

HEALTH

EXERCISE, VITAMIN D AND COGNITIVE HEALTH

*New findings may
surprise you*

By **DR. KENT GAYLORD**
Telluride Medical Center

Physical activity and adequate levels of vitamin D appear to reduce the risk of cognitive decline and dementia, according to two large, long-term studies.

In one study that followed 1,200 people in the town of Framingham, Mass., since 1948, researchers analyzed data from these people now in their 70s. The study tracked the participants for cardiovascular health and is now also tracking their cognitive health.

The physical activity levels of the 1,200 participants were assessed in 1986-1987. Over two decades of follow-up, 242 of the participants developed dementia, including 193 cases of Alzheimer's.

Those who did moderate to heavy amounts of exercise had about a 40 percent reduced risk of developing any type of dementia. People with the lowest levels of physical activity were 45 percent more likely to develop any type of dementia than those who did the most exercise. These trends were strongest in men.

This study suggests that lowering the risk for dementia may be one additional benefit of maintaining at least moderate physical activity, even into the eighth decade of life.

The second study found a link between vitamin D deficiency and increased risk of cognitive impairment and dementia later in life. Researchers in the United Kingdom analyzed data from 3,325 people aged 65 and older who took part in the third U.S. National Health and Nutrition Examination Survey. The participants' vitamin D levels were measured from blood samples and compared with their performance on a measure of cognitive function that included tests of memory, orientation in time and space and ability to maintain attention. Those who scored in the lowest 10 percent were classified as being cognitively impaired.

The study found that the risk of cognitive impairment was 42 percent higher in people who were deficient in vitamin D, and 394 percent higher in those with severe vitamin D deficiency.

"It appears that the odds of cognitive impairment increase as vitamin D levels go down, which is consistent with the findings of previous European studies. This a major public health concern," study author David Llewellyn, of the University of Exeter Peninsula Medical School, said in a news release.

Skin naturally produces vitamin D when exposed to sunlight. However, older adults in the United States have insufficient vitamin D levels because skin becomes less efficient at producing vitamin D as people age and there's limited sunlight for much of the year. It is recommended that people take 1,000 to 2,000 IU units of vitamin D daily.

TELLURIDE DAILY PLANET

ORBIT

THE SECOND FRONT PAGE
JULY 21, 2010



The Band of Heathens, hailing from Austin, Texas, will play the Sheridan Opera House on Friday night as part of the fourth annual Americana Music Series. [Courtesy photo]

MUSIC

Back to the roots

Americana Music Series features Joe Ely, Band of Heathens and more

By **KATHRINE WARREN**
Staff Reporter

As if Telluride didn't have enough live music offerings this summer, the fourth annual Americana Music Series is taking residency at the Sheridan Opera House this Thursday through Saturday bringing a variety of folk, rock, country and blues tunes to the historic stage.

The mini festival is the brainchild of Steve Stagner, who splits his time between Austin — the home of Americana music — and Telluride and wanted to bring some of his songwriter friends to the mountains.

"I'm trying to bring more singer/songwriter and acoustic music to Telluride, there's a little bit of a void here," Stagner said.

The series kicks off today with a VIP party in Mountain Village at the Telluride Ski & Golf Company members clubhouse featuring Texan singer-songwriter Darden Smith. The event is only open to three-day ticket holders.

Thursday night the series sets up shop at the Opera House with a song swap featuring two couples: Amanda Shires and Rod

Picott and Stacey Earle and Mark Stuart.

"The artists will take turns playing songs," Stagner said. "These couples know each other and have played together before ... this will be a little more interactive."

Husband and wife duo Earle and Stuart have toured the country for the better half of two decades becoming a recognized fixture in the folk/Americana music scene. Shires and Picott have played with the likes of Slaid Cleaves and blend indie-rock with Western swing.

Friday night The Band of Heathens and Jason Eady will take the stage. This year the Austin-based band was nominated by the Americana Music Association for best new and emerging artist. They also have quite the following in Colorado and visit the state often.

"They remind me a little bit of Little Feat," Stagner said.

The weekend wraps up Saturday night with Joe Ely and Sam Baker. Ely has performed with such musicians as Bruce Springsteen and Uncle Tupelo and recently toured with Lyle Lovett, Guy Clark and John Hiatt.

All shows at the Opera House start at 8 p.m. with the doors at

Wednesday Focus: **Lifestyle, Home & Food**

Planet Picks

1. The Sunset Concert Series continues in Mountain Village Wednesday night with reggae bluesman Corey Harris. The fun starts at 6 p.m. at the Sunset Plaza.
2. The library is holding a free hatha yoga class Wednesday morning from 9 to 10 a.m. Bring your own mat, blocks and straps.
3. On Thursday the Wine Mine at Pacific Street Liquors is hosting its weekly free wine tasting from 4 to 7 p.m.

