C. WANG, MD UNLV Medicine

3150 N. Tenaya Way #112 702-671-6480 Head & Neck Surgery

LARRY YU, MD

Far. Nose, & Throat Consultants of Nevada 3195 St. Rose Parkway #210, Henderson, 702-792-6700 Nasal & Sinus Disorders

OTOLARYNGOLOGY/ **FACIAL PLASTIC** SURGERY

SINA NASRI-CHENIJANI, MD Lubritz & Nasri **Physicians** 3150 N. Tenaya Way #575 702-804-4729 Head & Neck Surgery, Facial Plastic & Reconstructive Surgery,

& Parathyroid Surgery **PAIN MEDICINE**

DANIEL BURKHEAD, MD Innovative Pain Care Center

Voice Disorders, Thyroid

9920 W. Cheyenne Ave. #110, 702-684-7246 Pain-Chronic, Pain-Interventional Techniques, Sciatica

HO VIET DZUNG, MD

Innovative Pain Care Center 9920 W. Cheyenne Ave. #110, 702-684-7246 Pain-Back & Neck

ANTHONY RUGGEROLI, MD

McKenna, Ruggeroli & Helmi 6070 S. Fort Apache Road #100 702-307-7700 Pain-Musculoskeletal, Pain-Interventional Techniques

PEDIATRIC CARDIOLOGY

RUBEN ACHERMAN, MD Children's Heart

Center Nevada 3006 S. Marvland Parkway #690 702-732-1290 Neonatal Cardiology, Arrhythmias, Fetal Echocardiography

WILLIAM N. EVANS. MD Children's Heart

Center Nevada 3006 S. Maryland Parkway #690 702-732-1290

ALVARO GALINDO, MD Children's Heart

Center Nevada 3006 S. Maryland Parkway #690 702-732-1290 Interventional Cardiology, Cardiac

Catheterization

ABRAHAM ROTHMAN, MD Children's Heart

Center Nevada 3006 S. Maryland Parkway #690 702-732-1290 Interventional Cardiology

PEDIATRIC **GASTROENTEROLOGY**

HOWARD I. BARON, MD Pediatric

Gastroenterology & Nutrition Associates 3196 S. Maryland Parkway #309, 702-791-0477 Inflammatory Bowel Disease, Eosinophilic Esophagitis, Gastrointestinal Motility Disorders

REBECCA SCHERR, MD

UNLV Medicine 1524 Pinto Lane Fl 3 702-992-6868 Nutrition

PEDIATRIC HEMATOLOGY-ONCOLOGY

KANYALAKSHMI AYYANAR, MD

Cure 4 The Kids Foundation 1 Breakthrough Way 702-732-1493

Neuro-Oncology, Brain Tumors

PEDIATRIC INFECTIOUS DISEASE

DAVID DI JOHN, MD

UNLV Medicine 1524 Pinto Lane FI 3 702-992-6868 Vaccines, Travel Medicine

PEDIATRIC **NEPHROLOGY**

MICHAEL O. AIGBE, MD Children's Nephrology Clinic

7271 W. Sahara Ave. #110 702-639-1700 Kidney Disease, Kidney Failure, Hypertension

PEDIATRIC PULMONOLOGY

CRAIG NAKAMURA, MD Children's Lung

Specialists 3006 S. Maryland Parkway #315 702-598-4411 Asthma, Lung Disease, Sleep Disorders/Apnea, Cystic Fibrosis

DAVID P. PARKS, MD **UNLV Medicine**

1524 Pinto Lane Fl 3 702-992-6868 Lung Disease, Cystic Fibrosis, Pneumonia

PEDIATRIC SURGERY

MICHAEL SCHEIDLER, MD UNLV Medicine

3121 S. Maryland Parkway #400, 702-650-2500 Trauma

PEDIATRIC UROLOGY

CLARE CLOSE, MD

Close Pediatric Urology 2653 W. Horizon Ridge Parkway #100, Henderson 702-220-4006 Congenital Anomalies-Genitourinary, Fetal Urology, Hypospadias, **Undescended Testis**

JAMES C. PLAIRE, MD Children's Urology Associates

6670 S. Tenaya Way #180 702-369-4999 Undescended Testis, Incontinence, Congenital Anomalies-Genitourinary

PEDIATRICS

JAMES A. BAKERINK, MD

Wee Care Pediatrics 4785 S. Durango Drive #101. 702-889-8444 Newborn Care, Preventive Medicine, Adolescent Medicine, ADD/ADHD

PAMELA GREENSPON, MD

Desert Valley Pediatrics 10105 Banburry Cross #370, 702-260-4525 Nutrition, Newborn Care

KAMI LARSEN, MD

Nevada Health Centers 98 E. Lake Mead Parkway #103, Henderson 800-787-2568

RYAN M. NISHIHARA, MD Meadows Pediatrics

9030 W. Chevenne Ave. #120, 702-436-7337 Adolescent Medicine

WESLEY ROBERTSON, MD Sunshine Valley

Pediatrics 7455 W. Washington Ave. #300, 702-363-3000

PHYSICAL MEDICINE & REHABILITATION

BEVINS K. CHUE, MD Rehabilitation Specialists of Henderson

1669 W. Horizon Ridge Parkway #100, Henderson 702-386-1041 Arthritis, Musculoskeletal Disorders, Neuromuscular Disorders

ANDREW B. KIM. DO Desert Orthopaedic Center

2800 E. Desert Inn Road #100, 702-731-4088 Musculoskeletal Injuries, Musculoskeletal Disorders, Pain Management

PLASTIC SURGERY

HAYLEY BROWN, MD Desert Hills Plastic **Surgery Center**

10001 S. Eastern Ave. #406, Henderson 702-260-7707 Facelift, Blepharoplasty, Breast Augmentation, **Breast Reduction**

ARTHUR CAMBEIRO, MD SurgiSpa

2370 W. Horizon Ridge

Parkway #130, Henderson 702-566-8300 Facelift, Liposuction & Body Contouring, CoolSculpting, **Breast Augmentation**

W. TRACY HANKINS, MD Hankins & Sohn Plastic **Surgery Associates** 60 N. Pecos Road, Henderson 702-948-7595 Cosmetic Surgery-Face & Breast, Liposuction & **Body Contouring**

TERRENCE HIGGINS, MD Plastic Surgery Vegas 8530 W. Sunset Road #130. 702-822-2100 Liposuction & Body Contouring, Cosmetic Surgery-Breast, Facial Rejuvenation, Microsurgery

UNLV Medicine 1707 W. Charleston Blvd. #190, 702-671-5110

JOHN M. MENEZES. MD

Craniofacial Surgery. Cosmetic & Reconstructive Surgery

STEPHEN M. MILLER, MD

8435 S. Eastern Ave. #100 702-369-1001 Cosmetic Surgery-Face & Breast, Liposuction & Body Contouring, Hair Restoration/Transplant

LANE SMITH, MD Smith Plastic Surgery 8871 W. Sahara Ave. 702-838-2455 Breast Augmentation, Facelift, Liposuction & Body Contouring,

CoolSculpting

SAMUEL SOHN, MD Hankins & Sohn Plastic Surgery Associates 60 N. Pecos Road. Henderson 702-948-7595 Cosmetic Surgery-Breast, Body Contouring after Weight Loss, Cosmetic &

Reconstructive Surgery,

PSYCHIATRY

Botox Therapy

DANIEL SUSSMAN, MD 4205 Mont Blanc Wav 702-493-5203 Psychoanalysis, Geriatric Psychiatry

PULMONARY DISEASE

JOHN B. COLLIER, MD

Comprehensive Cancer Centers of Nevada 3150 N. Tenaya Way #125 702-869-0855 Critical Care, Lung Disease, Sleep Disorders/Apnea

JOAQUIM TAVARES, MD United Critical Care 6040 S. Fort Apache Road #100. 702-476-4900. Chronic Obstructive Lung Disease (COPD), Lung Cancer, Critical Care, Asthma

GEORGE S. TU, MD Comprehensive Cancer Centers of Nevada 3150 N. Tenaya Way #125 702-869-0855 Sleep Disorders/Apnea, Emphysema, Pulmonary Fibrosis

RADIATION ONCOLOGY

ANDREW M. COHEN. MD Comprehensive Cancer Centers of Nevada 7445 Peak Drive 702-952-2140 Breast Cancer, Lung Cancer. Prostate Cancer, Image Guided Radiotherapy

DAN LEE CURTIS, MD Comprehensive Cancer Centers of Nevada 655 N. Town Center Drive 702-233-2200 Prostate Cancer Brachytherapy, Head & Neck Cancer, Skin Cancer

FARZANEH FARZIN, MD Comprehensive Cancer Centers of Nevada 3730 S. Eastern Ave. 702-952-3366 Breast Cancer, Intensity Modulated Radiotherapy (IMRT), Stereotactic

CARLOS ALBERTO LOPEZ, MD **Radiation Oncology** Centers of Nevada

Radiosurgery

624 S. Tonopah Drive 702-463-9100 Intensity Modulated Radiotherapy, Stereotactic Radiosurgery

SUSAN REISINGER, MD 21st Century Oncology 3006 S. Maryland Parkway #100 702-894-5100 Breast Cancer. Stereotactic

Radiosurgery, Brain Tumors, Prostate Cancer

MICHAEL SINOPOLI, MD Comprehensive Cancer Centers of Nevada 7445 Peak Drive 702-952-2140 Prostate Cancer, Lung Cancer, Breast Cancer, Stereotactic Radiosurgery

BEAU JAMES W. TOY. MD Radiation Oncology Centers of Nevada 624 S. Tonopah Drive 702-463-9100 Stereotactic Body Radiotherapy, Image Guided Radiotherapy

PAUL TREADWELL, MD 21st Century Oncology 3006 S. Marvland Parkway #100 702-990-4767 Pediatric Cancers, Breast Cancer, Gynecologic Cancers, Hodgkin's Lymphoma

REPRODUCTIVE ENDOCRINOLOGY/ **INFERTILITY**

EVA D. LITTMAN, MD Red Rock Fertility Center 9120 W. Russell Road #200, 702-749-4834 Preimplantation Genetic Diagnosis, Egg & Embryo Freezing, Infertility-IVF

BRUCE S. SHAPIRO, MD/PHD

Fertility Center of Las Vegas 8851 W. Sahara Ave. #100 702-254-1777 Infertility-IVF

RHEUMATOLOGY

MICHAEL E CLIFFORD, MD

7151 Cascade Valley Court #103, 702-944-5444 Fibromyalgia, Rheumatoid Arthritis. Lupus/SLE, Osteoporosis

EWA OLECH, MD Access Health 8440 W. Lake Mead Blvd. #104, 702-489-4838 Rheumatoid Arthritis. Lupus/SLE, Inflammatory Arthritis, Clinical Trials

SPORTS MEDICINE

RANDALL E. YEE, DO Advanced Orthopedics & Sports Medicine 7195 Advanced Way 702-740-5327 Arthroscopic Surgery, Cartilage Damage & Transplant, Knee Surgery

SURGERY

JAMES DEE ATKINSON, MD Surgical Weight Control Center 3802 Meadows Lane 702-313-8446 Bariatric/Obesity Surgery, Laparoscopic Surgery-Advanced, Minimally Invasive Surgery

PANKAJ BHATNAGAR, MD Advanced Laparoscopic & General Surgery 6240 N. Durango Drive #120, 702-791-7855 Laparoscopic Surgery-Advanced

PETER CARAVELLA, MD Las Vegas Surgical Associates 8930 W. Sunset Road #300. 702-258-7788

DANIEL KIRGAN, MD UNLV Medicine Department of Surgery 1707 W. Charleston Blvd. #160, 702-671-5150 Cancer Surgery, Breast Cancer & Surgery, Melanoma, Sarcoma

