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## SAVING THE FOREST FOR THE TREES

HOW THE U.S. FOREST SERVICE  
IS CUTTING DOWN OUR ANCIENT  
WOODLANDS TO SELL CHEAP  
LUMBER TO TIMBER BARONS  
*And It's Costing Taxpayers Billions*

## THE REAL ANNE BAXTER

HER DAUGHTER MELISSA  
TALKS ABOUT THE FAMED  
FILM STAR FROM INDIANA



## SCHOOLS SPYING ON STUDENTS' HOME LIFE?

## INTERPRETING YOUR DREAMS

YOU MAY BE SURPRISED  
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## IN THIS ISSUE...

YOU MAY BE CALLED A "TREE HUGGER," A "WACKO Environmentalist" — or worse — by Rush Limbaugh and his ilk, but people of conscience are rightfully alarmed when they find out how our National Forests are being logged by timber barons — at taxpayers' expense. We look at this disturbing topic in **Saving the Forest For the Trees**. ■ Indiana-born **Anne Baxter** was Frank Lloyd Wright's granddaughter and one of Hollywood's biggest stars. Her daughter, Melissa, talks about her famous mom. ■ You might be surprised to learn that **Strawberries** can also be used in entrees and not only desserts. ■ Heartland native **Dr. Oz** aims to be the real-life version of TV's fictional Marcus Welby, M.D., and judging from his popularity, he's well on his way. We have a fascinating Q&A with this renowned cardiac surgeon. ■ Glenn Beck has been trying to rewrite the gospels so our religion editor, Matt Andrews, takes a look at **Jesus and Compassion**. ■ In our story **Interpreting Your Dreams**, we examine the theories behind this nocturnal phenomenon which has intrigued humankind since the beginning of time. ■ In Country Chronicle we **Praise Family Farmers**. ■ In this age of video games, it may be hard to get the kids outside but we recommend you **Go Fly A Kite**. ■ Be sure to check out the **Midwest Today Digital Edition** at [www.midtod.com](http://www.midtod.com) — *The Editors*

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NEWS FROM AROUND THE MIDWEST AND BEYOND

# New Eye Test Could Predict Alzheimer's 20 Years Ahead

**A** TEST THAT CAN DETECT Alzheimer's up to 20 years before any symptoms appear is being developed by scientists. The simple and inexpensive test could be part of routine examinations by eye doctors in as little as three years, allowing those in middle age to be screened.

Dementia experts say it has the power to revolutionize the treatment of Alzheimer's by making it possible for drugs to be given in the earliest stages.

The technique, being pioneered at University College London, could also speed up the development of medication capable of stopping the disease in its tracks, preventing people from ever showing symptoms. Rebecca Wood, of the Alzheimer's Trust, said "These findings have the potential to transform the way we diagnose Alzheimer's, greatly enhancing efforts to develop new treatments."

Current diagnosis is based on memory tests, and expensive brain scans are also sometimes used. However, decisive proof of the disease usually comes only from examination of a patient's brain after death.

The eye test would provide a quick, easy, cheap and highly



accurate diagnosis. It exploits the fact that the light-sensitive cells in the retina at the back of the eye are a direct extension of the brain.

Using eye drops which highlight diseased cells, researchers showed for the first time in a living eye that the amount of damage to cells in the retina directly corresponds with brain cell death.

They have also pinpointed the pattern of retinal cell death characteristic of Alzheimer's. So far their diagnosis has been right every time.

With research showing that cells start to die ten to 20 years before the symptoms of Alzheimer's become evident, it could allow people to be screened in middle age for signs of the disease. However, some may not want to know their fate so far in advance. There is also the fear that insurance companies could increase premiums for those who test positive while still young.

Researcher Professor Francesca Cordeiro said "The equipment used for this research is essentially the same as is used in clinics and hospitals worldwide." Dr. Susanne Sorensen added "If we can delay the onset of dementia by five years, we can halve the number of people who will die from the disease." ■

## SCHOOL SPIES ON STUDENTS AT HOME

**A** SCHOOL IN PENNSYLVANIA THAT HAS ADMITTED ACCESSING STUDENTS' LAPTOP computers remotely and taking at least 56,000 images without their knowledge has sent shockwaves nationwide, and raised privacy concerns.

It is alleged that Harriton assistant principal Lynn Matski called in sophomore Blake Robbins and told him that he had "engaged in improper activities in his home," and cited as evidence a photo from the school-issued computer. Sixteen year old Robbins was photographed 400 times over a 15-day period, sometimes as he slept in bed or was undressed. Matsko later told Robbins' father that the district could remotely activate the webcam contained in a student's personal laptop at any time it chose and to view and capture whatever images were in front of the computer, without the knowledge or approval of the laptop's users. District staff enjoyed spying on students, even once referring to it privately as a "soap opera." This has

prompted concern from parents like Bill and Rachel Oliver of Chicago, IL who worry that their daughter may have been spied on. Witold Walczak of the ACLU warns "School officials cannot, any more than police, enter into the home either electronically or physically without an invitation or a warrant." ■



## Dirty Shrimp Are A Risk To Health

**A** MERICANS LOVE THEIR SHRIMP. IT'S THE most popular seafood in the country. We're eating 4.1 pounds of shrimp apiece each year. But unfortunately much of the shrimp we eat are a cocktail of chemicals, harvested at the expense of one of the world's productive ecosystems. Only 15% of our total shrimp consumption comes from the U.S. (both farmed and wild sources). We have good regulations on shrimp farming, so purchasing shrimp farmed in the U.S. is not a bad way to go. But wild shrimp, with a few exceptions, is typically obtained via trawling and should be avoided. Upon arrival in the U.S., few if any, are inspected by the FDA, and when researchers have examined imported ready-to-eat shrimp, they found 162 separate species of bacteria with resistance to ten different antibiotics. ■



# Little League Baseball Is A Metaphor For Life

**M**ORE THAN TWO MILLION CHILDREN from around the world will play on 7,000 Little League baseball teams this year. These youngsters, ages 13 and younger, are taking part in a tradition that spans 71 years. Parents enroll their kids in Little League not just to enjoy the sport, but to learn ethics and team spirit.

"What is on the field is an imitation of human life," says Dan Liberthson, PhD and author of the book "The Pitch Is On the Way: Poems About Baseball and Life." Liberthson says taking part in baseball games and watching the professionals on the field are fantastic ways to teach your children the basic morals and guidelines of life. "No other sport is quite as American or inspirational," he observes.

The author says Little League, Pony League, college, and professional baseball are great ways to build the foundational skills kids need to become adults. In praise of Liberthson's book, Baseball Commissioner Bud Selig agrees: "The great American pastime isn't just a sport — it's a chance to learn skills that guide Americans through all the pitfalls the world can throw at us."

Liberthson's poems point out four life lessons both adults and children

can get from baseball. They are as follows:

**1. Failure, injury, and defeat are as much a part of the game as success.** As Liberthson points out in his poem "The Mound," about a pitcher yanked from the game, we can all blow it, but we need to pick ourselves up and try again.



**2. Don't relegate yourself to the Dugout.** A player might miss one opportunity and lose his focus for the rest of the game. He becomes obsessed with that one early mistake and can't recover. "It is the same with life: if

you dwell on your past misstep, you'll never get a foothold on future success."

**3. Don't let the hecklers get you down.** "In many games, some fan is shouting above the crowd for the batter to miss, or the pitcher to throw badly, or deriding the umpire's calls. Taking such spiteful criticism to heart will only ruin the player's pleasure in the game and his chance of winning. Everywhere in life you run into people rooting for you to fail," says Liberthson. "Look at these professional athletes on the field and think about how the rival team is hoping they'll fall flat on their faces. Still, these men often manage to succeed. It's a good lesson for life: ignore unhelpful criticism if you are giving the game your best. You won't have a chance to win if you don't stop beating yourself and letting the hecklers beat you."

**4. You can't win by yourself.** "Baseball is a team sport. Sure, some teams have high-paid 'hot shots,' but without nine players on each team and many support staff there is no game.

"The same is true of life: you can be the best at what you do, but if you're not surrounded by good, supportive people whom you treat well, your chances of enjoying the experience are zero." ■

## Study: Antioxidants Both Good and Bad

**M**ANY CONSUMERS, ESPECIALLY SENIORS, HAVE INCREASED their intake of antioxidants because they've been told it helps to ward off disease and reverse aging. But a new study suggests that loading up on antioxidants can be doing as much harm as good.

Researchers in Kansas State University's Cardiorespiratory Exercise Laboratory have been studying how to improve oxygen delivery to the skeletal muscles during physical activity by using antioxidants, which are nutrients in foods that can prevent or slow the oxidative damage to the body. Their findings show — surprisingly — that sometimes antioxidants can actually impair muscle function.

"Antioxidant" is one of those buzz words that's being used a lot right now by marketers. Just walking around the grocery store, you'll find foods that are advertised as being loaded with antioxidants. But, the Kansas

researchers say, you can't just consume a larger quantity of antioxidants and presume there will be some beneficial effect to your health. In fact, you can make matters worse.

Aging or disease like chronic heart failure can impair oxygen delivery to the muscles and increase fatigue during physical activity. There is a potential for antioxidants to help reverse aging, but it's a delicate balance. More is not necessarily better.

We're learning that antioxidant therapy takes away hydrogen peroxide or other naturally occurring vasodilators, which are compounds that help open blood vessels. Thus you impair the body's ability to deliver oxygen to the muscle so it doesn't work properly. In fact, researchers are discovering that antioxidants can suppress key signaling mechanisms that are necessary for muscles to function effectively.

The Kansas researchers say that before we start recommending people get more antioxidants, we need to better understand how they function in physiological systems and circumstances like exercise. ■

Sunsweet has a new product on the market called Antioxidant Blend which packages dried cherries, plums, wild blueberries and cranberries into a resealable pouch. Don't believe all the hype about the super-hero powers of antioxidants to fight "free-radicals."





## TAKE NOTE "SUMMER DOWN UNDER"

Can you think of a better family activity this summer than a trip to the zoo? Blank Park Zoo (Iowa's only accredited zoo) in Des Moines, will have a definite Aussie feel. You'll be hearing "G'day Mate" as the Zoo welcomes you to view some Australian exhibits. Mark Vukovich, President and CEO, announces that the theme will be a "Summer Down Under." One highlight: you'll be able to buy a food stick and feed some of the 250 spectacularly colored Australian parakeets and finches in free flight in the aviary. (The birds are very tame and even young children will thrill to the experience). Among the more than 1,000 furry, finned, and feathered friends at this very fun and fascinating Zoo, new this season will also be a pair of striped kudu, a flock of ostrich, a two-toed sloth, some red pandas, and Japanese Macaques. At least six baby wallaby joeys have been spotted in pouches. Look for these to be bouncing around too! You can even feed a giraffe. Kids will love the Summer Safari Day Camps. Beyond the wildlife, Blank Park Zoo also features an impressive botanical collection adults will enjoy. Buy a season pass and go to the zoo all year long. It's a real bargain. Info: [www.blankparkzoo.com](http://www.blankparkzoo.com) or 515-285-4722.



## IN VOGUE AGAIN

As cool as a summer breeze, and as hot as the latest fashion trend, straw hats for men are making a comeback. The one at left is made of Panama straw with a pinch front crown and grosgrain ribbon band. There's also one of Bao straw with a striped ribbon band with feather accent. They're sold at fairs, hunting/fishing shows and country music fests, or order online at [www.hatcountry.com](http://www.hatcountry.com)



This ergonomic gardening stool is designed to relieve pressure on your spine and prevent your muscles from knotting up. [www.cleanairgardening.com](http://www.cleanairgardening.com)

## BEST COLLECTION OF MIDWEST RECIPES

Debbie Moore from Carbondale, IL says "I love my family, love my job, enjoy doing everything I do...or I just don't do it! I enjoy cooking and entertaining. I'm enjoying publishing cookbooks filled with short stories and great recipes." If you are looking for fantastic cookbooks filled with old-fashioned ways of doing things, or if you're a busy mom, and you are looking for quick ways to prepare nutritious family meals, check out [www.sliceofpie.biz](http://www.sliceofpie.biz) (Debbie is simply *the best!* )



## NEW MILLER MUSEUM

A new 5,600 square-foot Glenn Miller Birthplace Museum will open at this year's 35th annual Festival in Clarinda, IA on June 10, 2010. Contributions for the \$900,000 museum have come from as far away as Japan. This year's celebration will include Larry O'Brien and the World Famous Glenn Miller Orchestra; the United States Air Force Notables from Offutt AFB; the Ballyhoo Foxtrot Orchestra from Des Moines; Hunter Fuerste and His American Vintage Orchestra from Dubuque; Shinichi Yoneda and the Tamana Girls High School Band from Japan; Dai Kimoto and the Swing Kids from Switzerland; Adam Swanson, world champion Ragtime piano player from Shenandoah; Evensong from Clarinda and the Glenn Miller Birthplace Society Band. There will be a parade, Big Band Breakfast, dances June 10-13. Info: [www.glennmiller.org](http://www.glennmiller.org).



A unique hydromagnetic rocket water coaster is debuting in June at **Lost Island Waterpark in Waterloo, IA**. Wailua Kapua, which translates to "River Dragon" helps celebrate Lost Island's 10th anniversary. The park is planning fireworks, live music and other events all season. Only ten such hydromagnetic water coasters exist in the world. Riders get in a boat that takes them down sharp drops like other water rides, but then four sections work like a roller coaster, taking participants up hills. It works not by the weight or the speed of the boats, but through a series of linear induction motors that propel the boats up the hills at roughly the same speed they descended them. Instead of a series of stairs to get to the slide, riders take a conveyor to the top. Info: [www.thelostisland.com](http://www.thelostisland.com)







# SAVING THE FOREST

## FOR THE TREES

Our ancient woodlands have survived world wars, the gold rush and the industrial revolution. Yet now the U.S. Forest Service and Congress are their most deadly threat

**I**MAGINE THE MAGNIFICENT NATURAL FORESTS THAT greeted the first visitors to the land we call North America: Forests of giant maple, chestnut and oak stretched from the east coast to the Mississippi Valley. Spruce and pine carpeted the Great Lakes region. Ancient redwood and Douglas fir towered over the Pacific Ocean. Nearly half of our continent was covered with woods.

There were thousands of plants, animals, fungi and microorganisms living in dynamic balance — a fantastic interplay of the sun's energy, the earth's minerals and pure water creating a magic web of life. There were trees as tall as skyscrapers, animals fierce as the

wolverine and powerful as the grizzly bear, birds as beautiful as the scarlet tanager and majestic as the bald eagle.

While 95% of our original forests were logged during the past 200 years, a few remnants of never-logged, virgin woodlands remain in pockets throughout America. It is here that the native species of trees, plants and animals can still be seen...for now. These pristine natural forests store a living library of forest life descended from times past. But they are in jeopardy.

Our wooded areas began their evolution eons ago. Some of America's forests are home to trees 1,000 or more years old. But from about 1840, logging com-



Transforming a lush, green forest into a desolate, disfigured landscape, Congress and the U.S. Forest Service have used taxpayer money to subsidize sales of cheap wood to timber barons.



panies recklessly cut all but the most remote and steep slopes across the nation, to provide raw materials for houses and factories in a growing industrialized country.

Here in the Heartland, between 1850 and 1900, citizens had witnessed the awesome leveling of the great pine forests of Michigan and Wisconsin. The once bountiful woodland resources of the upper Midwest had been drastically reduced, and vast acres of cutover slash and stumpage stretched from Lake Huron to the Rum River in Minnesota. When a large tract of forest land in north-central Minnesota, not far from the headwaters of the Mississippi River, was about to be sold for logging, a Minnesota professor, Maria Sanford, convinced the Federation of Women's Clubs to oppose the sale. The law, according to Sanford, would allow "millionaire lumbermen" to "saw down, chop off, and drive out every pine tree the region contains." The U.S. government had stolen the land from the Ojibwe (Chippewa) Indian tribe, and business interests from Grand Rapids to Duluth were eager to see homesteaders and lumberjacks stream into the region. But Sanford's colleague, Florence Bramhall, who headed a forestry committee, spent a year and a half selling a com-

promise idea to the people of Minnesota and, ultimately, the U.S. Congress. The final blessing came from Gifford Pinchot, head of the newly created Division of Forestry. In June 2002, President Theodore Roosevelt signed a law creating what we now know as the Chippewa National Forest. A full 95% of the timber was made available for logging. Agricultural lands in the region were opened to settlement. But at least a 225,000-acre forest reserve was set aside, and that was a reason to celebrate.

This was a pattern that was to repeat itself over the ensuing decades, whereby local citizens had to fight tooth and nail against powerful, rapacious interests wielding untoward influence over Washington, who were only too eager to exploit our ancient woodlands for profit.

Despite the fact that Teddy Roosevelt — an ardent conservationist — had set aside 150 million acres of wilderness for future generations, and created the U.S. Forest Service, our timber continued to be plundered without reseeded.

By 1920, Big Timber had co-opted the Forest Service, leading to industrial clearcuts\* that "scalped" the land. The Forest Service became the *fire* service, protecting trees so industry could cut them down later.

Even when the demand for wood slackened as steel became the construction material of choice for the military and other industries, old growth forests continued to be exploited.

In 1995, the timber industry pressured Congress to pass a bill that suspended all environmental laws on the National Forests for two-and-a-half years, and unleashed a flurry of harmful logging of rare, previously protected Ancient Forests. President Clinton signed the measure into law — then later apologized for it. These biologically critical forests were clearcut and degraded, and the public could not stop this destruction. It was enough timber to fill 49,000 logging trucks. In Missouri's Mark Twain National Forest, two acres of fire-damaged trees compelled the Forest Service to target an entire 240 acres for salvage sale.

