

Health Traxx

For Teachers by Teachers

A PUBLICATION FOR TEACHERS HEALTH TRUST PARTICIPANTS

WINTER 2007



VOLUME 6, ISSUE 4

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WellFit for Life and the Best Weigh to Go

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HEALTH TRAXX*The Teachers Health Trust
Quarterly News Publication*

Health Traxx is published quarterly by the Teachers Health Trust to help participants make life-saving choices when making health care decisions. Although editorial content is based on sound medical information, we ask that you consult a health care professional for all matters of concern. We encourage you to keep copies of this news publication to build a handy home-medical reference or recycle issues to friends and family.

Any opinions expressed by an author/source whose article appears in this publication are solely the opinions of the author/source and do not necessarily reflect the views of the Teachers Health Trust. If you have questions or comments regarding this issue, email the Trust at wellness@teachershealthtrust.org or write to:

Teachers Health Trust
c/o Brenda Kelley
P.O. Box 96238
Las Vegas, NV 89193-6238

CHAIRPERSON
Jane Forbes

**EDITOR &
PUBLICATIONS COORDINATOR**
Misti R. Brock

CONTRIBUTING EDITOR
Brenda Kelley

LAYOUT/DESIGN
Misti R. Brock

• **ADVERTISEMENTS** •

This publication is made in part by the generous donations of network providers and non-profit community organizations. Individuals or companies interested in advertising opportunities in *Health Traxx* should contact Misti R. Brock, Publications Specialist, at mbrock@teachershealthtrust.org or contact the Health Trust Wellness Division at 702-794-0272. An advertisement in the *Health Traxx* publication does not mean the Health Trust endorses the provider or service. Ad purchase space is based on a first come, first serve basis, and advertisers are required to be a part of the Diamond or Platinum provider network. Other organizations have to be non-profit local or national health agencies/organizations approved by the Health Trust Special Events Committee or a profitable company with a valid business license.



A MESSAGE FROM THE CEO

Christmas and a new year are rapidly approaching, even though it seems like only a few months ago the same thing happened. This has been an unusually stressful year for the Trust. Our staff has been working diligently to formulate a retiree health plan for those of you who have devoted your careers to educating our children. We have also been diverted from our normal tasks by the Teamsters' organizing effort and the many false statements they have made about the Health Trust. If all of that was not enough, we are deeply involved in negotiations with all of the local hospitals, whose contracts expire at the end of this year.

Included in this edition of *Health Traxx* is a copy of Health Trust's audited financial statement for the fiscal year ended June 30, 2007. I am proud of this financial statement as it is an independent opinion regarding the financial stability of the Health Trust. Our Claims Department is also audited by an independent firm specializing in claims audits. In addition to all of this oversight, there are three full-time internal auditors employed by the Health Trust whose function is to review current provider claims prior to payment. The point of all of this is to protect your hard-earned dollars and to let you know that the Health Trust should be serving your needs for many years to come.

I hope you all have a joyous holiday season and that the new year spurs you onto a healthy lifestyle.

Sincerely,

Peter Alpert
Chief Executive Officer
November 2007

TRUST **TIDBITS**



Happy Holidays from the Trust!

The Teachers Health Trust staff would like to extend warm seasons greetings to all Clark County School District employees. Have a safe, happy, and healthy winter break!

Don't miss these important Trust deadlines and events:



The **2008 Summary Plan Document (SPD)** CD Rom is being prepared and will mail in early 2008. The SPD is a summary of your benefits and includes plan changes and updates for the 2008 calendar year. Watch for your copy to be arriving by mail in the months to come.



Spring Student Status Verification forms will be mailed to you by January 10, 2008. Please remember, Student Verification from the institution in addition to the Affidavit of Financial Support is now needed for a full-time student to remain an eligible dependent on a Trust plan. **Required documents are due to the Trust by 5:45 p.m. Tuesday, February 12, 2008.**

**Remember, it is your responsibility to verify that all required documents have been received by the Trust prior to the designated deadline dates.



Effective immediately, St. Rose Hospitals will remain Trust In-Network Providers. The Trust is pleased to announce that a contract agreement has been reached with St. Rose Hospitals, including St. Rose Dominican Hospital, St. Rose Siena Hospital, San Martin Hospital, and Parkway Surgery Center, and the St. Rose Facilities will remain within the Trust's Network of Providers. You may continue to seek services at any of the four facilities listed above.

It is very important to the Trust that you have hospital access to meet yours and your covered family members' needs. The Trust is happy to

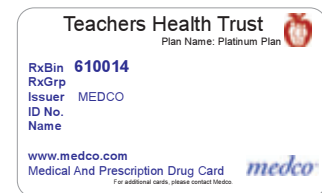
relay its success in balancing both the need to provide you with access and the achievement of a financially sound contract with the St. Rose Facilities.



Please provide **all current insurance information** to your providers. Failure to do so may cause delayed payment and/or incorrectly processed or denied claims.



Below, please find a sample of your **Trust ID card**. This is an universal card to be used for office visits as well as dental, vision and prescription benefits. If you have not received your cards, please contact Medco 1-800-818-2364 or at www.medco.com to order additional cards.



Trust Office Closings

The Teachers Health Trust offices will be closed for the following holidays and events:

Winter Break	December 24-26, 31 January 1, 2008
Martin Luther King Jr. Day	January 21, 2008
President's Day	February 18, 2008
Spring Break	March 21, 2008
Memorial Day	May 26, 2008



Don't Wait for an **Emergency...** *Know Your Nearest Urgent Care Facility*

Do you know the location of the urgent care facility nearest to your home? What about your work? Don't wait until an emergency occurs to try to find an In-Network facility that is open when you need it. For your convenience, the Trust has compiled a list of In-Network urgent care facilities and their hours of operation. For holiday hours, please contact the individual facility directly. And remember, because providers are added and removed from the Trust's network on a daily basis, please check the provider's status within the Trust's network by logging on to the Trust's website at www.teachershealthtrust.org and clicking on "Provider Search."