DEBORAH ANN KUHLS, MD UNLV Medicine, Department of Surgery 1707 W. Charleston Blvd. #160 702-671-5150 Trauma, Critical Care

IRWIN B. SIMON, MD

Vegas Valley Vein Institute 2450 W. Horizon Ridge Parkway #100, Henderson 702-341-7608 Minimally Invasive Vascular Surgery, Vein Disorders. Varicose Veins. Hair Restoration/

DARREN W. SOONG, MD Surgical Weight **Control Center** 3802 Meadows Lane 702-313-8446 Bariatric/Obesity Surgery, Laparoscopic Surgery-Advanced, Minimally Invasive Surgery

Transplant

FRANCIS W. TENG, MD Advanced Surgical Care 3150 N. Tenaya Way #508 702-838-5888 Bariatric/Obesity Surgery, Minimally Invasive Surgery, Laparoscopic Surgery, Robotic Surgery

MARGARET A. TERHAR. MD Comprehensive Cancer Centers of Nevada 3006 S. Maryland Parkway #270 702-369-6008 Breast Disease, Breast Surgery

THORACIC & CARDIAC SURGERY

JUAN ENRIQUE

MARTIN, MD Cardiovascular Surgery of Southern Nevada 5320 S. Rainbow Blvd. #282, 702-737-3808 Cardiac Surgery, Heart Valve Surgery-Aortic, Minimally Invasive Surgery

MICHAEL G. WOOD, MD MountainView Cardiovascular & Thoracic Surgery Assocsiates 3150 N. Tenaya Way #440. 702-962-5920 Cardiac Surgery-Adult, Heart Valve Surgery, Thoracic Aortic Surgery, Heart Valve Surgery-Mitral

UROGYNECOLOGY/ **FEMALE PELVIC MEDICINE & RECONSTRUCT SURGERY**

Women's Cancer Center of Nevada 3131 La Canada St. #241 702-693-6870 Urogynecology, Pelvic Reconstruction, Incontinence-Urinary, Pelvic Organ Prolapse Repair

GEOFFREY C. HSIEH. MD

UROLOGY

SCOTT BARANOFF, MD Las Vegas Urology 9053 S. Pecos Road #2900. Henderson 702-735-8000

Impotence, Incontinence, Urologic Cancer, Kidney Stones

*denotes cosmetic dentistry services

SHELDON J. FREEDMAN, MD

653 N. Town Center Drive #308, 702-732-0282 Erectile Dysfunction, Vasectomy, Kidney Stones, Prostate Cancer

VIJAY GOLI, MD

Las Vegas Urology 7500 Smoke Ranch Road #200, 702-233-0727 Kidney Stones, Incontinence-Male & Female, Minimally Invasive Surgery, Prostate Cancer-Cryosurgery

LAWRENCE NEWMAN, MD

Las Vegas Urology 7150 W. Sunset Road #201 702-316-1616 Bladder Surgery, Prostate Benign Disease, Erectile Dysfunction, Kidney Stones

SARAH RYAN, MD **Urology Specialists** of Nevada

2010 Wellness Way #200 702-877-0814 Urology-Female, Incontinence

JASON ZOMMICK, MD **Urology Specialists**

of Nevada 58 N. Pecos Road. Henderson, 702-877-0814 Prostate Benign Disease, Vasectomy & Vasectomy Reversal

VASCULAR & INTERVENTIONAL RADIOLOGY

STEVEN H. DAVIS, MD

Red Rock Radiology 7130 Smoke Ranch Road #101, 702-304-8135 Angioplasty & Stent Placement, Chemoembolization & Tumor Ablation, Radiofrequency Tumor Ablation

VASCULAR SURGERY

EARL COTTRELL, MD General Vascular Specialists

7200 W. Cathedral Rock Drive #130, 702-228-8600 Endovascular Surgery, Varicose Veins

BRUCE HIRSCHFELD, MD General Vascular Specialists

7200 W. Cathedral Rock Drive #130, 702-228-8600 Endovascular Surgery, Varicose Veins



Top Dentists 2019

The 161 best dentists in Southern Nevada, as chosen by their peers

ENDODONTICS

W. SCOTT BIGGS Micro Endodontics of Las Vegas 4450 N. Tenaya Way #240, 702-463-5000, lasvegasendo.com

WILLIAM D. BRIZZEE

Las Vegas Endodontics 6655 W. Sahara Ave. #A-106, 702-876-5800, Ivendo com

MATTHEW O. COX

8460 S. Eastern Ave. #B 702-492-6688. coxendo.com

WILLIAM J. DOUGHERTY JR.

Sunset Endodontics 54 N. Pecos Road #B. Henderson 702-436-4300, sunsetendo com

JOHN Q. DUONG

2291 S. Fort Apache Road #104, 702-869-0001 karentrandds.com

DAVID C. FIFE

1975 Village Center Circle #110, 702-360-2122, drdavidfife.com

ADAM GATAN

Seven Hills Endodontics & Microsurgery Center 2810 W. Horizon Ridge Parkway #200, Henderson, 702-384-0053 lvrootcanal.com

CHAD R. HANSEN

Las Vegas Endodontics 6655 W. Sahara Ave. #A-106, 702-876-5800, lvendo.com

DARIN K. KAJIOKA

Endodontics of Las Vegas 9750 Covington Cross Drive #150, 702-878-8584 endodonticsoflasvegas.com

RONALD R. LEMON

University of Nevada Las Vegas School of Dental Medicine

4505 S. Maryland Parkway, 702-744-2731 unlv.edu/people/ronald-lemon

JASON T. MORRIS

2510 Wigwam Parkway #200. Henderson. 702-263-2000

KATHLEEN F. OLENDER

Desert Dental Specialists* 7520 W. Sahara Ave.

702-384-7200 dentalimplants-lv.com

DOUGLAS R. RAKICH Endodontic Associates

6950 Smoke Ranch Road #125. 702-869-8840

DANIEL I. SHALEV 2510 Wigwam Parkway

#200, Henderson, 702-263-2000

RYAN C. SHIPP

Shipp Endodontics 9053 S. Pecos Road #3000, Henderson, 702-798-0911 shippendodontics.com

GENERAL DENTISTRY

STANLEY S. ASKEW Island Dental Center

HOW THE TOP DENTISTS WERE CHOSEN

"If you had a patient in need of a dentist, which dentist would you refer them to?" consideration years of experience, continuing education, manner with patients, use

of new techniques and technologies and of course physical results.

The nomination pool of dentists consists of dentists listed online with the American Dental Association as well as all dentists listed online with their local/regional dental are also given the opportunity to nominate other dentists whom they feel should be motivations and to use only their knowledge of their peers' work when evaluating the other nominees

work they are familiar with. Once the balloting is completed, the scores are compiled and then averaged. The numerical average required for inclusion varies degraphic area. Borderline cases are given a careful consideration by topDentists' editors. Voting characteristics and comments are taken into consideration while making decisions. Past awards a dentist has received and status in various dental academies can play a factor.

Once the decisions have been finalized, the included dentists are checked against state dental boards for disciplinary actions to make sure they have an active license and are in good standing with the board. Then letters of congratula-

Of course, there are many fine dentists who are not included in this representative list. It is intended as a sampling of the great body of talent in the field of denjudgments of his or her fellow dentists. While it is true that the lists may at times disproportionately reward visibility or popularity, topDentists remains confident that the polling methodology largely corrects for any biases and that these lists continue to represent the most reliable, accurate, and useful list of dentists available anywhere.

listings for more than 160 dentists and specialists in Southern Nevada. The Las Vegas area list is based on thousands of detailed evaluations of dentists and professionals by their peers. The complete database is available at www.usatopdentists.com. For more information call 706-364-0853; write PO Box 970, Augusta, GA 30903; email info@usatopdentists.com or visit usatopdentists.com.

9750 Covington Cross Drive #100 702-341-797 islanddentalcenter.com

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3117 W. Charleston Blvd. 702-384-1210 stevenavenadds.com

ERIC AVITIA

Aary Dental

7945 W. Sahara Ave. #101 702-363-0421, aarydental.

STACIE BAALBAKY

Elite Family Dental 7835 S. Rainbow Blvd. 702-898-8448 elitefamilydental.com

WILL BAALBAKY

Elite Family Dental 7835 S. Rainbow Blvd. #28. 702-898-8448 elitefamilydental.com

PETER S. BALLE

Balle & Associates* 2801 W. Charleston Blvd #100, 702-877-6608 balledds.com

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Exceptional Dentistry* 9501 Hillwood Drive #A 702-463-8600 drlauriesmiles.com

DERRYL R. BRIAN

Nevada Trails Dental 7575 S. Rainbow Blvd. #101, 702-367-3700 nevadatrailsdental.com

PAMELA G. CAGGIANO

Excellence In Dentistry* 321 N. Pecos Road #100, Henderson, 702-732-7878 pamelacaggianodds.com

COLIN M. CAMPBELL

St. Rose Family & Cosmetic Dentistry* 780 Coronado Center Drive #110, Henderson 702-387-5900 strosedental.com

SANDRA CHAN

Moore Family Dentistry 10624 S. Eastern Ave. #N, Henderson, 702-407-6700 lysmiles com

ASEEM CHAWLA

Bella Smiles Las Vegas* 6040 S. Rainbow Blvd. #B-2, 702-307-7777 bellasmilesly.com

GUY L. CHISTECKOFF

Island Smiles Cosmetic & Family Dentistry* 8940 S. Maryland Parkway #100 702-270-6501 islandsmiles.org

STEPHEN H. CLARK II

2820 E. Flamingo Road #B. 702-732-2333 stephenclarkddslv.com

KENNETH M. COX

6615 S. Eastern Ave. #106 702-735-3506

CHRIS S. COZINE

8579 S Fastern Ave #A 702-739-8289 cozinedental com

BRADLEY A. DITSWODTH

2458 E. Russell Road #A 702-798-6216 drditsworth.com

MARK DORILAG

Green Valley Dental Group

710 Coronado Center Drive #100 Henderson 702-260-0102 gvdentalgroup.com

JASON L. DOWNEY*

8876 Spanish Ridge Ave #100 702-871-4903 smileslasvegas.com

MARK D. EDINGTON

Modern Dental Care* 9895 S. Maryland Parkway #A. 702-372-4039 moderndentally.com

DONALD J. FARR

2458 E. Russell Road #B 702-798-4595 donaldifarrdds.com

BARTON H. FOUTZ

Foutz Family Dentistry 2510 Wigwam Parkway #100. Henderson 702-792-5929 drfoutz com

JAMES B. FRANTZ JR.

