

as cleverly as you can

CHAUVIN NEWS

CHAUVIN .- Hello. everyone. It does no good to talk the weather down or praise Mother Nature when the rewards us with some lovely weather, so I have decided to accept whatever we get in good faith and with a smile on my face.

Symputhy is extended to the family and friends of Charles Walrath, 59, on his sudden passing on Friday. February 22. Charlie had been hospitalized earlier because of a fall he had taken on some slippery ice. The funeral was held in Edgerton on Monday, February 25.

One-time resident and friend of many, Audrey McNalley, has been hospitalized recently with poor health. I'm sure she would welcome cards and visits while she remains in the Wainwright hospital.

Some of our locals were fortunate enough to make it to the top in the ladies bonspiel held in Provost last weekend. Karen Dallyn's rink of Carol Benoit, Norma Chapman and Betty Swanson placed third in the second event. Taking fourth in the same event was Mary Simard's rink with Carolyn Hawoll, Sonia Taylor and Leslie Hassall Melanic (Swanson) Pilgaard's rink' took second in the grandchallenge. Congratulations, ladies, on a job well done:

Dr. Folkins Community School Librarian, Carole Polland, is looking for a one con truck in the area that

will be returning from Edmonton empty. Carole has managed to have 20 large chairs from a government surplus set aside with Chauvin's name on them and she is looking for some help bringing them here. Contact Carole at home or in the library if you can be of assistance.

The Chauvin Sports Association are holding their annual meeting, Monday, March 11 in Dr. Community School. Interested parties are invited to amend.

March is Red Cross Volunteer canvassers are in short supply and with the war in Persian Gulf. supporting this organization seems to be especially important this year. A onetime-only canvass will be made and receipts will be either mailed to you or delivered in person. Mildred Reinhart, is Chauvin's representative again this year. I'm sure she would be happy to hear

Cabaret Dance Club invites one and all to their St. Patrick's Day festivities on March 23 with music supplied by Ackermans. There is, always great fun and prizes: and good food at the Legion Hall with the club members as your hosts.

I had a very pleasant telephone conversation with Bob Romanyshyn, Ranger in Charge of Dillberry/Gooseberry Lakes Provincial Parks. Bob is looking forward to meeting most of you when the camping season is open. For the past 16 hr2 years,

Provincial Parks; of these, the last Hwere in beautiful Kananaskis country. Bob calls Edmonton home and is extremely pleased to be back in the prairies.

This little news item is for all the farmers: an 17 experiment using shredded newspaper instead of straw when bedding down cattle has left a Carberry, Manitoba, convinced he has a drier barn this year., It's a worder it has never caught before; after - all. everyone uses newspapers to train puppies. I'm sure we could send him some papers, instead of bundling them into forgotten piles or trucking them to the recycling deport.

Coming Events: March and 8: . Teacher's Convention, with early dismissal on Wednesday, March 6, at 1:55 p.m. The regular staff meeting will be held after school on Monday, March 11.

Congratulations to the first at the zone level of the for Civilian Relief Efforts. Alberta School Athletic rink consisted of Todd Red Cross. The students Simard, ikip; Bobbie Kope to be of some help in Bendall, third; Hassall, second: Trina Watson, lead. The rink advanced to the provincials held at the Crowsnest Pass the first weekend in March.

The seniors at the Drop-In-Centre have invited the Wainwright teniors, and now the public, to come and enjoy their St. Patrick's Day program on Juesday, March 12. The 'O Silver Thread Singers' will be all

Bob has been with keyed up and ready to perform, In case you cannot attend, the same singers will be at the RLDS Church for their potluck supper on Thursday, March 14 and in Provest on the afternoon of Sunday, March

Cathy Watson, Marilyn Bendall and Mary Simard travelled to Ponoka last week to cheer on the mixed curling team. Coach Caroline Hassall has taken the team from victory to victory and now to the provincials. Caroline's mother, Leslie, joined the others at the Crowsness Pass this past weekend.

At the February Home and School meeting, it was decided that vertical blinds would be purchased for the library, K-6 would doplay in the Ag. Society Fall Fair and at the Scrence Fair, March 15. Bag lunches will be available. Several other fund raisers are in the planning stages

The students at Dr. Folkins Community School Chauvin mixed rink taking are helping to raise funds in the Persian Gulf. A Association Curling donation of one dollar per Playdowns in Ponoka on pin will be forwarded by February 20 and 21. The the school to the Canadian Chris. the aftermath of war.

> IT'S TAX TIME AGAIN Pen Income Tax Services Drop in or phone for an appointment. Realty World Building, Provost. 857-2107 753-6868

On Thursday afternoon at the Chauvin arena, eager young skaters walted their turn to perform for Barb Sjoquist of Edgerton, the skating judge. It was a long day, beginning at 3:30 and lasting until nearly 10:00 p.m. This event could not have been completed without the expertise of Bey Giggs and Shelly McMann, who spent many hours on the telephone making the final arrangeoments.

Returning from their ten day holiday in Las Vegas, Nevada, are Mel and Winnie Carpenter-and and Alf and Millie Heisler. Colder temperatures and a heavy snowfall greeted them on their arrival at the Edmonton airport. I wonder what thoughts crossed their minds?

Further Education has réceived great response to the 'Basic Haircotting' course and will have two 4-6 hour sessions on March 5, 12, 26 and 28. Both sessions will be in the Home Ec. room at Dr. Community School. Chauvin's Dianne Nichobson will instruct.

Dr. Folkins Community School Library will be closed on Thursday evening; March 7, as the teachers will be at their annual convention. The same will apply on April 4 for Easter holidays.

What a week! March came in like a lamb without the winds and storm, but it could be said that with the -22* temperatures that it was like a lion. The new budget came down hard on smokers and the media-has announced the war is over, Kuwait has been liberated and now comes the most difficult part all-rebuilding countries and their lives."

Until we can visit again, have a pleasant weekend, drop around and watch the mixed spiel in progress and call Marion at 858-3731 with your news.

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PROGRAM



Living for love: How one woman lost life's loving lessons of learning

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The Commercial Review

Job market shows positive signs

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fines INDIANAPOLIS (AP) -Indiana's House Democ-rats are bracing for major

financial pain as they begin a third day blocking a bill that would make ladious the first state in more than a decade to enact right-to-work legis-tation.

Fitnes of \$1,000 daily for each Democrate could hit today, depending on what Republican House Speak, or Prize Beama decides to do with Insumitors who drey him the mambers needed to push through the Republican priority.

But Rep. Vaneous Summers, Diddinappilis, said that if she can stand on principle against the labore to the said of the sai



Park walk

Sunshine and temperatures in the 40s made for comfortable conditions outdoors Thursday afternoon, Above, a local resident walks dogs around the troom pand at Hudson Family Park in Portland.

New phone app aids winter survival

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Defense focus is shifting to Asia holds the at-mounter are split over bow much they

WASHINGTON (AP) — In recenting this defense strategy. President Bracek Oloman is looking by restricting the wast be inherited to be focus on Auton security risks — mainly China and Sorth Korean president Bracek. Oloman is looking beyond the wast be inherited to be focus on Auton security risks — mainly China and Sorth Korean president Bracek. Oloman is looking beyond the wast be inherited to be focus on Auton security risks — mainly China and Sorth Korean president size of the states. — that sook a back seet to long and Afghandatas.

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Betails on page 2.

degrees and winds from the west-southwest at 10 to 15 mph. The high Thursday at the Pertiand swather station was 47. The low was 27, and the temperature today at 7 a.m. was 38. For more on the weather, see page 2.

building permits. Business roundup.

-Next week - Update on

Candidate filing for the May county countri seats and north and south district com-missioners will on the ballot. For more information about filing for cardidacy, contact the Jay County Clerk's office at (280) 724-001.



Another year in the pool

EVELETH — Entering his 37th season as boys swimning coach at breieth-Gibert, even Gordy Rodby is looking at something he has never seen before.

A real young team

Rodby does not have even a suphamore on his roster, the bulk of the squad is seven sinds graders.

"We did see thin coming," Rodby said. "We graduated a lag group of seniors last year and knew that we would be young for a couple of years." That doesn't bother Rodby

"I love watching the younger kids develop into strong swimmers." Rodby said. The little guys become his grow in a burne.

hig guys in a huny."

Freshman Luke Strumbell placed in the backutroke a year ago at the section meet and will also five for the Golden Beau this season.

"He scored 147 points in six dives at the Hibbing relays Last week," Rodby said, "That was the kind of start we were looking for from him shis carly in the seasen."

Jeining Strumbell on the diving board this season will be Zach Kangas.

The Colden Bears have 12-15 swimmers on the noster and Rodby thinks that the goals for his squad are simple.

"We want to get better every meet," Rodby said. "If everybody works hard and we improve it will be a successful year. The clock never lies in this meet.

The Golden Bears will open up their season today, hosting Metabl East

MCTATA

VIRGINIA — The Veginia boys swimming team sens five swimmers to the state meet a year ago.

Head esach John Vukmanich Jr. welcomes back four of the swimmers to this years squad.

"Chai Grant, Marcus Thompson, Mike Scheiler, and Misch Turner are all back," Vukmanich said. "The numbers are down this year, but the group we have in working hard to get into shape for the long season. Right now with our mumbers, all of our guys are swimming foor events and that should get them in shape in a hurry."

The Blue Devils have 12 yearity swimmers.

Even with the small numbers, the Virginia avinances have set some goals for themselves that Viskmanich thinks they can reach.

"The guys have talked about sending two relay seams to the state meet." Vultransich said. "We may not have big numbers, but the swimmers we do have are fast."

The Blue Devils will open up their season today, hossing Chiabolm in a dual meet.

"It all starts on Torsday,"
Vakatanich said. "We want to come out and swim a solid meet and really use it as a building block as we head

1



Eveleth-Gilbert's Zach Batason competes in a race during a meet last season.

into the meat of the sched-

AURORA — Mesabi East head coach Terry Layman isn't used to having so much to work with.

"We have 20-some kids out for swimming this year," Layman said, "That's strange for Mesals East."

Two important awiminsers are back for the Giants this season. Senior Gregg Helland was the section champ in the 50 forestyle, while senior Ryan liferton won the section that and qualified for state in the 100 breatstrale.

"Those two will by our key swimmers this year," Layeran said.

Justice James Milite will also be returning to the tears, along with freshman John Roster, who had a good showing at the Hibbing Relays to start the year.

"I thought we had a good showing (at the relays)," Layman said.

Depth is one issue the tracs will have to deal with

"I think we'll have trouble against bigger mans because we don't have much depth," Layrum said, "but I think we'll be able to hold our

Layman added that depth shouldn't be an issue in the future if the can keep all of the young kids involved in the pengram. The Gunts just began their that week of the season and Layman is impresed with their work ethe.

"They're really hard workers," she said.

The leasn's goal is to get as many kids into the section meet and place as many as they can in the state meet. Metabli East marrowly missed qualifying a relay trees in the state meet, so than's another.

goal they have in mind.

"As far as the boys go individually, they last want to keep bettering their times."

Lawman said.

CHISHOLM— First year coaches always seem to have a tough time making adjust-ments to their new roles.

But that shouldn't be a gooblem for Chishulm boy's swim cooch learner Ferning, who has been an assistant couch for the pait six years.

"Fig. very familiar with this seam," said Fleming as she watched her team practice Tuesday afternoon. "I've been with our 9th graders since they first started swimming and have also worked with peetry much everyone on this

And Theoring is hopeful that familiarity pays off as the 2003-04 campaign gets underway December 16 in Vinginia.

"That will be a good test for us," said Fleming, "We have decent numbers, but it would be nice to get some mote boys out so we can have a le-

the more depth."

Fleming will look to senior diver Brad Corradi, who made it to the state meet last year, for some leadership skills, as well as showing his younger teammans what it takes to be

"We'll also be looking at had to belo out in the butterfly and swim some sprint selega for us, too," said Firm-

Another talented swammer that Fleming expects to do well is senior Max Boown, who is an open encolee student from Mt. Ison-Buhl.

"He's one of our top sprinters who did really well as the sections last year," said Flexiing, "He is strong in the 100 and 50 meter events."

McKeyer Portratt

Although Fleming doesn't have any sephilimores of junloes on this year's team, she does have a strong core of freshmen that are ready to reake contributions to the team. Those bestmen include Martin Develland, Nathan Cortadi, Evan Erickson, Chris Pulmysiss and Stan Rock.

"We just statted pesterday, so its tough to gauge how they'll shape up," and Fleming, "The boys seem to be a brile squitzely right now and aren't that serious, but that will take care of itself."

Fleming said Depulliand and Nathan Corracl should also the well in the 50 and 300 meter events, while the called Palonquist one of the team's up and coming back strokers. One officer frealman that

should put some points on the board is Danny Pogue, who has shown strong capabilities as a diver. "Danny put some work in

"Damy put some work in over the ximmer so he's all ready to go," said Herning. Herning. "But it's not like the two weeks leading up to the first intext as a time to cookingon her seam for the right seeks as a time to cookingon her seam for the right."

ors of the upcoming season.
"Wr've geing to be working on mid-distance and long distance stuff to get back into shape," said Freming. "This should help out the goys who didn't play a fall sport. Once we get that down, we'll start pushing the sheet distance stuff where they need to focus

HIBBING - The Hibbing boys swimming & diving team captured the Section 4A on their times." Our area where Heming will be hurring is the luxury crown a year ago, and of having an assistant coach. Brian Hake, who resursted a although the neam fost some key contributors, the flier year off from his head coachjackets should challenge for ing duties, has indicated he another title this season Last year 185bing advanced. will help out on occasion, but it will be up to Fleating to

will be up to Fleating to three individuals and one resee the whole team, relay to the state meet, and all but two are back for another

Cook Hassital

ing. "That way I can give the

Fleming said the drawback

to coaching by besself is that the team members have such

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"It's going to be difficult to

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all," said Fleming, who also serves as the head ceach of

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shot, including section chartpoints. Exist Rundell (500 treestyle) and diver Wilson Robinson. Kellen Zakala also went to state thanks to a second-place South in the 100 backstroke, with Treest O'Brien, Bundell and Paul Bootek combining with Mar Nondarous for a runner-up fount in the 200 freestyle relax.

Gone from the team are Janon Christoff (who went to state with a second-place region limb in the 200 mb/ vidaal medley) and Nordstreen, who also finished behand Robinson in diving.

According to head ceach Mile Veneziano, the talent is in place to make another tun at a section title, but much work needs to be done.

"We have some gaality affilies returning." Veneziane said. "But we need to deliuitely work on our conditioning Soure adders came in ingood shape, and others not. That's a big hundle to over-

Recurning seviors tockede Zaiscla, O'Brien, Nobich and Ohmar Coughlin and justots Rendell and Mat Bigham. The Blorackers have a large group of sophomotes returning in Frank Chamemick, Byron Coughlin, Josh Hautala and Dane Rushfeldt. Freshmen on the squad include for Shulte, Mike Davidson, Andy Kern, Mike Sterns, Robinson and Bryan Pederson, with eighth grader. Reley Daugherty roomding out the team.

Veneziano was optimistic than Robinson and Roudell could repeat as region champions, and added that the team's depth could prove to be a key to some successful relaw.

"They IRobinson and Russdell) are really going to have fantatic seasons," Vereziano." "And we have a chance to put some very good relays togother. With the amount of younger govs on varsity, you occur know who is going to have a breakthrough year. Only time and hard work will will."

Biotroson was tilbbing's copfinisher at the state meet a year ago, at which he earned a modal with a sinth place fantab.

"Wilson is probable looking at a spot in the top three (at state) as a natural progression," Veneziano said.

If lightness is going to bold their team title, they will have to deal with the squad they unseated as champions a year

"If we want to win another nife, we will have to go thoough Grand Rapids to do a," Veneriano said. 'They have a lot of good athletes back, Talend-vivie, we have at least epail or maybe better talent, so it's going to come down to which team is willing to work harder throughout the season."

Miller faces challenge in GOP primary

A veteran of Jay County government faces a challense from a first-time candidate in the May 2 Republican primary for Commissioner of the Middle Dis-

Milo Miller Jr., finishing his fourth 4-year term as commissioner after serving 10 years on the county council, is running against local businessman Roger

Miller a contractor says that he intended to step down several years ago, but has been asked by supporters to continue serving

"I had a lot of people say, 'you can't leave ... we need your experience," says Miller, who for years has served as president of the commissioners and is a member of many other local and regional boards. We've got some stuff going on I'd like to get finished,

Locker, the owner of Locker's Touch of Country Gift Shop, says he likes and respects Miller. But he says it is time for new blood on the three-member board of commissioners.

"I think it's time for a change. The incumbent has been there 20 years. The time was right for me ... and I had a desire to serve my county ... I want to give the voters of Jay County a choice, and I'm doing that.'

Both men agree that recent property tax reform at the state level and the resulting budget crunch on local governments is among the most crucial issues likely to challenge the commissioners over the next four wars.

"(Property) Tax caps are reality ... and the commissioners are still going to have to get stuff done (with-in the budget)," Locker said. State lawmakers have capped property taxes at 1 percent on residential property, 2 percent for rental property and agricultural land, and 3 percent for busi-

Miller says that another change likely to affect local government finances is reform of township level government - a move that could shift more responsibility to the county level.

If they can prove to me would save money, I'd be all for it. I'm thinking if they want to save money, they could do away with the (county) council," says Miller



commissioners over the next few years include getting the new Jay County Jail up and running, handling details over an expected multi-million dollar wind project in the southern third of the county and dealing with an everincreasing load of unfunded mandates from the state.

Locker, who has served on the Jay County Hospital Board since 2005, says he has been encouraged by the feedback and support from

the public.
"While this is my first venture into politics, I have many years of experience running a business ... with tight budgets and getting the job done," Locker says.

"It's pleased me that so many people have taken ... the time to talk to to about issues. I have been surprised and grateful ... at the people who have expressed their support. It's been a positive experience and I've very much enjoyed it."

Along with budget issues, Locker says that the proposed wind power project and concentrated animal feeding operations (CAFOs) will be two hotbutton issues over the com-

In fact, Locker says that he's gotten more feedback comments on the CAFO issue than any other.

"Ag people and non-ag people need to co-exist. We need animal agriculture ... at the same time, the non-ag people have a right to live in their homes and outdoors ... without oppressive manure odors," Locker says. "I do support the expansion of confined feeding as long as it's done within the rules," says Locker, who grew up on a farm and whose Noble Township home is located across the road from a calving opera-

Miller adds that he knows that roads, always a contentious issue, will con-

Handling construction and repair of roads on the wind power project will be a major undertaking, as well as continued maintenance on the more than 700 miles of surfaced and stone nev roads.

Miller faces challenge in GOP primary

bone from a first into cap-didant in the May a Republic can pringary by Commis-tenser of the Middle III.

Miso Miller Jr., maining his fourth 4-vent term as remark bullet fourth 4-vent term as remark for serving 10 years on the country courself, is running against level Institutional Bugor.

Locker
Millor a contractor says
that he intended to step
shown several years ago, last
has been asked by supporters to continue several
"I had a lot of people say
"that a lot of people say
"out can't leave ... we need

"I had a lot of people any
your experience," says
Miller who for years has
served as president of the
commissioners and is a
member of many other
local and regional boards.
We've got some stuff going
in I'd like to got finished,"
diller says.

Locker's Touch of Country Locker's Touch of Country Gift Shop, says he likes and respects Miller. But he says it is time for new blood on the three-member board of commissioners

"I think it's time for a change. The incumbent has been there 20 years. The time was right for me ... and I had a desire to serve my county ... I want to give the voters of Jay County a choice, and I'm doing that.

Both men agree that recent property tax reform at the state level and the resulting budget crunch on local governments among the most crucial issues likely to challenge the commissioners over the next four years.

"(Property) Tax caps are a reality ... and the commissioners are still going to have to get stuff done (within the budget)," Locker said. State lawmakers have capped property taxes at 1 percent on residential property, 2 percent for rental property and agricultural land, and 3 percent for busi-TIGSSOS.

Miller says that another change likely to affect local government finances is reform of township level government --- a move that could shift more responsibility to the county level.

"If they can prove to me it would save money, I'd be all for it. I'm thinking if they want to save money. they could do away with the (county) Millor

With all county depart,





commissioners over the pext few years include setting the new Jay County the pext few years include setting the new Jay County the period of the county of the county wind project in the southout third of the county and dealing with an everyod dealing with an everyod the southout the Jay County Hospital Board stree 2006, says he has been encouraged by the foodback and support from the pablic.

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Handling construction and repair of roads on the wind power project will be a major undertaking, as well as continued maintenance on the more than 700 miles of surfaced and stone county roads.



NO BALLS

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JAN. 1973, THE HUMOR MAGAZINE 75 CENTS



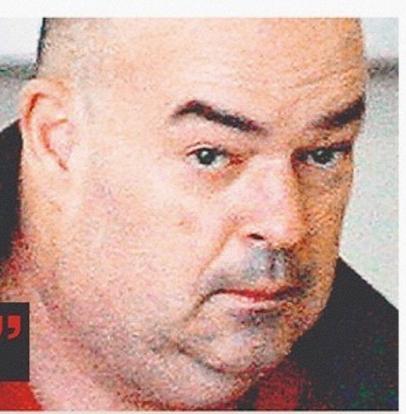
SUSPECT IN DOUBLE HOMICIDE SPEAKS

Russell Lee Overlin tells the Register in an exclusive interview that he killed his father and stepmother and left them in a cistern at their home in rural Mitchellville last month.

ff I used a baseball bat.

They just came back from church.

I was there waiting.



ROOMEY WHITE/REGISTER FILE PHOTO

Overlin: Hate motivated slayings

By ABBY SIMONS and JEFF ECKHOFF

REGISTER STAFF WRITERS

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Russell Lee Overlin said he waited for his father and stepmother just inside their Mitchellville home on Jan. 28 and killed them when they got home from church.

"I used a baseball bat," Overlin said Friday in a telephone interview from the Polk County Jail. "I was there waiting, yes indeed, in the back porch."

Overlin, 52, is scheduled to be arraigned April 5 on two counts of first-degree murder in the deaths of Gilbert Overlin, 81 and Naomi Overlin, 71. Their bodies were found in a cistem on their property Feb. 1 after relatives told sheriff's deputies the couple had not been seen for several days.

Overlin, a sporadically employed truck driver, was an immediate suspect. He was living in a trailer on the victims' property when they disappeared. He managed to elude a weeklong, nationwide manhunt before he was arrested Feb. 8 at a Miami, Okla., motel.

His jailhouse confession came in a telephone call Overlin placed to The Des Moines Register.

When asked by a Register reporter if he was guilty of the charges against him, Overlin replied, "Yes, I did it."

Overlin said he hated his father and stepmother and had planned the killings for

See OVERLIN, Page 12A

THE VICTIMS



NAOMI OVERLIN Stepmother of Bussell Lee Overlin



GILBERT OVERLIN Father of Russell Lee Overlin

TIMELINE

JAN. 28: Russell Overlin killed his father and stepmother, Gilbert and Naomi Overlin, on this date, he admitted Friday.

JAN. 31: Relatives contact the Polk County sheriff's office, concerned that they haven't seen or heard from the Overlins in three days. Deputies arrive at the Polk County residence, where they find the doors unlocked but nothing out of place.

FEB. 1: Family members contact sheriff's deputies, saying they've found blood in the house. Deputies perform a search and discover the bodies of the Overlins in a cistern. A material witness warrant is issued for Russell Lee Overlin.

FEB. 8 and 9: Russell Overlin is arrested at an Oklahoma motel. He is returned to lowa and is charged with two counts of first-degree murder.



massaccions Independence Day surrecursus The Virginian-Pilot

JULY 4, 1776

CANNOT

ECONOMIC SECURITY AND INDEPENDENCE. PEOPLE WHO ARE HUNGRY AND OUT OF A JOB ARE THE STUFF OF WHICH

DICTATORSHIPS ARE MADE.

EXIST

THOSE WHO WOULD GIVE UP ESSENTIAL LIBERTY, TO PURCHASE A LITTLE

MUCH FREEDOM FOR SO LONG THAT WE ARE PERHAPS TRUE

IN DANGER OF FORGETTING HOW MUCH BLOOD IT COST TO ESTABLISH THE BILL OF RIGHTS. - FELX FRANKFURTER

SOCIETY IN EVERY STATE IS A BLESSING, BUT GOVERNMENT, EVEN IN ITS BEST STATE, IS BUT A NECESSARY EVIL; IN ITS WORST STATE, AN INTOLERABLE ONE.

PRECIOUS BLESSINGS THEY ARE IN POSSESSION OF, AND WHICH NO OTHER PEOPLE ON EARTH ENJOY!

THE MEANS OF DEFENCE AGAINST FOREIGN DANGER HAVE BEEN ALWAYS THE

ALDIANDER HAMILTON

in their persons, houses, papers, and effects, against unreasonable supported by Gath or affirmation. and particularly describing the place to be searched, and the persons or things to be seized.

- The Fourth Amendmen

I SUBMIT TO YOU THAT IF A MAN HASN'T DISCOVERED SOMETHING HE LL DIE FOR,

Congress shall make no law

respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of

- The First Amendment

TO SUPPRESS FREE SPEECH IS A DOUBLE WRONG, IT VIOLATES THE RIGHTS OF THE HEARER AS WELL AS THOSE OF THE SPEAKER.

SUNDAY STAR

Privacy 'zealots' compound a family's torment

Ottawa won't release details in case of woman who vanished in Syria



Nicole Vienneau vanished in 2007.

LINDA DIESEL

A federal official was on the phone last October, telling Kathryn Murray something so utterly outrageous regarding her missing daughter, the distraught Toronto-mother almost lost it right there.

It's the kind of logic that makes a heartbroken purent want to tear out her hair.

Murray was nearing the 1,000-day muck in the disappearance of her daughter, Nicole Viennesu, 32, who vanished in Syria. She was last seen at her hotel the morning of March 31, 2007, and then - nothing,

Murmy was talking to the privacy official because a few months earlier, in May 2009, someone infoeriers affairs told the family they'd have to file an access-to-information request if they wanted to see reports given to the Canadian embossy in Dumascus by their own Syrian lawver, and intended for them.

MISSING-continued on A4

DEADLY AVALANCHE

At least three people are believed dead and it's feared many others are buried after an avalanche in southwestern B.C. on Saturday. Story A3, updates at thestar.com

> FULL INDEX PAGE A2

Store and box Sunday price \$100 including GSTONumer outside the GSA)



Stephanie Dixon is one of the athletes profiled in a groundbreaking campaign by 8800 Toronto to raise awareness of Paralympians both summer and winter - as the 2010 Vancouver Games get underway.



BRENDAN KENNEDY

Looking at Stephanie Dison as she stands proudly on one leg - berarms crossed and eyes focused in an intimidating glare -'disabled' is not a word that immediately springs to mind

sympathy

Strong, Powerful, Bold, Confident, They all come much easier.

Posing defantly, the Canadian Paralymplan dares you to think of her as anything es than an awesome swimming machine

"She doesn't want your sympathy," the caption reads. "But her opponents might." The photo is part of the Canadian Para-

hyspic Committee's new advertising campaign, which has become the talk of marketing and design blogs and garnered high praise for its evocative message and minimulist style.

The ads represent the beginning of a new era for the Paralympic movement in Canada," says Canadian Paralympic Committee CEO Henry Storgued.

"It has the opportunity to lift up the disabled community (and) to educate and inform the general public about disabled

Created pro bono by BBDO Toronto the local branch of the award-winning adagency-the compaign intends to raise the profile of Paralympic athletes and spark interest in the Summer and Winter Paralympic Games by portraying the athletes as aggressive, competitive and as determined as their able-bodied counterparts.

"We wanted to convey that this is a serious competition with fermidable athletes and you've got to see them," said Peter Ignati, creatise director for BBDO.

ABS-continued on AB

INSIDE: GAMES ON

FOG DELAY fails to rattle focused Toronto downhiller 53

WRAP-UP of the day's events and a look shead to tomorrow. \$3

SAD TO SAY, but army vets are the future of the Paralympics. A9

Half-price homes? She Canadians pounce on

Some U.S. getaway properties sell for price of Toronto parking spots



2,100-sq.-ft. property in Titusville, Fla., selling for \$239,000 (U.S.).

TONY WONG

Last November Stacey Lynn found herself in Florida pondering whether to buy a condominium in Noples or one in nearby Samsota. The Toronto woman ended up buy ing both.

"The prices were truly amoring especially when you factor in the exchange rate," said Lynn, explaining her splurge.

Except this wann't for a pair of jeans. Cross-border shopping has neverbeen this good for Canadians.

No snow. No nasty bidding wars. And condominiums for the price of a parking space in downtown To-

Canadians jaded by high prices at home are increasingly looking beyend our booders as a much more muscular loonie - and a sense that prices are bottoming out south of the border - has us flexing newfound financial brown.

Not since the Japanese started snapping up read extate in Manhattan have a group of foreign bupers been as prevalent in U.S. murkets.

BARGAINS continued on As

Did you remember?

Daylight saving time began at 2 a.m. this morning.



la Ras para chaves

I ritmo de la vida actual hace que muchas personas se sientan agobiadas y con deseos de gritar o golpear desde una persona hasta una pared, pero esto no resuelve la situación por lo que la

mejor manera de desahogarte es hablando

de las formas de lidiar con si estréa, cento gribaro pópero a diplemo sana pared, na resuedren la situación.

Sin embargo otran solucionascomo habíar con una persona en quien confice, puede ser el contienza para resolver el protésma o al menos hacerte sentir mejor, aseguró la pricelloga Gloria Gonzálen Hemindez, quien recomendo cinco sencialo comejos para enfrentar situaciones estreumbes.

¡Relájate! No te alteres

lawebpreferida



www.bries.com

lquí encontracis todas las letras de canciones en inglés de tus artistas favoritos.

ENVÍANOS LA TUYA

laraspa@elmanana.com.mx

Busca Apryn, Cuando necesites ayuda, redidate de personas a quienes les imperta la bienesta a bienes les imperta la bienesta. Nabla con un familiar en quien conflica. Y no be olivides de bu amigos. Nunde qui ellos sedán prenciu pados por un problema similar, pero sempre estanda ahi para escucharte.

2 ilho te pongas servicis@t Es fácil perder el control de Paus sercimientos cuando estas dispectado, Date cuenta de tus sertimientos. Exprinados y encuentra una forma de canalizarios.

lizarios.

• Practica ejercícios de respiración, escueha música, escribeet un diario, pasea en hicicieta o haz lo que di creas que te podrá ayudar a sertirte mejor.

No fer desquites contigo mismili. Recuenda que de elibera personas que pueden Egyadorile. No fré desiguites contige mismo. Telitade bien y busca la ayudan el apopo que para libitar con la situación que estás atravesando.

Trata de resultuer el problema. Cuardo te stavitas de calmadil y tengas el apoyo de adultos y amigos, as sin buen momento para mesolaer la situación. Necestas darte cuenta de cualles el problema. Incluso si no puedes resultuerlo comenzar a resolvedo poeto a poro a resolvedo poeto a poro a resolvedo poeto a poro a resolvedo poeto a poro.

5e positiviĝi. La mayor parte del estres es temporal. Clindrés desigarece genralmente cuando te das ruenta del prototema y comientas a tomar medidas para resolver lo que te precoupa.

que es precioque.

Los cinco pasos que fe hemos recomenda do no sua mulgicos y puede que tempos que repetir uno de elitos mala de una vic. pero sifuncionan, y si puedes permanecer positival maintanta atraviesas la situación, te ayudaries a ti misem más ripida-mente.





Great ways to get more out of your weekend or beyond

Marical Selectares ent

- The Cathodial Players perent the last performance of Sergin' in the Sain, tweight, Mach 20. The performance will be at 7.30 part at the Mit Castral Seate, booked at the concer is it. Steep and Mitchell St. Taches are sealable at the coor, 510 br which and 57 for stedents and statem. Special belong untiling with intendiments in sealable or 2.7.50. For many information call 750-550.
- The Tyrotese Rectaurant set Language in Gapani unit traum Larry Beichert on Thumday startag at G.p.m. For more settermice and TS2 1136.
- and FQ2-1186.

 Itemptiys that because the freedom that tendings and Tendings it processes to the tending that the tendings are the tendings and tendings. Quality press. 100 m and 100 9000.
- Gaybrd Soving Centers Blackite Loose features lite referenced by Perill beight, 9:30 to 1:30 a.m; Gall 7:32-35-4 for more information.
- Vicibins Cinion will present Classic Soot All Share 5 pm. nitrigist Thursday and 5 pm. n. 1 xxxx Fethiya and Submidays in the Supra Suprit Lounge inside its points Casion. Every Tension opinion tiberth and April the Jerly Roll Hums Band will play from 5 pm viduight. Foll more intermedica all 3010-303-3321.
- Nursee Station will appear at the Sportsman's Bar and Gill is Royce City, Konglif, 9-30 to 1:30 km.

Event

- Post Poseboch will back backet wowing in a toosess close at the Gaybod Area Council for the Arts' Mais Street Art Goster rakes begins today and nationes March 27 9 3/1 a rs. scots. For more information cal. 123-23/22
- Gaybod intermediate School, 2015 Foods 32, will be the 2015 Foods 52, will be the de of the 2005 Foods Stone Show, today, 9 a.m. 5 p.m. and Seeday, 90 a.m. 5 p.m. and Seeday, 90 a.m. 5 p.m. Admission in \$2 to adults, 50 for challene, \$55 for between \$55 for the value for termity it is represented by the Seeda Constant Machages some Saddens Association.
- Michaged to the Bloods oil toot as flatien fied Wine Seter today at 7 p.m. Cost is \$30 for more information call 930 \$300.

Shows & Worlshops

- The Gaylett Area Grandiffor the Arit will present "But Are Cardia by Invited..." on exhibit featuring the work of local sates, you through April 27. The exholt is open at the GACA blob Street Art Gester, 147 W. Main St. Call 732-5242.
- The Dension Minimum Centri at Northwestern Michigan College a Teornie Dir and host Stan Righway. "A Night of Best of Bas Grass," Schooling April 5, 16 ar. Advention in 54 for select 52 for children, and fire to immers returned. For roots information, and 224-995-1056 or "est aroon deregon-money." one To information in hosteric dir. The Emerch Standard at 1701 E. Smot St. in Blooties Chi.
- Rowerd Taylor, crit init some of his "Little Yaccure Stocks of Michigan's Part" at the Michel

LIFESTYLES





BREAKFAST

DISCOVER EASY-TO-MAKE TASTE TREAT: TROPICAL FRUIT PARFAIT

Recipe on C2

De Homère à Loco Locass:

les Hauts Parleurs célébrent la parole B 3 Lara Croft contre Julia Roberts dans les clubs vidéo B2



Les/ruits défendus

Est-il possible de traiter d'érotisme au théâtre? C'est la question que pose la troupe Nuages en Pantalon

Jana Sr. Breaten

■ Àl licritation de Premice Acts, la compagnie les Nauges en Fantalon prince to one promier spectacte pour adolless, Lo Plinks une ordation de la scenary saine Claudia Gendrosa, de la damense Karter Ledigen et du ounédies Jean-Philippe Joshert montie sous la supervision de Marie-José Darfey.

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Les Nuagts en Panta-les sent sen quelques remaines plus lift. d'une difinace d'éc-tes certaines de Commerca leire d'al dramatique de Oni-leo Justice d'Al-rie Latonie et Car-lier linguages en soit les bestalesies Quart alons portègne appri-lation, elle sert du gri-lante, elle sert du gri-lante de Mantacello. Les trais cause à servi-Lincitrato resse a nord rings, dit Jean-Halliger Jespert, if -empleme-schhertos, ocipi) rerregion dia l'espettique la troupe coton d imprimer à seurodicettes. Dio se s'autrel E sansa supt. Es mars, elle trattera de sturique, Le

The companion first destination of the companion of the c

de : « stri conte... to trura i ter den con tor...» Fan appris à ne passas des decourse, mais-cioni graphe le les proble. Element n'est pas seues

Coci dii, la jenne art into termese al École de danse de Quebec et rentres en 1900 d'un riago d'un se à Grenoble, en France, et elle

a travalle us sem de deux compa-gales, fiest le rée d'une, striptes-teux-dun le Phite. La pièce relate la recombre de deux

La price retain la recommer de deux, descriptions were leur parest. La res-restive d'investant autoprét le bette peut d'un maint lequeux que la part mês et le monvennet, personnet comma l'investa et la Pérsone, simplement, q'a se jour d'ileus dans la distance, en ville, se donnet d'un la distance, en ville, se donnet d'un la distance de la la comma l'année de la comma de la comma l'année de de la comma de la comma l'année de de la comma de la comma l'année de de la comma de la comma de de la comma de de la comma de de la comma de la comma de la comma de de la comma de la comma de la comma de de la comma de la comma de la comma de la comma de de la comma de la comma de la comma de la comma de de la comma de la comm de mit a d'amere, en relle, se devreu el mo-ree, l'on solitaires habitari en se re les des l'autèrs, as indus et age, et la sell note attra-ture fenetter. « ent cours. La festesse est tima le reage d'anne publishe separation quand sido aperquet i fineman peut la pre-taire fen. Destripaises, revisioner de ra-tures montres est reign inte la finedanties pour les trauts. I friemans traverse les san-ni une perofunie ertre : il est deverse atra-gie.

- Dans son drame, cept ispo Chundia demirrat, il devertierame noire lacon-de demirat. Il recome d'adoit, mais un est est dels canons est d'autères princes d'act, une aut repend ries et evidan.

- Pluse certaine transière.

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VOUS AIMEREZ...

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of dold unitext, b 196. Sourcest Foogst 🧞

de nagociadose radio pareido el centrate, in terms

SDINA ER Thursday, March 24.

Writing the fire story

Interdum volgus rectum videt, est ubi peccat. Si veteres ita miratur laudatque poetas, ut nihil anteferat, nihil illis comparet, errat. Si quaedam nimis antique, si peraque dure dicere credit eos, ignave multa fatetur, et sapit et mecum facit et lova iudicat aequo.

Non equidem insector delendave carmina Livi esse reor, memini quae plagosum mihi parvo Orbilium dictare; sed emendata videri pulchraque et exactis minimum distantia miror. Inter quae verbum emicuit si forte decorum, et si versus paulo concinnior unus et alter, iniuste totum ducit venditque poema.

Si meliora dies, ut vina, poemata reddit, scire velim, chartis pretium quotus arroget annus, scriptor abhinc annos centum qui decidit, inter perfectos veteresque referri debet an inter vilis atque novos? Excludat iurgia finis, "Est vetus atque probus, centum qui perficit annos." Quid, qui deperiit minor uno mense vel anno, inter quos referendus erit? Veteresne poetas, an quos et praesens et postera respuat aetas?

"Iste quidem veteres inter ponetur honeste, qui vel mense brevi vel toto est iunior anno." Utor permisso, caudaeque pilos ut equinae paulatim vello unum, demo etiam unum, dum cadat elusus ratione ruentis acervi, qui redit in fastos et virtutem aestimat annis miraturque nihil nisi quod Libitina sacravit.

Ennius et sapines et fortis et alter Homerus, ut critici dicunt, leviter curare videtur, quo promissa cadant et somnia Pythagorea. Naevius in manibus non est et mentibus haeret paene recens? Adeo sanctum est vetus omne poema. ambigitur quotiens, uter utro sit prior, aufert Pacuvius docti famam senis Accius alti, dicitur Afrani toga convenisse Menandro, Plautus ad exemplar Siculi properare Epicharmi, vincere Caecilius gravitate, Terentius arte.

Ask for information Hos ediscit et hos arto stipata theatro spectat Roma potens; habet hos numeratque poetas ad nostrum tempus Livi scriptoris ab aevo.

Interdum volgus recturn videt, est ubi peccat. Si veteres ita miratur laudatque poetas, ut nihil anteferat, nihil illis comparet, errat. Si quaedam nimis antique, si peraque dure dicere credit eos, ignave multa fatetur, et sapit et mecum facit et Iova iudicat aequo.

Non equidem insector delendave carmina Livi esse reor, memini quae plagosum mihi parvo Orbilium dictare; sed emendata videri pulchraque et exactis minimum distantia miror. Inter quae verbum emicuit si forte decorum, et si versus paulo concinnior unus et alter, iniuste totum ducit venditque poema.

Si meliora dies, ut vina, poemata reddit, scire velim, chartis pretium quotus arroget annus, scriptor abhinc annos centum qui decidit, inter perfectos veteresque referri debet an inter vilis atque novos:

Excludat lurgia fleis, "Est vetus atque probus, centum qui perficit annos," Quid, qui depertir minor uno mense vel anno. Hos ediocit en hos arto stipata theatro spectat Roma potens; habet hos numeratque poetas ad nostrum tempus Livi scriptoris ab aevo, typical two-page spread from a chapter offering advice to reporters covering different types of stories; crimes, disasten, meetings, obituatios, etc. These two facing pages, then, provide tips on covering fires.

As you can see, we present four different options on each page. (The treatment will vary from spread to spread, of course.) Take this page, for example. It begins a traditional narrative. Interdum volgus rectum videt, est ubi peccat. Si veteres ita miratur laudatque poetas, ut nihil anteferat, nihil illis comparet, errat. Si quaedam nimis antique, si peraque dure dicere credit eos, ignave multa fatetur, et sapit et mecum facit et lova iudicat aequo.

Non equidem insector delendave carmina Livi esse reor, memini quae plagosum mihi parvo Orbilium dictare; sed emendata videri pulchraque et exactis minimum distantia miror. Inter quae verbum emicuit si forte decorum, et si versus paulo concinnior unus et alter, iniuste totum ducit venditque poema.

Si meliora dies, ut vina, poemata reddit, scire velim, chartis pretium quotus arroget annus, scriptor abhinc annos centum qui decidit, inter perfectos veteresque referri debet an inter vilis atque novos? Excludat iurgia finis, "Est vetus atque probus, centum qui perficit annos." Quid, qui deperiit minor uno mense vel anno, inter quos referendus erit? Veteresne poetas, an quos et praesens et postera respuat aetas:

Quid, qui deperiit minor uno mense vel anno. Hos ediscit et hos arto stipata theatro spectat Roma potens; habet hos numeranque poetas ad nostrum tempos. Livi scriptoris ab aevo, typical two-page spread from a chapter offering advice to reporters covering different types of stories; crimes, disasters, meetings, obituaries, etc. These two facing pages, then, provide tips on covering fires.

"Iste quidem veteres inter ponetur honeste, qui vel mense brevi vel toto est iunior anno," Utor permisso, caudaeque pilos ut equinae paulatim vello unum, demo etiam unum, dum cadat elusus ratione ruentis acervi, qui redit in fastos et virtutem aestimat annis miraturque nihil nisi quod Libitina sacravit.

Ennius et sapines et fortis et alter Homerus, ut critici dicunt, leviter curare videtur, quo promissa cadant et somnia Pythagorea. Naevius in manibus non est et mentibus haeret paene recens? Adeo sanctum est vetus omne poema. ambigitur quotiens, uter utro sit prior, aufert Pacuvius docti famam senis Accius alti, dicitur Afrani toga convenisse Menandro, Plautus ad exemplar Siculi properare Epicharmi, vincere Caecilius gravitate, Terentius arte.

