



# What's the Story?™



[facebook.com/Bookhound1000](https://www.facebook.com/Bookhound1000)

[tumblr.](https://www.tumblr.com/)



[@LeRuePress](https://twitter.com/LeRuePress)



[linkedin.com/in/lrprinting](https://www.linkedin.com/company/le-rue-press/)



Are we a newspaper? No...Are we a magazine? No...Are we a newsletter? Not really any of those. So what are we? We are a publication in print and online designed to provide information: for fun, for what's happening, for things you might want to see in other publications, but don't. We look for stories that **could** go viral...at the very least, stories that are interesting. The point is to "Share It!"

January 16—February 14, 2016

## Chris Forbush announces candidacy for Assembly District 40

Press Release: Carson City – Chris Forbush is pleased to announce his bid for the Assembly District 40 seat in the Nevada State Legislature. In December of 2015, Forbush met with numerous Carson City business leaders and local residents to discuss their feelings about the 2015 state legislature's largest tax hike in Nevada history, and their feelings about current District 40 Assemblyman PK O'Neil's vote in favor of the tax hike.

"Across the board, people from every kind of socio-economic background can't understand why PK would promise not to raise taxes, claiming to be a staunch conservative, got voted in, and then turned around and threw us all under the bus," Forbush said. "You can't squeeze small businesses, or people who produce and provide jobs, and simultaneously expect a community or state to

prosper." Forbush explained that "When the tax hike happened, many friends and acquaintances from within and without the District approached me to run to get an honest, true conservative into the office. I prayed about it, felt a peaceful feeling, and have made the decision to accept their invitation to run." Forbush, a recent Honors graduate of Brigham Young University Law School and valedictorian of his high school class in Ely, Nevada, signed the "Taxpayer Protection Pledge" as the first official act of his campaign. For more information about



Nevada State Capitol: Photo by [Amadscientist](#)

### Inside this issue:

Chris Forbush announces candidacy for Assembly District 40	1
Brian T. Shirley: Explaining Earl	2
Dennis DuPerault: Thing to think about	2
Eddie Floyd: Barn Yarns: Fact or Fiction?	3
Mike Aloia: Walk the Turtle-Acceptnce	5
Bobby Joe Holman: Blue Note Cafe	6
Take the country music quiz! You may know more than you think!	6
Music: "Velvet" Duo	7
Dennis Stoddard: Creating your fantasy world	8
Richard G. Pugh: Healthcare costs and how to reduce them....somewhat	9
LeRue Press: Did you know?	12

Chris Forbush and his candidacy, please visit his election Facebook page at: <https://www.facebook.com/ChrisForbush4NVAssembly/>

*"Those who stand for nothing fall for anything."*

**-Alexander Hamilton**



## Brian T. Shirley

This is Dedicated to my Mom, Teresa!! I'm sure my whole family will get a kick out of this post when they read it, but it's been a long time coming. I'm going to "out" myself to the public. I'm very SILLY! There, I said it. I was an extremely silly child, who grew into a silly teenager and just when I thought the silliness would end, it didn't. One of the silliest things I ever did was come up with a hand signal to denote a person's name that cracked me up and that name was "Earl." I'm not sure why I got a kick out of that name, but I would curl my index finger down to my thumb to form a circle, leave my other three fingers



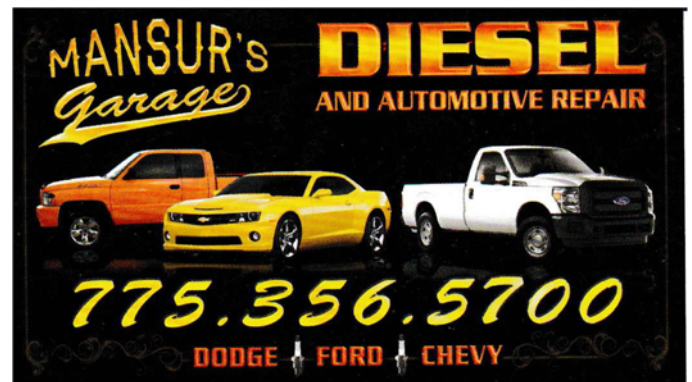
extended close together and search out a victim. Once I found someone I would thrust my hand forward parallel with the ground and shout

"Earl!" I'm sure to the average person, my friends, and my family this was rather strange behavior. I think it started when I saw a damaged sign for a flooring company that we would drive by all the time called "Earl Smith Floors." The "r" and "s" had fallen off so it read "Earl Smith Floo." That was just the thing my silly little brain needed to get started on years of "Earling" people. My grandfather actually took me into that flooring store to meet old 'Earl Smith Floo' (I pronounced it 'Flow") and it was one of the most embarrassing moments of my life. I can't remember if I

## Explaining Earl

"Earled" Earl or not, in my mind that may have been sacrilege. Of course people that did not know me that well thought I was crazy or "special." One time I "Earled" a man my mom was seeing when he came over for dinner. He was sitting on the couch and my mom was in the kitchen. I walked up and gave him one hell of an "Earl!!" He yelled at my mom, "Teresa, your son just gave me the finger!!" She replied "No, that's just his little thing he does." They never got married; I think "Earl" may have had something to do with that. Now, I do realize there's a sitcom called 'My name is Earl' and if it had come out 30 years ago, I would have peed in my pants laughing. Those days are gone, however, I have not "Earled" anybody in years, but you never know. I'm kind of scared to do it now because it could

Continued on page 7



## Dennis DuPerault

◆ Service department and maintenance repair orders will bring out some kind of emotions, "Make the service manager your friend."