.....

\*Clearcutting describes completely clearing an area of trees, regardless of their size and usability. Remaining scrub and brush are usually burned in large piles that can cast a smoky haze over the countryside for weeks. A clearcut area may be relatively small, or may span for miles, and despoils the landscape — including the scars of logging roads cut to access it. The abrupt removal of trees can have a serious environmental impact on the surrounding area.



George W. Bush repealed protections for 60 million acres of pristine National Forests and appointed a former lobbyist for the timber industry, to head the Forest Service. Bush's "Healthy Forest Act," which was passed under the guise of thinning woods near populated areas to reduce risks of wildfires, was really an effort to weaken forest protection laws.

More than any other human activity, logging actually increases the risk and worsens the severity of forest fires. When commercial logging crews remove the largest, most fire-resistant trees and leave behind only small trees and brush, fires ignite more easily, spread faster, and burn hotter.

In the aftermath of these assaults, torrential floods washed away the rich topsoil and gouged deep ravines, exposing rocks, clay or sand. The bare earth was saturated with plant-killing chemicals, the land bulldozed, the remaining branches and fallen tree trunks soaked with gasoline and set on fire; every living thing above and below the ground is dead. Now, the entire scene is crisscrossed with dirt roads leading to... nowhere.

And here are more scenes from our National Forests:

- Bald Eagles flying in terror as their 400-year-old nest trees crash to the ground.
- Salmon and their eggs smothered under an avalanche of mud sliding off of a clearcut mountainside.
- Bears fleeing as chainsaws and bulldozers clearcut their forest sanctuaries.
- It's not just the big timber companies at fault. With a woodcutting permit in the Klamath National Forest, John Q. Public can go out in the woods with a chainsaw and cut down a 100-year-old oak tree, or cut all of them from a hillside for that matter, as long as he has paid his \$20 for four cords of wood.
- Even the sanctity of the Giant Sequoia National Monument, home to the world's oldest and biggest trees, is being threatened by our own government.

After the Forest Service clearcuts our National Forests, in their place it plants tiny, identical tree seedlings-tree farms. Tree farms contain only one species of tree planted by the thousands in row after row, all the same age. Having none of the diversity and fertility of natural forests, tree farms are prey to destructive fires, drought and floods, and invasions of pests and diseases. On millions of acres, tree farms have failed to grow, leaving huge regions of our National Forests permanently barren.

These are not exceptions. For decades, the U.S. Congress has directed the Forest Service to clearcut millions of acres of public woodlands, on behalf of wealthy and powerful timber and paper corporations, and sell it to them at bargain-basement prices — a few cents on the dollar. These huge conglomerates have bought political influence with Congress to pass laws that shamefully liquidate our priceless public

forests for private profit.

Another problem is that, according to the Center for Public Integrity (CPI) based in Washington, D.C., which conducted an extensive study, "For years the [U.S. Forest Service] has been one of the most mismanaged, poorly led, politically manipulated and corrupt agencies in the federal government." It said it is "an agency that is at war with itself and nature — one that mistreats and muzzles its own employees, routinely breaks the law, places its own interests over its mission to care for the land and in general sleeps with the [timber] industry." It also concluded that Congress' legislative agenda in regard to forests is "substantially set by timber industry interests."

The U.S. government's dumping of cheap, subsidized public timber artificially lowers wood prices and devalues private timberland. Small, private woodlot owners can't match subsidized government prices, and are forced to overlog and clearcut to compete in the marketplace. The U.S. exports much of its timber overseas as raw logs and wood pulp for foreign corporations. Meanwhile, we import timber from tropical rainforests, causing massive deforestation around the world and loss of jobs here at home.

National Forest logging contributes only 3% to the nation's timber supply. It throws people out of work by competing against producers of recycled or non-wood fiber and building materials. Clear-cutting promotes overuse of paper and wood, clogging landfills and filling incinerators with waste.

The billions of dollars currently spent subsidizing the logging of public lands could instead employ tens of thousands of people to restore forests rather than destroy them.

#### How It Used To Be

**A**MERICA WAS ONCE COVERED WITH one billion acres of towering primeval forests. These forests were teeming with plants and animals, a treasure-trove of evolutionary diversity and biological richness. Giant, centuries-old trees had trunks more than 15 feet wide and soared to the height of 30 story skyscrapers.

In the past 500 years, aggressive logging and development have destroyed most of these original forests. The last remnants of America's virgin and natural woodlands, with their unique and irreplaceable life, reside mostly in our National Forests. These 155 forests are dispersed over a large portion of our country — an area about the size of California, Oregon and Washington combined, and stretch from Alaska to Florida. Most states have at least one National Forest.

These timberlands provide important biological services that most of us take for granted. Forest ecosystems recycle nutrients, wastes and produce soil. They play a vital role in mitigating changes in our global climate by absorbing and storing vast

amounts of carbon from our atmosphere (53 million tons per year). National Forests also offer pest control and pollinating services by providing habitat for species that prey on forest and agriculture pests and for wild pollinators that are instrumental in the survival of certain crops. Forests also contain life-saving medicinal plants, including two important cancer-fighting agents that have been found in trees growing on undisturbed timberlands.

Natural forests are home to thousands of native plants and animals interconnected in a delicate web of life. Each organism is interdependent on the other. The spotted owl eats voles, a small rodent. Voles eat fungi and disperse the fungi spores in their waste which then grow in the ground on the roots of the giant trees. The fungi are essential to helping the trees take up vital nutrients through their roots from the soil. Each organism plays a role in the healthy functioning of the forest. The forest is teeming with life, from common insects living in rotting logs on the forest floor to rare moss and lichens that only grow in the branches of trees, high in the forest canopy.

The lifeblood of these pristine forests are crystal clear streams which provide habitat for endangered salmon and trout.

Because of massive forest destruction caused by clearcutting, the delicate web of life in our forests is unraveling. Scientists say that the earth is experiencing a wave of extinction. The leading cause of extinction is destruction of native habitat by such human activities as clearcutting and logging roads.

The deforestation which is occurring in our National Forests is so massive it is clearly visible from space. Satellite photos show that the rate of clearcutting in places like the Olympic National Forest of Washington state equals or exceeds the destruction in the Brazilian rainforests. A World Resources Institute report concluded that the last of the original forests in this country will be lost without immediate action.

Besides wasted tax dollars, the costs in environmental damage are staggering. Increased species extinction, flooding and landslides are examples of the destruction resulting from clearcutting in fragile forest watersheds.

Natural forests act as giant sponges that regulate the flow of water into streams and rivers. During and after rain, the trees and shrubs hold vast amounts of water in their trunks and leaves, and their roots bind and stabilize the soil.

Clearcut areas don't absorb water. Instead, when heavy rains come, they allow for rapid runoff, causing flooding and erosion. The floodwater transports tons of silt, clogging waterways. In steep areas, the earth can no longer resist the tug of gravity and pulls away in a landslide. Clear-cutting softens the banks of a river by enabling erosion, which can cause them to collapse into the water.





Hundreds of feet above the ground, the crowns of ancient redwoods shelter another forest. Thickets of berry bushes, ferns, and other conifers — some large enough to bear cones — rise from dense mats of soil on broad limbs or in trunk forks. The soil, as thick as three feet, forms from decayed leatherleaf ferns and redwood leaves and bark, nourishing an aerial ecosystem unknown until the 1990s when scientists first climbed into the canopy. As water evaporates from leaves, more water is pulled up through vertical capillaries to keep water rising against gravity to extreme heights. Leaves also absorb water directly from rain and fog.

**(Clockwise from left) A hiker in the Freeman Creek Grove of Giant Sequoia; some trees are 26 feet in diameter; Coast redwoods don't get as wide as their cousins, the giant sequoia, but are the tallest trees on the planet — one measuring 379.1 feet high (70 feet taller than the Statue of Liberty)**



Downstream in the valleys, homes and lives are ruined by a wall of water and mud. Government subsidies are needed to help communities and individuals repair the damage. In recent years, major floods and landslides in California, Oregon, Washington and Idaho have caused billions of dollars of damage to public and private property. Many people were injured and some were even killed. Some landslides were directly attributable to clearcut forest areas.

Clearcutting may profoundly alter local rivers in other ways. If logging comes close to the banks of a river, as it often does, it eliminates the shady shield of trees, which can cause the temperature of the river to elevate. Even a few degrees can make a huge difference to native plants, fish, and amphibians, and can cause a significant population decrease. Numerous organizations monitor global rivers and have warned that extensive clearcutting could result in the extinction of some fish species, as they are driven out of their native habitats.

#### Trees Thousands of Years Old Are At Risk

**M**ILLIONS OF ACRES OF SPECTACULAR forests in the Pacific Northwest and the Sierra Nevada desperately need to be protected for future generations. These forests of thousand-year-old trees are home to the endangered spotted owl, the marbled murrelet, fishers, martens, and other animals emblematic of America's wildlife heritage.

The sequoias are among the largest, longest living trees on earth. These ancient sentinels grow in a limited area of the Sierra Nevada Mountains, confined to about 150 secluded groves. Although some of these groves are protected within National Park boundaries, many of the groves lie in the National Forests — unprotected.

Nanning Creek Grove, one mile east of the logging town of Scotia, is the largest unprotected stand of primeval redwood forest in the world. It contains old-growth trees up to 15 feet in diameter standing over 300 feet tall, likely to be thousands of years old. Of the two million acres of original Redwood forests that existed when California gained statehood in 1850, less than 3% remain today.

The fight to protect the huge trees of California's Sierra Nevada range began in the late 1800s, when Sierra Club founder John Muir won the establishment of Sequoia National Park.

A hundred years later, President Bill Clinton established the Giant Sequoia National Monument to protect nearly half the giant sequoias left in existence. The Bush administration attempted to log them, but a judge halted the practice. Yet these groves of towering trees are still threatened. The Forest Service has called for extensive logging of this natural cathedral, under the guise of fire protection. The Forest Service's own scientists have found



that logging large, fire-resistant trees like those in the Monument does little to prevent catastrophic wildfire.

In a typically misguided policy, the U.S. Forest Service has riskily allowed logging all around these fragile groves. The sequoia grows naturally in stands of trees with many other species, such as Ponderosa pine and Douglas fir. Logging within the sequoia groves threatens the existence of the sequoia. It exposes the trees to the full force of the wind and kills the intertwining root systems that help keep the sequoia standing.

The Rocky Mountain region has the largest unroaded areas in the lower 48 states. Many roadless forest areas in this region remain mostly as they were before Columbus set foot on this continent, wild and untamed. This is the only region in lower 48 states where the grizzly still roam free. Massive new logging and roadbuilding projects in these National Forests are already degrading this region. With light rainfall, mountainous terrain, and fragile soils, these forests are particularly vulnerable to clearcut logging. When timber companies clearcut these forests, they may not grow back for centuries.

Like the giant sequoia groves, the Cochetopa Hills of Colorado are threatened by clearcutting and roadbuilding. The forests of the Cochetopa are spread throughout three national forests in the southern Rocky Mountains of Colorado — the Gunnison, the Grand Mesa and the Umcompadre. The Cochetopa Hills are known for unusual mixed stands of conifers. Ponderosa pine, Bristlecone pine, aspen and Engleman spruce are found growing together. This is just one aspect of the Cochetopa Hills' high biological diversity.

Cochetopa means "pass of the buffalo" in the Ute language. This descriptive name

reveals the unique quality of the area as an ecological interface zone and important wildlife corridor. The pass at Cochetopa is low elevation, creating vital winter habitat and migration corridors for many animals such as black bear and elk. Distinctive interior wetlands also attract wildlife to this semi-arid part of the Rockies. These rare wild forests are threatened with destructive logging and roadbuilding.

The Sipsey wilderness is located in the Bankhead National Forest in Alabama. The Sipsey is a wonderland of diverse hardwood forests dissected by mysterious canyons harboring rare plants and secret waterfalls. Noted for its outstanding biological diversity, half of all fern species in Alabama are found in the Sipsey along with 147 species of birds and 53 kinds of amphibians and lizards. Migrating songbirds find rare habitat in the interior forests.

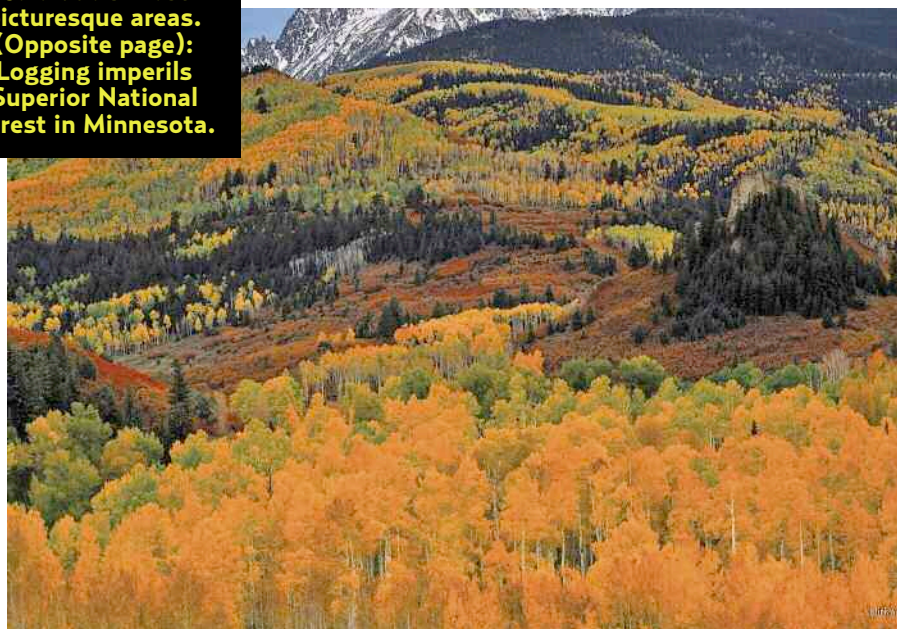
Flowing through the wilderness is the Sipsey River. It is designated a Wild and Scenic River, and is home to an endangered species of freshwater shellfish.

The U.S. Forest Service has allowed destructive clearcutting throughout most of the Bankhead National Forest, degrading the entire ecosystem and threatening the survival of the Sipsey Wilderness area itself. The Forest Service has been destroying the diverse species of plants and animals throughout the Bankhead National Forest, and replacing these beautiful natural forests with sterile tree farms.

#### Midwest Forests Affected Too

**M**OST PEOPLE PROBABLY DON'T THINK of the North Woods of Wisconsin as holding significant plant and animal species — but they do — including the goblin fern, American ginseng, the goshawk and the pine marten. These northern Wisconsin timberlands also hold some of the only remaining swaths of old-growth trees in the Midwest and provide a connection to

**(Below): Timber companies want to harvest trees from some of Colorado's most picturesque areas. (Opposite page): Logging imperils Superior National Forest in Minnesota.**



## MYTHS ABOUT LOGGING

**Myth:** Logging reduces fire hazard.

**Truth:** Logging leaves cut-over areas open to the direct sun which dry out and increase fire hazard.

**Myth:** Salvage logging is needed after forest fires to aid ecosystem recovery.

**Truth:** No, it is not. Salvage, and the road building, cat skidding, and log removal it involves increase erosion, reduce habitat for wildlife, and fragment what wild lands we have left. In fact, fire suppression (bulldozed fire lanes and backburns) in combination with salvage are the greatest threat to North America's remaining wilderness. Forest fires are a natural part of our ecosystem and contribute to the health of our forests. Fires should be suppressed only in tourist and rural interface areas.

**Myth:** Old growth rainforests are full of diseased and decadent trees. A young forest is more healthy.

**Truth:** Old growth rainforests are healthy ecosystems which have evolved over thousands of years to be more resistant to insects and disease. They are naturally regenerating, with trees of all different ages. Decaying wood retains water and supports new life. The needles of big, old



trees filter water and their roots hold soils in place. A young, even-aged forest which follows clear-cutting is much more prone to fire, insects, disease and erosion.

**Myth:** Logging is needed to create jobs and save the economy.

**Truth:** Sustainable logging is required to truly create the economy that provides jobs long-term. Studies have shown that, acre-for-acre, ancient forest systems provide more economic benefit and jobs left standing than cut down.

**Myth:** Timber is needed to build homes.

**Truth:** More timber is *not* needed to build homes. Homes can be built from many renewable materials which are available at a lower cost, with desirable building attributes and with less fire hazard."

**Myth:** Logging our watersheds is only done to improve water quality.

**Truth:** Logging increases erosion, runoff and silt in our reservoirs which inevitably degrades water quality. Logging is done for profits — pure and simple. ■



nature for thousands of people in the region. For years the U.S. Forest Service has been proposing increased logging, timber sales and road building. But these North Woods are already the fifth most-heavily logged National Forest in the country and the most-heavily logged in the eastern half of the United States.

Don Waller, University of Wisconsin botany professor, says "This area is gaining in biological value right now. We have gray wolves coming back down from the Upper Peninsula [of Michigan]. We're beginning to hear of sightings of cougar. We're seeing a recovery of bird species. Will this recovery be able to continue?"

Elsewhere in the Heartland, over 133 years after the death of Crazy Horse, most of the Black Hills' forest, held sacred by the region's Sioux, is scarred by clearcuts and logging roads. Although recreation provides almost three times more jobs locally than logging, not even 1% of the forest is protected as wilderness.

