

S. Korean woman passes driver's exam on 950th try

SEOUL, South Korea (AP) — A woman in South Korea who tried to pass the written exam for a driver's license with near-daily attempts since April 2005 has finally succeeded on her 950th time.

The aspiring driver spent more than 5 million won (\$4,200) in application fees, but until now had failed to score the minimum 60 out of a possible 100 points needed to get behind the wheel for a driving test.

Cha Sa-soon, 68, finally passed the written exam with a score of 60 on Wednesday, said Choi Young-chul, a police official at the drivers' license agency in Jeonju, 130 miles (210 kilometers) south of Seoul.

Police said Cha took the test hundreds of times, but had no specific total. Local media said she took the test 950 times.

Now she must pass a driving test before getting her license, Choi said.

Repeated calls to Cha seeking comment went unanswered. She told the Korea Times newspaper she needed the license for her vegetable-selling business.

Who built Berlin Wall? Most Russians don't know

MOSCOW (Reuters) — More than half of all Russians do not know who built the Berlin Wall, one of the most enduring symbols of the Cold War, an opinion poll showed Thursday.

Ten percent of people surveyed by pollster VTsIOM thought Berlin residents built it themselves — even though its purpose was to prevent residents of communist East Germany from escaping to the West through the divided city of Berlin.

Six percent said Western powers built it and four percent thought it was a "bilateral initiative" of the Soviet Union and the West.

Fifty-eight percent said they did not know who built it, with just 24 percent correctly naming the Soviet Union and its then-communist ally East Germany.

Following mounting pressure from within the communist bloc, the wall was opened to allow people to cross from east to west on November 9, 1989, leading to the reunification of Germany 11 months later.

Mexican mother reunited with allegedly sold baby

MEXICO CITY (AP) — A 1-year-old girl is back with her mother a year after the Mexico City doctors who delivered her allegedly sold her to another woman.

Authorities handed the baby to Vanessa Castillo on Thursday after tests proved she was the mother.

The case led to the arrest Wednesday of three doctors, a nurse and a receptionist at a hospital in a poor neighborhood.

According to Castillo, doctors refused to let her see the baby after the October 2008 birth, then first told her the infant was taken to another hospital and later that she had died and been cremated.

Castillo says she learned the truth in an e-mail thought sent by the hospital director's son.

Prosecutors are investigating whether other newborns were stolen at the hospital.

By Sally Sacks

Children develop their identities by learning to know what they like about their environment, their way of dressing, and their way of relating to others and the world. For your child to develop an identity of his own, you must sponsor this development of identity by being aware of your child's actions and behaviors, and what these tell you about him.

For example, if your child has a cluttered room and has to save everything, you probably have a sentimental child that doesn't like to part with things. If you cleaned your child's room and threw away "the junk" that she had too much of, you might be ignoring who your child is as a person.

How children reveal their identities

Your kids show off their colors through how they choose to decorate their rooms, the friends they like to associate with, their dress, food choices, activity choices, and more. They are giving you clues about who they are as well as taking from you certain things they admire and incorporating those into their identities.

Many parents forget to ask children important questions that can reveal their child's belief and value system; asking such questions can sponsor a healthy sense of self in your child.

For example, Miriam didn't like her daughter Leigh's taste in clothing, because it was different than her own. Every holiday Miriam would buy what she liked for her daughter, but Leigh wouldn't wear

Helping kids form their own identities



it. Mom would be disappointed, and her daughter felt guilty.

Leigh also read magazines that Miriam disapproved of, and Miriam would get angry that her daughter was reading these magazines; however, Miriam never thought to ask her daughter what she liked about the magazines. Such a question

would have given Miriam valuable insight into her daughter's individuality and character.

I asked my son the other day what he liked so much about sports and in turn got some great clues to his personality. He replied that he liked the teamwork, the goal setting, the movement, and the success.

This response not only tells me about sports, it tells me more about my child.

Emotional awareness is becoming aware of who your child is, and offering him support in growing that self into a very well-formed identity—one that will offer him the ability to make positive choices and deci-

sions in his life.

Tips for sponsoring healthy identities

Be aware of your child's actions and behaviors and what they tell you about him.