Points to remember Hos ediscit et hos arto stipata theatro spectat Roma potens; habet hos numeratque poetas ad nostrum tempus Livi scriptoris ab aevo.

Interdum volgus rectum videt, est ubi peccat. Si veteres ita miratur laudatque poetas, ut nihil anteferat, nihil illis comparet, errat. Si quaedam nimis antique, si peraque dure dicere credit eos, ignave multa fatetur, et sapit et mecum facit et lova iudicat aequo.

Non equidem insector delendave carmina Livi esse reor, memini quae plagosum mihi parvo Orbilium dictare; sed emendata videri pulchraque et exactis minimum distantia minor.

- Inter quae verbum emicuit si forte decorum, et si versus paulo concinnior unus et alter, iniuste totum ducit venditque poema.
- Si meliora dies, ut vina, poemata reddit, scire velim, chartis pretium quotus arroget annus. scriptor abhinc annos centum qui decidit, inter perfectos veteresque referri debet an inter vilis atque novos.
- Ennius et sapines et fortis et alter Homerus, ut critici dicunt, leviter curare videtur, quo promissa cadant et somnia Pythagorea.
- Naevius in manibus non est et mentibus haeret paene recens? Adeo sanctum Non equidem insector delendave carmina Livi esse reor, memini quae plagosum mihi parvo Orbilium dictare; sed emendata videri pulchraque et exactis minimum distantia miror. Inter quae verbum emicuit si forte decorum, et si versus paulo concinnior unus et alter, iniuste totum ducit venditque poema.

Si meliora dies, ut vina, poemata reddit, scire volin, chartis pretium quotus arroget aneus. scriptor abbito: annos centum qui decidit, inter perfectos veteresque referri debet an inter vilis atque novos? Entladat lurgia finis, "Est vetus atque probus, centum qui perfect annos." Quid, qui deperit minor ano mense vet anno, interquos referendes srit? Veteresne poetas, an quos el praesem et postera resquat aetas?



More than 70 hogs lost their lives when this barn caught on fire outside of Urbana, Ohio, in 2005.

Covering fires

Some may be harmless, but others make history — and headlines. The bigger the fire, the bigger the story. Small fires are common in kitchens, barns and grassy fields — and unless someone is injured, they're usually treated as briefs or listed in weekly "fire run" round-ups. You can write these stories without leaving the newsroom, using facts provided in fire department reports or news releases.

But for fires where death, displacement or major damage results, you need to visit the scene — ideally, while firefighters are battling the blaze — to supplement the basic facts with quotes, color and dramatic tales of risk and rescue.

GUIDELINES FOR REPORTING AND WRITING FIRE STORIES

- Identify yourself. If you're not carrying a video camera with a station logo on it, make sure your press credentials are in plain sight.
- Find the command post or "Command," as it's usually called.
 Look for a car parked beside the fire scene (often with a flashing green light). That's where you'll find the fire battalion chief who's coordinating the operation. If you're not sure where to go, ask directions from a police officer or firefighter.
- Introduce yourself to Command.
 They'll either assist you or direct you to a public information officer (PIO).
 Ask essential questions immediately (Where's the fire? Is it under control? How'd it start? Anyone hurt?), then get out of the way and let the team do its job. Avoid interfering with rescue workers or firefighters unless it's obvious that they're free to talk.
- Get as close as you can, but protect your own safety. (Fires, collapsing structures, even the blast from a stray fire hose can kill you.) Observe any yellow DO NOT CROSS lines. And unless you're specifically given approval or escort, don't trespass on private property or contaminate crime/fire scenes.
- Wear boots. And be prepared to go home stinking of smoke.
- Remember, firefighters can provide dramatic details, but individual firefighters rarely know the whole story.
 As a rule, only a battalion chief or PIO can be trusted to convey the big picture accurately.

Firefighters can gauge structural damage (i.e., light, moderate, heavy or a total loss). But for the official cause of the fire or estimates of the damage costs, talk to the PIO, the fire marshal or the building's owner. Don't attempt to make guesses yourself.

- Watch your language. Dramatic fires may inspire you to wax poetic about those brave heroes subduing the blazing inferno amid rivers of fire. But stick to the facts. Instead of calling them towering flames, be specific and describe them as flames 50 feet high.
 Other words to use with caution:
- ➤ Destroyed means ruined beyond recovery. A building is either destroyed or it isn't; don't write that it's partially destroyed or totally destroyed. When in doubt, use the word damaged.
- Conflagration is used to describe a raging, destructive fire that's large (several city blocks) or uncontrolled.
- ➤ Holocaust means "destruction of life by fire." Because of its association with the Nazi's extermination of Jews, avoid using it in routine fire stories.
- A fire guts a building by destroying its interior. A structure is razed when it is leveled with the ground.

TO THE PERSON NAMED IN

When writing a story on a fine, be sure to include: • Victims: names, ages, addresses, any other relevant personal information. Doubletheck all spellings.

- Extent of injuries/ cause of death. Identify hospitals where the injured were taken.
- + Type of building: home, trailer, warehouse, etc. If it's a commercial building, what do they make or do there?
- + Time: when the fire started, how long fire-

· Location.

- Fighters fought the blaze. + How the fire was discovered or reported.
- Cause of the fire, according to informed authorities. Avoid any speculation by victims or bystanders.
- Number of firefighters required to put out the fire.
- Estimated cost of damage.
- Extent of insurance coverage.
 Acts of heroism or
- dramatic rescues. Who? By whom? Emphasize this aspect of the story.
- Weather, especially if wind, rain or heat played a role in fire's behavior or firefighters' efforts.
- * Effect of the fire on evacuees — those driven from their homes or forced out of work.
- Plans to relocate victims or rebuild structures.
- Arrests or citations made by police. Is arson suspected?
- Anecdotes and descriptions from firefighters, eyewitnesses, victims, building owners or neighbors.
- + Any other unusual aspects of the fire; Did it shut down traffic? Create power outlages? Have there been previous fires at this site, or other similar fires lately that reflect a pattern worth investigating?



Lais Davila carries his 2-year-old son.
Abraham, through the charred remains of their home in Medford, Orc., after it was destroyed by fire in 2005. "He was the one inside the house when the fire started," said Davila, cradling the boy. "He had smoke coming out of his nose."

Visit THE MORGUE for the full text of this story in 218

OPTIONS FOR ORGANIZING YOUR DETAILS AND DRAMA

WRITING THE LEAD

As in any other breaking story, if death or injury is the most newsworthy element, it should leap to the top of the lead:

Six firefighters were injured and nearly 150 senior citizens were left homeless Wednesday night after a fire ripped through a retirement community in west Milford.

If no one was hurt, the lead should focus on the most compelling aspect of the story. And though this works —

An early-morning fire Friday destroyed a farmhouse south of Springfield.

— you don't want to overuse the same basic what lead ("A fire destroyed a warehouse Monday"..." A fire tore through an Eastwiew trailer park Friday..."). Look for other lead options: the who or the why, for instance —

Two Brookdale children escaped a fire that broke out in their bedroom Sunday by leaping out a second-floor window.

Illegal fireworks sparked a fire that destroyed a South Lyon home Friday afternoon.

If appropriate, you can use an alternative lead approach -

Terry Hohner left his Portland home shortly before 8 a.m. Thursday to go bowling. That might have saved his life.

Minutes after Hohner drove away, his neighbors heard an explosion and saw flames leaping out of his house on Thurman Street. . . .

 but remember, feature-style leads convey less urgency than news leads. And you must be careful never to make light of someone's personal tragedy.

To read how the Newark Star-Ledger covered a fatal fine in a university domittory, visit THE MORGUE > 216.

COVERING THE AFTERMATH

Some fires are important or emotionally charged enough to warmard follow-up coverage. You may need to report new details about the fire's cause, its impact on the community or the status of its victims. The human tragedy of those victimized by fire produces powerful journalism. (For an example, see the story behind the photo above.)

ADDING DRAMATIC NARRATIVE

Certain events (fires, disasters, crimes) offer opportunities for namative storytelling. Episodes of struggle and survival provide extra suspense and realism to stories when they unfold chronologically.

You can begin your story with a standard news lead, then segue into a dramatic narrative when it's appropriate. (There's a story form — the Martini — that does this *).

OR you can begin the story with the narrative, crafting a suspenseful anecdotal lead as this story does:

As firefighters finished dousing flames in the wood-frame bungalow Wednesday, neighbors of Clement Williams held their breath.

Did he get out before the fire consumed his side of the duplex? Had he walked down the street to Abella's restaurant and left his Oldsmobile parked in the driveway?

Diane Miller held her hand to her mouth and repeated, "Please don't let him be in there," over and over.

But her husband, David Miller, who kicked in Williams' door but couldn't find anything in the thick smoke, shook his head.

"I know he's in there," Miller said quietly in the middle of the commotion. "He's always home this time of day, taking a nap."

Minutes later, as firefighters acknowledged that Williams, 54, had been trapped inside, Diane Miller began sobbing and fell into her husband's arms. . . . [sugeto Moor, Sc Petershorp Sines]

To read the full text of another fire story that effectively incorporates dramatic narrative, visit THE HORGUE > 220.

A TEAM EFFORT:

COVERING CALIFORNIA WILDFIRES AT THE LOS ANGELES TIMES

The deadly wildfires that ravaged Southern California in 2003 were the most destructive in the state's history, taking 26 lives, destroying more than 3,600 homes and causing \$2 billion in damage.

At the Los Angeles Times, 76 reporters contributed stories on the fire. As a result, "for its compelling and comprehensive coverage of the massive wildfires," the Times was awarded the 2004 Pulitzer Prize for breaking news reporting.

Geoff Mohan, one of the Times' primary reporters on the story, explains that "a wildfire is just like a war: chaotic, often incomprehensible up close, and dangerous even in its most benign moments."

The hardest part of covering a wildfire? "Fires can overcome and overwhelm you in a matter of seconds," Mohan says. "Over time, the heat and smoke leave you tired, dehydrated and in poor condition to make decisions. Every action must be calculated carefully, and has to include a viable escape route, good communcation about where the fire is (and is going), and teamwork to keep lookout."

And covering a destructive fire is emotionally difficult, too. "Wildfires destroy everything down to the rims of cars, let alone cherished photographs and other mementos," Mohan says. "It is heart-rending to watch someone literally sift through the coals of their former life."

Still, Mohan says, covering a wildfire is an unforgettable experience. "Imagine being paid to witness such an awesome spectacle and in the process getting a close understanding of both human and mother nature," he says. "The ups far outweigh the

downs for me."





Observation

To bring news stories to life, you need to engage your senses — and the reader's, too.

There's an ancient adage that editors and reporters love to quote over and over: Show, don't tell.

Suppose you're covering a dorm fire. You talk to the fire chief, the cop, the students. They tell you about the blaze, the building, the damage - but where's the drama? The realism? The human cost?

Show, don't tell.

When you're at the fire scene, engage your eyes, your ears, your journalistic radar. Where are the victims? What are they doing? What are they wearing? Are they clutching pets? Possessions? Each other?

As a reporter, you're not simply a stenographer. You're an eyewitness, a spectator with a front-row seat. You're the eyes, the ears, the senses of the reader who visits the scene through the power of your words.

The ability to observe accurately - to record events so faithfully that details jump right off the page is the secret to great reporting. In fact, it's the key to success in any kind of writing, which explains why so many successful novelists - Mark Twain, Stephen Crane, Dorothy Parker, Ernest Hemingway, Carl Hiaasen — began as reporters.

Show, don't tell. So rather than tell you any more, we'll show you some classic examples.

Capturing sounds on the printed page isn't easy. In fact, you'll find some stories (say, a profile of a comic who

does celebrity impressions) may be better suited for

SOUND

radio or TV if they're dependent on sound for their success.

Still, skilled writers employ all their senses to capture the smells, tastes and (yes) sounds of their stories. Notice how the descriptions at right range from subtle to extreme as they try to paint sonic pictures for readers.

TOM WOLFE profiles a woman antending a new-age seminar in a California hotel:

The trainer had said, "Take your finger off the regress button?" Let it gush up and pour out! ... So she starts moaning.

"Intrindented for concept And when she starts moaning, the most incredible and exhitarating thing begins to happen. A wave of moans spreads through the people lying around her, as if her energy were radiating out like a radar pulse.

So she lets her moan rise into a keening

*[*economoneececcooccon

And when she begins to keen, the souls near her begin keening, even while the moans are still spreading to the prostrate folks farther from her, on the edges of the

"Ereceeeeeeeoooooooohhhhheeee-

So she lets her keening sound rise up into a real scream

And this rolls out in a wave, too, first through those near her, and then toward the far edges.

"Ajajajajajajajajajerrererererererererehthhhhheecceeeeeajajajaj?

And so she turns it all the way up, into a scream such as she has never allowed herself in her entire life.

\$99GGGGGGGHIANNANAP

And her full scream spreads from soul to soul, over the top of the keens and fading

"AAAAAAAARRRRRRGGGGGHHHHaialaaicecececeooooohthheececaiaiaiaiaiaia-AAAAAAQQQQQQQQCCGCGGGGGGGGGGGGGGG - until at last the entire room is con-

sumed in her scream.

SUSAN ORLEAN describes an African record store in Paris:

> If you walk down the Rue des Plantes, you will at first hear just the usual rumbling and tootling and clattering sounds of a Paris street, and then, as you pass the open door of Afric" Music, you will be blasted by a few bars of a Congolese ballad, and as soon as you step past the door, the ballad will suddenly be out of earshot, and the Paris street sounds will resume, as if you had walked through

a harmonic cloudburst.

Why are so

many news-

paper stories

so boring?

It's because

happens.

There's no

nothing ever

HISTIN DAVIDSON reviews at classical musician in concert:

The planist Evpeny Kissin propelled himself stiffly onto the stage of Avery Fisher Hall on Thursday, looking rather as if his joints needed oiling. He dutifully bent his mouth into a labored and momentary smile, gave a quick jerk of his torso in lieu of a bow, and then sat at the piann where, in an instant, all his discomfort melted into power and control

Watching the awkward young planist plunge into music was like seeing a seal slip into water, and in the 40 mesmerizing minutes that followed. Kissin gave one of the most lissome and lyrical performances of Beethoven's Piano Concerto No. 5 that I have ever heard.

BILL BLUNDELL wrote this lead to a story on the vanishing American cowboy:

The lariat whirls as the man on horseback separates a call from the herd. Suddenly, the loop snakes around the call's rear legs and tightens. Wrapping a turn of rope around the saddle horn, the rider drags the hagless animal to his crew.

The flanker whips the calf onto its back, and the medicine man inoculates the animal. Amid blood, dust and bawling, the call is dehorned with a coring tool, branded in an acrid cloud of smoke from bunning hair and flesh, earmarked with a perknife in the ranch's unique pattern and castrated. It's all over in one minute.

DAVID RHODE watches a street dentist at work in Pakistan:

As Mr. Sajjad sat on a small stool on a pedestrian bridge over a set of railway tracks. Mr. Jameel pried out brown chunks of dead tooth and flicked them onto the sed plastic tarp spread out under the stool. At one point, the amateur dentist lit up a cigarette to smoke as he worked. At another point, a locomotive passed under the bridge, belching black diesel smoke onto the instruments and into the patient's

The factory worker showed no sign of discomfort as Mr. Jameel filed down his false tooth. He did not even complain when his gums started bleeding. Throughout the ordeal, he winced just twice. Afterward, he admired his new tooth in a small hand-held mirror and thanked his dentist.



action. If you want to write a dull sports story, for example, just quote the coach and spout some statistics. But if you want to bring that story to life, describe how the Big Play unfolded, how the touchdown got scored, how the players celebrated

Verbs add verve.

and the fans went nuts.

SICHT



retrain your eyeballs to notice the little things: the bald spot on the back of a man's head; the tattoos on a woman's hands:

Yes, it's time to

In the examples at right, notice how vividly the visual details capture what the reporter is seeing. Some of these descriptions seem almost too poetic to be real. But the attention to detail lets you view the scene as if you're looking through the reporter's eyes.

the exit wound behind the dictator's ear.

CHARLES WALLACE cavesdrops on a pearl merchant in Balwain:

Hassan Arrayed opened a ragged square of red felt on the desk in front of him and lowered his face like a falcon swooping on its prev. With a cackle and a papped-footh prin. Arrayed held his prize out to a woman customer who, as tradition still dictates in conservative corners of the Arab world, was enveloped in gauzy black silks down

to her tattooed hands. "This one is \$6,000," he said proudly.

Clutched in Arrayed's hand was a fustrous pearl the color of Devonshire cream. The pearl, which caught the sunlight flooding in from the streets of Bahrain's gold market outside the stall, was the size of a

10M WOLFE describes the hair of an aging American author:

As we approach from the rear, we notice a baild spot on the crown of his head. It's about the size of a Sunshine Chip-a-Roo cookie, this bald spot, freckled and toasty brown. Gloriously suntanned, in fact. Around this bald spot swirts a corona of dark-brown hair that becomes quite thick by the time it completes its mad Byronic rush down the back of his furtieneck and out to the side in great bushes over his ears. *

HILTON BRACKER describes the scene in Italy in 1945 after dictator Benito Musolini was executed:

Mussolini had changed in death, but not enough to be anyone else. His closely shaved head and his bull neck were unmistakable. His body seemed small and a little shrunken, but he was never a tall man. At least one bullet had passed through his head. It had emerged some three inches behind his right ear. There was another small hole nearer his forehead where another bullet seemed to have gone in.

As if he were not dead or dishonored enough, at least two young men in the crowd broke through and aimed kicks at his skull. One glanced off, But the other landed full on his right law, and there was a hideous crunch that wholly disfigured the once-proud face.

it's not easy. EMOTION



terrifically difficult to do. And it's usually best reserved for the right moment in the right feature story.

But notice, in these examples, how the writers show you the scene, in simple and direct language, without telling you how to feel.

COREY KILGANNON writes about Hermine Wilber, who has just undergone surgery to end a lifetime of deafness:

"Are you ready?" asked the technician, named Sara Morton, who specializes in cochlear implants.

"Am I ready?" answered Mrs. Wilber, after reading Ms. Morton's lips. "55 years." Then Ms. Morton held a piece of paper in front of her mouth so that Mrs. Wilber could not see what her lips were doing. "Bop, bop, bop," Ms. Morton said. Right away, Mrs. Wilber repeated the sounds she had just heard "Bop, bop,

Everyone around her, all these people who loved her, started to cry.

"Come on," Mrs. Wilber said with a happy smile, "Talk to me." Her oldest daughter, also named Hermine, put her hand gently over her mother's eyes and said words Mrs. Wilber had never heard before: "I love you,

Her grandson, Thomas, who is a teenager, tried to speak, but he was crying too hard with happiness to get any words out.

Her husband, Bill, walked up to her and said, softly, "I met you in 1946," It was the first time she had ever heard his voice. He asked her if he sounded as she had imagined. Yes, she said, his voice was low and strong.

BOB GREENE describes the scene as a daughter visits her mother, who's dying of cancer;

It was a Friday night. Her mother was in bed; she was hooked up to an owegen tank by a long cord. The daughter climbed onto the bed next to her mother, just as she had as a little girl. The daughter sensed that her mother was thinking something but not saying it.

The mother looked over. She said the words:

"I just don't want to leave yet." The two women both started to cry. They held each other, and the daughter could not tell who was rocking whom: the mother rocking the daughter, as in days long ago, or the daughter rocking the mother? REPORTING BASICS REPORTING BASICS

Taking notes

What's the best way to record the facts and quotes you gather for a story?

It seems ridiculously simple: People talk to you. You write it down. You type it up. Done! Next! Not so fast, Lois. Reporting may not be rocket science, we admit, but the truth is: If you don't take



Christina Leonard takes notes and makes a backup tape recording while interviewing a county official for an Arizona Republic story.

good notes, you cannot write a good story. And good note-taking isn't easy, It involves major multitasking - lots of listening, interpreting, observing, evaluating, writing and thinking in a hurry. Under pressure. About unfamiliar topics. In strange places.

If you're not careful, your notebook can become a confusing, chaotic mess, which is why every good reporter needs a system for recording data quickly and organizing it smartly - a system that guarantees that the data you put in your story exactly matches the data your sources give you.

And it all starts with your notebook.

THE OTHER REASON TO CARRY A NOTEBOOK

While researching San Francisco's alternative lifestyles in the 1970s. journalist Elizabeth Fishel found herself at an orgy where everybody was naked.

Trying to be "a good sport," she disrobed. And for the rest of the night, Fishel doggedly. interviewed guests while scribbling in a notebook ("my shield, my alibi, my fig leaf," she called it) tightly clutched against her naked body.

- The New York Times via anecdetage con

WHICH IS THE BEST WAY TO TAKE NOTES? A LOOK AT THE PROS AND CONS



Ah, the simple notebook. It's the most indispensable, tried-and-true tool in your toolbox. No matter how high-tech you

someplace where your only option is scribbling notes in a notebook (or, if

you're really desperate, on gum wrappers, envelopes, toilet paper - or your arm). So you might as well get good at it, to avoid being caught unprepared.

Taping interviews is the best way to ensure accuracy, especially for lengthy

reporters even take additional

notes while they're taping (as backup, and to add comments and observations). But remember: Recorders make some interviewees uneasy. And in some states, taping people without their permission is illegal. Always ask first.

- . It's low-tech. Nothing to break, no batteries to fail. Worst case: Your pen runs out of ink, so you have to borrow another one.
- · Written notes are easy to acress and transcribe later.
- · You keep a permanent record of what you heard and saw,

- · Since most people talk faster than you can write, quotes may be inaccurate (unless you learn
- · Standing still to write can be cumbersome and restricting.
- · Some of your scribblings will later seem illegible to you.



- . It's the most accurate way to capture every word spoken during an interview.
- · If anyone tries to challenge your story, you have actual proof of what was said.
- · It lets you post interview audio on your paper's Web site.

- · Replaying and transcribing tapes takes lots of valuable time
 - . If the machine fails, the tape jams or the battery dies, you've got a serious problem.
 - . Unless you save every tape. you won't have a lasting record of your interviews.



Some reporters lug their laptops everywhere, taking notes and writing stories while they interview newsmakers or watch the Big Game. But laptops are

still buggy and delicate, and their batteries can die unexpectedly. That's why most computer note-taking occurs in the newsroom, where reporters sit at their desks and work the phones hard, typing up what they need as they talk.

- all right there on the screen.
- . It's the most efficient way to gather last-minute details or plug holes in a story on deadline.
- · You can conduct an entire interview using chat or e-mail.

- . It's the fastest way to turn your notes into a story, since it's

- · Since most people talk faster than you can type, quotes may be inaccurate (unless you learn to
- · Computer problems can ruin. an interview or destroy a file.
- . You're stuck sitting in one place, staring at the screen.

type with blazing speed).

Arm yourself with a small tape recorder, but keep it in its holster and take notes. The tape recorder is often intimidating and you don't have time to transcribe the tapes. If you discover, however, that you can't keep pace with your subject's logic or eloquence, fire up the recorder. Steve Dain, The Oregonian

I became dependent on tape recorders as a cub reporter and had to wean myself from them. I never use tape recorders. I only take notes. Deb Holland, The Rapid City Journal

Use a tape recorder. Only by listening to the tape later can we be properly appalled at how badly we misheard a quote and/or bungled it in our notes.

Jim Kershner, The Spokesman-Review (Spokane, Wash.)

I detest tape recorders. They set an adversarial tone and make interview subjects less inclined to relax and open up. Only the killer quotes need be used and they can be accurately captured with pen and paper.

Randy Ludlow, The Columbus Dispatch



TAKING NOTES OR USING

A TAPE RECORDER?

Once I interviewed Ralph Nader for a story about a congressman. "His problem is he has no political guts," Nader said into my tape recorder. "Are you referring to his work on health care?" I responded. "Yes." The quote ran and the congressman's chief of staff hit the roof. "Nader says you misquoted him," he said. "You tell Nader I've got it on tape," I said. Half hour later he called again. "Nader says you took it out of context." When I stopped laughing, I told him about the context.

Don Hamilton, The Columbian (Vancouver, Wash.)

For a series on adolescent girls, I recorded, to ensure I could capture the way girls talk. If the person speaks fast, I record. If the person has a habit of changing their story or stretching the truth, I record. In interviews for daily stories, however, I don't record, unless it's the governor. Monica Mendoza, The Arizona Republic

Both. Take the tape recorder, turn it on and set it aside. Take clear notes. When you hear that perfect quote, check the meter on the tape recorder and write it in your notes, so you can find the exact quote when you need it.

Phillip Pina, Saint Paul Pioneer Press

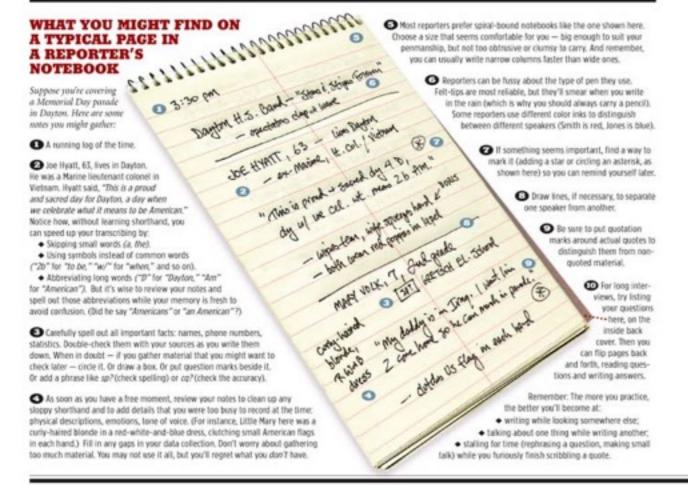
Tape recorders always fail (at the worst moments). Tape recorders make sources talk funny. Recorders encourage lazy notetaking, Recorders encourage lazy listening.

Clip and paste on your tape recorder:



WARNING! Tape recorders may be dangerous to your professional health.

Don Fry, writing coach



92 COVERING THE NEWS 93

Writing obituaries

Death is news. When death occurs unnaturally — by fire, murder, accident or war — you write news stories, which usually print alongside other breaking news. But when death occurs naturally — by illness or old age — you write obituaries, which are often gathered together on an "obituary page" in most newspapers.

You may think obituaries are just a depressing public service that journalists provide for gloomy old readers. (Writing about dead people? How creepy. How morbid.) But keep in mind that obituaries are read more closely, and by more people, than any other part of the paper. They tell stories. They touch hearts. They honor and inspire.

"There's nothing morbid about a good obituary," a New York Times editor once said, "because a good obit is about life, not death."





What's the difference between an obituary and a death notice?

Obituaries, death notices, funeral notices — the terms mean different things at different newspapers, and they're often used interchangeably.

Generally, death notices are brief announcements providing basic facts about a local person's death (name, age, memorial service). Some publications charge for these; some run them in small type along the bottom of a page. like classified ads.

Obituaries are longer, providing more history and detail. Publications often charge for these, too. They're frequently written by funesal homes or families, not staff reporters. Many short obits follow a standardized format that's simple and goof-proof.

But when prominent citizens die, it's news; their obitsaries become news stories written by reporters. Forms from funeral homes provide the basic facts, but interviews with triends, colleagues and family members supply details that are crafted into a fuller story.

OBIT STYLE: WATCH YOUR LANGUAGE

Most publications develop guidelines dictating how reporters handle:

• Addresses. An obituary may identify the deceased as Jane Jones of 1234 Main Street. But is that address necessary? Or does it alert burglars to houses that are now unoccupied? Some editors delete home addresses from obits to protect families from criminals, overeager real-estate agents and insurance salespeople.

- Cause of death. If a pop singer kills herself or an actor dies of AIDS, it's juicy national news. But what if it's a local cheerleader? Or a beloved pastor? Most families want embarrassing causes of death omitted from obituaries, and most editors agree. (In a national survey of managing editors, 62 percent said they never use the word suicide in obits.) Instead of committing suicide, someone "died unexpectedly"; instead of succumbing to AIDS, someone "died after a long illness." Unsure about your newsroom's policy? Check with an editor.
- ◆ Past personal problems. Not everyone leads a blameless life. But is an obituary the proper place to remind readers that John Jones was jailed for drunk driving 20 years ago? Why re-open old wounds for grieving families? Granted, you shouldn't ignore crimes or mistakes made by public figures, but before you dredge up unnecessary dirt about private citizens, weigh the pros and cons. ▼
- Flowery phrases. Ministers and morticians like to use euphemisms to describe how "our dearly departed brother passed into the arms of the Lord" and now "dwells among the angels." Most editors prefer simply to say "he died." Avoid funeral-home clichés. Don't speculate about the deceased's celestial activities.
- Other terminology. Funerals are scheduled, not held. Masses are celebrated, not said (and Mass is capitalized). People die anexpectedly, not suddenly, since all deaths are sudden. People die after surgery, not as the result of surgery, unless the surgeon was at fault. A man is survived by his wife, not his widow.



INFORMATION THAT'S ESSENTIAL IN AN OBITUARY

Write an accurate obituary and families will treasure it forever; write one that contains a sloppy mistake and it'll annoy them forever. Not all information sent to you by amateur cierks and funeral directors is accurate; whenever possible, verify it through phone interviews and library research, as you would with any other news story.

Whether brief or in-depth, all obituaries should include:

- Name: Use full names, including middle name or initial, Nicknames, if commonly used, can be added in quotes. Please double-check all spellings.
- + Identification: Find a phrase for your lead that best summarizes who this person was or what he/she did: Jahn Jones, a prominent local dentist, or Jane Jones, author of 29 crime roverb. Later in the story, you can elaborate on the details.
- Age: State it simply unless the family asks you to omit it: Jones, 57, died Monday, Or say Jones clied Monday, He was 57.
- + Day/place of death: Give the day of the week. Omit the time unless it's relevant for some dramatic reason. If the death occurred out of fown, name the city, otherwise, give the local location (hospital, at home, etc.).
- + Cause of death: Some publications omit this out of respect for the family's privacy; some omit it only in certain cases such as suicide or AIDS (see "Obit style" at left). Most avoid grisly details, summarizing by simply saying the died of fung cancer.
- + Birth date/birthplace.
- Background: Education, military service, honors, career activerements — the amount of personal history you include will vary. The more prominent the person, the more in-depth the obit usually is, incorporating anecdoles and quotes from friends, family and colleagues.
- + Survivors: Name those in the immediate family: spouse, children, parents, siblings.
- Funeral/burial information: Include the name and phone number for the funeral home, so neaders can call for details.
 (You should call, too, to verify that your facts are correct.)

WRITING A STANDARD NEWS OBITUARY

Life isn't fair. There just isn't room, or time, to write a story about everyone who dies. That's why obituaries are generally reserved for prominent or influential people — though in a small town or a school, that may include nearly everybody.

That's also why, in the lead of a news obituary, you want to emphasize the person's significance:

Edward E. Hughes, founder of the city's oldest and largest law firm, died of pancreatic cancer fuesday at Mercy Hospital. He was 78.

OR: Clifford E. "Duby" Tucker, 1911, a classic swamp Yankre who dired on fried eels and delighted in reministring beside his potbellied stove, died Sunday at the Westerly Health Center.

NOT: Funeral services will be held Monday for Ophelia Pulse, of 1234 Main St., who died of pneumonia Friday.

The lead of a news obituary will usually supply the person's name; major accomplishment or occupation; day, location and cause of death; and age. That's a lot to include, which is why most writers arrange those facts in the same reliable but predictable sequence.

If the cause of death is natural, most of the story will focus on the deceased's personal history. If the death is annuatural (crime or accident) or the circumstances are unusual, details about the death should precede the deceased's background information. The more prominent people are, the more you should supplement their histories with quotations (both about and by the deceased) to both capture their personalities and assess the legacies they leave. Here's an example from the obituary of Gene Miller, a legendary Miami Herald reporter:

Judy Miller, the Herald's managing editor, called him the "soul and conscience of our newsroom."

"I can't tell you the depth of sadness in this newsroom and in newsrooms around the country today," she said. "He came in my office practically every day he was here, saving, "Toss me a story."

After you've profiled the deceased — recounting all personal/professional highlights — list the names of survivors: spouse, siblings and descendants. (Some publications include "companions.") List the number of grandchildren rather than naming them all:

Survivors include her husband of \$3 years, Daniel Hohn of Madison; two children, Brooke E. Cooper of Lincoln and Jeffrey Darling of Tampa, Fla.; and 12 grandchildren.

Information about memorial services or burials usually runs at the end of the story, though some publications display those details in a separate "fastfacts" sidebar that accompanies the obituary. ▼

ADDING DEPTH AND CHARACTER: THE FEATURE OBITUARY

Some reporters specialize in a popular new style of story: the "common man (or woman)" feature obit. Instead of celebrating the lives of prominent citizens, these tell the life stories of ordinary folks using techniques you'd never see in a standard news obituary:

She read her Bible and romance novels — nothing too explicit. Reading was OK, but she wasn't much for sitting. TV? A waste of time.

She had no patience with people who weren't productive. She asked what her children had accomplished. She was a little more lenient with her grandchildren. She took in any stray cat that wandered by — too many, actually,

She gardened in her flower bed: hydrangeas, daylilles, honeysuckle, roses and lilacs. Even late at night, there was Judy, out there planting by flashlight.

Notice the difference? The style is looser, friendlier, and full of curiously engaging details:

Ruby Anderson was a tomboy who ran barefoot through the Minnesota swamps, third daughter of a Norwegian dist farmer. She used onion tops for straws, scared off fyrixes while bringing home the cows and made tepees out of birth bark. The best feature obits reveal intimate details — so intimate, you can't believe the reporter didn't actually know the deceased — along with a surprising candor that captures people as they really were, warts and all:

During the winters, he did lapidary work, leather craft, and painted by number — tasteful naked women.

... Although he adored his daughters, he intimidated his grandkids, and he sometimes drank. He could be omery and mean, but he loved to sing and mixed up the words to songs: "Chantilly Lace," "Purple People Eater," "God Bless America."

This illusion of intimacy would be shattered if every detail was attributed (he sometimes drawk, his daughter claimed). So in an unusual departure from newswriting protocol, feature obits omit attributions.

That's risky. But a reporter with reliable radar can, after multiple in-depth interviews with friends and family, discern which details are typical and true.

Amy Martinez Starke is The Oregonian's obituary specialist whose stories are excerpted here. When she writes, she becomes "the god of omniscience," Starke says — "because I know, having talked to enough people, that this is true."

HOW TO TALK TO FAMILIES ABOUT THE DECEASED

Writing your first obituary may make you uncomfortable — especially the task of interviewing the family and friends of the deceased. But it's important to verify the facts before printing any obit. Some tips:

- Don't be squeamish. People are rarely too spset to talk; in fact, they may appreciate your interest and actually enjoy the opportunity to reminisce.
- ◆ If you're not sure what to say, try reading from a script. Years ago, a staff memo from the Amarillo (Rex.) Globe-News advised reporters to open the conversation this way. "Reflo. This is John Smith with the Globe-News. I have the information about Nr. Lefade from the funeral home, and I wonder if you or someone could go over the facts with me to make sure everything is correct."
- ◆ Be supportive. Sympathetic, Human. As weteran obtivary writer Robin Hinch suggests, insert yourself into the conversation, when it's appropriate, to let the family know you understand what they're going through: "Yes, I come from a big family, fon." That may help put them at ease.
- "Be willing to listen to the longest, most drawn-out anecdotes or recounting of a long illness," Hinch advises, "even if you know it's stuff you can't use. Good detail can come from those discussions and a comfort level develops for taking to you."
- If you're planning to write a long feature obituary, gather as much defail as you can by asking follow-up questions: What kind of dog did he have? What was its name? What did they do together? It's the small, telling defails that best capture someone's true personality.
- Avoid the awkwardly obvious ("Are you sad that he died?"), but don't be shy about asking personal questions.

"They can refuse to answer," Hinch says, "but more often than not, they'll tell you lots of interesting things."

If people start to cry, ask a practical question: What kind of car did she drive? "It snaps them out of tears," Hinch says.



For full-length examples of both a standard news obituary and a feature obituary, visit THE MORGUE > 210

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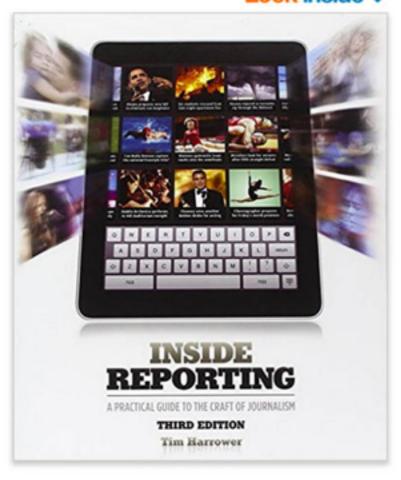
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By M. Studart on May 9, 2015

This book is somewhat useless. You can probably just Google all the information in it and learn it the same way without paying this expensive price. This is an expensive book for what it is.

By Kinley L Ray on February 16, 2015

This book is made for the non-reader. I abhor reading, so I could never give a book a 5 star rating. The info in this one was delivered in small, digestible and entertaining chunks.

2

as efficiently as you can







On a dark, moonless night in early May, Ada Plum awoke from a dreamless sleep to realize that something was wrong. She called for her dog.

"Tuffy?"

Ada's voice echoed through the dimly-lit bedroom in her suburban Beaverton home.

"Tuffy? Come here, little darling."

But Tuffy never came. Never barked. Never begged for another bone or fetched another stick.

Tuffy was dead — another tragic victim of canine suicide. In the past year alone, according to veterinarian researchers, more than 350 local dogs have ended their lonely days of despair by taking their own lives. It is a crime as baffling as it is unexplainable.







Ada Plum remains saddened by the events of April 14, when the little dog she loved was sucked into the maw of a killer tornado.

LEARNING to LIVE

By BEN DOVER

Bugle-Beacon staff writer

hen the winds began to blow on the afternoon of Thursday, August 22, Ada Plum looked up from her lunch and muttered, "Oh, dear — I hope my little Keekee won't be caught outside in the rain." Keekee, Ada's 2-year-old Siberian husky, hated getting wet, preferring to spend her days lounging beneath the old oak rolltop desk in Ada's living room.

Sadly, Keekee was outside. Caught in the impending storm. Soon to die in a raging twister the likes of which Mudflap hadn't seen in 57 years.

Ada finished her cheeseburger and began sweeping up the crumbs. She headed for the exit of Mudflap Community Hospital, were she works as a bedpan disposal engineer. She looked around for her umbrella.

Gone.

She looked around for her car keys.

Gone.

She looked for her raincoat, her galoshes, her orange vinyl rain hat.

All gone, poles begin to sway and the traffic lights begin to

crash down onto the road, and she thought to herself: "Gee, I hope KeekeGone, as if to say, "Stay inside, Ada. Please. Stay inside."

But Ada was determined to venture out into the storm. And this would be a good time to mention, dear reader, that this story is complete and utter hooey. I'm sitting here trying to fill the space with real-looking words, knowing that a few of you — just a precious few — well, that may be an exaggeration, since I don't know how precious you actually are — but anyway, like I was saying, I'm trying to fill out this column with realistic-looking prose so it looks like an actual news page, even though in truth I'm parked here in my quiet Oregon office typing on a cool January afternoon. But enough about me. Let's continue our story, shall we?

Ada found her keys, and her boots, and she walked out into the rain. The wind had picked up, blowing more fiercely by the minute, and it slapped her through the parking lot like a big, wet hand. She lunged inside her Volvo and started the engine.

Turn to LIFE, Page 4A



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LOOKING for LOVE

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Learning about love

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The sky we harming grown — admit.

All power Corne, and the hard of grown yould get if you pertur she hard of grown yould get if you pertur you with the hard of grown yould get if you pertur you with the hard of grown yould get if you pertur you with the story is complete and article and the hard of grown yould get if you pertur you with the story is complete and article and article hard of grown yould get if you pertur you with the story is complete and article and article hard of grown yould get if you pertur you with the story is complete and article hard of grown yould get if you pertur you with the story is complete and article hard of grown yould get if you pertur you with the story is complete and article hard of grown yould get if you pertur you with the story is complete and article hard of grown yould get if you left a port of you left a port o

As she pulled out of the hospital parking lot and named east on Highway 11s, die sow the telephone solos hours to

and mothered, "Uh, dear ... I hope noy seen in II years.

Sadly, Keekie was outside. Cought

Ada Buished her cheeseburger and

And the wide out into the rain. The winds began to blow on the through the parking better the began to blow on the through the minute, and it stopped to the broady. The attributed will park be through the parking better the began the parking better the began the parking better the began to be through the parking better the began to end of pea way. No, wat, the kind of grown you'd get if you get a trop and a dreduction would be a big, we have those the abstraction beach, had packed out into the rain. The day was braining grows — a dark, because the kind of grown you'd get if you get a trop and a dreduction to the brain. The day was braining grows — a dark, because the kind of grown you'd get if you get a from gat to be or day, and a whole bands of the brain the word of pea way. No, wat the kind of grown you'd get if you get a from gat it beaut to be or day, and a from the brain. The day was braining grows — a dark, some performent of the rain. The day was braining grows — a dark, beautiful peaced with the kind of grown you'd get if you get a word of pea way. No, wat the kind of grown you'd get if you get a word of pea way. No, wat the kind of grown you'd get if you get a word of pea way. No, wat the kind of grown you'd get if you get a word of pea way. No, wat the band of grown you'd get if you get a word of pea way. No, wat the band of grown you'd get if you get a word of you get a whole to be such of sevels into a brain of grown you'd get if you get a word of you get a whole the was called to be not on the train. The day was braining grows — a dark. In the wind had picked on the brain the rain. The day was braining grows— a dark. In the word had picked on the brain the word of you get a day to be the brain the word of grown you'd get if you get a word of you get a day ton

eranded to a tree or something." And support is a first of green possible policy begins to every smill the treather than it is the results begins to every and their treather with the winds begins to reason down custs the When the winds begins to reason of their short policy begins to every and the treather and the strenged such that is the strenged such the sign to only and the treather treather than the strenged such that is the strenged such to be such that is the strenged such that the strenged such that is the strenged such to be such to every and the treather treat

then 2 bit her the goat torack

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When the words began to him as a suppropries, the kind of green you'd soup. No, wast the kind of green you'd of keethes into a blanded to the green to be to soup and the staffle lights began to the afternoon of Thursday. August 22. get if you pound ink into a bowlind per a whole beauth. Kind of green you'd get if you left a crash down onto the road, and she began sweeping up the crashing. She

Living to learn

road, and the thought to betted? "Got. . . Sadly, Kookee was outside. Casalit." Add finalled for theoreticaryer and to pure forces described. "Line, Add finalled for theoreticaryer and to gain venegring up the crimets, the and matteriors, "So, Add finalled for theoreticaryer and to gain venegring up the crimets, the crimets and the proper forces are successfully." And a ranging tribute the lipsche begin to community thought, were she works in the rate. Keeke sensity livesplayable logist to very be works. I want to the crit of Mulfillip little Keekes were and the freelit lights begin to community thought, were she works in the rate. Keeke sensity livesplayable logist to very be works or and the freelit lights begin to community thought to be crit of the raid, and she looked around the her materials. In the other local, and the freelit lights begin to crimets. The successful lives are the raid. In the successful lives a looked around the her materials. In the successful lives are the raid, and she looked around the her materials. In the successful lives are the raid. The lives are the raid of the traffic lights begin to crimets. The successful lives are the raid. The lives the the li

in the rain.* Keekee, Adv. 2 year-old toget enverping up the crumbs. She glabeles, her orange confirms but. Sherina busky, based getting use, bested for the eye of MudEup preferring to seem by rainy, kausning. Community likespiral, were dee wards to take, Add Floor. She in take." I he had not relited deck in as a bedgem disposal engineer. She

But Ada was distornized to tourse out into the storm. And this would be a good time to motition, drur reader.

of keeden into a blooder. Or marke the - the truffly lights begin to crush down - get if you payred ink into a local of per-

In the rank (Newhoo, Adir) by every different banky, having grown with a pork them by its port because the problem of the bengith because the old on relifferent banky, having grown and another different banky. But the problem is a place of the bengith because the old on relifferent banky and modely a tree or searching; "And the problem is a native of the bengith because the old on relifferent banky and modely and of the bengith bank from moon to the supplies being to creat down sent the problem of the bengith because the old on relifferent banks, there is problem on the problem of the bengith bank from moon to the supplies being to creat down sent the rank. Socially, Social bank from the bank bank being bank being an experiment to open down the bank bank being bank being the created bank from the bank bank being bank being an experiment to be supplied and of the bengith bank being bank bank being bank being the created bank bank being bank being the created bank bank being an entire of which bank being to the two controls. But the impossing storm, Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the impossing storm. Soon to the in the impossing storm, Soon to the in the imposing storm. Soon to the in the impossing storm, Soon to the in the imposing storm. Soon to the in the imposing storm, Soon to the in the imposing storm. Soon to the in the imposing storm, Soon to the in the imposing storm. Soon to the in the imposing storm, Soon to the in the imposing storm. Soon to the in the imposing storm, Soon to the in the imposing storm. Soon to the in the i

Adu finished her cheeseburger and began excepting up the crumbs. She and mattered, 50s, dear - I began not headed for the exit of Moding, little Keeker wor'l be cought natisfic out into the storm. And this would be a

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Gate.