In Minnesota, the economic and ecological impacts of intensive logging are obvious in Superior's white-pine forests. Besides destroying habitat for black bear and moose, clearcutting pollutes lakes and streams, endangering not just waterfowl but trout and walleye fisheries — and the families that depend upon them.

#### Paper Companies Also To Blame

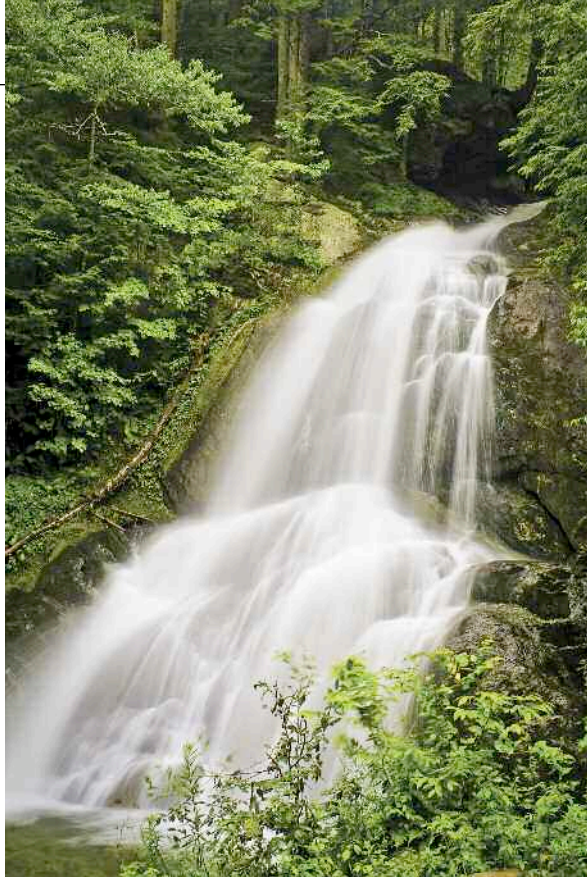
**I**N ADDITION TO LUMBER COMPANIES, THE American paper industry continues to whittle away some of the nation's forests, shipping the trees down the railroad tracks and rivers for short-term profits.

Many of the "chip millers" are selling the South's renewable forest resources down the Tennessee-Tombigbee waterway to Korean and Japanese companies to make FAX, computer and high-quality magazine paper to sell back in the U.S. market.

Several forest types of national and global significance are found in the 13 states that comprise the American Southeast, in some of the richest temperate forests on earth. Along with the streams that flow through them, they are renowned for the diversity of native plants, fish, mussels, amphibians and migratory birds, including some threatened and geographically restricted species at risk of extinction.

In the old days, two-man teams cut trees from sun up to sun down with giant cross saws. Horses and mules drag the trees on cables to sprawling train tracks, which whisked the timber away.

This time around, the efficiency of the machinery for felling trees is unparalleled, like something out of an Edward Abbey novel. Mammoth bulldozers drag whole trees on cables up the steepest of mountain slopes. It's called cable logging, and you have to see it to believe it. On one hand,



logging methods today are technological, industrial marvels — highly productive and cheap. For instance, Champion's investment in East Tennessee land and the chip mill totals \$13 million, and it takes only six men to run it. Much of the logging itself is hired out to local contractors who must submit competitive bids. Champion employs a total of 12 people in Tennessee, about one per \$1.1 million investment.

Estimates place the average value of a saw timber tree at \$400. But when taken for chips, the smaller, lower quality trees go for about \$4, from land where property taxes average only \$1.50 to \$2 an acre. It's quick and easy to turn a forest into chips. The size of the log doesn't matter, and the transportation method is cheap. All of it amounts to what environmentalists call a "quiet rape" of the Southeastern environment.

Despite the existence of alternative fibers for pulp, such as hemp and kenaf, about half of the trees cut each year are turned into paper products. 50% of the landfill waste in America is wood and paper fiber.

There are nearly 150 chip mills operating in the region, with more on the way. Each high-capacity mill can go through 10,000 acres per year at maximum production. Clear-cutting to supply them consumes a total of 1.2 million acres a year.

#### Not Much Has Changed Under Obama

**E**NVIRONMENTALISTS WERE IN HOPES that Barack Obama would protect the National Forests, but he chose as his Interior Secretary Ken Salazar — a friend of Big Oil, a defender of Bush's lawless Attorney General Alberto Gonzales, and an ally of Connecticut Sen. Joe Lieberman. That says it all right there.

Obama's Sec. of Agriculture, former Iowa Gov. Tom Vilsack (who oversees the U.S. Forest Service), had promised he would personally review all timber sales in roadless areas of National Forests. But then he approved the Orion North timber sale of old growth trees in Alaska's Tongass — the crown jewel of our National Forest system and the largest temperate rainforest in the world. The sale was halted by a Federal Judge in December 2009, after Earthjustice brought the issue to court. The project would have cost taxpayers close to \$1.6 million while only generating \$140,635 from the trees.

According to the Wilderness Society, "American taxpayers have not only watched as the Tongass has been picked apart by road building and logging, they've paid for the privilege. The tab extends beyond \$750 million over 20 years. In a single year alone, the Forest Service spent \$36 million on the Tongass timber program and got back in revenues only \$1 million. Subsidies for logging roads account for nearly half of timber program costs annually."

Studies have also shown incontrovertably that national forest lands are far more valuable to rural communities when trees are left standing, and that the federal logging program creates billions of dollars in unaccounted costs for communities, businesses, and individuals. This expense comes in addition to timber industry subsidies, which cost American taxpayers approximately \$1.2 billion a year.

For decades, citizens have attempted to stop Forest Service destruction of our public woodlands by using the timber sale appeals process, lawsuits, and participation in national forest planning. Despite all these efforts, the Forest Service continues to allow private timber companies to clearcut old growth and roadless forests throughout our National Forest system, destroying critical habitat, ruining important recreational areas and violating the public trust.

The goal is still managing the forest for the harvesting potential. The Forest Service includes "harvesting, processing and marketing of wood products" in the current job description for Foresters.

Every year since 1996, a bill called the Act To Save America's Forests has been reintroduced to Congress. It would end clear-cutting on federal lands, end road building through pristine wilderness, and restore 60 million acres to their original native biodiversity through active and passive measures. The proposal to protect these areas has been endorsed by over 600 eminent scientists and gained 140 House and Senate co-sponsors. But still, powerful lobbyists for the timber industry are able to keep the bill bottle-necked by buying off corrupt members of Congress. ■



# SUMMER FUN

## IN THE HEARTLAND

**Y**OU DON'T HAVE TO VISIT A BIG METROPOLIS TO HAVE FUN this summer. The Heartland's small cities and towns have plenty to offer...and at affordable, family-friendly prices. Here is a sampling of what you can enjoy.

Some people are surprised to find that the Midwest boasts some fantastic beaches, with ocean-like vistas that rival those along the coasts. The trademark of **Headlands Beach State Park** in **Mentor, OH** is its mile-long natural sand beach, the largest in the state. In addition to its popularity during the summer season with picnickers and swimmers, the area is home to many plant species typically found only along the Atlantic Coast. **Headlands Dunes State Nature Preserve**, located at the east end of the park, is one of the last and finest remaining examples of **Lake Erie** beach and dune communities in Ohio. A federal breakwall is located at the east end of the park offering fishing opportunities for smallmouth, largemouth and rock bass; yellow perch, bluegill, walleye, coho salmon and carp. In addition, crappie, steelhead trout, sucker, catfish and bullhead are common catches.

**Carbondale**, in Southern Illinois, has it all, from big-city sophistication to small-town charm. College kid hangouts add spice to the local dining/entertainment scene. The **Town Square Market** is the place to shop for fresh produce to antiques. The **Boskydell Pony Club** caters to the horsey set, with respected competitions amongst equestrians. **Barton House Bed & Breakfast** offers a "fancy farm" atmosphere, at the **Kitehill Vineyard B&B** you can enjoy superb accommodations as you begin your jaunt along the **Southern Illinois Wine Trail**. Nearby **Shawnee National Forest** beckons you to explore its flora and fauna, including spectacular outcroppings and rock formations (in Garden of the Gods).

A classic steam paddlewheeler, the **LaCrosse Queen**, still plies the waters at **LaCrosse, WI**. There are also Mississippi **Explorer Cruises** — just a part of this lovely city's charm. La Crosse enjoys a glorious natural setting. The city's Main Street ends at **Grandad Bluff**, which rises 590 feet above the city. The beautiful park atop the bluff affords a stunning view of three states: Wisconsin, Minnesota and Iowa. The antique and gift shops of **Old Towne North** offer five blocks of treasures. Best place to stay: **The Radisson**. With 169 rooms, it has a fine restaurant, fitness center, spectacular banquet facilities and great river views.

At **Larson's Famous Clydesdales**, in **Fond du Lac, WI**, you can see Famous Reggie, who won the Anheuser Busch Best American Bred Gelding at the National Clydesdale Show. Get a chance to pet the baby Clydesdale, which is very rare. Visit the ranch where the gentle giants live. **Kristmas Kringle Shoppe, Ltd** is a two-story Bavarian style complex featuring an interior that resembles streets

of quaint European shops, lined with more than 70 themed Christmas trees, collectibles, animated figures, and imported ornaments. Be sure to stop at **Jim Baldauf Collector Cars**, the **Spirit of Aviation**, the **Children's Museum**, and **Historic Octagon House & Costume Closet**, at the head of Fond du Lac's Historic District. (It once served the Underground Railroad).

**Beloit, WI** is home to the **Angel Museum** that showcases over 12,900 angel figurines. **Historic Auto Attractions** has a "Day in Dallas" display about the Kennedy assassination. There's the **Wright Museum of Fine Art**, the **Colored Sands Forest Preserve**, and the **Rotary Botanical Gardens** (20 minutes from Beloit).

Enjoy the annual **Herb Festival at Basu Natural Farms** (May 29 and 30) at **Kankakee County, IL**. The festival includes herb tours, nature walks, farmers market, guest speakers, children's games, and the opportunity to pick your own herbs. Drummers and African dancers provide a unique cultural experience and the on-site museum with over 4,000 artifacts is open to the public. With over 160 restaurants in the county, there is ample variety to please any taste or budget. Tour **Frank Lloyd Wright's Bradley House**, view local art at the **Gretchen Art Gallery**, or canoe down the **Kankakee River**. There's also a **Barn Quilt Tour**.





Enjoy cruises on an old paddlewheeler called the **Showboat** when you visit **Clinton, IA**. The **Comanche Depot and Railroad Museum** captures a bygone era, and kids will love the **Felix Adler Children's Discovery Center**. Take in a game played by the **Clinton LumberKings**, a professional Class 1A, Midwest League affiliate of the Seattle Mariners. Explore the **Soaring Eagle Nature Center**, the **Wide River Winery and Heritage Canyon**—featuring restored buildings from the 1800s. And don't miss the **Fulton Windmill**.

**Plymouth, WI** is the ultimate destination for antique lovers! There are six antique shops containing a large selection of vintage clothing, jewelry, furniture, glass, art, pottery, clocks, and collectibles. Nearby **Kettle Moraine State Forest**, provides visitors with four seasons of great recreational opportunities, including biking, hiking, and camping. Plymouth also boasts fine arts, golf, festivals and the original 1857 **Franklin Haus/Village Tavern & Hall** that sells local Wisconsin beers, wines, and snacks.

**Colby** describes itself as "an oasis on the prairie" and indeed it is a vital, progressive community in Northwest Kansas. A highlight this summer is Kansas/Nebraska Chautauqua "Bright Dreams, Hard Times: America in the Thirties" at the **Prairie Museum of Art and History**. View the extraordinary, international collection of rare dolls, quality glass and porcelain (including Meissen and Tiffany), textiles and furniture. Be sure to stop at the Cooper Barn and Museum Complex.

The **Bull at Pinehurst Farms** in **Sheboygan Falls** is home to the only Jack Nicklaus Signature Golf Course in the state of Wisconsin. Rolling meadows, steep ravines, dense woodlots and the ever-present **Onion River** make this new course both challenging and enjoyable for golfers of all skill levels. It's been rated as among "America's Best Public Courses You Can Play" from 2005 through 2010 by *Golfweek* magazine.

If golf is what you want, nearby **Kohler** is where you can find **The American Club**—the only AAA Five Diamond resort hotel in the Midwest. It includes the **Blackwolf Run** course complex (which has hosted the U.S. Women's Open and the World Championship of Golf), and **Whistling Straits** (a throwback to the raw freshness of Ireland sculpted into the Wisconsin coastline along two miles of Lake Michigan). Whistling Straits has two courses which have hosted the PGA Championship, U.S. Senior Open and the Palmer Cup.

**Marshalltown, IA** is the birthplace of famed actress Jean Seaburg. Within 30 miles of **Iowa Speedway**, the city offers family fun, like **Appleberry Farm**, an **Aquatic Center**, and a six-story **Big Tree-**

## EVERYBODY LOVES A PARADE

**E**VERY GOOD PARADE TELLS A STORY. PAY ATTENTION, AND YOU'LL LEARN EVERYTHING YOU NEED TO know about a town. Take **New Ulm, MI**, a town of 14,000 at the confluence of the Minnesota and Cottonwood rivers.

You'll see gold-painted gymnasts in gold-lamé wigs, representing the Turners who founded New Ulm. A horse-drawn wagon rolls by from Schell, the second-oldest family-owned brewery in the nation. And here come the cannons of the New Ulm Battery, formed after the Dakota nearly wiped out the town in 1862.

There are accordion players in lederhosen, princesses in dirndls and garden gnomes in conical red hats. There is a miniature Glockenspiel and a statue of Hermann on the City of Festivals float. Mischievous Narren in hand-carved wood masks walk alongside it, trying not to frighten children. Like New Ulm, the parade is as German as sauerkraut. Maybe more so.

"Parades are kind of communal storytelling," says Chris Lutter-Gardella, whose giant puppets appear in parades all over the region. "They become a community's way of expressing itself."

Trolls, fiddlers and Vikings march the streets of **Decorah, IA**. In **Sault Ste. Marie**, tugboats amass at the foot of the Soo Locks. On the Minnesota prairie in **Luverne**, you'll see stuffed bison and gigantic combines.

"You can tell what people in town think is important based on what ends up in the parade," says Robert Lavenda, professor of anthropology at St. Cloud State University and author of "Corn Fests and Water Carnivals: Celebrating Community in Minnesota." "For some towns, it's the biggest, most powerful farm equipment the town can deploy, and for some towns, that isn't important at all," he says. "Once, I had an organizer whisper to me, 'I finally got the last of the damn farm implements out of the parade.'"

Big Top Chautauqua impresario and songwriter Warren Nelson from **Fairmont, MN** says "I like parades for the same reason I like county fairs and state fairs; it's just a big hubbub."

Watching parades lets spectators read a town like a book. Over last Memorial Day in **Chicago**, I watched platoons of parading Hispanic reservists, followed by Korean dancers waving banners. Message? This city is a mosaic, proud of heritage as well as country.

It was the same in little **Westby, WI**, where the Syttende Mai parade includes a lot of royalty in Norwegian costume, local Civil War re-enactors, a pair of elflike Nisse and several big, ugly trolls.

Sometimes, however, I'm not exactly sure what a parade reveals about a town. During **Chippewa Falls'** Pure Water Days parade in August, a Bible-camp float featured a recruiting poster for the military: "THE U.S. ARMY WANTS YOU."

And watching **Winona's** Steamboat Days parade in June, I marveled at Shriners wearing Chinese coolie hats and "Injun"-style painted faces and feathered headdresses. Their willful cluelessness was breathtaking, especially in a town that had just hosted the annual Great Dakota Gathering Homecoming, was built on the site of a Dakota village and is named for a Dakota woman. Fifty years ago, nobody would have blinked. But today? What's up with that?

Yet the crowd favorite at the Steamboat Days parade was the South Shore Drill Team, composed entirely of black youths from Chicago who wore all-white gowns and suitcoats and waved white flags as they marched and danced with dazzling precision.

Parades remind people of the days before life got so complicated, and they like that. When the weather is fine, every parade is a top parade. Below are just a few of those being held in the Heartland over the next few months.

**May:** **Whalan, MN**, Stand Still Parade near the Root River State Trail near Lanesboro. Syttende Mai in **Spring Grove, MN**, and Westby and **Stoughton, WI**. **Chicago**, Memorial Day parade at noon on State Street from Randolph to Van Buren.

**June:** **Luverne, MN**, Buffalo Days. **Winona**, Steamboat Days. As part of Engineer's Day in **Sault Ste. Marie, MI**, it's the only day the public can walk across the Soo Locks. The Great Tugboat Parade is held at dusk on the St. Mary's River.

**July:** **Madeline Island**, Fourth of July. It's followed by patriotic speeches and music at the Madeline Island Museum. **Minneapolis**, Aquatennial. **New Ulm**, Bavarian Blast, with Hermann's Musical Spectacular parade. **Decorah, IA**, Nordic Fest.

**August:** **Chippewa Falls, WI**, Pure Water Days.

**September:** **Pepin, WI**, Laura Ingalls Wilder Days.

**October:** **Bayfield, WI**, Apple Festival.

If you're a kid, here's a rule of thumb: Parades in small towns will net you the most candy (bring a bag for all of your loot). Norwegian towns seem to give out the most. ■

—By Beth Gauper, [www.midwestweekends.com](http://www.midwestweekends.com)





house. Test your skill at the **Challenge Course**, or explore the **Grimes Farm and Conservation Center**. Each summer Marshalltown also holds the **Mid-Iowa Antique Power** show featuring hold fashioned tractors and hay baling. "Buggies and Tunes," held June 25-26, is a huge barbecue competition.

