



Steven
Kalas
HUMAN
MATTERS

Market will sort what law cannot

One of my favorite haunts in Las Vegas is Larry's Great Western Meats. An old-fashioned butcher shop. When I'm feeling especially decadent and carnivorous, that's where you'll find me.

I'm standing at the register, paying for my dead animal, when I see the sign saying "We reserve the right to refuse service to anyone."

Well, lots of businesses have that sign. Indeed, I've seen the sign all my life lurking on the wall behind cash registers. But today, standing here, the sign piques my interest anew.

Let's say you are an eager-beaver entrepreneurial type. You are a U.S. citizen. Let's say you work hard, scratch and claw to save



THINKSTOCK

money and finally you realize your dream of owning a small business. You own the building. You own the land on which the building stands.

Let's make you a florist. OK, with pride and joy you open Larry's Great Western Flowers. (I forgot to mention you married into the meat family.)

So, if you forget to post a sign that says "We reserve to the right to refuse service to anyone," and then you refuse to sell me flowers and ask me to leave your store, can I then say, "Neener, neener! You have to sell me flowers because you didn't reserve the right to refuse me!"

On the other hand, if you do post the sign, what rights, exactly, have you reserved?

If I enter the flower shop and behave lawfully (i.e., I'm not naked, not brandishing a weapon or otherwise threatening people, not using the flower pots as a public restroom, not vandalizing property, not screaming obscenities, etc.), then, what rights does an American business owner still retain?

Turn the question around: If you own and operate a flower shop, unlock the front door and turn on the "Open" sign, are you lawfully remanded, ipso facto, to sell flowers to any lawfully behaving customer who

HEALTH ON FOOT



PHOTOS BY ERIK VERDUZCO/LAS VEGAS REVIEW-JOURNAL
Walk with a Doc, a free program sponsored by University Medical Center, offers both fresh-air exercise and the chance to meet health care professionals. It's part of a loosely knit national effort begun in 2005 by Dr. David Sabgir, a Columbus, Ohio, cardiologist.

WALK AND LEARN

PROGRAM LETS LOCALS
QUERY PHYSICIANS AS THEY
STROLL OUTDOOR SETTING

BY JOHN PRZYBYLS

LAS VEGAS REVIEW-JOURNAL



People participate in a Walk with a Doc event at the Springs Preserve.

"I find medical subjects interesting and I think it doesn't hurt to do walking. Any exercise that gets you outside, and in beautiful weather, is a good one."

CHERYL KEOWN
WALK WITH A DOC PARTICIPANT

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Movement matters more than miles

Heat, moisture, light can sap your medicines' strength

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HEALTH
Q&A

Send questions about general health

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It's a warmish morning, but seasoned with a refreshing measure of cool air, creating one of those prespring days that you wish would hang around Southern Nevada year-round. It's a perfect day for a walk at the Las Vegas Springs Preserve, particularly a walk mixed with a bit of health education, and that's why a group of casually dressed walkers gathers at the entrance to the preserve's trails network. They're here to participate in the March edition of Walk with a Doc, a free program sponsored by University Medical Center that offers both fresh-air exercise and the chance to meet a few health care professionals.

UMC's Walk with a Doc program is part of a loosely knit national effort begun in 2005 by Dr. David Sabgir, a Columbus, Ohio, cardiologist, as a

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You know how hot.

► WALK DOC: Movement matters more than miles, officials say

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way of encouraging physical activity. Since then, the program has expanded to most of the states as well as locations in Canada, Ireland, Australia and Russia.

Local Walk with a Doc outings are held at 9:30 a.m. on the third Thursday of every month, usually at the Springs Preserve. There's no cost to participate, and all participants need to show up wearing their most comfortable walking shoes and packing a curious mind.

Each month's session revolves around a specific health topic or medical specialty. Last month's Walk with a Doc began with a short presentation by UMC officials and Nevada Donor Network representatives about kidney health and organ donation.

Dinorah Arambula, a volunteer with Nevada Donor Network, began by discussing the always-urgent need for organ donations. She knows the topic from both a professional and personal vantage point, because she is, herself, the recipient of a donor kidney.

While the outdoor setting and prehike agenda is a bit unusual, she says, "this is pretty much what I've been doing for the last three years."

So consider it just a bonus that Arambula says she does "a lot of hiking," particularly at Red Rock Canyon National Conservation Area, as part of her exercise regimen. Beyond hiking, she has won several medals in the Transplant Games of America competition and hopes to compete in this year's World Transplant Games in Argentina.

The informational session conducted by Arambula and UMC representatives is low-key and casual, with a laid-back vibe that meshes well with its surroundings. After a few questions are taken from hikers, it's time to walk.