◆ Adjustments to the US economy is like a dingy turning the Queen Mary.

## Things to think about

- ◆ General Motors, on 4/24/01, brought the Oldsmobile division to an end.
- ◆ Test drives are like getting cheese on a toothpick at a supermarket. Do it!
- ◆ Hope you enjoyed "Things to think about". Listen to *What's the Story* weekly on KCKQ 1180 AM (streaming at <http://amm.streamon.fm>) for more trivia.

Dennis DuPerault, author of *Auto Emotions 101* and co-host on *What's the Story?*® loves to talk about cars. His column will provide tips and tricks and multi-faceted information. He might mix it up a little, but you can ask him anything you want about cars.



## Eddie Floyd

## Barn Yarns: Fact or fiction?

Unlike *Final Breath*, a short love story, as told by Hunter about his Papa and Grandma on her birthday, my next book, *Barn Yarns* is a novel. It takes you back to when Hunter was growing up at the Wynema Ranch and kept telling Papa and Grandma that he could talk to the animals on the ranch.

What makes "Barn Yarns" different as well as interesting to follow, is the fact that although both of them think he has simply an abundant imagination, in the book, the animals do indeed talk to him, as well as each other. The difference is that Hunter is the only one who can hear them and continues to carry on his conversations with them, much to the delight of his grandparents. *Barn Yarns* also has several chapters that



include suspense as well as humor. So far, everyone who has read it's original version loves learning the early days of Hunter at the ranch and are entertained by the various personalities of the individual animals, from wild to domestic.

Like *Final Breath*, all of the profits from this novel will go directly to [www.WynemaRanch.com](http://www.WynemaRanch.com) to help

provide for our American Heritage, the Wild Horses and Burros.

I often say on the radio that Shari, aka Grandma, "Runs the ranch, while I 'run my mouth'." I get laughs, but it truly is a fact. Hunter is not a fictional character

and did spend his formidable years with us. The fact that he told us he could talk to the animals is indeed what makes the story so intriguing. In other words, how are we to know what a child can see or hear until they become

Continued on page 4



### Where can you find "What's the Story?" in print?

Sinbad's, S McCarran, Sparks, NV  
Reno Town Mall: Buy Nevada First and America

Matters Media, 4001 S. Virginia Street, Reno, NV  
A to Zen in Carson City, 1801 Carson Street, Carson City, NV  
Dr. Forsythe's office, LeRue Press, 280 Greg Street #10, Reno, NV and all around Reno and Sparks at local businesses, restaurants, beauty salons, tire stores, via Brian T. Shirley in South Carolina and, of course, online at [www.lrpnv.com](http://www.lrpnv.com) or [www.issuu.com](http://www.issuu.com) by searching LeRue Press. Can't get to any of those locations. Want a copy? Contact us at [lrp@lrpnv.com](mailto:lrp@lrpnv.com) or call 775.356.1004 or 844-987-8679 (844-WT-STORY)

### Business Services

- Mailboxes: \$25/month-We receive and forward mail
- Virtual Office: \$125/month-Business address, telephone answering, conference room, mailbox and street address
- Conference Room: Rent by the hour (\$15/hour), the day, the week

280 Greg St. #10, Reno, NV 89502 775.356.1004



Distribution: 2500 copies per month in print.  
 Additional online exposure at [issuu.com](http://issuu.com) and [lrpnv.com](http://lrpnv.com)



What's the Story?® Share it!  
 Page 4

Continued from page 3

just another part of Society.

As for me and "Barn Yarns", I think Hunter was telling us the truth in his mind and hope you can be open-minded when you read it.



The Wynema Ranch Wild Horse Sanctuary is located 28 miles North of Reno on the Nevada/California border. You are welcome to come view over 100 wild mustangs running free after being rounded up from public lands and rescued by several advocates, especially the Hidden

Valley Wild Horse Protection Fund. I also invite you to join us on line anytime at [www.WynemaRanch.com](http://www.WynemaRanch.com) and do what you can to help maintain our American Heritage.

Eddie Floyd, is also the Founder of Nevada Matters, Inc., doing business as America Matters Media, and is already heard around the world live streaming at [www.americamatters.us](http://www.americamatters.us) and soon will be also heard in three different languages, Hindi, Punjabi and Urdu.