**Samuel Clements**, a/k/a/ **Mark Twain**, spent his boyhood years in **Hannibal, MO**, and the town became the setting for his most famous works. This is the 175th anniversary of his birth, and 2010 has been declared "The Year of Twain. A festival on Memorial Day weekend will honor his literary works, and include entertainment, arts and crafts, food and more. You can also tour his birthplace. There'll be lots of other activities as the year unfolds in this bucolic small town that typifies middle America.

History comes alive on the Lakefront line of the **North Shore Scenic Railroad** near **Duluth, MI**. Each summer equipment from the museum makes the transition from static display to rolling stock on this working railroad. During the season several trains a day depart the historical Union Depot for a trip through downtown Duluth, **Canal Park**, along the shore of the Lake Superior and deep into the majestic North woods. Fully narrated tours tell the history of Duluth, the harbor, and the stories of the railroads that connected the people and transported the material that built the region.

Follow **Lake Superior's** breathtaking South shore to **Bayfield, WI**. This "Best Little Town in the Midwest" is gateway to the Apostle Islands Lakeshore and a Cape Cod-like destination for travelers from around the world. Complete your adventure with a three-mile hop to **Big Top Chautauqua**. This 70-show seasonal lineup features original historical musicals, national touring acts, concerts and variety shows, all presented in a picturesque setting under a giant 900-capacity all-canvas state-of-the-art tent theatre. It's the performance home of the nationally broadcast Tent Show Radio program. Food, bar, gardens and gift shop. Suitable for the whole family. Open mid-June through early September.

The **Amana Colonies** have been a landmark on the Iowa prairie for over 150 years — reminding us of a simpler time. This is not just another cookie-cutter getaway. The Old World German charm of these seven villages blossoms like the lillies on Lily Lake that sway gently in the summer breeze. Restaurants serve good old-fashioned cooking "family style," there are antique stores, woolen mills, wineries, clock and furniture shops and vine-covered brick houses from a bygone era. There's never a problem parking, even though the Amanas are a popular destination. Just stroll the streets and explore all you like! ■

## SPOTLIGHT: 3 FUN PLACES IN IOWA

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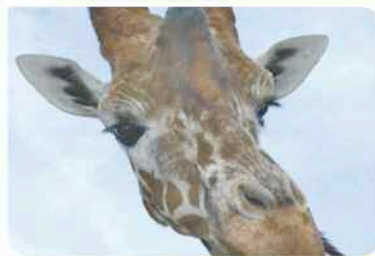
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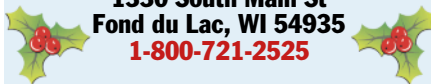
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# Anne Baxter

## *Curtain Call*

In an exclusive interview with *Midwest Today's* Sara Jordan, Anne's daughter, Melissa Galt, talks about her famous mother, who was born in Indiana, the granddaughter of Frank Lloyd Wright, and who made classic films like "All About Eve" and "The Ten Commandments"



ANNE BAXTER ADDED A TOUCH OF CLASS AND REFINEMENT to every movie she made. Profoundly witty and humorous, on and off screen, she led her life with self-effacing humor, treasuring her friends and family, and devoting herself to her career.

Anne is best remembered for her Academy Award-nominated role as the conniving Eve Harrington in the 1950 classic "All About Eve." Baxter's other noteworthy films include "Follow the Sun," "The Magnificent Ambersons," "The Ten Commandments," "The Razor's Edge," (for which she won the Oscar), and nearly 50 other movies. She also has a star on the Hollywood Walk of Fame.

Anne was born on May 7, 1923 in Michigan City, IN into American royalty. Her father, Kenneth Stuart Baxter, was an executive with Seagrams Distillery Co. while her mother Catherine Wright was a teacher. Catherine was the daughter of famed architect Frank Lloyd Wright. In her 1976 autobiography, "Intermission," Anne wrote, "She (mother) was his favorite as a child and he used to call her 'Taffy.' She was beautiful and saucy and thoroughly individualistic, all of which he loved. But when the family broke apart she'd understandably sided with her mother and there had been many painful scenes." She went on to say of her famous grandfather, "He and I had no such ravines between us and had discovered deep affection easily."

Anne's relatives were also inspired by Mr. Wright. Frank Lloyd Wright, Jr. followed in his father's footsteps, as did grandson Eric Lloyd Wright. John Lloyd Wright invented Lincoln Logs in 1916, stating that his creation was inspired by the construction of his father's recent project, the Imperial Hotel. Granddaughter Elizabeth Ingraham, is yet another architect. The family includes numerous interior designers as well, including Baxter's own daughter Melissa Galt. Ms. Galt spoke candidly with this writer about growing up in the shadow of her mother's fame. She provided personal insight, and an eye-opening view of her famous family.

The Baxters moved to New York City when Anne was seven, and she was raised amidst luxury and sophistication. She had a younger brother named Toby who died tragically, at an early age, so Anne grew up as more of an only child. Her parents enrolled their daughter at the elite all-girl Brearley school. At age ten, Baxter attended a Broadway play starring Helen Hayes, and was so impressed that she declared to her family that she wanted to become an actress. By the age of 13, Anne had appeared on Broadway. The aspiring young girl studied under actress Maria Ouspenskaya, founder of the School of Dramatic Art. There, Baxter learned "method acting," a technique that originated in Russia and in which actors do not manufacture emotions and expressions, but rather, they draw upon personal experiences. Another student of Ouspenskaya formed his own acting school. His name was Lee Strasberg.

In her her teens, Baxter moved to Hollywood to try her hand at movie acting. She tested for the role of Laurence Olivier's wife in the film "Rebecca," but director Alfred Hitchcock wanted a slightly older actress for the part. Joan Fontaine, six years Anne's senior, won the role. Not long after, Baxter would make her first film entitled, "20 Mule Team." Two years later, she would be cast in the critically acclaimed film, "The Magnificent Ambersons," a book adapted for the screen by Orson Welles. He insisted that the young actress be cast in the film. The movie follows the lives and secret past of an Indiana family. Joseph Cotten and Agnes Moorehead costarred.

Anne Baxter's follow-up film was "Five Graves to Cairo," directed and co-written by Billy Wilder. Tyrone Power played a British corporal with whom Anne's character falls in love. The film was nominated for three Academy Awards. In 1946 Anne made another film with Power entitled "The Razor's Edge." Clifton Webb and Herbert Marshall also appeared. Baxter won the Best Supporting Actress Academy Award as well as a Golden Globe. Some fans consider this edgy, tear-jerking role to be her finest, despite the legendary roles that were to follow.

During this time, Anne married fellow actor John Hodiak on July 7, 1946. A man of Ukrainian and Polish descent, he spent

his youth in Hamtramck, MI. He was nine years her senior. His most notable film role was opposite Tallulah Bankhead in 1944's "Lifeboat." In 1948, husband and wife teamed up for the Clark Gable/Lana Turner vehicle "Homecoming." Baxter played Gable's wife, who witnesses an illicit affair between him and Turner. Hodiak and Baxter welcomed their only child, Katrina, into the world on July 9, 1951.

However, the couple grew apart, and Anne blamed herself for the failure of the marriage. They divorced when their child was only 15 months old. A little over a year later, at the age of 41, Hodiak suffered a fatal heart attack while shaving at his parents' home. His film, "On The Threshold of Space," was in post-production at the time. Anne was his first and only wife, and although they had divorced, she considered herself a widow.

Anne appeared in a string of films, but 1950 would bring her most well-known and iconic role as Eve Harrington, in writer/director Joseph L. Mankiewicz's, masterpiece "All About Eve." Jeanne Crain was originally cast as Eve, but pregnancy prevented her from appearing. Eve closely follows the career of her idol, aging stage star Margo Channing. Margo's best friend, Karen Richards, (played by Celeste Holm), pities Eve's sob story and agrees to let her meet Margo after a performance. Eve smoothly integrates herself into Margo's circle. She becomes her right-hand-woman, a star-struck young girl who is a long way from the farm in Wisconsin. But Eve sets her sights on Karen's husband, producer Lloyd Richards, played by Hugh Marlowe. She also flirts with Bill Sampson, Margo's director/boyfriend. John Garfield and Ronald Reagan were considered for the Sampson role, but Gary Merrill was cast instead.

George Sanders played the role of cynical theatre critic Addison DeWitt, who sees through Eve's facade. The movie speaks of broader human fears, desires, and behaviors, having been inspired by a short story that ran in *Cosmopolitan* magazine in 1947 entitled, "The Wisdom of Eve."

Claudette Colbert was signed to portray Margo. Anne was favored to play Eve because Mankiewicz and producer Darryl Zanuck felt Baxter bore a striking physical resemblance to Colbert. But a debilitating back injury at the last minute prevented Colbert from making the film, so Bette Davis was chosen as her replacement. Marilyn Monroe also made one of her early film appearances, playing a young budding actress. This movie features the Davis character line, "Fasten your seat belts, it's going to be a bumpy night."

The film was nominated for a stunning 14 Academy Awards. No other motion picture has surpassed this; however, the 1997 film, "Titanic" holds the tie. "All About Eve" is the only movie in history to garner four actress Oscar nominations: Bette Davis was nominated for best leading actress, Thelma Ritter, (who played Margo's maid), and Celeste

In "All About Eve" with Bette Davis, Marilyn Monroe and George Sanders





Holm were acknowledged in the best supporting actress category. Anne Baxter allegedly was first nominated in the supporting actress category, but lobbied to be nominated alongside Davis. Ultimately the two women from the same film were nominated in the lead actress category, for the first time in film history.

Anne's daughter, Melissa Galt, reflected, "My bet is that she didn't do it with an ulterior motive, as much as she did it with a logic: 'Look at this. I'm in every scene here. I'm on the screen just as much as Bette Davis is. I'm a lead actress in a title role'... That sort of thing. I don't think it would have been out of maliciousness." She went on to say, "Mom was not a backstabber. Absolutely not. One of the people she admired, [was named] Anne Slater. Mom used to stay with Anne when she would be in New York. And she told me that Anne had been to boarding school, and she had made herself a promise that she would never say anything nasty or ugly about anyone. Ever. And that's how she got the standing in society that she did. She used to grace the pages of *W* and a lot of the society publications coming out of New York. But mom looked at her as a friend, and shared that story with me more than once and said, 'That's the way to be.' So mom wouldn't have done that. I don't buy into it. If it happened and she was behind it, it would have been... people pushing her to do it. Because mother was easily swayed."

The film won six Oscars, including best picture of the year. Davis and Baxter were up against Gloria Swanson for "Sunset Boulevard," and 29-year-old starlet Judy Holliday for "Born Yesterday." Holliday won — to everyone's surprise. Swanson and Davis were devastated, both being women over 40 with few leading roles in their futures. Fans and critics alike have blamed Baxter for the upset. Melissa defended her mother, stating, "She was very ambitious, but... I don't think my mother ever could have been an Eve in real-life."

"All About Eve" was adapted for Broadway and re-titled, "Applause," starring Lauren Bacall. When Bacall left the show, Baxter took over her part; not as Eve, but as Margo Channing. Baxter rose to the occasion despite playing the opposite role.

The film ranks 16th on the American Film Institute (AFI) list of the 100 greatest movies ever made. Eve Harrington was voted 23rd on the AFI list of the 50 greatest villains of all time.

NeverBoxoffice.com praised the film saying, "It is a classic of the American cinema — to this day the quintessential depiction of ruthless ambition in the entertainment industry, with legendary performances from Bette Davis, Anne Baxter and George Sanders anchoring one of the very best films from one of Hollywood's very best Golden Era filmmakers: Joseph L. Mankiewicz. It is a film that belongs on every collector's shelf."

Following the success of "Eve," Baxter was cast in "Follow the Sun," which depicts the life of golf hero Ben Hogan, portrayed by Glenn Ford. Anne played his wife. In 1953, Baxter made the thriller, "I Confess" with Montgomery Clift and Karl Malden. Anne appeared on Broadway in 1953 opposite Tyrone Power in Charles Laughton's "John Brown's Body."

#### Anne Plays Another Classic Role In "The Blue Gardenia"

HER NEXT FILM, "THE BLUE GARDENIA," CENTERS AROUND BAXTER'S character Norah Larkin, who awaits the return of her fiancé from the Army, only to discover he has sent her a "Dear John" letter. Distraught, she decides to go out with lothario Harry Prebble who has been courting her roommate, (Ann Sothern.) Prebble, played by Raymond Burr, wines and dines the lonely young woman with plans to later take advantage of her. Nat King Cole serenades them at the swanky dinner club with his latest song "Blue Gardenia." Arranged by Nelson Riddle, Nat sings:

*"I lived for an hour.*

*What more can I tell?*

*Love bloomed like a flower,*

*Then the petals fell.*

*Blue Gardenia --*

*Thrown to a passing breeze,*

*But pressed in my book of memories."*

Back at Prebble's apartment and in a drunken stupor, Norah

resists his forceful advances by striking him with a fireplace poker, then flees, leaving behind the blue gardenia he bought her. The next morning, she awakens in her apartment with only a vague memory of what happened. Then she discovers Prebble was killed, and assumes she committed the crime. The suspense thriller has a surprise ending that exonerates the young woman.

In 1955 Anne appeared in the period picture "The Spoilers," this version being the fifth run of the film. It starred Jeff Chandler and Rory Calhoun.

It seemed Baxter's career had reached a climax with "Eve," but one more defining role was in the making. 1956 saw the release of Cecil B. DeMille's "The Ten Commandments," showcasing an all-star cast including Edward G. Robinson, Yul Brynner, Vincent Price, Yvonne De Carlo, and Charlton Heston, as Moses. Baxter traded in her usually lux accessories for the exotic attire befitting an Egyptian queen, Nefertari. The film is the fifth-highest grossing movie of all time in the U.S. and Canada. It won the Academy Award for Best Visual Effects, having been nominated for six other Oscars. Long-time friend and costume designer Edith Head worked with Anne for this movie.

Ms. Head was the foremost costume designer in the heyday of Hollywood. She was nominated for 35 Academy Awards, winning eight, which is more Oscars than any other woman has ever won. She dressed Mae West in "She Done Him Wrong," Gloria Swanson in "Sunset Boulevard," Bette Davis for "All About Eve," the Hitchcock women, Natalie Wood numerous times, and was the godmother of Baxter's daughter Melissa, who observed of Edith, "She was working all the time. She was basically a workaholic. Loved her career! Absolutely. I think that is one of the reasons why mother and she got along so famously. They both were completely devoted to their craft. And my mother would be the first to tell you that. Her career was way before her family. Aunt Edie didn't have family beyond Uncle Bill... At the studio she had the persona. The bun in the back of her head, and the bangs and the glasses, the little gray suits. And very business-like. And the stars in front of her were the stars there. At home, she relaxed, she cut up, she laughed. She liked to [joke] that she dressed like a Spanish Omelet. She was very Bohemian in her dress at home. Nothing like what you saw at the studio."

In 1959 Anne filmed "Summer of the Seventeenth Doll" on location in Australia. While there, she stayed with friends Peter and Edwina Baillieu who who trying to set their widowed friend up on a blind date with rancher Randolph Galt. Baxter, on her way back to the States, declined to meet her mystery man. She and her family were meeting up in Arizona to spend Easter with Frank Lloyd Wright at his home "Taliesin West." It was the last time she would see her grandfather. Wright passed away on April 9, 1959 at the age of 91.

Shortly after he died, Anne appeared on a San Francisco television show commemorating Wright. After the broadcast, Anne received a call at the station from Peter Baillieu. But when she went to the phone it was not her friend, but rather her mystery man — Randolph Galt. She agreed to meet him at the Clift Hotel. They hit it off immediately, even though Galt had to leave for Australia ten days later to look into buying a cattle station in the bush.



Melissa Galt





The two would meet again in September, and Ran proposed to Anne New Year's Eve. However, she was concerned about the age difference, being six-and-a-half years older. "I had become one of the billions of women who'd dropped their lives and followed for love. Very old-fashioned, and very real," she reflected. But before the two were married, a deranged male fan of Baxter's, distraught at the news of her engagement, threatened to sabotage the wedding, by murdering her fiancé. He contacted columnists Louella Parsons and Hedda Hopper with his plans, which of course, exploded in the newspapers. The stalker got as far as threatening Baxter's agent at gunpoint. The wedding proceeded in Honolulu, amidst the press and with police protection. It was held at the Galt family church, St. Andrews Episcopal Cathedral. Anne, close to her parents, was saddened by the fact that they declined to attend the services. "They did not dislike Ran. It was the idea of Australia they hated," the actress later wrote.

Baxter agreed to move into Giro, sight-unseen. The broken down farmhouse was 180 miles north of Sydney — and a million miles from anything Anne had ever known or loved. Cattle branding, long muddy trips into the nearest town, limited electricity and resources, and frequent flights in small planes became the norm for this movie star. Ran adopted Anne's daughter Katrina; however, in her early 20s, she took her original last name back. Yet Katrina remains closer to Ran than do his own children.

Anne's next role came in the form of Dixie Lee in the Glenn Ford flick, "Cimarron." The lavishly produced film failed to draw large audiences, but it did receive two Oscar nods for Best Art Direction and Best Sound. The world premier of the movie was held in Oklahoma City. Anne also appeared in "Dance Man" opposite Dean Stockwell, and then "Goodbye, My Love" directed by Ida Lupino and costarring Ronald Reagan. Baxter reflected, "Ronnie was sweet, although I hoped he wouldn't bring his soapbox. Conservative politics were his consuming passion. I was an apolitical preservative."

