



WHERE BEST FOR A NEW FOOTBALL STADIUM?

As the mayor's task force studies locations downtown or in Mission Valley, two local architects offer their perspectives on the choice. **SD4**

SAN DIEGO NEWSMAKERS, IDEAS + OPINIONS

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SECTION **SD**

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When La Mesa resident Nancy Anderson's ailing mother moved in with her, it quickly became apparent that her nonstop medical and emotional needs would prove to be too much to handle. Anderson received help through the Southern Caregiver Resource and attended a support group that she says helped save her life. **NELVIN C. CEPEDA • U-T**

When duty overwhelms

Caregivers who felt alone with their personal struggles and pressures say they received invaluable support through specialized groups

MICHELE PARENTE • U-T

For Nancy Anderson, emotional rock bottom came in the form of a bag of potato chips, a bottle of vodka and a TV.

After caregiving for her mother all day and into the night, she'd crumple in front of the screen, oblivious to what was on and intent on descending into a state of oblivion.

Second in an occasional series on the challenges facing family caregivers.

"I was just wearing so many hats. I was a meds manager, a housekeeper, nurse, insurance advocate, you name it," said Anderson, 54. The more the La Mesa resident did for her mother, the less she did for herself. She became increasingly



Nancy Anderson and her mother, Vi. COURTESY PHOTO

isolated, couldn't sleep, stopped going to church and doing things that relaxed her, like yoga and gardening. She was gaining weight and losing her temper.

"I was wound like a top," Anderson said. "People would ask, 'How are you?' and I would just bawl. I would say, 'I'm sorry, that is so not me. I'm a smart, successful woman who loves to travel and do things.'"

The push that the divorced mother of two needed to climb up from the bottom came in the form of a question.

"My son said, 'Mom, have you thought about showering? You've been in the same jammies for three days.' That summed up the shock I was in," Anderson said. "I was dying on the vine."

Variations of Anderson's story are being played out in tens of millions of homes across the country — as many as 65 mil-

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WINNERS & LOSERS

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WINNERS



Book lovers: Amid good buzz and bad, readers await "Go Set a Watchman," a rediscovered 1950s novel by "To Kill a Mockingbird" author Harper Lee. It doesn't come out until July, but it's a must-read already. Scout's honor.

Gray matter: A groundbreaking study by Scripps Research Institute scientists shows that the brains of Alzheimer's patients have more genetic variation than normal brains. More knowledge, brighter hopes.

Baseball dreams: The Padres' Opening Day payroll will be higher in 2015, and could top out at more than \$100 million. Money can buy early-bird happiness.

"Allegiance": The musical inspired by actor George Takei and incubated at San Diego's Old Globe Theatre is heading to Broadway. Previews start Oct. 6. Bragging rights start right

here, right now.

Cat power: Point Loma's own Tiffany Two enters the Guinness World Record book as the World's Oldest Living Cat. The tortoiseshell kitty turns 27 in March. Time for a celebratory nap.



LOSERS

Kevin Bollaert:

The local operator of a "revenge porn" website is convicted of 27 felony counts, including identity theft and extortion. He faces up to 20 years in prison and pretty much no sympathy whatsoever.

S.D. living: A new study by Realtor.com names San Diego the country's least-affordable city. We'll drown our sorrows in craft beer and sunscreen.



Birdie watching: Tiger Woods withdraws from the Farmers Insurance Open at Torrey Pines due to back spasms. Fans settle for ogling the championship scenery.

Brian Williams: The NBC anchor admits that his long-told story of being in a military helicopter forced down by enemy fire in Iraq in 2003 was not true. Major PR turbulence ensues.

Anthem insurance: In one of the largest medical-related cyberattacks in history, hackers gain access to the private records of 80 million former and current Anthem members and employees. Everybody hurts.

KARLA PETERSON • U-T