<p>Advanced Urgent Care/Night Light Pediatrics - Boulder City 999 Adams Blvd., Ste. 102 Boulder City, NV 89005 702-361-2273 Tuesday and Thursday only, 9 a.m. to 3 p.m.</p>	<p>IHC Instacare - St George on Sunset 1739 W. Sunset Blvd. St. George, UT 84770 735-634-6000 Monday through Saturday, 9 a.m. to 9 p.m.</p>	<p>UMC - Laughlin Quick Care 150 Bruce Woodbury Dr. Laughlin, NV 89029 702-383-3933 Monday through Friday, 7 a.m. to 7 p.m. Weekends, 8 a.m. to 4 p.m.</p>
<p>Advanced Urgent Care/Night Light Pediatrics - Eastern 9975 S. Eastern Ave., Ste. 110 Las Vegas, NV 89123 702-361-2273 Monday through Friday, 8 a.m. to 9 p.m. Weekends, 9 a.m. to 4 p.m.</p>	<p>IHC Instacare - Hurricane 90 South 700 West St. George, UT 84790 435-635-9100 Monday through Saturday, 9 a.m. to 9 p.m.</p>	<p>UMC - Nellis Quick Care 61 N. Nellis Blvd. Las Vegas, NV 89110 702-383-6240 Daily, 8 a.m. to 7:30 p.m.</p>
<p>Kid Doctors 4840 S. Fort Apache Rd., Ste. 101 Las Vegas, NV 89121 702-450-5437 Monday through Friday, 5 to 10 p.m. Weekends, noon to 8 p.m.</p>	<p>IHC Instacare - River Road 577 S. River Road St. George, UT 84790 435-688-6300 Monday through Saturday, 9 a.m. to 9 p.m. Closed Sunday</p>	<p>UMC - Peccole Quick Care 9320 W. Sahara Las Vegas, NV 89117 702-383-3850 Daily, 8 a.m. to 7:30 p.m.</p>
<p>Fremont Medical Center - Charleston 9499 W. Charleston Blvd. Las Vegas, NV 89117 702-228-5477 Monday through Friday, 7 a.m. to 8 p.m. Weekends, 8 a.m. to 4 p.m.</p>	<p>Night Light (Dixie) Pediatrics 1240 East 100 South St. George, UT 84790 435-628-8232 Monday through Sunday, 6 to 10 p.m.</p>	<p>UMC - Rancho Quick Care 4231 N. Rancho Rd. Las Vegas, NV 89130 702-383-3800 Daily, 8 a.m. to 7:30 p.m.</p>
<p>Fremont Medical Center - Lake Mead 595 W. Lake Mead Pkwy. Henderson, NV 89015 702-566-5500 Monday through Friday, 7 a.m. to 8 p.m. Weekends, 8 a.m. to 4 p.m.</p>	<p>Rapid Care - Flamingo 4375 W. Desert Inn, Ste. G Las Vegas, NV 89102 702-798-7770 Monday through Friday, 8 a.m. to 6 p.m. Saturday, 8 a.m. to 4 p.m. Closed Sunday</p>	<p>UMC - Spring Valley Quick Care 4180 S. Rainbow Blvd. Las Vegas, NV 89103 Daily, 8 a.m. to 7:30 p.m.</p>
<p>Freemont Medical Center - Wynn 4880 S. Wynn Rd. Las Vegas, NV 89103 702-871-5005 Open 24 hours, including holidays</p>	<p>UMC - Boulder Quick Care 5142 Boulder Hwy. Las Vegas, NV 89122 702-383-2300 Monday through Friday, 9 a.m. to 7:30 p.m. Weekends, 8 a.m. to 4 p.m.</p>	<p>UMC - Summerlin Quick Care 2031 North Buffalo Las Vegas, NV 89128 702-383-3750 Daily, 8 a.m. to 7:30 p.m.</p>
<p>Harmon Medical Center (HMC) 150 E. Harmon Ave. Las Vegas, NV 89109 702-796-1116 Open 24 hours, including holidays</p>	<p>UMC - Craig Quick Care 2202 W. Craig Rd. Las Vegas, NV 89030 702-383-6270 Daily, 8 a.m. to 7:30 p.m.</p>	<p>UMC - Sunset Quick Care 525 Marks St. Henderson, NV 89014 702-383-6210 Daily, 8 a.m. to 7:30 p.m.</p>
	<p>UMC - Enterprise Quick Care 1700 Wheeler Peak St. Las Vegas, NV 89106 702-383-1900 Monday through Friday, 1:30 to 9:30 p.m. Weekends, 8 a.m. to 4 p.m.</p>	<p>Legacy Urgent Care 105 N. Pecos Rd., Ste. 111 Henderson, NV 89074 702-263-4555 Monday through Friday, 8 a.m. to 7:30 p.m. Weekends, 8 a.m. to 4 p.m.</p>

2008 PLAN CHANGES

Benefit Enhancements

Preventive/Routine Care Benefit

The Preventive/Routine Care Benefit calendar year maximum has been increased from \$300 to \$600 per person per calendar year. The key to good health is a healthy lifestyle and early detection, and this benefit encourages you to take advantage of services available to help prevent disease and illness. The maximum will apply to the following services when no diagnosis is present:

- Immunizations, adults and children age six (6) and over
- Annual Physicals/Gynecological Exams
- Pap Smears
- Pulmonary Function Tests
- Sigmoidoscopy
- Treadmill Stress Tests
- Electrocardiograms
- Flu Vaccinations/Pneumonia Vaccinations
- Audiometry
- Bone Density Tests
- Chest X-Rays
- Comprehensive Labs, including urinalysis
- Mammograms
- Virtual Testing, including virtual colonoscopies

Inpatient Mental Health/Partial Hospitalization/Residential Treatment

The Inpatient Mental Health calendar year maximum has been increased to 45 days per calendar year. The 45 day maximum includes Partial Hospitalization and Residential Treatment centers.

IN-PATIENT CARE, PARTIAL HOSPITALIZATION & RESIDENTIAL TREATMENT (IN-NETWORK PROVIDERS)	DIAMOND PLAN	PLATINUM PLAN
Prior Authorization	Required	Required
Amount You Pay	\$150 per day (maximum \$450 per admission)	\$300 per day (maximum \$900 per admission)
Maximum Benefit	45 days per calendar year	45 days per calendar year

Specialty Laboratory/Pathology

By definition, Specialty Laboratory/Pathology Testing is any Laboratory and Pathology Testing requested by an In-Network Provider that cannot be performed In-Network and for which no similar test is available In-Network.*

SPECIALTY LAB/PATHOLOGY	DIAMOND PLAN	PLATINUM PLAN
Amount Paid by Trust	100 percent of billed charges	100 percent of billed charges

*If your physician requests these tests for you, please have the physician's office contact the Trust prior to having the tests completed to determine if the test can be performed In-Network. The Trust will contact the In-Network laboratory/pathologist to verify if the test could be performed at the In-Network laboratory. If the same or similar test could be performed In-Network, the Out-of-Network benefit will apply.