But there was trouble in paradise, or rather, the desolate bush where a movie star was an oddity, and a woman who valued the finer things in life, was all the more obscure. Anne documented her stay in her memoir: "Loneliness was a prescription at Giro. You took it every morning, like vitamins." She also reflected in her book that, "My love for Ran was enormous. But it was suicide to live in his pocket. He had a right to his world. I just wished he'd share a bit more of it with me." Anne compared her lifestyle to that of early pioneer women on the frontier. "Most people asked about my Adjustment, that chimera. What could I say? Tell them my plates were too big for the sink? Or never to wash sheets when the river is up? Or that I missed being coddled like an egg by American anything? Or that I was horror-stricken at maggoty garbage? Or that I was singularly inept at floor mopping? Or that I was often desperate for a dial phone with a friend at the other end. That I wasn't up for much of any of it and secretly despaired at all my professional training going to waste."

Anne suffered a miscarriage early on in the marriage, which was an obvious blow to her morale. However, soon after she was pregnant again. She next appeared in the risqué 1961 film, "Walk on the Wild Side," featuring an early role for Jane Fonda. Laurence Harvey, Capucine, and Barbara Stanwyck were her costars. Tensions were high on the set, egos clashed, and Baxter tried desperately to hide her growing pregnancy. She wore full-skirts and loose-fitting dresses and followed a strict diet. Anne was seven months pregnant when filming wrapped up. The baby arrived almost a month overdue, and was born on October 4, 1962. She and Ran

named their child Melissa. A younger sister, Maginel, would be born March 11, 1964, on Anne's parents' 44th wedding anniversary. The baby was named after a sibling of Frank Lloyd Wright's. When the girls were young, their parents separated, and ultimately divorced. Melissa speculated, "My guess is that it started to unravel when she took me back for the year and was pregnant again, with Maginel. There were four miscarriages in between, so it was a very scary pregnancy. And she really needed to be in the States, for a lot of different reasons. And so they came back. I think they spent about six months in Hawaii, and then they went to New Mexico for two or three years. And then they went up on the West Coast. And that's when they split up" (in 1969). Melissa laughed about her home life in those days, "What the hell was [mother] doing in New Mexico for three years...where she's out walking the wilds of the dry riverbeds, the aroyas, doing lines? How bizarre is that?"

"Ran — and yes, I do call [my father] Ran — didn't remarry until his mother died, and my mother died. And they died in like six months of each other. And he also became 'Born Again'... Ran was never really cut out for marriage. He just wasn't. He could do anything he wanted, and pretty much did. And that's what tanked the marriage as far as I can see. He was not responsible, he was not reliable. He was great as an escort...great as a boyfriend, but sucked as a husband or a father. And I wouldn't have any problem telling that to his face. Near as I know, my younger sister might speak to him once or twice a year. I haven't spoken with him in probably 13 to 15 years. He was charming, and handsome, and swept [my mother] off her feet, and somehow — what was she thinking? — convinced her to run off to Australia! And she did. And then she found out that he was not all that." Melissa observed, "My father's one of those guys that wanted to keep her away from everything. And it was manipulative, and it was not smart. And it's not how mother chose to live. Mother liked to live what I call, 'Engaged. Connected. Tuned in. And turned on. Each and every day.' That's my mother. My father's not. My father's the antithesis of that! They were like oil and water. It was a mess!"

After the divorce, Anne took her daughters to live in the States full-time. Despite her movie star status, Melissa insists her mother was a down-to-earth woman. "There was no glamour, there was no glitz. There were no limousines. I didn't see the point in celebrity status. To us it was an annoyance. Don't misunderstand me, we didn't lack for anything... But it's not like it is today where a person makes one movie and they're suddenly a multi-millionaire person. Mom wasn't like that. Mom was a celebrity in the days

when celebrities were real people. And she had me when she was 38 years old. She'd been out of Hollywood for about four years at that point. And they were none too keen when she tried to come back. They basically said, 'We're sorry, you left at your height. You're done.' So she reinvented herself for television. But television doesn't pay the way that movie stuff pays."

Baxter did make a comeback appearing on TV. She went on the popular game show "What's My Line?" as a mystery guest. She played villain "Zelda the Great" in two episodes of "Batman," and "Olga, Queen of the Cossacks," in three episodes, making her the only actress to play two distinct characters on that show. Baxter teamed up with "Blue Gardenia" co-star Raymond Burr on his popular show "Ironside." Anne appeared frequently as a guest and stand-in host of "The Mike Douglas Show," and was featured in

(Opposite page): Anne with Charlton Heston and her grandfather, Frank Lloyd Wright; (Below): Anne in the western "Cimarron"





an episode of Columbo called "Requiem for a Fallen Star." Anne appeared on the hit television show, "Hotel," replacing an ill Bette Davis. In her memoir, "This 'n' That," Davis wrote that the show should have been called, "Brothel." Baxter made the TV films "Sherlock Holmes" and "The Masks of Death."

Anne valued her private life and tried to keep herself and her children out of the Hollywood limelight. Melissa did not grow up with the impression that what her family was involved with was anything significant: "I didn't think they were famous. We never had a swimming pool. We didn't have a butler. We didn't have a maid. Mother was into Jello before Bill Cosby discovered it. If you wanted soft towels, you better do the laundry, because if mom did it, she hung it out on the line in the backyard, thinking it smelled good, and you got sandpaper for towels. She was not big on modern conveniences. We had them, but she didn't use the dishwasher. She believed in washing dishes by hand."

Despite having a famous grandfather, Anne did not use that as a way to propel her career. Melissa emphatically recalled, "I wasn't raised with the idea that I had a famous great-grandfather. I honest to goodness did not know of his significance in American culture until I went back to design school at age 30. When he was showing up in my textbooks, I suddenly thought, 'Oh my! He was big.' So understand, that's how grounded my mother was. We went to the family Thanksgivings at Taliesin, but it was family. I didn't view that as anything extraordinary."

Despite the iconic status Melissa's mother, great-grandfather, and godmother have to this day, Ms. Galt stated, "They were human. They weren't grand. Their legacy has become grand, and I think there's a part of that they would each fight. Great-grandfather might not fight it as much because his ego was grand. But I don't think that as a person he was necessarily grand. He put on his pants one leg at a time. In other ways he was very lonely, which is why he always had a woman on his arm. From the way I understand it, Mamah [Mamah Borthwick Cheney, Wright's mistress,] was barely dead from the massacre\* when he had somebody else there. That was quick! He didn't like being alone. So he always had somebody there to cater to his needs."

### Thought She Was Not Cut Out For Motherhood

WHILE MELISSA ACKNOWLEDGES THE DIFFICULTIES OF HER MOM being a single parent, she said with little hesitation, "Mother sat me down at 17 and said 'I never should have been a mother.' And I didn't take that to mean anything bad, but when I ran that by my aunt in the last couple of years she said, 'Oh yes! She meant that!' But my aunt said, 'Melissa, at the time she was at she took an intermission, just like the name of her book. Everybody else was having babies, so your mom wanted to take that time out and have babies, too.' It was what you did back then. We were definitely secondary to her. She never felt that she had been enough of a mother. She really hadn't been. She made a choice. Her career was first. It's why we had such a bizarre series of caregivers."

Despite the hassles of fame, Anne enjoyed taking time out for fans. "Mother was always incredibly gracious with her fans. Even when they botched things up like when we were on the Circle Line in New York in fifth grade. It's a big boat and it was packed. And they announced that Anne Bancroft was onboard and then they had to correct themselves," Ms. Galt laughs. "Mom handled it all extremely well. She was an incredibly gracious person."

Anne married for a third and final time in 1977. She and stock-

\*Julian Carlton, a hired hand, set a wing of Taliesin on fire on August 15, 1914. While the home was blazing, he killed seven people on the grounds with an ax, including Mamah, her two children, three associates, and a son of an associate, while Wright was away on business.



Anne with Maginel (left) and Melissa.

broker David Klee were a nice match, and Melissa observed that he treated Anne like a queen, the way her previous husbands hadn't. While working on renovations on their Connecticut home, he died unexpectedly in October of 1977, after only nine months of marriage. The house itself was architecturally reminiscent of Frank Lloyd Wright's flat-roofed structures. Baxter remodeled the living room fireplace to resemble the fireplace in her grandfather's masterpiece, Fallingwater.

Melissa and her mother grew apart for several years as the girl entered adulthood. However, Ms. Galt warmly recalled a Christmas break in college when she went home to visit her mother and sisters. Anne had wanted a "Flexible Flyer" wooden sled, despite being a woman in her mid-50s. Melissa recalled that her mother never lost her child-like sense of wonderment, and was over the moon when her daughters finally got her what she had been asking for for

years. While the rifts between mother and daughters were on the mend, Anne's life was cut short. While hailing a cab in New York City, the actress collapsed after suffering a stroke. Eight days later on December 12, 1985, she passed away from a brain aneurysm, at the age of 62. Baxter was cremated and interred in the family plot at Wright's beloved Taliesin, in Wisconsin.

"Mom never lost her excitement for life," Melissa reflects. "She had an enthusiasm that powered her out of bed in the morning, and made her not want to go to sleep at night. And she had it about her work, she had it about travel, she had it about her writing. She was definitely a perfectionist. She really struggled with that. And we all three got that one from her. But that also came from her mother, who told her she wasn't good enough. And so she told herself she wasn't good enough. And then she told us we weren't good enough. It all comes around full-circle... Mother decided at age seven she was going to become an actress... Great-grandfather knew [what he wanted to do] at 17... Aunt [Edith Head] knew at 30. But Aunt Edie came to it very late... She didn't even know how to draw when she dove into costume design!"

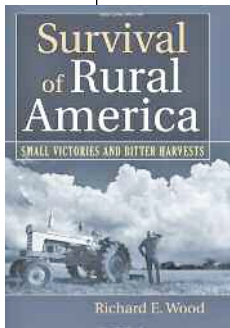
These striking individuals were not statement makers; they embraced their creative passions, which in turn, created a statement. Today Melissa Galt is a successful interior designer out of Atlanta, GA, as well as a motivational speaker and author of the book "Celebrate Your Life!" She remains estranged from her father and older sister but says she speaks occasionally with her younger sister Maginel: "Mother was the glue that held this family together. She held the three of us girls together. And without my mother, there is absolutely no glue. None. We each have intensely different recollections in terms of our over-all emotional feeling about my mother, and I'm really great about where I am with it. I miss her like crazy. I think about her all the time. [Maginel] turned to religion and became Catholic. Near as I can figure out, became a nun [who has lived in Vatican City for 12 years]. We just have different values. And she made a huge change. And I think mother would be extremely upset by this. She would be extremely unhappy that the three of us are so far apart, because she was an only child, and she valued family a great deal. Not over her career, but she valued family a great deal!" But Melissa says she is at peace with Anne's flaws as a parent. She cherishes the memories of her mother who was an elegant, talented, and beautiful woman who left an unmistakable mark on movie history.

Anne Baxter had a saying she carried with her through the years, "See into life, don't just look at it." Melissa Galt stated with all certainty, "It is just absolutely my mother. See it. Taste it. Touch it. Feel it. [Life] is not to be gone through as a robot. This is not to be viewed from the perimeter. It's not a game and you're sitting in the stands. You're on the field." ■ Copyright 2010 by Midwest Today



## [BOOKMARKS]

### **SURVIVAL OF RURAL AMERICA; SMALL VICTORIES AND BITTER HARVESTS** by Richard Wood.



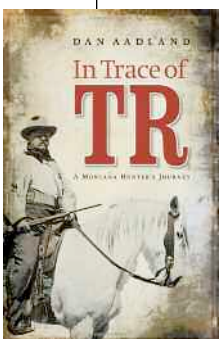
Small farming communities are the heart and soul of America, but it's no secret that they're under siege. Family farms are disappearing and manufacturing is outsourced. Schools close, jobs vanish, and local stores can't survive. Some communities even resort to giving away land just to get people to move there. Wood traveled the backroads to gather stories and collect photos from proud Kansans,

depicting their spirit, optimism and true grit. It's an uplifting story of survival.

### **MY MEMORIES OF JIM REEVES AND OTHER CELEBRITIES** by Joyce Gray Jackson.

The secretary to Jim Reeves, the greatest singer to ever come out of Nashville and an international superstar so popular in his lifetime he went on to score 34 charted hits in the 20 years *after* his death in a 1964 plane crash, has written an insider's account of Music City that is spellbinding for its personal anecdotes. Among the 140 stars Jackson writes about, aside from Reeves, are Chet Atkins, Dolly Parton, Merle Haggard, Roy Rogers, Willie Nelson, Waylon Jennings, Larry Gatlin, Charlie Pride, Steve Wariner, Brenda Lee, Grandpa Jones, Conway Twitty and many more. She also relates her encounters with Bob Hope, Marlon Brando and Oprah Winfrey. These up-close-and-personal looks at celebs are refreshingly honest, true to life, and most revealing. Scores of personal photos.

### **IN TRACE OF TR** by Dan Aadland.



As a student of American history, as a hunter, horseman, and former Marine, and as someone passionate about the West, Dan Aadland had long felt a kinship with Theodore Roosevelt. One day, on a single-footing horse, lever-action rifle under his knee, Aadland set out to become acquainted with TR as only those who shared his experiences could. He documents that quest, inviting readers to ride along and get to know Theodore Roosevelt through

the western environment that so profoundly influenced him.

**CUTTIN' UP** by Court Carney. This is a new look at the spread and acceptance of jazz in America in the 1920s and '30s, going beyond the familiar accounts of music historians and documentarians to show how jazz paralleled and propelled the broader changes taking place in America's economy, society, politics, and culture. Focus is on Chicago, New Orleans and Los Angeles as jazz centers.



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# *Strawberries!*



*Clockwise, from upper left:*  
Grilled Mahi-Mahi Tacos with  
Strawberry Salsa; Strawberry  
Rhubarb Parfloat; Strawberry  
Chicken and Fennel Salad;  
Strawberry Shrimp Ceviche.



## THIS DELICIOUS SEASONAL BERRY IS MORE VERSATILE THAN YOU MIGHT THINK AND CAN BE USED IN ENTREES AS WELL AS DESSERTS

**S**TRAWBERRIES HAVE BEEN CULTIVATED in America since 1835, and raised by many home gardeners. California strawberries are available year-round. The berries are non-fat and low in calories, rich in vitamin C, potassium, folic acid, fiber, and vitamin B6. Strawberries are so nutritious, research is finding that they may reduce the risk of heart disease and some cancers, and help memory. I've included a recipe where strawberries are combined with another Springtime favorite: rhubarb. Store strawberries loosely covered and unwashed in fridge. Enjoy!

### GRILLED MAHI-MAHI TACOS WITH STRAWBERRY SALSA

1 cup diced fresh strawberries  
1/2 cup diced mango  
1/4 cup diced papaya  
1/4 cups diced pineapple  
2 Tablespoons diced red onion  
2 Tablespoons freshly squeezed lime juice  
1 Tablespoon chopped cilantro  
1-1/2 teaspoons rice vinegar  
Salt and black pepper  
Cayenne pepper

#### Avocado Sour Cream:

1/4 cup diced avocado  
1/4 cup sour cream  
1 Tablespoon freshly squeezed lemon juice  
1-1/2 teaspoons freshly squeezed lime juice

#### Chipotle Sour Cream:

1/2 cup sour cream  
1/2 chipotle in adobo  
Salt and white pepper  
Granulated garlic

1 pound mahi-mahi, cut into 2-ounce pieces

Salt and black pepper  
Ground cumin, ground coriander and ancho chile powder

8 (6-inch) corn tortillas, heated  
8 (6-inch) flour tortillas, heated  
2 cups shredded napa cabbage

To make Strawberry Salsa, gently mix together all ingredients; season with salt, pepper and cayenne pepper. To make Avocado Sour Cream, blend all ingredients in food processor or with stick blender. To make Chipotle Sour Cream, blend sour cream and chipotle in food processor or with stick blender; season with salt, pepper and granulated garlic. Season mahi-mahi with salt, pepper, cumin, coriander and ancho chile powder. On gas or charcoal grill, cook fish



until it offers no resistance to the point of a small, sharp knife. Place 1 corn tortilla on top of each flour tortilla. Top each corn tortilla with 1/4 cup cabbage, 1 piece mahi-mahi and 1/4 cup Strawberry Salsa. Serve Avocado Sour Cream and Chipotle Sour Cream on the side.

Makes 4 servings.

### STRAWBERRY SHRIMP CEVICHE

#### Ceviche Dressing

1/4 cup chopped, stemmed strawberries  
1/4 cup chopped plum tomato  
2 Tablespoons olive oil  
4 teaspoons fresh lime juice  
4 teaspoons red wine vinegar  
2 teaspoons chopped, seeded jalapeño peppers  
1 teaspoon sugar  
1/2 teaspoon salt  
1/4 teaspoon Worcestershire sauce

#### Ceviche

3/4 pound cooked peeled shrimp  
1-1/2 cups peeled seeded diced cucumber  
3/4 cup diced red onion  
1-1/2 Tablespoons chopped, seeded jalapeño peppers  
1-1/2 cups (about 1/4 pound) quartered, stemmed strawberries  
3 Tablespoons chopped cilantro

To make Ceviche dressing: in blender or food processor, purée all ingredients until smooth.