**Susan Schwertfeger**  
 NV Concealed Carry/NRAV  
 TWAW Certified Instructor/RSO  
 fctnv@gmail.com

750 Freeport Blvd  
 Suite 107  
 Sparks, NV 89431  
 775-525-0239

*Eddie Floyd was born in Jacksonville, Florida and raised in the small fishing village of Mayport, Florida, the son of a shrimper and commercial fisherman. Floyd has owned many companies in the last 35 years and is the Founder of Nevada Matters, Inc., dba America Matters Media with numerous radio talk shows. His show, AM News is known around the world with foreign correspondents in 30 countries and in every state in the United States.*

*Eddie lives with his wife, Shari, on the Wynema Ranch Wild Horse Sanctuary. He likes to tell his audience that "She runs the ranch, while I run my mouth."*

*On Shari's birthday, March 31, 2015, **Final Breath: a love story** was released by LeRue Press. The book, written by Floyd, is "an endearing story of love that touches your soul and your heart." Country singer/songwriter, Lacy J. Dalton wrote the foreword. One hundred percent of the profits from the book will be donated to the Wynema Ranch Wild Horse Sanctuary. To get a copy, go to [www.lrpnv.com/FinalBreath.htm](http://www.lrpnv.com/FinalBreath.htm)*



*Nevada Heartland*

The Place Names of Carson City, Douglas, Lyon and Storey Counties, Nevada

**Mary B. Ansari, L.H.D.**

Go to [lrpnv.com](http://lrpnv.com) or [amazon.com](http://amazon.com) for your copy of *Nevada Heartland: The Place Names of Carson City, Douglas, Lyon and Storey Counties, Nevada*

**Nevada Heartland**  
**The Place Names of Carson City, Douglas, Lyon and Storey Counties, Nevada**

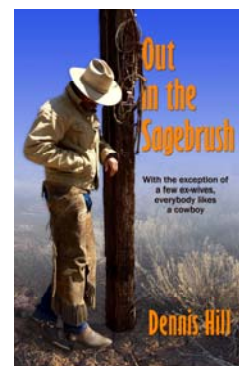
by Mary B. Ansari, LHD  
 ISBN 978-1-938814-80-8  
 301 pages  
 8"x10"

Wholesale and bulk pricing available.

E-mail  
[Irp@lrpnv.com](mailto:Irp@lrpnv.com)

**Retail. \$29.95**

Mention this ad and get **15% off** the retail price when you buy direct from the publisher [lrpnv.com](http://lrpnv.com)



A good cowboy yarn!"  
 By Dennis Hill

ISBN 978-1-938814-96-9  
 147 Pages  
 Published by LeRue Books

**Retail: \$14.95**

Order today at 775.356.1004 or toll free at 844.987.8679 (844-WT-STORY) [Irp@lrpnv.com](mailto:Irp@lrpnv.com)



“Walk the Turtle”

Mike Aloia

Acceptance



A point is reached in all of our lives when we realize what we do or say does not matter when we reach out and try to guide another towards the light.

To see someone you love and care about being self-destructive, to watch them backslide over and over again, knowing that the monkey on their back is pulling the strings.

A loss of a sibling, a heartbreak, a sense of worthlessness, these aspects of life and human emotion can propel a person into a very dark world, into a pit of self-pity and slow death.

The concept of giving love and holding one’s hand, to try and uplift a broken spirit is a challenge to our own spiritual strengths, to never

give up on someone and pray while tears flow.

A grieving process must unfold in order to eventually climb out of the depths of a mental prison, it is always darkest before the dawn my mother used to tell me, words of wisdom bestowed.

The power to break habits and change your mindset is inside us all, the moment you can see yourself in the mirror and know you have no more guilt or sadness inside your soul, this is a triumph.

I understand what it is to feel the loneliness and pain, to beat yourself up for stupid mistakes made in life, to know that no matter what anyone says you must fix yourself first before you can help anyone else.

It helps to have people that love you in life, to calm the spirit and ease the torment inside, to hear the inner voice screaming to just be normal, this is where the divinity of higher power will guide us.

Through the storm we face we seem to learn how to let the rain run off our feathers, we learn to not let anger seep into our daily life, we learn we are just human and sometimes we are helpless.

To break the chains that bind us in slavery of addiction, abuse and lies—it takes time, compassion and patience. When living life in the fast lane we eventually spin out of control and crash. We will have our highs and lows, twists and turns, heartaches and disappointments, but at the end of the day, you made it through. Give thanks and humble yourself, tomorrow you are reborn again.

