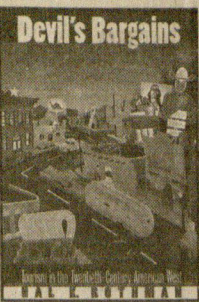


Communities pay toll for success in tourism

"Devil's Bargains: Tourism in the Twentieth-Century American West" by Hal K. Rothman



University Press of Kansas, \$34.95, 434 pp.

REVIEW BY FRANK ZORETICH

"The embrace of tourism triggers a contest for the soul of a place," writes Hal K. Rothman.

"That's the 'devil's bargain.' In exchange for the opportunity to harvest money from hordes of visitors, places like Las Vegas and Santa Fe and a host of ski resorts throughout the West, such as Aspen, Vail and Sun Valley, have been transformed, he says, into 'illusions' of their former selves, with most of the original local residents soon relegated to low-paying service jobs.

"Regions, communities and locales welcome tourism as an economic boon, only to find that it irrevocably changes them in unanticipated and uncontrollable ways,"

warns Rothman, a history professor at the University of Nevada-Las Vegas.

Once the choice is made for tourism, "a series of characteristic and oft-repeated consequences results, leaving all but a few people in tourist communities questioning whether they were better off in the economic doldrums that preceded tourism."

And the success of tourism, he adds, "can be even more devastating than failure."

Rothman devotes an early chapter to the development of tourism in Santa Fe, beginning with the arrival of amateur archaeologist and cultural promoter Edgar L. Hewett in 1903.

"In the invented Santa Fe," Rothman says, "upper-class Americans dissatisfied with their culture could discover a world that seemed different from the one they left but that measured its distance in style rather than substance."

Rothman also devotes a portion of his final chapter to the brief official "backlash against tourism and neo-native economic dominance" that rocked Santa Fe during the mid-1990s term of Mayor Debbie Jaramillo. As he notes, however, "Jaramillo's indifference and at

times outright hostility to tourism and the inequality it bred sparked much opposition."

Neo-natives are those who, attracted by tourism, decide to stay.

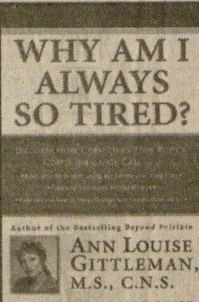
Although instructive, as a book by a history professor ought to be, Rothman's tone is sometimes too academic for the general reader. For example, he keeps using the word "hegemony" as if everyone knows what it means. He defines the tourism business as "a process of designing and refining intangible commodities that can psychologically be possessed through spending."

Although Rothman states that "the history of tourism in the West serves as a blueprint for the future of this most colonized and most mythical region of the nation," he doesn't attempt to predict that future, nor does he offer any useful suggestions on how a town can manage to gain more than it loses in the devil's bargain.

Frank Zoretich is a free-lance writer whose role in tourism has been merely that of authorial exploration. His "Cheap Thrills Adventure Club: New Mexico" books are a collection of newspaper articles recommending day trips to tourist attractions within a three-hour drive of Albuquerque.

Nutritionist looks into fatigue

"Why Am I Always So Tired?" by Ann Louise Gittleman, with Melissa Diane Smith



HarperSan-Francisco, \$20, 162 pp.

Ann Louise Gittleman signs, discusses "Why Am I So Tired?" 7-8:30 p.m. Tuesday, Page One, 11018 Montgomery NE, and 5:15-6:30 p.m. Wednesday, The Ark, 133 Romero St., Santa Fe.

By DAVID STEINBERG
Journal Staff Writer

Nutritionist Ann Louise Gittleman thinks she has uncovered a cause of why many women who eat well, exercise enough and sleep deeply are still tired.

Her conclusion is that they may be suffering from a copper-zinc imbalance in their body — that is, excessive copper and insufficient zinc.

Too much copper, she said, results in poor adrenal gland function and hence fatigue as well as anxiety, immune system disorders and premenstrual syndrome.

Gittleman suggested balancing those two minerals through a series of steps, steps that include limiting one's exposure to copper water pipes, copper intrauterine devices as well as copper-rich vitamin and mineral supplements.

"I'm also suggesting individuals add certain mineral antagonists to the diet in the form of zinc, manganese and vitamin C," she said in a phone interview from Chicago.

"I have a diet, too. Basically, it's eating protein with each meal, though I'm not concerned about the level of protein, but some zinc-rich foods like fish, poultry, red meat and eggs should be taken daily from one of those sources."

At the same time, she urged

reducing carbohydrates and sweets — especially refined sugar, white rice and white flour — because they negate a proper copper-zinc balance in the body.

Gittleman said vegetarians should supplement their diet with zinc, which has antiviral elements and is also good for the prostate.

She thought the copper-zinc imbalance issue was most relevant to women until she learned of a study minutes before the Journal phone interview last week.