In large bowl, toss shrimp, cucumber, onion and peppers with Ceviche dressing. Refrigerate, covered, at least 30 minutes but no more than 4 hours. Just before serving, add strawberries and cilantro; mix gently but thoroughly.

Makes 6 appetizers.

### STRAWBERRY CHICKEN AND FENNEL SALAD

1 pound grilled chicken breast strips  
3 cups (about 1 pound) fresh strawberries, stemmed and sliced  
3 cups thinly sliced fennel bulb  
3 cups shredded radicchio  
3/4 cup shredded basil  
1-1/2 cups toasted walnut halves

#### Vinaigrette

1/3 cup olive oil  
1/3 cup walnut oil  
2 Tablespoons balsamic vinegar  
1 Tablespoon roasted garlic purée  
1/8 teaspoon salt  
1/8 teaspoon pepper

To make salad: In large bowl, toss chicken, strawberries, fennel, radicchio, basil and walnuts with vinaigrette. Mound salad on 6 plates, dividing it equally. To make vinaigrette: in blender or food processor, purée oils, vinegar, garlic purée, salt and pepper until emulsified.

Makes 6 servings.

### STRAWBERRY RHUBARB PARFLOAT

#### Rhubarb Syrup:

2 pounds rhubarb, trimmed and cut into 5-inch pieces  
2 cups sugar

#### Orange Milk:

3 oranges  
3 cups milk  
3 tablespoons sugar

#### Basil Syrup:

1 cup sugar  
3/4 teaspoon corn syrup  
1/4 teaspoon vitamin C powder  
3/4 cup basil leaves, loosely packed

1/2 pound fresh strawberries, stemmed and diced

Sugar, as needed  
1-1/2 pints vanilla bean ice cream  
1-1/2 cups seltzer  
6 basil sprigs

To make Rhubarb Syrup, in heavy-bottomed saucepan, heat rhubarb and sugar with 2 Tablespoons water over low heat, covered, about 10 minutes or until rhubarb is soft, stirring occasionally. Strain syrup through fine strainer or colander lined with cheesecloth. Refrigerate.

To make Orange Milk, remove zest (orange part of skin) from oranges with vegetable peeler. In saucepan, heat milk and zest to just below boil; remove from heat and steep, covered, 1 hour. Strain; add sugar. Refrigerate.

To make Basil Syrup, in saucepan, simmer sugar, corn syrup and vitamin C with 1/2 cup water until slightly thickened. Cool. In blender, purée syrup with basil and pinch of salt; strain through fine strainer. Refrigerate.

Sweeten strawberries with sugar to taste. For each serving, in chilled 16-ounce glass, layer 1/4 cup Rhubarb Syrup, 2 tablespoons Diced Strawberries, two 1/4-cup scoops ice cream, 1/2 cup Orange Milk, and 2 more Tablespoons Diced Strawberries. Add 1/4 cup seltzer; drizzle with 2 tablespoons Basil Syrup. Garnish with 1 basil sprig.

Makes 6 servings ■

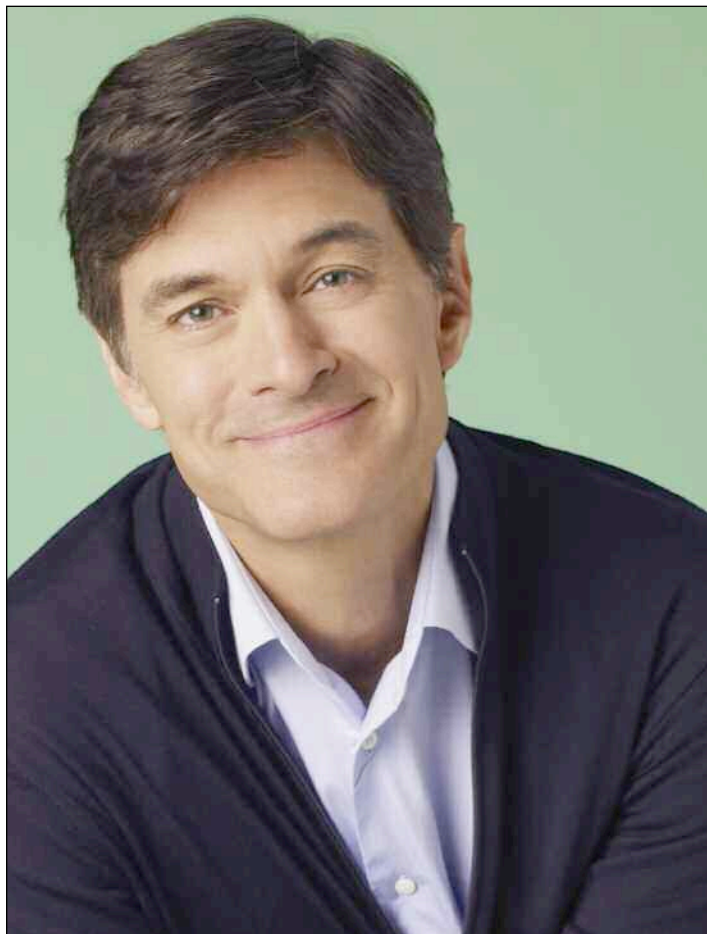


**C**HANGING THE WAY MILLIONS OF PEOPLE ACTIVELY INCORPORATE preventive health into their lives has become a daily practice for Dr. Mehmet Oz. As one of the world's most accomplished cardiac surgeons, Dr. Oz is taking life-saving medicine beyond the operating room. Now, in an effort to reinvent medicine on a global level, he has applied his visionary medical knowledge to every conceivable form of media to teach people how to use natural methods to live longer, reduce stress, and avoid the killers of heart disease and cancer.

Dr. Oz was born in Cleveland, OH and received his undergraduate degree from Harvard University in 1982. A lifelong multi-tasker, he obtained an MD in 1986 from the University of Pennsylvania at the same time he earned an MBA from the Wharton Business School. Dr. Oz currently serves as Vice-Chair of the Department of Surgery and Professor of Surgery at Columbia University. He also directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. His research interests include heart replacement surgery, minimally invasive cardiac surgery, complementary medicine and health care policy. As a cardiothoracic surgeon, he has invented several medical devices, including one that enables damaged hearts to pump blood.

Oz has appeared 55 times on "The Oprah Winfrey Show" for over five seasons, while co-authoring five *New York Times* Best Sellers including the "YOU" book series. He is a regular columnist for *Esquire* magazine, and host of a daily talk show on Sirius XM. He has also appeared on numerous other shows like "Good Morning America," "Nightline" and "The View."

Oz is both avuncular and authoritative,



with an angular face and warm smile that makes many a woman's heart skip a beat. He says he wants to be the TV talk show version of Dr. Marcus Welby — a comforting presence. He tapes his program three days a week, two tapings a day, in the former Conana O'Brien studio at 30

Rockefeller Center, in front of an audience of 200. Oz earned the best debut for any syndicated daytime talk show since "Rachael Ray" premiered in 2006.

Though he's become a media celebrity, Dr. Oz is a deep thinker with a facile mind and spiritual bent. Reflective and refreshingly approachable, he still does 250 heart operations annually, yet says he doesn't plan to operate by himself any

more: "I always want one other surgeon...with me, because I think it's really important for someone to be in charge of that patient if I have to go to the studio."

Mehmet (who turns 50 June 11th) and his wife, Lisa, have four children — Daphne, Arabella, Zoe and Oliver.

**Before you were Dr. Oz, what did people call you?**

A lot of wizard jokes. I played football in college [at Harvard], and my first week there, one of the coaches said, "You made Judy Garland famous, so we're going to call you Judy from now on." I went the entire season with that name on my helmet. It ended up sticking for most of my college years.

**You have written "Since I was a child, the heart was the vital organ that riveted my interest both in a physical sense and as an image." Is that what compelled you to want to become a doctor?**

Part of my allure to medicine was a religious one. It was a search for meaning at its most profound level. I didn't think you could really understand the world around you if you didn't understand your own body. So this almost narcissistic drive to learn about what made me tick made me that much more interested in medicine. As you go through the process

# Dr. Mehmet Oz's Picture of Health

BORN IN CLEVELAND, OHIO THE OPRAH PROTEGE INSPIRES HEALTHY LIVING



of training to be a physician, there are these "eureka!" moments, these "aha!" moments that occur, particularly in the early years of medical school where you realize some insight into existence that you didn't expect. And the heart did that to me. I remember the first time I saw this incredibly powerful organ twisting and turning in the chest cavity of an individual whose life was threatened by its failure. Remember, the heart doesn't empty blood like a balloon letting out air; it's much more elegant than that. It twists the blood out of it the way you would wring water out of a towel. When I saw this organ I realized why it plays such an important role in our poetry, why it dominates our religion, why we associate the soul and love to a muscle. I've dedicated my life to try to figure out what that allure is and in particular how to help folks who are challenged with this illness.

#### **Heart disease is the #1 killer. Why?**

The heart, our internal metronome — it keeps us pounding. Of all the organs we have, it's always on call. What kills more human beings than anything is hardening of the arteries. With heart disease, we don't have a Plan B.

#### **What's the biggest causal factor?**

High blood pressure, caused by our processed food diet and a sedentary lifestyle. If you keep your waistline less than half your height, the incidence of hypertension, as well as diabetes and high cholesterol plummets.

#### **What advice would you give a person to avoid or cope with heart disease?**

The heart muscle regenerates throughout your life. We used to think it stopped after you were grown. But your heart will stop regenerating if you don't keep challenging it. So exercise. At every age. Walk every day for 30 minutes at a brisk pace. Ideally, you will accumulate 10,000 steps daily. Avoid transfats and saturated fats (the fats that are hard at room temperature) as well as enriched flour, high fructose corn syrup, and simple sugars.

#### **What has been the greatest advancement in cardiology?**

Heart replacement therapy for heart failure. We can transplant and implant mechanical devices to save people who only 15 years ago would be ghosts.

#### **You sometimes use scare tactics.**

I don't think the gentlemanly approach always works. You have to shake some people up. The reason for that is that our biggest enemy in educating people about their bodies, is that they think they already know the answers. And they don't. But they ignore the advice you're trying to give. So I use the shock tactics

as a wake-up call. Most of the time, people say "My goodness, I never knew."

#### **You espouse the availability of free clinics. What's your view on health coverage?**

I think we have to have everyone forced to be part of the health plan, whether we give it to them for free because they can't pay for it, or we subsidize it or make them pay for it together with their employer. You really can't have a wealthy society unless you are a healthy society. We have to have affordable care for all. America must find new ways to address the poor health record and staggering expenditures gripping our country. People who do not have insurance who come to the hospital cost a lot more, and they do far worse.

#### **You prescribe yoga and massages to your patients. Do your colleagues agree?**

Some of them think it's flaky. But I do these things myself. They work for me. When I'm tired at the end of the week, I get a massage. When I'm exhausted in the mornings, I do yoga. I know it works for me, so why wouldn't it work for my patients? Why should I treat them any differently than I treat me?

#### **How do you describe your approach?**

In my practice I have struggled to provide holistic healing. For example, helping a transplant recipient deal with the emotional crisis of a rejecting heart is often more of a challenge than the surgery itself. Nothing in science can address the hopelessness we feel when our hearts fail us completely, or give us comfort when we face the possibility of our own death or the loss of a loved one. As a physician, I seek to connect with my patients on both the physical and spiritual levels, since true healing is never about curing just the body.

#### **We understand you play mystical Islamic Sufi music for patients during operations. Are you inspired by Sufism?**

Influenced by it. The biggest influence for my alternative medicine interest are my wife and her family. They are very insightful people. My father-in-law is a very well-known heart surgeon, Gerald Lemole. I saw how they were using it in their own family and to create a healthy environment, and I liked it. In Islam, of course, it makes you realize that you have to have your own connection with the divine, there should be no one between you and God, so it makes you very autonomous, very free thinking. Organized religion are the rules, Sufism and other mystic sects of Christianity and Judaism allow us to transgress those rules and actually begin to enjoy the game.

#### **Are organic foods really healthier?**

Organic foods — defined as those produced without irradiation, genetic modification, sewer-sludge fertilizer, antibiotics, or synthetic pesticides or fertilizers — do have advantages that can justify their cost, especially since even the priciest organic products often cost less per pound than the processed junk most of us snack on daily. With some foods — meat, milk, spinach, strawberries, cherries, peaches, and apples, to name a few — going organic really can help avoid the potential health risks associated with pesticides and animal infections. But the main reason I advocate buying organic foods? They just taste better.

#### **You've also been talking about acai (pronounced "AH-sigh-EE"), a small fruit from South American rainforests that is often found in the United States in juice.**

Acai is a powerful antioxidant. It has twice the antioxidant content as a blueberry, so it's a wonderful alternative. Look at the food label and make sure they don't have too many carbohydrates in there. It's available in all major stores now. It's just sort of breaking through. Colorful, dark foods like red wine, pomegranates, concord grapes, blueberries — they call them brain berries — are full of nutrients.

#### **And tomatoes are beneficial?**

[When eating] tomatoes, heat them up a little bit and put a little oil in them. It makes it easier to absorb the lycopene. Lycopene is another antioxidant, but it has additional benefits as well, which are particularly valuable for the heart.

#### **You recommend eating garlic because it contains allicin.**

Allicin has been shown to effectively kill methicillin-resistant *Staphylococcus aureus* (MRSA). We believe garlic is effective against MRSA and other resistant bugs. [Allicin] is a fascinating mechanism that plants use to protect themselves.

#### **Is there anything wrong with replacing a meal with a PowerBar and Gatorade?**

The rule I use is, *If it doesn't come out of the ground looking the way it looks when you eat it, be careful.* There's no such thing as a PowerBar tree.

#### **How much coffee is too much?**

You get the health benefits of coffee up through about the first 24 ounces. It's the biggest source of antioxidants for Americans, and we think it helps prevent Alzheimer's and Parkinson's as well.

#### **Is all seafood good for you?**

Nope. Some of the crustaceans have cholesterol — shrimp, crab, lobster. And top predators like swordfish and tuna can



contain elevated levels of industrial toxins, so you shouldn't eat them more than three times a week.

**You've said not to take a multivitamin right before bed. Why is that?**

B vitamins can give you weird dreams. Because they are metabolic cofactor vitamins, they stimulate neurotransmitters in the brain, so you blast off into dream-world. The best way: Split the vitamin in half and take it with breakfast and dinner so you have a constant level thru the day.

**You're not a fan of diet pills.**

Almost all diet pills work by teasing your metabolism through unnatural means. Potential problems include racing heart, anxiety disorders, irritable bowels, [and] acid reflux.

**You have said that no carb, low carb, low fat, no fat, Atkins, cabbage soup — whatever your diet ploy is, know it will not work. So how does one lose weight?**

If you can shave off 100 lousy calories from the food you eat every day, you will effortlessly lose about 11 pounds over the course of a year, which means over the course of two to three years, you will lose all of the extra weight that the average American has on board. It's one bagel or one soda, which doesn't sound like a lot, but by doing it in a gentle way your body can't figure out you're on a diet.

**You've said to never travel without snacks, and Ding Dongs are not a snack.**

Neither are 100-calorie snack packs, low-fat brownies or really anything in the low-cal, low-fat fake-food category. They have to put something else in place of that fat. And when they chemically modify food, it becomes a game for you and your mind can't win.

**So what snacks can we eat?**

The body is designed for whole foods — foods that come out of the ground. And if the foods you are eating are not of that nature, eventually you can't process them. Food is the gas that fuels your ability to navigate workplace politics and make good choices

**You've talked about eating nuts, which lower body levels of a hormone called ghrelin that stimulates appetite.**

If you eat a few nuts 30 minutes before dinner, your hunger will drop off dramatically.

**Is there any natural mood elevator?**

Just inhale. I'm not talking about deep breathing, although that can work, too. I'm talking about tapping into the power of scent. The nose is a gateway to the mind, and researchers have discovered that scents can influence your mood

in powerful ways. For example, one recent study from the Medical University of Vienna found that the smell of both oranges and lavender lifted the moods of patients about to undergo dental procedures. If that's enough to make people facing a root canal happy, imagine what it could do for you. Try placing some lavender oil on your desk at work and taking a whiff when you're feeling down.

**I drink one Scotch a night. Good or bad?**

In that amount, any alcohol, including Scotch, has a health benefit.

**What's the best headache treatment?**

Take two fingers and press firmly on the bridge of your nose, right beneath the brow line, for a few minutes. There's an acupressure point there.

**We get these e-mails about colon cleansing. Is it a good idea?**

You'll get rid of more crap by deleting the e-mails. The intestines empty themselves completely if you eat a high-fiber diet.

**Is antibacterial soap legitimate?**

It is bullshit.

**We've heard you say that parents compound the obesity problem by not allowing a child's taste buds to mature.**

Kids have more taste buds [10,000 compared with 3,000 for adults] so they don't experiment with food. If they're never exposed to anything but burgers and fries, their taste buds never mature. They never get sophisticated in how they taste foods.

**Do you have any advice for parents?**

We parents have to be role models. I've distilled what I've learned along the way into these five ultimate health tips for kids.

1. *Play with your food.* Child obesity is a devastating health crisis. But so often the message for kids is strictly negative: "Don't eat junk food!" "Don't watch too much television!" Don't. Don't. Don't. The message about food needs to be positive if you want your kids to eat right for a lifetime. You've got to offer healthy foods that are fun, colorful, and interactive.

2. *Eat that fat.* The human brain is about 60% fat, which is one reason I encourage people to include healthy fatty acids, especially omega-3s, in their diet. These are wonderful brain boosters for kids. Nuts and certain types of fish, such as salmon and mahi-mahi, are great sources.

