

By comparison

## Nevada is young and hip and no so bad after all

By Ronni Hannaman

*Each year the Taxpayers Network puts out a handy pocket guide "50 State Comparisons." The 2011 edition is chock full of data that might be of interest to residents and particularly to those who like numbers and comparisons.*

The purpose of the study, according to the network, is "to generate policy discussions" in areas covered in the statistics below. We want you to be armed with the correct information when you become engaged in heavy discussions and not use hearsay as your source. I assure you that there is much to discuss after viewing these statistics.

**A word of caution!** Remember, many of these stats are driven by Clark County.

With a population of about 2.7 million, of whom almost 2.1 million reside in Clark County, Nevada ranks 35th overall. California, with more than 37 million residents, is the most populous state.

Between 2000 and 2010, Nevada grew by a whopping 35.1 percent, earning the state the No. 1 ranking among states. Everyone, it seemed, wanted to live, work and play in Nevada. During the same period, Arizona came in second in growth at 24 percent. California grew by 10 percent during that period.

### Per capita earnings, our hip young population and low poverty level

Nevada ranks 31st among states in per capita income, at \$36,752. Washington, D.C., came in first at \$69,597 per capita. The U.S. average is \$49,578.

Even with a lower per capita income, Nevada ranks near the bottom for those below poverty level at No. 37. Among state residents, 11.1 percent were considered living in poverty. Mississippi had the highest poverty among the states, with 21.4 percent. The national average is 13.5 percent.

Nevada is 41st among states in the population category of 65 and older, with 21.8 percent of the population falling in that group. That's below the 23.6 percent national. Alaska is the state with the youngest average population, with 14.2 percent of residents over the age of 65. Florida ranks No. 1,

with almost 30 percent. California, with an image of being a bastion of the young and hip, ranks 33rd. As for Carson City, we're not as old as we think we are, showing only 16.6 percent over 65 with those under 18 at 23.6 percent.

### Taxes, government workers and more

Though we think otherwise, the study shows we don't pay much tax when it comes to supporting our state and local governments. The average U.S. rate as a percentage of income is 9.8 percent. Nevada comes in second-to-last — No. 49, at 7.5 percent. Alaska has the overall lowest tax burden, at 6.3 percent. New Jersey, New York and Connecticut have the highest tax burdens. California ranks No. 6 nationwide, at 10.6 percent. Nevadans spend 43 days working to pay taxes. Those living in California must work 104 days to satisfy their annual tax burdens.

Casinos have long been associated with Nevada and have contributed greatly to the state's economy. Nevada has 260 gaming establishment, three of which are owned by Indian gaming organizations. Colorado comes in second, with 40 non-Indian establishments and two operated by

Health insurance is costly in Nevada, and 20.8 percent of state residents are uninsured, ranking us at No. 41. The average percentage of uninsured people in the U.S. is 16.7 percent. Nevada's Medicaid spending ranks 24th, at \$13,801 per capita. Among public welfare spending, the state ranks lowest among the states, at \$691 per capita.

### Spending on education

The U.S. average for teacher's pay is \$55,350. Nevada's not far behind, paying an average of \$51,524, ranking us at just above the middle of the pack at No. 22. Teachers in New York average is \$71,470, and California ranks No. 2 nationwide at \$70,458.

The U.S. average in state spending per pupil is \$10,506. Nevada spends \$7,951, ranking the state 47th, and California is ranked 45th at \$8,520.

For college-bound Nevadans, average ACT scores for 2009 show a score of 21.5 of the 30 percent taking the exam. The U.S. average score sits at 21.1 with 40 percent taking the exam. California ranked at 22.2, with 19 percent taking the exam. The District of Columbia has the highest spending per student, at \$18,237, yet D.C.'s ACT average score ranks a low of 19.8, with 29 percent taking the exam, ranking the district at No. 46 overall. Mississippi was dead last, with a spending average of just a little less than Nevada at \$7,752 per pupil.

### Bankruptcies and driving habits

Because we grew so much in the 10-year period beginning in 2000, we got caught up in the building frenzy trying to keep ahead of the housing market that we thought would never end. It did, and now we are the state with the highest foreclosure and bankruptcy rates per capita. For every 1,000 Nevada residents, 11 filed for bankruptcy. Georgia came in at No. 2, with 12,807 bankruptcies, followed by Tennessee with 3,396. The actual filings as of February 2011 show Nevada at 9,533 bankruptcies, Arizona with 15,485 and California with 56,229.

Even though Nevada is a large state geographically, we confine ourselves to our respective regions, traveling an annual average of 7,695 miles per year per vehicle, giving the state a 47 on the driving scale — not so good for the gas tax collector. Those living in Wyoming drive the most — an average of 16,761 per miles per capita — ranking them at No. 2. Mississippi took the second spot, at 14,731 miles. Nevada ranks 11th among states in the number of crashes per billion miles traveled, 168

To see how Nevada stacks up against other states in these and other categories, log on to [www.taxpayersnetwork.org](http://www.taxpayersnetwork.org). ■



Nevada is **41st** among states in the population category of 65 and older, with 21.8 percent of the population falling into that group.