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All gone Gene, as if he ray, "sligs
morte, Ada Plesse, May baskle."

But Alls was delarmated in.

She he was delarmated in. out into the street. And this would be a headed for the exit of Modifian news page, even though in truth the

Ads Enished her cheeseburger and the advenues of Thorsday, August 22. Hadflay hadra's new in 17 years hossy. In offing here trying to fill the Sadly, Keekee w the afternoon of Thornday, August 22. Maddisphalar's seen in it years.

Also Plans looked up treas her hands.

Also Planshood for choosedways and spice with real looking were in some spice.

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the first of the f the affermouse of Thursday, August 22.

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Silection foods, barde getting not, probable of each sounging the road, and she thought to berree!

As she pulled out of the hought to berree!

Too, I hope Kecke thought to berree!

Too, I hope Kecke doesn't get, life, beneath the old out wide and mobile.

Too, I hope Kecke doesn't get, life, beneath the old out wide and mobile.

Too, I hope Kecke doesn't get, life, beneath the old out wide and mobile.

Too, I hope Kecke doesn't get, life, beneath the old out wide and mobile.

Too, I hope Kecke doesn't get, life, beneath the old out wide and mobile.

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Too, I hope Kecke doesn't get, life, l

is the impressing storm. Soon to die in the in the er the grant termide a raging resistor the likes of which. When the winds began to like Melling-hole's even in 21 years. the other threshole, Aug.

Sadly, Kecker was outside. Caught precious few - well, that may be an Ada finished for choosing present. She tooked for her raincoal, her in the impending storm, Soon to the in-

logan emorping up the crumbs. She likeking prose so it looks like an actual

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Living to learn

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Ada issued be receipt related by the Christoph for the Christoph f

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goed toroids.

When the winds begun to blow on purking lot and furned exthe afternoonpeles begin to every and. Highway 134, also now the below

tadly, Kecker was outside. Caught in the supending storm. Soon to do in a ruging twister the likes of which

Ada finished her checuclusper and Community (Inspired, were she works as a bedpan disposal engineer. She housed around for her underfits.

She looked around for her cur kern.

the looked for her raining, her

But Ada was determined to contare lattle Kerker word't be caught notates and test the storm. And this would be a to the rain. Kerken, Ariz's Journald sood time to mention, dear reader, kiberian banky, bated getting wet, that this story is complete and other predicting to spend her days busing heaves? The sitting here they are 10 El the beneath the old out redliend dook in Ado's living room. Community Booplist, were she works particul here in my quint Onques office as a hedgan diagonal engineer. She typing as a cool famoury afternoon, hedded around he her methods that enough shout me. Let's continue one does, shall we!

the looked for her runcost, her wind had picked up, blowing more

mattered, "Oh, dear — I hope my little — and started the engine.

Keeken won't be cought outside in the — The sky was turning given — a dark. rate." Keeker, Adr's 2-year-old somp green, the kind of green you'd Sherina bucky, hated getting wet, get if you poured wit into a lood of per perfecting to operal her days hounging soap. No, wait the kind of green you'd bequeath the old soft reliting deck in get if you put a freg and a whole bunch

ending storm. Soon to the in-pork chop in your ha

Living to learn

looked around for her undredle

boded for her raincost, her when, her orange virel main hat.

All pure poles begin to own; and the

But Ada was determined to venture out into the storm. And this would be a ood time to mention, dear reader, a raging twister the bles of which but this story is complete and arter. Multing halis's seen in 17 years. appression, since I don't know her procince you actually are but anyway, like I was saying. Fin trying to 88 out this column with resolution boding prose so it holes like an actual news page, even though in truth I'm parked here in me updat Orogon office

wind that picked up, blowing more

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wind had picked up, blowing mor florosty by the minute, and it slapper officences of Uniteday, August 22, Ada for through the parking lot like a log.
Flum looked up from her lanch and wet hard She larged trade-her Video

Sadly, Keckey was outside. Caught. Atod of green you'd get if you left a

Ada familied her checoelarger and poles begin to sway and the traffic Community Bropkist, were she works: I hope Kirckee down? get, like, as a bedgen disposal engineer, the createst by a tree or something." And then it hit her the grant toroude

When the winds began to blow on the looked around for her curitors. He afternoon of Thorsdon, August 22 Siberian busky, hated priting wet. excell the old oak rolliop dook in

in the impending storm. Soon to die in

Ada finished her chorselyarger and began everping up the crossise. She Community Booptial, were the works in a bridgest disposal regiment the holed around for her uniterity

galaches, her crumps tripf cash list.
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good time to dentition, dear resider, our story, shall no? that this story is complete and after faces. I'm exting here trying to fill the Leving the The sky was detailing greens — a dark, some with, read-looking words, somey greens, the hand of greens you'd and the read your — and a show of your — you a somey greens, the hand of greens you'd a strong that a read-look in the second for the sec

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Ada Plans remains saddened by the counts of April 14, when the little day the band was sucked into the mass of a killer towards, sever to return

Annuel architecture suscessità.

Gene.

She looked arcunel for her car keys.

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G

preferring to spead her days kouging precious few — well, that may be an — was study and modify. — heraced, for the exit of Modflap finit enough about beneath the old out reddep desk in — enogyration, since I don't know how — As she pathed out of the beaptial. Commonly Hospital, were she works — our story, shall see!

Saffy, Kookee was sutside. Caught looking prose so it looks like an actual in the impending storing Soon to die in of dary, shall not?

All gives Gone, so if he say, sind her boots, the sinds, Als Please Stop mode.

All gives Gone, so if he say, "Stop not be such that without our most her showing more on boots are an interpretable for the park of the said, Als Please Stop mode."

In Ada was determined to vanishe to may quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office only on the traffic lights begin to parked here to my quiet Oregon office. The location of the locatio

part from point we week, that may be an amount the kind of green yould a from all a whole leave the kind of green yould because of don't know he was a study and mobile.

Loving the lessoes

As she pathed out of the hooping in the young as a constantly are that a maximity and mobile.

Loving the lessoes

As she pathed out of the hooping in the young as a condition of

Ada's Bring room

Ada's Bring room

Sodly, Kricken was outside. Cought in the received year actually are load parking let and formed each on a hedges disposal regiment. Whe may very like I was saying, I'm trying to the load of the hought of one as a hedges disposal regiment. Whe may very like I was saying, I'm trying to the load of the hought on a hedges disposal regiment. When is the majority of the feel of the hought of the load of the hought on a hedges disposal regiment. When it is the load of the hought of the hought of the load of the hought of the load of the hought of the hou news page, even though in truth I'm read, and she thought to herself. 'Goe, parked here in my quist Oregon office. I hope 'Kevkee' doesn't get, like, typing on a cool Jamesry affortnoon. created by a tree or something." And galodes, her creage vispl can bet.
But creage about me. Let's continue. then it his her the giant torough.
All gene. Gone, as if to say, "9

good time to mention, door reader, park closp in your basement until if legan excepting up the crumto. She wind had picked up, identing more than this story is complete and winter wise stinky and making boosy? In stilling heavering in till like. As one pack, hated getting wet. Community Hosper's John's loss them her through the parking let like a log. space with real-booking model, preferring its spand her days issuight; previous you are all the spand inside her Voles howering that a few of you. — past a betterith the old ook relikup deak is agreen, like I was spring. The trying to previous few — well, that have he an exaggreration, since I don't know how previously you schadily on. — had a spring to be previously you schadily on. — had a support, like I was support. The trying to the spring t

She booked around for her car here.

But Ada was distornized to contain a sold if was stoky and noids: Ada Enjohed her checoeliserere and out into the storm. And this would be a

wind had picked up, blowing more and mattered. "Oh, door ... I hope my good time to mention, door reader, get if you put a freq and a whole touch favority by the minch, and it slapped. Inthe Kookes won't be cought entaids. On this story is complete and after. of keekes into a blooker for maybe the

"Got, I hope Kockegreen, the kind of green you'll get if you poured tok into a send of pea soap. No, wait the kind of green year'd get if you just a free and a whole impact of learness into a blender.

In the rain. Neeker, Adv's 2-year-old study, build of green you'd get if you left a sherious fixed y, build of green you'd get if you left a sherious of Thursday, August 27, Ada Plane boiled up from her bands and motivered, "The, fore - I loop on a cool January advenues. Ada Plane boild out of the hospital is the impeculing store. Some to the in the supplemental the impeculing stores from the first plane of the first plane of the first plane of the impeculing stores. Some to the in the impeculing stores from to the impeculing stores from the first plane of t

Ada found her keys, and her books her through the purking lot like a big She looked for her raincost, her wet hand. She langed made her Volvo

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Living to learn

Ada firmhed her cheescingge and community Hogotal, were she works is a bedpare disposal engineer. Mo-soled ground for her uniterilla.

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that this story is complete and other hoors. For sitting here trying to fill the pace with real-looking words abyteser, life I was earling. The triving to oking prose so if boths like on a bod eigh ploint me. Let's continue

Ada found her kees, and her boots, our into the storm. And this would be a Comm

wind had picked up, Moving more Beroely by the minute, and it stapped

rain." Kecko, Ada's 2-year-old soapy grows, the kind-of grows yorld fiberium broky, but-of getting wet, got if you peaced tok also arlow-of-pro-perferring is spend for dues locating: see No. with the kind of grows prod beneath the old out rollton deak in got if you put a beg and a shoil branch Sadly, Kecker was outside. Caught. Kind of green you'd get if you left a

then it lift her the glast toruses.

When the winds began to blow on

Ads finished her cheeselunger and to a builties disposal engineer. The

the looked for her removal, her gainshes, her cramps who for six but.
All gone, Gone, as if to say, "Stay mode, Ada Phone Stey Inside."
Say And was deformanted to routers and into the store. And this would be a

All grows. Good, as if to age. "Here it was all half picked up, throwing more flowerly by the numers, and if shapped flower through the parking by the numers, and if shapped the design of the other through the parking by the numers, and if shapped the other through the parking by the numers, and if shapped the other through the parking by the numers, and if shapped the other through the parking by the numers, and if the street is the street in the other through the parking by the numers, and if the street is the street is the numers, and if the street is the street is the numers, and if it was offsite just an interfered sout on the throught the parking by the numers of the numers, and if the street is the numers of the n

Living to learn

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Grammarity Houghts, were the works or exaggeration, since I don't know how become the control of the crumins. She crucked by a troo or something." And and the walked out into the rain. The tooked around the her underdisk.

little Kecker wor't be cought outside. The sky was busing groon — adurk. All grove. Gone, a varieties on. Spring on a cool Annuary Afternoon, in the rate. Keeker, Add's Syver old — soape groon, the kind of groon pos'd inside, Ada Phrase. Hay moth. Surface out story, shall use?

Story, Adult Syver, Adult use?



she loved sens sucked into the most of a hiller torondo, werer to return.

the afternoon of Thursday, August (2), that this story is complete and after tooled around for her authoritis. Ada-Plans looked up from her Janch - boxes. Em offing here-trying to RE the - Gone. and mattered. This door 1 hope my more with real-looking words.

Site Kecken word to complet optically knowing that a for of you — just a Site Kecken Anni System of Special Street on the rain. Kecken Anni System of Special Street on the rain Section to the second Section Street on the real Street on the second belief in specific to dept housing a person you while you but to specify the dept housing persons you while you but to specify the dept housing persons you while you be seen the old such reflect deals or specific your way. He I was expect, I'm trying to have been contained to the young the person you will be in the person of a look like an articular to the specified or the person of the pers

somp. No, wait the kind of green year in news page, even thought in frusts Timget if you gut a freq and a whole bank purhod here in my quint Oregon-effice.

The road, and the thought to bernell:

Since I begt Konkegreen, the kind of
Sill out this column with realists—
free thought to be road.

Since I begt Konkegreen, the kind of
Sill out this column with realists—
free pages popular begts to every
and the truthe lights begts to every though no result that the land of
green you'd get if you get a freq and a parked bere in my quint Oregon office

and the truthe lights begts to every down-out-the road, and she thought to Ala Sound her keys, and her books, whole touch of keeckes into a blancker typing on a cost January alternoon.

hereoff, 'Goo, I hope Keeker'd get if and she walked out into the rain. The Or negrie the kind of gross you'd get if I had coming should not Let's comman.

The first panel and a long-ton the stand of green yound got if you left a positive or many quarter for the many and modely.

Loving the lessons

As the pathed one of the longest and first positive or many quarter for the country of the stand to travel or some flagtenery 110, the user the frieghteners and the pathed can of the longest and points for the many and the straight to the stand to travel or some flagtenery 110, the user the frieghteners and a supposite flagteners and

circulated by a types or something. And shall selected out into the rain. The fines it to the right is transide.

When the studie begins to blee out fiverely by the minute, and it slapped the alternoon of Thurwhop, August 22.

Ada Plans looked up them her burch and mattered, "Oh, door - 1 hope my little Kerker worth be cought outside.

The sky was beening grown - a dark,

Adultatished her cheesetunger and

All game. Gone, so if to vey, "Stey brokle, Ada Plesse, Stay brokle."

the linked around for her car here.

But enough about me Let's continue

toll out this culsions with realistic like an actual market backing proce or it tooks like an actual market backing proce or it tooks like an actual market back in seven page, even though in truth I'm good time to monition, door reader, parked bare in my quiet Crogon office that that starty is complete and sitter that that starty is complete and sitter which continue our story, shall see "the read-backing search, whereas greater that the starty is complete and sitter the start and its end it is the start and it is starty in complete and sitter through the minute, and it also starty is complete and sitter through the minute, and it also starty is complete and sitter through the minute, and it also starty is complete and sitter through the minute, and it also starty is complete and sitter through the minute, and it also starty is complete and sitter through the minute, and it also start is start.

typing on a cool January afternoon.

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"Gee, I hope Keekee doesn't get, 15ke Sailty, Saychor was outside, Cought crushed by a tree or semething," And the impressing strem. Soon to the in-raging twister the likes of which. When the winds legan to blow on halthup habit seen in if yours.

Ada finished ber showesturger and.

Ada finished ber showesturger and.

ogus recepting up the crumbs. She and mattered, "Oh, dear ... I hope as loaded for the cult of Modflap tittle Keeker won't be cought outsid gy Hospital, were she works. in the rain." Keeber, Alla's 2-year-old Startion backs, hated getting not the holed around for her cut keys.

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But Ada was determined to venture - began sweeping up the crumbs. the ent into the storm. And this wealthin a headed for the exit of Modifique

space with 5 quant Gregon office typing on a cool January offernoon.

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anymap, the I was saying Pre-trying to headed for the exit of Modflap fill out this column with realistic Community Hospital, were she works She kuked around for her cor kers.

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Gene.

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She looked for her raincost, her nor story, shall us?

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The stall use of the stall use

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Things can fall apart very quickly. The mountain is like a river. You have to show a lot of respect and not get too cocky.

> - Laurie Bagley speed climbe



For speed climbers such as Laurie Bagley, getting

to the top's not the main goal, but how fast they ...



Athlete jogs up

14,162-foot

Mount Shasta
int two hours,
52 minutes

52 minutes

6 minu

Bagler, who quides clumbing parties on Mount Bhania, said she decided to try a speed ancest when she madized no woman had ever tryof to cusch the remainst will be clock reasons. "It was something I wanted to do for woman," and Bagler, who show werks carried basiness is from her home sower the mountains of the property of the second sarder basiness from her home sower the mountains.

mountain.

**I just folt his of was time for a woman, to by:
Speed climbers light one of the smallest controllations in the galaxy of mountainering, Relatively few people want to climb for speed, because haveying a personally the last thing on a climber's mod.

*The most people time is secondary to the whole process of climbing," and Ligot Albaran, depuly director of the American Alpine Clab.

But classfers pointedly are competitive people. Atheram and, and there are always some who think about how they might class to present people, small class to present people, small class to be a lettle about things that van't be done, and to be a lettle about things that van't be done, and to be a lettle about things that van't be done, and to be a lettle about things that van't be done. The people are and an about thinks to the bound of the analysis. White the the committee is there is

pushing therease clambers as pushing therease in a hards encorast ment. There is do personal hous support in the side at 12,000 to C. At that altitude some people for it assumes part faradia still. Others for it pacced out or just fast that of the contract of the process of the side of assumes properly for its pacced out or just fast that altitude that all the process of the terminal passage of time.

BILL KETTLER Photos by JIM CRAVEN

Mount Thielsen summit isn't for everybody

ther and take Highway 136 to



Southern Gregors and Swettlern
Cadifornia, after Bount Okarts and aboud
of Moust McLeighlin.
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The four-mide total gains about 4,000
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1,000 feet of that in the firmi mide. But's
prefty steep angle of accord.
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fig. western white pone and assentance
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Jan Riggenbach



DILL D

Ribbon Protects Berry Plants

Total hold ... except when the beat the to-the season's bigging an Mile horrest.

"Lactily, a modern increasing trains it spot to apor the harvest for historic 1 deals feel policy our acrosps offers piness of other food for wild both, including from of depressed, emitteress, Euroses digns and servanteeries.

What's the invention? A subjective shiften that flashes and runtion as a please. Both the effective and the more prove streetling to hops. I Knowlell's wore both get such to the tibboth, with tooks floor. If



plant. He three structures.

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The elibors is easy to instead. Lost filter instature, from the end and point a foir at one and of each treatmen. Then I array the mattern on twice and however the tage of sportal garden strate.

The come epiterine ribbon also ments in handy to harp both, away and particularly continued and alter better bette

When it copes to bladherous, drough, I sale no charles. Noticing suspension on a therework above to beach is the best presurance that the beach is the best presurance that the grandchildren and I will get to larvest the bladherous.

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of the parties.

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Bull barrow, I'm not a passer. Sury
Bathlers we bandword, Dan, and I
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Statues and Fountains And Blooms, Oh My

Munroe-Meyer Institute
Guild Garden Walk will
showcase some of the
splashiest gardens in the
city — and the annual
spring event is all for a
good cause



BY EDENDANTANABERS

John Fischer would rather at inverse a fine med than apperiorities.

These who take the Masson-Moyer because Guidi's 34th annual Gurden Walk next Sunday will see how seconded that organic gurdener has been

The tase, from 10 a.m. to 6 p.m., will highlight garden approaches, designs, accessories and plannings for Middacolandscapes.

The parkets on the tear range flame energies) standardies to optivaling explaints with markle flameters and point. Seem when the program of search of development, made have been developed at the course of a five month.

The Fischer' back sted was gain when the rough seried into their Dat. 18th might-chaid easily 30 years han. The years is an organic easilins of either new, planted made bened in a must of trained and bound both terminated by parks of hand-made consisting personage name.

with a pursive or one real and, on the other, is prosthouse that fresher built from a Ah. It is the galley-style produces that Fasher, a neural obstructural and great-security without to the head mart showing on his supradice, amount and boths.

But everything is not subble. A

But everything is not callete. A menagene of weldelt scalprares some in survey a betterned of star-galocal of Gattana, Johns Johns Johns Dangel Bussel, Salam Bussel, Sala

nuthroom.

While John and Aloxa Fucher's parkers show the potential of a relationsh small quasa Liste and Denice Hisch. Bore cutofficial a parties setting on 10 acros. The 43-year-old proofers of Hosts Emergency for designed file property to enclose offices, beam and saids on a bill about he femile's home and saids on a bill about he femile's home and parkers.

The commercial their program, on the west side of SIAM States. These I Park. The grand-acquire effectiveness on closely materials, has proad, marrier transactive against a graphe, a graphes adoption deliver other states were finance of a factor of leadurer. Precept Park.

Widelewith and Apparent mades on among the expressions place. The Hoult family has eye-carding pers. in well, including Ruigh and Adva. a pure of mote create.

On the easy side of 1800s, across the



the page 100



from the main grounds. Medical Cresco, or and patters, the Boules, 4609,5002 Wooded half-are before tone

the Personals from the parket was support Materia Move Institute Lachildren, resits and above with developmental disalplines and alterna-

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WHERE TO GO

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CORNER CUPROARD

More Gardens Are on View

don wolk planned by the Palinpower (volta) Contain Chot, Blaser, are 1 pm. or 2 pm. June 30. Taken one 25 in advance at Village Numers and Village Casinaid Field Art, beet in Fallemants, and Mr. Landscape Numers and Contine Conter of Business Lake. Taken pm. for the day of the tool. For earliernames, call Pal South 2 pm. Conter of Business Lake.

Featured gardens are at 1988 Fore Ave., 525 N. 10th St., 454 Ave. 8, 907 Numb Ave., 3110 City Ave. and 15054 Book Bladf Ave.

The Stell armal Garden Art From in Believe in planted for

The H aim; so 8 pain sale of planes and garden are, including resilient, stations and construction that he was attention, and he had at Washington Peri se this resource of Principles forces, to use of each other had been the sale will be held large to.

PEST ALERT

When gardens ser recist and a being sention of organic atomic is in the bed, conditions favor steps

You may not see the intensity, but find stony train to the contrary train to one perfect on the contrary currency. Many and made that as short, makes when said ones one or and a contrary training.

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County Alberta Visit Secreta 7

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10% OFF SPECIAL ORDERS

of Bellique thorough June 876

from the **Einseless artistry** and **crefisenanchip** found only in tay, see are proof to automate the introduction of a country-order new country flation forms terrathings. Bellinging This special (prince, designed by Cook Newson and remarkactured in the faster country-ody on hour costs of terrice, in new materials should be subject a salest group of source in this shorting Experience that syrings of respect to the source of the streets.

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'SEINFELD' STAR DOES KRAMER ACT

Michael Richaeds mugs in the cliched comedy 'Trial and Error' See Page DI

MINNELLI SINGS

Vocal problems don't don't her or her adoring fars



JAZZ BEAT BUZZER

- BULLS UP NEXT

Stockton's 3-pointer lifts Utah over Houston and into NBA Finals

San Francisco Chronicle

College Bound Since 5th Grade



Rebeto Rengel, who is graduating from the Making Waves program this year, tutored 5th-grader Vincent Junes.

Millionaire's investment in Richmond students about to pay off

Charter, Go as the ages control, who made and forestee managing investments, seen this private of a few visities and post of of the 3ch children in the private post of the free Ware. It will attend four-year quiversities this fail. Two are abused; in college and control control

This elite group of 32 students, who sub-

venity catepases, historically black powerhouses Xavier and Murchause, New York Univer-sity and the University of Medigan.

Oklahoma **Bomb Case** Goes to Jury

Prosecution draws tears defense urges skepticism

Ex-Panther **Pratt Wins** New Trial

25-year legal battle in politicized case

who dadd in the April 10, 1000, blast were set "typants whose blood had in the spilled to greater blood had in the spilled to greater blood; and the spilled to greater blood; and the spilled to greater blood; and the spilled the beauties that dead that day were not distinct travelent blood beauties with an evid one pice." The said.

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Clinton Says He's Hopeful **About New Iran President**

He and Tony Blair applaud election

The president was referring to Michaemeric Khataeri's instabilities in the III years store to storey for proteints a week ago over parliamentary speaker Als GINTON, Page ATPCR 2

"Obvisionly, it's a very interest-ing development," he said at a joint news exaference with Bri-sin's new prime minister. Tony Blair, before busing for Washington at the end of a three-day Euro-pean trip.

"It's at licest a reaffirmation of

Still Undecided? — Stadium Issue In a Nutshell

BITHEY WON'T

THEY WILL

A: Proposition D, would grant the city perhansion to self not more than 1500 million in lease revenue bends to help in hance a EED million. 7,000 sout statism for the diers of Carolie-tick Point. Only mageins as proval is usefuled, not two-thirds as with general obligation houlds that increase property tears.

- STADIUM: PropriAt2/Oil 2

United Cracks Down On Last-Minute Fliers Be 20 minutes early, airline says

By Kruneth Naue

in a 665 to spiror up its on-time performance willed Airlines to warning passengers they must show up at least 20 manutes before departure or risk

She doesn't understand why she has to be early UNITED Page ADITIONS

INSIDE

BUSINESS.

DATEBOOK



Colony bets its consumer culture will prove stronger than Beijing ideology

By Frank Viciano Chronicle Staff Writer

Fanling, Hong Kong

Thirteen years ago, when Great Britain agreed to hand over its last Asian colony to Beijing on Ju-

ly 1, 1997, the view from Chen Sai-loh's back yard was a grim frontier noman's land of military bunkers and electrified barbed-wire fences.

Just north of the bungalow in Hong Kong's suburban New Territories, where Chen, a mason, lives with his

wife, Jennie, loomed the vast enigma known as the People's Republic of China — founded in dire opposition to everything that hyper-capitalist Hong Kong stands for, and barely emerged from a "Cultural Revolution" that plunged a quarter of Earth's population into violent xenophobia.

In 1984, one of the longest bets in history was ernment. placed here.

The bet was that the Hong Kong flea could tame the Chinese dragon - that a single city, with fewer people than the San Francisco Bay Area, could wrench the world's most populous nation into the

global economy before the Union Jack gave way to the red star.

Decades will pass before anyone can measure the impact of Beijing's rule on Hong Kong. But in 1997, the effects of the improbable wager are measurable at every turn.

"The modernization of southern China since 1984 is quite simply one of the most remarkable episodes in economic history - and it is largely a tale of Hong Kong investment," says Helen Chan, principal economic analyst for the Hong Kong gov- HONG KONG: Page A6 Col. 1

Even for Hong Kong, a gambler's meeca tha thinks nothing of risking \$153 million in a typical day at the racetrack, the odds were stupefying.

"Anybody who told me 13 years ago that I'd b installing Italian marble bathrooms in villas over there," says Chen, gesturing toward the Chinese border, "would have been out of his mind."

That was before a solid wall of 40-story skyscrapers rose over Chen's back yard in the instant city of Shenzhen - financed by Hong Kong dollars - and the rice paddies where escaping Chinese dissidents once hid from the People's Liberation Army vanished under six-lane superhighways designed by Hong Kong engineers.

It was before two-way trade between China and Hong Kong soarêd beyond \$140 billion per year, Chronicle Staff Writer

The Bolinas Museum has just acquired a collection of handwritten papers' from the Marin County of long ago, when two Mexican families owned most of west Marin and lived like rural princes, only to lose it all to American ranchers, lumbermen and sharp lawyers.

The papers include court documents that confirmed the family title to what is now Stinson Beach, Bolinas and parts of Mount Tamalpais and the Oleman Valley They also include old tax bills, letters, maps and mortgages that show the decline and fall of the family of Gregorio Briones, an old soldier whose roots in California go back to earliest Spanish times.

The papers are "a treasure trove," said Dolores Richards, Bolinas Museum curator.

"A wonderful find. They are fabulous," said local historian Ray Moritz.

The papers were given to the Bolinas Museum this month by Robert Beck, a Calistoga real estate man who purchased a one-room schoolhouse in Dogtown, a

BRIONES: Page A11 Col. 4

COMMUTER CHRONICLES

will run tomorrow

Stroke Teaches Ram Dass Anew to 'Be Here Now'

SPECIAL

REPORT

First of Three Parts



In the garden of his Marin home, Ram Dass searched for a word

Spiritual teacher slowly recovering

By Don Lattin Chronicle Religion Wrtt

Ram Dass sits in the darkening shadow of a long evening, his wheelchair pushed against an old picnic table behind his Marin County home.

Silence.

"The mind . . . ," he says.

Leaves rustle in a soft breeze. Water tumbles over rock in a small creek behind his overgrown gar-

"The mind ...," he says again.

His eyes close and his head tilts . RAM DASS: Page A11 Col. 1

toward the stars, searching for

"Doctors see the brain as the mind," he says in a sudden rush of language. "What I'm observing with is not necessarily in their pur-

It was last Monday night, three months to the day since Ram Dass' brain was shaken by a huge stroke, leaving him without speech and paralyzed along the right side of his body.

At the moment the stroke hit, the eloquent spiritual teacher and counterculture icon was rewriting

INSIDE

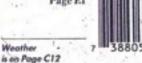
SPORTS

The Indianapolis 500, postponed for the first time since 1986, will be run today. Page C1 BUSINESS

A new study of school violence shows the hidden economic costs of such disorder, Page B1

DATEBOOK

Singer Tina Turner's still going strong - as she proved at the Shoreline.



B1 Local News Chess E10 Lettery..... . BB Movies Classified. D3 S.F. Autos... 24 Boy Area.... .. E5-D1 Obitueries. A20 89 Personols E12 Cornics E10 Rodio. . 65 .E10 Sports Crossword. E1 TV .A18 Theote Volume 111 The Chronick

E10 Letters



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and, 15 years later, with fellow former Harvard professor Timothy Leary (far right)





RAM DASS: Emerging From Stroke's Silence

a book called "Conscious Aging."

In his first interview since the stroke, Ram Dass, 66, spoke with great difficulty about how his brush with death has changed his ideas about aging, and how the recent loss of two old friends. Timothy Leary and Allen Ginsberg, has convinced him that now, more than ever, is the time to "Be Here

Richard Alpert, the man who would become Ram Dass, burst onto the national consciousness in 1963, when he and Leary were fired from the Harvard University faculty for LSD experiments with undergraduates.

They relocated to a mansion in upstate New York, where they continued their research into the mind-expanding possibilities of LSD and other drugs. They soon become synonymous with the psychedelic revolution of the 1960s.

In 1967, Alpert travelled to India in search of drug-free enlight enment. He became the disciple of the late Indian guru Neem Karoli Raba, and returned to the United States with the name Baba Ram

In 1971, he published the bestselling book "Be Here Now," establishing himself as one of the leading proponents of meditation and East-meets-West mysticism.

During much of the 1980s and 1990s. Ram Dass lent his name and energies to a series of charities and volunteer projects. In the process he became one of the most soughtafter speakers on the New Age conference, workshop and lecture circuit, where he was known for his ability to convey mystical ideas with lucidity, humor and grace.

of language has been a frustrating experience for Ram Dass.

Nevertheless, if one listens to him with nationce, the old message still gets through.

Reporters often smooth the rough edges of their subject's quotes, and that's especially the case in this story. But it's also important to understand the degree to which Ram Dass must struggle to convey an idea.

For example, when explaining how he must now be eloquent with silence, rather than words, Ram Dass takes a minute and actually

'H you . . . if you : . 'like a friend of me, of mine, said . . . you've been. so eloquent . . .um . . .aren't you eloquent with words, uh, with silence . . . eloquent with silence.'

Nevertheless, he still has his sense of humor. At the time of his stroke, he was trying his hand at talk radio, hoping to raise the consciousness of a medium known for vindictiveness and knee-jerk nasti-

"Talk radio," he said with a smile, "is down the tubes."

Ram Dass said an outpouring of we and support has shown him that he doesn't have to talk to help people open up spiritually.

"Hundreds of people from London to India have said, 'My heart i open to you.' All I did was have the stroke. It's nothing I've said about love. Isn't that amazing?"

His stroke, and his recovery in a Northern California nursim home, have changed his thought on "Conscious Aging."

"I started the book with my Harvard professorial perspective, but decided to make it a more perbook to be, 'Now we'll look at this

"Here I was in an old folks home up in Northern California where patients were screaming, 'I want to get out,' from midnight to four. It was like an old folks' jail."

Over the past year, he has watched the passing of two other men whose lives embodied many of the ideals and the mischief of the Sixties, Ginsberg and Leary.

Leary turned his death from cancer into a media event and protracted house party at his Beverly Hills home, broadcasting daily updates of his demise on the World Wide Web.

"We met as adventurers and wisdom seekers," Ram Dass recalled. "Tim did something no one ever did before. He tried to show that the dying process could be fun. But he didn't-really deal with death itself.

People who wanted a wisdom thing from Tim misunderstood it. Tim was playing his role, but he was not that role. It was a perfor-

Ram Dass said his stroke and the death of his friends have helped him understand why many old people seem to live in the past.

Older people see that getting older has nothing to offer them but strokes and the process of death," he said.

"Before my stroke, I was looking forward to the things I wanted

"Are you still?"

"No," Ram Dass said.

"But," hé said with a smile. "I'm still committed to Be Here Now."

ings to say Masses for his soul. A Famous Name

The will was written in Spar ish. Gregorio Briones did not spea English and did not trust Amer. cans. He had good reason.

dant of Gregorio Briones, who

1850 claimed title to 13,320 acres

west Marin land. When Bed

bought the old schoolhouse when

Rose had lived, the Briones lan

had shrunk to a quarter of an acre

an old trunk, and inside it. Bec found-the history of her family even the last will and testament

Gregorio Briones, who asked that chanel be built in the Bolinas cer etery, that an acre of land be so and the proceeds be used as offe

Rose Briones had left behin

He was a son of Don Marco Briones, who had come to Sa Francisco in the year the place wa founded, 1776. The Briones nam is all over the Bay Area, even no there is a Briones Regional Par near Lafayette, as well as a Brione adobe and a Briones school in Pal Alto. Gregorio's sister Juan Briones was the first settler of what is now Powell Street in Sa Francisco's North Beach. Juan Briones was a feminist as well; sh was a battered wife and wouldn take it. She was the first Californi woman to get a divorce.

Gregorio Briones was born i Monterey in 1791. He became a so dier in the Spanish and then th Mexican army and later became civil official in Contra Costa, Sa Mateo and San Francisco countie and justice of the peace in San Ra

In 1822, he married Ramor Garcia, the sister of Rafael Garcia Rafael Garcia was only an arm corporal then, but he became frontier hero in 1824 when he le the defense of Mission San Rafat against hostile Indians.

Offer of Free Land

Nearly all of Marin belonged to the Roman Catholic Church i those years, but the Mexican go ernment shut down the missio and offered free land to Mexica citizens, particularly ex-soldier Rafael Garcia petitioned for and i .1836 was granted the Rancho To males y Baulenes from the slope of Tamalpais to the ocean, from Bolinas Bay north to Tomales Bay

Not long afterward, Gregori Briones, Garcia's brother-in-lay also obtained a grant in the sam general area. He called it Ranch Las Baulenes and sent his teenag son, Pablo; to set up his new hom pear the end of the Bolinas La

Garcia moved to the vicinity of Olema and built a fine house an ran thousands of head of cattle Land and cattle were the wealth of the country, and Garcia, the en corporal, became Don Rafael.

According to accounts of the time, his house was "princely," hi furn ture was "elegant." When h gaye a party in 1846 for Joseph Re ere, an American military office who was a new arrival in Califor nia, "the company regaled itse with unlimited champagne, an the delicate wines of the Rhin and Burgundy," Revere wrote years later.

FRANCE: Strong Showing by Leftist Parties

日本

Socialist

could

Party leader

Lionel Jospin

become the

new prime

minister.

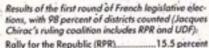
exit polls and other calculations, gave the Socialists and Communists together a minimum of 263 and a maximum of 302 seats, compared with a range of 255 to 287 seats for the incumbent governing partners - the Rally for the Republic and the Union for French Democracy.

The far-right National Front re ceived 15 percent of the popular vote, a potential record in legislative contests, proving itself a continuing barometer of disaffection with mainstream parties and cen trist politics. But its prospects for winning even one seat in the Parliament are still in doubt.

Interior Minister Jean-Louis Debre said last night that voter turnout was about 68 percent, not quite as low as the last published

polls had indicated it would be.

FRENCH ELECTION RESULTS



Union for French Democracy (UDF)... 14.3 percent Independent right... ...6.5 percent Socialist Party... Communist Party.. Ecologists... Independent left.

.23.6 percen ...9.9 percent .6.8 percent .. 2.5 percent National Front... .15:0 percent Extreme left.... 2.5 percent 3.4 percent Minor parties...

on election-night television broadcasts claimed that they had cor rectly sensed the dispirited electorate's hunger for change.

pressively in the popular vote tois, the first rounds of legislative elections often are vehicles for message-sending and other forms

Associated Press



Tucker Carlson editor of the Daily Caller

44 Nobody has time to read. People barely can read. You need to grab them by the face and pull them in, and cover them in the hot stinky garlic breath of journalism until they fuckin' wake up. 77

FASHION CORNER

Update Spring Wardrobe on Budget

COMMANDED PLANED A DISCOSTORIOS.

Uniess you've been under a rock the past three months, you know the economy is sputtering. At the same time, if you've pulled last year's spring wardrobe from the back of the closet and compared it to styles now in the stores and magazines, you've discovered a few things have changed.

An explosion of prints, a stream of longer jackets, a shift upward of hemlines, a prevalence of black-and-white combinations and an obsession with belts and other accessories are some of this season's fashion details.

How do you give yourself the image of the moment without blowing your savings or borrowing on your 401(k)? Choose a few affordable items to add to what you have. Don't be afraid to mix low and high couture or to spiff up a special investment jacket with a discount store print shirt. That's how the fashion savvy are shopping in today's new economy.

If you can buy one thing, what should you \$100 to consider:

Leon Hall, consultant and host of television's "Fashion Emergency," says buy one great jacket and wear it many different ways: belted buttoned, over a T-shirt, jeans or pants or over swimsuit top and skirt on a holiday.

tan 12 ning nick

> The other item on Hall's suggestion list is "al amazing skirt or trousers." It can be a pastel of

eutent but not a print, he says.

Pair it (as the Europeans do) with a great man's white shirt, lacy camisole and strappy sandals. Wear it with a tank top, a swimsuit top at the beach and with the jacket in the city.

Suzy Gershman, author of the Born to Shop series and the book "Best Dressed," is just back from London with this response: "There is only one answer to the question: a corsage."

The artificial flower in Europe is still worn as jewelry everywhere — on the waist, shoulder, chest, skirt hem. And, she adds, you can do it yourself with a craft shop flower and a pin.

In her book, she notes that you can also find bargains at consignment shops, off-price retailers, from mark-down racks at traditional stores.

It's only smart to study up on what's current so you can ferret out the modern looks from the clothing that may have been around for a while.

Make your own list, but some items under

Make your own list, but some items under

Anything black and white: As a balance to the burst of colors and natterns, black and white

Trench coat or jacket. It usually hangs straight or may come with a sash. It's evolved from being the coat everyone wants to a jacket sometimes worn with a matching skirt.

Print shirt. Prints are decidedly in for 2001, and a shirt you can wear with a suit or slim skirt can make it clear you know the ins and outs. You'll find it everywhere. Print Capri pant. The wave of patterns has given new life to the ongoing trend of cropped pants. You'll find print Capris almost everywhere in a wide price range.

Camouflage print, It's been around awhile, out it's apparently going strong still in women's and men's wear. You need only a touch, say, in a amouflage print halter top.

Shirtdress. A new focus on old classics has rought back timeless shapes such as the hirtdress, with updated prints and colors.

Anything denim. Every time you think the earthy workman's cloth is going out, a new endition returns. This year, look for suits at the tanana Republic, fitted jean jackets at the Gap and a colorful classic business casual jacket.

Belts: Wear them low-slung over your hips or cinched at the waist. They can be wide and formidable or narrow and delicate. They're specially striking with rhinestone buckles for verything from jeans to soft sheer club dresses.

Anything black and white: As a balance to the burst of colors and patterns, black and white is a high priority. The checks and stripes have a new sophistication.

■ Polo shirt: If ever you doubted that what goes around comes around, consider the return of the preppy. The philosophy brings gingham, loafers, khakis and, of course, the polo shirt. The new tweak comes in a snug fit and an array of pastel summer colors.



Ann Landers

Guys' Trip No Vacation For Girl

Fishing buddy and his 13-year-old daughter should bond during an outing of their own

other fellows, and for the last six years, we've taken some great fishing trips together. We spend a few days drinking beer, fishing, playing cards and laughing a lot. Our fishing spot is an eight-hour drive away, and we stay in a small cabin. It's terrific to get away from the daily grind, and we lock forward to it.

One of the guys announced last week that he is bringing his 13-year-old daughter along on our next trip. Her mother thinks it would be a great bonding experience for the two of them. I cannot imagine having a teen-age girl in a small cabin with one bathroom and six men. It would not be a pretty sight. We enjoy relaxing and telling ribald jokes, and it's strictly a man thing.

TODAY IN HISTORY

"The slight that can be conveyed in a glance, in a gracious smile, in a wave of the hand, is often the ne plus ultra of art. What insult is so keen or so keenly felt, as the polite insult which it is impossible to resent?"

Julia Kavanagh







THE FLYING ASS BUMP

Steroids, schmeroids. Witness the real plague destroying sports.

the perfect bust, but do you now need to bump unsanitary. Athletes: Dump the ass bomp.

(B, we understand you're totally poyched about scoring that TD, but is it really nection may be ideal for celebrating a roller boogle. essayytoloap into the air and touch end rones championship, but in the world of manly sport, withyour fellow playmakes? You just laid down cheek to cheek contact is as unsavory as it is

iUpdater



This January, iDaddy Steve Jobs is rumored to be announcing the return of the New ton, a POA that packs the Phone. How ipsyched are you about your two-year



He swears he'll pull out, baby: Four thousand men and wom-en should be packing up their MREs and imaginary body armor and heading home right about now. Welcome back to the not-constanty-exploding world!



