

MEET YOUR MERCHANT | HEART OF THE ROCKIES HEALTHCARE DBA ACUPUNCTURE BY KATHLEEN

Find more business content, including instructions on how to get your business featured here, at www.postindependent.com/insidebusiness

Nurse knows Western medicine but treats with Eastern medicine

How did your business start?

As a nurse with a long history of daily migraines, I tried everything Western medicine had to offer and found it sorely lacking. Acupuncture was a last resort for me. I was so impressed with the acupuncturists and the system that healed me that I decided to learn it. In the process I realized that it was my calling. I began with a sincere desire to help as many people as I could using a combination of Chinese medicine, acupuncture, herbs and Western mind-body approaches to healing and pain control.

What does your business do?

Kathleen Menten is a board certified nurse, acupuncturist and Chinese herbalist who has been practicing acupuncture since 1986 and nursing since 1969. She helped to create the Integrative Medicine Program in the cancer center at Johns Hopkins Hospital, where she did acupuncture and was part of the pain team. Kathleen's passion is helping people to find meaning in their lives and to rewrite their story when their current reality doesn't appeal to them. Kathleen's eclectic philosophy is reflected in her acupuncture style. It's a combination of traditional Chinese medicine, five element, scalp acupuncture, auricular acupuncture and muscle activation technique. Inside each person lies a wealth of knowledge, capabilities and power rarely transmitted to the conscious mind. Acupuncture provides a catalyst for developing these creative possibilities.

Herbs constitute an important part of Kathleen's individualized treatment plan. The Chinese herbal system is the safest, most comprehensive and most respected herbal system in the world. Herbs relieve symptoms rather than suppress them. When properly prescribed, herbs are much safer than drugs. Plants contain



Kathleen doing acupuncture



Kathleen Menten at Johns Hopkins Hospital, where she helped create the Integrative Medicine Program.

natural buffers, so they are less likely to produce allergic responses than drugs. When used with acupuncture, herbs strengthen the results.

Kathleen uses mind-body approaches in her acupuncture practice to help with pain and stress control.

The above techniques are combined to manage symptoms while addressing the underlying imbalance.

What sets you apart from the competition?

Kathleen focuses on healing in the context of a relationship, a caring partnership in which there are shared goals, trust and hope. She spends the entire hour of treatment with each client, using the above modalities. This helps to create a secure and safe environment, facilitating her client's own innate healing potential.

As a nurse, Kathleen helps people navigate the complex world of Western medicine while treating you with Eastern medicine.

What is your key for surviving the recession?

Fine tuning old skills and learning new ones. Kathleen learned a new system of acupuncture this year, scalp acupuncture. Acupuncture needles are placed in the scalp over each lobe of the brain, affecting its functions. Scalp acupuncture produces impressive, even miraculous results in central nervous system problems. It gives hope to people with: MS, Parkinson's, CRPS, phantom and residual limb pain, fibromyalgia, restless leg syndrome, etc.

What is your plan for growth in the next year in products, services or quality?

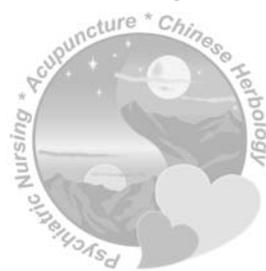
Serving people who like having a close, professional, supportive relationship as they activate their "inner healer." Serving the community in areas of my expertise.

Business Directory

Business Name: Heart of the Rockies Healthcare dba Acupuncture by Kathleen
Description: integrative healthcare
Owner/Manager: Kathleen Menten, APRN, LAc
Address: 1. Splendor Mountain Spa, 506 Maple St., Glenwood Springs
2. New Castle Family Fitness Center, 820 Castle Valley Blvd., New Castle
Phone: 970-987-3691

What do you enjoy about running a business here?

Glenwood Springs and New Castle have a lot of character. The surrounding area is unsurpassed in beauty and recreational opportunities. The people are awesome. I flourish in the mountains.



Domestic partners may pay a high price for a failure to plan

Unmarried same sex and opposite sex couples are legal strangers. Some unmarried couples understand and accept the consequences of this legal reality. Others, if they understood the consequences, might wish to confer upon each other additional rights and protections.

A failure to do so can be disastrous. A partner who becomes incapacitated or dies may unintentionally leave the other on the outside looking in, abruptly cut off from the person and estate of his or her significant other. In some particularly awful cases, a surviving partner may face eviction or other claims by the deceased partner's next of kin. To prevent this from happening, unmarried couples who would intend otherwise must plan accordingly.

The circumstances under which unmarried couples should consider formal planning are varied, but here are a few

considerations that make formal planning advisable: (i) commingled property; (ii) a partner foregoes financial or professional opportunity or incurs significant costs for the sake of the partnership, (iii) the partners form an expectation that one will support the other financially; (iv) adoption of or co-parenting a child; or (v) poor relations between one partner and the other partner's family.

Marriage is a legal estate that creates a broad array of rights and protections. It is an otherwise obvious way for unmarried couples to address these concerns, assuming that the default rules under marriage are appropriate to the relationship. But in Colorado, only opposite sex couples may marry.

The Colorado legislature is expected to enact a law authorizing civil unions, which will give same-sex couples many of the rights and protections of marriage. Yet

civil unions, if enacted, will not be universally recognized and will therefore remain at best an incomplete solution. Parties to a civil union may find it difficult to "divorce" in another state, for example, or benefit from protections under federal law such as the unlimited estate tax "marital" deduction applicable to transfers between spouses.

As an alternative to marriage or a civil union, unmarried couples in Colorado may enter into a designated beneficiary agreement (DBA), which may be used to confer certain rights and protections. Unfortunately, a DBA is also not a complete solution. The rights and privileges addressed by a DBA are limited and may not be enforceable in other states. A DBA may be revoked unilaterally with very little procedure or unintentionally superseded by a pre-existing will, trust or power of attorney.

Given the limitations of the foregoing options, unmarried couples should make comprehensive estate plans with the aid of a qualified professional. A basic plan

typically includes a will and powers of attorney for personal and financial matters, but unmarried couples may need to make other arrangements, including a DBA, nonmarriage, co-habitation, or domestic partnership agreement, co-parenting agreement, or a second-parent adoption.

The laws of the states and the federal government generally do a good job of approximating the wishes and intentions of persons engaged in prototypical relationships. Unless and until the laws of all of these jurisdictions address matters pertaining to persons engaged in less-typical (yet increasingly common) relationships, the parties to these relationships must make their own legal arrangements to ensure that their wishes and intentions are carried out.

Matthew Laurel Trinidad is a transactional attorney at Karp Neu Hanlon PC. His practice emphasizes business law, estate planning and probate. Contact him at mft@mountainlawfirm.com, (970) 945-2261, or visit www.mountainlawfirm.com.



PRO BONO
PUBLICO
MATTHEW LAUREL
TRINIDAD