Green Valley Dental Group

710 Coronado Center Drive #100. Henderson 702-260-0102 GVDentalGroup.com

GLEN GALLIMORE

702Dentist

3455 Cliff Shadows Parkway #130 702-839-0500 702-dentist.com

IRWAN T. GOH

Smiles by Goh*

2653 W. Horizon Ridge Parkway #110, Henderson 702-732-3754 smilesbygoh.com

CHAD N. GUBLER

Gubler Dental

11221 S. Fastern Ave. #200 Henderson, 702-558-9977 aublerdds.com

STEVEN L. HARDY

Paradise Family Dental 6825 Aliante Parkway. North Las Vegas 702-294-2739 drstevehardv.com

GEORGE HAROUNI*

731 Mall Ring Circle #201, Henderson 702-434-9464 georgeharounidds.com

BRIAN R. KARN

Encore Dentistry* 9406 W. Lake Mead #105 702-331-9966 drkarn com

THOMAS P. KEATING

Keating Dental* 880 Seven Hills Drive #240 Henderson 702-454-8855 keatingdds.com

JAMES G. KINARD*

2780 W Horizon Ridge

Parkway #20, Henderson 702-719-4700

WILLIAM P. LEAVITT

University of Nevada Las Vegas School of **Dental Medicine** 1001 Shadow Lane #SLC-D 260 702-774-2641 dentalschool.unlv.edu

TON V. LEE

Summerlin Smiles 9525 W. Russell Road #100. 702-579-7645 summerlinsmiles.com

ROBIN D. LOBATO*

9061 W Sahara Ave #101 702-877-0500 drlobato.com

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Rainbow Park Dental* 2950 S. Rainbow Blvd. #200 702-227-6510

SPENCER LUTH Luth & Heideman

Dental Care 6950 W. Smoke Ranch Road #150 702-304-1902 Ihdentalcare.com

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Lysgaard Dental 2911 N. Tenaya Way #101 702-360-9061 drlysgaard.com

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Siena Dental

10075 S. Eastern Ave. #107, Henderson 702-270-8790 sienadental.com

RONALD R. MARSHALL

6891 W. Charleston Blvd. 702-255-6768 rrmsmile com

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University of Nevada Las Vegas School of Dental Medicine 1707 W. Charleston Blvd. #290. 702-671-5134 unlv.edu/dental

NINA MIRZAYAN

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2843 St. Rose Parkway #100, Henderson 702-492-1955 adavenkid.com

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Moore Family Dentistry

10624 S. Eastern Ave. #N, Henderson, 702-407-6700 lvsmiles.com

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3412 N. Buffalo Drive #107 702-794-0820 morantesdds.com

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702-202-2300 desertsmilesdental.com

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2650 Lake Sahara Drive #160, 702-734-0776 sandquistdds.com

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702-736-6119 drfransontom.com

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1140 N. Town Center Drive #170. 702-562-8833 iameswhitedds.com

JOHNATHAN R. WHITE

Aesthetic Dentistry* 8084 W. Sahara Ave. #G 702-823-3000 ibwhitedds.com

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University of Nevada Las Vegas School of Dental Medicine*

1004 Shadow Lane #MS7410. 702-774-2722

DERREK A. YELTON

2625 S. Rainbow Blvd. #D-103, 702-365-1743

ORAL AND MAXILLOFACIAL **SURGERY**

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JOHN J. DUDEK Mountain View Oral

Surgery 6970 Smoke Ranch Road #150. 702-259-6725

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Canyon Oral & Facial Surgery 6200 N. Durango Drive, Bldg. 12 #100 702-660-5574 canvonofs.com

RYAN GIRSON

Gibson and Leavitt Oral & Maxillofacial & Implant Surgery

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STEVE J. HUANG

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6950 Smoke Ranch Road #200. 702-360-8918 nevadaoralandfacialsurgery.com

BRENDAN G. JOHNSON

Nevada Oral & Facial Surgery

6950 Smoke Ranch Road #200 702-360-8918 nevadaoralandfacialsurgerv.com

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2649 Wigwam Parkway #102. Henderson 702-263-9339 drkeeley.net

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Maxillofacial & Implant Surgery 2835 St. Rose Parkway #100, Henderson

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702-685-3700 ryangibsonoralsurgery. com

CARLOS H. LETELIER

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PATRICK A. O'CONNOR

O'Connor Oral & Maxillofacial Surgeon 630 S. Rancho Drive #B 702-870-2555 drpatrickoconnor.net

DANIEL L. ORR II

Medical Education Building 2040 W. Charleston Blvd. #201 702-383-3711 orrs.org

STEVEN A. SAXE

Advance Oral & Maxillofacial Surgery 1570 S. Rainbow Blvd. 702-258-0085 nvjawdoc.com

ORAL MEDICINE

EDWARD E. HERSCHAFT University of Nevada Las

Vegas School of Dental Medicine

1001 Shadow Lane #SLC-B 214 702-774-2654 unlv.edu/dental

ORAL PATHOLOGY

VICTORIA L. WOO University of Nevada Las Vegas School of

Dental Medicine 1001 Shadow Lane 702-774-2682 unlv.edu/people/victoria-woo

ORTHODONTICS

VICTORIA CHEN

Significance Dental **Specialists**

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STEPHEN T. CHENIN

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JAMIE R. DROWLEY

Griffiths, Simister, Ence & **Drowley Orthodontics** 8710 W. Charleston Blvd. #150, 702-256-7846 lasvegasbraces.com

ERYN ENCE

Griffiths, Simister, Ence & **Drowley Orthodontics** 8710 W. Charleston Blvd. #150 702-256 7846 lasvegasbraces.com

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JOHN C. GRIFFITHS

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8710 W. Charleston Blvd. #150. 702-256-7846 lasvegasbraces.com

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401 N. Buffalo Drive #220 702-243-3300

hamiltonortho.com

RI AINE D HANSEN

Hansen Orthodontics

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Cool Smiles

8490 S. Eastern Ave. #A 702-260-8241 vegascoolsmiles.com

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thresherortho.com MARK TRUMAN

Truman Orthodontics 10000 W. Sahara Ave. #110, 702-500-1112

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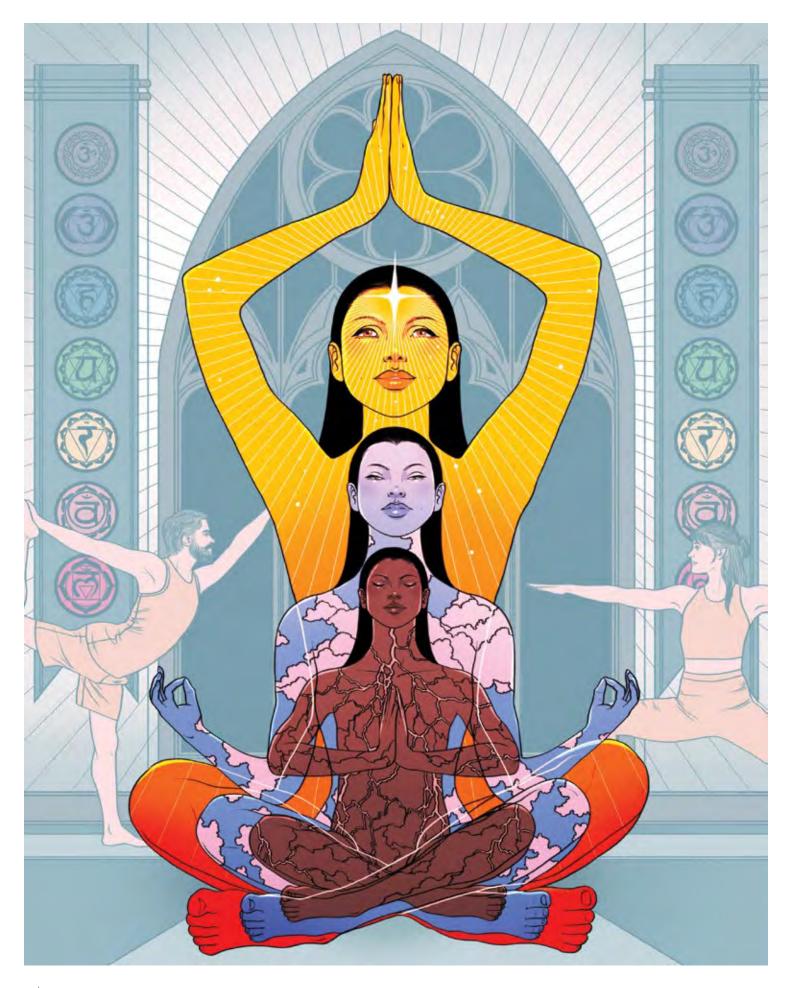
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BEND, DON'T

WHEN TRAUMA SHATTERED THEIR LIVES, THEY TURNED TO A DIFFERENT KIND OF YOGA TO HELP HEAL BOTH BODY AND MIND

doesn't feel like a yoga stu-THIS dio. There are no mirrors, no suburbanites in hundred-dollar leggings. There's no incense or flute music. No one says namaste. The class is taking place in a former Veterans of Foreign Wars Post building next to an Asian market on the corner of Las Vegas Boulevard and Bonanza Road. Outside, a homeless man holds a sign that reads "Jesus is an asshole." Cabs pass by, carrying tourists to the parts of Las Vegas that sparkle. Sometimes the city calls this area the Cultural Corridor, other times the Corridor of Hope.

Inside the building, now known as the 705 Arts Incubator, the air is soft

and warm. The only light comes from a few fluorescent bulbs above an empty stage. Yoga mats are spread out in the audience area. The instructor speaks softly, guiding the five students through a series of standing and seated poses, sprinkling in mantras and affirmations. She doesn't correct anyone's form. On the one occasion when she leaves the front of the room, she makes sure everyone knows where she is.

"I am bold," the instructor says. "I am creative. I am vulnerable."

There is also surprising irreverence.

"F-ck fear," she tells the room at one point, instructing the class to breathe out negative energy. "Let that shit go."

Illustration
KRISTINA COLLANTES

Story
KRISTA DIAMOND

Photography
CHRISTOPHER SMITH

After class, two men have an intense talk about the Las Vegas shooting. People hug. Conversations get heavy. This is Trauma Recovery Yoga - often referred to as T.R.Y. - and everyone is here for a reason.

"In 2015 at the end of August, I asked my husband for a divorce," says Alison Chambers, a regular attendee. (She also owns the 705 Arts Incubator space and allows classes to be held there.) "I had a meeting with him, and we were supposed to talk about the details. And that's when he shot himself."

The moment of sudden, shocking violence caused a ripple effect in Chambers' body. For the first few years after the event, she had trouble getting out of bed. She was plagued with headaches. Worse still was the strange feeling in her legs that reminded her of the seated position she'd been in when her husband had pulled the trigger. Doctors prescribed her medication for the headaches, but they didn't know what to do about her legs.

"It wasn't really pain," Chambers says. "It was just a sensation, but it was always with me. That summer I saw a Facebook event for Trauma Recovery Yoga. I had never wanted to do yoga, but I had to go to that. I didn't know why. I went, and that hour was everything."

Also in the class is Max Carter, who sought out Trauma Recovery Yoga following the sudden death of his wife in 2017.

"I'm a 54-year-old guy that had never done yoga before in my life," Carter says. "In 2017, my wife took a fall from her horse and didn't survive. It left me a mess. All of our plans and dreams and hopes were gone in the blink of an eye. And then on one of those dark nights that were starting to come all too often, I was flipping through Facebook and saw a thing for Trauma Recovery Yoga. ... So I got a yoga mat, went, fell over a lot, sweated a lot, and then they went into savasana (corpse pose), and I was like, oh wow, there is a way to stop the hamster from running around."

A few months later, Carter found himself in traffic. A driver cut him off, and instead of shouting and cursing as he normally would, he gripped the wheel, centered himself, and breathed.

"That self-regulation sequence of grounding, centering, and breathing was something that I found myself doing unconsciously," Carter says. "I thought, oh wow, that's how I control those panic attacks, by slipping into that sequence that we start each Trauma Recovery Yoga practice with."

'IT WAS WAY **BIGGER** THAN ME'

TRAUMA Recovery Yoga itself was born out of tragedy. Following the 2008 recession, founder Joyce Bosen lost her construction business. In 2012, her marriage ended. That same year, her son was run over by a train on his 22nd birthday. He lost his legs, and then nine days later, his life. Bosen found herself isolated in her house, taking Xanax and fixating on death. A longtime yoga practitioner, she tried to attend classes to help with her PTSD diagnosis, but felt they did more harm than good.

"All yoga is good yoga, but not all yoga is good for trauma," Bosen says. "They heat up the room, there's music playing. Music is high risk for trigger because there are so many memories held in sound."