Gittleman said the study appeared in a 1997 issue of the Journal of Psychology and Behavior that suggested young men's violent behavior may be linked to abnormally high copper and abnormally low zinc levels.

She is the author of the best-selling "Beyond Pritikin" and "Before the Change."

Gittleman, a Bozeman, Mont., resident, describes herself as a nutritionist on the cutting edge of health issues for two decades.

The author's new book was written with Melissa Diane Smith.

Warm sense of place fills taped 'Tiger'

By DAVID TARRANT
The Dallas Morning News

"The Tiger in the Grass" by Harriet Doerr, read by Barbara Rosenblat; Recorded Books, four cassettes, six hours, unabridged.

Harriet Doerr was 73 when her first novel, "Stones for Ibarra," was published. Critically praised for its evocative writing, it won the National Book Award for first fiction.

In this collection of stories, Doerr continues to explore the themes of her previous writing, as she records stories of innocence and danger, beauty and illness, love and loss.

Many of the stories take place in Mexico, where Doerr lived part of her life.

The places are beautiful, evoking a feeling of a warm, paradisiacal idyllic, but where there is also a sense of something dangerous lurking just out of sight.

Or, as the title suggests, a tiger lurking in the grass.

The most moving of her stories chronicles her son's lengthy terminal illness.

Barbara Rosenblat's deliberate reading is well matched to these stories, which slowly yield their perfume as the flower unfolds.

Intense 'Spy' evokes an era

from PAGE F6

Prague with Molly to reunite with him. The visit goes well until Walter reveals his true motive. He wants to come home, and he needs Nick's help.

What follows is a story of divided loyalties, suspicion and death, set against the depressing, gray backdrop of Prague and on to a frantic, scattered Washington with a paranoid Hoover running the FBI and a near-paranoid Richard Nixon in the White House.

Filled with well-drawn '70s spies, aides and friends of Nick and Molly, "The Prodigal Spy" is an excellent period piece, evoking the chill of the Joseph

McCarthy witch hunts through the passionate protest movement of the '70s.

There are several nice plot twists near the end — we realize the good guys aren't all that good and the bad guys aren't all that evil. Everyone is revealed as human, capable of unexpected responses to stock situations.

Joseph Kanon writes a very satisfying tale. The reader lives the story with his characters, and an involving story it is. If you enjoyed Kanon's "Los Alamos," you'll be standing in line to get your copy of "The Prodigal Spy."

Asa Mullins is an Albuquerque insomniac.

PAGE ONE WELCOMES



ANN LOUISE GITTLEMAN Why Am I Always So Tired?

In *Why Am I Always So Tired?* Gittleman points to practices which she argues are leading causes of chronic fatigue with women, gives advice on nutrition, and explores relevant environmental factors. (Published by HarperCollins)

TALK & BOOKSIGNING • TUESDAY, FEBRUARY 2ND • 7-8:30PM



REE STRANGE SHECK Costa Rica: Adventures in Nature

Costa Rica is the latest book in *John Muir's Adventures in Nature Series*, a series that helps you travel responsibly, with a focus on the fast-growing way of travel called eco-tourism. Learn how to travel in a way that won't hurt the environment or the native people. (Published by John Muir)

TALK & BOOKSIGNING • WEDNESDAY, FEBRUARY 3RD • 7-8:30PM



KRIS CONOVER & GAYLE GARDNER Marriage Made Simple

In some ways building a good marriage is like building a house — starting with a solid foundation, then adding the framework carefully, until you have a haven that can weather the storm of time. Each useful chapter of *Marriage Made Simple* is devoted to a virtue that is needed for a successful marriage. (Published by Penguin)

TALK & BOOKSIGNING • SUNDAY, FEBRUARY 7TH • 2-3:30PM



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BOOKNOTES

WRITING CONTEST: Diet Coke and caffeine-free Diet Coke are sponsoring an essay-writing contest. The grand prize is a three-day all-expenses-paid trip for two to New York City that includes meeting with editors at HarperCollins and a private dinner with one of the authors judging the contest. All 24 contest finalists will have their stories published in a "virtual book" on the Diet Coke Web site — www.dietcoke.com. Entrants can mail a typed or legibly handwritten essay with their name, address, and home telephone number to "Living Life to the Fullest" Contest, P.O. Box 5114, New York, NY 10022, by March 12 or complete the entry form on the Diet Coke Web site and submit the entry before March 8. The topic of the essay, in 500 words or less, is "Living Life to the Fullest." The essay's content can be factual or fictional. For information and a complete set of contest rules check the Web site or call (888) 522-2653.

