

Nevada tops nation for folks looking to make a move

By Jason Hidalgo, Reno Gazette-Journal

There's a whole lotta movin' going on in Nevada.

The Silver State ranked No. 1 among all states for its rate of people looking to make a move, either in-state or from out-of-state, according to national real estate analytics company ATTOM Data Solutions.

ATTOM's "Pre-Mover Index" looks at application and loan approval data that borrowers are required to submit by law. The data is highly predictive of a home selling within 30 days to 90 days, said Daren Blomquist, ATTOM senior vice president. The latest study results are from the first quarter of the year.

Read the whole story

Snippets about Lake Tahoe

- Volunteers are needed to clean up the beaches of Lake Tahoe on July 5. Sign up **online**.
- Free Bird Cafe of South Lake Tahoe is celebrating its first anniversary of its second location and its eighth year in business on June 14. Stop by either location for a free 12-ounce drip coffee – 2753 Lake Tahoe Blvd. or 2229 Lake Tahoe Blvd.
- The 10th summer of Bluesdays in the Village at Squaw

Valley returns June 12. The free, family-friendly concerts take place every Tuesday through Sept. 4 in the Events Plaza from 6-8:30pm.

- Ann and Dennis Letl, retired residents of Rescue, were named the 2018 El Dorado County seniors of the year.

- The Kirkwood Summer Festival will be June 30 from 3-6pm in the village plaza. The event includes food, wine and beer tasting, live music with Ten Dollar Pony, activities for kids and a silent auction. Pre-registration is available **online**. Adult tickets cost \$40 (\$50 on June 30). Proceeds benefit the Kirkwood Volunteer Fire Department.

Fundraiser to benefit Truckee organizations

The Tahoe Donner Giving Fund will host its fourth annual dinner and silent auction on July 11 at 6pm at the Pavilion Tent at the Lodge Restaurant & Pub.

Proceeds from the event funds fall grants supporting local nonprofits in the greater Truckee area and scholarships to community high school graduates.

Graham Kent will be the guest speaker. Kent is the founder of AlertTahoe, a system of cameras streaming real-time images to firefighters, other emergency personnel, and the public. He is also the director of the Nevada Seismological Laboratory and professor in the Department of Geological Sciences and Engineering at UNR.

Tickets are \$100 per person and can be purchased **online**.

Nev. to gain from nationwide legal sports betting

By Todd Prince, Las Vegas Review-Journal

Nationwide legal sports betting could generate a much larger handle and more local casino visitation than Nevada gaming insiders expect, a Wall Street analyst said.

His proof? A surge in local hockey bets.

The regular-season hockey handle jumped 40 percent from October to April to \$271 million in Clark County – which includes the Strip, downtown and locals markets. It was up more than 30 percent in the locals market alone.

Read the whole story

AAUW sending Tahoe girls to STEM event

American Association of University Women, South Lake Tahoe branch recently awarded three sponsorships to a weeklong STEM (science, technology, engineering, mathematics) focused Tech Trek Camp on the UC Davis campus in July.

Winners are Kyla Schrauben, Daniela Bonilla, and Evelyn Bennett. All three girls are from South Tahoe Middle School, with an alternate, Mia Roper, chosen from Whittell.

These girls who are entering eighth grade in September were nominated by their science/math teachers and selected following a personal interview. Girls will live in a dormitory, eat at the dining commons, and attend workshops in one of five fields: anatomy/physiology, genetics, engineering, 3-D math, and coding express.

South Tahoe man killed, gunman on the loose

Update 2:05pm:

A South Lake Tahoe man was gunned down in a residence on Spruce Avenue on Monday night.

Gregory Mitchoff, 62, was found with multiple gunshot wounds.

The suspect is still on the loose.

“Several witnesses said there was an argument before the gunshots,” Police Chief Brian Uhler told *Lake Tahoe News*. “This was not just a random act of violence for no reason at all.”

That doesn’t mean the suspect does not pose a danger. At this time there is no information about the suspect or the vehicle he sped off in. How the two knew each other has not been released.

Uhler said the victim was shot several times at about 9:40pm June 11. He was pronounced dead at Barton Memorial Hospital about two hours later.

– *Lake Tahoe News staff report*

NDOT hosting transportation meetings

The Nevada Department of Transportation is hosting community workshops to gather public input on rural transit services and needs.

NDOT is updating the Coordinated Human Services Transportation Plan for rural Nevada. The plan assesses existing transit services and future needs to help guide transit prioritization and identify strategies to meet future transit needs across the state.