Seeking an antidote to the yoga classes that pushed her when she was in search of healing, Bosen developed Trauma Recovery Yoga for herself.

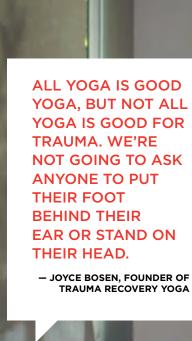
"I went back to see my counselor and she was like, 'Wow, you look a lot better. What are you doing?" Bosen says. "And I said, 'I'm just doing this yoga thing."

The counselor asked if she might consider sharing her method with veterans in an outpatient mental health space, and soon enough she was teaching yoga to at-risk youth, individuals with brain injuries, and other populations with trauma.

"There became so many people that I realized it was way bigger than me," Bosen says. "My (future) husband who I was dating at the time said, 'You've got to train people to know what you know, that's the only way."

She officially developed Trauma Recovery Yoga, forming a nonprofit and creating a 20hour training program. During this time she fine-tuned the method, carefully considering which poses would work best.

"We're not going to ask anyone to put their foot behind their ear or stand on their head," Bosen says. "Anything that will pull you out of the moving meditation would be counter to what we're trying to create for someone who maybe, like myself, sometimes wakes up with the words 'I want to die' in their head without permission. I







wanted to give people a break from that noise, and that doesn't come when you're pushing them to get on their head or kick up into a handstand. We are constantly judging how much of our own trauma was our own fault."

This is why there are no mirrors, no adjustments, and no music. The somatic-based method, which emphasizes a mind-body approach to treating trauma, relies on a constant stream of instructions — or micro-cues — to keep the students' minds focused on the poses and prevent them from returning to their pain. Postures are specifically chosen to regulate the sympathetic nervous system, which is responsible for the body's fight-or-flight response, and which is often trapped in a state of heightened arousal following trauma. Each class begins with the instructor explaining what participants can expect, which is helpful to individuals who may experience anxiety when caught off guard. There is a constant focus on breath, visual cues, and reminders that every movement is optional, and that simply being present is enough. Attendees include combat veterans, sexual assault victims, mothers who have lost children, individuals struggling with drug addiction, and, in recent years, survivors of the October 1 shooting.

"After 1 October happened, we had a couple hundred yoga teachers in Vegas that wanted to help," Bosen says. "We reached out to different spaces and asked if we could offer free classes. About 6,000 people ended up coming through those classes, and some of them were city officials and those who were on the scene. We had classes in the coroner's office, the 911 call center, some of Metro and some fire departments."

That year, Trauma Recovery Yoga won a Compassionate City Award. Bosen continues to support those affected by the Las Vegas shooting by offering services to the Vegas Strong Resiliency Center. She has taught Trauma Recovery Yoga in juvenile detention centers, addiction recovery spaces, at schools, and at the VA. More than 400 people in Las Vegas and beyond have been trained in the Trauma Recovery Yoga method. Bosen estimates that about a quarter of these trained instructors across the country and globe stay engaged with teaching the Trauma Recovery Yoga method, while many others may integrate some of the method into other types of yoga. While there is a cost to participate in workshops that certify instructors in Trauma Recovery Yoga, Bosen does not profit off of studios that teach the method in the way franchises such as Bikram yoga do.

"We've been to Chicago, South Dakota, Colorado, Arizona, Utah, Iowa, Tennessee, Louisiana," Bosen says. "We have people coming from Canada, Puerto Rico, other countries. We want to globalize it. For the people that can't make it to the training, they'll have a manual and they may be able to integrate at least some of the tools. We want to manualize it for the VA so that they have it in every space. We want to continue to go global, maybe at some point build a train-the-trainer program."

'THE BODY **REMEMBERS EVERYTHING'**

BOSEN mainly operates out of a space within the Driven NeuroRecovery Center in Downtown Las Vegas. It is here that she teaches a weekly class to individuals in wheelchairs, using what she calls "see it or be it" cues that rely heavily on visualizations.

"Some are quadriplegic and have zero mobility," she says. "It's fantastic to see what mirror neurons really will do and how much your body believes what your mind is telling it. They're breaking a sweat, and they're not moving."

Also located at the Driven NeuroRecovery Center is Denise Stanga, a licensed massage therapist who specializes in dealing with trauma. In a sense, her practice is the yin to Bosen's yang. While both women help individuals who have experienced violence, fear, violation, and death, Bosen's approach is quite literally hands-off while Stanga's relies on touch.

"Touch is sensitive," Stanga says. "I developed the technique of working with sexual assault survivors with a friend who was molested by her stepfather. She came to me and said, 'I really want a massage and I hear you're really good, but I'm terrified."

Before moving to Las Vegas, Stanga specialized in oncology massage at a hospital in Flagstaff, Arizona, mainly caring for women with breast cancer.

"What I saw was these women come in who were so angry at their bodies and so disconnected," Stanga says. "After a few sessions, things would change."

Inspired by that tangible shift, Stanga began to work all over the hospital, giving massages to women having babies, survivors of car accidents, people recovering from invasive surgeries.

For oncology patients, massage therapy can help with depression, ease nausea associated with chemotherapy, or simply offer a break from being prodded with needles.

"They can do whatever they need to do," Stanga says. "I always tell them, if you need to cuss, go for it. I'm an ex-roller-derby girl, so I might be okay if you need to smack me. I let them do their own thing in that space."

Eventually, Stanga transitioned into endof-life massage.

"I've been there when literally two hours later the patient passes," Stanga says. "It's not even really a massage. It's more like comfort massage. It's holding, it's touching. Sometimes their skin is so dry, so I might just put a little oil or lotion on it. We always honor people being born, and it's an honor to be there to say goodbye to someone and to say, it's okay, you can go now."

Since relocating to Las Vegas, much of Stanga's work has been focused on survivors of the 2017 shooting.

"I had one person who tripped and fell and was hurt while running through the crowd," Stanga says. "They've healed from the injury, but because of the way they remember running to save their life and falling, there is still tension in the body."

This phantom pain experienced by mass shooting survivors, sexual assault victims, war veterans, and others comes up again and again in both trauma massage and yoga. The pain certainly isn't "phantom" to those experiencing it — and the phenomenon is a central concern of newer therapies that embrace the mind-body connection. Peter A. Levine, the clinical psychologist who developed Somatic Experiencing therapy, attributes them to a flaw within our autonomic nervous system, which regulates heart rate and respiration. Levine spent years studying fight-or-flight response in animals. He noticed that because of their perpetual exposure to trauma (e.g., a deer constantly chased by covotes), animals are good at regulating their autonomic nervous systems and returning to a comfortable state after trauma. The human autonomic nervous system, on the other hand, can get stuck in fight-or-flight mode. This is why combat veterans sometimes feel like they're still at war, why sexual assault victims feel like they're still being violated, and why someone like Alison



Previous page: Joyce Bosen, founder of Trauma Recovery Yoga. Above: Bosen teaches a chair yoga class. Right: Massage therapist Denise Stanga, who specializes in end-oflife massage

> I ALWAYS TELL THEM, IF YOU **NEED TO CUSS,** GO FOR IT. I'M AN **EX-ROLLER-DERBY GIRL, SO** I MIGHT BE OKAY IF YOU NEED TO SMACK ME.

> > - DENISE STANGA. MASSAGE THERAPIST



Chambers couldn't shake the eerie sensation in her legs after her husband shot himself.

"The body remembers everything," Stanga says. "People will have tension in the upper back, indigestion, headaches. Once they start working through that, they tell me they can sleep better, they can eat without getting stomachaches, they can breathe."

In Stanga's practice, touch is something that some clients fear and others crave. In Flagstaff, when she was doing end-of-life massage, a dying patient told her that he couldn't remember the last time he'd been touched. At a brothel in Nevada, a woman whose hands she massaged told her that it was the first time someone had ever touched her without expecting something in return.

Stanga has taken the 20-hour Trauma Recovery Yoga training, and Bosen often suggests massage therapy to trauma survivors who might benefit from touch. Both see their work as complementary. Both deal with individuals who were in the crowd below Mandalay Bay, who are startled by fast movements and unexpected sounds, afraid of what's behind them, afraid of being naked, afraid to love and be loved. Some of them heal through yoga poses called *heart* openers that do just that; others heal by being reminded that touch can be comforting, safe, and human.

At the conclusion of a Trauma Recovery Yoga class, the instructor will offer essential oils administered to the shoulders. It's the only part of the experience where physical contact is an option, and for a moment Stanga's touchbased method and Bosen's hands-off approach are connected.



"You will always know where I am," the yoga instructor says, making her way through the room as everyone lies on their backs in silence. She says that if anyone doesn't want to be touched, they can simply place their hands on their chest and she'll pass by. Some may not be ready; others may yearn for it. But for those who have had brutal decisions made for them, and unexpected, life-altering things done to them, the choice is what matters.

"We all have trauma," Stanga says. "Some of us just don't call it that. I've had people on the table say, 'Gosh, you know, you went over my leg right there, and it reminded me of when I was seven and fell out of a tree and broke my leg.' And so, maybe for that split second that person remembered the trauma. But they were able to work through it, and let it go." ◆





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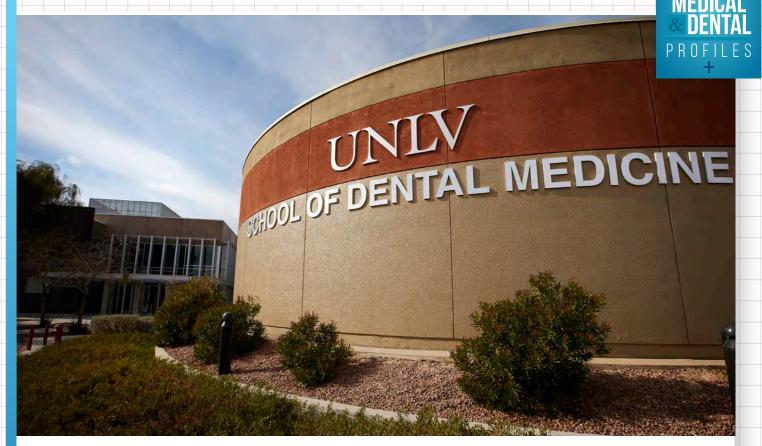
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UNLV SCHOOL OF DENTAL MEDICINE

UNLV School of Dental Medicine—the state's only accredited dental school—provides world-class education to aspiring and seasoned dentists and delivers oral health care to those in need.

In addition to managing student dental clinics, a faculty dental practice, and three specialty programs, the school, founded in 2002, also hosts multiple community service clinics that deliver care to the underinsured and underserved in the greater Las Vegas area.

Each year, these outreach programs conduct nearly 70,000 patient visits that, during 2018, delivered more than \$6 million in free services.

During the UNLV Delta Dental Saturday Morning Community Clinics, held monthly for ten months each year, students, faculty, staff, and community volunteers donate their time and talents delivering care to homeless persons, women, children, and veterans. The dedicated clinics are:

The Saturday Smile Dental Clinic, which focuses on at-risk adolescents

and homeless adults who are unable to obtain state services. Since 2011, the school's faculty and students voluntarily completed more than 1,400 procedures valued at more than \$300,000.

The Women's Clinic, which delivers free dental care to victims of domestic violence. Clinic patients are temporary residents at the Shade Tree Women's Shelter or other shelters in Las Vegas. The school's faculty and student volunteers have completed more than 1,600 procedures since 2011, valued at more than \$280,000.

The UNLV Absolute Dental Saturday Morning Children's Clinic, which provides care to children 6 to 12 years old. Since 2011, the clinic has completed more than 12,000 procedures valued at more than \$1.2 million in free care.