Indian gaming. The state with the largest number of Indian gaming establishments is Oklahoma, with 106.

How's our state government doing? We rank 11th in how much we pay our state government employees — an annual average of \$56,688, compared with the national average of \$52,886. In our state, it takes 91 tax-paying residents to pay the salary of one state employee, putting us in the No. 4. By comparison, it takes 27 residents to pay the salary of one government worker in Alaska. In California, it takes 91 workers to pay the salary of one government worker; California government workers are paid an average of \$65,666.

Nevadans pay an average of \$147.57 per person for our state correctional facilities, ranking us 26th — squarely in the middle of the states. Nevada's incarceration rate ranks 18th, which translates to 462 inmates per 100,000 residents. California has 460 inmates per 100,000.

## Spotlight on: Public Health Preparedness

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# A place where *magic* is performed

By Ronni Hannaman

*When did the catch phrase “anti-aging” become so popular that just about every product you see peddled by an under-30 model bears that label? And when did aging become so dreaded, anyway?*

Geared toward baby-boomers who never thought they would ever age and continue to fight the process every step of the way, the peddling and popularity of anti-aging products has become a multimillion-dollar international business.

When young, boomers never thought about wrinkles, growing waistlines, balding, age spots, spider veins or growing hair in places where hair shouldn't be growing. They grew up worshipping the sun, using baby oil to baby the tan. SPF was not yet a known term.

Thank the boomers for all this new lingo and awareness that, yes, even the young grow old and the emphasis on good skin and health should begin almost at birth.

Fortunately for us all, physician-operated clinics have come to the rescue of some who want to avoid all the hype and just do what is best for their skin, thus doing what is best for their psyche.

Such a clinic can be found in Carson City as part of the Carson Medical Group.

Serving clients who want more than just a relax-

ing facial (though they can do that as well), the Cosmetic Laser Center caters to those who want their outer shell to look as good as possible.

Esthetician and Certified Laser Technician Samantha Welsh has operated the center for more than four years and proudly states, “This is the place where we do magic.” Samantha can remove those aging spots on your hands and face, laser off unwanted hair, perform deep-pore facial cleansing and more. “If you are going to a reunion or party where you want to look younger, I can give you a SkinCeuticals firming treatment that will last for at least 48-hours,” she says.

If a more semi-permanent treatment is sought, such as getting rid of deeper facial lines, Dr. Timothy Hillbrick is available for a free consultation and will provide the medical injections necessary to perform even “more magic.” A sale on the most popular products used to fill in lines has been extended through September.

According to Samantha, “The primary age group to visit the clinic is 35-60 — 25 percent of whom are males seeking to have unwanted hair removed.” For those seeking to rejuvenate their skin, a deep-pore cleansing is only \$45 with the calming facial at \$60. Samantha can treat troublesome acne for \$60 per session. Spider vein therapy is a popular treatment and begins with a free medical consultation.

“You won't find waterfalls or the fancy touches found in the high-end spas,” Samantha said, “but you will be given individual attention, lie on a comfortable bed and be able to listen to soothing music as I give you the professional treatment you request.” If you are over 50, you may not end up



Cosmetic Laser Center esthetician Samantha Welsh gives a laser treatment to patient Jolie.

looking like 28-year-old Samantha, but you will look the best you can for your age — and your skin will glow.

Aging is a fact of life, and no amount of expensive creams or treatments will stop the process, but with non-invasive treatment, we can all look more refreshed (and maybe younger) as time continues its invasive march and we all end up looking like Dorian Gray. For an appointment with Samantha, call 882-7693. ■

## Affordable care when it's not so urgent

By Ronni Hannaman

**Got a sore throat?** Is coughing keeping you and your family awake all night and annoying your workmates during the day? Allergies unbearable? Feel nauseous and vomiting? Relief and treatment are as close as your nearest Walmart or Urgent Care clinic.

Getting medical care has recently become even easier for those who cannot wait two weeks for a doctor's appointment and aren't sick enough to go to the emergency room. It's also become more affordable for those without medical insurance or with high co-payments.

In April, Carson Tahoe Hospital purchased the Urgent Care facility at the Carson Mall and recently opened two convenient retail clinics in our two local Walmart stores, north and south.

These clinics will see patients immediately, so if you have a hacking cough and can't see your primary physician, go to Walmart (no appointment needed) and be seen by a professional who will tend to

your needs. The cost is \$65 per visit plus any lab tests that may be required. Private insurance, Medicare and Medicaid are accepted as well. For those needing physicals for sports, school or the DMV, the cost is \$25 per physical.

The local Urgent Care facilities — one in each Walmart, one in the Carson Mall and one in Dayton — are managed by Carson

Tahoe Physician Clinic and are open seven days a week. All clinics are overseen by a board-certified physician, and checks are conducted by a nurse-practitioner or physician's assistant who can diagnose and treat your illness and prescribe medication.