To all those that battle inside, just take it day by day as you walk the turtle and take it slow, the storm clouds will go away and

Continued on page 10

**REDUCE YOUR PAIN AND STRESS**  
 Lymph Clearing—Relaxation—Deep Tissue Massages

**Dr. Toni Fain, NMD LMT**  
 Doctor of Natural Medicine  
 Licensed Massage Therapist #1113  
**(618) 559-8765**

40 Years Experience in Natural Health & Wellness

Circulation—Migraines—TMJ—Whiplash—Numbness

**Midtown Massage & Wellness Center**  
 712 So. Center Street Reno, NV 89501

Wellness Visits / Illness Consults / Soft Tissues Injuries

**Nichole R. Nunez**  
 Agency Owner

**Allstate Insurance Company**  
 212 Lemmon Drive  
 Reno, NV 89506

Phone 775-332-1818  
 Fax 775-332-1819  
 Cell 775-312-2662  
 nicholenunez2@allstate.com

Monday 7:30 - 6:00 Tuesday - Friday 8:30 - 6:00  
 NV Insurance License #674886  
 Auto, Home, Business, Life

**Allstate**  
 You're in good hands.

24-Hour  
 Customer Service



## Bobby Joe Holman

## Blue Note Cafe': San Marino Grill

### ***See you at the red and white awning!***

There are still places for people to relax and take a break from their hectic lives and The San Marino Grill located in a "sleepy" suburb of Pasadena, California called San Marino is one of those places!

\*\*\*\*\*

Hi again; this is Bobby Joe. Happy 2016! I have moved to the greater Los Angeles, California area for the next 3 to 4 months, playing and recording music as well as finding unique and historic places where one can go to when in Los Angeles!

On July 24<sup>th</sup>, 1965, Walter Ivan Celic started the San Marino Grill with his wife Joanne. Joanne's mother, Miss Kay, to make the place a San Marino favorite. Tasty

soups, delicious omelettes and the motto, "Don't count the hours you work, but the number of nice people you meet with good food and conversation."

Great food and friendly service has kept the doors open at 2494 Huntington Dr. San Marino, CA 91108 for over 50 years! Operating hours are: Tuesday – Saturday 7:00 a.m. to 3:00 p.m. For more info: call (626)286-2500.

So when you are in LA and want to experience an "old fashioned" café, check-out The San Marino Grill!

Heart To Harp,  
 Bobby Joe Holman

Bobby Joe Holman: The only professional harmonica player/instructor to have written, performed and been internationally published with: The Hal Leonard Corp., Warner Bros. Publishing, Music Sales Inc., CenterStream Publishing, StarLicks Inc. and Alfred Publishing.

## Take the *Country Music* quiz! You may know more than you think!

- 1. Which PTA did country musician Jeannie C Riley sing about?**  
 Chad Valley                      Harper Valley  
 Happy Valley                      Rhondda Valley
- 2. Which was not a country rock band - Byrds, Eagles, Kiss, Marshall Tucker Band?**  
 Byrds                                      Kiss  
 Eagles                                      Marshall Tucker Band
- 3. Who had country hits with "Yellow Rose Of Texas" and "Mexicali Rose" in the 1930s?**  
 Ernest Tubb                      Lefty Frizzell  
 Gene Autry                      Red Foley
- 4. Who received several encores for "Lovesick Blues" at the Grand Ole Opry in 1949?**  
 Hank Williams                      Johnny Cash  
 Jim Reeves                      Patsy Cline
- 5. On 2nd October 1954, who made his only appearance at The Grand Ole Opry?**  
 Bill Haley                      Elvis Presley  
 Buddy Holly                      Jerry Lee Lewis
- 6. Which part-time member of the Beach Boys was a major country music star?**  
 Blondie Chaplin                      David Marks  
 Bruce Johnston                      Glen Campbell
- 7. Which country star is associated with the hit song "Sixteen Tons"?**  
 Charlie Rich                      George Jones  
 Conway Twitty                      Tennessee Ernie Ford
- 8. Who is referred to as "The Father Of Country Music"?**  
 Bill Rogers                      Jimmie Rodgers  
 Ginger Rogers                      Roy Rogers
- 9. In which year did Dolly Parton take "Jolene" into the British top ten?**  
 1956                                      1976  
 1966                                      1986
- 10. Which country legend had a posthumous number one with "Distant Drums" in 1966?**  
 Gene Autry                      Jim Reeves  
 Hank Williams                      Patsy Cline

(Answers on back page)

Courtesy: <http://www.pubquizzes.com>



# Music: "Velvet" Duo, John Palmore and Patricia Esters

Enjoy R&B, Motown, Blues, Jazz, Funk, Disco or Country? Then "Velvet" should be on your list of choices to see in person if you live in or near California or Nevada.

John Palmore and Pat Esters are the duo that make "Velvet" so special. Both are music veterans who have performed with various artists throughout the years.

John Palmore, keyboardist and vocalist has traveled the world playing for artists such as Jackie Wilson, Mary Wells, ZZ Hill, Wilson Picket, Joe Simon, Percy Sledge and the Platters. He was the musical director, keyboardist and arranger for Bill Pinkney's "Original Drifters" for many years.

