

Reed Rainey will take the field as new baseball coach

By Rongi Yost
Correspondent

Reed Rainey will take over as the new head coach for the Outlaws baseball team, bringing with him a wealth of knowledge, both as a player and as a coach.

Rainey has big plans for the Outlaws and the future of the Outlaws baseball program. Pitching and defense are at the top of his list, and he told *The Nugget* that the Outlaws will be very good in terms of pitching and defense. One of the hallmarks of Rainey's teams has been that they throw strikes, pitch aggressively, and play good solid defense.

Rainey shared with *The Nugget* what the Outlaws will be like next season.

"Offensively, we will be aggressive at the plate, and we will put pressure on the opponents by being highly skilled at base-running, playing the short game, and taking advantage of situational opportunities," said Rainey. "We will play with confidence, which comes from practicing hard, and being well-versed in the fundamentals of the game. We will hustle, play hard, never quit, and play the game with passion. Baseball will be fun."

The Outlaws have a group of returning players, and Rainey is excited about the season ahead.

"I'm optimistic that our pitching and defense will be able to lead us into the playoffs," said Rainey. "I don't know enough about our team overall to make any predictions about success, but we will play the game the right

way, compete as hard as we can, and have a lot of fun along the way, and will continue the rich tradition of Outlaws baseball."

Rainey also plans to work with staff and players to further youth baseball in the community. Rainey told *The Nugget* that he feels it's imperative to be involved in the community, so that younger players will feel connected to Outlaws baseball, and aspire to play as they get older. Reed added that increasing participation numbers is important to him, as well as building an exciting summer program that encompasses all levels of play.

The coach brings a wealth of experience with him.

Rainey was a standout athlete at West Albany High School, and was a three-year letter-winner in baseball. He was an all-league player as a senior, and played in the State-Metro All Star Series, where he went 6-2 as a pitcher. He batted .400 and knocked in 31 RBIs. In 1980, he was voted West Albany's High School Athlete of the Year.

Reed was also a three-year letter-winner in football, and started for the team all three years. In basketball, he was a two-year letter-winner.

After high school, Rainey attended Washington State University, and was the Buck Bailey Award winner, an award given to the most outstanding pitcher. He earned this award in both 1983 and 1984. Reed set 12 single season/career pitching records, some of which still stand 32 years

later. Rainey was a member of the Pac-10 All Star team that traveled to Haarlem, The Netherlands, for International Honkbalweek in 1984.

After an impressive high school and collegiate career, Rainey began his coaching career, and has coached at both the high school and college levels. Reed's coaching experience included: assistant coach/pitching coach at the University of Nevada, head baseball coach at Reno High School, and head baseball coach at Western Oregon University. He was also the assistant coach, pitching coach, and associate athletic director at Portland State University, the head baseball coach at Lewis and Clark College, and recently head baseball coach at Central High School.

Reed and his wife, Martha, come to Sisters as a blended family, which includes six children that range in age from 18 to 30. The Raineys are familiar with Sisters, realize it's rich in baseball tradition, and want to continue that trend.

"Coach Steve Hodges has done a tremendous job building the program, and the success he has had here is a testament to him, his staff, and all of the players who have participated," said Rainey. "I want to continue to build on the tradition that Coach Hodges, and those before him, have established.

"The Sisters community loves their baseball, and is very supportive of all of the sports and activities we have," added Rainey. "I love the small-town atmosphere,



PHOTO BY RONJI YOST

Reed Rainey brings a wealth of experience to his new coaching position with Outlaws baseball.

and have a passion for Central Oregon. I want to make Outlaw baseball games an event that people in the community want to come watch and be a part of. Our new baseball field will be

one of the best playing fields in Central Oregon. The setting is absolutely beautiful, and I am excited to have an abundance of home games this year to open our new facility."

Is the Snowbird or Sunbird Life for You?

As the saying goes, birds of a feather flock together. In the case of snowbirds and sunbirds — affectionate nicknames for traveling retirees — this is definitely true. Snowbirds are residents of northern states who flock to the south to escape harsh winters, while sunbirds travel north in droves to get away from summer heat and humidity. If you're tempted to take flight in the off-season, think through the costs and logistics first.

Keep tabs on your home. You're right to be concerned about leaving your home vacant for weeks or months at a time. An unoccupied home may be vulnerable to burglaries, broken or frozen water pipes and other events that require immediate attention. To avoid preventable mishaps, consider asking a trusted family member or hire a house-sitter to keep an eye on your property. Sophisticated security systems can also help safeguard your home when you're gone.

Choose your health insurance accordingly. If you plan to stay for an extended period of time in another state, make your Medicare insurance selections carefully. Many Medicare Advantage (Part C) and prescription drug (Part D) plans require you to stay within their coverage networks, which may not extend across state or even county lines. Medigap (Medicare Supplement) policies that cover some of your out-of-pocket costs under traditional Medicare (Parts A and B) may be used nationwide, provided the treatment and provider are eligible. If you require prescription drugs, you'll want to make sure your prescription drug plan allows you to fill prescriptions at its network pharmacies anywhere in the country. Failing to do so could mean exorbitant out-of-pocket medical expenses that are not eligible for reimbursement.

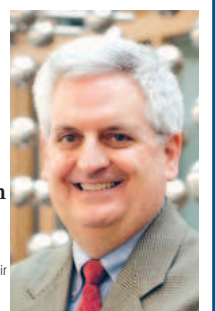
Make arrangements to receive mail. You may think your mail can wait for your return, but what about your bills and other important documents? Consider using automatic bill pay and mail forwarding services to stay on top of financial obligations. Also, let the professionals you work with (e.g. lawyer, estate planner, financial advisor) know of your address change in case they need to get in touch with you.

Explore living options. Unless family or friends are opening their home to you, you'll want to weigh the cost of maintaining two residences. Renting a second home or condo may offer a more affordable approach than buying. Many vacation properties are available to rent on a weekly or monthly basis. You may also want to explore home exchange networks that allow you to swap residences. If you plan to travel by recreational vehicle, research the cost of facilities with the amenities you desire.

Create a budget. Do you see your temporary move as a vacation, living your everyday routine in a new location, or a bit of both? Depending on how you plan to spend your time away from home, make sure you budget accordingly. It can be easy to spend on a whim, with the intention to get back on track once you return. Make a commitment to maintain your financial diligence by adding any travel, fun experiences or increased living expenses to your budget.

Check in with your tax advisor. The residency tax statutes can vary by state, so check the rules for each state you live or own property in to avoid tax surprises. Your tax advisor can provide suggestions about how to keep your tax obligations to a minimum when you're residing in more than one place during the year.

Mark Greaney is a Financial Advisor with PacWest Wealth Partners, an advisory practice of Ameriprise Financial Services, Inc. in Bend, Oregon. He specializes in fee-based financial planning and asset management strategies and has been in practice for 17 years. Contact Mark at www.PacWestWealthPartners.com, or call him at 541-389-0889. Mark is located at 35 NW Hawthorne Avenue, Bend, OR.



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