

# TODAY

COMING TUESDAY:  
Electing a President,  
a Newspapers in  
Education series



Monday, February 4, 2008 | FEATURES EDITOR: Marcia White, phone 610.258.7171, Ext. 3541; e-mail today@express-times.com

www.lehighvalleylive.com THE EXPRESS-TIMES B6

## A Day in Life



### TASTE FAT TUESDAY FASTNACHTS

Tuesday is Fastnacht Day, when it is traditional in the Pennsylvania Dutch heritage to eat these very filling fried doughnuts on the day before Ash Wednesday, the start of the Lenten season:

- 2 packages yeast
- 2 cups milk
- 2 eggs
- 2 teaspoons salt
- » cup sugar
- ¼ teaspoon nutmeg
- 7½ cups flour

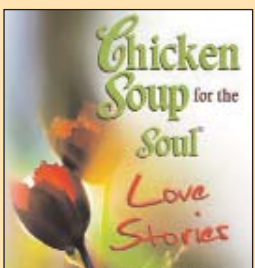
Dissolve yeast in ½ cup warm water. Scald milk and let cool. Add butter, salt and sugar. Let stand 10 minutes. Add eggs and 3 cups flour. Stir in remaining flour until soft dough is formed. Knead a few minutes on a floured board. Place in bowl and let rise till double, about 1½ hours. Punch down with hands and roll to ½-inch thickness. Cut in squares or with a doughnut cutter or large glass. Cover and let rise until double in size. Drop in hot fat, brown on each side. Drain.

Source: Berks Web Authentic Berks County Recipes at berksweb.com.



### COMING TUESDAY IN RELISH MAGAZINE

In the February edition of Relish in Tuesday's Express-Times, savor some Soup and the City, focusing on chicken soup in NYC and its many variations around town. Plus, have some Lovin' Spoonfuls.



### FAITH LOCAL AUTHOR PENS 'CHICK SOUP' STORY

Paul James Weston of West Easton wrote an original short story published in the latest of the popular "Chicken Soup for the Soul" series. A news release from the publisher says, "Some Assembly Required" — part of "Chicken Soup for the Soul Love Stories: Stories of First Dates, Soul Mates and Everlasting Love" — is about Weston trying and finally succeeding to assemble a decorative stool for his wife. The book is available at most larger book stores.



# 7 steps through the health care maze

BY DEBRA K HESS  
The Express-Times

It seems there is a prescription for nearly every ailment imaginable.

Yet there is no prescription to help people navigate the health care system labyrinth.

From the symptoms to the cure, a person may find himself not only trying to battle an illness, but trying to deal with layers of physicians, pharmacists and hospitals.

**“What you really need when you are ill is to have someone take you by the hand and guide you through.”**

Dr. Ian Diener

Through her new book, “7 Steps to Your Best Possible Health care,” it is Ruthann Russo’s hope the average person will be able face the health care system with more knowledge and confidence.

“There seems to always be a negative connotation related to health care, even the title of this book,” Russo says. “I hope this material is helpful.”

Not until her daughter’s diagnosis of epilepsy, had Russo really recognized the challenges of the health care maze.

“In looking back, had I known there was a strong history of this in my family, I may have been able to recognize her minor symptoms earlier,” the mother says.

At the beginning of the process of writing this book, Russo, a partner with the Bethlehem-based law firm Russo and Russo, wanted to hear from other people about their health care experiences so she put a call out to the public.

She received an overwhelming response. She had to stop collecting stories when the number reached 2,000.

“I found that people who were responding were people who had a plan, who had their priorities in order, who knew what mattered to them,” she says.

These priorities included having a good primary care physician and a good support system with someone on the team who could help through difficult times — diagnosis, doctor visits — and serve as a medical mentor.

People have a fear of medicine, for many reasons, Russo has learned. A feeling of loss of control can happen. It may be simply because of being sick and just wanting to turn things over to the doctor. “This book explains how to take control back through education. I have tried to make it as digestible as possible,” Russo adds.

Russo also is managing director with Navigant Consulting, an independent consulting firm which specializes in healthcare.

Dr. Ian Diener, who has more than 24 years in family practice medicine and now works for Navigant, says Russo’s book explains how people can use the health care system.

“What you really need when you are ill is to have someone take you by the hand and guide you through,” he says.

Russo takes her experience in the health care field and outlines the challenges so a regular person can understand the health care system, Diener adds.

That understanding is important when you consider, “The average doctor’s visit is 16 minutes,” Russo says. “Make the most of that time.”

For more information visit [7stepshealth.com](http://7stepshealth.com). The book, published by DJ Iber Publishing, is set for release Feb. 16.



EXPRESS-TIMES PHOTO | JOE GILL

### THE SEVEN STEPS

Here are the steps Ruthann Russo outlines in her new book “7 Steps to Your Best Possible Healthcare”:

**1: Create your vision:** Create and develop a plan for your health care and health status using your own values, vision and mission statements.

**2: Own your story:** Gather and maintain your medical records or health care biography, and limit others’ access to your health information.

**3: Build your relationships:** Learn your rights and responsibilities as a patient, and develop good communication between you, your physicians and members of your health care team.

**4: Assess quality:** Define exactly what quality in health care means to you.

**5: Understand the people:** Learn the different types of health care providers, how they are educated and what they do. Get knowledge about complementary and alternative medicine options, and the providers who practice in this area.

**6: Know the places:** Get acquainted with the different locations where you can receive health care, as well as the difference between teaching and non-teaching hospitals.

**7: Learn the language:** Get an introduction to common medical terminology, phrases and abbreviations.

Source: [7stepshealth.com](http://7stepshealth.com)

## Almanac

### Feb. 4, 2008

Today: is the 35th day of 2008. There are 331 days left in the year.

#### On this date:

- In 1789, electors chose George Washington to be the first president of the United States.
- In 1938, the Thornton Wilder play “Our Town” opened on Broadway.
- In 1974, newspaper heiress Patricia Hearst was kidnapped in

Berkeley, Calif., by the Symbionese Liberation Army.

■ In 1983, singer-musician Karen Carpenter died in Downey, Calif., at age 32.

■ In 2007, the Indianapolis Colts won Super Bowl XLI, beating the Chicago Bears 29-17.

**Today’s birth-days:** actor Conrad Bain, 85; former Vice President Dan Quayle, 61; rock singer Alice Cooper, 60; actor Michael



Quayle

Beck, 59; country singer Clint Black, 46; actress Gabrielle Anwar, 38; singer Natalie Imbruglia, 33; Olympic gold medal gymnast-turned-singer Carly Patterson, 20.

**The sun** sets at 5:22 p.m. today, rises at 7:07 a.m. Tuesday.

**The moon** sets at 2:43 p.m. today, rises at 6:24 a.m. Tuesday. It is five days after the moon’s first quarter.

#### 150 years ago today:

**1858:** It’s easy to see Valentine’s Day is coming soon because of the items displayed in local stationery

stores, the Easton Daily Express editors wrote.

Valentine’s Day cards are displayed everywhere and there’s no doubt many of them will end up at the post office soon to be mailed, the editors wrote.

#### 100 years ago today:

**1908:** A 32-year-old Warren County woman was arrested for having one too many husbands.

Anna May French, of Port Colden, was arrested on a charge of bigamy filed by Charles French of

| PLEASE SEE ALMANAC, B3