Topics will include rural community needs for public transportation to work, medical appointments, entertainment and other venues. Public, private and nonprofit transportation providers, human service agencies and citizens needing public transportation are encouraged to attend to learn more about the plan and share feedback about local and regional access to transit resources.

The closest meetings to Tahoe are:

- June 22 from 9:30-11am, Douglas County Community/Senior Center, North Room, 1329 Waterloo Lane, Gardnerville;
 - June 22 from 2-3:30pm, Carson City Senior Center, 911 Beverly Drive, Carson City.
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Maloff Center not just about helping the injured



Rehabbing at the Maloff Center comes with stunning views.
Photo/Kathryn Reed

By Kathryn Reed

People are hobbling on crutches, easing along with a walker and relying on a cane for stability. Clearly, this is a place for healing. But just steps from the entrance is what looks like a state-of-the-art-gym, not just the usual apparatuses in a rehabilitation center.

The dichotomy between patient and tools appears extreme, at least to the lay person.

To those who work here, it all seems very normal.

“Treating the entire patient and not just the injury or symptoms.”



The Robert Maloff Center in South Lake Tahoe is designed to revolutionize wellness on the South Shore. Photo/Kathryn Reed

That is the overriding philosophy of the Barton Center for Orthopedics and Wellness that opened in May in the Robert Maloff Center. The complex is walking distance from Barton Memorial Hospital in South Lake Tahoe.

It's been a gradual opening, with rehabilitation staff starting to work there last week, orthopedics and integrated medicine will move over next week, and the grand opening will be in July.

While words like "performance" and "excellence" were first associated with the facility when it was in its developmental phase, this led to some confusion as to whether this center was for elite athletes or everyone else. It's both, with the "everyone else" being more of the emphasis because there are more of them. "Performance" and "excellence" are defined by the individual without comparison to others.



Chris Proctor is in charge of overseeing all things at the Maloff Center. Photo/Kathryn Reed

“It’s a community building at its heart. And it’s a wellness building at its heart,” Chris Proctor told *Lake Tahoe News* during a tour of the 26,000-square-foot, two-story building. He is the administrative director for the center. “It is available to anyone who is ready to commit to wellness. Wellness should be about how do we approach the whole body.”

Barton has long been a leader in orthopedic medicine, but more on the surgical and recovery side. What the Maloff Center does is allow professionals to work with anyone in what is more of a preventative manner so perhaps they are never in surgery. Every client will get a customized program. It goes beyond what a trainer at a gym would do because assessments involve looking at the whole person – their gait, how one arm might be stronger than another, a leg could be shorter. These and other factors play into how someone should workout/train/strengthen their bodies. Movement analysis is at the foundation of the

assessment.

Nutrition is a component, as is stress management.

Performance and physical therapy are integrated.



Water therapy is part of the protocols at the wellness center.
Photo/Kathryn Reed

While plenty of people will be referred here from a doctor, others can benefit from the physical therapists' knowledge.

The backdrop for the six rehab tables are large windows that open to the forest, with the Upper Truckee River and Johnson Meadow just beyond the trees. It's an incredibly serene setting that is therapeutic in itself.

People are getting treatments in this open setting – no individual, sterile rooms.

The expansive, openness is by design – to physically and emotionally integrate therapy and training.



Athletic equipment is available to anyone who wants to workout. Photo/Kathryn Reed

The goal is not to compete with area gyms. In fact, Barton sees its services complementing what people do at their gym. For \$29/month people can be on a performance plan after an initial assessment; this tells the person what they need to be doing and then a coach tracks the person. People outside of Tahoe could do this version.

An initial assessment costs \$149, lasts up to 90 minutes and includes use of the center for one month.

Unlimited use of the facility costs \$129 a month. This also allows individuals to pop over to the rehab side to work out a kink at no additional cost, and without a referral. Working with a coach is part of the fee, too.

There are also youth programs and community fit classes.

Also on the first floor is the wet room, which includes a series of three pools. One hot, one cold, one where people can

swim or walk. The funding came from Paul Fry's estate. Fry established Tahoe Fracture Clinic in 1964. The well-known physician died in 2015.

A \$10 million donation from Lisa Maloff paid for about one-third of the expenses of the building, including parking garage. A plaque honoring her and husband Bob is in the reception area. She is expected to be at the grand opening next month to see what her money helped create. After all, she was at the groundbreaking.

The center is expected to employ between 25 and 30 people. This changes depending on which doctors are there. There will be six physical therapists and six fitness coaches. Health coach is a certified position.

Upstairs is where the 17 exam rooms are located. This is twice as big as any of the current clinics that Barton operates.