The Sgt. Clint Ferrin Memorial Clinic, which serves the oral health needs of underinsured or uninsured veterans. More than 7,000 procedures have been completed since 2011, valued at more than \$1.3 million.

During 2019, the school received two awards for its community outreach programs and clinics. Nevada Medical Center presented the school with one of its two inaugural Eric M. Hilton Healthcare Collaboration awards, and the Delta Dental Community Care Foundation gave a \$50,000 grant to support the school's Saturday Morning Community Clinics.

The oral health services within the school's community clinics or student clinics provide necessary access to and delivery of care that underserved and underinsured persons would likely not receive or be able to afford. Access to dental care is a critical factor in maintaining oral health within the state, and UNLV School of Dental Medicine remains committed to maintaining and enhancing that care.

Learn more at unly.edu/dental.

UNLV SCHOOL OF DENTAL MEDICINE

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DESERT VALLEY AUDIOLOGY

Dr. Timothy Hunsaker practices as an audiologist at Desert Valley Audiology. He started Desert Valley Audiology in 2010 and has guided it from a one person clinic to multiple locations with several hearing care providers. Almost all businesses claim to provide a high level of customer service, but very few deliver on that promise. Desert Valley Audiology absolutely lives up to that promise. Dr. Hunsaker has implemented a culture of superb customer care. One look at online reviews will affirm this claim. He strives to ensure that each patient receives the same high level of care.

Las Vegas has long had the stigma of poor healthcare. When Dr. Hunsaker moved here in 2008 he noted that there were some areas of audiology that were lacking. There were little to no options for pediatrics or the Spanish speaking patients. Desert Valley Audiology was established from the beginning to help address these needs. Currently, Desert Valley Audiology is one of two audiology clinics in the Las Vegas Valley that provides diagnostic and rehabilitation services for children younger than six months of age. In addition, Dr. Hunsaker lived in southern Spain for two years and is fluent in Spanish. He is very competent in treating Spanish speakers without need for an interpreter.

One of the benefits of the growth of Desert Valley Audiology is the ability to give back to the community. Dr. Hunsaker has been very proactive in helping the community. For the hearing impaired hearing at performing arts



centers can be difficult. In 2018, in order to help this population Desert Valley Audiology donated assistive listening devices to both The Smith Center and UNLV Ham Hall. These systems help many different patrons hear and enjoy the performances as best they can.

When not working (and sometimes at work too) he loves supporting the Las Vegas Lights and Vegas Golden Knights. Like many parents he spends almost every Saturday cheering on his children on the volleyball court or soccer field. Although not a native, when asked his thoughts about Las Vegas Dr. Hunsaker said, "Las Vegas is my home. I really cannot imagine living or working anywhere else."

DESERT VALLEY AUDIOLOGY

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ROSEMAN UNIVERSITY OF HEALTH SCIENCES

CELEBRATING ITS 20TH ANNIVERSARY, Roseman University of Health Sciences is a private, not-for-profit university born in Henderson. In 1999, a shortage of Pharmacists in Nevada was occurring at the very same time that a groundswell of demand for pharmacy education was growing. So, three founders, each coming from healthcare education, contributed \$5,000 to start what is now Roseman University of Health Sciences. With this need came a desire to educate and train differently, and to consider the varying learning styles young adults have. The desire resulted in the Roseman Six-Point Mastery Learning Model.

The Six-Point Mastery Learning Model was created to produce graduates that are competent and to provide an educational environment that not only creates and ensures high levels of achievement from all students, but also fosters cooperation and collaboration in the learning process. The Six-Point Mastery Learning Model consists of Block Curriculum, Active and Collaborative Learning, Competency-based Education, Assessment Learning, Early Experiential Learning, and a

Classroom Design that facilitates learning. All of these components reinforce one another, and contribute to an unparalleled educational environment.

After graduating, Roseman University graduates go on to exceed standards, get excellent jobs and see a return on their investment. For 20 years, Roseman has applied this foundation to a broad universe of healthcare education, specializing in training a diverse student body to be exceptional leaders in their chosen fields.

Today, Roseman University has an enrollment of nearly 1,600 students in multiple healthcare-focused programs on three campuses in Henderson and Summerlin (Las Vegas), Nevada and South Jordan, Utah. More than 6,000 graduates are providing compassionate patient care and transforming healthcare in Nevada, Utah and beyond.

The university offers academic programs that address the healthcare needs of communities, including a Bachelor of Science in Nursing (BSN), Accelerated Bachelor of Sciences in Nursing (ABSN), Master of Science in Nursing/Family Nurse Practitioner (MSN/FNP), Doctor

of Pharmacy (PharmD), Doctor of Dental Medicine (DMD), Advanced Education in General Dentistry (AEGD) Residency program, Advanced Education in Orthodontics and Dentofacial Orthopedics (AEODO) Residency program, and an MBA with a healthcare focus. In 2013, Roseman established an MD-granting College of Medicine at its Summerlin campus, which is currently working to achieve accreditation.

Roseman University is regionally accredited by the Northwest Commission on Colleges and Universities.

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Shepherd Eye Center has been proud to serve the communities of Las Vegas and Henderson since 1968. What started as one physician, Dr. John Shepherd, in one location, has grown to a practice of 17 ophthalmologists and 2 optometrists, providing care in 5 offices across the valley. Early on Dr. Shepherd pioneered new techniques and instrumentation that would improve the way cataract surgery would be performed. Today Shepherd Eye Center continues to provide care using the latest medical techniques and technology.

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"We are lucky to have had a leader like Dr. Shepherd that set the tone for the practice when it began," says Steven O. Hansen, MD, FACS, and president of Shepherd Eye Center. "By keeping his vision of always putting the patient first, we have been able to embrace the challenges and opportunities that have presented themselves over the last 50 years and provide compassionate eye care for the whole family."

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DR. WOLFGANG GILLIAR

Growing up in the southwestern German town of Karlsruhe, Dr. Wolfgang Gilliar began his medical journey after high school while working in the kitchen of a 1,000-bed hospital system.

The hospital later had an opening in its licensed practical nursing (LPN) program, an opportunity that appealed to the young Gilliar.

"It was one of the best beginnings of my medical career," he said. "It gave me real life experiences that continue to serve me well today."

During the 1973-74 school year, Gilliar spent a year studying as a foreign exchange student in Phoenix, Ariz. He said it began the period of his "U.S. life."

"Being able to see the U.S. school system first hand helped fortify my desire to study within the American education and academic system," he said. "I always thought the U.S. system concentrates very much on the individual and fosters creativity, innovation, and scientific investigation with active student participation."

Gilliar completed medical school at the Michigan State University College of Osteopathic Medicine and went on to complete his residency at the National Rehabilitation Hospital in Washington D.C.

"I always loved the neuromus culoskeletal system as applied to the locomotor system, so initially I thought I'd become an orthopedic surgeon," he said. "But after much reflection, I felt that the field of physical medicine and rehabilitation was more conducive."



Since then, Gilliar has worked to train medical students at prestigious institutions across the country, including as the Director of the Traumatic Brian Injury unit at Tufts Medical School; a clinical faculty at Stanford Medical School; and Department Chair of the Osteopathic Manipulative Medicine (OMM) department at the New York Institute of Technology.

In January, Gilliar joined Touro University Nevada as Dean of the College of Osteopathic Medicine. His 'hand-on' approach and medical philosophy have been well-received by Touro's medical students.

"I want to bring a continued desire to build on an already very nurturing environment where students feel truly supported here at Touro," he said. "I want to partake in and contribute to the overall phase of TUNCOM's cultural evolution as one of the innovative and leading medical education institutions in the nation."

Gilliar's career has evolved immensely since his teenage years when he worked at the LPN level at a German hospital. Even as Dean of Nevada's largest medical school, he still reflects back to that time and appreciates how it laid his foundation for a successful career in medicine.

"I am so grateful for that period," he said. "While many people thought that I would not 'need this' when becoming a physician, I feel I would have never been the physician I am today – if I had not taken that opportunity."

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Dr. Carlos Letelier has a passion for dental and medical excellence that's exemplified through his distinguished background and his education credentials. His dentistry studies began in Chile where he earned his DDS degree. He then went to Boston, where he enrolled in Tufts University School of Dental Medicine, graduating Summa Cum Laude with a DMD degree.

After that, Dr. Letelier went on to complete his surgical residency and graduate from UCLA Medical School with both an MD and an OMFS degree. In addition to becoming board certified in both oral and maxillofacial and cosmetic surgery, Dr. Letelier has taught in the OMFS residency program at

Fresno University Medical Center. His expertise covers a broad range of oral surgery, from wisdom tooth extraction and dental implants to facial and dental trauma. He is a trusted oral surgeon in Las Vegas, NV as he's highly regarded for his treatment of patients with severe bone loss and missing teeth. Even today, Dr. Letelier continues to expand his knowledge by participating in specialty courses throughout the world. Additionally, he is a highly sought-after lecturer by his colleagues throughout the USA and other global locations.

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Active philanthropic involvement and raising four children further define Dr. Brown's commitment to the community and her family.

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DOCTOR BURNOUT

CONTINUED FROM PAGE 42

"If you ask a fair number of my colleagues and myself who's our primary care doctor, we will say 'nobody' or 'ourselves." Wint says. "'When's the last time you saw a doctor?" Often (the answer) will be 'a while.' This is particularly true for those of us who don't have any known medical conditions. When we do know we have something going on, we attend to it. But that primary care aspect might tend to be missed by a lot of us, if my nearby colleagues are examples of the general population."

Tan, who is senior medical director of digital health for Southwest Medical's Mountain West Region, believes the reluctance stems from how doctors have been trained and society's expectations.

"One of things that our leadership in our organization has been working hard on in the last couple of years is to try to get away from that mythical professional standard and allow my colleagues and me to be human," Tan says. "We have personal and family needs. If we are not healthy mentally and physically, we're not going to be able to provide great care to our patients."

THE ART OF GETTING AWAY

PHYSICALLY AND MENTALLY getting away and powering down cellphones and laptops are important techniques to avoid burnout - but they're also the ones doctors frequently find more difficult to implement.

Tan says he loves to explore natural attractions such as the Duck Creek area in Southern Utah or kayak down the lower Colorado.

"It's still sometimes hard to turn off the work thing, but it really does help to do that," Tan says. "It's not just about meditation; there are so many other things that are important. ... We get time off. It's on me. I need to do a better job at turning it off. Otherwise, you could be at it 365 days a year. It's a work in progress. Some do better than others, and I'm doing better than I used to."

For Wint, the idea of a vacation of any length "feels impossible sometimes." It's a problem not unique to doctors, but one perhaps packing a greater degree of pressure than most other professions because someone's life is at stake.

"As we're sitting here, I got a text from a patient's wife - I don't even know how she got my cellphone number - and I don't feel like I can just ignore it," Wint says. "Is this woman texting me because her husband

just got admitted to an ER or is it because I had an MRI scan two days ago that I'm scheduled to talk to them about (next week) but she just can't wait? I can't tell. There's always this nagging fear that if you do turn off, someone's going to be hurt by it."

Finding another doctor to cover so nothing will go wrong simply because a problem went ignored for a few days is a challenge, Wint says.

"That means increasing our level of collegiality, increasing our level of vulnerability. and being able to say to a colleague, 'Listen, I am just burnt out today. I need to take tomorrow off. Can you cover for me?' That's something that we are not that likely to say, but we ought to be doing so." +

FLOODING

CONTINUED FROM PAGE 48

FLOOD RISKS MAY be at an all-time low, but the flood control district still encounters intriguing challenges from time to time. The Las Vegas Raiders stadium is the most recent example. The site selected for the stadium just happened to have a big storm drain running through it. The drain is one of the most important pieces of flood control in the valley. And this was a particularly big problem because the drain is part of a federally funded project by the U.S. Army Corps of Engineers.