2008 PLAN CHANGES

Benefit Changes

Emergency Room Copays

Due to the rising costs of hospital care, the Emergency Room copay has increased for both the Diamond and Platinum Plans. To save yourself time and money, please take advantage of the numerous urgent care facilities within the Trust's Network if your condition does not warrant an emergency but your primary care physician is unavailable. Emergency rooms should be used for life threatening issues, such as a heart attack, stroke and/or trauma. If your primary care physician is unavailable and you need immediate care for an issue that is not life threatening, please visit your nearest In-Network urgent care facility. Your copay will be lower and your wait time will be less at the urgent care facility. Please refer to the list of In-Network facilities on page 5 for details.

EMERGENCY ROOM - HOSPITAL AND PHYSICIAN CHARGES (IN-NETWORK PROVIDERS)	DIAMOND PLAN	PLATINUM PLAN
Amount You Pay	\$150	\$300

Eligibility Changes

Full Time Student Verification

Effective January 1, 2008, Full Time Student Verification from the college or university, in addition to the Affidavit of Financial Support, will be required for both the spring and fall semesters in order for a student age nineteen (19) to twenty-six (26) to remain an eligible dependent on his or her parents' plan. Verification may be obtained online from the National Student Clearinghouse at www.studentclearinghouse.org. The spring Student Status Verification and Affidavit will be mailed on January 10, 2008, and must be returned to the Trust no later than **February 12, 2008**.

Domestic Partners

Effective January 1, 2008, participants will be required to submit copies of their birth certificates and their domestic partners' birth certificates in addition to the notarized statement already required in order to enroll their domestic partners on their plans. Any participant who currently has a domestic partner enrolled in the plan will be required to provide copies of both birth certificates with the Annual Verification of Domestic Partnership. The Annual Verification will be sent April 10, 2008, and must be returned to the Trust no later than **May 12, 2008**.

Non-Covered Expenses

Workers' Compensation

Additional guidelines have been added in order for a Workers' Compensation injury to be considered by the Trust: "The Plan will consider coverage of services for Injury or Illness that arises out of any past or present employment or occupation for compensation or profit provided **the Participant filed a complete and timely claim with his or her employer or other appropriate party and the claim and all permissible appeals (including court reviews) were specifically denied as non-compensable under the Nevada Industrial Act, as amended (or other applicable statute from another state).**"



KAFOURY, ARMSTRONG & CO.
A PROFESSIONAL CORPORATION
CERTIFIED PUBLIC ACCOUNTANTS

INDEPENDENT AUDITOR'S REPORT

To the Board of Trustees
Teachers Health Trust

We have audited the accompanying statements of net assets available for benefits and of benefit obligations of the Teachers Health Trust (the "Trust") as of June 30, 2007 and 2006, and the related statements of changes in net assets available for benefits and of changes in benefit obligations for the years then ended. The financial statements are the responsibility of the Trust's management. Our responsibility is to express an opinion on these financial statements based on our audits.

We conducted our audits in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audits provide a reasonable basis for our opinion.

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial status of the Teachers Health Trust as of June 30, 2007 and 2006, and the changes in its financial status for the years then ended, in conformity with accounting principles generally accepted in the United States of America.

Our audits were conducted for the purpose of forming an opinion on the basic financial statements taken as a whole. The supplemental schedules for the years ended June 30, 2007 and 2006, listed in the table of contents are presented for the purpose of additional analysis and are not a required part of the basic financial statements. These schedules are the responsibility of the Trust's management. Such schedules have been subjected to the auditing procedures applied in our audits of the basic financial statements and, in our opinion, are fairly stated in all material respects when considered in relation to the basic financial statements taken as a whole.

Kafoury, Armstrong & Co.

Reno, Nevada
December 4, 2007

TEACHERS HEALTH TRUST**STATEMENTS OF NET ASSETS AVAILABLE FOR BENEFITS
AS OF JUNE 30, 2007 AND 2006**

	<u>2007</u>	<u>2006</u>
ASSETS		
INVESTMENTS, at fair value	\$ 21,077,257	\$ 19,918,528
RECEIVABLES:		
Related party	21,797	20,042
State Emergency Fund	-	1,900,000
	<u>21,797</u>	<u>1,920,042</u>
CASH AND CASH EQUIVALENTS	11,923,360	444,909
FIXED ASSETS (net of accumulated depreciation of \$3,910,696 and \$3,286,927, respectively)	4,593,198	4,762,621
OTHER ASSETS	86,217	6,480
PREPAID EXPENSES	<u>348,161</u>	<u>229,978</u>
Total assets	<u>38,049,990</u>	<u>27,282,558</u>
LIABILITIES AND NET ASSETS		
LIABILITIES:		
Accounts payable for administrative expenses	502,484	334,147
Due to related party	96,155	28,442
Deferred contributions	<u>7,968,903</u>	<u>39,884</u>
Total liabilities	<u>8,567,542</u>	<u>402,473</u>
NET ASSETS AVAILABLE FOR BENEFITS	<u>\$ 29,482,448</u>	<u>\$ 26,880,085</u>

See accompanying notes

2

TEACHERS HEALTH TRUST**STATEMENTS OF CHANGES IN NET ASSETS AVAILABLE FOR BENEFITS
FOR THE YEARS ENDED JUNE 30, 2007 AND 2006**

	<u>2007</u>	<u>2006</u>
ADDITIONS:		
Contributions		
Clark County School District	\$ 94,329,893	\$ 81,380,594
Employee deduction	20,717,021	19,319,588
Retiree participants	648,047	710,758
Self-pay, COBRA, staff participants	1,998,478	1,820,503
	<u>117,693,439</u>	<u>103,231,443</u>
Interest and other income	3,567,354	1,144,314
State Emergency Fund	-	1,900,000
	<u>3,567,354</u>	<u>1,900,000</u>
Total additions	<u>121,260,793</u>	<u>106,275,757</u>
REDUCTIONS:		
Insurance premiums	<u>8,442,156</u>	<u>12,888,900</u>
Benefits paid for participants		
Medical	67,651,695	58,175,405
Prescription drugs	21,686,616	17,836,376
Dental	11,088,841	9,677,448
Vision	2,156,006	1,953,441
	<u>102,583,158</u>	<u>87,642,670</u>
Administrative expenses	<u>7,633,116</u>	<u>6,969,917</u>
Total deductions	<u>118,658,430</u>	<u>107,501,487</u>
NET INCREASE (DECREASE)	2,602,363	(1,225,730)
NET ASSETS AVAILABLE FOR BENEFITS, BEGINNING OF YEAR	<u>26,880,085</u>	<u>28,105,815</u>
NET ASSETS AVAILABLE FOR BENEFITS, END OF YEAR	<u>\$ 29,482,448</u>	<u>\$ 26,880,085</u>