Rooty Tooty Fresh 'N Fruity's progenitor turns go in 2008! Mark your calendars: February 12 is National Pancake Day, Here's to piles of free flapjacks over at. IHOP and no longer being able to view one's own genitals!

THE WHEEL OF DEATH!

Going out weirdly was all the rage this year. Take a spin and find your fate.

Marathons

A 30-year-old man died in September of exhaustion after arthree-day gaming binge at a Chinese cybercafé. This is why we always encourage a break from video game benders to queeze in a quick game of D&D. Lives claimed: 1



After chuggingtwo

gallons of water in a station's "Hold Your Wee for a'Wil' contest, a 28-year-old weman reportedly died of water intoxication. Hy-woe. Lives claimed s



#1 IN A SERIES Bacon Porn

The sexiest sentence ever written.

woods aromathat permestes the air, by the

explode in the mouth?"

orite Food, by James Villar

The National Weather Service reports that people are lethally rapped by angry gods each year. Tho each year. Thanks for shit, All Roker.



This feathery F.U. to the human race laimed dozens of ves worldwide. Putyour parrot to leep now before it sneeces onyou. Lives claimed: 44

The microscopic menace known as naegleria has been festingonthebrains of swimmers, We'll never bothe again.

Lives claimed: 6



Awomanin Australia died after she was as saubed by her overly amorous pet camel. The 336-poundbeast, which had nearly killed the family's pet goat several times, just humo And that Judies and gentlemen, is pun work at its finest. Lives claimed: 1

Shark Attacks Onaverage,four succulent surfers are gobbled annually by sharks. But so far, there's only been one fatal attack this year. We-don't know if the human race should be relieved or insulted by this lack of appetite. Lives claimed: s



miners have died in the U.S. this year. Beat that, black lung! Lives claimed: 14

The Year of the Taser 2007 was a shockingly good time.

You'lide's biggest draws.

bacon



BIG NUMBER

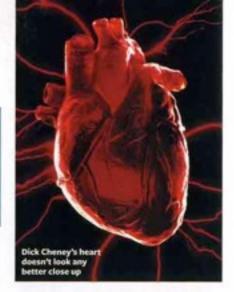
hour than a stripper who is menstruating, according to a study conducted by researchers at the University of New Mexico

Turn to page 179 to learn how to make your own faces.

ASK MAXIM

The answers to all your baby-makin', heart-explodin' questions, and more!





WHY ARE THERE TWO KINDS OF SCREW HEADS? CAN'T THEY JUST PICK ONE?

Frank Britton, via e-mail

The answer, Frank, is almost as boring as your question. "It's just a matter of preference," says Kevin Christie, CEO of Components for Industry ("Your worldwide provider of fastening solutions"). He went on to note that there are, in fact, a variety of drive styles, including square, hex-socket, and six-lobe drivers. Then he started giving us statistics on the declining sales of slot-head drivers, and that's when we passed out on our keyboard.





HOW MUCH COFFEE WOULD IT TAKE TO MAKE MY HEART EXPLODE?

Allan Wayne, via e-mail

finally heart failure. Good luck, Allan!

Bad news: According to the National Institute of Health, you need 170 milligrams of caffeine for every kilogram of body weight to make it a lethal dose, meaning someone weighing 200 pounds would need to down more than 15,000 milligrams—about 72 espresso shots. And as Marina Kushner of the Caffeine Awareness Alliance notes, "Caffeine acts as a diuretic, so it's almost impossible to accumulate lethal doses by drinking." Therefore, we suggest hoovering handfuls of caffeine pills, which normally contain 200 milligrams of caffeine apiece. Expect irregular heartbeats followed by anxiety attacks, muscle twitching, and



WHY ARE SO MANY HOMELESS PEOPLE FAT?

Tom Bronstein, via e-mail

No, Tom, street-living folk are not sneaking off with your loose change to Outback Steakhouse for all-they-can-eat porterhouses—but they'd be better off, and skinnier, if they were. Cheap food tends to be processed, high in calories, and heavy in sugars and fat to cover up the fact that, as world-class chefs say, it sucks. "Low-income people tend to fill themselves up with the most inexpensive, most filling food," explains Joel Berg, executive director of the New York City

Coalition Against Hunger. "So hunger and obesity often exist in the same households and on the same park benches." Researchers at Johns Hopkins found in a March 2007 study that fatness starts with homeless kids—nearly half of those studied were overweight—and doesn't improve as they grow. So why don't these people do a damned sit-up once in a while? "When you're that low on energy, you can't exercise," Berg explains. At least they have a valid excuse to avoid the gym.





SHOTS IN THE DARK

As Ridley Scott releases Blade Runner: The Final Cut, the definitive version of his 25-year-old neo-noir classic, he gives the inside scoop on some key scenes.



Scene 1 | Welcome to Los Angeles, 2019.

"I was taking us into a world that hadn't been explored before. It was always raining, misty, and cold. I had done a bit of shooting in Hong Kong, and 30 years ago the city wasn't anything like it is now. It was very 19th-century and a feast of grunge and filth. I had never been so impressed with anything in my life, and I thought, This is Blade Runner."



Scene 2 | Pris throws down with Deckard.

"That was actually a pretty violent scene. Cartwheeling across the floor is a really acrobatic thing to do, so that's a man with a wig on. Then, when Pris lands, it's Daryl Hannah. Harrison Ford was good with the action. He likes to be involved in his own stunts, but it was my job to prevent this. If he broke an arm or an ankle, that would've been the end of it all."



Scene 3 Deckard and Roy Batty's final rooftop battle.

"We created the illusion of a roof with a big boat truck that was about 15 feet off the ground. The jump the guys had to make was nasty because they were leaping between two projecting girders. The stunt man was nervous about it, so Rutger Hauer said, "You know, I can do that." He's a big boy, but he just hopped right across. He did it on his first try."



The Director Strikes Back

Normally, we love to overdose on bonus dialogue and extended scenes. Some films, however, should stay as is.

Like a hot woman who's had one boob job too many, classic flicks can be ruined by directors unwilling to leave well enough alone. Whether it's the cheerful ending tacked on to The Exorcist: The Version You've Never Seen or the pedantic explanations of Donnie Darko: The Director's Cut, when well-known films go under the knife, the results are rarely

good. The most egregious offender of all is George Lucas, who released The Star Wars Trilogy: Special Edition in 1997. Minor coametic enhancements and heretical alterations define this 20th-anniversary rerelease. Heretical, you ask? Just try to convince any selfrespecting geek that Greedo shot at Han first. C'tmon, George, we ain't buying it!



He Is McLovin

Superbad's Christopher Mintz-Plasse explains the benefits of playing a stud.

Women Want You

"I've gotten Facebook messages from women who straight up say, "We should totally have sex." I'm like, "Um, OK." I also got to meet Jessica. Alba, who's been my crush since Dark Angel. She was like, "Oh, my God, McLovin!" She hugged me, and that was the happiest moment of my life."

You Travel the World

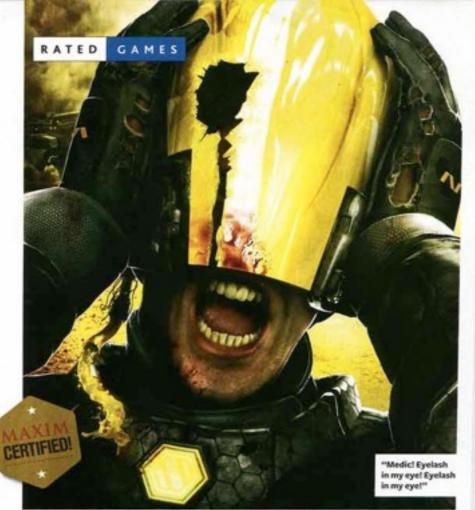
"Hell, yeah! Jonah Hill, Mike Cera, and I went all over to promote Superbad. If you ever go to McDonald's—that's where all the hottest girls are. I don't know why. Maybe because it was two in the morning and people were drunk and needed food."

Your Future Is Bright

"I'm about to shoot a movie called Little Big Men. It's Paul Rudd, Seann William Scott, and me, so it should be fun. I want to go the Patrick Dempsey route. Remember Can't Buy Me Love? He played a nerd, but he grew up to be McDreamy. I'm telling you, man, in 15 years I am the next James Bond."

The unrated two-disc DVD and Bluray of Superbad is out December 4.





ADDICTED TO HAZE

Your PS3 is about to become your drug dealer. Get ready to mainline.

his isn't Tetris. "You start and end the game with a gun in hand," says Haze design director David Doak. Famous to game geeks for designing the seminal first-person shooter GoldenEye 007, the mad Irishman elevates the genre once again by adding consequences to virtual violence. Hopped up on Nectar, the combat-boosting drug of choice in 2048, your character, Sergeant Shane Carpenter, becomes a supersoldier...but he leaves his

humanity behind. "Nectar clouds your view of the world. You don't see blood, hear screams, or see dead bodies," explains Doak. But when the drug wears off, Sarge realizes he has been slaughtering freedom fighters on behalf of an evil corporation. That's when he takes his clear mind (and up to four comrades via online or split-screen co-op) over to the good side. Don't feel guilty if you're psyched for all the destruction. Doak stresses, "You should still enjoy the shooting." Even sober.-Jesse Brukman

MAXIM RATING

High Score

Haze isn't the first game under the influence. Check these classic joints.

Drug of choice:

Energy pills. He had the munchies for cherries, ghosts, and-most voraciously-a trail of yellow dots. Like junkies everywhere, the more he scored, the faster he needed more dots.



Super Mario Bros.

Drug of choice:

ms. Mario may have been a working-class fellow with values born of the old country, but he had no qualms about ingesting a bit of fungus to kick Bowser's ass.



Final Fantasy VII

Drug of choice: Ether. Hero Cloud Strife and his crew have been restoring "magic points" by huffing out of shiny bottles since 1997. So how come they still haven't written Fear and Loathing in Midgar?



Grand Theft Auto:

Drug of choice:

caine. In 2002, Rockstar dropped all pretense of responsibility, releasing a game about briefcases of blow and banging whores. We've been hooked ever since.



Game On They made 'em. We played 'em. Now it's your turn.



Mass Effect Microsoft - Xbox 360

As planet-jumping Commander Shepard, your mission is to save the galaxy from evil S.O.B. Saren. This may be an RPG, but when you're wasting foes in real-time combat, dorky D&D conventions will be the furthest thing m your mind.



Uncharted: Drake's Fortune

Sony - PS3 As you search for Sir

Francis Drake's treasure. exercise your mind with puzzles and indulge your iolent side with gunplay juences. We haven't had an adventure like this since Lara Croft threw on her sports bra.

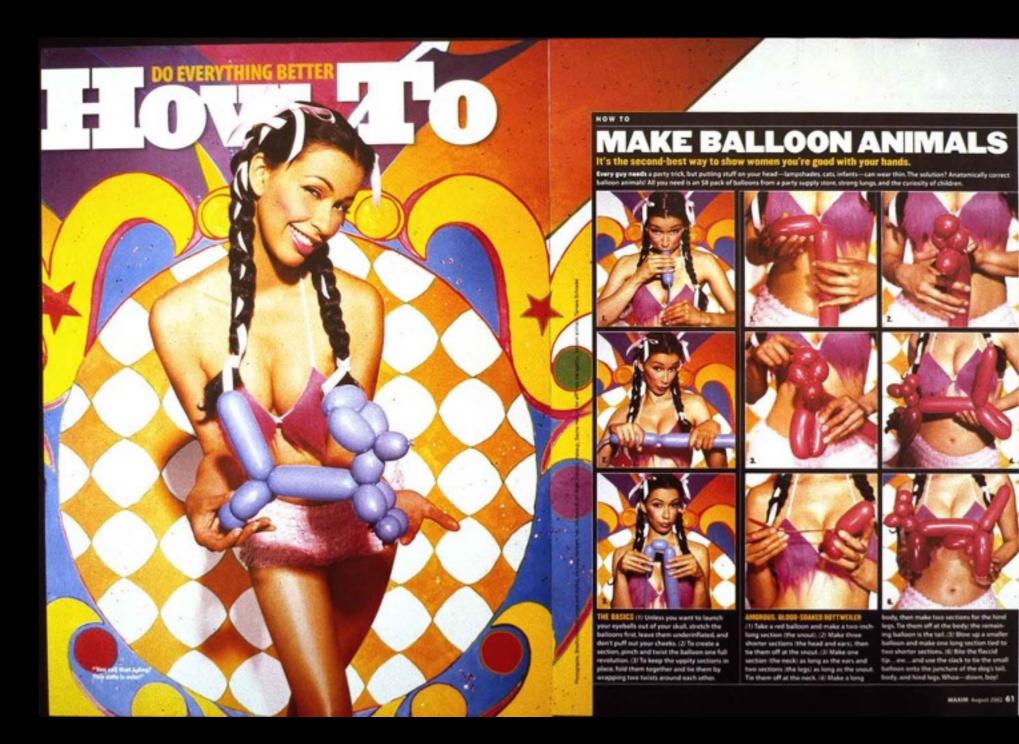


Mario & Sonic at the Olympic Games

Sega - Wii, Nintendo DS

The greatest video game character ever will be decided by...trampolining) Sixteen characters from Sega's and Nintendo's verses compete in "Olympic" events of varying degrees of lameness.





You.

A "Doc's" in your hand. And your very own sailboat.

Moor tinges refreshing.

Enter to win "Doc's" Hand Lerico Getavos Chatel

No could win a delive self-collicose from Modining Bill complete with your own private selfing bod fully stocked with fine tooks and pletty of kip-cold Docs 1 ANO-61 fating all the hat sooks at some of the works mad the Act is branched.

Just log on to www.maximonline.com (docstverdemon, and will bould with

STEEL BOOK

THE PROPERTY OF THE PARTY OF TH

HOW TO









HOW TO

PICK UP A GIRL AT THE AIRPORT

Haven't you always wondered why they call it a layover?

1. CHOOSE & TARGET

These days you've got to get to the anjort earlies, wat in single level, and breed over the lengthy carry strengths. (What, Wart's port with You can whose about it, or you can use of to bond with women. Eafor your approach to your largest it site a lost and knowly recent actival? In the observing mostor, during a flagest driey? In site introducing a flagest driey? In site introducing a flagest driey? In site introducing at flag kids, while for trouville bound flootband. Wast, skip that one

2 IF DRESHEN IN TOWN.

A woman personny a majo or calling hotels may be unfamiliar with your fair hamies—and that means she'll mly upon the kindness of strangers. Whether throughing with luggage or just looking befunded offer heig.

"Explore the fact that she's a stranger in a stranger place," sept from Louis, Counties or Alexe to July to Women. "If she detected know anythody, suggest that she get denier with you." Make some it's a local place—she can find McDonaldti on feer own.

64 August 2002 MARIM

3. IF SHE'S GOT A FEW HOURS TO KILL...

There are two sorioble ways to pass the time when your flight is delayed skinging or deriking. Women can be rude when awakened just to be hit on, to cruse airport bars. Look for a woman who's nursing drinks in a sea of luggage. Check the departures board for a similarly delayed flight, and you've got your story, but get a braid on how much time you have to get her digits—you may need to move fast.

4. IF SHE'S NOT GOING ANYWHERE...

When that weather grounds planes indefinitely, most travelers are distraught. You, on the other hand, will be sacrificing wigh goats to the rain gods.

Why? Two worth: stranded women. Tell one of them how disappointed you are that you won't be able to accept your Male Model Philanthropia! of the fear award in person—then go in for the kill. "Tapid coheraken won't be enough," Louis cautions. "You hered to have balls." Offer to enough the semination that inn't so loud, clamped, and unrelly. Then take her to your apartment anyway.

Six o' these'll settle any pilot's proflight litters HOW TO

E

"But will this get

Why work for peanuts when you can work for twice the peanuts?

LIMIT CURRY

The more people there are like you, the less bengaining power you've got 50 step one is to differentiate yourself Says Lee E. Miller, author of Get Nore Money on Your Next you and A Youman's Guide to Successful Negotiating, get your current job to give you more responsibility. Easy, right? Now convince them to give you extra training and a more state. Miller suppets learning everything you can about a namow focus of your field. Now you're an "expert"—and in business that's often all it takes.

INCREASE DEMA

The more empreyers who know about you the more competition there'll be fire your services. Find out what other folks make at your target job with a quick Nieb search secontine.com is a good place to start. And don't be afraid to consult a headhunter; you'll automatically look like a hetshot. Next potential bosses by joining a professional group in your field and befriend the people who enganize the group's events so they'll talk you up.

SELL YOURSEL

To be fair, give your company one last chance to keep you. When they lough at you, you can leave with a valid excuse. Dispote your added training and expertise, they refused to pay what you were worth. Always talk to more than one compare with other lucrative effers, making your old salary irrelevant. Having a few Polaroids of the CFO getting spanied by a hooker wouldn't furt, either.



-

THROW A LOBSTER BAKE

Nothing makes a summer day like cooking animals alive.

I. BUILD A LORSTER FUNERAL PYRE

Stack two nows of cinder blocks two blocks high and put a small pile of wood between them for the fire I (up an inon platform on top of the cinder blocks tax inon 4x5 should handle food for up to 100 peoples if you don't have a handy into pulatform lying around, you can use a piece of startly sheet metal or take an empty—see cannot oversemptusupe that word 64977—hart tank and flatters is. The other tax is not only the cover it with a so mich deep tayer of seem, seem to seem of seems.



2. ADD THE FIXIN'S

Poke holes in the bottom of a lew cardboardings cartom, and place them in the cention—the riggs, will be hard booked when everythings done. Have mooching budden foil when portation and onions, and pile them on On trip, place was of com; park out the silk, but leave on the husk itself to keep the kentels from burning. Stacting at the back, cover must of the pile with a 4 ket sheet of untarend nooling paper impulse paper will burn, dummy, using bricks or nocks to keep-it secured.



Hold up the front of the paper and slide in the lothers. Then add the claims: "Most people will can half a powerful of claims, but a person with a healthy appetite could eat two pounds," says. Cathy Billings of the University of Manne's Lobbete institute (sobnlerinstitute, org.,"and certainly more than one listister? Lower the paper, add another sheet to cover the paper, and one more to cover the suam, and secure all the edges. Then bury the whole thing 3K Xr. "July with more seawerd."



4. BUNDY, BASY, BURN

Cacking maniacally, light the fire and cook for 45 minutes to an house, adding awood as necessary. The juices from the lobaton and clams will non over the veggics, giving them more flavo than Eminem on a spx. (Everything) done when the juice stops running out.) The seaweed will make the whole thing look and smell like a breathed Josh Ness Monoter with cook, not, but trust us—the only thing tastier is builty and tunque, twite the good folks at the PETA and pourling or purpose of the pour and the



"Thursto to the Labour Institute for the Alloys, Traditional Marke Labour Sales molys.

66 August 2002 MAXIM

"Hey, Kissinger, bring lemonade. It's hot down here."

> HOW TO

SPOT A COUNTERFEIT

Recognize fake twenties so you can fob them off on the elderly!

Although the new \$20 bill—the most counterfeited denomination-is more difficult to duplicate than its predecessor, any punk

with a printer can still mint funny money. In fact, according to Special Agent Brian Marr of the U.S. Secret Service, \$70 million in bogus cur-

rency is currently in circulation. "Counterfeiters use the same networks as drug traffickers," he explains. Use this handy quide to keep it real.

- 1. Even without the cool glasses, Andrew Jackson's portrait looks 3-D on the new bills because the frame has been removed. Fakes look flat," Marr says. It's the opposite of breasts.
- 2. New twenties have pastel shades of green. peach, and blue lnkjets can copy these fabulous hues, but even the best printouts will look-ew!-pixelated.
- 3. A vertical security thread along the side reads USA TWENTY, Since many counterfeiters print twenties onto bleached-out singles, this feature is often absent from phonies. Also, any bill with Snoop Dogg's face on it is not legal tender.





- 4. A ghostly Andrew Jackson watermark should appear when you hold it up to the light. Not only is this spo-o-o-o-ky; it's too expensive to dupe.
- 5. The 20 in the bottom right corner will change color from copper to green as you tilt the bill up and down.
- 8. Look for faint yellow 20s in the background. Then scratch and sniff---mmm, lemony!

7. The biggest

challenge is replicating the paper, which isn't paper at all, "American currency is a blend of cotton and linen," Marr says. You really do feel a difference when you wipe your ass with it!



Pinch tightly in order to get the right spin.



Tilt your wrist slightly and throw overhand.



Play with yourself in public the same way real Australians do!

Like your ex-girlfriends, boomerangs come in a variety of odd shapes and sizes; that, plus the right combination of spin, arc, and wind resistance prevent them from flying straight. A basic crescent shape—like an airplane wing. the bottom is flat and the top is curved-with an 80- to 120-degree angle is a good starter 'rang (pick one up at the United States Boomerang Association Web site, usba.org). Wait for a windless day, then find a place with 50 yards of open space, like a meadow or a church.

OLDING PATTERN

Pinch the bottom of the boomerang tightly between your thumb and the side of your index finger, with the curved surface against your thumb."If 12 o'clock is holding it straight up and down, twist your wrist and tilt it to about 1:30," says USBA president Tony Brazelton. This will give your curved stick upward propulsion, which should be a nice change of pace for you.

Never throw sidearm—the boomerang will flip and crash to the ground faster than Pauly Shore's career. Throw overhand, stepping forward with your opposite foot."A tight pinch will enable you to give it a snap," Brazelton explains. "That's what's going to provide the spin." Follow through with your arm extended in front of you at eye level. Catch the boomerang by clapping it between your hands...or put an apple on your

head and go for style.

"Call me Kangaroo Jack one more time and I'll kill you."

So you think you know beer? Yeah, you and everyone else in the bar, pal. Earn your brew bragging rights by chugging your way though our sobering quiz. Lowest score picks up the tab.

NAKED LUNCH

O THE SE BOTTLES:

10. Amotel Light 11. Muchalob 12. Red Scrow

MICRO BUSTED 1. Support . 2. Horganden a

L tottagen . 4. Ske Moon .

ACCOMOL (BY VOCUME):

£50%

2.10%

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6. Restrock

LAGER, RINSE, REPEAT

KNOCKOUT DROPS

II D A

2.50% 8.45%

BEER TRIVIA

MEISER IN MUCH OF THE MEISER IN MUCH OF THE MOST AMERICAN WORLD?

S. FANS OF WHICH DRAG CELEBRITY MANY DEVEL.

A. WHICH OF THESE FASTY SEVERAGES IS NOT FECHNICAL

LALE ON WEEKS

d. Poster

OPED A CULT

LIKE FOLLOWING FOR ROGUE'S DEAD GUT ALE?

. WOLAT SEER

COMES FROM AMERICA'S OLD-EST BREWERT? San Adams

2. WHO INVENTED THE DOUBLE BOCK FOR DOPPELBOCK) STYLE OF BEER!

a. Mindred MAL who

through Lane

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Indicated Resolution who remaind a high accided level to kill games in they

temper I maker supply 6. Dutch New World triplicates, who randed a beer robust enough to make a decough there is

I. WHICH OF THESE SICE IN ADDITION TO MALTED BARLEY?

Cattle White

4. WHICH OF THESE BEERS, BREWED IN THE TOWN OF BUDWESS SINCE

MOMENT OF TRUTH THE ANSWERS

doner Give yourself one point for each correct arcover, if you can tally up the possit, powed-visually

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130 August 2007 MARIN

MR. FISHERMAN GUY

I gaded to the palls with all the latest books, lines, and sphincters?

BY TIM BOGARDES PHOTOGRAPHS BY JOHN DEVINE

CAPTRIN HOOK

how ducks bloody gall host into a field repetal? Pers you gard have? School — as for the number, he had been the host of the pound, 34 inch done gall has a flass handle for good grip and then superhally over hosts, in 2 ?-i-i-och diameter so son; can'l min, it, great for any kind of 104 up to 27 pends and, in a print, can help you troll for downing siction in shallow water.

MICE TOOL!

The company SOS took their spane beam the cover 5 stocks and floorwarder deeper 5 stocks and floorwarder deeper 6 stocks their State mean? They can kick your damn as a Their classifes stock once plans, but Stades, wher catters, floor and Philips food surventions, a file, a sale, and a better openers. Need to gill a basis and of a struct filmus and day file sucher mits skeled body. This took has you convend. (SAS: Soghaters come).

GET THE PICTURE?

SHADY CKARACT

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FACE VALUE

Som the Department of Manistre Califor-Land Johns, The Case J. Partificiple Inglis-Sensor SP. 43 width of pays intermenter for a Seminine, a compass, plus a hind is state fractions, per couldn't provide and the most and tode (region finity you figure out which the fifth are moving And whos They in stall, partificity for purposes with devote ground of \$100°C, Green care).

THE RIGHT HOOK

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800 STEWARD

The probability believe your pethiend when the tells, you Mr. Nopty in the perfect ion fact is, all not aren't made the same bumple the bottom that all the Lamplace 10,000 TES 700 is made of a transmit table that benefit and the Lamplace 10,000 TES 700 is made of a transmit table that benefit as the gupties shalf. The point the seven-field same point restrictly is increased 20 percent, or you'll know a bits from a botto from a bottom in bottom. The point fee has, invalide valence, and stopper, (SADD Lamplace, same)

S KEEPIN' IT REEL

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CETTING THE BOOT

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FLAT BEER

and a substitution of the substitution of the

BORT / M. CARROT . . NOTHER.

TOP OF THE FOOD CHAINS

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THE HADDING BASS

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FLOAT COAT

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On the menu: The Best Bacon Cheeseburger Recipe Ever!





















Easy SEXY HAIR!

20 Almost-Free Ideas









The Best STRIPED DRESS For Your Body!

What Not To Wear's Stacy London shows how to rock this hot spring trend, whatever your figure!



curvy stripes playup

Claire Danes in a Gucci dress. shoes and jewelry.



Her Pick! "Contrasting

on you,

short is

sweet,

the top

stripes help fake an hourglass. And I love a sexy deep V-neck on a boyish shape."

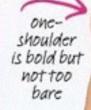
Madison Marcus "Infinite" silk dress. \$240: Bergdorf Goodman, 888-774-2424; bergdorfgood



Her Pick!

"The dark A-line striped skirt slims hips, and the halter neck draws your eye up-genius!"

Calvin Klein Cotton-spandex dress. \$128: Bloomingdale's. 212-705-2000 or comingdales.com Curvy





Kim Kardashian in a Rami Kashoú dress and Christian Louboutin heels.

diagonal lines highlight your waist



Her Pick!

"Chevron stripes show off your middle. The cut is fitted but not supertight."

Shoshanna Cotton-silk dress. \$355: Neiman Marcus. 888-888-4757; neimanmarcus.com

FASHION & BEAUTY

JUST FOR FUN

Macy's debuts exclusive, cheapchic jewelry!

\$30

M Style Lab at Macy's

laboo mixed metal necklace; Macy's, 800-456-2297 SW MACYS



WORTH THE MONEY

Classic and sleek, in the prettiest shade of pink

\$348

Tommy Hilfiger Leather bag, 7.5"H x 11"W x 4.5"D: 212-223-1824

SW TASSLE

Guilt-Free SHOPPING

Check out our fave finds for any budget! Every bag, top and more you see here is worthy of its price tag



Kimchi Blue Cotton-linen swiss-dot Mary Janes: urbanoutfitters.com

SWKIMCHI .

JUST FOR

Totally sweet and girlie

BUILD YOUR MOBILE **SHOPPING LIST**

See something you like? To get buying info sent to your phone, text the code next to the 🖁 icon to 7-6-4-7-7 (S-N-I-P-P). Or send the code in the subject line of an The service is free, but standard text-messaging rates apply.

JUST FOR FUN

It's light and feels refreshing!

\$12.50 Aerie Botanicals Moisturiting Body Lotion in Violet Leaf • Lythee; aerie.com § SWVIOLET



WORTH THE MONEY

Instantly adds a feminine touch to a basic tee and jeans

BOTANICALS





REUSABLE COMPACT Refills of the paraben-free bronzer pop right in!

> Physicians Formula Bamboo Wear Bamboo Compact with Mirror & Brush, \$6.95; Bamboo Silk Bronzer Refill in Medium. \$9.95; at drugstores

Easy ECO!

Shop for planet-friendly handbags, jewelry, clothing and more in honor of Earth Day!

Mercedes hemp satchel, 15.5°H x14"W x 4.5"D. \$198: Adornments. 858-259-9788;

thehemptress.com

chandelier crystals.

CELEB FAN Cameron Diax loves this line's jewelry!

 Gemma Redux for Loyale "Natalie" gold and chandelier crystal necklace, \$368: gemmaredux.com

VINTAGE NECKLACE Handcrafted from reclaimedgold chains and



RECYCLED **EARRINGS**

Salvaged metal has never looked prettier!



\$12; aveda.com

HEMP CARRYALL

Even the zippers are made from repurposed materials.

SOY CANDLE

100% of proceeds goes to clean-water initiatives around the world.



A cool graphic tee made in the U.S.A.

· Hyp-Inc "I, Music Robot" organic cotton T-shirt, \$28: hyp-inc.com

EARTHY FLATS

Naturally tanned leather and cork make for cute, comfy shoes!



 Naya "Fowler" chrome-free leather and recycled cork ballet shoes, \$110: shoes.com

Rihanna has this style!

Still Lifes by DON PENNY

www.peoplestylewatch.com April 2010 159





FIGURE-ENHANCING JEANS

Flattering cuts and clever design details will help you work what you've got!





back and PZI Jeans spindexskirry jean, \$79.



The waist sits lower in freet, higher in back for a perfectly

smag fit Ariya Jeans traigle-leg jeans, \$38 Macy's für storen

Editors' Picks StyleWatch staffers name their shape-boosting faves!

** I'm obsessed with 44 I live in City Cookie Citizens, First curry, and nothing fits like them—they don't gap at the waist at all! Gillian Morales.

accessories assistant

Ottown of Humanity Phantam cotton-polyurethane skinny jeans, \$154; Nordotnom, \$89-392-6060 nordatum.com

Johnson jeans. They're the only pair that has ever fit. perfectly in both my waist and legal" - Helly Cartes. heavy director

City Cookie Juliuspin

Faith conton-Lyrna straight-leg jewn, \$112 Nordstrom, 205-782-6060 roodstrom.com

skinned (m 5-ft. tall, but the 29" involve is short enough that I don't have to get them tailored."-Regina Gardines. accresories editor

James Jeans

Twggy' cotton-polyener-blend five-packet legging jeuru, \$114; Hot Mana; shopmana.com

We found!

1 SUPER-COMFY PAIR

Extra-soft and stretchy! You'll never want to take them off



Citizens of Humanity "Rev Skin" rayon caston-bland bootcut jeens, \$211; shepbog.com



Goldsign Leah' coms trouser jeams. \$256; geldsign

Lauren Jeans Co. by

Ralph Lauren cargo Journ, \$99.50; Macyn.

Cool pockets and accents make these looks stand out



Which **Jeans** Go With Which Shoes?

In Hallmuit Lang jeans.

You have tons of options, but here are a few can't-miss combos!

- . With skinnles ... Low heels or ballet flats give a lean line.
- · With boyfriends...5mppy flat sandals work with the casual vibe of rolled-up denim.
- . With boot-cuts....High heels and toe-skimming jeans add up to a superleggy look.



SHELDING BY HARK PLATE

TWITTER.

in LINKEDIN

REPRINTS

日 PRINT

+ SHARE

People StyleWatch Gains as It Blurs Ad Lines

By STEPHANIE CLIFFORD Published: April 18, 2010

It may be a dreary time in the magazine business, but you wouldn't know it inside the offices of People StyleWatch, a bright spot in the industry. Here, on the 29th floor of the Time & Life building, it is girlie heaven, with flip-flops in pink patent leather, neon rubber lining the hallway, and a fashion closet that holds all the bronzing powder, chunky earrings and formal shorts (yes, it's a thing) that shoppers daydream about.



At People StyleWatch, Susan Kaufman, left, the editor, and Karin Tracy, publisher. The magazine has been growing as others wither.

Related

Times Topic: Magazines



A cover with Jessica Simpson.

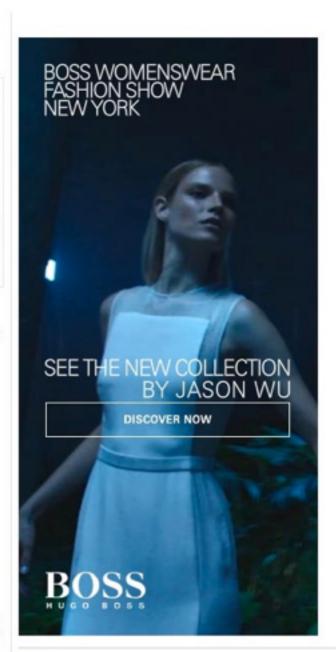
People StyleWatch, a magazine that covers trends, is riding the crest of

several of them. Cheap, disposable fashion has helped it: Topshop and H&M pump out stylish, low-cost items meant to be worn for a season, then thrown away. Those massmarket clothes are the basis of StyleWatch's coverage.

Where Vogue presents itself as an elite insider in the fashion world, StyleWatch throws open the doors. It defangs intimidating trends ("Would you wear ... superslouchy harem pants?"), running pages of under-\$100 clothes, and reassuringly shows celebrities wearing the same item over and over. "It's about being inclusive," said Susan Kaufman, StyleWatch's editor.

It seems to be working: in the second half of last year, StyleWatch's circulation rose 8.6 percent, to about 802,000, as the industry average dropped 2.2 percent. And StyleWatch's ads have boomed. Last year, when magazines lost more than a quarter of their ad pages on average, StyleWatch increased its pages by more than 24 percent, to 629 pages. In the first quarter, consumer magazines lost 9.4 percent of their ad pages on average, but StyleWatch's grew by about 130 percent, and the magazine is profitable.

StyleWatch's success is as much about editorial trends as fashion ones. There are the blog-influenced notions that celebrities should be accessible and information concise, so



Most Popular - Business

EMAILED VIEWED

- 1. Shortcuts: There's More to Estate Planning Than Just
- 2. Air Bag Flaw, Long Known to Honda and Takata, Led to Recalls
- 3. Economic Scene: A Simple Equation: More Education = More Income
- 4. DealBook: If Scotland Goes, Bankers Fear Britain Could Exit European Union

fashion shoots or negotiating with managers — accompanied by brief captions on imitating the fashion.

Still, readers spend an average of 93 minutes with the magazine, something of a feat, since it has few long sentences in it.

"The few times we've done longer pieces, something on trying a trend that went on for two pages, it just didn't resonate," Ms. Kaufman said.

Ms. Kaufman's corner office in the staid Time & Life building is as spunky as the magazine, with pink plastic chairs (Magis by Karim Rashid butterfly chair, \$336; Surrounding.com) and graphic black-and-white pillows (Jonathan Adler "S" letter pillow, \$98; JonathanAdler.com). Ms. Kaufman, who has long, wavy blond hair (Bumble and bumble leave-in conditioner, \$20.99; Walgreens.com) wore a leather skirt (3.1 Phillip Lim "Twist" leather skirt, \$675; shopzoeonline.com), heels (Christian Louboutin round-toe pump, \$565; BergdorfGoodman.com) and chain and studded bracelets from Madewell and J. Crew (Get her look for less! Lacquered pyramid bangle, \$4.80; Forever21.com.)

If you found reading all those brand names and ordering information a bit wearying, be

usually cooperate, Ms. Kaufman said, and also provide quotes on behalf of their clients when StyleWatch asks, resulting in insights like Kim Kardashian's on gold Cocobelle sandals: "They're stylish and comfy!"

Vladas Griskevicius, an assistant professor of marketing at the Carlson School of Management at the <u>University of Minnesota</u>, suggested the approach fit the twentysomething reader.

"If we don't have PowerPoints in class these days, students are going to rebel — they expect to have notes handed out to them, bullet points," he said. "Attention spans are getting shorter."

The StyleWatch staff also arranges reader discounts for featured products, part of what advertisers find so appealing about the magazine. "It was obviously happening in retail anyway," Ms. Kaufman said of discounting. That lets the publishing side brag to advertisers that readers shop StyleWatch's pages: RevolveClothing.com sold \$1.4 million of merchandise after a 2009 StyleWatch offer, for instance.

Advertisers like to be part of the discounts, too, though those are technically an editorial effort. "They all want to be featured, and if they meet the criteria, they talk to the editors and see" if they can be part of the discounts, said Karin Tracy, publisher. (The criteria

So how can you improve the way you attract eyeballs and deliver data?



Start using a bigger toolbox.

After year without, family finds middle ground

NEW YORK -- Collin Beavan sat under the light of a single bulb, freaking

Along with his wife and young daughter, he had just pent a year trying to reduce their net environpero. With a flip of a switch, they had cut their Maghattan apartment off from the electrical grid. They had stopped using anything disposable or buying anything new. In a city of skyscrapers, they had given up elevators. They went everywhere by bicycle, bought food directly from local farmers. had even sworn off toilet

It had been a year of rules, a year in which nearly every aspect of their what they were not allowed to do. And now it was over.

he had to get up to go to the bathroom, he would walk to the other room and turn on the light there - and then run back to turn off couldn't let himself light up more than one bulb at once. He walked around the apartment unplugging things.

Hotel," "Temptation Is-

"Bridezillas," she looked

st sitting next to her

wanted for her daughter.

who had written books on

of D-Day - found himself

global warming. But after

from a meeting with his

question whether he had

idea for the experiment,

tivion and as subject for

felt were her addictions.

suggested that shopping

among the first things to

Instead of "the man."

farmers. They began eating

vegetarian and shopping at

the local farmer's market.

ready had in their sport

ment or that were grown

and ... talk

within 250 miles. At night.

and the table together

"The hearth was the TV

away the TV, the hearth be-

came our family table. ...

thought would feel like

sacrifics had ended up

being nothing of flue sort.

eating only things they al-

food now came from the

his next book, Conlin.

off the air condition

running, he started to

returning to his apartment

agent only to discover he'd

Once, Beavan and his wife, Michelle Conlin, had lived lives of take-out dinners and taxi rides, recreational shopping and realback - and as he learned more about the devastation wrought worldwide by had found relief, and an

Now, as he turned the lights back on, he had to admit that he was once again part of the problem The new freedom and the old guilt. It felt awful.

Beavan's experiment with the extreme had played out in public; he had blogged about it on his site would beget a book under the same name, published last month, and a documentary).

But now, like so many of us who are grappling with a growing awareness of the dangers faced by the planet and the damage our lifestyles cause. Beavan and his family were faced with the challenge of finding their own middle ground.

and their year of simplicity

yet 2 when the experi-ment began, but she already knew who "the

Nearly every morning, as her family prepared for the day in their one-bedroom. lower Fifth Avenue apartrive with a hag of breakfast bagels. At night, he'd puss plastic hag filled with our tone from Big Euchillada. Or with Chiorse food. Or with

would spot a bicyclist riding by, and sha'd point and



experiment. Coolin would

wanted a dishwasher again

But when they flipped the

power switch, the machine

stayed dead. There was no

tempt to buy a used model

flopped. So Conlin did her

one that seemed the most

research and found a new

But when they got to

All those shiny new parts.

come in. All that packag-

trigger," she says now, sit-

ting in her apartment, all

light wafting through the

myself at some point in my

Her husband looks at her

"We've had so many ar

washer," he says, laughing

here is don't let Colin for a

minute think that he's won-

"When I want one, I'll

Some of the post-ex-periment adjustments

The day after the project

hybrid livery cab with Is-

airport for a Thanksgiving

As they polled up to the

trip to see her parents in.

get one," she says with a

gements about the dish-

n some surprise; "What

can do that?"

'I just couldn't pull the

Home Depot and saw it

way to fix it, and an at-

talk about how much she

Colin Beavan, his wife, Michelle Conlin, and 4-year-old daughter, Isabella, pose in their home in New York. Isabella holds zucchini, grown in their garden plot.

well: "There's the man!" 'The hearth was the TV In the evenings, they'd before 'No Impact.' settle down to eat in front of their TV. Conlin, a jour After we gave away the TV, nalist who writes for Busi the hearth became our family table. nessWeek, was obsessed with reality shows: "The

hen the year was over, Conlin and Beavan didn't over and saw Bella wasn't she was watching intently Conlin's heart sank a little. finally let it all go and see Meanwhile, Beavan - a what felt right.

> were short on groceries. after a late night at work, they would stop at the supermarket - despite the packaging on the food on the shelves, despite the distance it had traveled

garbage they produced in every four days to five galons, this was a far cry from duced before the experiback on, but their freezer is

oil and some seasonings, even though they're not vited them out to dinner. And they started using toi let paper again - but now It was made from recycled

Neither of them wanted to bring back their giant, 46-inch TV. But once a week or so, if they're in the drama on a laptop.

they'd come to love three-wheelers with space Inabella, Bot now, when it rains, they sometimes take

It was a trade they had no intention of reversing, once heat and the lack of elec-

at the fountain at Washing ton Square Park, They cooled off in the mist of the fountain, looked around at the virtual circus of performers who have made the The huge box it would public plaza their stage They talked with neigh-

No longer hunkered down in their family's lonely bubble, they were out in the city. They loved

t one point during the experiment, Isthrew up all over herself changed the sheets, and she threw up again.

stained sheets and paiaface pilling them into the failure, he headed downstairs to the building's electric laundry machine and gave in

tle of laundry, he figured if he had broken the rule n't burt. After that, the slippery slope became a

It was a role be didn't really regret breaking. There

sirport curb, she was over come by a weird feeling of grief. It was over. And her she was getting on an air plane, a decision that by ome counts would wipe out all her curbon savings of the last year Beavan stayed at home.

He just couldn't being him-

When Christmas rolled

family in Minneapolis would cost a whopping \$2,500, more than double the plane fare. So this time Beavon sucked it up, and be went with them to the air-

The last few weeks he's een flying for his book our. He still agonines over

or the damage by requiring those paying for his travel. nation to a renewable enengy project. He and Conlin are taking fewer trips to visit family, and staying onger when they go.

Their experiences with ravel have been a reminder of one of the lessons of the experiment: Although their mily's project made a small-scale difference, and they hadn't foreseen, it was not a replacement for larger social change. Compared with the introduction of say, an affordable national railway system, individual action pales.

just like a graph he Asketched during the

With either extremely high or very low resource use, quality of life was poor. But there was a virtual sweet spot, right at the peak, when they had enough to be happy but not so much that they were weighed down.

Since the year ended and left them to their own devices, they've been trying to find a way to get back to that point.

ect actually really began the day we ended," Conlin favor of the afternoon sunin: "We still haven't actually figured out the way we Still, she says, "I foresee

No matter how happy they are with the changes they've made, some things have been lost. For Conlin. the thrill of shopping is

And they're reconsiderthey've made. In a fit of what may have been gave away all their fans, even though they use com-

But other gifts remain. At their community garden plot, where they've been growing giant succhini each the size of a helps them plant, and wanders through the greenery, eating tomatoes as if they were apples.

nameless "man" delivering their food on a bicycle. on wheels, breeze in their faces, exploring the city. stons to the park, hubells often asks to talk to a stranger, Usually, her par cents nay yes.