Pat Esters is a dynamic and versatile vocalist covering all genres. To see where they are playing, go to <http://www.palmorebrothersband.com/calendar.html>



*Friendly Plumbing Inc.*

**Residential & Commercial**

Drains • Faucets • Sinks • Toilets • Garbage Disposals  
Waterheaters • Gas • Sprinklers • Pipes • Tanks • Camera

Dave Sheehan  
friendlyplumbing@sbcglobal.net  
NV LIC #34032A

775-972-0870  
FAX 775-331-9448

*For all your plumbing needs - over 25 years experience*

**AMERICAN FAMILY INSURANCE**

**BYRON NUTHALL**  
BYRON NUTHALL AGENCY  
5401 Longley Ln Ste 18  
Reno, NV 89511

Bus: (775) 857-2202  
Fax: (775) 857-2551  
Email: [bnuthall@amfam.com](mailto:bnuthall@amfam.com)

Access Anytime: 1-800-MYAMFAM (800-692-6326)




Continued from page 2

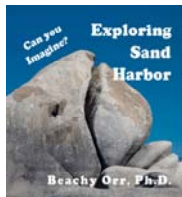
be seen as some sort of gang sign and I would get shot. If you ever see anyone doing a hand gesture that kind of looks like the "Okay" sign and they yell "Earl" afterwards, you know where it came from. I bet you'll laugh!

*Brian is an author, former radio host, comedian and philosopher. He has been in the comedy business for over 20 years in Canada, the U.S. and the Bahamas. He lives in Charleston, South Carolina.*

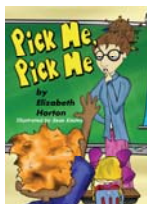
*Last year, he went to Japan to entertain the U.S. Marine Corp where he opened for headliner Jackie Fabulous, a stand-up comedian herself. To book Brian, Contact him via his Facebook page: <https://www.facebook.com/brian.t.shirley.5?fref=ts>*



**I Am That Fool**  
Meet Ryan Brown: egotistical, brilliant trial lawyer  
By Rick Cornell  
196 pages; \$12.95



**Exploring Sand Harbor**  
Includes color photos and maps while kayaking at Sand Harbor.  
By Beachy Orr  
72 pages, \$19.95



**Pick Me, Pick Me**  
Miguel can't stop bouncing in his seat and waving his hands...  
By Elizabeth Horton  
36 pages; \$14.95



**Amazing Mom**  
Early Reader  
To all the "Amazing Moms" and the things they do every day.  
By Nichole Truax, Ed.D.; 28 pages



## Dennis Stoddard

William Shakespeare wrote “*All the world’s a stage,...*”, and never is that more true than in a fantasy novel. For the author, a sound foundation in your fantasy world will provide better scene descriptions and more logical cause-effect reactions as you write through the scenes. For the reader, the easier it becomes to envision the author’s fantasy world. Above any other genre, fantasy/sci-fi readers want that description.

Creating a world may seem overwhelming, but it really isn’t. Remember doing scribble art when you were a kid? You took a pen to make a wildly random design, and then colored in the shapes. It’s not much different designing your world.

When I started the Kingdom of Torrence series I took a pencil and outlined a free-forming shape of the kingdom and then added the Torrence River. Next, I decided which of the sides were a seaside, leaving the remaining borders to be adjacent kingdoms. Voila! You had the beginning of a fantasy series. Can it be that easy?

No, not really. But the next step, adding names and mountain graphics, can be fun. The image is a rough example of where *The Legend of Jerrod* began. I added two inter mountain ranges to the south and a plateau bluff to the north.

The world continues to develop while you write. I added more names as my storyline moved northward to where I knew Jerrod and his friends were heading, and then roughed in the eastern edge of the map. As I finished the manuscript some of the names changed; aren’t erasers great? As the eastern edge of the map developed it became the stage for the second book in the series, *Amanda’s Quest*. Even after the completion of the manuscript the world grows. It’s alive!

The style of writing effects the development of your world as well. Whether you are a “pants-er” (write ad lib by the seat of your pants) or a “plotter” (write in outline format) determines how and when the details of your world development, but just go with it. For the fantasy/sci-fi reader, the more the better.... to a point.

I recently read an article by another author who suggested planning a city out down to and including how the garbage is removed. In my opinion, there is a level of

## Creating Your Fantasy World

detail that may go a little overboard, but if you are going to have a fight or chase seen through the city’s industrial area it may become relevant. In Chapter 15 of *The Legend of Jerrod* I state that “[i]t was not uncommon for [Amanda] to climb hundreds of feet to gain entrance into a building”. I had to have an idea of the city before making that statement; I imagined castle towers a hundred feet high.

There are many more things to consider in developing your world: terrain, terrain vegetation, water basins and runoff, weather, city locations (and why there?), ports, farmlands, mines, etc. And there are just as many questions. How does the kingdom feed itself? What is the form of government? I am currently developing a table of the highest peaks on the continent of Ak’ron.



Here is the final map from *The Legend of Jerrod*. The map was doubled for *Amanda’s Quest*. Both can be found in the back of the respective books.