See accompanying notes

TEACHERS HEALTH TRUST**STATEMENTS OF BENEFIT OBLIGATIONS
AS OF JUNE 30, 2007 AND 2006**

	<u>2007</u>	<u>2006</u>
AMOUNTS CURRENTLY PAYABLE TO OR FOR PARTICIPANTS, BENEFICIARIES, AND DEPENDENTS:		
Insurance premiums	\$ 195,501	\$ 1,219,156
Benefit claims	4,019,003	1,302,118
Prescription drugs	<u>1,035,820</u>	<u>789,579</u>
Total currently payable	<u>5,250,324</u>	<u>3,310,853</u>
OTHER CURRENT BENEFIT COVERAGE OBLIGATIONS:		
Claims incurred but not reported, at present value of estimated amounts	<u>8,730,997</u>	<u>11,797,882</u>
Total obligations other than postretirement benefit obligations	<u>13,981,321</u>	<u>15,108,735</u>
POSTRETIREMENT BENEFIT OBLIGATIONS:		
Current retirees	<u>818,395</u>	<u>1,118,333</u>
TOTAL BENEFIT OBLIGATIONS	<u><u>\$ 14,799,716</u></u>	<u><u>\$ 16,227,068</u></u>

See accompanying notes

It's a Big World After All: Reducing Childhood Obesity Top Priority for Clark County Teachers

In a world where fast food joints are conveniently located at every intersection, after-school activities for many kids consist of television, computers and video games, and texting is the closest some children get to breaking a sweat, it's no wonder that childhood obesity rates are at an all time high.

According to the Centers for Disease Control and Prevention, approximately one-third of American children are overweight or at risk of becoming overweight. That means that in a classroom of twenty or so students, an alarming seven students are either already overweight or are headed down the road to an unhealthy lifestyle entirely too early in their lives.

Just as startling is the rate at which childhood obesity numbers have skyrocketed over the past two decades. According to the Mayo Clinic, in the last 20 years the number of overweight children ages six to 11 has doubled while the number of overweight teenagers has nearly tripled!

Luckily, educators in Clark County recognize the dangerous trend and are joining forces with some of the country's top organizations to bring health and fitness awareness directly to the students. From across the valley, educators share their ideas for bringing nutrition and fitness to Clark County students:

Become a role model yourself. Kids are influenced by that which surrounds them, from television to peers, from parents to teachers. They look up to the authority figures in their lives, and they are shaped and molded into adults through this process, which is why it is important that authority figures be respectful and fair, generous and kind. But what about health-conscious? Without question, according to Schorr Elementary PE teacher Ben Schmauss. In late November, early December, Schmauss and his school's wellness team began to incorporate a program for getting teachers fit by creating a fitness break area behind the school. Teachers are encouraged to take two 10 minute fitness breaks a day with the hopes that they will improve their health and promote a positive image to their students. The Trust also offers incentives for health consciousness and weight management with the Health Improvement Benefit. Licensed employees enrolled in a Trust plan can receive reimbursement of up to \$50 per calendar year for gym memberships, weight management support groups and personal trainers.

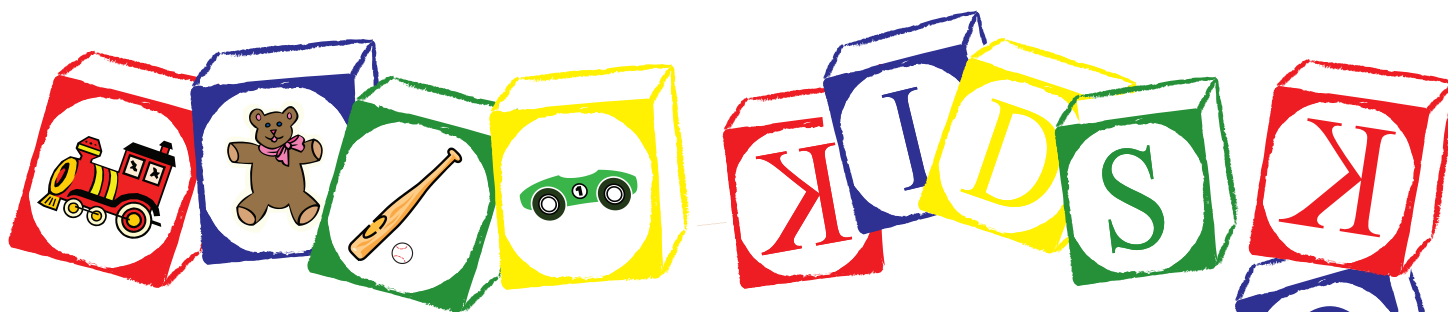
Combine fitness and learning. The fitness area at Schorr Elementary is not just for use by the teachers, however. In creating the area, Schmauss and the wellness team hope teachers will see it as an innovative learning tool. "My original intent for this area was for quick fitness breaks to activate the brain and optimize learning," Schmauss explained, adding having the teachers and students "do"



some of the things they are learning has been shown to greatly increase the amount of information retained when compared to simply sitting in a classroom learning. So, in addition to teachers and students getting healthy, they are learning, which is the program's main goal, Schmauss said.

Make it a family affair. In today's average family, both parents hold full-time jobs and have more than one child, leaving parents to choose meals that are quick, easy and inexpensive, and, unfortunately, this type of food usually is highest in fat and calories and lowest in nutrients. Families are also busier than ever before, making spare time for family centered fitness sparse if even existent. But Schmauss and Valley PE teacher Todd Sisneros do not believe this *has* to be the case. With a little health and fitness education, parents can learn to make smart decisions in regard to their children's health. From Schmauss' idea for Family, Food and Fitness Night at Schorr Elementary to Sisneros' creation of TECLUB, a fitness club that incorporates an interactive fitness DVD for both children and parents to use at home, both men agree that educating parents is the first step in the right direction. Likewise, Sisneros believes that taking control of the rising obesity rates is as simple as giving parents the information and means to encourage healthy living: "It is an outreach to parents. You care about your child's wellbeing, so you put the video in and follow it." (Read more about Schmauss' and Sisneros' contributions on p. 22-23 in HEROS.)