"Any time you involve the Corps in anything, it's 18 months to two years to get anything done," Parrish explains. "They wanted the stadium open in 2020, so that wouldn't work."

The storm drain had to move, and the Army Corps had to be involved in the process. Fortunately for the stadium planners and football team, the federal agency has a provision that allows it to accept money to expedite a review. The bill for this special service: \$120,000.

"This could have been a big problem," Parrish says. "But I got on the phone with the colonel in L.A. He understood, and he really helped."

The storm drain was shifted a little to the west and north, just beyond the stadium's footprint. Although \$120,000 is a considerable sum, it's a pittance compared to the stadium's \$1.8 billion price tag.

Perhaps the least-talked-about benefit of the flood control district's work is how it has fueled growth. Flood control measures have opened 54 square miles of flood zone for

development across the valley. The Aliante planned community in North Las Vegas, the Skye Canyon planned community in northwest Las Vegas, and the far west side of Henderson are prime examples of former flood zones transformed into buildable land.

The flood control system in Clark County is robust and effective today, but when it was conceived in 1985, its future was far from certain. "Some people were claiming we were building a white elephant, wasting money," Woodbury says. "They said this will be even less necessary than your expansion of the airport."

Fortunately, Woodbury brushed off the naysayers and embraced a future Las Vegas in which a storm cloud is no longer an existential threat to life and property.

"We have saved a lot of lives," Woodbury says. "We have saved an inestimable amount of property damage. We've saved commuters a lot of commute time. Flooding is much reduced in every respect." ◆

STUDENT SUICIDE

CONTINUED FROM PAGE 54

Phebus says the evidence of SOS's efficacy comes from surveys of kids who've taken the curriculum, and comparisons of their suicide alertness with that of kids who haven't taken it. This is similar to the approach behind evidence that the National Council offered of Mental Health First Aid's success. A 2016 study in the International Journal of Mental Health Systems noted, "Teen MHFA appears to be an effective and feasible program for training high school students in Mental Health First Aid techniques. Further research is required with a randomized controlled design to elucidate the causal role of the program in the changes observed."

There's the rub - causality. It seems odd to describe currently used mental health and suicide alertness efforts as successful while suicide is on the rise. Nevada's prevention advocates often point out that the state is the only one in the U.S. where suicide rates declined from 1999 through 2016 (by half a percentage point); however, that's overall. Among teens, the rate is rising.

But Mental Health First Aid is a recent innovation. Like much of what's happening in Clark County, it may prove itself effective with time. Joe Roberts, coordinator of the school district's crisis intervention team and a licensed school psychologist, rattles off a list of recent changes that have been made, from the 2011 implementation of mandatory

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SOS training to the 2014 establishment of mental health transition teams. In addition, there have been several state innovations. such as the free, round-the-clock Children's Mobile Crisis Response Team and the Division of Child and Family Services' Suicide Postvention Plan, both statewide efforts of the last five years. Also, a slate of suicide prevention bills passed in the 2019 legislative session, signaling that public attention on the issue isn't going away.

Trends and best practices come and go in any field, and there's some debate about the best way to tackle suicide prevention in a school setting. Citing evidence that suicide is actually rare as a percentage of the general population, and that it occurs in greater proportion among those with mental health issues, many experts advise an approach of screening students who exhibit signs of distress and referring those deemed at-risk to treatment for underlying issues. Others feel this isn't enough, that widespread gatekeeper education is needed as well.

"Our current approach to suicide prevention simply isn't working," wrote Howard University psychiatry professor Donna Holland Barnes in 2014. "It is time we stop viewing suicide as a symptom of a mental health disorder and begin seeing suicide as a behavior – a behavior that must be addressed independently of any underlying disorders."

This focus on what's happening in the moment is at the heart of Richard Egan's campaign to end suicide in Southern Nevada. As the state Office of Suicide Prevention's head of training and outreach for the four lower counties, Egan sits on a well-stocked arsenal of programs, services, trainers, and volunteers that he can deploy to target just about any population, from gun owners and veterans, to first responders and school teachers.

"Suicide is preventable," Egan says. "Even if it's the No. 1 cause of death in people 12-19 years of age, they still had a choice. When they make that choice, I want somebody there to help them. Most people want to stay alive. I need people around our community members that are suicide-alert, to recognize what somebody's going through, ask them about suicide, and connect them with resources in the community. That's how we prevent it."

Programs like Mental Health First Aid align with Egan's goal of training everyone to be suicide alert. But, MHFA proponents add, it only works if the program is executed accurately and consistently - with "fidelity," as they say. Think of their delivery model as



LOOKING FOR SIGNS

Richard Egan of the state Office of Suicide Prevention. "Most people want to stay alive. I need people around our community members that are suicide alert, to recognize what somebody's going through."

a pyramid, with a few highly trained mental health professionals from the National Council at the top. They put a select group from a site that's adopting the program -12CSN faculty and staff members, for instance, or five at Valley High School - through three days of in-depth workshops, qualifying them as facilitators. These facilitators then train large groups of individuals in the one-day program, making them first aiders. The Teen MHFA program at Valley trained more than 600 seniors; at CSN, 100 faculty and staff have completed the adult version of the training since March. Add those who have already done it in CCSD schools, through Egan's office, and at UNLV - in addition to other programs besides MHFA - and you get potentially thousands of people roaming Las Vegas school halls and classrooms who are attuned to the signs of someone in crisis. The more people like this a community has, proponents believe, the more likely it becomes that suicidal students will be spotted and helped.

The million-dollar question is, helped by whom?

'CAN THAT BE A BAD THING?'

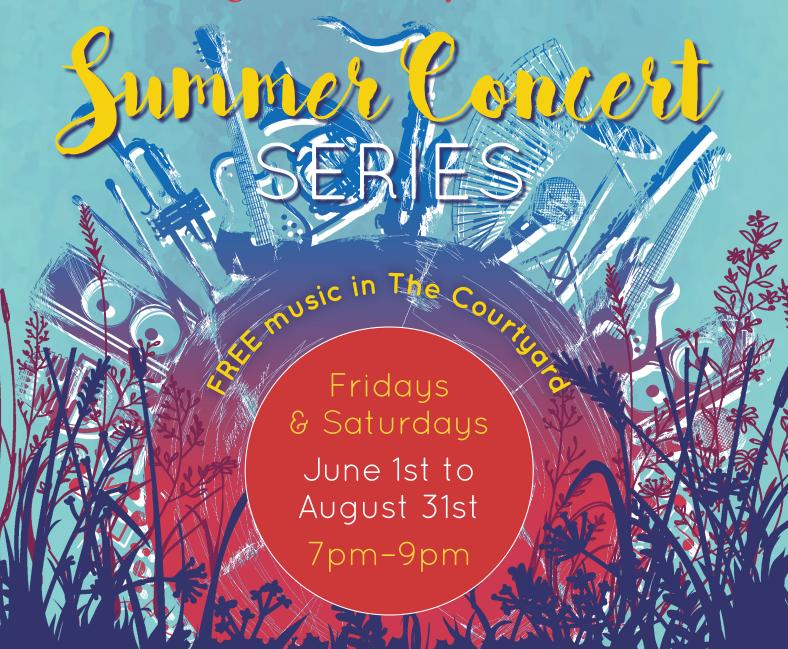
NEVADA'S LACK OF mental health services is a well-known problem. The situation is improving - albeit slowly - according to America's Health Rankings, which reported that the number of mental health providers in Nevada increased 6 percent from 2017 to 2018. Still, the Nevada Association of School Psychologists estimates that 75-80 percent of school children in need of mental health services don't get them.

"That's the unfortunate part of the state of our mental health system in Nevada: inadequate support for our community as a whole," says CCSD's Joe Roberts. "We are educators. We're not mental health experts. Our role is to educate. We do the best we can to care for our students during the day. Parents are made aware when risk assessments are conducted, and depending on the level of severity, they're one-half of the interview process. ... But, for mental health supports in the community, we're in a better situation than we were a few years ago."

Roberts says every school in his district has an intervention team, comprising a school psychologist, nurse, counselor, and social worker, all licensed. Some may have social workers as well. Rotating among the schools are more than 650 school counselors and 150 social workers, along with 160 psychologists and another 195 nurses - nearly 1,200 mental health professionals total for the district's 367 schools. Roberts' staff of 14 trains the mental health professionals in risk assessment and handles crisis intervention and postvention, activities that facilitate recovery from an incident.

As principal of Valley High School, Ramona Esparza decided she needed more mental health support than the current budget could provide for, and she didn't want to wait. So, she applied for outside grants, teamed up with third-party providers, and opened up a wellness center at her school. It provides mental health counseling on-site through a nonprofit called United Citizens Foundation. Since opening at Valley, the operation has expanded to the Basic Academy





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of International Studies and Western High School, as well.

"The district was questioning why I wanted to open up a clinic, and I said to them, because if you want student achievement to increase, we have to address this first," Esparza said. "Mental health is the elephant in the room. We have to embed it in our curriculum today. Those services don't exist to the degree we need. Should I wait for the community to provide what we need? If I

do, then my students' needs aren't being addressed and learning is impeded."

Esparza learned of the opportunity to participate in the Teen Mental Health First Aid pilot program through Nevada Congresswoman Susie Lee, whom she knew from Communities in Schools. Valley was one of the eight schools chosen to participate nationwide because of its diverse demographics and inner-city location, says Lacey Rosenbaum, director of curricula and

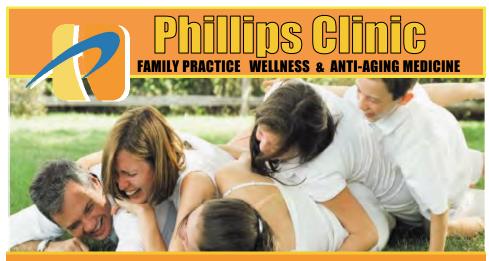
research for Mental Health First Aid at the National Council on Behavioral Health. The council is currently gathering and analyzing data from the pilot, but it already plans to expand the teen program next year. The number of schools hasn't been determined yet, Rosenbaum says, but Valley will participate, training its sophomore class this time around.

What then? Will Valley be able to keep the program going? The National Council shares costs with the schools that adopt the program; Well Being Trust and Lady Gaga's Born This Way Foundation are funding the pilot. But it's unrealistic to expect any nonprofit to pay to put the program in every CCSD school. So, Esparza will have to stay on the lookout for other resources. "I need more therapists," she says. Those she currently has are available five days a week, and they have waiting lists.

Barry Corcoran could have used an on-site therapist when he was a senior at Coronado in 2015. Starting in his sophomore year, Corcoran acted out in ways that he thought would draw the attention of teachers, based on what he'd seen in the SOS curriculum's vignettes. But nothing came of it, and the bad behavior perpetuated a downward spiral. By the time Corcoran's parents understood what was going on, he was deeply depressed and making plans to end his own life. Barry's mother, Chantal Corcoran, wrote about her family's struggle in a 2016 Desert Companion story, "I Swear I Will." Unable to get appropriate treatment in Las Vegas, Barry Corcoran went through a 30-day residential treatment in Southern California.

He's doing well now, living in Los Angeles and pursuing an acting career. He's learned to pay as much attention to his mental health as his physical health, and he's acquired skills to help him through the times when it seems like death is the only way to end his pain. Asked whether he thought a program like Teen Mental Health First Aid could have helped him, if it had been available back when he was a sophomore at Coronado, Corcoran said he wasn't sure. It would have depended on who reached out to him, what kind of counseling was available at his school, and, most importantly, in the community.