Please check out my blog at:  
[www.KingdomOfTorrence.com/wordpress](http://www.KingdomOfTorrence.com/wordpress)

**COMPUTER PROBLEMS? We Have Fast Service!**

**Get The BEST Computer Care Out There...**

**ComputerBIZ**   
**(775) 354-8469**  
Email: [REGGSHOP@GMAIL.COM](mailto:REGGSHOP@GMAIL.COM)

We're The "Church Techs." Preferred IT PROS of Local Churches

BEST PRICES	1) PRICE MATCH GUARANTEED
BEST WARRANTY	2) Second Opinion Welcomed
BEST LOCAL'S REPAIR SHOP	1210 Greg Street - Sparks

**4-Month Warranty on all Repairs**





## Richard G. Pugh

If a member of Congress were to ask me today how to contain the high cost of health care today I would be only too glad to give this

sound advice:

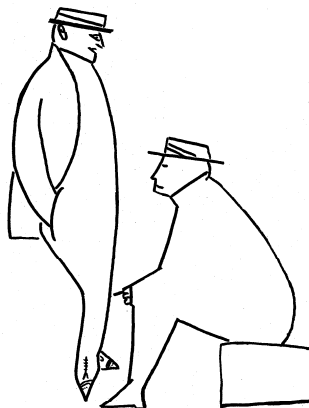
- ◆ Manage your weight to an approved level... and there are fallacious charts and apps for that.
- ◆ Stop awful habits like overeating and smoking. Cemeteries are full of people who didn't.
- ◆ Control your temper by taking deep breaths and counting to ten if you can.
- ◆ Teach kids to stay out of direct sun. (Like that is going to happen!) Adults: Be aware it is far too late for you...that particular skin-cancer horse has already left the barn. Check for moles and other skin barnacles frequently, but don't keep doing that in front of strangers.
- ◆ Vigorously exercise on a VERY regular basis... Don't pretend that golfing using a cart or strolling around the block is exercise. No, working the handle on your recliner is NOT to be considered exercise!
- ◆ Eat the right foods. A nutritionist can help if you can find one. Don't rely on that kid in the health foods shop for reliable advice. Disregard TV testimonials from celebrities and paid ACTORS!
- ◆ Reduce alcohol consumption by one half if you can do it...and that's just for openers! Never drive after consuming even one little martini, but, if you must, don't drive too fast or too slow.
- ◆ Never make cell phone calls or do texting while driving. You really don't want to know the bad statistics on doing it.
- ◆ When you call your doctor at 3:00AM, be sure to say you've had your severe pain for three weeks. You'll be surprised at the excitement this generates.
- ◆ Learn about GIRD, RLS, PAD, ED, and IBS. These new diseases and conditions are increasingly important to your doctor. Be sure to tell him you have most of them while watching her roll her eyes.

**Sign on a church:** "There will be no faith-healing service tonight...the minister is sick!"

**Now that you have whipped yourself into shape and if there is no other alternative to going into the hospital, observe another piece of advice from my father: "The only reason to go into a hospital is to work or to die!"**

## Health care costs and how to reduce them ... somewhat


- ◆ Before being admitted to hospital asks these questions three times: "Do I absolutely have to have this procedure done?" Learn the statistics on not doing it.
- ◆ "Can this procedure be done in a less expensive place like a surgicenter or outpatient facility?" "Can it be done in the doctor's office?" "Can the doctor come out to my house and do it"?



...SO I CALLED MY DOCTOR AND SAID, "DOC, I KNOW ITS 3:00 AM, BUT I'VE HAD THIS PAIN FOR THREE WEEKS NOW, AND...."

- ◆ Decline to accept hospital gift samples of toothpaste, mouth wash, combs, brushes and the like. Bring your own. That little 'gift' costs plenty.
- ◆ Bring sheets, your pillow and pillow cases, underwear and pajamas every day; make sure they are all very clean.
- ◆ Bring a cooler with all the food you will need for your stay...they will tell you about how long you will be there. Bring Jello only if you really like it.
- ◆ Invite a relative or friend to clean the room each day and walk you up and down the hall.
- ◆ Ask visitors to give you a bed-bath. Really good friends, family members and some visitors may do this for you, but only once!
- ◆ Invite friends to visit who can do odd jobs around the hospital like park cars, tend to the flower garden, sweep up, and do minor paint touch-up.
- ◆ Bring your cell phone...they may be charging you by the call.
- ◆ Ask for the cheapest room with lots of beds and fellow patients who aren't too sick. No need to be alone.
- ◆ Document how long it takes for a nurse to answer your page. You have heard, I bet, about some calls are never answered. Yell "STAT" sometimes and see what happens.
- ◆ Direct your nurses not to wake you up to give you a sleeping pill.