*Misti R. Brock, Publications Specialist
Teachers Health Trust*



Extreme Makeover: Fitness Road Show Edition *Gearing Up for 2007-08 Season*

With physical activity rates decreasing and childhood obesity rates increasing, the Clark County School District believes it is important to create an innovative way to get kids and teachers excited about physical activity.

CCSD Secondary Physical Education in collaboration with the Teachers Health Trust, 24 Hour Fitness, Jamba Juice, Niketown Las Vegas, the University of Nevada Cooperative Extension and Partners for a Healthy Nevada will continue the Extreme Makeover: Fitness Road Show Edition event for the 2007-08 school year.

This event brings awareness to fitness-based physical education, uses the latest in fitness video game technology, and teaches the students about healthy eating and the importance of staying physically active. The Road Show begins at Findlay Middle School in November, travels to Centennial High School in January, and continues with Gibson Middle School in February. The Road Show will visit one school each month through the end of the school year.

Made possible through funding by the Michael Jordan Inspiration Grant which was awarded to CCSD Secondary Physical Education, Extreme Makeover: Fitness Road Show Edition is able to leave the fitness equipment used at the schools when the road show event ends.



Fitness stations in the road show event are designed to emphasize each of the health-related fitness components. Some of the stations include resistance bands; jump ropes; Dance, Dance Revolution; XaviX J-mat games; core stability and medicine balls; agility ladders; and reaction balls. The stations will be staffed by 24 Hour Fitness trainers and members from Partners for a Healthy Nevada, including Trust staff. And each station will include information on calculating target heart rates, the F.I.T.T. Principle, how nutrition plays a part in achieving a healthy lifestyle, and the five components of health-related fitness.

New to this year's program, the Road Show has been extended to school faculty as well. At each school the Road Show visits, teachers and administrators will be invited to participate in the fitness stations during their preparation periods and will be eligible to win incentive prizes, including pedometers, fruit smoothies, t-shirts and more!

If you have questions or would like more information about Extreme Makeover: Fitness Road Show Edition, please contact Hayden Ross at 702-855-7081.

New to *Health Traxx*, Kids' Korner is designed with the health of your students in mind. Have an upcoming event focused on kids' health and fitness and you'd like to get the word out? Have a program that implements healthy habits at your school that you'd like to share with others? Send the details along with your name, school and contact information to Misti Brock at mbrock@teachershealthtrust.org, and you may see your ideas in the next *Health Traxx* issue!

2007 "Say ALOHA to Health and Happiness" Art Contest Results

The Teachers Health Trust staff would like to applaud all students and teachers who put forth efforts to represent the Health Festival theme, "Say ALOHA to Health and Happiness" in the Trust's 2007 Art Contest. The top three contestants and honorable mentions in each category received gift certificates to Michaels Arts & Crafts. All participants received certificates of achievement. Congratulations on a job well done!



First Place

Alexandria Bartlett

Coronado High School, 11th Grade
Jessica Sellers, art teacher



Second Place

David Schultz

Spring Valley High School, 12th Grade
Jen Tichon, art teacher



Third Place

Yoojin Suh

Coronado High School, 12th Grade
Jessica Sellers, art teacher

**High School
Division**



First Place

Berdine Castelo

Fertitta Middle School, 6th Grade
Mrs. McGreal, art teacher



Second Place

Nakia Webb

J.D. Smith Middle School, 7th Grade
Mrs. Stender, art teacher

**Middle School
Division**



John Tuthill

Coronado HS
12th Grade
Jessica Sellers,
art teacher

Chi Won Min

Coronado HS
11th Grade
Jessica Sellers,
art teacher



**Honorable
Mentions**



First Place

Bethany Watkis

Kahre Elementary School, 4th Grade
Sherry Tuss, art teacher



Second Place

Madeline Aviles

Hoggard Elementary School, 3rd Grade
Mrs. Kuzmaul, art teacher



Third Place

Amy Wang

Hoggard Elementary School, 4th Grade
Mrs. Kuzmaul, art teacher

**Elementary School
Division**

12th Annual Health Festival Successful Event

The sun was bright and the music was rockin' at Cox Pavilion for the twelfth annual Health Festival, held Saturday, October 13, 2007. Clark County licensed employees, support staff, administrators, school police and their families and friends were out in full force, experiencing the free services of over 80 vendors and sponsors, the upbeat rhythms of Sinco's live performance and the festive island sounds and sights of Polynesian dance troop Teata.

This year's festival, themed "Say ALOHA to Health and Happiness," attracted over 2,200 attendees, who were treated with nonstop entertainment, free burgers and smoothies, and knowledgeable providers and vendors from across the area, all eager to share their services. Inside the Pavilion, approximately 1,800 flu vaccinations were administered, which is an increase of over 400 vaccinations from the previous year, while glucose and cholesterol screenings totaled near 400 by the end of the event.

And, in terms of entertainment and live performances, from fortune tellers and face painters from Clown Around Entertainment to CCEA's enjoyable pie walk and caricatures by Vegas Caricature, children and adults alike enjoyed the festivities and left with smiles on their faces. DJ Eric Callahan kept the music playing as Culture Shock and the CCSD Native American Dancers performed on the inside dance floor. Outside, the colors were presented by UNLV's ROTC as Cherika Hall belted the national anthem followed by Sinco's live performance, Dance Xpress's energetic routine and Teata's recreation of traditional island drumming and dance.

Additionally, a record number of raffle prizes were received and distributed to licensed employees in attendance. Some of the raffle prizes and winners included a one night stay and dinner for two at Sunset Station, awarded to Patricia Cardenas; Stomp Out Loud show tickets, awarded to Lorna Santarosa; a two night stay and golf, spa or dinner for two at CasaBlanca Resort & Casino, awarded to Sarah Hanson; and the grand prize, a \$1,500 travel voucher, courtesy of AAA Travel, awarded to Larry Davis.

A big thank you goes out to all those in attendance, CCEA, ESEA, Trust staff members, volunteers, donors, vendors and sponsors who helped make this Health Festival possible. The Trust received a great amount of feedback, including praise that the festival was "outstanding" and "great, like every year" and "breaking up the lines worked great." It is these comments along with the enthusiasm put forth by the many in attendance that make the Trust want to continue this tradition year after year.