WINNING NOVELIST: The winner of the 1998 Premio Aztlan is Ronald L. Ruiz for his novel "Giuseppe Rocco." The award for best Chicano/a novel, established by Rudolfo and Patricia Anaya, carries a \$1,000 prize. It will be given to Ruiz at 7 p.m. Thursday at the Hilton Hotel, 1901 University NE, in connection with the Conference on Ibero-American Culture and Society, which carries the theme "Looking for Ojate's Foot." A keynote speaker will be Erlinda Gonzales-Berry, chairwoman of Ethnic Studies at Oregon State University. She will discuss the role of Spanish in New Mexico public education between 1890 and 1920. Authors reading at the conference include Ricardo Aguilar of NMSU, Maria Herrera-Sobek of University of California-Santa Barbara, Margarita Cotacárdenas of Arizona State and Antonia Quintana-Pigno of Kansas State. The UNM Department of Spanish and Portuguese is conference sponsor.

POETRY READINGS: Poets Glen Sorestad of Saskatoon, Saskatchewan, and Jim Harris of Hobbs, N.M., will read from their work at 6 p.m. Friday as part of the UNM Bookstore's Familiar Faces poetry series.

PARTNERS IN ART: Poet V.B. Price and photographer Kirk Gittings talk about "the heart of collaboration" 6:30 p.m. Tuesday at the Albuquerque Press Club, 201 Highland Park Circle SE. The collaboration resulted in a book, "Chaco Body," an exhibit and a film. \$5 general public; free to members of Communication Artists of New Mexico. For directions, call the Press Club at 243-8476.

NMSU NOVELIST: Kevin McIlvoy, an English professor at New Mexico State University, reads from his novel "Hyssop" at 7:30 p.m. Friday in Room 106 of NMSU's Hardman Hall. The novel, set in the fictional New Mexico town of Las Almas, is narrated by an 87-year-old thief whose confessor is the local bishop, his longtime friend. All of the characters are in their 80s, musing on life, faith, love and forgiveness. The New York Times favorably reviewed the novel, and Borders Books & Music has picked it for its nationwide Original Voices program in February. That means it will be prominently displayed in all of the chain's stores.

UNM ZIMMERMAN LIBRARY: The Herzstein Latin American Reading Room will be dedicated 2-3 p.m. Thursday in its new space on the second floor of UNM's Zimmerman Library. The room will house heavily used Latin American journals and newspapers and state-of-the-art electronic access to other materials. The dedication honors Sigmund "Bud" and Barbara Herzstein and recognizes the contributions of El Paso Energy Foundation and the UNM Regents to the room. In the 1860s Bud Herzstein's great-grandparents

settled in Clayton, where they started a mercantile store. ... TRW Inc. has given \$12,000 to the Zimmerman Library to buy its own Web server. The purchase will enable the library to produce digital information, will facilitate the conversion from print to digital formats and provide an entry point to the library's growing collection of commercial electronic databases and full texts, said Nancy Dennis, director of library technology development.

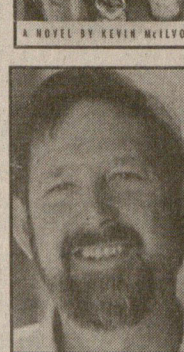
QUERY LETTERS: Blythe Camenson discusses and holds a workshop on writing query letters Saturday at New Life Presbyterian Church, 5540 Eubank NE. The talk is at 10 a.m. and the workshop starts at 1 p.m. Camenson is an author, editor and teacher. Her morning talk is free; the workshop is \$30 for the general public, \$25 for members of Southwest Writers Workshop. To register call 265-9485.

SANTA FE INTERVIEWS: Lone Butte Press has published "The Best of 'From the Plaza,'" a collection of interviews Matt Kelly did for his radio show "From the Plaza of Santa Fe." The book, which retails for \$12.95, has transcripts of 15 radio programs.

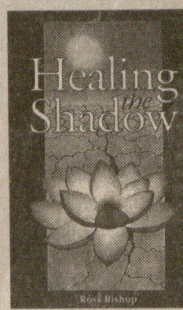
SOUTHWEST TRAVEL: Lamp Post Publications has released Ken Christensen's "The Romantic Southwest, Adventures Along the Romantic Highway." It has travel tips and reviews of lodgings in six states including New Mexico. \$15.95.

SHAMAN'S BOOK: Ross Bishop, who describes himself as a Santa Fe shaman, is the author of "Healing the Shadow," which is based on his 20 years of healing experiences. The book attempts to give readers the resources "to manifest positive change in their lives." Bishop's Blue Lotus Press is the publisher. Retail price is \$19.95. For information on obtaining the book call (505) 424-9070 or write to Bishop at P.O. Box 6105, Santa Fe, NM 87502.

MANDALA COLORING BOOK: Martha Bartfeld signs "Magic Mandala Coloring Book: Sacred Geometry for Awakening and Healing" 6-8 p.m. Friday and Saturday at Hastings, 2414 Cerrillos Road, Santa Fe.



McILVOY: Reads Friday at NMSU



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