The Maloff Center has openness to it, with the second and first floors visible to one another. Photo/Kathryn Reed

The goal was to create four care stations so the medical team is closer to the rooms. This makes more efficient use of time for employees and should mean patients are getting treated faster.

Unusual in medical exam rooms is the carpet. As Proctor explained, this makes it quieter and warmer. The material can also be mopped to keep it sanitary.

A big change is that the monitor allows for X-rays to be seen in each room so the patient and doctor are not viewing it in the hall, as is the case now at the various clinics. The desks on which the keyboard sits swivels, so medical personnel do not have their backs to the patient. The screens may also be used as an educational tool.

Three of the rooms will be used for procedures, such as injections so the patient does not have to come back.

One side of the second floor is meeting space that can be sectioned off. This is where classes are taught. The dividers double as white boards. Each section has audio-visual capabilities.

In between the two areas is glass, with a view to the first level. All of this makes for an experience that is unlike most medical centers – it's warm and welcoming. Even the brown/gold/blue color scheme is soft, which is noticeable when walking in off the street.

A long hallway with seating, computers and a view to Mount Tallac is for people to gather. The area is a work in progress, and purposefully designed that way. The hope is it will be more of a social area. In this space is the care coordinator hub, where employees will help clients dial in their needs. They are essentially medical concierges.

Barton is still assessing what it will do with its current offices. For certain the 1139 Third St. facility will be

repurposed, possibly into a rural health clinic. A wound care clinic is another need. The rehab center in the hospital will remain, as this new one is meant to be focused on orthopedic needs.

Letter: LT Humane Society going in new direction

To the community,

The board of directors of the Lake Tahoe Humane Society would like to once again thank our incredible community for your continued encouragement. As a compassionate, concerned, and animal loving community, you have locked arms with us on the courageous journey to start all over again. We're not going to sugar coat it, it's been a challenging journey, and the hours are long – but it's all worth it, because of you, and where we are headed.

We acknowledge that our community needs time to build back confidence with a brand new board of directors, and precisely why we have added this requirement to the Humane Society bylaws for all board members now and in the future. We are very serious about how this organization and finances are managed, and have put very stringent practices in place with risk management, compliance, and reporting. We did this to demonstrate to our donors and supporters that we are trustworthy stewards, and are now well positioned to make decisions that you can trust in. Which brings us to a very important new development.

On June 6, the Humane Society building located at 884 Emerald Bay Road was put on the market for sale.

After assessing our financial situation from many angles, we determined that selling the building was the best option to: (1) stabilize the organization; (2) immediately compensate, in full, the local veterinarians and the other businesses that we owe; (3) and to restore some of the most valued programs to the community.

“The sale of the property will allow the organization to get back to basics – serving the community,” said President Michael Dalton.

To help us with the sale, the board has selected Scott Fair, NAI Tahoe Sierra from an incredible pool of local Realtors to represent us. Fair is a South Lake Tahoe native and his experience coupled with his enthusiasm to help us sell the building and get back on our feet was the driving force behind our decision. He has a high track record with commercial sales along the Highway 89 corridor and throughout the Tahoe basin, is an avid animal lover and outdoors enthusiast.

With the help of our beloved volunteers, partners, and supporters, we have cleaned house, raised some money with our garage sale, and now it's time to pack up just the essentials and head to a new home. We will remain at the 884 Emerald Bay Road location until the new owner takes possession. We may be decentralized for a bit, but home for us is where our hearts are – we welcome your help as we knit together our new purpose.

As a compassionate, concerned, and animal loving community, you continue to inspire us to forge forth with the courageous journey it takes to start all over again. Together, we have picked up an organization that was in ruins, almost out of business, and with large issues to resolve.

We have reached out, you have shown up, and shown up big. We continue to be honored and delighted with the outpouring of support from each of you. Helping us clean up, donating and

connecting us to resources, giving us space, lending us your expertise, sending us ideas, and shedding tears with us as we carry forth.

We want to build a new organization with you that we can all be proud of and believe in again – This incredible community has been our “true north” as we make decisions, ask for guidance, and build a common vision – for this we are truly grateful.

We thank you for your continued support.

As always, with incredible gratitude,

Chantale Hansen, vice president operations Lake Tahoe Humane Society

Bay Area cyclist killed in Truckee

A cyclist from the Bay Area was killed Sunday in Truckee while riding on Highway 89.

The name of the 70-year-old from San Rafael has not been released. The cyclist was going south on the highway near Cabin Creek Drive when he was hit by a vehicle about 9:45am June 10.

According to the California Highway Patrol the driver did not appear to be impaired by drugs or alcohol. The name of the driver from Sacramento has not been released.

– Lake Tahoe News staff report