Ask questions about why your child chose a topic, or picked an outfit, or read a certain book or magazine. Ask objectively without judgment.

Give your child choices about activities she would like to participate in.

Offer him reasonable food and clothes choices.

Compliment your child on her personal style.

Listen to your child's ideas openly and don't force your ideas on him.

Offer suggestions without controlling your child's ideas and behaviors.

Make sure you know your identity and have the confidence to let your child have hers without criticism and judgment.

Create activities that help your child identify who he is. (Recently my daughters made collages. They cut out pictures of everything that symbolized themselves and then reviewed each others' work. Then they personalized the projects even more and hung them over their beds.)

Have your child create a family party or one with some friends. Ask her to plan it and design what she wants. What kind of food, music, or atmosphere would she like?

The healthy identities of children are their keys to knowing themselves and seeking what they want in life.

(Source: kaboose.com)

Millions face health care squeeze in Sudan: WHO

GENEVA (AFP) — Millions of people in South Sudan and Darfur face dire and worsening health conditions and a severe shortage of care, the World Health Organization warned Thursday.

WHO funding for health care in Darfur is also set to run out within weeks, with no sign that donors struck by the financial crisis will renew their contributions in 2010, a senior official said.

"We know that at the end of the year, funding will dry out," said the agency's representative in Sudan, Mohamed Abdur Rab.

Meanwhile, cholera "is quite rampant in South Sudan" even though it has been stifled in recent years in Darfur, and maternal mortality is among the highest in the world in the south.

"Sudan has almost all the diseases in the medical book," Abdur Rab told journalists.

"There is an urgent need for support in south Sudan," he said. "It is grave already."

More than four million people are affected by the humanitarian crisis in the western region of Darfur.

Abdur Rab said health conditions have improved there in



South Sudanese infants and their mothers are cared for in a malaria ward at the main hospital in Juba in April 2009. Millions of people in South Sudan and Darfur face dire and worsening health conditions and a severe shortage of care, the World Health Organization warned Thursday. (AFP/File/Tony Karumba)

recent years thanks to some seven million to eight million dollars a year for often life-saving health care there.

But the progress to relatively "satisfactory" levels is already showing signs of unraveling under the onslaught of drought and malnourishment, while conditions are worse out of the international spotlight in South Sudan, he cautioned.

"There are only 10 qualified, skilled nurses in the entire South Sudan."

Just 25 percent of the eight million strong population has access to health care in the south, provided largely by aid agencies, Abdur Rab estimated.

There is just one major hospital in the southern city of Juba, while Darfur has 16 of them, he pointed out.

Maternal mortality rates in Darfur were currently around 600 per 100,000 births in Darfur.

But in South Sudan, the figure soars to more than 2,000 deaths in 100,000, according to the WHO.

Infectious diseases like diarrhea, pneumonia, malaria and meningitis were commonplace in both regions, said Abdur Rab.

Living with less TV, more sweat boosts weight loss

If you want to lose weight, exercise and diet are crucial. But a new study says other factors appear to play a role, too — including the number of TVs in your house and the presence of exercise equipment.

"The home environment really came out as a stronger factor than we would have anticipated," Suzanne Phelan, assistant professor of kinesiology at California Polytechnic State University and lead author of the new study, said in a news release.

Phelan and colleagues looked at the results of surveys of 167 people who lost a big chunk of their body weight — at least 10 percent — and managed to keep the pounds at bay for five or more years. The researchers compared this group to two other groups of people who were overweight or obese.

The researchers investigated what set the weight-losers apart from the others, and published their findings in the October issue of the *Annals of Behavioral Medicine*.

Those who lost weight and kept it off were about three to four times more likely to exercise than those who were obese or over-

weight. They were also about 1.4 to 1.6 times more likely to spend time thinking about restraining their food intake, considering things like calories.

Those who lost weight had fewer televisions in their home and less high-fat food on hand. They also had more exercise equipment in their homes, the study authors noted.

"You have to pay attention to your home environment if you want to succeed," Phelan said. "Do you have TVs in every room? When you walk into your kitchen, do you see high-fat food or healthy food?"

Dr. David Katz, director of Yale University School of Medicine's Prevention Research Center, noted in the news release that the study's findings were "common sense" and "close to self-evident."