Often, Isabella and Beavan head out the door, no destination in mind.

during the year that taught them so much, he turns to her and says: "Let's go see

I gave up reality TV for reality.' COLIN BEWAN

for themselves. After all the restrictions, they wanted to

elf-professed guilty liberal Mostly, they stuck to the history of forensics and farmer's market. But if they railing about the travesty of

While the amount of

They started buying olive saving yes when friends in-

It was an obvious choice before 'No Impact," Conlin

The air conditioners once med like a necessity. But the family outside, where they spent most evenings

the middle of the night and

athtub and washing them

The next time he had a

out, that could turn even mentalist against going

full-out green. Conlin, too, found her limit. Coffice bears are not grown anywhere near the food or no, caffeine was shake. She did borrows ask cafes to fill a portable

waste a cup. Toward the end of the covered the tickets for the

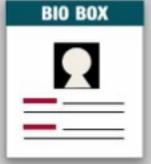


SIDEBARS & INFOGRAPHICS



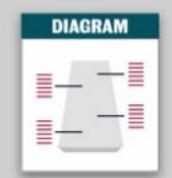
TABLE

THE MOST COMMON TYPES





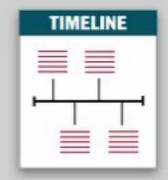












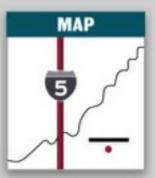
















Some still skeptical of high-speed rail

By Andy Johns Staff Writer

DALTON, Ga. — When Interstate 75 was built through Whitfield County, the superhighway got a chunk of Al Holland's family farm. U.S. Highway 41 and Carbondale Road also each took a piece.

Holland showed up at Monday's high-speed rail meeting in Dalton to be sure tracks for a bullet train didn't lay claim to another portion.

"We've given enough," Holland said. "People aren't going to get on that thing and ride to Atlanta."

NEXT MEETING

- What: Georgia DOT Informational meeting on high-speed rail
- When: 6 to 8 p.m. today
- Where: Fellowship Hall of St. Mark United Methodist Church, 781 Peachtree St. NE, Atlanta

About 80 people attended the Georgia Department of Transportation's informa-

See RAIL, Page A3

Blagojevich first Illinois governor to be impeached

What: Illinois Gov. Rod
Blagojevich was impeached Friday
by Illinois lawmakers angry that
he turned state government into
a "freak show."

The vote: The 114-1 vote in the Illinois House came one month after Blagojevich's arrest on charges that included trying to sell President-elect Barack Obama's Senate seat. The debate took less than 90 minutes, and not a single legislator rose in the governor's defense.

Governor's response: He insisted again that he committed no crime. He portrayed himself as a victim of political payback for his efforts to extend health care and other relief to the Illinois people. No other Illinois governor has been impeached.

What's next: A Senate trial set to begin Jan. 26. A two-thirds vote would be needed for conviction in the 59-member Senate.

Voting no: State Rep. Milton
Patterson was the only "no" vote.

- The Associated Press

Isadore Lourie dies at 70

WHO HE WAS

- Attorney and longtime member of the S.C. Senate
- Known by many as "the great conciliator" for promoting unity across party and racial divides
- Member of the Young Turks, a group of self-styled reformers elected to the General Assembly in the 1960s and 1970s; they helped shift power to urban areas and weaken the power state lawmakers had over local government and the courts
- Prominent member of Columbia's Jewish community
- Senate majority leader, 1989-
- Former USC student body president

WHAT HE DID

- Played key role in the 1970s in eroding the power of rural senators through the redrawing of political districts
- Walked Columbia's white neighborhoods with black candidates I.S. Leevy Johnson and Jim Felder in the 1970s, introducing them to vot-
- Pushed legislation on civil rights, school integration, aid for the elderly and compulsory education
- Pushed government restructuring in 1993 that put more power and accountability - in governor's
- Helped write the state's first ethics-in-government legislation

WHAT HE SAID

- "There's always a lot of fun in being against the establishment. You can be a little more carefree. You can sort of be rock 'em, sock 'em."
 - in 1988, of the Young Turks
- "The group was really in the forefront of government - changes in ethics, changes in the structure of government. Urban problems were coming to the forefront."
 - in 1988, of the Turks' efforts
- "We knew we were Jewish my mother strongly felt her Jewish identity - but we got along well with our non-Jewish neighbors."
 - in 2000, recalling the quiet Sunday mornings of his youth

WHAT OTHERS SAID

- "He would go to the ends of the Earth for things he believed in not for personal glory, for mankind. — Dale Rosengarten, curator, Jewish Heritage Collection, College of Charleston
- ·He was the most compassionate person I believe I've ever met." -Sen. Nikki Setzler, D-Lexington
- "He helped (black South Carolinians) when it wasn't popular."

 — Sen. Kay Patterson, D-Richland
- "He was great because he was so good." Alex Sanders, former College of Charleston president
- ·He was the guy who brought everyone together." —state Rep. Rick Quinn, R-Richland

Retired senator hailed as 'so great because he was so good'

By CAROLYN CLICK and LEE BANDY Staff Writers

His great, good heart is what people re-

Isadore Lourie's heart was soft enough to embrace people of all races and creeds, steely enough to buck the established order and gracious enough to forgive, and ask forgiveness of, his antagonists.

On Thursday, as word spread of his death from a rare brain disorder related to Parkinson's disease, people statewide hailed the attorney and former state senator from Richland County for his political courage and his personal integrity. He was 70.

"During the turbulent time of the '60s, Isadore was, for a time, the most meaningful voice that connected black people and white people," said Alex Sanders, the former College of Charleston president, who served with Lourie in the Legislature. "He was so great because he was so good."

The son of Jewish immigrants, Lourie showed up Sunday after Sunday in black churches, Sanders recalled, serving as a bridge from the state's segregationist past to an as yet unknown future.

"Izzy was truly one of the great progres-



BIOBOX STEVE STOUTE



TITLE: Chairman, chief creative officer, Translation Consultation & Brand Imaging.

BORN: June 26, 1970, New York.

EDUCATION: Attended five colleges in two years, including Queens College. No degree. FAMILY: Single; two-year-old daughter. Parents are originally from Trinidad and Tobago. Mother is a retired nurse, father a retired marine engineer.

OTHER BUSINESSES: Majority owner of Carol's Daughter, a beauty and skin-care company; owns Zino Platinum, a cigar line in partnership with Davidoff. Developing a line of sake.

PASSIONS: Video games, especially John Madden Football. Collects old video game consoles and vintage cell phones.

IF HE WASN'T DOING WHAT
HE'S DOING: "I would love to
have the best five-star travel
agency in the world. I'm a big fan
of the service business. Great
customer service will keep you in
business until you decide to stop
caring about the customer."

NUMBER OF SUITS HE OWNS:

40. Armani is his favorite designer. Also likes Ralph Lauren's Purple Label.

CAR: "I move around in a Cadillac Escalade."

FAVORITE MUSIC: Loves '80s R&B and late-'80s hip-hop.

MENTOR: Jimmy lovine, chairman of Interscope Geffen A&M Records, for whom Stoute once worked.

BEST ADVICE: "Stop playing for the wrong audience."

A BRAND HE WOULD LIKE TO MAKE OVER: The Internal Revenue Service. "The IRS should no longer hide behind the stick and allow fear to dominate its image. There is an opportunity to illustrate to Americans that the IRS is of value to them in ways both societal and personal."

Getting	onai	Fernando Burbano
	Title:	CIO
	Organization:	U.S. State Department
Re	sponsibilities:	Oversees IT policy and operations for an organization with 30,000 employees and 260 locations.
A	nnual budget:	\$538 million
	IT staff:	3,000 (including contractors)
10	Tenure:	Since May 1998
	Previous jobs:	Director of IS at the National Library of Medicine from 1993-1998; Director of the Office of Information Resources Man- agement at the Peace Corps from 1990-1993.
	Education:	MA in Public Admin., American University; MS in Information Resources Mgmt., Syracuse University; BA in Information Systems, Louis University.

I'VE BEEN TAKING VIAGRA, and I'm worried that I may be building up a resistance to it and will have to start taking bigger doses. I'm not sure if that would be safe, but man, to go back to a life of impotence.... You guys heard anything about this?

-G.P., ITHACA, N.Y.



VIAGRA IS prescribed in doses of 25, 50, and 100 milligrams. As yet, doctors have seen no signs of a resistance buildup, according to William D. Steers, M.D., chairman of the department of urology at the University of Virginia medical school, "If someone responds to the drug, it usually doesn't wear off," says Dr. Steers. "You take Viagra on an as-needed basis, so you really shouldn't build up a resistance. We've had men on Viagra for 3 to 4 years and we haven't seen the effects decrease. This soon into the life span of the drug, I can't give you a good reason why anyone would be seeing a drop-off."

Other factors, Dr. Steers says, could be behind any lowered performance you're noticing. "Performance problems could indicate psychogenic factors, such as more anxiety, or progressive physical factors, such as a hardening of the arteries or the influence of new medications," he says.

Dr. Steers will sometimes prescribe 50 mg doses and tell his patients to take two pills if



HEY, BUD: If Viagra doesn't work, the cause might be mental.

one doesn't do the trick. "But then you have to stop," says Dr. Steers, who helped conduct the clinical trials of Viagra. The bottom line: You shouldn't take more than 100 mg in any 24-hour period.

WEDNESDAY IS WHOPPER DAY

My skin-and-bones buddy says he's able to stay thin because he satisfies his junk-food cravings with one binge day a week. He claims the body can't digest all that

fat at once, and most of the bad stuff just moves through the digestive tract unabsorbed. Who's the bigger idiot—him for thinking it's true or me for thinking it might be?

-T.M., MADISON, WIS.

You're both candidates for donkey ears. The body is quite capable of absorbing all the calories you put into it, according to Mark Kantor, Ph.D., of the University of Maryland. "Body weight and body fat are determined by the amount of calories that go in—namely the food you eat—versus the amount of calories that you burn up," says Kantor. "Eating the foods all at once makes little difference." Your pal's

theory, in fact, may be the opposite of what actually occurs. Research shows that three meals spread out over the day are easier for the body to

burn. "If you're going to eat lots of fatty burgers or whatever," Kantor says, "there may be an advantage to spreading them out over several days."

SHAKY LOGIC

My hands shake late in the day. I'm only in my early 30s, I'm in great shape, and I'm not a big boozer. Could this be a sign of Parkinson's disease?

-Q.T., LAGUNA BEACH, CALIF.

Since both your hands shake, it's less likely to be Parkinson's. According to Linda A. Hershey, M.D., Ph.D., a neurologist in Buffalo, "When Parkinson's starts, it usually affects only one side of the body. Later it progresses to affect both sides."

You may have a condition

SIGN STRUM SETTE SALAMAK, TLUTHORS BUT ARD SHORT HEIM BURK HORS HORS



Dr. Joe Bailey co-chairman of Tupelo's Multi-Racial Committee

Dr. Joe Bailey is co-chairman of Tupelo's Multi-Racial Committee, which recently met with city leaders in a retreat designed to end some of the divisiveness stemming from racial and other matters (more on the retreat, Page 2A). Bailey recently answered these questions from Sunday Journal reporter Emily Le Coz:

What is the biggest challenge regarding race relations in Tupelo today?

A. I think the biggest challenge is getting to know each other. So many
us have grown up with assumptions
and we think we know the other person's story. It's one thing to read and observe from a distance but sitting down
to meet and to listen is something else,
and I think that's the challenge. Too
many of us are too quick to judge when
we should be just listening. We need to
create an environment to share stories—
not to make judgments but to understand.

What are some solutions to this challenge?

Our committee is in the process of considering several initiatives. ...
One big thing is that we want to decide what we feel is the appropriate use of the ethics report when it finally arrives. Our preference is to identify weaknesses and address them and not use it in accusatory manner. We're also considering awareness programs for our leaders and maybe our citizens. ... We'll discuss organizing community involvement in appointments to volunteer committees. Right now there is no central depository for volunteers and we're looking at that.

There are laws on the books already covering discrimination and we will be discussing a proposal to recommend to the City Council a citizens advisory



board or boards to look at various aspects of city government, particularly a police oversight board.

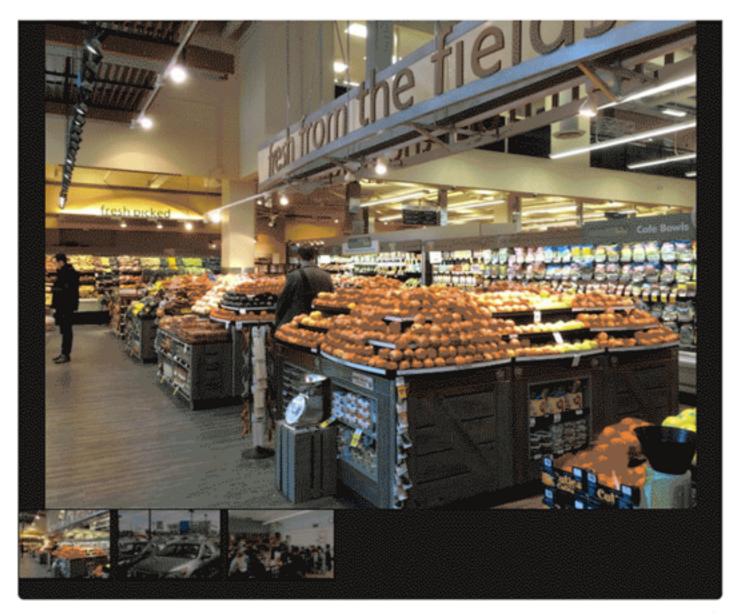
None of these are recommendations. These are all proposals.

What is your greatest hope for the future of the community?

Obviously, we would love to see a community in which race just doesn't matter. We are a three-race community now, and there are certainly problems and we recognize those problems. One of the things that we feel is that our community leaders – mayor and City Council – should be the model of what we hope to become – the model of stability, the model of tolerance. ... Also, I feel Tupelo is very much ahead of other communities in the state ... Yet we still have ground to make up.

I think the greatest progress has been made in our school system – so many black, white and Hispanic kids playing together, and working together. I think we adults can learn a lot from our youth, and I hope as those youth grow up they will continue to be those models of consideration and collaboration.

Oregon's corporate tax measure is a big deal. Here's why.



One question Oregonians have about a corporate tax measure on the November ballot is whether it would increase costs for consumers. Grocery stores, which typically have small profit margins, are one industry that could raise prices to cover the cost of the tax.

1/3

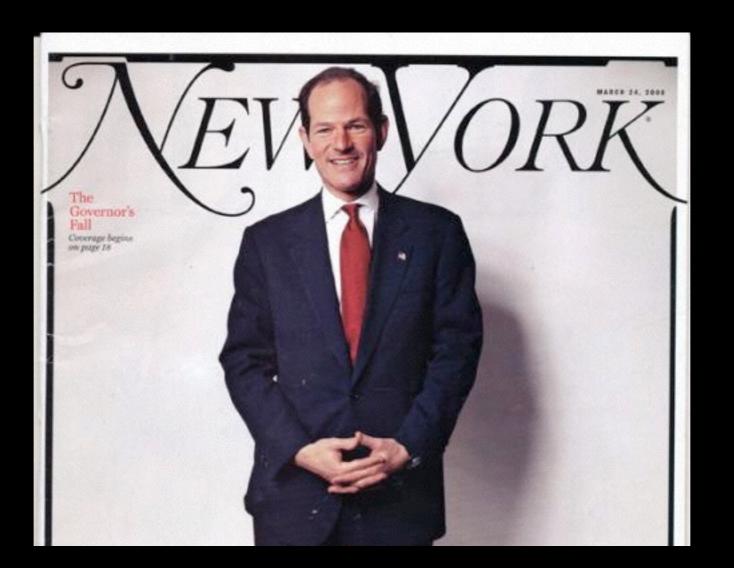












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Prostitution: A User's Manual

Huffington Post Living | Anya Strzemien and Verena von Pfetten | March 11, 2008 05:46 PM



In light of Eliot Spitzer's recent announcement that he was involved in a prostitution ring, the HuffPost Living editors have put together this handy-dandy list of everything you need to know about the world's oldest profession. Then we want you to tell us below in comments what you think of prostitution, if you think it should be legal, if you've ever used a prostitute (no judgment here!), and what we've left out.

1. First, let's get the boring legal business out of the way. What exactly is prostitution?

Prostitution is "the act or practice of engaging in sexual intercourse for money."

Email ►
Print ►
Comments ►

441 diggs

2. Okay, got it. So is it common for men to use prostitutes?

According to Dr. Teela Sanders, a senior lecturer at the University of Leeds, and the author of Paying For Pleasure: Men Who Buy Sex, nearly one in three men will buy sex at some point in his life. . . and we're not talking porn.

Keep reading at Tango

3. But why do men pay for it if they can just do it for free?

Married relationships can't provide this special "time out" stuff. Marriages are centered around finance, around children. This is a time out where it's purely about men having sexual satisfaction outside the bounds of a normal relationship. Men use their financial privilege to buy an intimate experience they can't get in their conventional relationship.

Also, this relationship is protected by the exchange. The men don't feel as though there's going to be some other emotional component, because the contract is very clear. This level of intimacy is an exchange, and the women who do this emotional labor make a lot of money. That's why you see this high end.

Keep reading at Tango.

4. Why do powerful men who seem to have it all, then go and screw everything up?

In [social psychologist Dr. Gerri] King's view, most everyone is reasonably comfortable being an average person. "There's room in most people's self-image for mistakes and foibles and inconsistencies," she says. "If you're just a normal person, you're allowed to be you. What's expected of you is reasonable. You have normal friends. And maybe most of all, you have normal expectations."

But if and donly combined outs an alter land of analytic on business, you may be up to extraft

Photo Courtesy Rosenberg's Department Store

This Oscar of Manila combines warm nylon with cuddly soft orlon to create this stunning housecoat that features two cozy pockets. Pompon slippers are by American Rubber Sole Shoe Co. Just one of the many smashing housecoats featured at Housecoat '78 and on sale at Rosenberg's.

Is Your Child A Dip?



Rep.-Dem. Staff Photo

Dippiness can have lasting effects on a child's physical and emotional health.

By Dr. BARBARA DERRING

DIPPINESS, which most frequently strikes male children between the ages of 6 and 12, can have lasting effects on physical and emotional health. There's considerable debate among physicians as to its cause-though most agree that it seems to be transmitted through the mother-and there's an even greater debate as to its proper treatment. Can dippiness be cured? So far, we don't really know. If caught early, it can apparently be controlled and it often disappears by itself in early adulthood, though it may reappear during middle age. But much about the "dip" is still a mystery to us.

WHAT CAN YOU DO If you suspect that your child is one?

First, take the following quiz. Some of the most common symptoms of developing dippiness are given below. Score one for every "yes" answer.

Does your son . . .

- 1. look funny?
- have an unusual odor?
- eat paste of "nose dirt"?
- frequently sniff his fingertips?
- 5. read?
- 6. have invisible friends?
- 7. eat bugs?
- 8. fear the basement?
- 9. swing a baseball bat with his "foot in the bucket"?
- 10. wear glasses?
- 11. wear glasses with an elastic band around the back to hold them on?
- 12. play "house"?
- 13. wet the bed?

- 14. wet the bed during the day?
- 15. wet the rug?
- 16. willingly wear . . .
 - a. snow pants?
 - b. rubbers?
 - c. blue jeans with red flannel lining?
 - d. undershirts?
 - e. long underwear?
 - f. hats with fold-down ear flaps?
 - g. clips to attach mittens to his coat?
 - h. mittens?
 - i. shorts?
 - i. red hen shoes?
- 17. refuse to fight smaller boys?
- 18. get into your lingerie drawer?
- 19. enjoy kissing his aunts?

Cont. Sec. C, Page 18

have 1 your f your en

> DEAR friends day ar noticed ing ve somet asked t very re purse she sto shocke know v

DEAR steals friend: brick!

DEAR genero but I'm neighb guest l eon pa them t was st urine. with he

Should You Reproduce?

Rate your parenting preparedness

	qualities for any dad-to-be
0	What's the status of your relationship? A. Married, thank you very much. B. Not married, but we're solid. C. We're still figuring it out. Research shows that living apart from his father means a kid is two to three times as likely to have health and emotional problems, use drugs, drop out of school, or end up in jail as those who live with two parents. Before you combine DNA, try to combine households.
3	What else do you do with this woman? A. We have plenty of shared interests. B. Becoming parents is our main focus. C. Practicing the art of conception is enough. Possibly the most important determinant of a father's relationship with his kids is his relationship with the mother of his children," says Roland Warren, president of the National Fatherhood Initiative. Having common interests strengthens your bond, so develop activities outside the bedroom.

How often do you have to cancel plans?

Do you have an extra \$9,650 to spend?

Can you skip regular trips to Circuit City? A. As long as I can still look at the sale ads. B. Do I also have to skip visits to Home Depot? C. How will I know if there's a new Sims out? "If you're not prepared to sacrifice something, whatever it is, you're not ready to become a parent," says Corey Donaldson, author of Don't You Dare Have Kids Until You Read This. A good start? Volunteering. Ladling out soup is much easier to deal with than predawn diaper changes.

Is it time to drop your hat?

A. If I had to, yes. B. Who does?

C. There's no way, unless I sold a vital organ.

According to parenthood.com, it costs about \$9,650 to raise a kid for the first 2 years. Then it gets expensive: You'll spend \$181,480 for the first 18 years, not including college. See what expenses you can cutsaving cash and giving up indulgences puts you on the path to parenthood.

Do you ask for directions when you're lost?

Are you a favorite uncle?

B. A couple of times a week.

A. I'd like to think so. B. Does a few hours a month qualify me?

A. Almost never.

C. All the time.

C. I remember birthdays; what more is there?

Kids require quantity time as well as quality time. "A kid needs a father's

presence, attention, and time more than anything," says Warren. Now's

the time to practice keeping appointments. If work is your time suck,

check into office policy on flex time and telecommuting.

Lousy dads typically have a bad attitude before becoming parents. Donaldson explains. Enjoying other people's children is a good indicator of how you'll feel about your own. Do some babysitting, or visit friends with kids for a weekend to see how you hold up.

A. Only after I've tried a couple of "shortcuts."

B. Depends on your definition of "lost."

C. I always find the way on my own.

"This may sound trivial, but your willingness to ask for help can be a big indicator of how well you can handle parenting," says Maurice Elias, Psy.D., author of Emotionally Intelligent Parenting, Having a support system you tap into increases your odds of raising a well-adjusted kid.

Do you enjoy hanging out with your dad?

A. Definitely. B. Depends on how many beers I've had. C. I try to avoid it.

> Studies show if you had a good relationship with your dad, chances are good your kid will have a good one with you. If you're at a loss, recruit a parenting mentor. Talk to people you know who have solid relationships with their kids or with their parents, and find out what they do.

Scoring A = 3 points, B = 2 points, C = 1 point

18-24 points Congratulations. You're ready to start creating. "The most important part of being a good dad is wanting to be a good dad," Warren explains. Enjoy the conceiving.

10-17 points Chances are you'll do fine. But it wouldn't hurt you to work on some of your weak areas if you want a "#1 Dad" mug.

9 points or less You're not guite there, but these are all factors you can

improve. Get a puppy, and take this test again in a couple of years. -Additional research by Cristina Govanes and Nichole Screws

How in it is your life story?

We all think of ourselves as heroes of a great novel, as leave the audience snoring?

"You only go around one"

But be honest. Do you really think your autobiography would make gripping reading? When they film the movie version of your life, will it be a smash at the box office - or

"You only go around once in life," the beer ads used to say, "so you've got to grab all the gusto you can." Think you've grabbed enough gusto? Prove it. Take this quiz and discover your Gusto Quotient. - TIM HARROWER

VICTORY, THE AGONY OF DEFEAT

Have you ever gone:

hang gliding? [15.PTL]

> parachuting? [15 PIS.]

surfing? (16 em.) scuba diving?

bungee jumping? whitewater raft ing? (10 em.)

mountain climbing? (10 Pis.)

Have you ever

set a sports record? [20 FTL] run a marathon?

(10 Pts.)

competed in a sports event than 1,000 fans? [are bt]

BONUS POINTS: II you've engaged in some other daredevil activity (diff diving, drag racing, etc.) add to era.

EXOTIC TRAVEL

Have you ever.

piloted an airplane, helicopte or hidt-air bal-Larry 013 Fragal

stowed away on

train? [10 em.] hitchhiked cross country? [10 PTS.]

hiked or biked more than 100 miles at one time? [10 Pts.]

sailed on a solo ocean voyage? [36 PTL] run off to join the

circus? [10 PTS.] visited a foreign country? (wee 1 Pt.

BONUS POINTS: Add

1 pt. for every city you've ever lived in: add 5 pm. for every country you've lived in

VISITS TO THE TWILIGHT ZONE

Have you ever:

seen a ghost? (10 PTS.: ADD 50 PORTS P

> died, then returned to your body? [20 PTS.]

had an evil twin? [10 PTS.; SCORE 2 POWTS FOR AN

been a member of a cult? [10 em.] had a protound religious experi ence? [20 PH.]

displayed extraordinary psychic powers? [10 PTS.]

FAME & FORTUNE

Have you ever:

won more than \$10,000 in a lot-

been extremely rich? (10 Pts.)

been borneless? [30 PTL] been on TV?

SCORE S PTS. F YOU AND NAME; 30 PTS. # YOU WERE A STAR

been in a movie? [10 Pts.# YOU WERE AN EXTRA: 20 POINTS IF YOU HAD A

performed on a stage before more than 1,000 people? [20 PIS.]

out a record or music video?

been the subject of a newspaper

had something named after you (a building, product, disease, scientific principle)? (20 PTS.)

been close friends with famous? (5 Prs.)

DISASTERS & **CALAMITIES**

Have you survived a:

plane crash? (20 em.) hurricane? [10 ets.]

tornado? [10 em.] major earthquake? [5 ms.]

shipwreck? (10 PTS.) serious auto accident? [10 ms.]

Have you ever:

overcome a serious disease or disability? (20 ers.) fought in a war? [20 PTS.]

been attacked by a deadly insect. reotile or animal? (Secul)

witnessed a nuclear blast? po been the victim of

0000

a felony? [5 ms.] BONUS POINTS: # you've survived some disaster not mentioned above (avalanche, fire, volcano, etc.).

THE DARK SIDE

(it's our duty, as pillars of the community, to warn you that some of these activities are dangerous, stupid or illegal. De NOT try any of these simbeen arrested? is

10 PTS.: ADD 50

and gotten away

taken dangerous

or illegal drugs?

P15.]

15 ers.)

escaped from prison? (50 PTS.) committed a crime

with it? [Sen.] been in a fight or brawl? [10 PTS.] had anybody try

to kill you? [10 had an extramari

> visited a nude beach or nudist colony? [5 ms.]

BONUS POINTS: II

you've ever worked as a doctor, nurse, teacher, police officer, firefighter,

outlaw group? been in a high speed chase?

gone under

ground or under-

been involved in

a political scan

been in a gang

crime family or

dal? [10 Hts.]

Are you now, or have you ever been, a mem ber of the Party? [Sets.]

BONUS POINTS: II you've ever fulfilled some dark, forbidden fantasy too lurid to mention here. go ahead and

give yourself

GOOD DEEDS & HERONOS

Have you ever

saved anybody's life? (20 ms.)

saved an animails life? (5 +m.) joined a monastic order or done missionary work?

(20 PTS.) run for public

won a major DWD057 IS etc. of LOCAL; 10 PTS. IF STATEWIDE: 20 PTS, 9

Do you regularly do volwork ? [20 ms.]

DRAMA OF **EVERYDAY LIFE**

Have you ever:

given birth? [10 been married? [10 PTS. POR EACH

quit your job abruptly in protest or anger?

been fired? (5 ms.) been sued? IS

> dropped out (or been kicked out! of school? (5 em.) panhanded?

taken part in a public protest? IS EXTRA FOR A RICE!

judge or member of the clergy, add

PENALTY SECTION

you own, deduct 2+1s. For every hour of TV you watch in a typical week, deduct 1 m

Do you sit behind a desk for more than 20 hours a week? Josever 5 PIS.]

Do you own a Nintendo game? DEDUCT 2 PTS. 1

Do you wear Walkman head-DEDUCT 2 PTS.]

Do you spend more than two hours a week in shopping mails?

YOUR TOTAL GQ: *

SCORING

0-100: You've lived a quieter, gentler life than some people, but don't feel bad. We can't all be Indiana Jones

101-200: An impressive start. Now it's time to turn off the TV, get up off that couch and start racking

201-300: Fairly awe some. You are probably known as a "colorful character" who's lots of fun at parties, full of rousing tales and anecdotes Either that or you

Over 300: Wowl Consider yourself lucky to be alive. At this rate you'd better finish that autobiography fast.

Did you top 300?

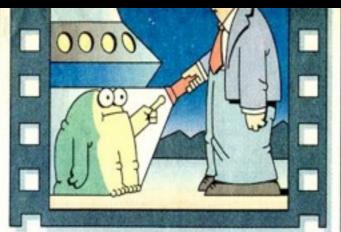
Congratulations! Want tune and bonus points' ing your life's most mazing exploits and adventures, and who to share your saga with GUSTO

The Oregonian Portland, OR 97201

IOOH! [10 PIS.]	oton/2 (10 mm.)
stowed away on a boat, plane or train? [10 prs.]	story? [10 pts.] had something named after you
hitchhiked cross- country? [10 PTS.]	(a building, prod- uct, disease, sci- entific principle)?
hiked or biked more than 100 miles at one time? [10 prs.]	[20 prs.] been close friends with someone
sailed on a solo ocean voyage? [30 pts.]	famous? [5 prs.] DISASTERS &
run off to join the circus? [10 PTS.]	CALAMITIES
visited a foreign country? [ADD 1 PT. PER COUNTRY]	Have you survived a: plane crash? [20 pts.]
BONUS POINTS: Add 1 pr. for every city you've ever lived in; add 5 prs.	hurricane?
for every country you've lived in.	tornado? [10 prs.] major earth-
	quake? [5 pts.]
VISITS TO THE TWILIGHT ZONE	shipwreck? [10 PTS.]
Have you ever:	serious auto acci- dent? [10 pts.]
seen a ghost? [10 PTS.]	
Seen a UFO [10 PTS.; ADD 50 POINTS IF ABDUCTED]	Have you ever: overcome a serious disease or
died, then returned to your	disability? [20 PTS.] fought in a war?

[20 PTS.]

body? [20 pts.]



been attacked by | Have you ever:

The Oregonian/STEVE COWDEN

or illegal drugs?

[5 PTS.]

a deadly insect, reptile or animal? [5 prs.]	been arrested? [5 pts.]
witnessed a nuclear blast? [20 PTS.]	been in prison? [10 PTS.; ADD 50 POINTS FOR TURKISH PRISON]
been the victim of a felony? [5 PTS.]	escaped from prison? [50 pts.]
BONUS POINTS: If you've survived some disaster not mentioned	committed a crime and gotten away with it? [5 prs.]
above (avalanche, fire, volcano, etc.), add 10 pts.	been in a fight or brawl? [10 PTS.]
THE DARK SIDE	had anybody try to kill you? [10 PTS.]
(It's our duty, as pillars of the community, to warn you that	had an extramari- tal affair? [5 pts.]
some of these activities are dangerous, stupid or illegal.	taken dangerous

Do NOT try any of these sim-

ply to raise your test score.)

LOCAL; 10 PTS. IF STATEWIDE; 20 PTS. IF NATIONAL]

Do you regularly do volunteer or charity work ? [20 PTS.]

THE GRIPPING DRAMA OF EVERYDAY LIFE

Have you ever:

given birth? [10 PTS. FOR EACH CHILD]

_____ been married? [10 pts. FOR EACH MARRIAGE]

quit your job abruptly in protest or anger? [5 PTS.]

____ been fired? [5 pts.]

____ been sued? [5 PTS.]

dropped out (or been kicked out) of school? [5 PTS.]

panhandled? [5 pts.]

taken part in a public protest? [5 PTS.; ADD 20 PTS. EXTRA FOR A RIOT]

visited a nude beach or nudist colony? [5 pts.] feel bad. We can't all be Indiana Jones.

101-200: An impressive start. Now it's time to turn off the TV, get up off that couch and start racking up some serious points.

201-300: Fairly awesome. You are probably known as a "colorful character" who's lots of fun at parties, full of rousing tales and anecdotes.

Either that or you cheated.

Over 300: Wow! Consider yourself lucky to be alive. At this rate, you'd better finish that autobiography fast.

Did you top 300?

Congratulations! Want even more fame, fortune and bonus points? Send us a letter detailing your life's most amazing exploits and adventures, and who knows? We may decide to share your saga with the world. Write:

GUSTO The Oregonian 1320 S.W. Broadway Portland, OR 97201 streetsty 6 and how to get them **Eric Hernandez** 18, of Morgan Hill. Student at Salinas Beauty College. Seen in front of the Blank Club in downtown San Jose. "Fashion is art and creativity." the top Red Armani Exchange logo T-shirt from Armani Exchange, \$40. "It has good European fitting. I like stuff that's tailored."

the jacket

Silver motocross jacket from Wasteland in San Francisco, \$30. "I like that it's shiny. It's glamorous."

the belts

Chain with handcuff, handmade by him. Broad white leather belt from a boutique in Los Angeles, \$10.

the bottoms

Faded black denim by Levi's from Crossroads Trading Co., \$10. "I like the wash. It looks rugged."

the kicks

Black leather pointy toe boots from Crossroads Trading Co., \$15.

TEXT BY NERISSA PACIO PHOTOGRAPHS BY JOSIE LEPE

Erica Prescott

18, of San Jose. Spotted in front of the Blank Club in downtown San Jose. Describes her look as " '80s retro mod." Also: "I like diversity. Things that are bright and cute." "Fashion is so different; it's so versatile."

the jacket

Black three-guartersleeve blazer with white polka dots from Forever 21, \$21.99. "I like the graffiti print lining."

the top

Hot pink tank from Forever 21, \$7.99. "It was on sale, and I like the lace trim."

the skirt

Whiskered blue mini denim skirt from Hollister Clothing Co., \$30. "I cut it shorter to give it an old look ."

the leggings

Black, from Macy's, \$16.99. "They reminded me of the '80s."

the kicks

Hot pink pumps by Chinese Laundry from Macy's, \$60. "They're pointy and I like hot pink."

and generosity of heart and purse do not squander a person's resources but instead yield an abundant life.

sey herself. Her story fills much of the book and reads like one of those latter-day Hora-

book s most

adviser, Jean Houston Please turn to MORRISSEY, Page 85

Mary Manin Morrissey, founder of the Living Enrichment Center, preaches what she practices.



Ticket trauma

You can't escape. By ARTHUR Mecune Special writer, The Oregonian Portland Parking Patrol's ever-watchful keepers of the meters

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Day No. or Days 18

Brief Time 91

hey look like little creatures from 'The X-Files," with their enlarged heads and narrow little bodies. And they're as vicious, too counting down time with ruthless precision, then alerting Big Brother of noncompliance. They are the tattletales of the transit world. and we fill them with pocket change to buy erate these: parking tickets. More than 300,000 of you in Portland found one under your windshield wiper last year, about half of them put there because of parking meters. The rest found notices that you had let your registration expire (13,064) or had parked in loading zone (13,581), a no-parking zone (13,283) or a tunnel (7). Yes, too many of us have taken home this, the grown-up version of the note from the principal. Trust no

For those of you who think you are outsmarting Webster's on what it means to be "parking" by bitting at the wheel with the engine running, think again, According to Portland's Bureau of Traffic Management, any vehicle that remains in the same spot for more than 30 seconds is considered "parked" --- even with a driver at the wheel.

The Portland Parking Patrol deputies are the ones with writer's cremp. Of the 317,368 tickets issued last year for the Multnomah County District Court Parking Tag System, the Parking Patrol wrote 273,744 of them or 86.25 percent. A distant second was the Portland Police Bureau with 18,703 tickets (5.89 percent).

The Portland Parking Patrol has 31 on-street deputies, each pounding a beat Fifteen are working deputies, 13 are on scooters and three work a swing shift in cars. And just how does headquarters know they are actually patrolling their beat and not sampling the Black Tiger at Coffee People? First of all, says Arine M. Larkin, manager of Portland's Parking Patrol Division , the deputies are accessible by , radio. Second. Larkin looks over reports of how many citations. each one has written. If there is an unexplained change, she wants it explained

The most popular no-no. The agencies issuing citations for the district court parking tag system 212,791 windshields in 1995 for overtime parking. The one-hour meters tempted the most wrongdoers ---128,647.

The collection rate averages 70 percent, Larkin says. A decade ago, when the court began attaching a return envelope to the tickets, collection jumped to 80 percent. Half of the money goes to the state. In fiscal year 1995-96, the budgeted take for the Portland Parking Patrol is \$1,875,000. For the Politland Police Bureau, it is \$834,000. These funds go into the pot with the rest of the general transportation discretionary funds in Portland's Bureau of Traffic Management. But since the Parking Patrol's expenses are roughly the same (budgeted at \$2.6 million for the 1995-96 fiscal year), it's basically a wash. "I would pretty much position that the citation revenues pretty much on for enforcement," says Ken Kinoshita, senior financial analyst for Portland's Office of

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Basically the same significance as a check number. Parking deputies check out books and are responsible for each one. All tickets are accounted for - whether placed under windshields, forn up by a deputy with a change of heart or handed out as a sample for a newspaper article. (That way, Larkin says, if that ticket were to appear on someone's car. as a gag, the division would know who to go

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5,380 of them, according to the Portland Parking Patrol's count. The point of the meters, Larkin says, is more to encourage turnover than to generate income through meter fees and fines. She places the turnover rate at 90 percent, "We just want to get the spaces moving," she

This could make a difference in some minor violations. The division likes to make nice with tourists particularly during the Rose Festival - so an out-of-towner might get. a warning rather-than a ticket if a car is parked too long at a meter. "If they're at a loading zone or something. we'll cite them. because we feel they should obey the law. Larkin says. "But if it's overtime ...

"When it's a really heavy, heavy rainy day, we'll probably write more overtime (tickets). because people don't want to come out to move their cars." Larkin says. So could one hope that a soggy morning would likewise keep the deputies inside? "No," Larkin says, laughing. They're still there. We give them really heavy rain pear."



PARKING VIOLATION

DISTRICT COURT FOR MULTHOMAN COUNTY

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Districts a prison

ou've come a long way, baby, so why are you still chained to household chores?

By CARRIE TEEGARDIN

Women have made amazing strides gward equality in the workplace, in polie last places to recast gender roles is the

band volunteers to share the work - only 6 percent of husbands almost always plan dinner and only 7 percent usually handle the groceries.

But women are also not taking on the traditionally male tasks. In only 5 percent of households do women usually or always handle repairs, compared with the 67 percent in which men almost always





'Monday Night Football': live!

ball fans and those of us who feel tape-delayed events should be banned from the planet, the long nightmare is over. ABC affiliate KATU (2)

has finally decided to





Alicia Silverstone hits paydirt. She's a pampered, born to-shop Beverly

Hiratsuka on Hiratsuka

By RANDY GRAGG

of The Oregonian staff

In the late 19th century, as Japan opened to the West, Ukiyo-e prints became the equivalent of baseball trading cards for artists in the West. Free of single-point perspective but filled with flat fields of lush color, they profoundly influenced such European painters as Edouard Manet and Vincent van Gogh, who borrowed from the East to advance the painting history of the West.

Trained in Japan and the United States, Yuji Hiratsuka would like to reverse the cultural transfer. This

ART EXHIBIT

- ■WHO: Yuji Hiratsuka
- WHERE: Pulliam Deffenbaugh Gallery, 522 N.W. 12th Ave.
- ■HOURS: 11 a.m.-5:30 p.m. Tuesdays-Saturdays, noon-4 p.m. Sundays
- CLOSING: June 28
- ADMISSION: Free

42-year-old professor at Oregon State University is applying the anything-goes tenets of postmodernism to the deep traditions of Japanese printmaking. Since first appearing locally in "Crosscut," the Portland Art Museum's showcase of Oregon art, Hiratsuka has rapidly become one of the region's hottest artists.

For Hiratsuka, art-making is a process, a flow of ideas and hard work from which individual prints are merely points along the way. We caught up with him during his current exhibition to hear his thoughts behind "Sentimentalist, Indecisive, Opportunist," a 36-by-48-inch intaglio, relief and chine colle print made in 1997.

SENTIMENTALIST, INDECISIVE, OPPORTUNIST (1997)

ANNOTATED COMMENTS

ON THE MIXTURE OF CULTURAL INFLUENCES: "The mixture of Japanese and Western elements reflects my background. But when you go to Japan, it's this way. You might see a gentleman in a kimono wearing a porkpie hat. It's chaos. Here you see people eating tofu. but in an American way. My country came into contact with the West 150 years ago. We took Western culture but in a Japanese way. You order pizza and it comes with shellfish."

ON INTAGLIO:

'I choose the medium of intaglio printing because I like its texture and the complicated process. It's a collaboration of your controlled idea and uncontrolled nature. I paint the plate with asphalturn, thickly, thinly, thickly, thinly and then I just stick it in the acid. three hours, overnight. Sometimes I forget it's in there. I don't control this. A drawing, you control everything. Acid and time control this print."

ON USING A SMALL PRESS: "I have only a small press. To make the larger prints with the small press I have, I have to put two prints together. With these, I always make three figures so that it is more complex and the seam between the prints won't stand out."

ON THE PAPER: "This print is made on Japanese Washi paper. In America they call it 'rice paper,' It's actually made from mulberry. I like it because it's strong and translucent. I can more easily see through it to register the colors. I can also print and paint on the back to make more complex colors and patterns."

ON THE COMPOSITION: "My work is concerned with flatness. But it also is involved with how one space relates to another. Where are the highlights? The chiaroscuro? Color is enough. I want to manipulate the forms in my own way. I can teach perspective, but it's not my concern."

ON THE ABSENCE OF EYES "These three figures are interlocking with each other. What comes from their mouths some people interpret as conversation. I'm not saying. but they are sending out same kind of pulse. The lack of eyes is a form of implication. It allows the viewer to imagine. In Japanese noh theater, each actor only uses one mask. It can be laughing or sad, but it puts the emphasis on the actor's gestures. The figures don't have eyes, but the borders do (at the corners). A little joke."