It's not a strenuous hike, but one that takes hikers far enough into the preserve's trails system to make it feel like they're no longer in an urban environment. Along the way, walkers can talk with the health care professionals who join them or just appreciate the chance for a nice midmorning stroll.

Linda Butler says she enjoys not just the walks, but the chance to talk to the physicians, nurses and others in a casual, nonoffice setting. In an examination room, "it's hard to spend 15 minutes with a doctor," she says.

Butler says she enjoys getting outside, "and I like to find out about my health," and that, she figures, makes



Dr. Syed Shah answers questions following the University Medical Center-sponsored Walk with a Doc program at the Springs Preserve.

Walk with a Doc "a great program."

It's Stephanie Brown's first Walk with a Doc hike. She suffered a stroke about two years ago — "the causes were stress, high blood pressure and high cholesterol," she says — and while there are no obvious visible effects, she's still using a cane as much, she says, for moral support as physical.

Although it's her first Walk with a Doc hike, Brown is an experienced recreational walker. When she lived in Heidelberg, Germany — her military husband was stationed there — Brown took part in Volksmarches, popular recreational walking events.

Participants received medals for walks, and the events were as much about fun and socializing as they were for fitness, Brown says. When she learned about Walk with a Doc through Meetup.com, she thought she'd give it a try.

"I hate exercise, but I love to walk," says Brown, who figures that Walk with a Doc hikes could be a way to "build my confidence that I can do it, because I don't want to depend on this cane." Cheryl Keown has been participating

in Walk with a Doc since the first hike and calls the program a great idea.

"I find medical subjects interesting," she says, "and I think it doesn't hurt to do walking. Any exercise that gets you outside, and in beautiful weather, is a good one."

Shelley Warner, a UMC management analyst, discovered the national Walk with a Doc program through a newspaper article and approached her boss to suggest that the hospital create a program here.

"It's now going on its second year," she says. The hikes typically attract 20 to 40 people per month.

"And once we build up to more people we hope to do it twice monthly."

The goal isn't for participants to clock a specific number of miles each session, Warner says, but, rather, "to get you up and moving."

Warner recalls one obese participant who, "when I looked him over, I thought, 'I don't think he's going to be able to make it.' So we stayed behind with him, and it took him an hour but he got through it. He (later) called me and said, 'Shelley, I went to the mailbox today.'

"That's our goal, to get people up and moving and get blood pumping to your heart. Please, live longer, do better, love you."

Doctors who participate in the sessions have had "really positive" reactions to it, Warner says, and say they enjoy the public outreach opportunity it offers.

"So it's really nice," Warner says. "And I think it's important."

For most of the year, Walk with a Doc sessions are held at 9:30 a.m. on the third Thursday of the month at the Las Vegas Springs Preserve, 333 S. Valley View Blvd. During May, June, July and August, the walks move to an earlier time, 7 a.m., and a different location, at Lorenzi Park, 3343 W. Washington Ave. No registration is necessary.

This month's session, to be held Thursday at the Springs Preserve, will feature UMC's emergency department. For more information, visit the UMC website (www.umcnv.com/walkwithadoc).

Contact reporter John Przybys at jprzybys@reviewjournal.com or 702-383-0280. Follow JJPrzybys on Twitter.

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We provide answers where others only offer excuses.

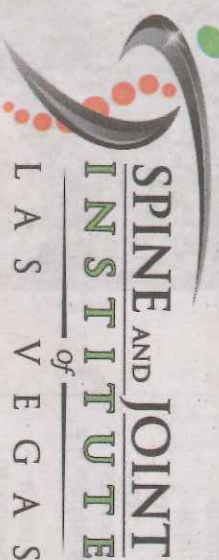
- "You need to learn to live with your pain."
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- "You need surgery."

• "Here take this pill; this will help what ails you."

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"I have been suffering with low back pain for over 20 years. I tried everything. They told me I needed surgery. I was at the end of my rope. Then I saw the Spine and Joint Institute LASER commercial on TV. It was the answer to my prayers. I did the LASER program and now I have my life back again. If you suffer with pain, maybe you have been told you need surgery...call the Spine and Joint Institute to see if they can help you first. You won't regret it. Thank you Spine and Joint for my new life." - Jeanne K.

"I've tried Physical Therapy, Chiropractic, medication, tape, and nothing seemed to help. I was told that I should have surgery for a bulging disc in my back. I saw the LASER Therapy ad on TV and I called to make an appointment. It was the best thing I ever did. I am only half way through my LASER treatments and I can't believe the difference." - Kurt J.

"I have suffered with back pain for over 13 years...my pain was over powering. I saw the LASER Therapy ad in the RJ and I called to make an appointment. I am so excited because my life has changed. I am now pain free. The Spine and Joint Institute has exceeded all my expectations. You