"If you want to choose better foods, keep better foods within reach. Don't just rely on willpower. If you want to be more active, create opportunities for exercise that are always within reach. Don't just rely on motivation," he said.

(Source: HealthDay News)

Fla. baby found alive in box under sitter's bed

CHIPLEY, Fla. (AP) — Investigators spent five days searching a rural area of dense vines and marshes for a missing infant, only to find her lying quietly in a 2-foot by 3-foot cedar box that had been shoved under her baby sitter's bed. Clothing was packed around it to muffle any sounds and baking soda placed inside to mask the stench of dirty diapers.

Authorities said the baby's mother, Chrystina Lynn Mercer, gave the infant to baby sitter Susan Elizabeth Baker last Saturday, then reported her missing about 10 hours later. About 100 law enforcement agents and others spent days scouring around the baby's home in a remote, makeshift community of dirt roads, tin-roof shacks and old mobile homes. Searchers also dug through trash cans and bins.

All along, the baby was under the bed.

Washington County Sheriff Bobby Haddock choked up Thursday as he described how 7-month-old Shannon Dedrick was stashed in the box for 12 straight hours before investigators discovered her late Wednesday. They believe she had been in the closed box on and off

for several days.

"She was way back under the bed," he said. "But she was not crying."

Baker had written a letter to Gov. Charlie Crist's office in August, pleading for help for the baby and claiming her father shook her and both parents did drugs in front of her. She asked Mercer a week ago if she could have permanent custody, Haddock said. Officials do not believe Shannon's father, who is Baker's stepbrother, was involved in the disappearance.

Haddock said Shannon apparently had been fed and cared for while she was with Baker, who lived about 12 miles from Mercer. He said Baker became a suspect several days ago but never told them where the baby was, even as they interviewed her.

Shannon appeared healthy, much to the relief of investigators.

"Once we got the hospital, five or six of us called our wives to let them know that we found the child and a lot grown men were shedding tears," Haddock said.



Without job stress, retirees sleep better

What you're not doing once retired seems to make a good night's sleep come more easily.

A study of nearly 15,000 French workers who had retired found that the odds of having disturbed sleep in the seven years after retirement were 26 percent lower than in the seven years before they stopped working.

Sleep improvements probably had less to do with how they were spending their retirement, though, than with the removal of the demands and psychological stress associated with working, the researchers said.

The study's lead author called the finding a surprise. "Earlier studies showed a strong link between work stress and disturbed sleep, but research on the health consequences of retirement had produce conflicting results," said Dr. Jussi Vahtera, a professor of public health at the University of Turku in Finland.

"Retirement had been hypothesized to represent an additional stressor in some studies, but a relief in other studies."

The prevalence of sleep disturbances among the French retirees, all former employees of a government gas and electric company, fell from about 24 percent in the year before retirement to about 18 percent in the first year after retiring. No attempt was made to determine the specific type of sleep disturbances the retirees experienced.

The biggest reduction was seen among men who had reported depression or mental fatigue before retirement. Improvements in sleep after retiring were also most pronounced among men, management-level workers and workers who had been shift workers or had held jobs considered psychologically demanding.

The only retirees who failed to experience improved sleep were those who had quit working for health reasons. The study participants had employment benefits that have become less common, including guaranteed job stability, a mandatory retirement age between 55 and 60 years and a pension that provided 80 percent of pre-retirement pay.

Workers with less generous benefits might not experience similar improvements in post-retirement sleep, Vahtera said.

"We believe these findings are largely applicable in situations where the financial incentives not to retire are relatively weak," he said. "In countries and positions where there is no proper pension level to guarantee financial security beyond working age, it might well be that retirement is followed by severe stress, disturbing sleep even more than before retirement."

Dr. James P. Krainson, medical director of the South Florida Sleep Diagnostic Center in Miami, called the study "interesting but preliminary."

"The data come from a single employer, and there is no analogous employer in the U.S.," he said. "Better sleep may be something to look forward to in retirement, but nothing is definitive in this report. More research is needed."

The study, published Nov. 1 in *Sleep*, was based on annual questionnaires completed by 11,581 men and 3,133 women who retired between 1990 and 2006 at an average age of 55.

(Source: HealthDay News)