"But anything that teaches people to be more aware of mental health issues is a positive step," he says. "The more we lessen the stigma, the more we get people talking about it, the better we'll all be. ... And any time someone wants to help, how can that be a bad thing?" +



REGENERATIVE MEDICINE STEM CELL THERAPY & PRP

Dr. Phillips is a graduate of the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He completed his medical training while serving in the United States Air Force. Dr Phillips has been practicing for over 25 years in



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Las Vegas. He has a special interest in aging management, stem cell therapy, bio-identical hormone therapy, risk factor reduction, lifestyle management and reiuvenation. Dr Phillips is board certified in:

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Sorry for the Mess

Artists Justin Favela and Ramiro Gomez come together for the first time in an exhibition of artwork about labor, childhood memories, and life in Las Vegas.

Free. Marjorie **Barrick Museum** of Art, unlv.edu

THROUGH AUG. 31

New Vessels. Unmade Structures

This solo exhibition featuring artist Sapira Cheuk will include his newest ink and paper works that draw upon sources from both traditional Chinese art and Classical Greek sculpture. Wed-Sat 11A-4P,

free. Core Contemporary, 900 E. Karen Ave., #D222, core contemporary. com

THROUGH AUG. 31

The Wide View This exhibition

will display visual work in different media created in different settings by artists from Opportunity Village's fine arts program. Thu-Fri 12-5P, free. Mayor's Gallery, **Historic Fifth** Street School. 401 S. Fourth St., artslasvegas. org

THROUGH SEPT. 22

A Good Offense: Dino Might

Local artist JW Caldwell's exhibit guesses what dinosaurs might say or do while they are stomping through the Preserve this summer. 9A-5P. free for members or with paid general admission. Big **Springs Gallery** at Springs Preserve, springs preserve.org

THROUGH SEPT. 28

Remnant

Featuring the photography of Jason Tannen, this exhibition explores his interest in tracing urban erosion and obsolescence as seen in storefront displays and the topography of signs, symbols, and human representation. Artist reception Sept. 26, 5P. Tue-Fri 10A-9:30P; Sat. 8:30A-7P, free. Charleston **Heights Arts** Center, 800 S. Brush St., arts lasvegas.org

THROUGH OCT. 18

Windows on First: "There Is Nothing I Can Do Without You"

Artist Shan Michael Evans's living and evolving public art exhibition features themes of dependency, growth, change, and circumstance the world around us experiences. All day, free. Las Vegas City Hall, along First Street, arts lasvegas.org

THROUGH OCT. 30

Celebrating Life! 2019 Winner's Circle

This exhibit features the award-winning artists of the juried fine arts competition open to residents ages 50+. Mon-Thu, 7A-5:30P. free. City Hall Chamber Gallery, 495 S. Main St., second floor, artslasvegas.org

AUG. 8-NOV. 7

Native Nevada **Basketry Tra**ditions

The focus in this exhibition is to display baskets that have differences and similarities in construction and design: all basket weavers are Native American residents of Nevada. Mon-Thu 7A-5:30P, free. City Hall Grand Gallery, 495 S. Main St., first floor, artslas vegas.org

AUG. 22

Live Painting: Wade Hampton's 'Palet

Artist Hampton will be creating a new painting live. Guests are welcome to observe the process and chat with the artist. 5:30-7P, free. Windmill Library Gallery, lvccld.org

MUSIC

AUG. 3

An Evening with Led Kaapana

The singer, slackkey guitar virtuoso, and ukulele player takes the stage for a night of Hawaiian music. 7P, \$35-\$50. Myron's Cabaret Jazz at The Smith Center, thesmithcenter. com

AUG. 9

Michelle Johnson Presents: Salute to the **Great Sing**er-Songwriters The vocalist

pays tribute to Paul Simon, Joni Mitchell, James Taylor, and many more. 8P, \$25-\$40. Myron's Cabaret Jazz at The Smith Center, thesmithcenter. com

AUG. 10

The Carpenters Tribute Concert Sally Olson

and Ned Mills recreate the magic and music of the famed sister-brother duo. 7P, \$20. Starbright Theatre at Sun City Summerlin, scscai.com

AUG. 10-11

Dear Amy: Amy Winehouse Tribute Show Endorsed by Mitch Winehouse, this is an accurate salute to the late artist. 7P, \$32-\$40. Myron's Cabaret Jazz at The Smith Center, thesmithcenter. com

AUG. 11

Howlin' King Crawdad in Concert

The band is renowned for their hypnotic Cajun rhythms and their twisted Zydeco melodies. 2P, free. Main

Theater at Clark County Library, howlinking crawdad.com

AUG. 11

Storytellers - A Chadwick Johnson Concert

The singer/song-

writer will be celebrating original music and spotlighting iconic songwriters from Joni Mitchell and Leonard Cohen to Don Hathaway and Carole King. 3P. free. Main Theater at Summerlin Library, lvccld.org

AUG. 15

Season Reveal Celebration

Opera Las Vegas will announce its Twentieth Anniversary Season with refreshments and musical selections. 6:30P, \$20.

Mario Basner Gallery in Tivoli Village, opera lasvegas.com

AUG. 17

American Eagles USA ... A Tribute to the **Eagles**

The music of the legendary country-rock band is represented by musicians who have worked with Cheap Trick, The Who, and others. 7P, \$20. Starbright Theatre at Sun City Summerlin, scscai.com

AUG. 17

Kozmic Blues: the Music of **Janis Joplin** Starring Michelle Rohl Celebrate the

50th anniversary of Woodstock with this salute to Big Brother and the Holding Company. 7P, \$20-\$35. Myron's Cabaret Jazz at The Smith Center, thesmithcenter. com

AUG. 17-18

Farofa Live In Concert This Brazilian

quartet cooks up a brew of pop. contemporary classical, jazz, Afro-Brazilian rhythms, and US rock 'n' roll. 2P, free. Sahara West Library (Sat); East Las Vegas Library (Sun), Ivccld.org

AUG. 18

Woodstock 50th Anniversarv

Scheduled performances include Keith Neal; Mark Giovi; Ken Foote; Michelle Rohl; and Dennis Blair and Ellsa Fiorillo with band leader Bob Sachs. 2:30P, \$25-\$35. Main Theater at Clark County Library, lvccld.org

AUG. 18

Freddie B and a Few Close Friends Present "Groovin' on a Sunday

Afternoon"

The casino headliner presents an afternoon of jazz and blues standards. 3P, \$35-\$55. Myron's Cabaret Jazz at The Smith Center, thesmithcenter. com

AUG. 23-24

Switchback Live in Concert

Brian FitzGer-

ald and Martin McCormack will play their brand of eclectic Celtic and Americana music. Free. West Charleston Library (Fri 7P), Clark County Library (Sat 2P), lvccld.org

AUG. 23-24

An Evening with Jane Monheit and **Her Greatest** Hits

The songstress performs jazz and pop standards, as well as her own originals. 8P. \$39-\$59. Myron's Cabaret Jazz at The Smith Center, thesmith center.com

AUG. 30

Lisa Lisa, Trinere, Connie, & Nocera Latin HipHop/ freestyle icon Lisa Lisa headlines this event with several contemporary freestyle artists. Ages 18+. 7P, \$40-\$60.

Brooklyn Bowl

at The Ling, brooklynbowl. com

AUG. 31

Solitary Man starring Rob Garrett

A tribute to the life and music of Neil Diamond. 7P. \$20. Starbright Theatre at Sun City Summerlin, scscai.com

SEPT. 7

Las Vegas Philharmonic **Opening Night** Pictures at an Exhibition In addition to Mussorgsky's classic, the orchestra will be performing Tchaikovsky's Violin Concerto in D Major and Anna Clyne's "Masquerade".

7:30P, \$31-\$110.

Revnolds Hall at

The Smith Cen-

ter, thesmith

center.com

THEATER & COMEDY

THROUGH AUG. 4

The Book of Mormon

The hit musical about a pair of mismatched missionaries returns for a limited run. Tue-Sat 7:30; Sat-Sun 2P. Reynolds Hall at The Smith Center, thesmith center.com

AUG. 3 **No Limits**

Theater: Believe it or Not!

A night of entertainment staring children with hearing loss. 1P. \$10-\$15. Alta Ham Fine Arts at UNLV, unlv.edu

AUG. 16-18

Oldtimers the Musical

Laura's mother was just diagnosed with the early signs of Alzheimer's/ dementia and family life is impacted from day one. Fri-Sat 7P; Sun 2P, free. West Las Vegas Library

AUG. 17

Dog Days of **Improv**

Beat the heat with laughter! LVIP is a family-friendly show with musical and short-form improv all made up by suggestions from you, the audience. **7P, \$10**; \$5 kids/military. **Show Creators** Studio, 4455 W. Sunset Road, lvimprov.com

AUG. 20-25

Anastasia

A brave young woman sets out to discover the mystery of her past in this Broadway musical adaptation of the classic story. Tue-Sun, 7:30; Sat-Sun 2P, \$37-\$138. Revnolds Hall at The Smith Center, thesmithcenter. com

DISCUSSIONS & READINGS

AUG. 9

Pizza Poetry

Let pizza inspire you to be a poet! Listen to some poetry, enjoy a savory slice of pizza provided by Evel Pie, and add your own poem to the "Poet Tree." Ages 5-17, 4P, free. Whitney Library, lvccld.org

AUG. 14

Evening Lecture: A Natural History of the **Mojave Desert**

UNLV's Lawrence R. Walker (professor of plant biology) and Frederick Landau (Research Associate) will discuss their newly released book. 6P, free. Nature Center, Clark **County Wetlands** Park, 7050 Wetlands Park Lane, clarkcountynv. gov

AUG. 16

The Poets' Corner

Hosted by LaBlaque Williams. this monthly event is for established poets and openmic participants. featuring the best local talent. Ages 17+. 7:30P, free. West Las Vegas Arts Center, 947 W. Lake Mead Blvd., artslas vegas.org

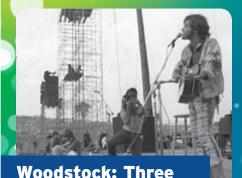
AUG. 23

Las Vegas Story SLAM August's theme



Les Misérables 25th **Anniversary Concert at the 02**

Saturday, August 17 at 6:30 p.m.



Davs That Defined a Generation: **American Experience**

Tuesday, August 6 at 9 p.m.



Downton Abbey Live!

Sunday, August 18 at 6 p.m. and 9 p.m.



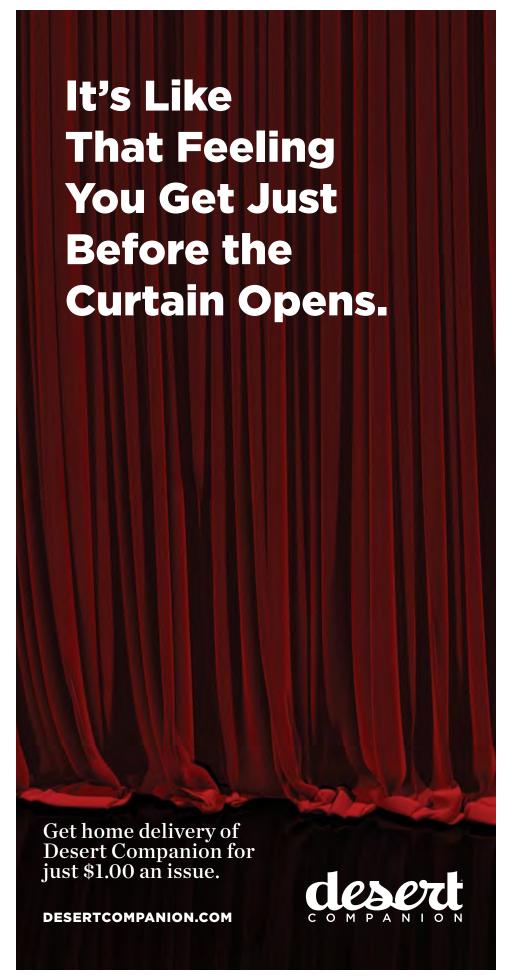
Tuesday, August 20 at 7:30 p.m.



at Red Rocks

Friday, August 23 at 10:30 p.m.