TeachersHealthTrust


 A graphic on the right side of the page featuring the word "Measurables" in a stylized font. The letters "Meas" are red, "ur" is blue, and "ables" is red. A yellow measuring tape is wrapped around the "ur" part of the word.

What Is WellFit for Life?

WellFit for Life is a 10 week cardiovascular program that encourages Clark County School District (CCSD) employees to get moving! The program is free, and it allows you to participate in fitness activities of your choice—from conventional activities such as brisk walking and kickboxing to activities many don't consider traditional "exercising," such as walking your dog and gardening. And there are valuable incentives, including gifts and awards, for those eligible to participate!

Who Can Participate?

WellFit for Life is open to all active and retired licensed employees of the CCSD who are currently enrolled in a Teachers Health Trust plan as well as employees of the Trust and Clark County Education Association (CCEA). Administrators, support staff and family and friends are welcome to create an account and participate in the program, but, unfortunately, they are not eligible for the special awards or gifts.

Why Should I Participate?

Getting 30 minutes of exercise or more five days a week is ideal for maintaining a healthy lifestyle. Participating in WellFit for Life is an easy way to tone up, slim down and begin the journey toward maximum health. This 10 week program will help you to feel and look better as you improve your health, have fun, support your friends and colleagues and win awesome prizes!

Getting Started

Follow the simple steps below to get started on the road to a healthier you! **Participants are encouraged to consult their medical doctors before starting this or any exercise program to ensure they are in good physical health.*

1. Complete a registration form online either by going directly to the official WellFit for Life Web site at www.wellfit.teachershealthtrust.org or by linking to the site through the Trust's Web site at www.teachershealthtrust.org. **The last day to register for WellFit for Life is March 15, 2008.**
2. Understand the program requirements, which include performing fitness activities for a minimum of one half (1/2) mile a day, four days a week, for a total of six of the 10 weeks.
3. *Optional:* Attend the WellFit for Life Kick Off to obtain a fitness test screening, to learn your body fat percentage and to meet with personal trainers and nutritionists regarding your goals. The Kick Off will also provide you with the opportunity to weigh in for the Best Weigh to Go component of the WellFit for Life program (please see page 19 for the official Best Weigh to Go rules).
4. Set personal goals to achieve along the way.
5. Report your achieved daily miles on the electronic WellFit for Life Log online. You are not required to log your miles online *daily*; however, you **must** complete your online log by the final day of the program to be eligible for prizes.
6. Track and report your progress daily or weekly.
7. *Optional:* Attend some of the weekly WellFit for Life activities and events (time, date, location TBA).

Measure Your Success 2008 WellFit for Life

Receiving Gifts and Prizes

While nothing compares to the gift of health with which you are rewarding yourself by participating in the program, a little incentive can often go a long way in keeping you motivated to finish the program and meet your goal. On this and the next page, please find a breakdown of the gifts and prizes available through the WellFit for Life program.

Register for Gift 1

All licensed employees who register for the WellFit for Life program online before the registration deadline will receive a **tape measure** bearing this year's theme, "Measure Your Success." Those who attend the WellFit for Life and Best Weigh to Go Kick Off will receive a **tape measure** and a **pedometer**, courtesy of Abbott Nutrition.

Complete the Program for Gift 2

All participants who complete the program will receive a **drawstring bag** for toting gym clothes or other items. Finishing the program means exercising at least one half (1/2) mile a day, four days a week, for at least six weeks of the 10 week program and logging these _____ miles _____ online _____ at www.wellfit.teachershealthtrust.org.

Compete within Divisions for Prize 3

At the completion of the program in April, t-shirts will be provided for each participant at the worksite with the highest percentage of WellFit for Life participants who complete the program in its division. The t-shirts will be imprinted with the 12 worksites selected as well as the Best Weigh to Go winners and the WellFit for Life theme, "Measure Your Success." Divisions are grouped as follows:

- ◆ **Elementary School** — Four (4) worksites will be chosen from this division.
- ◆ **Middle School** — Three (3) worksites will be chosen from this division.
- ◆ **High School** — Two (2) worksites will be chosen from this division.
- ◆ **Special School** — One (1) special school will be chosen.
- ◆ **Rural School** — One (1) site will be chosen from the rural schools, including Indian Springs; Sandy Valley; Laughlin; Moapa Valley; Virgin Valley; Boulder City; and other surrounding areas.
- ◆ **Licensed Department** — One (1) licensed department will be chosen from the following areas: Professional Development; Student Support Services; Title I; and Grants and Development.

From the schools with the highest percentage of WellFit for Life participants who complete the program, one school or work location will be chosen to receive a free breakfast and \$40 gift cards to Nike will be awarded to each participant at that location, courtesy of the Trust.

TeachersHealthTrust **Measure your Success** 2008 WellFit for Life

Log the Most Miles for Prize 4

Athletic footwear will be awarded to one to four employees from each worksite division participation category—novice, intermediate, advanced, extreme—and one retiree with the most number of miles within their division at the end of the 10 week program. These winners will also be featured in the summer issue of *Health Traxx*. Read on for a breakdown of the categories:

Novice: This category is reserved for beginners who will not exceed 75 miles in the 10 week program. (You can only win once in this category.)

Advanced: Participants in this category will not exceed 600 miles in the 10 week program.

Intermediate: This category is for participants who will not exceed 300 miles in the 10 week program.

Extreme: This category is designed for marathon runners, triathletes and others who will log 600 plus miles in the 10 week program.

Special Awards

The **Lifetime Achievement Award** is presented to a participant who is diagnosed with a lifetime disease and completes the WellFit for Life program, despite complications from his or her disease. A lifetime disease is a serious medical condition one lives with for the majority of his or her life. The recipient will be chosen through a lottery process by the Wellness Division from those who qualify. The Lifetime Achievement Award winner will be recognized at the 2008 Health Festival in the fall, will be honored with an article in the fall issue of *Health Traxx*, and will receive a Nike gift card.

The **Heart Saver Award** is presented to those participants who lose 15 or more pounds. Heart Savers will receive a beverage caddy and a water bottle.

The WellFit for Life **coordinators** who complete the program will receive complimentary meal passes to Sweet Tomatoes. In addition, Nike gift cards will be awarded to three coordinators who are selected from a lottery of all coordinators who complete the program and have 10 or more colleagues complete the program at their worksites.