3. *Be a copycat.* Research shows that children are quick to pick up on their parents' inconsistencies. If Dad is a couch potato, then telling the kids to go play outside is a lost cause. Start by getting outdoors. Make sure the whole family is get-

ting their daily dose [of vitamin D with], roughly 15 minutes in the sun.

4. *Put down that homework.* And turn off the TV, especially after bedtime. Kids need about ten to 11 hours of sleep per day between ages three and 12. Young children who don't get enough sleep have more academic and behavioral problems, including oppositional behavior, defiance, and hyperactivity.

5. *Talk back.* Focus on your kids during a conversation. I believe the most important predictor of success and happiness as an adult is whether you know that your parents loved you. It increases oxytocin levels, so your kids will feel safe and can learn better.

**You worked at a checkout counter at a supermarket to observe what people were buying to take home and eat.**

We spend so many hours and so much money at the supermarket, but we fail to realize that the purchases we make are investments in our health.

The amount of packaged foods and carbonated beverages people brought to the checkout line absolutely floored me. Even more alarming, this is happening all across the country. Americans are flocking to the grocery stores and loading up on frozen dinners and salty snacks. Last year alone, Americans spent \$12 billion on carbonated beverages. That's about 15 billion pounds of sugar going into the gut of America!

**You have some tips on how to shop.**

The remedy is simple enough: know when and how to shop. Having a certain strategy when you go into the grocery store is key. It's crucial to avoid unnecessary sugars and carbohydrates and you can avoid them by only shopping the perimeter of your store, where fruits, vegetables, meats, and dairy products are kept. You will find all the unhealthy packaged foods and sodas in the middle aisles.

A second tip is to consider going into the supermarket with a list and a time limit. This will prevent you from idling into many of those all-too-tempting middle aisles and save you from splurging. It might also be beneficial to use your phone or other mobile device to create and store your grocery list throughout the week, so that you aren't listing whatever comes to mind at the last minute.

Finally, never go to the grocery store on an empty stomach. It's a recipe for disaster. Have a healthy snack 15 to 30 minutes before you go to the store, or carry a bag of walnuts or raisins with you so that you're not salivating in front of the cookies and chips.

**You've said that lack of exercise does not kill you, not right away at least. It just makes those later years miserable.**



What kills human beings is not heart disease or cancer. Your death certificate says that, but that is not what kills people. What kills us is frailty, losing the strength we once had.

**You have referred to the "nation's sexual famine." What do you mean?**

We're not having sex anymore, and we're not doing things that bring us vitality and joy of life. If you can't sleep, if you're not having mutual, loving, sexual relations, if you're not feeling energized, then you're not living life at its fullest. [Studies show] if you have more than 200 orgasms a year, you can reduce your physiologic age by six years.

**How does one of *People's Sexiest Men Alive* handle a horde of women admirers?**

I'm always flattered when it happens, but I don't send out those vibes.

**Any advice for visiting a doctor?**

We have come to believe that medicine offers all the solutions, so we [as patients] no longer play the proactive role we should be playing. I would never walk into a doctor's office without a list of questions and have a copy to give to the doctor. I would never go to the doctor's office without [a tape recorder].

**What's the one bit of advice Dr. Oz does not always follow himself?**

I tell folks to take five minutes to themselves. Hide in the bathroom. Let ideas flow through you, realize you're in your own skin. Let the sound dim a little bit and focus on what's important and what's deep inside you. I have difficulty doing that.

**We imagine the emotional side of medicine can be overwhelming.**

In my business, if I get too close to you and you die, it hurts me. And so you develop a natural inclination not to be close to the patient, so that if things don't work out ideally, you can still get up the next day and care for the next patient. ■



**KEEPING FAITH** MATT ANDREWS

## WHAT DID JESUS REALLY TEACH ABOUT COMPASSION?

**C**HISTIANS ARE CALLED TO SERVICE AND ARE COMMANDED TO FOLLOW the teachings and practices of Jesus Christ. Scholars, theologians, and the faithful, have long since debated what the image of a true Christian looks like. Mahatma Gandhi once said that if he ever met a Christian who actually lived the life that Christ called his followers to live, he too would become a Christian. He never did.

Recently, extreme-rightwing commentator Glenn Beck, himself a Mormon, urged his audience to leave any church that used the words "social justice" because, he claimed, these were code words for Communism and Nazism. Notwithstanding the fact that Mr. Beck hosts one of the top-rated shows on cable TV, his comments were both paranoiac and anti-Christian.

The Bible is laden with over 2,000 references that emphasize the importance of looking out for humanity. Proverbs 21:13: "If a man shuts his ears to the cry of the poor, he too will cry out and not be answered." Proverbs 22:22-23: "Do not exploit the poor because they are poor and do not crush the needy in court, for the Lord will take up their case and will plunder those who plunder them." Proverbs 31: 8-9: "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy."

Many in society have lost sight of charity and compassion. Social Darwinists and neo-conservative pundits would have us believe the poor are poor due to laziness and lack of intelligence. Even if that were true, was Jesus willing to leave anyone behind? Didn't he consider the most needy and vulnerable in society the children of God?

Jesus Christ taught his disciples, "You cannot serve both God and Money." (Matthew 6:24.) Yet we are constantly bombarded with the pressures of society that tell us to upgrade, splurge, and be on the "cutting edge" — that bigger is better, to seek whatever money can buy. Jesus taught his followers to not be conformed to the ways of the world, and not be fearful, or worry about their lives. Treasures on earth lose value, and are capable of being stolen or destroyed, but God's love and mercy endure.

In the Parable of the Workers in the Vineyard, Jesus illustrated the importance of social equality. Various men were hired to work the land for a day; however, some worked longer than others. Those individuals complained, "These men who were hired last worked only one hour, and you have made them equal to us who have borne the burden of the work and the heat of the day." But they were told, "Friend, I am not being unfair to you. Didn't you agree to work for a denarius? Take your pay and go. I want to give the man who was hired last the same as I gave you. Don't I have the right to do what I want with my own money? Or are you envious because I am generous? So the last will be first, and the first will be last." (Matthew 20: 1-16.)

Who are the "last" in our society? Many passages in the New Testament would appear to be in favor of charity and service — even "redistributing the wealth." How do so-called "Christians" justify the lack of funding for public schools? Or what about those who speak disparagingly of Social Security for seniors, and Medicare and Medicaid? These programs were created to compensate the oppressed and help the less fortunate. Diverse reformers of every creed, color, and religion have come together for the sake of bettering society, but the lack of endorsement or even downright opposition from some quarters is troublesome. Many churchgoers who profess to be Christian seem to be the first ones who condemn or even mock universal healthcare, affirmative action, rehabilitation programs, and measures to protect the environment — the planet God labored for six days to create.

Would Jesus have turned down a sick person because he/she wasn't able to pay? Would Jesus have refused to heal someone due to a "pre-existing condition?" For the mission of the faithful was described this way: "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others." (Philippians 2.) This surely flies in the face of the so-called "prosperity gospel" that many now preach.

Jesus told his disciples, "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect." How can the righteous justify endless wars, or distrust of those who differ from us culturally, religiously, politically, or socially?

For it was Jesus who taught us to "turn the other cheek," to love everyone, even those who complicate our lives or make them worse. He valued the peacemakers, the righteous, and those who sought to end war and conflict. He fed the masses, comforted the grieving, and befriended the outcasts in society. He led his followers to a life of peace and unity. ■





# TOP 6 WEDDING RULES FOR GUYS

**S**PRING MEANS WEDDINGS. THIS IS A TERRIFYING prospect for men. Which is why, as a public service, I'm providing a list of Wedding Rules For Guys.



**1. Never, ever, ever hold your bachelor party the night before.** Not so much because of what you'll feel like physically during the wedding itself. No, a night-before stag party just gives your bride-to-be extra future argument ammunition, as in: "Honey, I started to feel bad about bashing in the mailbox with the car as I backed out of the driveway, but then I remembered what you did before our wedding, and then I just got mad at you." Don't put yourself in this situation. Give yourself a month's lead time for sure.

**2. Forget the ceremony and elope whenever possible.** Sure, your mother might be disappointed. She'll get over it. Are you telling me you couldn't put that \$15k to better use someplace else? Maybe towards a car, a house, a really huge TV? Right now for a few hundred dollars I could find you a deal that includes a chapel in Las Vegas, a room on the Strip, two Elvis impersonators as witnesses and a bottle of fine champagne. And tomorrow you'll be just as married.

**3. Always get married in an air conditioned church.** There are no known exceptions to this rule. I don't care if your bride begs and pleads. She doesn't understand sweating. Remember, you're the one with the shirt, vest, coat and tie. You're the one whose forehead will be dripping by the time the priest reads the first Scripture verse. You're the one in danger of toppling into your best man and causing a dominoes-like chain reaction through the wedding party.

**4. Tuxedo tails are ridiculous.** First of all, they make your legs look like they belong to an 8-year old. And second, nothing says 19th century like tux tails. If you're going that route, you may as well put on a monocle and a top hat, carry a cane, change your name to Bertrand and mumble about how your prostate feels "all swollen up."

**5. Be prepared to bolt at the last minute.** This is very important and cannot be emphasized enough. If your bride screams at the organist as she's walking down the aisle that the processional isn't fast enough, get out of there now. If at the dinner she eats her meal, your meal, and asks the server if any guests didn't show up to claim their plate, excuse yourself and move on. If during the dance three random guys sidle up to you and whisper, "Dude, have you gotten yourself checked yet? I dated her for six months and the antibiotics are just now starting to kick in", then it's not too late to flag down the pastor and ask for a mulligan.

**6. Don't ever agree to open your wedding gifts the next morning.** This is a horrible idea on so many levels, and clearly a plan created by women used to wedding showers and baby showers and other such frippery. This is what you do at a morning-after gift opening: You get up far too early to go to someone's house, usually a batty aunt and uncle that you've avoided since you were eight. Meanwhile, your bride forces the entire wedding party to come along, even though most of them are tired and crabby and still hung over from the reception the night before. You sit on a couch slowly opening gifts, being careful to save the bows and not rip the paper, all while your groomsmen glare sullenly as they pass around waffle makers and hand towels. You take three hours to open gifts when you could have gotten it done in ten minutes if no one was watching. Does this sound like fun? Me neither. ■



**J**ASPER COMES IN JUST ABOUT EVERY COLOR AND DESIGN IMAGINABLE. THIS toggle bracelet showcases the alluring mosaic variety that forms a hypnotic swirl of red, white and yellow. Mother Nature goes out of her way to create this one-of-a-kind stone. Abalone, a type of sea snail, produces an iridescent mother-of-pearl lining inside its shell. This naturally occurring phenomenon creates a myriad of colors that fashion nicely into various types of jewelry, such as this striking pendant. A slinky lime green dress is sophisticated, yet sassy, regal, and a bit daring. It will hug your figure and accentuate your curves. For the imagery, think Ann-Margret in just about any of her movies. Scarves are back (as if they ever left), and this silky, shiny offering was designed with an eclectic array of splattered, free-form colors. Teaming turquoise, slate blue, hot pink, violet, cream, and black together result is a statement piece that would look nice draped around your neck or attached to a purse strap. "Lanvin" four-inch leather pumps contain contrast stitching, accented by innovative side bows that draw the eyes down towards the sleek pointed toe.







## MIDWEST GIRLS ARE HIP

By SARA JORDAN



The shoes exude class and elegance, yet the purple, blue and black blotch design is a little flirty and unexpected. They would add just the right pop of color to a casual ensemble, or would look smashing with a skirt and black tights. In person, this whimsical handbag resembles a giant coin purse, only you can actually fit all your stuff into this one! The version of the bag I am featuring was created in tangerine embossed leather. I am excited to say it comes in just about every color you could want. My friend Amberly has the yellow version, and any color would work for year-round use due to the timeless aura of the piece. The front features dozens of petals that all converge at the crystal brooch. What a modern take on a classic look!

The "Fantasia" sandal by Mariana for Golc contrasts a colored snake-skin pattern with a daring stripped heel. This shoe has a petite dainty, gentle look (which is never a bad way to present your feet), that differs nicely from clunky winter boots. This piercing blue shoulder bag is decorated with studded flowers that are trimmed in "zipper" material. The whole look is slightly rebel-rocker with its metallic leather and faux croc materials. Yet the floral accenting adds some much needed innocent to the piece. ■

## STYLE NAOMI LENOX

# COLLECTING SALT & PEPPER SHAKERS

**B**OTH SALT AND PEPPER WERE, UP UNTIL modern times, generally very costly ingredients that only rich people could afford to use regularly. Salt initially came in rock form, and it had to be chipped off to be put on food. "Saltcellars" — dishes in which salt was served at the table — were considered a sign of wealth and status. It was always placed on the table in fairly close proximity to the host. Those seated on the host's side of the saltcellar were hon-



ored; if you were seated "below the salt cellar" you were one of the common folk. As recently as the Civil War salt shortages were a big problem; the Union Army intentionally cut off the South's supply of salt, causing considerable spoilage of meats and other foods.

As for pepper, the Romans loved it and went to great lengths to get it. Over time it often became a

medium of exchange as well as an item of trade; much like cacao beans in Central America, people actually paid in peppercorns instead of coins. The lust for pepper became the driving force behind European expansion.

Early salt shakers were actually salt mills. They contained an "arm" inside the shaker to break up the salt. As salt production improved, salt shakers began to take their more modern form.

The production of salt-and-pepper shakers really took off in the 1940s with the birth of modern ceramics. It became easier to make shakers in a variety of shapes and designs. The market for souvenir shakers, whimsical and novelty shakers grew with the capacity to produce such items affordably.

Today, salt-and-pepper shakers can be found in nearly every conceivable shape and size. They are made in a variety of materials including wood, metal, ceramics, glass, and plastics. While some are quite expensive, most are \$5 to \$50.

There is a Salt and Pepper Shaker Museum in Gatlinburg, TN, operated by Andrea Ludden, an archeologist, and her husband, Rolf. She explains, "One of the main purposes of the museum is to show the changes in a society that can be found represented in shakers...from ancient times all the way to present. Another purpose of the museum is to show the variety and the creativity that can be found in



salt-and-pepper shakers. Who were the people and the artists creative enough to come up with all these amazing different shapes?"

For info on collecting, go on the web to: [www.saltandpepperclub.com](http://www.saltandpepperclub.com) ■



**D**REAMS. EVERYONE HAS THEM AND everyone wonders what they mean. Since before Biblical times, human events have been foretold in dreams: people have puzzled over them, been tormented by them and, on occasion, even been inspired by them. They occur to all humans and most species of animals, with unpredictable frequency and sometimes telling effect. Yet despite today's sophisticated techniques of scientific inquiry, they remain, for the most part, one of life's mysteries.

No one knows for sure why it is that we experience mental images, thoughts and emotions at certain stages of sleep. Or whether these illusions or fantasies can be interpreted so as to make practical application to our lives.

Theories abound, but few hard facts exist.

Experts say there are two types of dreams: Thought-like, and hallucinatory — which are the vivid, fleeting, often bizarre sort that concern dream scientists. The latter occur during a state referred to as REM sleep (for “rapid eye movement.”) In this condition, which is considered essential to good mental and physical functioning, heart and breathing rates accelerate, muscles relax and the eyes flit rapidly back and forth under closed lids.

It has been established that birds and practically all animals (except the spiny anteater) experience REM sleep, that fish and reptiles do not, and that newborn babies have almost eight hours a day (as compared to adults, who go through an average of one-and-a-half to two hours).

Everyone dreams, and new research shows that people who *don't* dream have lesions in the brain sleep and dream centers and they have corresponding brain dysfunction in real life.

We spend about a third of our life sleeping, so we have plenty of time to dream.



# INTERPRETING YOUR DREAMS

Where do you go when you dream? Experts are discovering intriguing new things about this age-old subject, that has fascinated humans over the centuries, and even prompted Freud to speculate that dreams are the mind's way to resolve conflicts and insecurities in our waking hours.



One of the oddest things about the dream state is that, while the nerves which normally carry input from the external world are inhibited, the cortex of the brain is highly charged — receiving little pulses of excitation, called PGO waves, from the brain stem.

One function of REM sleep — dreaming, in particular — is to allow the brain to sift through that day's events, process any negative emotion attached to them, then strip it away from the memories. Matthew Walker, director of the Sleep and Neuroimaging Lab at the University of California, Berkeley, likens the process to applying a "nocturnal soothing balm." REM sleep, he says, "tries to ameliorate the sharp emotional chips and dents that life gives you along the way."

But tracing the neurophysiological pathways of dream occurrence doesn't explain why dreams involve visual and motor hallucinations, distortions of time, place and person, and emotionally charged subjects. Or why some come true. Or why, despite all their strange intensity, we tend to forget most of them.

The fascination with dreams is as old as time. The ancients took dreams as Divine prophecies. Throughout the whole of the Hellenistic-Roman period, the interpretation of dreams was widely practiced and highly esteemed. But according to Sigmund Freud, who studied this subject intensely, dream interpretation was discredited when people used dreams to figure out "the numbers fated to be drawn in the game of lotto."

Freud attempted to revive interest in the practice of analysis, but with a new twist: He said dreams don't hide divine messages, but a wish from the dreamer's subconscious. According to his theory, a dream is formed when the conscious wish seeks release in the dreamer's mind. In order to slip past a censor that guards the conscious mind and thus protects the sleeper, this wish disguises itself. Rejecting the assertions of scientists that dreams are purely somatic, nonpsychical events, Freud wrote, "Let us embrace the prejudice of the ancients and of the people and let us follow in the footsteps of the dreamers of antiquity."

