

More football changes afoot

■ Backed-up kickoffs could be key in new efforts to speed up college games, 10C

Magnitude-7.9 earthquake rattles Peru

Quake hits 90 miles southeast of Lima at a depth of 25 miles; tsunami triggered but not damaging, 5A.

Money: 'Made in USA' back in play

Chinese-made toy recalls spur domestic pride, 1-2B.
► Mint launches Thomas Jefferson dollar coin, 4B.

Sports: Baseball managers making do

Interim skippers are not only taking on tough roles, they're doing it without job security, 3C.

Life: 'Hitman' ready to make leap

Video game becomes a big-screen movie in October. First Look with star Timothy Olyphant, 1D.

By John O. Buckley

Dow and Nasdaq lose more ground

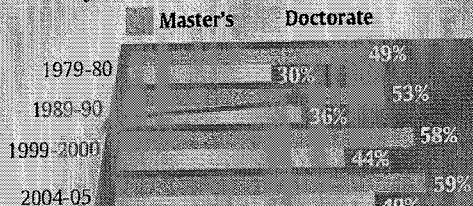
Index	Close	Change
Dow Jones industrial average	12,861.47	↓ 167.45
Nasdaq composite	2,458.83	↓ 40.29
Treasury note, 10-year yield	4.72%	↓ 0.01
USA TODAY Internet 50	148.65	↓ 1.93

Sources: USA TODAY research, MarketWatch.com

USA TODAY Snapshots®

Women's academic mastery

Percentage of total master's and doctoral degrees earned by women:



Source: Department of Education

By David Stuckey and Marcy E. Mullins, USA TODAY



0 89505 04005 6

©COPYRIGHT 2007 USA TODAY, a division of Gannett Co., Inc.
Subscriptions, customer service 1-800-USA-0001
www.usatoday.com

G18, G19

Low costs, climate luring elderly across the border

By Chris Hawley
USA TODAY

ALLIJC, Mexico — After Jean Douglas turned 70, she realized she couldn't take care of herself anymore. Her knees were giving out, and winters in Bandon, Ore., were getting harder to bear alone.

Douglas was shocked by the high cost and impersonal care at assisted-living facilities near her home. After searching the Internet for other options, she joined a small but steadily growing number of Americans who are moving across the border to nursing homes in Mexico, where the sun is bright and the living is cheap.

For \$1,300 a month — a quarter of what an average nursing home costs in Oregon — Douglas gets a studio apartment, three meals a day, laundry and

cleaning service, and 24-hour care from five staff, many of whom speak English. Up every morning next to a glimmering lake, and the average annual high temperature is 79 degrees.

"It is paradise," says Douglas, 74. "If help living or coping, this is the place to be. I don't know that there is such a thing back (in the USA), and certainly not for this amount of money."

As millions of baby boomers reach retirement age and U.S. health care costs soar, Mexican nursing home prospects for more American seniors to head south in coming years. Mexico's proximity to the U.S. and warm climate make it attractive, though residents caution that quality of care is not always great in an industry that is just getting started here.

Please see COVER STORY

Katrina victims struggle mentally

Post-traumatic stress still rising, study shows

By Marilyn Elias
USA TODAY

Many Gulf Coast residents still feel the wallop of Hurricane Katrina nearly two years later.

Mental illness is double the pre-storm levels, rising numbers suffer from post-traumatic stress disorder, and there is a surge in adults who say they're thinking of suicide.

A government survey released Wednesday to USA TODAY shows no improvement in mental health from a year ago.

About 14% have symptoms of severe mental illness. An additional 20% have mild to moderate mental illness, says Ronald Kessler of Harvard Medical School, who led the study.

The big surprise: Post-traumatic stress disorder (PTSD), which typically goes away in a year for most disaster survivors, has increased: 21% have the symptoms vs. 16% in 2006. Common symptoms include the inability to stop thinking about the hurricane, nightmares and emotional numbness.

"We're getting delayed-onset PTSD, and we're not getting any evidence of recovery," Kessler says. His team surveyed 800 Katrina survivors in Louisiana, Mississippi and Alabama.

Gulf Coast mental illness rates are much higher than typical after natural disasters, says psychiatrist Bessel van der Kolk, a pioneering PTSD researcher and director of The Trauma Center in Boston.

"They're expected numbers for refugee camps, for people who have lost their communities, their sense of

Illness lingers

Gulf Coast residents identified with:

Severe mental illness

Before Katrina Last year Today

Mild to moderate mental illness

Before Katrina Last year Today

Source: Harvard Medical School

By Frank Pompa, USA TODAY

direction, whose community was uprooted," he says.

A spark of hope in the survey was that only 3% were considering suicide, fewer than in 2006. But 6% now are considering suicide, fewer than in 2006.

Last year, most survivors had lost a sense of meaning in life. This survey hasn't been repeated.

With more than a year and post-traumatic stress disorder, Kessler questioned positive outlooks. "It was, 'I'm just hanging in there.' Now they not alive, they want a hand."

When disaster strikes, it's up to survivors to solve that's healthy, van der Kolk says.

Feeling trapped, that on, causes post-traumatic stress disorder, which may be barriers that delay recovery. Memories of Katrina at destroyed neighborhoods that remain unfixed, says Kessler, chairman of psychology at State University Health.

"When you're constantly that prolongs trauma," he says. "They've been very brave, but they're not down."

A sense that the rest of the world doesn't care anymore, says Charles Figley, a trauma expert at State University.

"They feel the nation is turning its back on forgetting them," Figley says. "The country hasn't started for a lot of them. Post-traumatic stress is here."

Impact on kids

- Anger, panic, 1D
- Teen's work, 7D

Tracking recovery on the Gulf Coast

You don't need a miracle to help make your dreams come true. You need a plan.

Visit ameriprise.com to learn about our unique Dream > Plan > Track > approach to financial planning.

Ameriprise Financial cannot guarantee future financial results. Ameriprise Financial Services, Inc., Member NASD and SIPC. © 2007 Ameriprise Financial.