**Log on and sign up beginning Friday, February 15,
and start logging your miles Saturday, February 16!**

www.wellfit.teachershealthtrust.org

The Best Weigh to Go Program

A component of the WellFit for Life 10 week cardiovascular program, the Best Weigh to Go encourages participants to add a little friendly competition to their daily workouts by forming teams and motivating one another to lose weight. Team weight totals are recorded at the beginning of the program and at the end, and the teams that lose the greatest percentage of body weight win awesome prizes. **Please note, you *can* participate in the Best Weigh to Go program without participating in WellFit for Life.**

Guidelines and Instructions

- ◆ Teams **must** consist of at least two (2) and no more than five (5) employees and/or retirees who are active participants, eligible to participate in the WellFit for Life program.
- ◆ Eligible employees and/or retirees can compete on one team only.
- ◆ Each team is required to have a team name and team captain.
- ◆ All team members **must** weigh in and weigh out together.
- ◆ Participants should wear comfortable athletic gear—shirt, pants/shorts, and socks—for weigh in.
- ◆ Shoes should be removed for the weigh in and weigh out.
- ◆ The calculation for winning is based on the percentage of team body weight loss. That is, $\text{weigh in} - \text{weigh out} = \text{pounds lost}$ ($\text{pounds lost} / \text{pounds at weigh in}$) $\times 100 = \text{percent of body weight loss}$. *Example: 1500 lbs – 1300 lbs = 200 lbs (200/1500) \times 100 = 13.3% Body Weight Loss*
- ◆ Prizes will be awarded to the top three teams that lose the highest percentage of body weight in this 10 week challenge. The team that loses the highest percentage of body weight will win the **Grand Prize of \$1,000.**
- ◆ **For safety purposes, expectant mothers are not eligible to participate in the Best Weigh to Go program. If you become pregnant during the program, the Trust recommends you stop the program.**

Weigh In, Weigh Out Locations and Times

Weigh In: Saturday, February 16, 2008

9 a.m. to 1 p.m.

Weigh Out: Saturday, April 26, 2008

9 a.m. to 11 a.m.

Location: Chaparral High School, 3850 Annie Oakley Drive, Las Vegas, NV 89121—
located in East Las Vegas, North of Flamingo Road and East of Sandhill.

The Best Weigh to Go Awards

The top three teams that lose the highest percentage of body weight will receive monetary awards. The teams cannot consist of less than two or more than five participants, and all team members must weigh in and weigh out together. Awards are as follows:

Grand Prize (1st Place): \$1,000 to be evenly divided amongst the members of the team and special recognition in the form of an article to be published in the summer issue of *Health Traxx*.

2nd Place: \$500 to be evenly divided amongst the members of the team and special recognition in the summer issue of *Health Traxx*.

3rd Place: \$250 to be evenly divided amongst the members of the team and special recognition in the summer issue of *Health Traxx*.

Measure Your Success!

Critics' Corner

This issue, the members of the Trust's Wellness Division provide their opinions of Food Network star Rachael Ray's *Classic 30 Minute Meals*:

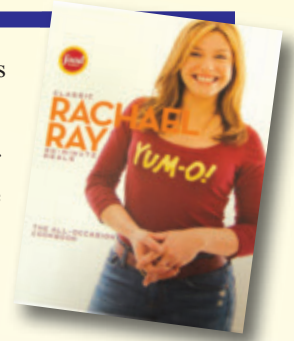
Brenda: Rachael Ray's reputation for creating simple, delicious meals in under 30 minutes is legendary. But most of her dishes do not encourage healthy eating in any way, shape or form. She doesn't skip out on any of the fat or calories, nor does she pretend to! Just reading the titles of some her dishes will make you gain three pounds! And, while her recipes do call for many herbs and spices, which appears to make her dishes full of flavor, she includes unheard of or rare spices and ingredients such as caraway seeds, marjoram and Swiss chard. I do like the fact that she attempts to get children to interact with parents in the kitchen by offering recipes that children can get involved with. However, once again, these recipes encourage not only fun but an overindulgence of sweets, fats and calories. On the other hand, not all of her dishes are bad for you; she does offer some healthy dishes, but you have to search for them. 30 minute meals sound fantastic with today's fast-paced lifestyle, and simply substituting healthy alternatives in some of these dishes might be a simple solution to quick and healthy cooking. **e.**

Robin: 30 minute recipes? Wow! Sounds great for all us busy people! I liked Rachael's suggested side dishes and the fact that there were a lot of vegetarian dishes. The drink and dessert recipes looked fun, creative and tasty. I also like how she provides recipe ideas for different occasions, including parties, and I specifically loved the Tapas party idea which provides enough food to feed 20 people!

Unfortunately, though, many of the recipes called for a lot of ingredients that I do not keep regularly stocked in my kitchen. And when I really started to look at the recipes, there were only eight to 10 I'd even attempt to make. **e.**

Mary: There are no nutritional values provided on any of the recipes, which makes it difficult to prepare any of the meals. For me, I must know exactly what I am eating. The book doesn't have any tips for substitutions, especially considering the various ingredients each recipe requires. She implements a lot of cheese in her recipes, which makes me wonder if all the cheese is necessary or can it be left out? I did like that she had a section for kids entitled "Kid Chefs," which is good for getting kids involved in preparing their own meals and encouraging family time. In terms of the vegetable dishes, the recipes were very creative, which provided me with many different ideas to incorporate into my own menus. The book would have appealed to me more if it had made suggestions for those with chronic conditions (diabetes, lactose intolerance) or those watching their waistlines. **e.**

Misti: I admit it. I am a Food Network fanatic. So when I got this book as a gift, I was initially excited. Unfortunately, though I've had the book for two months, I haven't prepared one 30-minute meal... and that's not for lack of effort. While the idea of a 30 minute meal sounds great, when you factor in the trip to the grocery store to pick up the obscure ingredients most of the recipes call for, you have spent more like two hours on dinner! And its lack of organization drives me nuts! I'm used to Better Homes and Gardens' neatly tabbed sections, announcing loudly "chicken" or "pasta." I spent 20 minutes just looking for a chicken dish (and one for which I had the ingredients!). And its lack of nutritional content as well as its "anything but healthy" recipes are just another example of how this book just doesn't measure up. **D**





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H.E.R.

HEALTHY EMPLOYEES REPE



Todd Sisneros cares about his students. In fact, he cares so much, he has been sending them home with extra homework—homework both the kids and their parents love.