Continued on page 11



"Home of the Steamin' Wienie"  
[www.sinbads.com](http://www.sinbads.com)

Grab a Steamin' Wienie and a copy of What's the Story® at Sinbad's

Silver State Plaza  
418 N. McCarran  
Sparks, NV 89431

Phone: 775-331-4762  
Fax: 775-331-8646



## Independent bookstores Nevada and South Carolina New and used books

*Look at the bookstores the Book Hound found!*



Used  
hardcover and  
paperback as  
low as  
**75-85% off**  
retail price.

Example:  
Hardcover  
retails at  
\$24.95  
**85% off**  
retail=\$3.75

Softcover  
retails at \$7.99  
**75% off**  
retail=\$2.00

### New Books & Used Books

LeRue Press (LRP)

280 Greg St. #10  
Reno, NV 89502  
775.356.1004  
844.987.8579  
(844.WT.STORY)

[www.lrpnv.com](http://www.lrpnv.com)

New Books priced  
as marked

Cookbooks  
Arts & Crafts  
Politics, fiction and  
mysteries galore!

In great condition!

### Nevada

#### Reno

**Book Gallery**  
1203 Rock Blvd.  
Sparks, NV 775.356.8900

**Buy Nevada First**  
4001 S. Virginia St. (Reno Town Mall)  
Reno, NV 775.384.3153

**Grassroots Books**  
660 E Grove St.  
Reno, NV 775.828.2665

**His Word-Parable Christian Store**  
6815 Sierra Center Pkwy  
775.853.2665

**LeRue Press, LLC**  
280 Greg St. #10  
Reno, NV 775.356.1004

**Sundance Bookstore & Music**  
121 California Ave.  
Reno, NV 775.786.1188

**Carson City**  
**A to Zen**  
1801 N. Carson St.  
Carson City, NV 775.461-3311

**Dog-Eared Books**  
361 Fairview Dr.  
Carson City, NV 89701 775.884.2848

**Morley's Books**  
201 W. King St.  
Carson City, NV 775.883.3932

**Las Vegas**  
**BooksOrBooks**  
3460 E. Sunset Road, Suite R  
Las Vegas, Nv 702.522.797

**Henderson**  
19 W. Pacific Ave.  
Henderson, NV 702.697.0001

### South Carolina

**Charleston**  
**Blue Bicycle Books**  
20 King St.  
Charleston, S.C 843.722.2666

**Summerville**  
**Here Be Books and Games**  
4650 Ladson Rd.  
Summerville, SC 83.694.1498

**Beaufort**  
**Beaufort Bookstore**  
2127 Boundary St  
Beaufort, SC 29902 843.525-.1066

**Camden**  
**Books on Broad**  
944 Broad Street  
Camden, SC 29020  
803-713-READ

Continued from page 5

rainbows will appear as you see yourself in a different light.

You will understand that life is a very short journey, you will learn not to be judgmental to those in deep depression, you will know a kind heart can heal a broken heart, you will learn acceptance.

Mike Aloia is a father of two daughters and a proud grandfather. He is 50 years old and lives in Jacksonville, Florida. Mike is multi-talented: a cartoonist, comedian, musician, songwriter, actor, columnist, and the CEO of American Hearts Radio, LLC Entertainment Network. He has experience in web TV, radio entertainment production, artist management, and other aspects of entertainment.

His column "Walk the Turtle" are his thoughts on slowing down, taking it easy, and enjoying life. Mike's work can be found in the following places:

[www.americanheartsradio.com](http://www.americanheartsradio.com)

[www.facebook.com/americanheartsradio](https://www.facebook.com/americanheartsradio) [www.harmonybooking.com](http://www.harmonybooking.com)



Continued from page 9

Save \$50.00 and bring your own.

When your doctor drops by to see you sit up in bed and ask him to pour you some ice water, straighten up the bed and pillow. Don't ask him to do that if he looks anything like Dr. House!

Inquire beforehand if tests are covered by your insurance...if they aren't, kindly and cheerfully say thanks and decline. Ask, "If I don't have insurance and I'm flat broke, doctor, would you still run that test and do that procedure?" The doctor may quickly leave the room pretending to hear a page. Dr. House would still run that test and do that procedure.

Ask to see all lab and x-ray reports. Study them as if you had some clue as to what they meant. Periodically say, "Ah hah!" and ask lots of questions. You'll impress everyone!

If you like your doctor, promise not to sue if "best practices" are

followed and only minor harm has been done. Honest mistakes are made from time to time.

Study your bill, if you ever get one. Lots of times patients are charged for meds they never received or procedures and test never run. I knew a man who went in with a broken leg and got billed for a tread mill test.

On discharge, walk to your car...that wheel chair isn't absolutely necessary, is it?

When you get back home immediately re-start your cost containment program. The odds are quite good **YOU WILL BE BACK IN THE HOSPITAL ONE DAY**. Be sure to thank everyone who deserves it and try to recall if you made any nurses, doctors, or administrators mad at you. They have long memories!