Trusted. Valued. Essential. • 702.799.1010 • VegasPBS.org



The Guide

is "Disquise," but don't let the theme get in the way of a good story! Tell or listen to five-minute personal stories. 6P, free. The Center for Science & Wonder, 1651 E. Sunset Road, lasvegasstory slam@gmail.com

DANCE

AUG. 7-28

Ethnic Express International **Folk Dancing**

Have an evening of fun learning international dance styles including Arabic. Armenian, Bulgarian, Chinese, Greek, Israeli, Macedonian, Russian, Serbian, and Turkish folk. Ages 8+. Wed. 6:30P, \$6. Charleston **Heights Arts** Center, 800 S. Brush St., ethnicexpresslasvegas. org

AUG. 10

USA Ballroom Dance

Watch and learn traditional ballroom dance. Ages 13+. 7P, \$10. Charleston **Heights Arts** Center. 800 S. Brush St., usadancelas vegas.com

AUG. 11

Golden Dream Las Vegas **Festival**

Zemskov Dance Academy's talent show was created

to popularize arts and communication between the artists of different countries. 3P, free. Main Theater at Clark County Library, Ivccld.org

AUG. 17

Tendo Ryu August Japanese Dance

The Rising Asian Pacific American Coalition for Diversity presents their award-winning traditional dances. 12:30P, \$15. Main Theater at Clark County Library, Ivccld.org

FAMILY & FESTIVALS

AUG. 2

First Friday From crafts to food to everything in between, this is the place to celebrate all things artsy. Cockroach Theatre offers 20-minute vignettes, multiple food trucks offer mouth-watering dining, and booths of all sorts offer one-of-akind items. 5-11P,

AUG. 10-11

St., ffflv.org

free. 1025 First

Second Annual "A Touch of Africa" Festival

This two-day festival includes a bazaar, dance performances, music, food, and immersive learning experiences. Sat 6P-11P; Sun 10A-7:30P,

\$10-\$75. Main Theater at Clark **County Library** (Sat), UNLV Department of Dance (Sun), africalovestore. com

AUG. 24

Something Scottish Festival

Spend an enchanting day with Mary, Queen of Scots and her court. There will be live bagpipes and highland dancers, demonstrations of spinning and weaving, a Wee Bairns Corner for children, food tastings, and other Scottish fun. 10A-3P, free. Windmill Library, lvccld.org

AUG. 31

A Different Side of God

De'Shaun Carr uses a culinary arts presentational format to introduce songs, poems, and other art forms by various artists. 6P, free. West Las Vegas Library, lvccld.org

FUNDRAISERS

AUG. 12

Mondays Dark benefiting **Xtreme Couture GI Foundation**

Mark Shunock gathers an eclectic cast of guests including stars from Hollywood, the Strip, musical acts, athletes, and celebrity chefs for 90 minutes of chat, entertainment, and a lot of laughs - all to benefit a local charity. 7P, \$20-\$50. The Space, 3460 Cavaretta Court, mondays dark.com

AUG. 23

Foreclosed Upon Pets, Inc - 11th Annual **Fundraiser**

Save abandoned and abused pets while you enjoy an evening filled with buffet foods, drinks, a raffle, an auction, and live entertainment.

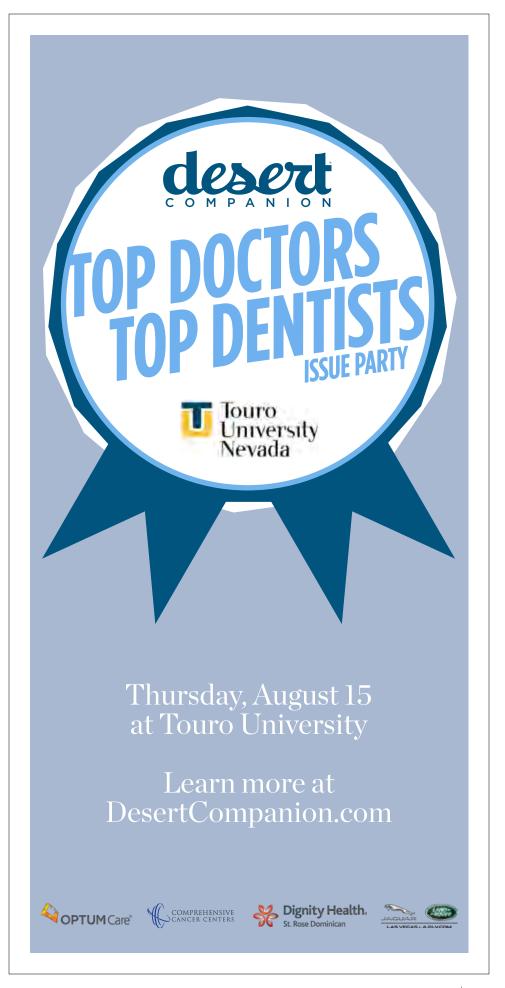
\$35. Opportunity Village Buffalo Campus, 6050 S. Buffalo Drive. foreclosed uponpets.org

AUG. 26

Mondays Dark benefiting The Garden **Foundation**

Mark Shunock gathers an eclectic cast of guests including stars from Hollywood, the Strip, musical acts, athletes, and celebrity chefs for 90 minutes of chat, entertainment, and a lot of laughs - all to benefit a local charity.

7P, \$20-\$50. The Space, 3460 Cavaretta Court, mondaysdark. com



AUGUST 1, 1941: Judge W.D. Hatton renders a decision favoring the county against nuisance businesses in the red light district of "Block 16" - the only section of Las Vegas to allow booze and prostitution.

AUGUST 2, 2000: After 146 days without "measurable precipitation," it finally rains .07 of an inch; Las Vegas comes close to breaking the record of 150 days without rain, set in 1959.

AUGUST 3, 2000: Former U.S. Surgeon General Dr. Jovce Elders, speaking at the Orleans Hotel, says, "We've got kids graduating from high school who wear shoes that light up when they walk, and they have brains that go dead when they talk."

AUGUST 4, 2005: Arvin Edwards. 32, is sentenced to four to 10 years for a shooting after a fight broke out involving NFL football star Adam "Pacman" Jones at the Minxx nightclub during the NBA All-Star weekend in 2003, which paralyzed bouncer and local guitar player Tom Urbanski from the waist down.

AUGUST 5, 2005: Two ducks carrying the West Nile virus have reportedly been found in the swimming pool of an unnamed major Strip hotel.

AUGUST 6, 2005: As the West Nile virus "keeps spreading in Clark County," officials refuse to identify the casino where the virus has been discovered. "citing a 2003 federal injunction that bars them from naming corporations with whom they often collaborate."

AUGUST 7, 1940: Seven people, including four children, die in a West Side explosion of "Petrolane gas tanks."

AUGUST 8, 2005: Once called "a den of downtown prostitution," the Del Mar Motel on Las Vegas Boulevard, which charged \$35 per hour for a room, has been shut down by the City Council.

RANDOM **ACCESS MEMORY**

Droll, odd, poignant, and awkward moments from the many Augusts of Las Vegas history

BY Chip Mosher

AUGUST 9, 1975: The Happy Hooker, a film starring Lynn Redgrave, is playing at the Las Vegas Cinerama.

AUGUST 10, 1945: Las Vegas High graduate Dr. William Ogle, 27, who designed a cyclotron for smashing atoms, is in the news for his work on the atom bomb, which was dropped four days ago on Hiroshima, Japan,

AUGUST 11, 1982: According to the Association of Atomic Veterans: "250,000 veterans were exposed to radiation during 235 atmospheric nuclear explosions between 1945 and 1963, mostly in Southern Nevada. Thousands of them have suffered from cancer as a consequence."

AUGUST 12: 1909: Las Vegans can finally receive "painless dentistry" - in Los Angeles, where silver fillings cost \$1 each; and gold crowns, \$5.

AUGUST 13, 1964: Local leaders call for a "10-man crime board" after an FBI report tags Vegas as "leading the nation in crime."

AUGUST 14, 1950: The Asphalt Jungle, a film about "crooked streets and crooked lives," is playing at the El Portal Theater. AUGUST 15, 1998: Sheila Tarr Smith, 34, the NCAA heptathlon (seven-event) champion in 1984, and UNLV's most valuable athlete in 1985, has passed away from a rare neurological disorder.

AUGUST 16, 1964: Tickets ranging from \$2.20 to \$5.50 go on sale for the upcoming Beatles' concert in four days.

AUGUST 17, 1932: A separate second post of the Veterans of Foreign Wars is organized here "for colored veterans only."

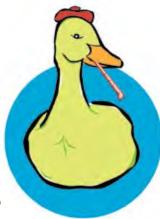
AUGUST 18, 1922: Las Vegas is "cut off from the outside world for four days" when the Union Pacific train through town shuts down during the nationwide railroad workers' strike.

AUGUST 19, 1941: Peter Pauff, 94, resident since 1905, celebrates his birthday with Mrs. Pauff, 87. Married 70 years, they "boast of having probably the longest record of marital happiness in Nevada."

AUGUST 20, 1964: With more than 16,000 attendees, "most of the music is lost in the screams of wild-eyed teenage girls" during the Beatles' two concerts at the Las Vegas Convention Center.

AUGUST 21, 1985: Based on attendance and gross receipts, Vegas entertainer Liberace has been ranked the No. 1 box office attraction in America, ahead of Bruce Springsteen and Michael Jackson.

AUGUST 22, 1985: Area health authorities "attempt to quash rumors that AIDS can be con-



tracted while donating blood or from swimming pools."

AUGUST 23, 1988: A 42-year-old mother and her four children - ages 18, 16, 13, and 12 - are arrested for allegedly selling crack cocaine out of their home to undercover police officers.

AUGUST 24, 1950: Judge Walter Richards rules that auto tycoon James Cashman Sr. is guilty of cruelty to animals for using a burro, a monkey, and several chipmunks as a political stunt, by tethering these creatures in front of his business for long hours in the hot sun without water.

AUGUST 25, 1907: Rumors are circulating that a bigger ice plant, with a 100-ton daily capacity, will soon be built to replace the ice plant that recently burned to the ground.

AUGUST 26, 1981: Claiming to be Vegas' No. 1 psychic, Christy Hughes predicts greed eventually will turn this city into "a ghost town, with all the hotel rooms turned into quarters for government troops."

AUGUST 27, 1981: Teachers are ready to vote tomorrow to avert a looming strike by accepting a 24 percent salary increase over a two-year period.

AUGUST 28, 1993: Although Nevada ranks near the top in the nation for AIDS cases per 100,000 residents, it ranks near the bottom for state funding of AIDS related programs.

AUGUST 29, 1981: A small article in the newspaper reports: "two rare diseases mysteriously have struck more than 100 homosexual men in the U.S., killing nearly half of them."

AUGUST 30, 2001: Congregation Ner Tamid has announced it is the first synagogue in our valley to have a female rabbi, Jennifer C. Weiner.

AUGUST 31, 1947: "Midget auto racing" comes to town for the first time at the Last Frontier Sportsdrome.

Sources: Las Vegas Age; Las Vegas Morning Tribune; Las Vegas Review-Journal; Las Vegas Sun



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