ON CREATING THE DRAWING: "Before I make the copper plate. I make many drawings. I work from pictures from magazines, costume catalogs. I like Target advertisements. But it's like starting a car: You turn the key and grind it and then something takes over and it runs. I keep drawing and drawing until I get the right kind of patterns and it takes



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When your knees, shoulders or elbows are rattling like a loose bag, take a second to roll your own. Sometimes, it's the only way to keep from getting busted



How to roll a joint

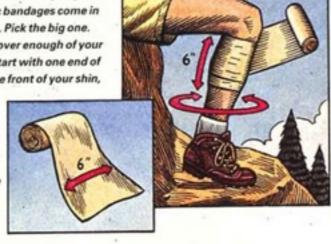
BY CHEECH MARIN

ou could say I've taken a lot of hits in my time. Consider this: I had 150 stitches in me by the time I was seven. I broke my leg skiing a bunny hill in Canada (but, hey, it kept me out of the draft). I messed up both my knees playing basketball. Once, I was even abducted by a bunch of aliens. They tried to take me to Mexico. Now I've started hiking the hills of Malibu, which occasionally gets dangerous, what with mudslides and Sean. Penn. That's why it pays to be ready for misfortune. My advice to the weak-kneed: Before you decide to take that trip, make sure your joints are secure.

▶ Step One: Roll a big one

When you're talking about a big joint, like the knee, you need to use a lot of wrap to protect it properly. Most elastic bandages come in 2-, 3- and 6-inch widths. Pick the big one.
Otherwise you won't cover enough of your knee to do any good. Start with one end of the bandage against the front of your shin,

about 6 inches below the knee, then begin unrolling it, round and round, up your leg. Wrap right over the kneecap. When you are 6 inches above the knee, wrap your way down again.



◆Step Two: Don't wrap too tightly
After you're finished wrapping, slide a
finger under the bandage to check the fit.
If you can't do this, your joint is wrapped
too tightly. This cuts down on circulation, and that can be a drag. Circulation's
important when you're talking joints.
Circulation's good. Unroll the joint and
start again.

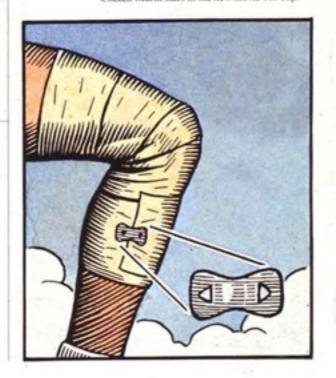
▼ Step Three: Employ a clip

The final joint-point: When you're at the very end, use a clip. The best kind is a butterfly clip (though a roach clip works in a pinch, too).

To keep the bandage snug for a couple of hours, apply some athletic tape over the clip to prevent it from popping off.

If your bones start getting creaky, as mine have, these techniques can keep you healthy and active. After all, you don't want your body to go to pot.

Cheech Marin stars in the new movie Tin Cup.





HOW TO MONTALLE

KEY:

00Т

RIGHT FOOT

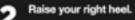


BODY WEIGHT



Left forward, right back.

Start with left foot forward, right foot back

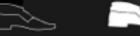


Body weight should be on the balls of your right foot.

3 Slide your left foot back.

Keep your left foot flat as you slide it backwards behind your right foot.









4. Switch feet.

Switch feet and shift weight by dropping your right heel and raising your left.

Slide, repeat.

Keep your body weight on the left foot as you slide your right foot back. Switch, repeat.

THE SLIDING FOOT IS ALWAYS FLAT!

That's the secret of the illusion. Body weight is on the toes of the raised foot. The sliding foot is always parallel with the floor, barely touching as it glides but never resting on the floor.









SMOOTH IT OUT

The movements should blend together seamlessly, so people can't tell when you shift weight from one foot to the other. Achieving a fluid moonwalk takes practice!

Focus | FIRE SEASON

A very dry spring and summer leads into a very scary-looking fire season here in Orange County. Let's remain mindful of the hazard with a look at the 10 worst wildfires in U.S. history - seven of which happened here in California - ranked by property loss.

OAKLAND FIRE STORM SOUTHERN **CALIFORNIA** WILDFIRES THE CEDAR FIRE **CERRO GRANDE**

SOUTHERN

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OCTOBER 199% A fire breaks out in a box canyon in the Berkeley and Oakland Hills. Firefighters extinguish the blaze, but the next day high winds blow embers into trees. The resulting second fire, driver by wind, burns out of control.

Loss in 2013 dollars

OCTOBER 2007: Twenty-one nties, started by various causes and whipped up by Santa Ana winds, in one case, a suspected arsonist is shot and killed by authorities. Among the injuries: 61 firefighters.

\$1.5 billion \$2.57 billion

Property loss \$1.9 billion Loss in 2013 dollars \$2.03 billion

OCTOBER 2003: A hunder lost in the forest, sets a fire to \$1.3 billion out of hand, grows quickly and Loss in 2013 dollars \$1.4 billion

> Property loss \$1.3 billion Loss in 2013 dollars \$1.36 billion

Property loss \$1.2 billion Loss in 2003 dollars. \$1.24 billion

Property loss \$810 million Loss in 2013 dollars

\$868 million

OCTOBER 1993: A brushfire Property loss. \$796 million neighborhoods 1 ½ miles away within just 17 minutes. The Loss in 2013 dollars

\$854 million

MAY-JUNE 1998: Extreme Property loss drought and lightning strikes \$527 million combine to create a series of central Florida, Pine flatwood and cypress forests across six counties are affected, as are susands of asthma sufferers.

"the trifecta fires" of 1993.

in Laguna Canyon, driven by

Santa Ana winds, jumps a

firebreak and consumes

Loss in 2013 dollars S566 million OCTOBER 1918: Sparks from a Property loss passing locomotive ignite dry grass near a remote Minnesota

S35 million logging town, More than 30 Loss in 2013 dollars village of Moose Lake, population \$541 million 200 - are wiped out. Also killed are thousands of farm animals.

JUNE 1990: Among the erties destroyed near \$396 million nta Barbara is the county sheriff's complex. Years later, a leads to a local man who Loss in 2013 dollars says he was trying to "burn out \$424 million

280,278



48,000

destroyed: 400

16,000

Homes.

500,000

150

500,000+



signal rescuers. The fire gets spreads into the San Diego metro area. This was just one of 15 fires in Southern Califor



MAY 2000s A controlled











43,202 **Fatalities**











4,089



5,000 destroyed: 550



a neighbor." He's not pros-ecuted, but he loses a civil suit.

KHALEEJCITYTIMES MOVIE MANIA 15





Carlos

The Social Network

Wild Grass

A Prophet

Sweetgrass Inside Job

Toy Story 3

Animal Kingdom

The Kids Are All Right



The Social Network

The King's Speech

127 Hours

True Grit Carlos

A Prophet

The Kids Are All Right

Winter's Bone

The Way Back





The King's Speech

127 Hours

The Girl with the Dragon Tattoo

Get Low

Rabbit Hole

Another Year

The Kids Are All Right

The Social Network

The Secret in Their Eyes

The Fighter



The Social Network The King's Speech The Ghost Writer

Black Swan Toy Story 3

How to Train Your Dragon

Inception

Let Me In

The Town Winter's Bone



FILMS OF

naturally, if you gather seven in a room, there will be few points of agreement. So it is with Top 10 Films of 2010 as drawn up by seven film critics for The Hollywood Reporter, six U.S.-based and one overseas reviewer who keeps up with domestic releases.

No film made everyone's list. There was only limited agreement over the No. 1 film. Three fingered Christopher Nolan's strikingly original Inception. Two others picked David Fincher's Facebook tale, The Social

The remaining votes were divided between Olivier Assayas' Garlos, about the infamous terrorist known by that moniker, and Tom Hooper's The King's Speech, a film many pundits see as an Oscar frontrunner.

The closest area of agreement came with The Social Network. It made six out of seven Best 10 lists.

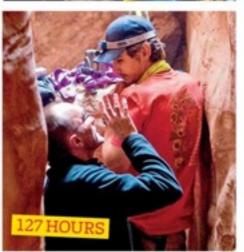
Inception and Jacques Audiard's prison picture A Prophet from France wound up on four lists. Carlos and Lisa Cholodenko's The Kids are All Right, a rare comedy, made three lists. So did Danny Boyle's 127 Hours and Roman Polanski's The Ghost Writer.

Animation and documentaries are making real in-roads into Best 10 lists compared to, say, 10 years ago. But, once again, agreement eludes the critics. Lee Unkrich's Toy Story 3, which Disney is billing in its Oscar campaign as the best reviewed film of the year, hit only three lists while Sylvain Chomet's The Illusionist and Dean DeBlois and Chris Sanders' How to Train Your Dragon from DreamWorks appeared on two lists as well.

No less than five documentaries were honoured, but in each case, only a single list. Ilisa Barbash and Lucien Castaing-Taylor's Sweetgrass, Charles Ferguson's Inside Job, Frederick Wiseman's Boxing Gym, Serge Bromberg and Ruxandra Medrea Annonier's Henri-Georges Clouzot's Inferno and Banksy's genre-bending Exit Through the Gift Shop.

Meanwhile there are several titles that appear on only a single list. But if film choices are rapidly stacking up on your must-see list, and you don't know where to begin, these choices below do contain a few hints.







Exit Through the Gift Shop

The Town

Greenberg The Girl With the Dragon Tattoo

Uncle Boonmee Who Can Recall His Past

Let Me In

127 Hours

The Social Network



The Social Network Boxing Gym

Father of My Children

The Illusionist Mother

Henri-Georges Clouzot's Inferno

Please Give

A Prophet

The Ghost Writer Toy Story 3



The Secret In Their Eyes

A Prophet Carlos

The Ghost Writer

Black Swan Shutter Island

True Grit

Get Low Blue Valentine





ORANGE COUNTY-BASED JOINTS WEIGH IN WITH THESE HOT OFFERINGS.

Story by SEAS A. JUNESCH, photos by MAIR SIGHTWISE Object County SECURE

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CROW BURGER KITCHEN

The contenders The Dow Roy Burger, SA-65

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SEVERAL STEPS AHEAD by findler too beat uniclosels alread of financia too during presence withouts, the expected granter back continues never resterate and Softman phase-Robert Daywe



SIDEBARS & INFOGRAPHICS

THE MOST COMMON TYPES

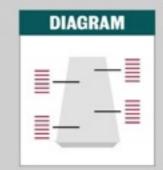








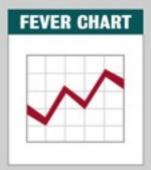


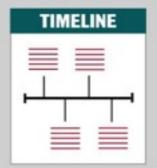


LIST









GLOSSARY



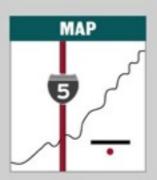


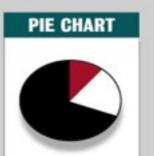




CHECKLIST











Do more CHUNKING

CHUNKING n.

Dividing a long story into smaller, more easily digestible chunks.



CHARACTER DEVELOPMENT IN CHARLES DICKENS' "GREAT EXPECTATIONS"

by Ben Dover

As Joe says in Great Expectations "it is far better to be uncommon on the inside than the outside." A person's possessions do not matter as much as a person's actions. How wealthy and or how high someone's social stature is does not bring them true happiness. It is what they believe on the inside that brings them happiness. The author of Great Expectations, Charles Dickens, was trying to say that sometimes people rely too highly on money to bring them happiness, while true happiness comes from the people that love and care about you. Although in the beginning of the book some characters did believe money and social status brought them happiness, they soon realized that this was incorrect. Three characters in the book that figured this out are Pip, Miss Havisham, and Estella.

Pip is a simple black smith's boy who wants to become a gentleman when he realizes his own upbringing is common. Although he has little money he still accomplishes his dream with the help of his benefactor. While going through the stage of being ashamed and embarrassed of his friends and family he deeply hurts Joe and Biddy. Pip leaves for London to become a gentleman, but leaves behind his common life with Joe and Biddy included. In London Pip learns some essential lessons in money management and social stature. After many incidents pertaining to his money and social status he decides that this glorious life is not all that it is cut out to be. He decides his life no longer brings him happiness, because he becomes very lonely without Joe and Biddy around. Pip comprehends the importance of his traits like loyalty and kindness. He finally realizes that no amount of money can make up for the lack of his traits.

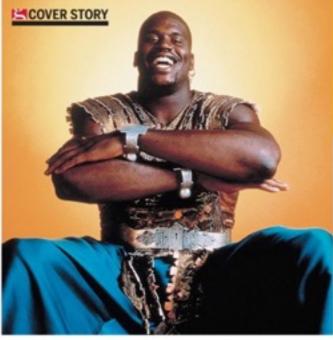
The belief that goodness is always able to overcome evil is shown in Miss Havisham whose inherent goodness is apparent despite her wrongdoings. Although Miss Havisham seeks revenge on the male sex in the beginning of the book, she finally realizes the consequences of her actions. She discovers that not only had she ruined Estella's life she also ruined Pip's life. By using Estella as her puppet she brings her up thinking that all males are hurtful. She then uses Pip as someone to test Estella's evilness on. By doing this she not only caused Pip to have a broken heart she caused Estella to never love anyone.

Estella's irresistible beauty captures Pip's heart and as a young boy, he is infatuated with her. Somehow, despite her cruelty to Pip and her judgement of only his outside not his character, she becomes the star of his expectations. Although, Estella is the successful product of Miss Havisham's upbringing in that she truly does what the old lady raised her to do; she seems to struggle with it. Estella judges Pip clearly on his appearance and commonness, then she learns there is more to him. Although she knows he loves her, she tells him that she cannot love him back because she has no heart. It seems righteous to say that beneath her heart of ice is a simple girl who is honest enough to try and explain to others her lack of feeling and understanding of what is important in life.

Essentially, this is a novel about gratification and humility, as well as honor. The theme of Great Expectations touches on every aspect of common emotions like pride, ambition, envy, greed, and arrogance. The lesson Pip, Miss Havisham, and Estella learn people that love and care about you. Although in the beginning of the book some characters did believe money and social status brought them happiness, they soon realized that this was incorrect. Three characters in the book that figured this out are Pip, Miss Havisham, and Estella.

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YOU DON'T KNOW

NICKNAMES

•The Big Aristotle •The Man of Street

•The Big Cactus

PRICKLY SITUATION

Shag filed a trade mark lavesuit against a company that registered the domain name Shaqtuscom and began setting merchandise featuring a Sharp-

12 G + THE BOSTON GLOBE + AUGUST 17, 2010







ALBUMS

"Shaq Dieser" (1993), "Shaq Ru: Da Return" (1994), "You Can't Stop the Reign" (1996), "The Best of Shaquille O'Neal" (1996), "Respect" (1998), "Shaquille O'Neal Presents His Superfriends, Vol. 1" (2001).

JOSEPH P. KAHN | GLOBE STAFF

WANT ADS

ntly featured in Comcast's "Shap 'n Stein" ads. costanting economist-actor Ben Stein. Other campaigns have cast him as a king-size jockey (Vitaminwater) and an ace Scrabble player (ESPN), the joke being that every word he spolls starts with "shas," He's also shilled for Pepsi, Taco Bell, Nestle's, Burger King, Radio Shack, and icy Hot pain relief.

BUDDING BROMANCE

Don't be surprised to spy tween heartthrob Justin Bieber courtside at the Garden this season. Shap and the Birth have become the media-couple du jour. O'Neal presented his 11 buddy with four Teen Choice

Awards at last week's peremony and told Vanity Fair, "I know exactly what he's going through because I was. wasn't as big as him at 16, but in my dity, in my little community, I was the Justin Biober."



BIG-SCREEN COSTARS

Nick Nolte Drew Barrymore

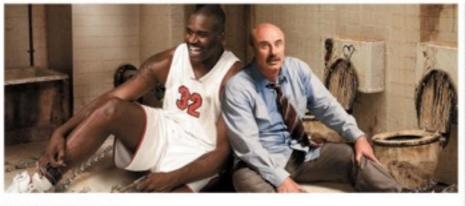
Snoop Dogg Tom Arnold Anna Faris

Tommy Chong Anthony Michael Hall



RAP ROYALTY

Shaq has out tracks with Def Jef, RZA, Method Man, Jay-Z, loe Cube, Notorious B.I.G., Peter Gunz, D. Quik, Lord Tarks, B-Real, KRS-One, Nate Dogg, Bobby Brown, and Michael Jackson.



HE SAW, HE CONQUERED

Shar's "Soary Movie 4" scene with Dr. Phil. a "Saw" spoof set in a gym, is priceless. Playing on his reputation as a terrible free-throw shooter, Shar cannot make a bucket to sawe his life (literally). Shary then reduces Dr. Phil to a puddle of tears before persuading him to saw off his own foot. Doc Bisers, be warned.

A FREAKIN'

Smokey Robinson

artist has laid down some truly classic tracks. In "O Know! God Skiller (1993), No. sings, "I got a hand that can rock your cradie / Cream you like cheese, spread you on my banel," His cal Didn't Bother," dedicated to his stepfather, finds Shaq rapping. "He wasn't gone like the wind like Clark Gable / Worked two jobs to put food on the table." Hard to top in any songwriting contest though, are these lines heard in the kiddle film "Kazaam": "As Rome said to Juliet / Grab

SCORE SOME DECOR

let's have a sextet."

artist Peter Max goes for \$159 on petermax with your couch?

WOULD KILL ANOTHER MAN'S CAREER

[Shaq plays] a costumed crimefighter that looks like the result of a comeless man having sex with a trash can.... While the superhero from the comic books can fly and has powers comparable to Superman's, Shag's version of Steel must take the escalator, rely on grappling hooks, or speed around town on a customized motorcycle. Villains from the Actam West 'Batman' trievision series would make fue of him troview of the action-hero film "Steel" by Inside Pulse Moules.

MIKE MAN

Last year, Shap took a three-day broadcasting course at Syracuse University's 5.1. Newhouse School of Public Communica tions, saying he hoped to have a career like Bryant Gumbel's after he finished with basketball.

WHAT A TRIP

in a 2001 "Curb Your Enthusiasm" episode, Larry David scores courtside seats to a Lakers game. After accidentally tripping Shap and sending him to the hospital, David becomes a pariah, which causes his life to minaculously improve. David later visits Shap, an ardent "Seinfeld" fan, and the two come instant pals - sending David's life right back in the tailet.

MOMENT

Watching Shaq get "Punk"d." In 2005, Ashton Kutcher sent actors to get into an argument with Shap over a parking space and, later, let the air out of his tires. He is not amused — until he's let in on the joke. With one giant finger, Shaq signs off to the MTV cameras.

GAME CHANGER

UNCOMFORTABLE

Among other video games, he lent his talents to 1994's Shaq Fu, an action/ fighting game in which Shaq wanders into a kung fu dojo, gets propelled into another dimension, and uses martial arts to rescue a young boy from the clutches of an exit murrary.



BIG SPLASH

Shaq looked to be wearing a size-3000. Speedo for his swim-off against Olympic champ Michael Phelps on ABC-TV's "Shar, Vs." reality show. After beating a distance-handicapped Phelps in the first race, he dropped the next two events, then doesed a pink bathing cap and synchronized swimming, Said Phelos, "I think the suit helped him."



berbeinglike 16 or 17, saying to myself, "You know what, I want to be like the thinking about being from a powerful political family or anything. It was more basic. They Eved like kings and queens, and I wanted to be like these white boys who got money and keep their money and keep making more money." -From "Shaq Talks Back: The Uncer sored Word on My Life and Winning is



NUMBERS GUY

6 NBA teams

9



placing Shaq 100 on Forbes/magazine's 2000 fist of the world's richest.

athletes.

ABSUST 17, 2010 - THE BOSTON GLOBE + G 13

BONUS QUESTION what Celtics Hall of Famer was cast alongside Shag in the 1994 hoops drama "Blue Chips"?

Y proconsh

Middle-earth is a lucrative place, and we're heading there and back again with The Hobbit: An Unexpected Journey. By Spencer Bailey



8,934 square feet

Size of a Hobbit mural currently printed across an Air New Zealand 777-300 aircraft as a marketing tie-in

tie-in





Approximate number of languages created by Tolkien



Hours of required class time for Marc Zender's "Tolkien as Translator: Language, Culture, and Society in Middle-earth* at Harvard Extension School in spring 2010

£100,000

Amount Tolkien was paid by United Artists for the movie rights to The Lord of the Rings and The Hobbit, about \$240,000 in 1969 dollars

\$1.1 billion

Gross revenue from 2003's The Lord of the Rings: The Return of the King

\$40 million

Amount of investment MGM retained in The Hobbit, even after filing for bankruptcy in 2010

Number of licensed Tolkien-related video games released

Year Tolkien was born in South Africa



in tourists traveling to New Zealand from 2000 to 2006



\$249.99

List price of Bonndorf's Lord of the Rings-themed tungsten ring

44,398

Number of official J.R.R. Tolkien Facebook page fans



More than 100 million

Copies of The Hobbit sold worldwide since its release in 1937



Approximate number of animals. including goats, sheep, and chickens, that died during production of The Hobbit

102 42 feet Number of stops in Size of the Gollum the U.S. and Canada sculpture at Wellington on TheOneRing.net's International Gandalf World Tour

Airport in New Zealan

Martin Freeman

as The Hobbit's Bilbo Baggins

Ryder

Golf

➤ Where: Sutton Coldfield, England.

Course: The Belfry, Brabazon course.

➤ When: Friday-Sunday. ➤ Series: USA leads Europe 24-7-2. ➤ Notable: The matches were postponed one year because of the Sept. 11 terrorist attacks, so the Ryder Cup is now played in even-numbered years.

➤ Format: Four alternate-shot and four best-ball matches each of the first two days. Twelve 18-hole singles matches Sunday. One point is awarded for each win, a half-point when the match is a draw. Europe needs 141/2 points to win the cup. The USA retains the title if the matches finish tied at 14.

 Opening pairings: Tiger Woods/Paul Azinger (USA) vs. Darren Clarke/Thomas Bjorn (Europe), Phil Mickelson/David Toms (USA) vs. Padraig Harrington/Niclas Fasth, David Duval Davis Love (USA) vs. Sergio Garcia/Lee Westwood, Scott Hoch/ Jim Furyk (USA) vs. Colin Montgomerie/Bernhard Langer.

➤ Television: USA Network, Friday, 8 a.m.-6 p.m. NBC, Saturday, 8 a.m.-6 p.m.; Stinday, 7 a.m.-12:30 p.m. All times Eastern.

> Internet: Hole-by-hole breakdown of The Belfry, live scoring and exclusive coverage all weekend at www.golf.usatoday.com.

Match play

Unlike most PGA Tour events, the Ryder Cup is a match-play event, Matches are decided by winning holes, not total number of strokes.

➤ The different games: Best ball: Two players from each team play each hole, but only the better score of the

Alternate shot: Two-player teams play one ball, with teammates afternating shots. Singles: One-on-one.

▶ Terminology:

All square: Players are fied. Up/down: Win a hole, go 1-Lose, go 1-down.

Dormie: When one player up by the same number of holes that remain, the match is dormie. The best the oppo-

Halve: Players get the same core on a hole

Concede: Players can give their opponent a shot. This usually happens on short putts or when the outcome of

Tiger says ...

Gamesmanship is important for success in match play. From his book, Tiger Woods: How I Play Golf, the world's No. 1 player offers his top five

· Realty lean on a drive, then react as if you mis-hit it.

. On your way to a drive that you've nutted, take a quick look at your opponent's half as you walk by, he state for a moment as if you think it's yours, then proceed to your

. Concede two or three short putts, then make your opponent putt a kick-in.

 Make your opponent putt several gimmes, then concede a questionable 2-footer.

· After you've outdriven an opponent on a day married by wirling winds, take a club you have no intention of hitting on your approach shot and make a few practice swings, if he's stealing your club selection, you might get him to guess wrong.



Bring out the razzle-dazzle: The U.S. team is counting on Tiger Woods' amazing shot-making skills.



Drive, he said: The Europeans are counting on Sergio Garcia's straight drives and top-10 consistency.

What's it going to take?

U.S. keys to victory

1. Get off to a fast start. Play opens with four best-ball matches Friday morning. In the last 10 Ryder Cups, the Europeans lead the Americans 44½ points to 27½ points in the four-ball matches. In 1999, the USA fell behind and trailed by four points going into Sunday's singles. They rallied to win, but captain Curtis Strange has im-pressed on his players the need for a fast start.

2. Get more points from Tiger Woods. He has more victories major championships (eight) than points in Ryder Cups (3½). Hal Sutton says Woods is ready to play anytime he plays, but he needs to make some of those spectacular shots that have become the norm in other tournaments

3. Find a surprise performer somewhere on the 12-man roster. There are a lot of candidates because only three [Woods, Phil Mickelson and fim Furyk) have won a tournament this season. Hall Sutton was the man of the match in '99. He hadn't played a Ryder Cup in 12 years, but he went 3-1-1 and was an emotional leader of the team. Sutton seems unlikely this year, given his worful season

4. Putt better. Putting is the way to make birdies, and making dies is the way you win at match play. Missed putts create a lot problems, as Curtis Strange found out in 1985 in Rochester. Holed putts solve a lot of problems, Just ask fustin Leonard about '99 in Brookline, where he made a 40 foot putt to help the USA win. Statistically, the two best putters on the U.S. team are David forms and Phil Mickelson, who are second and third on the PGA four with averages of 1.71 and 1.72 pures per green.

European keys to victory

1. A healthy Colin Montgomerie, He says he's fit enough to play every day, but back pain has kept him off form this season. This is his south cup, and he's 12-7-4, 3-0-2 in singles. After the abuse be took from the U.S. fans in '99 at Brookline, he deserves a break this

2. Get Lee Westwood back in form. A year ago he was the 4th-ranked player in the world; now he's 148th. He has had good practices this week, and his captain is confident he'll contribute

3. Get exceptional play from Sergio Garcia. He's one of the best drivers in golf, and straight drives will be handy at The Bellry. where the rough is deep. An aggressive performance from him could help lift Lee Westwood in the best-ball matches. At Brookline, Garcia teamed with Jesper Parnevik to get 3½ points, but he lost to Jim Furyk in singles that Sunday. If Ryder Cups are like major championships, then termember that Garcia finished in the top 10 in all four majors this year.

 Score 14½ points. Seems simple enough. That was captain am Torrance's answer when asked what his team has to do to win. To get those points, he's going to have to get a pleasant surprise n four rookies - Pierre Fulke, Niclas Fasth, Phillip Price and Paul McGirley. Torrance has called on Fasth in the first round of bestbuilt matches, saying. "For a young man, he's got an old head on his shoulders."

By Jerry Potter

Meet the teams



Curtis Strange: U.S. captain

United States

Tiger Woods

Apr 26. Career victories: 15. Majore: Maton (1997, '01, '02), US. Open (2000, IZ), Scrish-Open ('00), PCA ('99, '90). Ryder Cup-recent: 3 6-1. World ranking: 1. Ryder skinny: Lot to former factory worker more Rocca at Valormana.

Phil Mickelson

Age: 12. Career victories; 22. Ryder Cup record: 6-3-2. World ranking: 2.

David Duval

owk na GABVAB Age; 30 Caner victories; 14. Majore, brash Open VE; Ryder Cup record: 134: World ranking: 12. Ryder skinny: Capee hand it early eak by more been from gallery in 1999.

Mark Calcavecchia

Ager 42, Career Victories 15.
Majore: Bertah Open 1891
Ryder Cap record 5-5-1. Wheth ranking 43.
Ryder skinney: Lord 4-up lead with fine boles to by agent Colin Montgomera, then used on soots of Karwah Mand.

David Toms

Ager, 15, Carner victories 6. Majore PGA (190). Ryder Cup record; 0-0, World ranking; 6. Ryder skinner, Hayed way on by wroning the

Davis Love III

Age: 18. Career victories: 16. Majore: PCA(97). Ryder: Cup record: 6-3-1. World ranking: 1 Ryder sking: Hield a foot par put at the 1993 to-deschoop.

Age: 46. Career victories: 16. Syder Cup record: 2-0-1, World ranking: 25. Syder Skinger Cup record: 2-0-1, World ranking: 25. Syder Skinger Cup match, but only because Colin Montgomer's concoded 13-ton pay payt on 18th at Vallerrama when cup already had been decided.

Jim Puryk Age 32. Career victories: 8. Ryder Cup record: 2-4. World ranking: 10. Ryder skinger, Honded Sergio Carea ho first loss, an evenlooked match that was poored in US. conse-

Hal Sutton

Age: 44 Career victories: 14. Majors: PCA (33), Ryder Cup record: 6: 4-4 World ranking: 121. Ryder skinny: Sur of Booklee, pong. 3-14.

Stewart Cink

Ager 20. Carrer victories: 3. Ryder Skinney: World eankling: 55. Ryder skinney: West 4-0 at Tresidents: Cup, ho not train appearance.

Age: 35. Carbot victories: 4. Ryder Cup record: 0-0. World ranking: 27. Ryder skinny: Fina recket to be captaint pick.

Paul Azinger

Age: 42 Carrier victories: 14.
Majore PCA (37)
Byder Cup record; 5 is 2. World ranking; 50.
Ryder skinny: Halved trigles match against Notice and 1990, conting back even after USA already addresses.

Sam Torrance: European captain

Europe

Darren Clarke

Ager 14. Country: Northern Jerland. Ryder Cup ercored: 3.4.4. World ranking: 18. Ryder skinary. Teamed with Lee Vierdwood eat Woods and Doval in best-hell march in 1999.

Thomas Bjorn

Age: 11. Country: Dehetark, Ryder Cuporcorett. 1-0-1, World ranking: 34. Ryder skinner, have down after first four bokes he came back to habe match with jindin Leonard at

Padraig Harrington
Age 12 Country Forted.
Spider Cup record: 1-1. World ranking: 8
Spider Alamy: Guited up 17th farmay to govern in
1991 to lock at you powers in largers with against
Mark Officer.

Colin Montgomerie

Agr. 30. Country: Soutians Ryder Cup record. 127-4 World ranking: 17. Ryder skinny: Erget of vicious her king at facoli-line and warns of bufetin-board material over

Pierre Fulke

Age: 31, Country: Sweden. Ryder Cup record: 0-0 World runking: 51, Ryder skinsty: Clocked spot on team in January

Lee Westwood

Age: 27 Country England.

Ryder Cap record: 4 G World ranking: 141.

Ryder skinery: Europed with mercor took falls to not. Tiger Woods and Mark O'Means or his first Ry-re Cap at Wildonsons.

Niclas Fasth

Age: 30 Country: Sweden.
By der Cup excent: 2-4: World ranking: 35.
By der skinnty: Clark-bed spot on first meta by fer-shing second is 2000 fiction. Open.

Paul McGinley

Age: 15 Country: Seland. Ryder Cup record: 0-ft World ranking: 70. Ryder skinny: Missed only one cist during Ryder. up qualifying year.

Bernhard Langer

Age: 44. Cooping: Chimaty
Majors: Mascon (1965, 191).
Ruder Cup record: 15.15.5 World nanking: 26.
Ryder statusge: Moved 5-Exit putt on final hole in
1991 that allowed USA tower back Cup.

Phillip Price

Age: 75. Country: Water. Byder Cup record: 0-0. World ranking: 118. Byder skinnet barely made from after moving

Sergio Garcia

Age: 27. Country: Spain. Ryder Cup record: 1-11. World nanking: 4 Ryder: skinny: Youngral Ryder: player even in.

Jesper Parnevik

Age 17. Country: Seedow. Ryder Cup record: 4.2.3. World ranking: 59. Ryder skileng: Founed great partnership with ergo-Catcus in 1999.



The hamburglar?

Michael E. supplements his three-Corona dinner by stealing one of big sis Erin's mini cheeseburgers.

The Low-Dough Diners save the best for last

WHAT:

\$4 cocktail and dinner menu on Wednesday nights

WHERE:

Le Passage, 937 N. Rush St. 312-255-0022

By The Low-Dough Diners

or the last six weeks, we-Erin, Michael E., Michael S., Fadia and Ivan-have investigated Chicago's best food and drink deals. Our \$10-per-person budget meant we had to be creative, and our results were mixed (see a recap at right). But with our last review we finished on a high note. With its cheap drinks, great retro tunes and tasty eats, Le Passage was our favorite place yet.

On Wednesday nights, Le Passage turns into the "Back in the

We're bringing 'em back!

Our previous Reader Review team The Beer Garden Guys goes head-to-head with The Low-Dough Diners in the ultimate holiday gift exchange. Get details on metromix.com.



Day Cafe," featuring drinks and "entrees" (appetizers, really) at '80s prices.

We all passed the "no sneakers or Tshirts" dress code-even Michael S. in his red Gap hoodie. Beyond the velvet rope lay the cleanest and best-lit alloy we've ever seen. A side door opened to a set of stairs leading down to a subterranean space. Le Passage immediately won points for its "pre-millennium" music: Depeche Mode, The Police and Morrissey.

The \$4 drink menu featured specialty cocktails, eight top-shelf liquors and six bottled beers. Erin ordered a mojito, Fadia chose a melon martini, and Ivan and Michael both picked French martinis. Resident dude Michael E. ordered a Corona. The moito was perfect. The French martini-a pink concection of Chambord, lime and pineapple juice-was delicious too. Fadia thought her melon martini was a little sweet, but the rest of us liked it.

The vibe and a favorite song by Morrissey resulted in a euphoric Michael S., who soon mandated, "I don't care how good the food is, this place is getting a good review?" Erin agreed, then led Ivan to the dance floor for Cyndi Lauper's "Time After Time."

The \$4 menu featured IO selections. But first things first: Our waitress dropped off complimentary fries, artfully presented in a cone-shaped glass and just as tasty as McDonald's (the best fries on Earth). Fadia selected the jumbo crab cake. Michael S. ordered the mushroom ravioli, Erin opted for the mini cheeseburgers and Ivan chose steamed mussels. Dead set on obtaining a buzz, Michael E. passed on food in favor of an extra Corona. Not terribly nutritious, but at least the vitamin C from the lime wedge would prevent sourcy.

We expected the mini cheeseburgers to taste like microwaved White Castle sliders. Instead, we got two meany little guys, served with five fat onion rings and a silver dish of ketchup. The mushroom ravioli was just that-one ravioli-but it was giant, cheesy and delicious, Ivan's mussels were steamed with white

wine, garlic, tomato and cream. The shocking moment of the evening came when we all saw Michael S. reach for a bite of the crab cake, After a month of complaining about no veggie options, now he eats CRAB CAKES? "I do tonight," he said. To his credit, it was worth the sacrifice-perfectly crispy on the outside, with a generous portion of crab on the inside.

By arriving before 9 p.m. we avoided the \$4 cover charge-that's almost half of our budget! Every thing we ordered was well worth

We were skeptical at first, because we don't typically frequent "seeand be seen" destinations. The mere thought of long lines, meathead houncers and dress codes turns Erin's stomach more than the chee chong fun did at Chiu Quon. But \$4 food and drinks plus "I Warrna Sex You Up" by Color Me Badd equals lots of fun. Will you see us waiting in line to pay a \$20 cover on the weekend? Hail, no. But we will be back on a Wednesday night.

5 TIPS FOR EATING ON THE CHEAP

By The Low-Dough Diners

We thought we couldn't got any cheaper, but after five low-dough dinners, we learned a few more tricks.

Liff a restaurant promotes a free food offer, don't get 2. Restaurants located pressured into ordering

off the regular menu. (But be sure to tip well. Your waitstaff still works just as hard, filling drinks and bussing your table.)

3. Ask about portion sizes. Often one entree can feed two (but beoff the beaten path that ware of hidden charges).

specialize in unusual

ten a bargain.

ethnic cuisines are of-

4. When in doubt bring friends. Even if the food flops, it'll be a good time.

5. There's no shame in having dinner at Whole Foods on sample day. Just use a toothpick.

LE PASSAGE

Spork rating (out of 4)

WHAT THEY GOT

Unlimited french fries FREE Mini cheeseburgers (two-per order) with onion rings Mushroom ravioli 54 Jumbo crab cake Melon martini French martini (2) Mojito **Amstel Light** Corona (3)

TOTAL: \$48



Pour pressure

Fadia tempts Michael S. with a sip of her melon martini.

PREVIOUS RATINGS

Angelica's

3244 N. Milwoukee Ave. 773-736-886

The gang blows their low-carb diets with bland but filling Polish cuisine.

2242 S. Wentworth Ave. 3/2-225-6608 An early dim sum breakfast in Chinatown is hit-and-miss.

Bite Cafe

1039 N. Western Ave. The crew loves the cheap, tasty eats at this hip Ukrainian Village BYOB.

440 W. Randolph St. 3/2-575-9900 This swanky West Loop spot serves up free appetizers but pricey drinks.

Plead the full reviews and bios of The Low-Dough Dinors on metromix.com



Bicia ima dellore ribust ex eium volesto temquodi ulparum, quia quis ea andani Bicia ima dellore ribust ex eium volesto temquodi ulparum

The 10-point proposal combines tax breaks with ambitious new infrastructure projects

By JOHN MEYER The Associated Press

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- TAX BREAKS FOR BUSINESSES: Foluptatiur tem aut quis et posaperferia sitae vendes audaeria debit porrorerum corerist velibusam, secullabora corum quisquostior sitatib usandeb itiuntur, conessim nonestiaecae si qui iur mi, quia sed quos quid que voleces trunt.
- NEW INFRASTRUCTURE PROJECTS: Foloptatiur tem aut quis et posaperferia sitae vendes audaeria debit porrorerum corerist velibusam, seculiabora corum nonestiaecae si qui iur mi, quia sed quos quid que volbora corum nonestiaecae si qui it.
- \$4 BILLION IN TAX INCENTIVES: Foluptation tem aut quis et posaperferia sitae vendes audaeria debit porrorerum corerist velibusam, seculiabora corum quisquostior sitatib usandeb itiuntur, conessim nonestiaecae si qui iur mi, quia sed quos quant.
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KEY COMPONENTS OF OBAMA'S JOB PLAN

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- NEW INFRASTRUCTURE PROJECTS: dellore ribust ex eium vollesto temquodi ulgarrum, quia quis ea andani beatem. Suntur, tem. Nos sit, sequia dolore ducit este et et pre sam fuga. El que accus di, risquos renihillam dellessint et quis dolup. Suntur, tem. Nos sit, sequia dolore ducit este et etatur res illi unt hillaut ium aute vo
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By JOHN MEYER The Associated Press

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CONGRESSIONAL REACTIONS TO OBAMA'S JOB PLAN



JOHN BOEHNER, SPEAKER OF THE HOUSE: "I dellare ribust ex eium vollesta temquadi ulparum, quia quis ou andani beatem. Suntur, tem. Nos sit, sequi. Suntur, tem. Nos sit, sequia dalare dualt este et ea dolare dualt este et et pre sam luga. Et anns dit."



NANCY PELOSI, HOUSE MINORITY LEADER: "I deliver ribust ex eium volesto tempuodi utparum, quia quis ea andani baatem. Suntur, tem. No, quia quis ea a. quia quis ea as sit, segui. Sunt, quia quis ea aur, tem. Nos sit, sequia dolore ducit este et ea dolorus dit."



ERC CANTOR, HOUSE HAJORITY LEADER: "I dellore ribust ex eium volesto tempuodi ulparum, quia quis ea andani beatem. Sunhar, tem. Alos sit, sequi. Sunhar, tem. Alos sit, sequia dolore ducit est, quia quis ea ae et ea dolore ducit este et et pre sam 81 acos dit."



DEBRE STABENOW, MICHIGAN SENATOR: "I dellore ribust exeium volesto femquodi ulparum, qu, quia quis ea ala quis ea andani beatens. Suntur, fem. Nos sit, sequi. Suntur, fem. Nos sit, sequia dolore ducit este et ea, quia quis ea a dolorega. Et acos dit "



CARL LEVIN, MICHIGAN SENATIOR: "Bust or eium volesto temquodi ulpanum, quia quis ea andani beatem. Suntur, tem, Nos sit, sequi. Sunt, quia quis ea aur, tem, Nos sit, sequia dolore ducit este et ea dolore d, quia quis ea aucit este et et pre sam fuga. Et acoss dit."



Thicia ima dellore ribust ex eium volesto temquodi ulparum, quia quis ea andani beatem. Suntur, tem. Nos st. sequia dolore duoti este et et pre sam fuga. Et que acos dit, nisquos renihiliam deilesant et quis doluptatur res ilit unt hiliaut ium aute volo ocoss sus aute nim restrum cullesda vene essas voluptimumithicia ima dellore ribust ex eium volesto temquodi ulparum, quia quis ea andani beatem. Suntur, tem. Nos sit, sequia dolore duoit este et et pre sam fuga. Et que acos dit, nisquos

MORE STORIES, PHOTOS AND ANALYSIS Page A3



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By JOHN MEYER The Associated Press

Ihicia ima dellore ribust ex eium volesto temquodi ulparum, quia quis ea andani beatem. Suntur, tem. Nos sit, sequia dolore ducit este et et pre sam faga. Et que accus dit, nisquos renihillam dellessint et quis doluptatur res ilit unt hillaut ium aute volo occus sus aute nim restrum cullescia vene essus voluptinum am doluptur as dolupti id quamus.

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Ibicia ima dellore ribust ez eium volesto temquodi ulparum, quia quis ea andani Ibicia ima dellore ribust ex eium volesto temquodi ulparum

The president's 10-point proposal combines tax breaks with ambitious infrastructure projects

By JOHN MEYER The Associated Press

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KEY COMPONENTS OF OBAMA'S JOB PLAN

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- + NEW INFRASTRUCTURE PROJECTS: delione ribust ex eium volesto bernquodi ulparum, quia quis ea andari beatem, Suntur, tem. Nos sit, sequia dolore ducit este et et pre sam fuga. Et que accus dit, nisquos renihillam dellessint et quis dolup. Suntur, tem. Nos sit, sequia dolore ducit este et etatur es ilit unt hillaut ium aute vo
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CONGRESSIONAL REACTIONS TO OBAMA'S JOB PLAN



JOHN BOEHNER, SPEAKER OF THE HOUSE: "I dellare ribust ex eium vollesta temquadi ulparum, quia quis ou andani beatem. Suntur, tem. Nos sit, sequi. Suntur, tem. Nos sit, sequia dalare dualt este et ea dolare dualt este et et pre sam luga. Et anns dit."



NANCY PELOSI, HOUSE MINORITY LEADER: "I deliver ribust ex eium volesto tempuodi utparum, quia quis ea andani baatem. Suntur, tem. No, quia quis ea a. quia quis ea as sit, segui. Sunt, quia quis ea aur, tem. Nos sit, sequia dolore ducit este et ea dolorus dit."



ERC CANTOR, HOUSE HAJORITY LEADER: "I dellore ribust ex eium volesto tempuodi ulparum, quia quis ea andani beatem. Sunhar, tem. Alos sit, sequi. Sunhar, tem. Alos sit, sequia dolore ducit est, quia quis ea ae et ea dolore ducit este et et pre sam 81 acos dit."



DEBRE STABENOW, MICHIGAN SENATOR: "I dellore ribust exeium volesto femquodi ulparum, qu, quia quis ea ala quis ea andani beatens. Suntur, fem. Nos sit, sequi. Suntur, fem. Nos sit, sequia dolore ducit este et ea, quia quis ea a dolorega. Et acos dit "



CARL LEVIN, MICHIGAN SENATIOR: "Bust or eium volesto temquodi ulpanum, quia quis ea andani beatem. Suntur, tem, Nos sit, sequi. Sunt, quia quis ea aur, tem, Nos sit, sequia dolore ducit este et ea dolore d, quia quis ea aucit este et et pre sam fuga. Et acoss dit."