After coming to Reno from Charleston, S.C. in 1973 to accept the position of CEO of the Nevada State Medical Association and serving as Director of Physician Relations at Washoe Medical Center for two years, Pugh retired in 1990. Later he helped establish Health Access Washoe County (HAWC) and served as Board Member and President for several years. He has served as Adjunct Clinical Instructor at the University of Nevada School of Medicine and authored four books through the History of Medicine Program there.

**YOUR AD HERE!**

Only \$15 for a business card size ad. (3-1/2" x 2")  
Just provide Camera ready art. In a pdf or jpeg,  
300 dpi (dots per inch).

That's less than 1 cent per printed copy. 2500 per  
month printed and distributed throughout Reno/  
Sparks/Carson City plus online impressions.

Business card for Michael Rayburn, Mortgage Advisor. The card features a photo of Michael Rayburn, his name and title, and contact information: Cell 775.232.3604, Fax 855.257.1388, Desk 775.332.6630, 6900 S. McCarran, Suite 2020, Reno, NV 89509, mrayburn@alpinemc.com, alpinemc.com/MichaelRayburn. It also includes NMLS 81395 | WA CL-81395 | AZ BK-910890 and the Alpine Mortgage Planning logo.

Business card for Josh Floyd, Media Consultant. The card features the 'america matters media' logo with the tagline 'a million points of thought'. Contact information includes: 4001 S. Virginia Street, Reno, NV 89502, Cell: 775.971.8745, Call In: 775.827.8900, and E-mail: josh@americamatters.us.

Advertisement for 'THE JERKYMAN'. The ad features a pink background with the text '25 YEARS AS THE JERKYMAN AND A WHOLE LOT MORE!' and 'FLYER DISTRIBUTION • HOME &amp; OFFICE DELIVERY SNACKS - DRINKS - JERKY'. It also promotes 'GIFT JARS &amp; BOXES \$10.00 &amp; UP' and provides the phone number 775-762-6748.

# What's the story?<sup>TM</sup> Share it!

280 Greg Street,  
Suite 10  
Reno, NV 89502

Toll Free: 844.987.8679 (844-WT-STORY)  
In northern Nevada: 775.356.1004  
E-mail: [lrp@lrpvn.com](mailto:lrp@lrpvn.com)

## It's all about solutions for your business or writing project.

The opinions expressed are by the authors and do not reflect the opinions of LeRue Press (LRP) or any of its partners or affiliates.



Start your week  
with us and  
end it with us!

**Book Hound:**  
Monday  
4-4:30 P.M.

**What's the Story?**  
Friday  
11-12 p.m.

### Talk Talk Talk!

Yup, that's what our guests do. They share their stories with you every week.

**Monday- 4 p.m. Pacific** *What's the Story? Radio Show.*

Whether it's leadership, a new business or comedians on the road, we're here every Friday to share the story.

What's your story? *Contact us at [www.lrpvn.com](http://www.lrpvn.com)*

**Friday- 11 a.m. Pacific** *The Book Hound Radio Show.* Love books? We do. We interview emerging, debut authors AND your favorite best-selling author.

Listen on KCKQ AM 1180 in northern Nevada or streaming live at <http://amm.streamon.fm>



Did you know?

Brought to you by LRP Printing~Publishing~Business Center

Did you know:

There are 5 different types of publishing avenues to take? (according to Jane Friedman, columnist for Publisher's Weekly)

- \* Traditional
- \* Partnership
- \* Fully Assisted
- \* DIY Plus Distributor
- \* DIY Direct

Did you know:

LeRue Press offers all these avenues for your book publishing?

- \* **Traditional:** Submissions are opening up in 2016. Check the website for guidelines in January.
- \* **Partnership:** Make an appointment to find out if we are the right publisher for your project
- \* **Fully assisted:** We work with you to create your project, your way. We offer suggestions. Final decisions are yours.
- \* **DIY plus distribution:** We can print your project and provide distribution options.
- \* **DIY Direct:** You've done it all, you would like us to carry your book. Let's get it available for purchase. You can reach us at 775.356.1004

## Celebrate Veterans



As we begin the year, remember the troops that are serving and the veterans that have served..

## Thank you for your service



1. Harper Valley
2. Kiss-Kiss were a punk/glam/ metal band - any adjective but country
3. Gene Autrey
4. Hank Williams
5. Elvis Presley-After his appearance, Elvis was advised to go back to his truck-driving career
6. Glen Campbell-Between 1969 and 1972 Campbell hosted the "Goodtime Hour" television show
7. Tennessee Ernie Ford
8. Jimmie Rodgers -He sang country folk, but influenced honky tonk, rockabilly & "Bakerfield" sound
9. 1976
10. Jim Reeves

"What's the Story?<sup>®</sup>" is a monthly publication of LeRue Press (LRP). No part of this publication may be reprinted without permission. But we'd love it if you shared it! It is available in print and online. Go to [www.lrpvn.com](http://www.lrpvn.com) or [www.issue.com](http://www.issue.com) and search LeRue Press.