WORKSHOP

MEDITATIVE PRACTICE COMES TO TELLURIDE

*Introductory class
on Wednesday*

By **KATHRINE WARREN**
Staff Reporter

Looking to combat insomnia and chronic fatigue? Want to increase your productivity at work or reduce stress?

On Monday, there will be an introductory level HORA class that can help participants address those problems — and more — through a technique also known as evolutionary meditative practice.

Known as HORA, the technique is coming to Telluride with the help of Svetlana Baklanova, the practice's U.S. representative from Russia.

The tradition of HORA can be traced back to Armenia where the current master HORA learned it from his family. Baklanova was trained and mentored by the master himself and she has been teaching his traditions to clients here in Telluride and in Chicago and North Carolina.

"It's a union of mind, body and psyche," Baklanova said.

Monday's class will feature a power point presentation explaining HORA and samples of some of the exercises involved in the practice. To participate in the exercises, attendees must wear flat or thin-soled shoes and comfortable clothes and must be able to sit down and stand up from the floor unassisted.

Baklanova will hold a five-day training next week for those interested in continuing to train in the practice of HORA.

"We work with the body through attention so we can achieve a new evolutionary consciousness," Baklanova said. "Through stability and concentration of attention and reason of breathing we can awaken our usefulness."

See **HORA**, Page 25



A toasted couscous BLT salad is seen in this June 21 photo. To combat lunch bag boredom, you need to straddle that fine line between exciting and familiar, which is just what this salad does. [AP Photo/Larry Crowe]

FOOD

A couscous salad with BLT leanings

To ward off lunch boredom, get creative

By **JIM ROMANOFF**
For The Associated Press

To combat lunch bag boredom, you need to straddle that fine line between exciting and familiar, which is just what this toasted couscous BLT salad does.

Exotic, large pearl couscous gets dressed up with all the ingredients of that perennial favorite — the bacon, lettuce and tomato sandwich — and tossed in a lemony dressing to create a packable salad that will appeal to the whole family.

To give even more heft to this lunch, and perhaps turn it into an easy, light supper, add thickly sliced or diced smoked turkey or chicken.

TOASTED COUSCOUS BLT SALAD

Start to finish: 35 minutes (20 minutes active)

Servings: 4

6 ounces bacon, cut crosswise into 1/4-inch strips

1/2 cup large pearl couscous

1 tablespoon cider vinegar

1 tablespoon lemon juice

1/2 teaspoon Dijon mustard

2 tablespoons extra-virgin olive oil

2 cups chopped iceberg lettuce

2 cups diced fresh tomatoes

Salt and ground black pepper,

to taste

In a medium saucepan over medium, cook the bacon, stirring often, until crisp, about 10 minutes. Using a slotted spoon, transfer the bacon to a plate lined with paper towels to drain. Pour off all but 1 tablespoon of the bacon fat from the saucepan.

Return the saucepan to the stove over medium-high. Add the couscous and toast, stirring often, until lightly browned, 2 to 4 minutes. Spread the toasted couscous on a baking sheet to cool for 15 minutes.

Meanwhile, to make the

dressing, in a small bowl, whisk together the vinegar, lemon juice and mustard. While whisking vigorously, drizzle in the olive oil. Set aside.

In a large bowl, combine the lettuce and tomatoes.

When the couscous has cooled, transfer to the bowl with the lettuce and tomatoes. Add the reserved bacon and dressing, then toss well to coat. Season with salt and pepper. Serve immediately or store, covered, in the refrigerator for up to 1 day.

Nutrition information per serving (values are rounded to the nearest whole number): 353 calories; 238 calories from fat; 26 g fat (7 g saturated; 0 g trans fats); 29 mg cholesterol; 21 g carbohydrate; 8 g protein; 3 g fiber; 379 mg sodium.

Exotic, large pearl couscous gets dressed up with all the ingredients of that perennial favorite — the bacon, lettuce and tomato sandwich — and tossed in a lemony dressing to create a packable salad that will appeal to the whole family.

Meditative practice comes to Telluride

HORA, from page 28

The HORA practice has also been described as assisted yoga with a strong focus on meditation.

“This is a different type of attention, a different type of consciousness,” Baklanova said.

The introductory class is July 26 at 5 p.m. at 789 E Columbia

Ave. Those interested in attending can call 704-737-5353, email Svetlana@horausa.com or visit their Web site www.horausa.com.

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