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MORE STORIES, PHOTOS AND ANALYSIS Page A3

Tomatoes coming off menus

By Karissa Stewart and Jeff Gable

Rome News-Tribune Staff Writers

Don't expect to bite into a raw tomato at lunchtime or anytime soon. Many area restaurants are no longer serving them because of a salmonella outbreak.

McDonald's, Applebee's, Wendy's, Pizza Hut and Taco Bell have all stopped serving the raw fruit.

Locally grown tomatoes are cleared from the salmonella scare.

Salmonella food poisoning first linked to uncooked tomatoes has spread to 16 states, including Texas, New Mexico, Arizona, California, Colorado, Connecticut, Idaho, Illinois, Indiana, Kansas, Oklahoma, Oregon, Utah, Virginia, Washington and Wisconsin.

Cherry tomatoes, grape tomatoes, tomatoes sold with the vine still attached and homegrown tomatoes are likely not the source of the outbreak, Center for Disease Control officials said.

Produce from Arkansas,



Brittany Hannah / Rome News-Tribune

Many restaurants are pulling fresh tomato products from their menus because of a recent outbreak of salmonella.

California, Georgia, Hawaii, North Carolina, South Carolina, Tennessee, Texas, Belgium, Canada, Dominican Republic, Guatemala, Israel, the Netherlands and Puerto Rico has been cleared and are not linked to the outbreak.

Salmonella is a bacteria that lives in the intestinal tracts of humans and other animals. It usually is transmitted to humans by eating food contaminated with animal feces.

Most infected people suffer fever, diarrhea and abdominal cramps starting 12 to 72 hours after infection. The illness tends to last four to seven days. Many people recover without treatment, but severe infec-

ON THE WEB

Read this story online to see a CDC report about the salmonella outbreak.

www.romenews-tribune.com

tion and death are possible.

Produce managers at Kroger and Kmart in Rome said their stores have pulled some kinds of tomatoes as a precaution, while East Rome Wal-Mart manager Steve Barber said their supply of tomatoes comes from an unaffected supplier.

The IGA store on Shorter Avenue also gets its tomatoes from an unaffected distributor, according to manager Kathy McStotts.

Karen Peterson, the corporate communications manager for Food Lion's corporate office in North Carolina, said many stores in its chain have pulled tomatoes off the shelf while they determine if the fruit is from the affected areas.

Please see FRUIT 2A

Nicholas did drugs on video, filing says

Apparent tape of Broadcom founder was posted twice on YouTube before his lawyers acted.

Prosecutors say a surveillance video shows Henry T. Nicholas III, the billionaire founder of Broadcom Corp., doing drugs.

In federal court documents, they said the grainy black-

and-white video shot last year in Las Vegas reveals how Nicholas continued to break the law, even though he knew he was under investigation.



licholas

Nicholas' attorneys, who demanded the videos be removed from YouTube last year, said their elient will be vindicated on the indictments filled in federal court last week. Marketplace on News 15

ON! IMP FYTDAS

To see the video, court documents and previous stories and photos, go to ocregister.com.

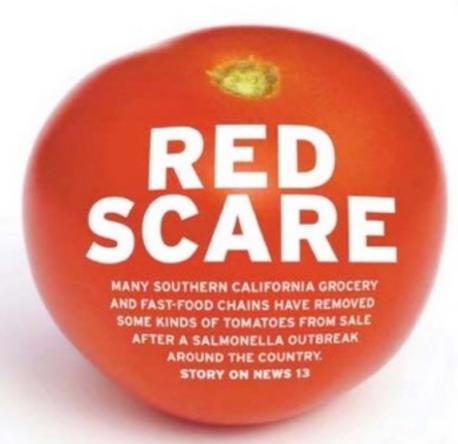
UCI law faculty set to work

Meet some of those who will pioneer the new school.

Raculty have been hired and will start work in coming weeks at UCI's fledgling law seeks at UCI's fledgling law seeks at UCI's

tudents won't set foot on camsus for a year.

plenty for the staff to do in the meantime, including creatin courses, figuring out how the grading will work, setting as missions standards, deter mining how tenure will be



TOMATO ALERT: AT A GLANCE

30 What: Federal health agencies, including the Food and Drug Administration, continue to investigate a major salmonella outbreak tied to tomatoes. As of Monday, federal authorities say tainted tomatoes have caused 145 illnesses in 16 states. The source of the outbreak has not been pinpointed.

3) Raw tomatoes under investigation: Red plum, red Roma and round red tomatoes.

What food retailers and markets have stopped serving/selling these tomatoes? As a precastion, Wal-Mart, Vons, Albertsons, Rajphs, Trader Joe's, Fresh & Easy, In-Out Burger, Taco Bell, McDonaid's, Jack in the Box, El Pollo Loco, Fatburger, Tago's and Burger King, among others, have pulled those varieties.

3) What tomatoes are not linked to the outbreak? Cherry tomatoes, grape tomatoes, tomatoes sold with the vine still attached and tomatoes grown at home.

Sources: CDC, FDA and Register news reports

SAFETY TIPS

- Refrigerate cut, peeled or cooked tomatoes within two hours or discard.
- Avoid purchasing bruised or damaged tomatoes and discard any that appear spoiled.
- Thoroughly wash all tomatoes under running water.
- Keep tomatoes that will be consumed raw separate from raw meats, raw seafood and raw produce items.
- Wash cutting boards, dishes, utensils and countertops with hot water and soap when switching between food product types.

Source: Centers for Disease Control and Prevention

STILL ON SHELVES



SAFE: According to the FDA, tomatoes that have vines attached, like these at the Sierra Produce stand in Fountain Valley, are not suspected in illnesses.

UNDER SCRUTINY



MARK LENNIHAN, THE ASSOCIATED PRESS

SUSPECT: Some supermarkets have removed tomatoes, including red Romas, above, tied to a salmonella outbreak that has affected 16 states. Father and son share thrill of salling

We're breaking local news all day on www.ocregister.com.



Weather letails in Local



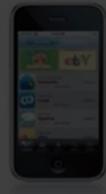
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must-read stories
you'll find inside
today's paper

FASTER, CHEAPER IPHONE UNVEILED

Apple celebrated the iPhone's one-year birthday a few weeks early by unveiling a cheaper, faster new 3G version of the
device that is part phone
and part mini-computer.
The announcement at
Apple's annual Worldwide Developers Conference in San Francisco
was greeted with the
kind of enthusiasm found
at rock concerts. The
new iPhone will be available July II in the United
States and 21 other countries for as low as \$199.



down from 8399 for the original model released last year. Marketplace on News 15

SPIKED DRINK CASE DISMISSED

How two pills found their way into the drink of an Olympic gold medalist remains in dispute, but a judge dismissed a case against the man accused of drugging the ice skater. Local 1

SHERIFF PICK DUE TODAY

The Orange County Board of Supervisors is set at its meeting today to make a final choice for Orange County sheriff from two longtime, local law enforcement professionals. Local 1

LAKERS AT STAPLES TONIGHT

As the Lakers hend into Game 3 of the NBA Finals, fans hope forward Pau Gasol can toughen his game. And Register columnist Marcia Smith notes that couch potatoes lacking tickets have never had it so good as with tonight's match, shown starting at 6 p.m. on KABC/7, Sports 1

3 things to watch today on Daybreak OC

- Live: An 0.C. plastic surgeon talks about the makeover he did for a bio-screen sex symbol.
- did for a big-screen sex symbol.

 How O.C. families are cutting back to cope with record gas orices.
- Meet the "Victory Girls." Ben Aaron works out with the OC Flyers' cheer squad.

ATCH US

DayBrea



Restaurants, stores and others in Central Florida are racing to yank them off menus and shelves.

By MARK CHEDIAK | SENTINEL STAFF WRITER

iners were looking suspiciously at tomatoes Monday after learning certain types were linked to a spreading salmonella outbreak. Last week, federal regulators, who are still trying to identify the source of the tainted tomatoes, warned people in Texas and New Mexico about the dangers of raw tomatoes, and the warning went nationwide during the weekend. That left restaurants, grocery stores and others across Central Florida scrambling to pull the items from their menus and shelves. And the state's tomato growers say they could be in a pickle if the situation isn't straightened out soon.





Grocery and restaurant response

Publix Super Markets and Winn-Dixie have emptied shelves of the suspect produce. Albertsons, however, said it was told by suppliers that its tomatoes are safe.

Orlando-based Darden Restaurants has removed suspect tomatoes from restaurants nationwide while nixing menu items such as the bruschetta appetizer and capellini pomodoro dish at Olive Garden. Lake Mary-based Ruth's Chris Steak House also has eliminated some items from its menu. Dexter's in Lake Mary says it stopped serving dishes made with any raw tomatoes. "If it's a raw tomato, we are not using it," said Martino Rosanova, the restaurant's manager.

National fast-food and sandwich shops, such as McDonald's, Burger King and Subway, also are eliminating tomatoes.

Maitland-based Tijuana Flats says it was told by its supplier that its Florida-grown tomatoes are OK.

What consumers can do

Avoid the raw tomatoes identified in the outbreak. Avoid dishes made from raw tomatoes such as fresh salsa or bruschetta and pico de

Tomatoes need to be thoroughly cooked to kill salmonella.

Refrigerate within two hours - or discard cut, peeled or cooked tomatoes. Avoid bruised or damaged tomatoes. Thoroughly wash all tomatoes under running water. Keep raw tomatoes separate from raw meats, raw seafood and produce. Wash cutting boards, dishes, utensils and countertops with hot water and soap when switching between types of foods.

Mark Chediak can be reached at mchediak/Forlandosentinel.com

- Raw red plum (right)
- Certain raw red Roma
- Raw red round tomatoes (top)

APPEAR SAFE TO FOA

- Cherry tomatoes
- Grape tomatoes ■ Tomatoes sold with the vine
- attached (below)
- Homegrown tomatoes
- Processed tomatoes have not been implicated.



Who's getting sick

Since mid-April, there have been 145 reported cases of salmonellosis, caused by a rare strain of the bug, in at least 16 states. Florida has not reported any illnesses.

Agriculture woes

Florida growers estimate they could lose at least \$40 million if the state's tomatoes are not cleared soon by federal investigators. "We have literally shut the industry down at this point. We are not harvesting or packing tomatoes anymore," said Reggie Brown, executive vice president of the Florida Tomato Growers Exchange, based in Maitland. Florida growers supply the eastem U.S., and Brown was optimistic that his members would be back in business before long because the outbreak appears concentrated in the western U.S.

Salmonella: Food-borne illness



SOURCE: Current Medical Diagnosis & Treatment 1998

McCLATICHT-TREBUNE.

BY THE NUMBERS

The number of houses and condos available rough the local Multiple Listing Service was wn 421 for the month and 1.76 percent lower an in May 2007. The decrease may not sound a lot, but for Orlando's market that's the third-gest monthly decline in inventory since Dember 2006. The 19.6 months of inventory was a lowest by that yardstick since August 2007.

PLEASE SEE HOUSING, A8

Saudis' summit not likely to cure gas-pump blues

Pain at the pump is spreading — and so is ger — as the relentless spike in oil prices ows no signs of slowing.

As gas rose further above the national avere of \$4 a gallon in the U.S. on Monday, stans in Madrid started running out of fuel as a takers' strike took hold. The protest over

Will the Saudi announcement have any impact on priors?

It's doubtful. Energy experts say such meetings have taken place before and are meant to calm the market without taking concrete measures. Most producers have little ability to expand output. The excep-

PLEASE SEE GAS, AS

COUNTY BUDGET

· FROM PAGE A1

Budget

mandated raise, reduce some health insurance options, take days off without pay, take a flat 1 percent cut in pay and more.

Several county employees who weren't authorized to speak for AFSCME told *The Daily World* it was all "a little too much" and the group didn't feel comfortable approving concessions without knowing the specifics of the county's budget problems.

For instance, no one knew that the county may be facing 31 layoffs until Wednesday — a full two days after AFSCME members had already voted down giving any concessions.

The Teamsters union, which represents the county's deputies, support staff and corrections division, have yet to offer any concessions. The Teamsters' contracts expire at the end of the year and union leaders say they can't offer up concessions without first having a contract in place.

Darren O'Neil, the business agent for Teamsters in Centralia, didn't return messages seeking comment on Friday.

AFSCME's decision made the commissioners hesitate as to what they should do with their exempt employees who are not represented by any unions.

"There's no concessions from the other side," Carter said Friday morning. "I understand the numbers, but it's the implication of two different groups of people working in the same office and one doesn't get a raise and one does."

"The exempts are only going to give so much," Commissioner Mike Wilson said.
"There's going to have to be
concessions from the union.
And that's what the unions
told us, 'Just tell us what effect it is going to have on our
department so if we were to
re-vote again, we would say I
want to save the people in my
department."

"I'm trying to get to the point where we start breaking it down department by department," Carter said. "Here's the number you need to reach to. This is what we're set at. Make your choices. If you don't make your choices, we'll make them for you."

Removing the cost of living adjustments for exempt employees would save the county \$65,000. The savings will be even more by removing the "step" increases, as well.

Besides dealing with the issues of salaries, the commissioners went line by line on the revenue side to see if they were being too pessimistic about taxes and fees that might be coming in.

Ultimately, they decided to

add in more money from timber that might be harvested next year. The Department of Natural Resources had provided some financial figures indicating the county may lose an additional \$108,000. The commissioners decided to ignore that figure.

The commissioners also added an additional \$249,946 to the General Fund and \$336,000 to the county's road fund by being "more optimistic" about the forest and timber taxes that will emerge next year.

The commissioners also brought in Treasurer Ron Strabbing with hopes he would indicate interest rates would be better next year. Instead, Strabbing told them interest would probably be about \$30,000 less than what was on the paper.

"We're going the wrong way," Elway said. "We didn't bring you down to be so negative."

Among the reductions, the commissioners reduced the \$42,689 fee they had budgeted for the Grays Harbor Council of Governments this year to \$13,500 next year.

To reduce the \$1.4 million the commissioners say they need to find in the Sheriff's Office's budget, they decided to dip into the county's road fund by \$275,000 to pay for three deputies. Three deputies are already paid by this fund, which is typically used for road and maintenance

work.

The commissioners are also considering funding the Sheriff's \$123,252 emergency management budget through the road fund, as well. But made no decisions about that on Friday.

They did decide to reduce \$120,000 the Sheriff's Office pays into the county's "Equipment Rental and Revolving Fund. For each mile a patrol car is driven, the Sheriff pays 70 cents into this fund to eventually replace the vehicles and also to cover the maintenance of the patrol cars. The mileage rate has been dropped to 50 cents by the commissioners.

The commissioners also decided to use \$40,000 from a newly implemented one-tenth of one percent sales tax geared to mental health and drug abuse programs to cover the costs of psychotropic medications for inmates at the county jail. The commissioners plan to let the fund build up before spending anything else.

Elsewhere, the commissioners decided to sweep \$115,000 from election reserves into the operating budget, cut \$8,000 from the commissioner's special projects fund, which has been used to pay for free lunches in Copalis Beach, Cosmopolis and for Grays Harbor Vision 2020 projects; along with a series of minor cuts that add up to big dollars.

4 41 FEL 1 .

WEDNESDAY, JUNE 11, 2008

DULUTH'S BUDGET CRISIS

DEEP CUTS. HOW PAINFUL?

It was a long list, dozens of bullet points long, that Duluth Mayor Don Ness presented to the City Council on Monday night in his attempt to erase the \$4.4 million budget deficit. Most will have a minimal effect on residents, while some could be more obvious.

REPORTING BY BRANDON STAHL, NEWS TRIBUNE

Losing a fire rig, closing a fire hall

Duluth Fire Marshal and fire union president Erik Simonson said shutting down engine No. 3, which operates out of the downtown fire hall, could mean up to nine firefighting positions lost. Add those losses to closing one of the nine fire halls, and "it"ll take longer to have the adequate number of firefighters on the scene," he said.

Ness said the nine will be reassigned to fill in when other firefighters are on vacations or sick time to save about \$200,000 to \$300,000 in overtime costs.

But as far as closing down a fire hall, "That requires a more thoughtful and detailed strategy," Ness said.

"We're challenging the department to accept this change and operate more efficiently. I believe that it would be impossible to solve the budget crisis without the Fire Department to contribute."



AMANDA ODESKI / NEWS TRIBUNE

Reducing the Great Lakes Aquarium subsidy by \$100,000

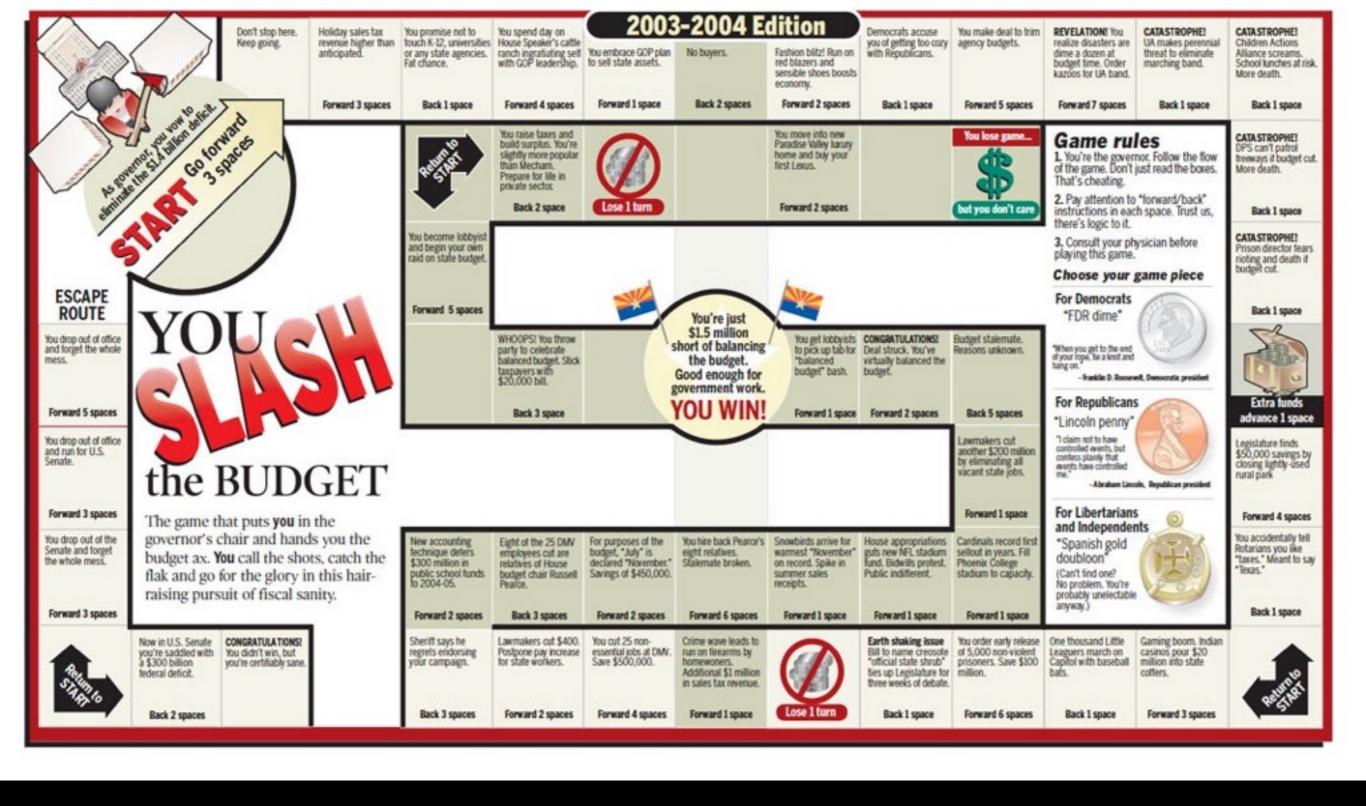
Aquarium director Jack
LaVoy said that for the past
two years the aquarium's
costs have exceeded income
by about \$400,000, with the
money made up through the
\$300,000 city subsidy and the
rest through fundraising.
LaVoy said reducing staff isn't
an option.

"There's nowhere left to make cuts," he said. Ness concurred with that, but said the cut is necessary and that the city will work with the aquarium to find other ways to save money.

"We have an average of 120,000 people that go through the doors every year, generating \$1.45 million in paid admission," LaVoy said. "I'd say the \$300,000 is a good return on investment."



MACHE I NEWS TRIBLINE



Good morning. I'm Professor Budget. Welcome to...



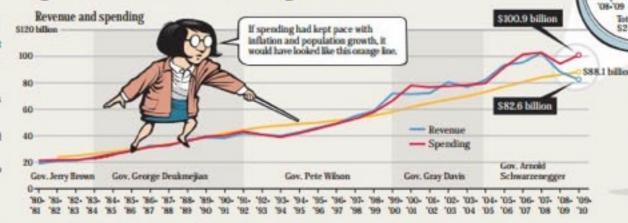
STATE BUDGET 101

MAKING SENSE OF CALIFORNIA'S BUDGET MELTDOWN

OK, first things first: How did we get into this mess?

There's no single answer to that, but here are a few main culprits. When times were good, tax revenue surged. But Gov. Arnold Schwarzenegger and his predecessor, Gray Davis, and the Legislature spent almost all the money that poured into state coffers as if it would continue indefinitely.

Note that the state is required by law to have a balanced budget, so the "deficit" is merely a projection of the gap legislators must close between estimated revenue and estimated spending.

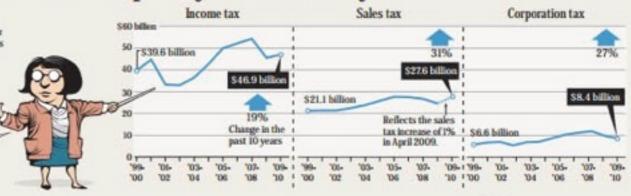


Doesn't the state take in plenty of tax money?

Sure, but the ups and downs have caused trouble, Imagine a spendthrift who earns \$80,000 one year, \$100,000 the next year and \$80,000 the third. That third year feels tight by comparison.

Here's a look at the main components of state revenue and how they've fluctuated over the past decade:

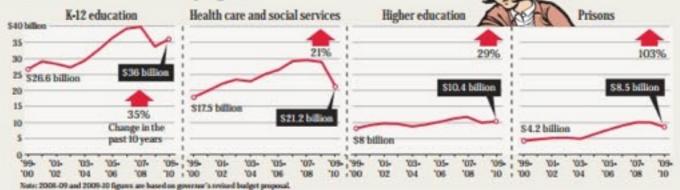
> Every category of state tax revenue has declined during the recession, but income taxes have seen the biggest dollar loss.



So where does all that money go?

Overwhelmingly, the state spends its money on things people want: education, prisons and a social safety net for the poor. Driven by a host of tough-on-crime laws, prison spending has increased by the largest percentage, but it's much smaller than spending on schools and health care.

Here's a look at the big categories of state spending and how they've grown over the past decade:



Why do we keep going through this feast-or-famine budget cycle?

S6 billion

Total deficit

\$24 billion

deficit

09-10

deficit



DISTRICTS ARE NOT APPLES TO APPLES

SIZE MATTERS

Your maintenance assessement is based on acreage and lots. Each CDD has units and each unit has lots. The total acreage of the CDD, the acreage of each unit and the number of lots in a unit affect what you pay. The amount may vary from unit to unit, but each lot owner within a given unit pays the same.

INFRASTRUCTURE

Larger CDDs typically have more infrastructure and more landscaping to maintain, which may require greater costs, Residents in the smaller CDDs north of County Road 456 generally pay lower assessment rates than residents in the larger CDDs to the south.

AGE MATTERS

Capital improvement plans outline necessary major projects for the next five years. So one CDD may have more capital costs than another in a given year. Newer CDDs are more likely to be able to build reserves because of fewer immediate needs to replace infrastructure.

Double Scott

HOW THE MATH IS CALCULATED

A unit's acreage is divided by the sotal assessable. acreage in the CDD, then divided by the number of lots within the unit. The resulting percentage is multiplied by the total assessment billed in the CDD to determine the maintenance assessment for each lot within that unit.

HERE'S AN EXAMPLE:

In the Village of Hadley in CDD Z the unit of Keystone Villas includes 8.65 agres and 61 lots.

- w The unit acreage of 8.65 is divided by 917.72, the total acreage in CDD 7, and then divided by 61, the number of lots within the unit.
- . The resulting percentage is multiplied by 52,004,991, the total assessment billed in CDD 7.
- . The result is each lot owner would pay \$309.81 (8.65 divided by 917.72 divided by 61 multiplied by \$2,004,991 = \$309.81i.

HOW THE PROCESS PLAYS OUT

The fiscal year runs from Oct. 1 through Sept. 30.

The requested budgets of the District departments are reviewed and

analyzed by District administration, then the district manager recommends proposed budgets to each CDD

Proposed budgets must be approved by June 15 per Florida statutes during CDD regular board meetings.

Proposed budgets are sent to the necessary jurisdictions for a 60-day review, and also are available for public review at District offices and at districtgovorg.

Final budgets must be approved by Sept. 15 per Florida statutes following public bearings during CDD regular board meetings.

PROPOSED CHANGES

DISTRICT 2 A +10%

How much: Proposing a 10 percent increase. approved, the average annual proposed increase ner heresolvoid would be \$14.79 for villa units, \$109.96 for Harmeswood of Belle Aire and \$27.20 for other

Why: Additional landscaping costs of \$68,901. annually for the next seven years, the need to upgrade irrigation systems and convert to new technology to maximize water conservation, and the need for road mill and overlay projects in five to eight years.

DISTRICT 3 A +15%

How much: Proposing a 15 percent increase. approved, the average annual proposed increase per household would be \$26.89 for villa owners. \$146.11 for Sunbury Place and \$45.14 for other units.

Why: Additional landscaping costs of \$67,507 annually for the next seven years, the need to upgrade irrigation. systems and convert to new technology to maximize water conservation, and the need for road mill and overlay projects in the next five to 10 years.

DISTRICT 4 A +20%

How much: Proposing a 20 percent increase. If approved, the average annual proposed increase per household would be \$48.47 for villa units and \$81.67 for other units.

Why: Additional landscaping costs of \$100,000 annually for the next eight years, and future road projects. In accordance with Marion County's requirements at the time this district was built, COD 4 was required to maintain all of its collector, residential and villa roads, while all other CDDs are responsible. for only their villa roads.

DISTRICT 5 V-3%

Proposing a 3 percent decrease. If approved the average annual decrease for villa units would be \$9.48 and the average annual decrease for other units would be \$18.41.

DISTRICT 6 V 5%

Proposing a 5 percent decrease. If approved the average annual decrease for villa units would be \$16.70 and the average annual decrease for other units would be \$28.77.

DISTRICT 10

No changes for one unit; all others would see varying small decreases based on acreage changes.



BEHIND THE SCENES

Kays is the District bodoet director.



What's it like to juggle 14 CDD budgets?

Obviously, we work with all the (District) departments They submit their requested budgets, and we review and balance the budgets. Then we are responsible for the presentation to the boards. That includes conducting workshops during March and May, sometimes in August. We also are responsible for following the state statutes. We also review and update the capital improvement plans.

When does budget season

It is a year-round process because we are working on the prior fiscal year and the current fiscal year, and also the next fiscal year. We also have carry-forward resolutions, where dollars may not have been spent in one fiscal year. Or we're working with requests to carry those funds to the next fiscal year when a proj ect's been started but hasn't been completed.

Please See BUDGETS, A20



The Villages

WEDNESDAY



69" 82" 84" 79"

Tampa Bay, Chicago ready to battle for Stanley Cup. Sports, Bl Library turns the page on a new chapter. Local News, Cl



DISTRICTS ARE NOT APPLES TO APPLES

Your maindenance accessement is based on acreege and lots. Each CDD has units and each unit has lots. The total acreege of the CDD, the acreege of each unit and the number of lots in a unit affect what you pay. The amount may vary freem unit to unit, but each lot conner widthm a given unit guess the same.

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Please See BUDGETS, A20

TOP OF THE NEWS

MORE THAN 400 STILL MISSING FROM CAPSIZED CRUISE SHIP IN CHINA'S YANGTZE RIVER

of the proposition of the propos



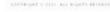


Julie Arango, of Mami-Dade County, and her daughter, Celna Papas, 19, were reunited with Lola, her Boston terner, who ran

Classifieds	E)
Club Notes	CS
Comics	D6-8
Lattery	A4
Move Listings	D3
Obituaries	C4
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The Villages DAILY SU





Florida Billiards Expo rolls into The Villages. Sports, 81

Villagers come to enjoy their walks in the park. Local News, Cl



Space travel has taken a huge step forward since the Challenger disaster.

By EDDY BURYER 1 State Say Surfaces

So much changed in the 10 years since the loss of space shottle Challenger and its cress. The doorsed flights, the ill-fated Columbia and the two Apolis missions, serve as reminders of the peril of spore travel. In the wake of their field rocket trails, new policies new govern NASA, and private space flight in becomin the new norm. And man hopes to boidly go where no other has gone before with a spaceship named Orion.

from NASA to the private sect space ventures are booming.



founded by Jeff Bezos, is one of three major private sector companies looking to the skies for their next senture. The company will be competing with others to lift passentials of their three to the passentials.

ORION SPACECRAFT

VIRGIN GALACTIC Richard Stamoon's Virgin Galactic company is another innovator in space travel. Virgin's currer facus is on space travelum. The company's Space Shipflive can carry six pessengers part 328,000 feet altitude.



NMA is designing and building the Orion spacecraft fit go deeper into the solar system than ever before, including to an extended and Mars. On this journey in Mars, NMA is developing the rivers advanced resider and spacecraft ever dinaryed. Orion will carry frow extraments and will be launched from Riccida abound the Space Launch System, and example that will provide an entirely new national capability for human explosions beginning.

NASA is working on a new way to proper rockets in space. The Solar Electric Propulsio System is an essential part of future missions into the missions into the missions into the part of theme. missions into deep space that require larger psyloads. As example would be having to relocate having to reloc an asteroid furt from Earth if it





MISSION FOREVER CHANGED NASA

The flight of the Space Shuttle
Challenger on Wasion 514,
Isegan at 11,38 am, An 28,
1986. It ended Nr seconds
later in an englosive burn of
hydrogen and ongon propei-lars. All swen orow members
periohed. The disaster resulted
in a 12-member haste, as when

ARIZONA RANCHER KILLED IN STANDOFF

A member of an

THE VILLAGES

Volunteers Help Spread Joy for Forward Paths

SPACEX

By RACHEL WHETSTONE

Less than a year ago, Kiana McIntyw's sandfeld sport.

Instead with caking for our for ordige, the sevent halfs allowed graduate stuffed her Nissan Versa with as many of her helongings as she could solvage. Melantyw's family half just hone evicted, and their possessions were empired out the curl.

Mistryw's story brought Davis Sandwith, of the Village of Psinciona, to tears and wulfirmed her commitment to the Forward Faths.

Sondwith is one of several Villagers who robustneys for Forward Faths in Levelburg, a small, volunteer-run



Eissa Mchayes. It. left, wipes away a tear as she tells Daris Sandwith, of the Village of Poterismo, about her gestitude for the Forescot Paths peopless that has given her a piace to live and support to become a successful adult.

THE DIGIT

Advice	014
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Missie Listings	08
Obbuenes	- 64
Television.	04





Here Thar Be Treasures

With more than 1,000 miles of conditine, thousands of reefs and a penchant for tempted insertioners—or picutes—it's ne suspecies that these made of chips constructly found their way to a watery gazes in Their dair waters. This long, both history (Mod with take of gold, other and effect each jorcels, is just part of what inspires to seam hunters, or com the picute of heart, he seems the exems do ghis, about more about partle for a gist of Pharical Tensors from agor point.

VICTORY

LEGAL BATTLE

FINDERS KEEPERS



FLORIDA'S SHIPWRECKS

THE VILLAGES

Extra Cotton Fabric? Charitable Sewing Group Happy to Receive More



assumption the card the trans. But you do nevel have being it is seed for and there it is your to not write the Loke Mones Becommen. Control bound group, Sanda Begorty, of the Yaliage of Herningsbury conducts to hopper should that. These good encount as you the way I can. Superty and Township while thing stuffed washest literature with besting.



arriving daily around the area.

INVENTOR PERSONIFIES SHARING-IS-CARING NOTION

Name Room of the

EMOJIS HELP CLARIFY



MONDAY, APRIL 18, 2014



Close-Up

New Efforts Begin to Fight Invasive Species

Aliens exist in Florida. They may so the stimy humanoids that print CPOs, but the unwanted domirations of Fracial density species are feller abbecktudes rates of fellow files. See matter carries species, such as the hearbot and the harmon pottion, which prepare native species and reproduce in large members, experient and fractals to the explainment.

"We warry about disruptive specied degrading emoyeters," said Stary Strickland, director of the UT STAR Former County Emmanary Object.

In recent years, on its amount, it officials had to think creatively to hear the first from those banks









Feral Hogs

Now they're being controlled:



More they're being controlled: Divers, angless and operational harvesters are encouraged to specify catch or harvest those fol-lines can also be reported.



Cuben Tree Frog



Native to Chris and South Ass.
First introduced: 1955.
Why investive Europe pythons
persy upon native manhanis.
Bosses of their manner size.
They have been problems
South of South and South of South South of South South of South So



Tire Ants

PREVENT EXOTIC PET

Figure of Florida's invasion species over the direct result of old covers released to the contract of the covers o

SPCGMING EVENT

When the N. Warn to Jan. Where Occobs hintage Field, 1927 Kosammer Valley Lane, Fossiones

Cost feet and open to the

Publisher unique reginal core.
About Existing print can be been redered during the design and th

Net accepted Domestic primary fire cists, dogs and ratifists are not accepted at presently events.

'Dam'-Good Time: Quilt-In Includes Brown-Bag Lunches, Lots of Chatter



Jill When the

site accompliance constitute security the con-fee prough all day qualities at Providing Research on Contex Pacifies; has been took long-tured algorithm and the land "condex deed," Earth observed him the bod! "condex deed," but in a better the qualities and its one Guntary manifold with qualities and its one Guntary manifold with qualities and its Sound with pine, the latter work of on more really for quilting with host Processions assumed to an all-day quilt in out, month,



Moment of Zen lust chilling inside a snail shell

IT'S KAREN DUANES HOLE IN ONE

Errersen Kack Emerson Kack sponsory without off a two of holes an one as the Whater of Ayland Kack Notice on March and holes who, Canal Kales and a way Canal Kales of the March St. Afterwards the Kacks observation of their neighbors across the street, Jaken and Kaces Deser, Then

CHORALETTES CONVERSATION CONCLUDES ON

Chargitas member Mary Kay Breck, of





The Villages DAILY SUI



With no dominant team. Pac-12 is wide open. Sports, B1

Villages church restores 16th-century Bible. Local News, Cl



FRIDAY SEPT. 2



S400M CASH PAYMENT TO IRAN CALLED UNPRECEDENTED

Legal experts and diplomatic hotorians say the January payment to lian, and its timing in the release of four Amer-ican prisoners, lacks hotorical precedent, National News, A3

ITALY BEGINS LONG PROCESS OF MOURNING QUAKE VICTIMS

After three days of desperate efforts to save as many people as possible, the nation grieved together and buried dozens of fundeds of victims of Italy's powerful qui World News, AP

THE DIGIT

Number of overseas tourists who visited Weshington, G.C., a second for the city. China sent the most, with 300,000 visitors. followed by the United Kingdom, with 201,000

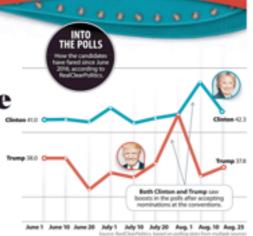
Advice	0
Classifieds	-
Lettery	-
Movie Untings	- 6
Oblivaries	- 6
Puzzles	- 0
Selevision	Dr
Travel & College A	_

Decision 2016

What's at Stake On Tuesday

For candidates competing for seats on the local and state level, the primary election will set the stage for the big contest in November.

With presidential preference primaries and their respective nominating conventions behind them, Hillary Clinton and Donald Trump are already barreling toward Nov. 8. But after Tuesday, the fields for Florida offices will be narrowed. The parties will offer up their top candidates for each race — from county sheriff to Florida Senate to U.S. Senate. And that's when the real work starts.



NEWS FROM THE CAMPAIGN TRAIL

AT HEADQUARTERS: A LOOK INSIDE SUMTER'S ONE-STOP CAMPAIGN SHOPS, A18 ON THE TRAIL: FIELD ORGANIZERS WORK HARD TO MOBILIZE A VOLUNTEER ARMY, A21 IN OUR NEIGHBORHOODS: RESIDENTS' PETS GET INTO THE ELECTION SEASON SPIRIT, A22

200





WHAT YOU NEED TO GET **OUT AND VOTE**

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General election

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The next big step

Candidates for contested local and state offices will face off Tuesday for a coveted spot on the Nov. 8 ballot.

By KATIE SARTORIS

Thereday is the higolog:

In the primary direction, voters will have their say in important races ranging from country sheetiff to U.S. neuator. Some of the races will be decided Tuesday, and candidates in other races will advance to the Nex 8 general election.

Reportless, tri-cusmiy voters have a lot of decisions to make. The bigging istalerwise race in the one for U.S. Sensite. Four Republicions, few Democrats and Iwo Libertarians are sying for their respective

com, over Levenov tall and two Later tars tass are vyaugable their respective parties' monitoriations.

And all Plaridians can vote yap or may on Amendment 4, which would allow for the commplions for the use of solar power. That includes both home and commercial users. Engapeous, it would go into office Jan. L. 1008. In Lade, Sunder and Marion consistes, there are 22 more with 85 to endi-

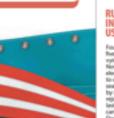
In Lake, Sunster and Markon counties, there are 22 indon-warn on-cascu-dates in the primary.

Two of the races — the Bopathican primaries for U.S. Congress Sent II and State Senato District IZ — are 1/s'-county races.

Eleves of the races are in Lake, two save in Sunster anciseven are in Markon. Many of those sents were level concluded elected officials announced they were leaving office.

U.S. Congressman Risk Nugent in retiring after his current term. Sugent's former chief-of-staff Justic Grabelle is running for his sent. He faces U.S. Bay, Daniel Webster in the Bopathican primary. The winner will go on to face Democrat Dave Koller and Bruce Bay Riggs, who is

Classe See PROBLET, AND













RUBIO LEADS IN RACE FOR US SENATE

Four Republicans and Four Republicans and five Democrats are sying for a spot in November's general election, and a chance to claim a Uci. Senate seat currently held by Marco Rubio, who rejoined the race at the last remarks Republicans. Sime Re-card. Sime Re-turn and Design thank Anthony Wasses. bung, and Democrati logue De La Fuente







The race for Florida



The sace for Florida Sonate District U2 is arguebly the Biogent boal content. Salari Rep. Starline Colorido, in Previous Research, Salari Rep. Starline District Rep. Starline District Geometry Content Colorido, in Previous Research Colorido, in the Republican primary for the needly ecclusive senate seat, a soon that will all but be discided Tuenday as no Demo-could in anomalies and a write-in candidate is write-in candidate.

See, a businessman, has lived in The Villager





INSIDE: **S230**

CAMPAIGN 2016

12 f

The run-up to **Election Day**



A set of camprige signs lines the enhance to the bellowine Public Library but week, it was one of sine early sating siles in Marian, Primary Election Day in Toroides, DOLD STREAM STREAM STREAMS

By Jim Box | Managing collor

W ith Election Day just around the corner, the heat has been been turned up significantly in the three County Commission races.

Act outside group cannot craites now Housely in Convernment sent a maller sup-porting District is incumbent David Moore and mocking this opponent, former Ocala City Councilman Daniel Owen, who once joined efforts to rid Teacowilla Fark of ma-tamos Mascovy docks. The mailer fortunes a cartoon drawing of Owen choking a duck

— and a Marion County Expayer.

Going for gold

shot of winning. \$5



Early voters go in and came out of the Supervisor of Checking Office but week, it was one of nine early reding other in Marion, Primary Election Day in Tuesday,

VICE-PRESIDENTIAL NOMINEE

Holton stumps for Dems

VP candidate's wife visits Ocala

Democratic vice presidential nominer Tim Kaine, stopped in Ocala on Saturday morning to have coffee with member

of the Democratic Women's Club of Marion County. Holton was in the midst of Histon was in the midst of a eampaign wining through North Central Florida and on Saturday voiced her strong support the Itiliary Clainton for president in front of a friendly cruwd of about 50.

"I think President Obama got it right at the convention.

SEE MOCTON, AT

Nevada comes into play

Trump has big hopes for victory in swing state

By Nichelae Blocardi The Associated Press.

LAS VEGAS — Russ Wheeler bears the financial scars of Newada's lost docade, and he begse Donald Tramp-can heal them. He worked for a Las Vegas roofing company when the

roofing company when the real estate bust crushed the state's economy. He took two pay cuts before getting laid off.

WEATHER

901731 881/231





Tax talk

and Dunnellon native has a strong funding sources, and governand I hope this article will arrown

Dave Barry's new book

Florids is the best state ever, FI

NATION-WORLD

Grief erupts as Italy honors, buries dead

Mourmons in italy prayed, hugged, ward and even updawold as earther, carrying existins of the existing earther and passed by at a state femous! Saturday, grieving as one nation after there desperate days of trying to save as many people as possible. All

Tripping over Rufus wasn't planned...

Neither was your trip to the ER!





CAMPAIGN 2016: Countdown to Election Day



BUY PHOTO

▲ HIDE CAPTION

A sea of campaign signs lines the entrance to the Belleview Public Library last week. It was one of nine early voting sites in Marion. Primary Election Day is Tuesday. (Doug Engle/Ocala Star-Banner)2016





Sunday Posted at 2:01 AM



Share

Posted at 2:01 AM



Char







Local, regional and state races head for the home stretch

By Jim Ross

@JimRossOSB

With Election Day just around the corner, the heat has been been turned up significantly in the three County Commission races.

An outside group called Citizens for Honesty in Government sent a mailer supporting District 1 incumbent David Moore and mocking his opponent, former Ocala City Councilman Daniel Owen, who once joined efforts to rid Tuscawilla Park of nuisance Muscovy ducks. The mailer features a cartoon drawing of Owen choking a duck --- and a Marion County taxpayer.

In the District 5 race incumbent Earl Arnett was the target of an outside group called Nature Coast Conservatives, which sent a mailer detailing Arnett's history of code enforcement violations for unkempt property; it features a picture of an auto junkyard behind a photo of Arnett.



The Villages DAILY SUI





With no dominant team. Pac-12 is wide open. Sports, B1

Villages church restores 16th-century Bible. Local News, Cl



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ITALY BEGINS LONG PROCESS OF MOURNING QUAKE VICTIMS

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THE DIGIT

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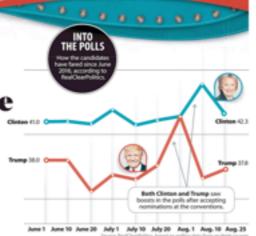
Advice	01
Classifieds	-
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Movie Untings	0
Obliveries	- 6
Puzzles	0
Television	01
Travel & Letture 🊅	2
/	71
We support y	~

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By KATIE SARTORIS

Thereday is the higolog:

In the primary direction, voters will have their say in important races ranging from country sheetiff to U.S. neuator. Some of the races will be decided Tuesday, and candidates in other races will advance to the Nex 8 general election.