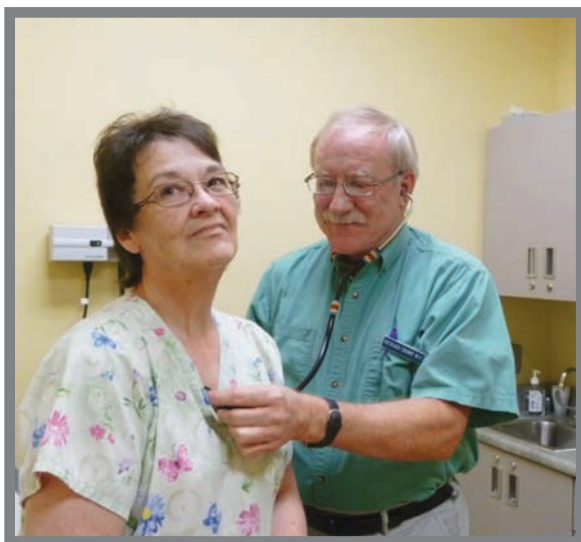
“Our facilities are a good alternative to going to the emergency room for basic care,” says Dolly Frey, manager of all clinics. She said the Walmart facilities will take the “load off the primary-care physicians as well as the Urgent Care clinic at the mall.”

According to Frey, our region is underserved by primary-care physicians, and it can take up to two weeks to get an appointment. “If you go to one of the clinics before your symptoms progress, you can avoid having your condition go into bronchitis or other respiratory infections that may take longer to shake,” she said.

Frey emphasized that the clinics are not an alternative to emergency care, and she cautions those with chest pains or abdominal problems to go to the emergency room.

Flu season will soon be here, and for \$25, protection is at hand to avoid the miserable flu. But, according to Frey, “Wait until October to get your flu shot since you will be protected only for three months, and the highest flu season begins in January.”

The retail clinics at Walmart are a step closer to affordable health care and are open for walk-in care from 9 a.m. to 7 p.m. Monday through Friday; 9 a.m. to 5 p.m. on Saturdays; and from 10 a.m. to 4 p.m. on Sundays. ■



Richard A. Crosby, PA-C examines Stephanie Paulk at the North Walmart Clinic operated by Carson Tahoe Physician Clinic.

*“Our facilities are a good alternative to going to the emergency room for basic care...”*

- Dolly Frey

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# Carson's business climate is perfect for new business

By Ronni Hannaman

Wanting to be in charge of his destiny after being a victim of downsizing in the physical therapy clinic he managed in Reno, Jason Overholser, PT, took a deep breath, did his marketing research and decided it was time to open his own practice on Washington Street in Carson City in May 2010.

"I researched carefully where I thought I would have the best chance of success and where the type of physical therapy services I provide would be best utilized," states Overholser, 42, owner of Optimum Physical Therapy. Though he has some personal history in Carson City, his was an unbiased study showing the business climate in Carson City to be conducive to success adding, "Even though I grew up in Ukiah, CA, I do have roots in Carson City, having played football and graduated from Carson High in 1987 and then going on to UNR for my pre-med degree."

Always a science buff, Jason chose to enter the field of physical therapy because of its challenges, the opportunity for healing and contact with others. After UNR, he had the great fortune of being selected to pursue his post-graduate studies and residency in Holland. "Prior to leaving for Holland, I had never traveled east of Nevada, and this was a great learning opportunity to pursue the 'hands-on' method taught in Europe that makes my practice unique." He spent three years in Holland learning manual-based therapy.

Jason stresses that his practice is not a small gym full of machines. "While machines are useful," Jason states, "I prefer the European method of therapy and like to give personal attention to each and every one of my patients and personally oversee their progress."

His patients are between ages 6 and 96, many referred by local physicians. He is proud of the fact that

in his first year of practice, he treated 10 physicians, who could have chosen already established therapists and not a relative newcomer to the Carson field. His patients come from all over the area including Lake Tahoe, Douglas County and Reno, and he attributes much of his success to word-of-mouth support from satisfied clients, the medical community and local physicians — who he calls "the best around." In a small community, opening a new business can be a challenge since everyone wants to "try you out" and then tell their various contacts of their experience. "It can be sink or swim," he cautions, "and I will swim!"

Jason says, "I could have chosen to practice anywhere; but, to me, Carson City had the best overall business climate." He cites the lower cost per square foot, the stability of the city and the non-saturation of physical therapists as some of the reasons for choosing here.

After 14 years working for someone else and cautiously striking out on his own, Jason cautions, "Many sacrifices must be made when opening your own business before it becomes easier." Wife Sally, a former teacher, works with him two or three days a week and

also takes care of their three children, ages 3, 8 and 10.

Optimum Physical Therapy is a small satellite clinic offering a high level of consistent care. Jason's motto is, "Offer to be the best while being different." ■

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Optimum Physical Therapy's physical therapist and owner, Jason Overholser, works with patient Marcia Conway at his clinic.

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To learn how Kim put her troubles in the rear view mirror, go to [carson Tahoe.com/mystory](http://carson Tahoe.com/mystory).

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