Concerned for both the wellbeing of his own students and the direction United States children are headed in regard to weight gain and sedentary lifestyles, Sisneros, a PE teacher at Bennett Elementary and Harry Reid Elementary, took matters into his own hands.

Armed with a video camera and a number of volunteers, he created an exercise DVD for the kids of his schools, complete with an instructional chapter for parents, information on caloric-intake and other nutritional information, and chapter after chapter of workouts.

“We raised money through the community and through a fundraiser so that a video was given to each child at both of my schools,” Sisneros explained, adding that the response was fantastic. “As a matter of fact, I started getting emails and phone calls from people across the country.”

For his efforts, Sisneros was awarded CNN’s FitNation Award for submitting the nation’s top obesity-fighting project in 2006. His award led to his inclusion on a panel of experts who recently met with CNN’s Dr. Sanjay Gupta and former President Clinton in New York for a round table panel discussion on the rising problem of childhood obesity in America.

“I really see this program having the potential to be something big,” he said of the take-home DVDs, as he explained the creation of his second line of videos.

The success of the first line of videos encouraged Sisneros to push his idea further and create a fit club of sorts so kids can feel as part of a team when they engage in exercise. Sisneros’ TECLUB emphasizes the parents’ role in encouraging health and fitness in the home as well as provides a reward system within the classroom for students who do their homework.

In short, students earn prizes as determined by their teachers for watching the video with their parents and completing the exercises according to a weekly schedule. And the ease of the program is that it doesn’t take up classroom time and it brings parents the necessary tools to help their children learn to lead healthy lives.

“There is so much information the parents don’t have,” Sisneros said. “They hear eat well and exercise, but what does that mean? This program is education for the parents,” he explained, and allows them to make better decisions in regard to their children’s health.

In addition to bringing physical fitness into his students’ homes, Sisneros’ schools have been actively engaging the virtual exercise trend for several years, having incorporated Dance, Dance Revolution, EyeToy Kinetic, and Yourself! Fitness into their PE sessions.

And Sisneros isn’t the only one determined to change the ever-climbing rates of childhood obesity.

Mental Muscle
Express
Answers:

1. Light at the end of the tunnel
2. Keep in touch
3. Heat wave
4. Look under the bed
5. Different strokes

R.O.S.

PRESENTING OUR SCHOOLS

Ben Schmauss, PE teacher at Schorr Elementary, has taken what he refers to as almost an “obsession” with finding a way to help his students and put it to work, creating several successful fitness education programs.

According to Schmauss, the wellness team at Schorr has a “communal goal of providing healthy opportunities to teachers because, if teachers have healthy opportunities, they will dispel down to the students.”

With this in mind, he has worked to create a fitness break area behind the school where teachers can break for ten minutes twice a day. The area includes four 4-squares and an eighth of a mile track. But the fitness break area isn’t just for the teachers.

“We will be working with a math specialist” to make the area not only a place to get exercise but also an “innovative curriculum area [. . .] where kids are learning about plotting a graph, diameter, radius, circumference,” Schmauss explained.

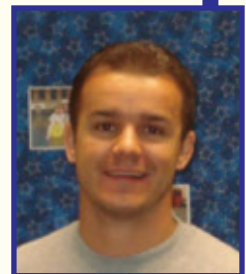
The goal of this project, Schmauss said, is to allow students to reach their greatest learning potential. “Teaching can be done by using hands and feet,” he said. “Studies show that a person learns about fifteen percent of his capacity sitting in a chair,” a number Schmauss says would increase dramatically if students were given the opportunity to have interactive, hands-on learning.

Additionally, Schmauss also believes that the key to health and fitness in children begins at home. “Family is where it’s at,” he said. “My wife and I started Weight Watchers to learn about nutrition and healthy eating, and I wanted to disseminate healthy eating information in a very fun way to families.” And the idea of Family, Food and Fitness night was born.

Schmauss, his wife and other volunteers created a night of fitness and education. With events ranging from showing parents how to prepare quick, healthy, cost-effective meals to engaging parents and children in four fitness stations where they worked out together, Schmauss was able to bring 170 people together to focus on creating healthier lives.

“The parents that made it out that night are the heroes,” Schmauss said. “When you see a parent doing fitness next to his child, there is nothing like it. It’s a beautiful thing to see families doing fitness and being healthy together. And that made the night a complete success.”

Inspired by Sisneros, Schmauss is also in the process of creating a fitness DVD for fitness homework. He also hopes to organize several more Family, Food and Fitness Nights in the months to come.



*Misti R. Brock, Publications Specialist
Teachers Health Trust*

HEROS is a section of *Health Traxx* that highlights outstanding CCSD licensed employees or employee groups who have achieved excellence by being healthy educators. A healthy educator can be a person or a group who has won a competition, the leader of a non-profit local or national health organization, one who has developed a health policy, curriculum, program or wellness initiative at a CCSD worksite or in the community, someone who has achieved a drug-free nutrition or weight loss goal with before and after results or a person who has a health condition and has made great strides despite the condition. To nominate a licensed employee or group for HEROS, log on to the Trust’s Web site at www.teachershealthtrust.org or email Misti Brock, Publications Specialist, at mbrock@teachershealthtrust.org.



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Mental Muscle Express

Boost your brain power by solving these puzzles. See if you can uncover the meaning in these words, letters, symbols and their positions. Each puzzle represents a common word, phrase, expression, person or place.

The example below is "spring break."

SPRING

1 **TUNNEL** 

2 **TOUKEEPCH**

3 heatheatheatheatheat

4 **BED**
LOOK

5 STROKES
strokes
strokes
STROKES
StRoKeS

Answers on page 22.



November 10, 2007 • Green Valley High School

Over 3,200 teachers, students, parents and members of the Las Vegas community participated in the third annual Nike 5K for Kids on November 10, 2007, at Green Valley High School. All entry fees received from the race were donated to the school of the participant's choice to better its physical education or athletic programs. This year, over \$50,000 was raised to support Clark County schools and their physical education programs.

Through its participation, the Trust was able to transport students from 10 at-risk area schools to the event, making it possible for approximately 400 students to participate!

The Nike 5K for Kids was a healthy, fun-filled day that focused on educating families and children in regard to physical fitness and healthy eating as well as raising money to provide Clark County schools with the physical education programs needed to improve the health and wellbeing of today's youth. Congratulations to all involved!