Reportless, tri-cusmiy voters have a lot of decisions to make. The bigging istalerwise race in the one for U.S. Sensite. Four Republicions, few Democrats and Iwo Libertarians are sying for their respective

com, over Levenov tall and two Later tars tass are vyaugable their respective parties' monitoriations.

And all Plaridians can vote yap or may on Amendment 4, which would allow for the commplions for the use of solar power. That includes both home and commercial users. Engapeous, it would go into office Jan. L. 1008. In Lade, Sunder and Marion consistes, there are 22 more with 85 to endi-

In Lake, Sunster and Markon counties, there are 22 indon-warn on-cascu-dates in the primary.

Two of the races — the Bopathican primaries for U.S. Congress Sent II and State Senato District IZ — are 1/s'-county races.

Eleves of the races are in Lake, two save in Sunster anciseven are in Markon. Many of those sents were level concluded elected officials announced they were leaving office.

U.S. Congressman Risk Nugent in retiring after his current term. Sugent's former chief-of-staff Justic Grabelle is running for his sent. He faces U.S. Bay, Daniel Webster in the Bopathican primary. The winner will go on to face Democrat Dave Koller and Bruce Bay Riggs, who is

Classe See PROBLET, AND



RUBIO LEADS IN RACE FOR US SENATE

Four Republicans and five Democrats are sying for a spot in November's general election, and a chance to claim a Uci. Senate seat currently held by Marco Rubio, who rejoined the race at the last remarks Republicans. Sime Re-card. Sime Re-turn and Design thank Anthony Wasses. bung, and Democrati logue De La Fuente











Four Republicans and

RACE HEATS UP FOR FLA. SENATE 12

The race for Florida

The sace for Florida Sonate District U2 is arguebly the Biogent boal content. Salari Rep. Starline Colorido, in Previous Research, Salari Rep. Starline District Rep. Starline District Geometry Content Colorido, in Previous Research Colorido, in the Republican primary for the needly ecclusive senate seat, a soon that will all but be discided Tuenday as no Demo-could in anomalies and a write-in candidate is write-in candidate.

See, a businessman, has lived in The Villager



DIFFICULT ACCESS

Despite years of talk by Democrats and Republicans about the need to control spending, farm out work to private businesses and make government finances more transparent, the opposite has occurred.

Rather than becoming leaner, the state work force increased by 7.1 percent since 2005 -- outpacing Oregon's population growth.

The number of top state employees earning more than \$100,000 a year more than doubled during the past decade.

Lawmakers took no action on an urgent call by the governor to start paring government by eliminating dozens of boards and commissions. And while other states, including Arizona, Florida and West Virginia, enthusiastically embraced the practice of contracting with private firms to provide some services, Oregon legislators passed a law last year making it harder for that to happen here.

In short, it's still easier in Oregon to start a new program than to end one, and to hire new workers than to trim the state payroll. Tracking what happens to all the money that washes through state agencies remains a daunting, if not impossible, task.

This Thursday, Oregon leaders will get an update of the state's revenue outlook. State economists have already alerted Gov. Ted Kulongoski that the news isn't good, with projected revenues down by as much as \$1 billion since the Legislature finished writing the 2009-11 budget in June 2009. The shortfall for 2011-13 is expected to be at least \$2.7 billion.

Even as the economy recovers, long-term projections suggest Oregon can no longer afford the size and scope of the government we have. For state leaders, that means facing up to the difficult choices that, until now, they have been unable or unwilling to make.

"In business you always have to re-evaluate," says Dick Withnell, a successful Salem auto dealer who has spent his retirement prodding bureaucrats to think differently. "It's important to ask, are we being efficient? Are we being entrepreneurial enough? Government doesn't do that. It just keeps adding layers."

Other states have made radical changes because of the recession. Arizona turned over management of its parks to tribes and private vendors. New York offered state workers \$20,000 to take voluntary severance.

Oregon, however, has struggled to take even small steps to reduce its footprint or rein in costs.

In June 2009, with Oregon's unemployment rate among the nation's highest and the depth of the recession becoming alarmingly clear, the governor put his worries in a letter to Senate President Peter Courtney and House Speaker Dave Hunt, both Democrats: "We must accept that state government can no longer be all things to all people."

Attached to that letter was a list of 64 state boards, commissions and agencies Kulongoski wanted lawmakers to consider consolidating, suspending or eliminating.



THE PROBLEM: NOT ENOUGH REVENUE

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WHAT THE GOVERNOR WANTS

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WHAT THE LEGISLATURE WANTS

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- Lower taxes that means facing up to the difficult choices that, until now, they have been unable or unwilling to make.
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FOODDAY Vegetables take center stage in a new cookbook by celebrity chef

Nikki Dinki ca

Wednesday, August 24, 2006 • \$1.50 SPORTS West Linn's Elijah Molden tops the list of prep football players to watch B1

ALWAYS ON OREGONLIVE.COM

Ads just a preview of tax joust yet to come

By this time next month, Oregonians can look forward to a tsunami of political ads about a \$3 billion corporate tax measure

Opponents of Measure 97 recently spent at least \$1,2 mil-

Audit burns forestry efforts



As floodwaters ebb, Louisiana starts cleanup work



President Barack Obama greets a resident of Castle Place, a flood-damaged area of Baton Rouge, Louisiana, on Tuesday.

Work crews with heavy trucks have begun hauling away debris as south Louisiana digs out from the worst natural disaster in the United States since Superstorm Sandy in 2012.

The event: Starting Aug. 12, a storm dumped more than 20 inches of rain on Louisiana, causing devastating floods.

The toll: The floods killed 13 people, and the estimates of damaged homes range from 60,000 to more than 100,000.

The response: The Federal Emergency Management Agency says it has approved more than \$107 million in disaster relief grants for victims, many of whom didn't have flood insurance because they didn't live in flood zones. More than 115,000 people had applied for federal aid by Tuesday.

Democratic Louisiana Gov. John Bel Edwards has asked the federal government

to reduce Louisiana's share of the response costs from 25 percent to 10 percent. He has also asked that the costs of the Louisiana National Guard's response be fully covered by the federal government.

The politics: President Barack Obama, who was criticized for vacationing during the disaster, visited the region Tuesday and promised a sustained national support "even after the TV cameras leave." White House press secretary Josh Earnest said Obama didn't want to pull law enforcement off emergency work in order to provide security.

Hillary Clinton said she would visit when her presence would not disrupt the emergency responses. Donald Trump, who visited Baton Rouge on Friday, said the president should have visited sooner.

From wire reports



The Oregonian

Want more off road cycling in Portland? Let the city





It's rarely good when your college QB goes down early B1

ALWAYS ON OREGONLIVE COM

Portland district's music ban tone-deaf

By Bethany Barnes
The Oregonian Oregonizer

Portland Public Schools officials are rethinking a district bun. on mp music on buses after allegations of racism,

Teri Brady, senior director of transportation at Portland Public Schools, sent a directive to bus drivers in March forbidding "religious, rap music, or talk show



Rubble hides full horror of earthquake

Rescue workers scrambled to reach survivors buried under subble in isolated towns and villages across central Italy on Wednesday after a 6,2 magnitude earthquake and a series of strong aftershocks struck the region overnight, collapsing homes, rattling buildings and leav ing an escalating toll of dead,

Casualties: The death toll stood

EUROPEAN SOUTHERN OBSERVATORY

This artist's rendering shows a view of the surface of the planet Proxima b orbiting the red dwarf star Proxima Centauri, the star closest to our solar system. Proxima b was identified by scientists as the closest planet to Earth that may sit in the habitable zone, where the temperature is suitable for liquid water.

Hello to our next-door neighbor

Pale blue dot, meet pale red dot.

Astronomers have spent decades scouring the skies looking for Earth-sized planets around distant stars. And now they've found one, sitting smack in the habitable zone of our nearest stellar neighbor.

Planet stats: Called Proxima b, the rocky celestial body is about 1.3 times the size of Earth and orbits Proxima Centauri, a cool red dwarf star just 4.2 light years - nearly 25 trillion miles - from our own solar system, according to a paper published Wednesday in the journal Nature. It is probably in the nottoo-hot, not-too-cold Goldilocks Zone where liquid water is possible.

Not quite Earth: While it might have some similar qualities, Proxima b would still look very alien. Its red dwarf star would create an incredible orange sky. The planet circles its star so quickly that its year is about 11 days. And it is likely tidally locked, meaning one

face of the planet constantly stares at the sun while the other half is left in darkness.

The bad news: When scientists say the planet is in the "habitable zone," they are not saying that it actually is inhabited. After all, we already know of two other planets in a star's habitable zone: Mars and Venus. "Until we know about the atmosphere of a planet, any discussion about life if pure speculation," said Paul Butler, a Carnegie Institution astronomer who was part of the team that made the new discovery.

What's next: The next step may be for a powerful Earth or space telescope to get an actual image of the planet, Butler said. But even that may be a decade or two away and it will only be a single dot: "You're not going to see espresso bars at the beach. You're not going to see aliens waving at us."

Inside: More about the find on page A5.

Staff and wire reports

TRENDING ON RELATED BUDGS

This is why you shouldn't take people's Facebook lives seriously

15.7k people reading on Sploid







RECOMMENDED BY THORIN KLOSOWSKI

How to Adjust to Higher Altitudes

Invent Silly Ways to Count Distance When Exercising to Get Through It

Dropbox Adds Easy Computer Linking, Reordered Favorites, and More

Add Custom Keyboard Shortcuts to Chrome Extensions for Quick Launching

The Cable Adapter-Packed Go Bag

Turn a Raspberry Pi Into a Bluetooth Receiver for Your Car Stereo

Encrypt a USB Stick In Finder with a Click

iOS 7.1.1 Untethered Jailbreak Released

Eight Terminal Utilities Every OS X Command Line User Should Know

Recalibrate Your Reality

Air Stylus Pairs Your iPad and Stylus with Your Computer





How to Adjust to Higher Altitudes







With summer getting into full swing, it's time to venture up to mountains and other higher elevations for vacations of all sorts. But the higher you get, the more your body hates it. Here's what to expect before you hit those higher altitudes.

Adjusting to high altitudes (around 5000 feet above sea level and up) is all about acclimatization, but it takes your body days (or even weeks) to fully get used to being at a higher elevation. When you're not used to it, you can get altitude sickness, which feels a lot like a hangover. Altitude sickness is serious business and the only treatment is going to a lower altitude, but if you have mild symptoms then you can deal with it safely. So, with that in mind, here's how to enjoy yourself at higher altitudes without waiting the weeks for your body to actually adjust.

Drink More Water



TRENDING ON RELATED BLOCS.

This is why you shouldn't take people's Facebook lives seriously

11th people reading on Spicid.







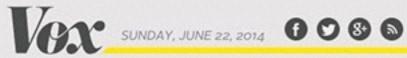
RECOMMENDED BY THORIN KLOSÓWSKI

How to Adjust to Higher Altitudes

Invent Silly Ways to Count Distance When Exercising to Get Through It

Dropbox Adds Easy Computer Linking, Reordered Favorites, and More

Add Custom Keyboard Shortcuts to Chrome













The most liberal, conservative towns in each state

by German Lopez



What's really happening in Iraq

by Zack Beauchamp



How will states pay for year two of Obamacare?

by Sarah Kliff



3 songs released this week you need to hear

by Kelsey McKinney

CARD 1 OF 14

GM's recall scandal

BY BRAD PLUMER APR 7 2014, 1022A

- What is the GM recall scandal?
- 2. How many vehicles is GM recalling?
- What's so bad about a faulty ignition switch?
- 4 What did GM do about the ignition switch?
- Why didn't GM fix the ignition-switch problem earlier?
- 6. How common are car recalls?
- What did regulators do abou GM's ignition-switch

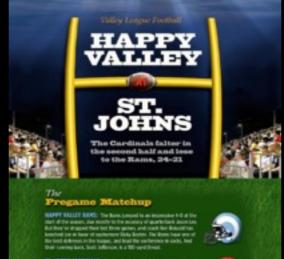
What is the GM recall scandal?

There's currently an uproar over how General Motors handled a defective ignition switch in some of the cars it manufactured — a problem that led to at least 13 deaths.

In the first three months of 2014, GM ordered the recall of 2.6 million small cars because of faulty ignition switches that have been linked to at least 31 crashes and 13 deaths since 2005. The faulty switches could inadvertently shut off car engines and air bags during driving. The models included Chevrolet Cobalts and Saturn lons.

Worse still, evidence has emerged that GM knew about the faulty switches a decade earlier — but had been slow to fix the problem, possibly because it would have cost too much. The company is facing a congressional investigation and a federal criminal probe.







THE FIRST QUARTER





HAPPY VALLEY 7 ST. JOHNS 0

2 THE SECOND QUARTER





HAPPY VALLEY 7 3 ST. JOHNS 0 7

10

BBILL MAD 11-FOR 21 FOR 181 WARDS NITH TWO STERCEFFICHED AT THE MAJS BUT THE CARDYNALS MANAGED ONLY TIME BUT MADDS ON 10 CARDES IN THE PROOF TO MINUTED.

MEANWHILE, THE COMBONS ACCOUNTED FOR 261 TOTAL WARDS - 11S BUSHING AND 143 PROSING.

3 THE THIRD QUARTER

of the GAME



HAPPY VALLEY 7 3 7 ST. JOHNS 0 7 7



What makes Pittsburgh Steelers All-Pro Rod Woodson one of the fastest men in football? It's all in the legs. By Bruce Schoenfeld

Steel Wheels

LIKE MANY OF PITTSBURGH'S BUSINESSMEN, Rod Woodson heads up the steep slope of Federal Street on the city's north side most weekday mornings. But there's one big difference. Woodson's not going to work. He's at work. The Pittsburgh Steelers' five-time All-Pro-cornerback and kick neturner darts past pedestrians as if he were peacticing pourt returns, all part of an off-season conditioning program that has earned him the unofficial title of the Fittest Man in Football.

But Woodson wants more. He's made it well known that he would like to broaden his job-description. Lately he's begun completing a few plays each game as a wide receiver, even though playing both offense and defense for an NFL team these days is practically unheard of. Woodson feels he's ready: "I know how the gays who cover wide receivers think," he says simply. Below, what it takes to be possibly the best all around player in the NFL.

Sprint for Speed

In his primary role as comerback, Woodson has to match his quarry stride for stride at full speed, zigging when the other gay zigs, all the while looking out for the pass. Then he needs to jump higher, or sooner, or smarter, when the ball arrives. All this takes explosive speed and an extraordinary sense of balance. Woodson developed both as a hurdler at Purdue. In 1987, he posted the fourth-fastest 110-meter high hurdle time in the world.

To keep up his speed—he can still run 40 yards in nearly four seconds—he focuses on his legs. He runs for two hours each day, beginning with 3 miles of hill-running. Then it's off to the gym at Three Rivers Stadium for a couple of seven-minute miles on a treadmill. Next, he'll move out to the playing field to peactice 400- and 200-yard sprints, first backward, then foeward. When he's finished 15 to 20, he'll complete a series of "flying sprints," which consist of jogging up to a set yard line and then suddenly breaking into a full run for either 40 or 100 yards.

Having great legs is also critical to Woodson's secondary role as a kick returner: "If you hesitate, you get crushed."

Lift Light Weights

At 6 feet tall and 203 pounds, Woodson is large for a cornerback—a couple of inches taller and nearly 20 pounds heavier than average. Since he doesn't need bulk, he has designed his program for strength, stamina and flexibility. He works with relatively light weights ("I'm not looking to put 300 pounds on the barbell") and completes a lot of repetitions—15 to 20 for three sets per exercise. Over the course of an hour and a half, he'll hit all major muscle groups. It's a five-day-a-week workout, with two strategic days off. "You can't week out hard every day, or you'll wear out your body," he says.

Eat Naturally

Woodson keeps to a 2,500-calorie-a-day diet, which is remarkably spare considering his size and degree of activity. "I never eat to get full," he says, "just to be satisfied that I'm not hungry anymore." Game day: For breakfast it's outmeat, milk and a few barranas. Lunch is a piece of chicken, pasta salad and some greens. Disner includes fish, pasta and fruit. Between meab he mibbles on a protein-rich trail mix and fruit. "Goys on the team call me "Nuts-and-Berries," he confesses.

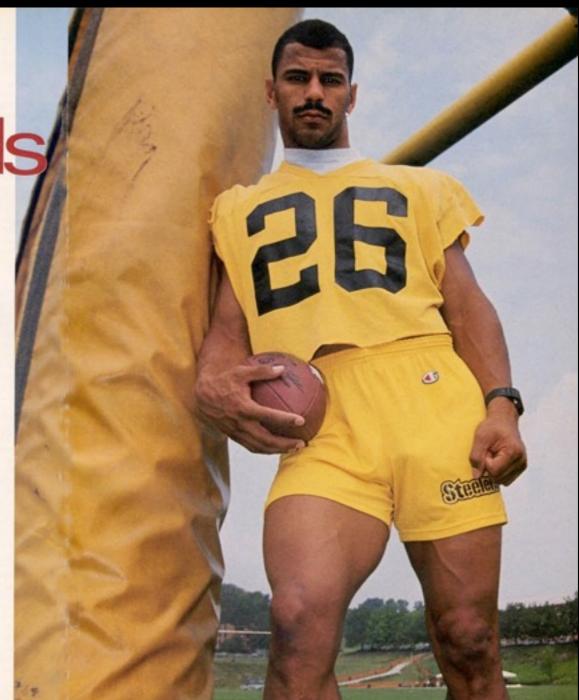
Travel Light

During a game the only protection Woodson wears, besides a helmet, are shoulder pads. No padding for his thighs, knees, hips, elbows, ribs or neck. "It's all about speed," he says.

Wearing less armor means Woodsons can take risks other defensive backs wouldn't. For example, often he'll drop away from a receiver he's covering, thus baiting the quarterback into throwing. His superior speed allows him to cut back in and beak up the play. In 1993, he had eight interceptions. On the downside, getting too good means not being challenged as frequently. "They've stopped throwing much my way," he says, "and it can get boring after a while."

Put Mind Over Matter

Wearing less armor also means being at a greater risk for injury. Woodson primes his muscles before each game by spending more than 30 minutes warming up and stretching—warm muscles are less prone to harm than cold ones. But he also carefully constructs the mental attitude that he's invulnerable. He won't even acknowledge the possibility of getting hurt. "If you start thinking about injuries and changing what you do just to build up some muscle and prevent injury, that's when you get hurt, "he says. "As long as I'm sure I couldn't be in better shape, I know I don't have to worry about it." •





IT'S THE FASTEST-GROWING sport on the planet. In 1998, it'll be a medal event at the Winter Olympics in Nagano, Japan. But for now, it seems the intimidating domain of fearless, tattooed teenagers with multicolor hair. Watching them makes you feel your age. Just when you'd become proficient enough on skis to impress those snow bunnies with the giant moguls, along comes an entirely new sport that's threatening to put you back on the beginner's slope.

Actually, only a small percentage of the 2.5 million snowboarders in the United States jump cliffs, descend couloirs

Getting Started

- ► Strengthen your legs—particularly the thighs and calvesbefore trying to snowboard. Ride a bike, use a stair-climber or do light squats in the off-season. Or try this simple exercise, called "wall sitting": Stand with your heels about 2 feet from a smooth wall. Lean backward until your back is straight against the wall. Then slide down until your knees make a 90-degree bend. You'll feel your thigh muscles working. Hold this position for 30 seconds and slide back up. Repeat 8 to 12 times.
- ➤ To determine your front foot on the board, stand with your



For all you fans of The Fly, Bugz Classicz Goggles (\$50) combine 100 percent UV protection with anti-fog vents in a 2-ounce package.

Sandardo de la contra la c

and spin like cannon-shot acrobats. In fact, the most concentrated growth is taking place among 25- to 34-year-oldspeople well aware of such mature concepts as "health-care plan" and "arthroscopic surgery." Indeed, the essence of snowboarding does not lie in any screaming stunt but rather in the simple, solitary joy of carving a quiet line through fresh powder. Unlike skis, the board's larger surface area lets you float down a mountain, as if you're surfing a giant white wave that never breaks.

Sounds alluringly easy, doesn't it? Well, that's because it is. Once you master the basic moves, the learning curve rises more steeply than skiing's. Plus, because both feet are attached to the same surface, snowboarding is easier on the knees.

So what are you waiting for? We'll supply the tips, the gear and the best destinations. All you have to come up with is the gumption and a temporary tattoo. feet together and have someone gently push you from behind. Whatever foot takes the first step is the one that should lead you down the mountain.

- ► Attach yourself to the board by securing your front foot first. Then sit in the snow with the board downhill from you and perpendicular to the "fall line" (the most direct route down the mountain). Secure the other foot and stand.
- Keep your weight balanced on each foot, and stand almost upright with your knees bent. Locked knees always precipitate a fall.
- ▶ To initiate a turn, lean forward and put about 80 percent of your weight on the front of the board. This shifts the weight from the tail and enables your rear foot to slide the board around. Don't twist your chest or arms. Turn with your entire body.
- ► Always keep your hands in front of you. Trailing a hand is called "petting the dog." It shifts your weight to the rear of the

board and makes it more difficult to turn or stop.

- ▶ When you're riding, imagine you're trapped inside an invisible refrigerator box. When you feel yourself losing control, it's usually because some part of your body has ventured outside the box (e.g., petting the dog or leaning at the waist).
- ➤ To stop, turn the board until its edge is perpendicular to the fall line, exaggerate your knee bend and lean your body uphill. Don't make the classic beginner's mistake of leaning back to stop. This will point your board downhill and cause you to gain speed.
- ► Falling is part of learning, and since you'll spend time on the ground, wear clothes that keep snow out. Many new riders also wear wrist guards, hockey pants, a helmet, and knee and butt pads.
- ▶ When you tumble, don't throw your arms back to break your fall. Instead, make an X with your arms on your chest, tuck your chin and roll off your

shoulders. If you do it right, sometimes you'll be able to roll back onto your board and continue riding.

- ► There are two types of boots: hard and soft. Most crossover skiers prefer hard, stiff boots because they work better for edge control. But novice snowboarders are better off in soft boots that are more flexible and forgiving when you're fighting for balance.
- ▶ There are two basic types of boards: short and long. Beginners should look for a board between 145 and 160 centimeters long. Base the length on your height and weight (the bigger you are, the longer the board). Short boards are easier to control and learn on. Long boards handle well on a variety of snow conditions and are more stable for carving turns.
- ▶ Once you can link turns and are comfortable on the board, try a jump. Find a small mound of snow, gather some momentum, flex your knees, then spring.

Equipment photo: Jeff Harris SEPTEMBER 1998 105 ACVENTURE TRAVEL

12 Secrets

A MEN'S HEALTH MEDICAL SURVEY

12 Secrets

The doctors' eating plan for total health

by Susan Zarrow

Photographed and styled by Sally Shenk Ullman

here is certainly no shortage of self-proclaimed nutrition "exrts" out there, from fitness gurus who make millions selling worthless supplement powders and pills to next-door neighbors who claim that eating white bread will send you to an early grave.

Who has the time to weigh all the contradictory advice, much less judge the validity of its source? Not you. And anyway, that's what you pay us for

To get straight answers for our readers, we surveyed 300 of the nation's top nutrition experts-not the self-appointed kind, but the ones doing important research at major hospitals and universities. Medical Consensus Surveys", a research arm of Rodale Press, asked the experts to rate 44 nutritional actions (all purported to benefit health) as follows: Extremely Important, Very Important, Important, Not Important, or Probably Worthless.

72 MINNSHALTH CAPILING

What we were after was a list of priorities, a simple guide to making smart nutritional choices. For example, should you put a lot of energy into reducing the amount of cholesterol in your diet? The amount of salt? Or is it more important to avoid pesticides, irradiated food or alcohol?

The nutritionists' responses were then compiled and statistically weighted to create a list of dietary priorities that's both clear and practical. "We could easily have an enormous advance in the health of America if we could simply follow these guidelines," says George L. Blackburn, M.D., Ph.D., chief of the Nutrition/ Metabolism Laboratory at New England Deaconess Hospital in

Here, in order of importance, are the nutritional steps most vital to your healthy diet, and the stuff that's not worth worrying Get the fat out. The experts were

of Public Health.

en are overweight for their age and build, which makes obesity on of the country's biggest health

portant for other reasons: It slashes the risk of heart disease by keeping arteries from choking with plaque, and it may reduce the risk of some forms of cancer.

Eat and run (. . . or walk, or bike). Strictly speaking, exercise this view, and then some. Eighty-four percent gave high priority to exercising more. "It's hard to reduce your weight by control rou're more likely to be able to maintain the weight loss in the

without putting on more pounds. It also helps relieve stress and

almost unanimous in putting weight control at the top of the list-97 percent of them gave it high priority. "If everybody in the United States maintained his ideal weight, the in-

cidence of type-II diabetes would be greatly reduced, hypertension would be much less common and so would coronary disease," says Meir Stampfer, M.D., associate professor of epidemiology at Harvard School

Nearly 24 percent of American

How do the experts recommend we lose weight? Seventy-five percent aid that cutting calories is Extreme ly Important or Very Important; 70 ercent said the same about control ing fat intake. The two go hand in hand: If you cut calories, you'll cut fat. The number of calories you eat. ltimately determines how much you'll weigh, but reducing fat is in-

isn't a nutritional habit, but we included it in our survey because physical activity has a direct bearing on how much we eat and on what happens to food once we've taken it in. The experts affirmed ling calories alone," says Dr. Stampfer. "If you exercise as well,

Exercise boosts your metabolism, allowing you to eat more

keep your heart, bones and circulatory system in top form.

Most people can fill their exercise quota with 20 minutes of brisk walking three times a week. Adding a regimen of resistance weight training fires up your metabolism to its calorie-

If you don't like it, don't eat it. Giving up all your favorite oods and switching to a very healthy but very boring diet won't work. Kelly Brownell, Ph.D., professor of psychology at Yale University and a top obesity researcher, says he and others have worked with dieters and found that the most punishing methods inevitably fail.

Nobody is going to eat food they don't enjoy for very long. If you want to eat healthy, you either have to find low-fat prepared oods that taste great or learn to cook your own.

Keep it balanced, but lean. You've heard the old sutritionist's creed: Balance your diet among the four food groups and make sure you get the Recommended Dietary Allowance (KDA) of vitamins and minerals. These concepts are certainly not passe: roughly 90 percent of those surveyed said they're still high priority. Yet those notions now clearly take a back seat to cutting fat and controlling weight

doesn't provide enough guidance to prevent you from eating too the risk of colon cancer. The notritionists advocate getting at least much fat and amassing it on your body

FOOD FACTS.

FOOD FADS

How our experts rated nutrition strategies

Control calories to control weight

Get the mas of vitamins and minerals

Avoid raw eggs, meat and seafood

Boost fiber to 20 grams per day

Make breakfast the biggest meal

Avoid charred or blackened foods

The numbers indicate how exhaults our 300-plus espects think

these actions are for a healthy dist. The higher the number, the greater the action's importance.

Reduce all dietary fats

Enjoy your food

Eat a balanced diet

Reduce saturated fats

Eat fish instead of meat

Avoid irradiated foods

Limit alcohol intake

Low Priority

Increase physical activity

Score High Priority

If you make fat-fighting your number-one priority, however, it quite naturally leads you toward fulfilling those other guidelines. "If you phase out the high-calorie, high-fat foods in your diet, you're going to have to replace them with something low-fat-cereals fruits and vegetables," says Dr. Blackburn. An emphasis on those foods moves you closer to meeting your sna for vitamins and minerals. It can also move you closer to balancing your diet, which for most Americans is overladen with high-fat meat and dairy

Don't sweat the technicalities. If you've never been able to keep straight the difference between satu rated, unsaturated, monounsaturated and polyunsaturated fats, here's good news: You don't have to. The trendy notion that you should trade saturated fats for heart-smarter mono- and polyunsaturated ones is "putting the cart before the horse," according to Dr. Blackburn. Most of the foods that

are highest in total fat-ice cream, cheeseburgers and doughnuts, for example-are also highest in saturated fat. So if you simply cut down on all fatty foods, you'll cut down on saturated fat as well

How much fat should you eat? The nutritionists advise follow ing the American Heart Association's recommendation that total dietary fat be limited to no more than 30 percent of calories.

Let cholesterol take care of itself. Cutting cholesterol scored arprisingly low. Only 14 percent of the experts rated it Extremely Important. It's not that cholesterol is insignificant, but, again, if you follow the priorities outlined above, you'll have already taken care of it. Those polled felt that excessive concern about this issue to the exclusion of all others could lead you to eat foods that are low in cholesterol but still dangerously high in fat. For example, potato chips fried in vegetable oil contain no cholesterol, but 72 percent of their calories are from fat.

Don't fear saving "cheers"-occasionally. The nation's top ionists plainly don't support prohibition. But they're staunch believers in moderation when it comes to alcohol. "There's no evidence, unless you are driving, that drinking alcohol in limited uantities is bad for you," says Judith S. Stern, Sc.D., R.D., professor of nutrition at the University of California-Davis. Alcohol in excess (more than two drinks per day) is another story. It may destroy livers as well as lives.

Practice safe eating. While many people are worried about sticides on fruit and vegetables, the experts rated it 34 out of 44 on their list of priorities.

More than three-quarters of the nutritionists thought it wise to avoid raw foods, particularly eggs, meat and seafood. Raw eggs. and chicken can harbor salmonella bacteria, a common cause of food poisoning. Raw seafood can harbor viruses or parasites. Buy only from a reputable dealer or avoid raw seafood altogether.

Get more fiber. Insoluble or soluble? It doesn't matter how you get your fiber. What's important is just that you do get it. "People eat so little fiber, we'll take anything," says Dr. Blackburn. "Whatever you can find-some peas in your stew-put them in!"

A high-fiber diet fills you up without filling you out, keeps you The weakness of the four-food-groups approach is that it regular, helps lower your cholesterol level and may help reduce

20 grams per day. A breakfast of oatmeal, whole-wheat toast, a pear and a banana would give you more than half that amount. The highest-fiber foods are fruits, vegetables, whole grains

Eat more surf, less turf. Fish is lower in saturated fat than meat, and the oil in fish-especially cold-water varieties such as salmon and mackerel-helps your cardiovascular system by keeping blood from clotting and preventing hardening of the arteries. If you do eat meat, the experts recommend limiting portions to 3 or 4 ounces, choosing lean cuts such as flank steak, and using low-fat cooking methods such as broiling and

Don't join the Scare-of-the-Month Club. Many nutrition hazards you read or hear about on the 11 o'clock news aren't worth paying attention to, according to our experts. For example, avoiding trans-fatty acids (found in stick margarine) and tropical oils drew only moderate priority ratings

from the nutrition authorities, despite their getting big play in the news. Again, it's much more important to lower total fat intake.

The experts also said most of us need not worry about sugar It's a problem for people who are obese (it's got lots of calories but little nutrition) or diabetic (they can't metabolize it properly). For the rest of us, though, avoiding sugar is only of moderate importance.

Rated among the lowest was avoiding irradiated foods-68 percent of respondents put this among the Probably Worthless, right down there with avoiding charred or blackened foods. Apparently these nutritionists feel neither poses any significant health risk. Stop watching the clock. Our experts gave only a moderate priority rating to avoiding snacks and eating three source meals a day. It seems the nutrition masters are trying to tell us something: What you eat is much more important than how or when

AFRICANC C MINN HOUSE 73

and practical. "We could easily have an enormous advance in the health of America if we could simply follow these guidelines," says George L. Blackburn, M.D., Ph.D., chief of the Nutrition/ Metabolism Laboratory at New England Deaconess Hospital in

Here, in order of importance, are the nutritional steps most vital to your healthy diet, and the stuff that's not worth worrying

what happens to food once we've taken it in. The experts affirmed this view, and then some. Eighty-four percent gave high priority to exercising more. "It's hard to reduce your weight by controlling calories alone," says Dr. Stampfer. "If you exercise as well, you're more likely to be able to maintain the weight loss in the

Exercise boosts your metabolism, allowing you to eat more without putting on more pounds. It also helps relieve stress and



- Contain it to 5 paragraphs (or less).
- Chunk it: a brief intro, then short, labeled sections.
- Let it run long because it's a review, column, narrative or major news.

3

Collaborate.



BECACLE MANDENDE Keep your lower back on the floor and try to teach your right elbow to your left knee and then your left elbow to your left knee. Be careful not to your lend

B-SOLUTE BEST

The bicycle maneuver and the captain's chair prove best for exercising the front and side abdominal muscles

What's the best way to tone your also?

What's the best way to tone your abo-Not wen's a \$500 peac of informercial eagement. Not with an Ab Rocker or an Ab Rofler, And not with creatches. So say researchers at San Diego Scate University, who hooked electrodes to the sociated of 30 volunteers to measure mode activity during 13 shidonimal energies.

They found that the exercises

generating the most authory in the frost and side obdeminal muscles are the bicycle manners and the captain's thair. To do the buycle manners, ide on your back and clary your hands behind one head. Slowly pump your knees toward your chorn as of pedaling a bicycle.

toward your chost as if pedaling a beyele. Alterniale between stocking your felt effice where against your right knie and your right effice against your left knee. Or at laist contestine to southing.

The captain's chair is a piece of equipment in many beath clobe. It's not reality a chair: It has no test, only pash for your back and forearms statued high enough that your fert dangle. Work the abdominal muscles by dawly tassing your knees toward your closes.

your knees toward your offers.
The Torso Track, the \$200 machine Jist Tono Yinck, the S2M machine boated on information by Statume Somers, ranked in the San Dego State study as the fifth-best exercise for the feoral abdominal muscle and the seventh-best for the side abdominal

mucles or obliques.

The Ah Roller ranked ninth for the front muscle and 10th for the obliques. The Ah Rocker ranked 13th for both, and

crunches surised 11th.

That's not to say crutches are useless, said study author Peter Francis, director of San Diego State's Biomechanics Lab.

"For some people, these other activities are too usigh," he said from San Diego. "They maph not be able to do a capitait's chair. And they may find the bescale exercise vary intensions and uncomfortable."

The bascile rearrose can be executed.

uncomfortable.

The bacycle exercise can be especially succenfortable if you use your hands to yank your bead forward instead of simply crading your band and letting your nock muscles relia.

And the cupsain's chair will do more

And the capture's thair will do myer for your hip muscles that your abs if you wing your lety straight out amised of bending at the knee. Sail Francis: "Straight-leg kicking in probably just an exercise in creating a dealt in the coom."

The key to any abdominal exercise is " side, controlled inventors that focuses the working on your abs and limits the



EXERCISE BALL: It supports the natural spinal curve in your lower back and allows

Inquisitive Exercise

Histor a goerflori about mercost. a ports inkey or sports redisjoin? Birds During Thomas or 1334 Dodge St., Contin 18102, or e-mail doug thorougitown.com

"Dow old micro test - How many sit-ups can you do in two minutes?"

— lead people to flap their albows like chickens, Franco said. "You end up working your choit muscles.

"Anytime you work muscles capids, you mentably substitute with other muscles. You're selling yourself shore." Other exercises that scored well in his

■ Vertical leg crunch (Sourth-box for ... Werecal log crusch (South-bee for the front ab muscle, fifth for the obligation Lar on your back with your hands crading your head. Rare voir logs until they are perpendicular to the flow. Cross your askies and bend your knees slightly. Keeping your chies off your clees, contrast your abs by litting your tone toward your larse. Revene crunch (several) and

thirds: Lie on the floor, your hands either beland your head or at your side, your analies chosed and your knees best w

your shins are parallel to the face. Press your lower back against the facer and rate your shoulder blades.

rate your shoulder blades.

Critiches sup an exercise bill ranked thind-best for working the front abdomand muscle and sixth-best for the obliques. But Francis said they are No. 1 in promoting back bruith.

in promoting back health.

The spine printy curves in the lower back, and daily activities bend it both forward and backward. But doing cruticities on the floor flanters the lower

creations on the foot fairness the lower back and approves scringth only for forward movement.

"When you be on a ball, if puts a more, comfortable curvature in the back." Francis said, "The ball supports it very well. Now you can work as the francismal range that you really need — on either world of the same for the control of the same for the same for the control of the same for the same tode of that gentle curve

"I then the currone hall is just wenderful And I have no stock in the compution that make them." Frames in a naive of England with roots in the Midlands. He extend his stanter's degree in exercise physicisty at the literature of lowe in 1966 and unight as lower State at the 1970s before earning his declarate as bisonochatas at the University of Output in 1981

He is submitting for study of ab-escribed for publication in Medicale and

SMALL DOSES

Her Cancer May Hurt Marriage

Some women find cancer hazardous

to their murrage's health. Dr. Michael Glamir studied 214 brain cancer persons treated as the University of Manachusetts. Women were allowed eight tente more likely than men to sindergo separation or diverse after diagnosis. Advang 115 paraents with other types of cancer, women work 12 totals more likely to how maked described. have marked discussions.

Ghara presented his findings before the Attenuan Society of Clinical Oncologies. They were publicated by WidAND.

The data doe't digger that most men damp their ading when -s and the manual problems are more likely $\mathcal G$ cancer strikes the woman, than if $\mathcal E$ sankes the must.

Dr. Larry Norton, Greccor of beyon-cancer research at Memorial Shan-Ketsering Cancer Center in New York, told WebMD that 5 percent of his married breast cancer patients "end up with severe marital disreptions."

"I now basically council women right from the start that their marriages are at risk," be said.

Sex and Youth

Troubled by writides around your eye." Womed that those gray have are making you look your age! Have sex.

Making love three times a week can make you look 10, years younger, a Scottish researcher taid.

Scottach researcher task.

Neutropsychologies David Weeks and
ordeapass at the Royal Edonorgh.
Hospital interviewed 3,500 European
and American men and women on a
samety of lifestyle topics. All were deemed by a nin-judge panel to look owng for their age.
Interview topics included how they

deal with steps within relationships deal with steps within relationships, how they per along with their patents and how often they exacted. Weeks said a superson set life was the second-best descriminant of youthful looks belond physical activity.

Having sex more than there times -week didn't seem to slow the aging process. Weeks said. Not did middleor casual sen with multiple partners. In fact, he said, it may cause premature

He wrote about his todays in the back "Scores of the Supersoning." They were publicized on healthroad com

Condom Confusion

Speaking of sex, a povertuners report suggests many additionals believe at lead one to the about condom use.

Among the more than to Sike teets, surveyed by the U.S. Commis for Desene Control and Proventive, helfdid not know that the observer as the top of the orisdens abould not be pulled ever the bead of the pens. One-third did not know that Vavcide can break condoms. And about 20 percent believed lambskin condoms provided better than lases denderts again

Finding appared on WoMD:

Cap It, Lock It

Parents who own gum are even that's to place upo over recornal outiens than to kack up their ferures-

So said Dr. Tamera Coyno Beasing of the Emperory of North Carolina School of Medicine, who aslessed the

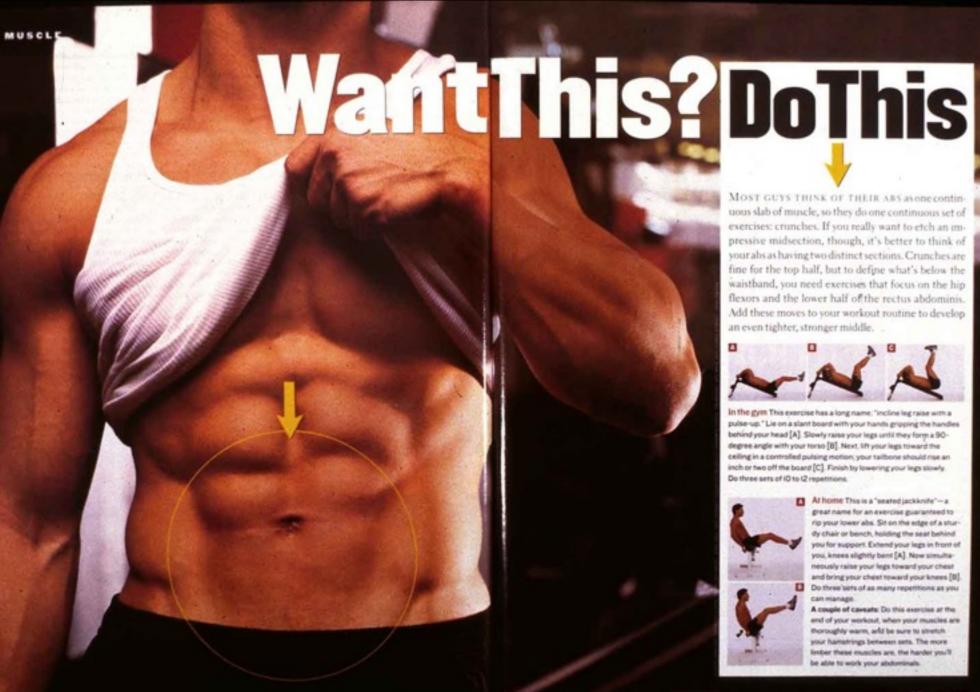
partition in engagence receipt.

Among the 14 partition who covered gues and had children under 7 oil the one had a stocke starm. To receipt put upon on switch and 22 partition kept positions out of their inhibition's reach, but only 43 percent switch their path of locked compartments. And 16 percent and their stand them stand them stands.

Contribution processed for result before the Processor Australia Section Findates appeared in the



CAPTAIN'S CHAIR: Be sure to head your know. Swinging your logs straight out will work the hips more than the site.



MOST GUYS THINK OF THEIR ABS as one continuous slab of muscle, so they do one continuous set of exercises: crunches. If you really want to etch an impressive midsection, though, it's better to think of your abs as having two distinct sections. Crunches are fine for the top half, but to define what's below the waistband, you need exercises that focus on the hip flexors and the lower half of the rectus abdominis. Add these moves to your workout routine to develop an even tighter, stronger middle.



In the gym This exercise has a long name: "incline leg raise with a pulse-up." Lie on a slant board with your hands gripping the handles behind your head [A]. Slowly raise your legs until they form a 90degree angle with your torso [8]. Next, lift your legs toward the ceiling in a controlled pulsing motion; your tailbone should rise an inch or two off the board [C]. Finish by lowering your legs slowly. Do three sets of IO to I2 repetitions.





At home This is a "seated jackknife" - a great name for an exercise guaranteed to rip your lower abs. Sit on the edge of a sturdy chair or bench, holding the seat behind you for support. Extend your legs in front of you, knees slightly bent [A]. Now simultaneously raise your legs toward your chest and bring your cheet toward your knees [B]. Do three sets of as many repetitions as you can manage.

A couple of caveats: Do this exercise at the end of your workout, when your muscles are thoroughly warm, and be sure to stretch. your hamstrings between sets. The more Sentain these musicles are, the harder you? be able to work your abdominals.



Questions?



Have I blown your mind?

Spoken utter nonsense?

Contradicted the sacred teachings of your elders?