

LIFE HEALTH & FITNESS WITH CLASSIFIEDS

Spices may add to life

A Chinese study suggests that people who eat spicy foods may live longer and have lower risks for heart disease and cancer, D2

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HUMAN MATTERS

Staying friends with your ex



STEVEN KALAS

My son has a friend. Every evidence points to a sincere, mutual, warm and caring friendship. They stay in touch. They support each other. They are informed about the other's comings and goings, the ups and downs of dating, their respective journeys of education and vocation.

I like my son's friend very much. I know her better than many of his friends because ... they used to not be mere friends. They once were high school (and young adult) sweethearts. They once were in love. So, she was at my house a lot.

They preserved a friendship. I'm intrigued.

I believe in the possibility of recovering a friendship in the aftermath of a significant, committed love relationship. My (quite possibly incorrect) prejudice, however, is that it's statistically less likely than more likely. And a bit astonishing when it does happen. To be lauded and celebrated, for sure.

My mother and father, divorced since forever, are great conversationalists. They are both really smart. Well-educated. And, when holidays, children and grandchildren call them to the same home, they greet one another with true regard, warmth and respect. They appear to relish discussing politics, the economy, aging, world events.

They bear no apparent ill will. All grudges evaporated. There exists between them an authentic peace. I'm confident they wish each other well — a thriving and happy life.

Are they friends? Friendly, for sure.

"I'm friends with all my exes," the woman

SEE KALAS, D3

RONALD MCDONALD HOUSE

'LIKE A HOME'

Nonprofit offers calm place for families with sick children



Camille de Leon holds son Anthony and daughter Rosie at the Ronald McDonald House in Las Vegas. Ronald McDonald House gives the Reno family a homelike place to stay as Anthony undergoes medical treatments. JAMES TENSUAN/LAS VEGAS REVIEW-JOURNAL/FOLLOW HIM ON TWITTER @JTENSUAN

By Linda J. Simpson | Special to the Las Vegas Review-Journal

Contrary to popular belief, many people are coming to Las Vegas for their specialized health care needs.

Reno residents Camille de Leon, 26, and her husband, Rodney Yu, 23, turned to the oncologists and surgeons at Children's Specialty Center of Nevada when son Anthony, 6, was diagnosed with clear cell sarcoma of the kidney, an extremely rare renal cancer, in February. Two days after his diagnosis in Reno, he was transferred to Sunrise Hospital, where his kidney was removed.

"We stayed at the hospital for a week after his surgery (sleeping in his room)," de Leon said.

The family learned about the Ronald McDonald House from a hospital social worker the night before they headed back to Reno.

"I just shudder every time I find out that a family has been sleeping in their car or in the hospital," said Alyson McCarthy, executive director of the Las Vegas Ronald McDonald House. "I'd like to say that

it's uncommon, but it's not."

After gathering some of their belongings in Reno, they returned to Las Vegas and settled in for an extended stay at the Ronald McDonald House. Anthony's prolonged chemotherapy treatment at the Cure 4 the Kids Foundation infusion center, inside the Children's Specialty Center, began in March and is scheduled to continue through the end of September. Big sister Rosie, 7, joined her family for the extended time away from Reno.

"It feels like a home," Yu said of the Ronald McDonald House. Rosie misses her dog, Bella, but has settled into her new school while her brother continues his treatment, her father said.

In 2014, the Ronald McDonald House of Greater Las Vegas served as a home-away-from-home for 3,940 families, like Anthony's, seeking



Volunteers Susan Viola, left, and Shari Young provide services to help families staying at the Ronald McDonald House feel more at home. Linda J. Simpson/Special to the Las Vegas Review-Journal

treatment for their critically ill children. Families who have to travel more than 30 miles to Las Vegas are provided temporary housing, meals and transportation by the nonprofit.

The 13,500-square-foot Mediterranean-style house at 2323 Potosi St. was built in July 1998. The house has 12 guest rooms with private bathrooms, a large game room filled with toys, and a professional kitchen. The Ronald McDonald House can accommodate 72 guests at full capacity. The house

recently underwent an extensive remodeling that took more than two years to accomplish so that the house could continue to operate with minimal disruptions to guests.

Perhaps the biggest misconception about the Ronald McDonald House is that it is totally funded by the restaurant giant McDonald's.

"They (local co-op McDonald's franchise owners) are our largest

SEE HOME, D3

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Alyson McCarthy, executive director of the Las Vegas Ronald McDonald House



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