Others reject these notions. They believe dreamers have vivid hallucinations for a simple physiological reason: Even though no visual or motor messages from the outside world enter during sleep, the higher level neurons, which usually process such messages, are excited by impulses sent by the brain stem. These neurons act as if they are getting signals from the outside world. Some scientists say that distortions in content are due to the distorted nature of the meaningless stimuli sent from the stem to the cerebral cortex. In turn, the cortex tries to give

meaning to these garbled, distorted signals.

But this view is challenged by still other researchers, who say that one would first have to show that the brain stem alone causes all dreams. They note that there is no proof that the dreamer's emotions do not also drive the brain's centers or that all emotions are created solely by the limbic system. They conclude that unless someone shows conclusively how neurons are linked to thoughts, and brains to minds, no biology of dreaming will prove the meaning or meaninglessness of dreams.

So what does all this medical mumbo-jumbo tell us about dreams? Not much. But there are some statistical and content studies which offer some intriguing insights.

For example, it has been found that women tend to notice facial features and other details of the people in their dreams, that they dream of men and women in equal proportions, that they are more likely to dream of verbally rather than physically being attacked, and that their dreams are more likely to take place in familiar indoor settings and to include conversations.

In comparison, men dream more of men, of outdoor and unfamiliar settings, of jumping, running and fighting (especially other men), and they tend to notice the details of clothing and color in their dreams.

The most common emotion experienced in dreams is anxiety. Other emotions include pain, abandonment, fear, and joy. Negative emotions are much more common than positive ones.

Content-analysis studies have identified common reported themes in dreams. These include: situations relating to school, being chased or attacked, running slowly in place, falling, arriving too late, a person now alive being dead, a person who is dead being alive, teeth falling out, flying, future events such as birthdays, anniversaries, etc. (with different scenarios), embarrassing moments, falling in love with random people, failing an examination, not being able to move, not being able to focus vision, car accidents, being accused of a crime you didn't commit, suddenly finding yourself naked, going to the toilet, and many more.

"Dream incorporation" is a phenomenon whereby an external stimulus, usually an auditory one, becomes a part of a dream, eventually then awakening the dreamer. Sometimes the need to urinate can also result in a dream that incorporates the need to use the restroom.

It has been learned that most remembered dreaming takes place during REM sleep. Studies show an average of 35 sleep state changes take place during the night, including a great deal of "wan-

## WHAT ABOUT NIGHTMARES?

**A** NIGHTMARE IS A DREAM WHICH CAUSES someone to wake up in the middle of the sleep cycle and experience strong, unpleasant emotions like fear or horror, of being in situations of extreme danger, or the sensations of pain, bad events, falling, drowning or death. Such dreams can be related to physical causes such as a high fever, being turned face down on a pillow during sleep (most often in the case of drowning nightmares), or psychological ones such as trauma or stress in the sleeper's life (such as being in or witnessing an accident or act of violence). Or it can have no apparent cause. If a person has lived through a psychologically traumatic situation in life, the experience may come back to haunt him in a nightmare.

Occasional nightmares are commonplace, but recurring nightmares can interfere with sleep and may cause people to seek medical help.

In the past, nightmares were widely considered to be the work of demons and more specifically *incubi*, which were thought to sit on the chests of sleepers. (See "The Nightmare," Henry Fuseli, 1781; The Detroit Institute of Arts, *below*). The victim usually wakes with a feeling of terror, has difficulty breathing because of a perceived heavy invisible weight on his or her chest, and is unable



to move, i.e., experiences sleep paralysis.

Various forms of magic and spiritual possession were also advanced as causes. In 19th century Europe, the vagaries of diet were thought to be responsible. For example, in Charles Dickens's "A Christmas Carol," Ebenezer Scrooge attributes the ghost he sees to "an undigested bit of beef, a blot of mustard, a crumb of cheese, a fragment of an underdone potato..."

Nightmares are not common in children under five, more common in young children (25% experiencing a nightmare at least once per week), most common in adolescents, and less common in adults (dropping in frequency about one-third from age 25 to 55). ■



dering about” by the dreamer in comparatively short periods. It appears that REM episodes occur at fairly regular intervals, primarily during the last third of the night.

We tend to dream more toward the end of a sleep period. We’re also more likely to remember those dreams we had closest to awakening.

Surprisingly, recent findings show that dreams occur to highly anxious people no more often than to those who are considered emotionally stable.

Some researchers believe that dreams are the mind’s way of clearing out the vast amount of information that gets collected during the day, thus making room for tomorrow’s data storage.

Alcohol consumption, certain antibiotics, fever, lack of sleep and unconscious fears about the content of your dreams all affect dream recall. Scientist Francis Clark, who pioneered research on the structure of DNA, takes the position that we’re supposed to forget our dreams — that dreams are a way of cleansing the brain of extraneous information.

Still, no scientific inquiries into the process of dreams can explain why there are prophetic dreams. Biblical events were often foretold by angels visiting men in dreams. In Genesis 40, the Pharaoh freed Joseph from his prison dungeon to interpret two of Pharaoh’s dreams.

And in Daniel 1, King Nebuchadnezzar called upon Daniel to analyze his dreams. Because incorrect interpretations might result in death, it was imperative that they be accurate.

Nostradamus made many of his most startling predictions after having dreamt them. Alexander the Great, who was about to give up on his siege of the city of Tyre, had a dream that encouraged him.

Just before he was assassinated, Abraham Lincoln foresaw his own death in a dream so vivid he shared it with his Cabinet. As a young officer, Adolph Hitler had a dream that he was about to be killed. He fled the bunker he was in shortly before it was destroyed. John Kennedy told aides and his wife, Jacqueline, about a dream he had the night before he was killed.

A lot of people report present-day dream occurrences which are inexplicable. How to account, for example, for the ex-lovers who live a thousand miles apart, who hadn’t seen each other in 20 years, but who had the same dream the same night, and only realized it after one

felt so moved by the dream she called her former boyfriend and told him about it?

There are different types of dreams. For instance, the dream which can occur in the period between wakefulness and falling asleep, where vignettes may begin to unfold, just after shutting our eyes. At this point we are still oriented to our surroundings and respond to stimuli in the room such as sounds, etc., and are to a certain extent able to control the storyline as it unfolds. We may even discard ridiculous thoughts and redirect our focus to more pleasant or pleasurable imaginings. This is different from the dreams that occur during REM sleep, over which we have much less control.

We’ve all had the experience of awakening from a pleasurable dream, realizing we were dreaming, and then going back to sleep to resume the dream where we left off. That can even happen several times a night.

Some people use their dreams for problem solving, by thinking about a subject before going to bed, and then dreaming a solution.

A certain instinct for self preservation still wins out. If you dream you’re on an airplane that’s going down, chances are you’ll wake up before you crash.

Decoding dreams is subjective, but certain trends do emerge. Keep a journal on your nightstand, and a low-wattage lamp, so that immediately upon awakening from a dream you can write it down. Do that for a month and then look over your notes to spot recurring themes. Some people have the same dream over and over again for years on end. When people from our past reappear in our dreams, it reflects unresolved emotions.

Some people think that dreams are “prelogical insight experiences” like intuition and that we should pay close heed.

Sweet dreams! ■

## WHAT COMMON THEMES MAY MEAN

THE MEANING OF DREAMS IS NOT AN EXACT SCIENCE BUT THERE ARE SOME COMMON THEMES THAT dream analyzers have agreed on.

**Being chased:** This stems from feelings of anxiety in your life. Running is an instinctive response to physical threats in your environment. If you are the one chasing someone or something, this could mean there’s something you want to complete. If you are running but falling behind, you feel you have to keep up to everyone around you and you don’t feel adequate.

**Kissing:** If you dream about kissing, you are probably quite happy with your life. If, in your dream, you almost kiss someone but it doesn’t end up happening, you are probably feeling unsure of that person’s feelings for you.

**Taking an exam:** You are being put to the test or being scrutinized in some way. If you are scared and nervous about the test then this means that you tend to be unsure about yourself.

**Falling:** As with most common dream themes, this is an indication of insecurities, instabilities, and anxieties. In these dreams you may feel like you are spiraling out of control. These dreams usually happen right when you fall asleep. This is the stage where your arms, legs and even whole body might have little spasms.

**Flying dreams:** You’re in charge and in control of things. It also can mean you hold some kind of power over people. Flying dreams also fall under the category of Lucid Dreaming. This means you know that you are dreaming and you can do different things you want. Many times flying dreams are very liberating.

**Naked in public:** This could mean you are scared of being exposed in some area of your life, that you feel vulnerable or are ashamed. If you’re not embarrassed about your nakedness then that means that you have self-pride and a lot of self confidence.

**Adultery:** If you dream that your significant other is cheating on you, you are probably feeling scared of being abandoned by them and might be experiencing a lack of attention.

**Babies:** Seeing a baby usually signifies a new beginning in your life. If you dream that you are pregnant and having a baby you are dealing with dependency issues in real life and might be feeling insecure and wishing that you had somebody to take care of you.

**Teeth:** This has to do with how you think people think about you and if you care about your appearance. Sometimes in these dreams your teeth will just crumble and fall out of your mouth. In the Greek culture, when you dream about loose, rotten, or missing teeth, it indicates that a family member or close friend is very sick or even near death.

**Absence:** If you dream that somebody is absent, especially a person who is usually easy to find or is a regular part of your waking life, you are probably looking for something that you have already lost and you might be trying to fill a void in your life that you are used to having filled by that person. ■





# country chronicle

A MAGAZINE-WITHIN-A-MAGAZINE PRESENTED AS A REGULAR FEATURE OF MIDWEST TODAY

## the pleasures of an old-time flower garden

By Mary Brooks

**M**OST THINGS MOVE IN cycles, and a yearning for old-fashioned gardens is revived. There is a fresh call for the perennials and annuals which enlivened the borders of long ago, and those of us who still possess these old-time gardens show with pride the long-treasured plants which have bloomed for so many years. We are apt to think that we know a good deal more about flowers than our progenitors, but the fact is there was more variety in my dear mother's day. Much time is given now to the development of perfect specimens and the cultivation of new varieties, both in greenhouse and garden, but if we were to look over some of the venerable catalogues we should find that if we planted all that our grandparents did, we should have our gardens full, without anything new.

In my mother's time, all sorts of bulbous plants were

grown, and there was everywhere a passion for tulips. I remember the hyacinths and other early-blooming flowers were raised with great perfection and profusion.

Here on my Wisconsin farm, that I have written about for so many years in the Country Chronicle section of *Midwest Today*, the geraniums, peonies, pansies, pinks, balsams, four-o'clocks and dahlias make their appearance in the borders in brave shows. Columbines of various colors nod everywhere. Lilies and roses are the joy of the gardener. The chrysanthemum was alluded to as a "neglected flower" in the early days. Carnations in many varieties, plain and striped, perfume the air. There are the flakes with stripes of two colors going the whole length of the petals. There are freckled and spotted ones, and painted ladies, with a white underpart to the petal, while the upper surface is red

or purple, as if laid on by a brush. Older gardeners like me remember the clove pinks which were such universal favorites, endless in variety, fragrant and fringed, and the little maiden's pink, which came so early, and the Chinese pinks, with their deeply toothed petals.

In my garden there are larkspurs, which spring up from everywhere, in all sorts of colors, from palest blue to indigo, from pure white to deep pink, with flowers poised like bees upon their stems, and stately stalks which lift them high in the air. There are masses of fragrant stocks and rows of balsams, whose impatient seeds flow at a touch, and bunches of the sweet william, which seems now the most old-fashioned of flowers, and the scarlet lychnis, its appropriate neighbor, with stiff, tall stem and red head aflame. We call it London pride.

In June the beds are all ablaze with bouncing peonies,

shading from white to deepest crimson, and later come the French marigolds, in all shades of gold. There are Canterbury Bells, white and blue, and tall white tube roses of sickly sweetness, and phloxes, white and pink, and big double buttercups as large





## bird notes

### the indigo bunting

**Y**OU DON'T HEAR PEOPLE talk much about them anymore, but there are an estimated 28 million Indigo Buntings in North America. The bird often migrates by night, using the stars to navigate. Its habitat is farmland, brush areas, and open woods.

The Indigo Bunting is a small bird, with a length of about five inches. During the breeding season, the adult male has deep blue plumage, with a darker crown which verges on purple. The wings and tail are black with blue edges. In Fall and Winter plumage, the male is similar to the female, but often retains some blue feathers. The adult female is dark brown on the upperparts and lighter brown on the underparts. It has indistinct wing bars and is faintly streaked with dark underneath. Nest-building and incubation are done solely by the female. The diet of the Indigo Bunting consists of insects during the Summer months and seeds during the Winter.

The Indigo Bunting communicates through vocalizations and visual cues. A sharp *chip!* call is used by both sexes, and is used as an alarm if a nest or chick is threatened. A high-pitched, buzzed *zeeep* is used as a contact call when the Indigo Bunting is in flight. The song of the male bird is a high-pitched buzzed *sweet-sweet chew-chew sweet-sweet*, lasting two to four seconds, sung to mark his territory to other males and to attract females. He sings while perched on elevated objects, such as posts, wires, and bush-tops. ♦



as little roses. Scarlet bee balm is a delight all Summer long, and the feverfew grow rank beside it. Who can ever forget the fragrant rows of sweet peas, which have never grown old-fashioned, and the swarms of poppies of all kinds and hues, and the clematis which climbs and trails at its own will, and the wandering honeysuckles and sweetbrier which hum with bees?

The charm of these old gardens is in their wealth and tangle of bloom. One plant leans upon another. There is no room for weeds, for each flower stands cheek by jowl with a neighbor, and frowns down the humble intruders. There is always a little shade in our gardens — a couple of pear trees and a choice plum — which enjoy the same care received by the blossoms, and rewards us in turn with its

friendly shade. The spirit of these gardens comes from the hands that tend them and cull their fragrant produce. They breathe love, and thought and patient tending, and grow as flowers only for those who love them. ♦

*Clockwise, L to R: Tiger lily; clematis; evening primrose and canterbury shells; peonies; honeysuckle; poppies.*





## the perfect rhubarb pie

**5 cups of rhubarb, cut into 1 inch pieces**  
**1- 2/3 cups sugar**  
**7-1/2 Tablespoons flour**  
**1 Tablespoon butter**

Preheat oven to 450° Combine the sugar and flour.

Sprinkle 1/4th of it over the bottom of a deep dish pie shell. Then pour the cut-up rhubarb over this mixture, and sprinkle with the remaining sugar and flour. Dot with small pieces of butter, and cover with a top crust.

Do *not*, as some people suggest, mix up the flour and sugar with the fruit before adding the fruit to the pie shell. The reason you want copious amounts of sugar both on the bottom and on the top of the fruit, rather than mixed amongst it, is that while baking, the bubbling-hot sugar caramelizes in contact with the bottom and top crusts — a process which makes the crusts rather crispy in the final product. If you mix the sugar up with the fruit, you don't get that crispy crust, and the large amount of water in the rhubarb will invariably make the bottom crust soggy.

Sprinkle a little bit of sugar and cinnamon on the top crust. Place the pie on the lowest rack in the oven. Bake at 450° for 15 minutes. Then reduce the oven temperature to 350° and continue baking for 40 to 45 minutes. Take the pie out of the oven and let it cool a little — because it'll be hot and bubbly. The pie will be golden on the outside and sweet and luscious inside. Before it cools down completely, serve it with a scoop or two of good vanilla ice cream. It's the *only* way to eat rhubarb pie! ♦

To hear Elise Michaels talk about this recipe, go to: [midwesttoday.podblaze.com](http://midwesttoday.podblaze.com)



## the smart rat terrier

By Woody Sculley

**W**HETHER YOU'RE A HIGH-energy person or need a companion to keep you moving, a Rat Terrier could be the perfect pal. They have enough intelligence and energy for three dogs, yet their diverse genetic background helps them maintain an even keel. In other words, Rat Terriers have plenty of enthusiasm to keep up with you, but are more than happy to cuddle on the couch.

The breed's trademark traits are that it is small, tough and fearless, dependable, loving, *very* intelligent and easily trained. It is perfect for singles, active and sporty people, farmers and ranchers, hikers and families.

If you spend a lot of time outdoors — whether for work or pleasure — your Rat Terrier will always follow, proving to be an excellent worker and dedicated friend. Eager to please, Rat Terriers can help on the farm, in the field or in the yard. Or if you just need a hiking companion, they can do that, too — happily.

Rat Terriers are loving playmates for children. They have gentle, fun-loving personalities with those whom they trust, and they know when to adjust the energy level. But their solid terrier instincts also make them territorial, and they are not generally good with strangers. They are alert to intruders and

will bark viciously to alert the family if they detect a threat.

Rat Terriers need at least 30 minutes of exercise every day, whether through walks, jogs through the neighborhood or hikes in the park. Being an intelligent working breed, they also like constructive games and tasks to keep their minds sharp. They are incredible jumpers! They will be happy living in an apartment as long as their daily exercise requirements are met. Rat Terriers may be high-energy dogs, but they do appreciate cozy time indoors.

A healthy Rat Terrier can live 18 years. These are solid little dogs for the most part, but some can develop hip dysplasia and allergy problems. Their short coat is a breeze to manage. Just

brush them every few days.

Rat Terriers originated in America as a cross between Fox Terriers and a long list of European Terriers that includes Manchester Terriers and Bull Terriers. To stop a rabbit epidemic that threatened crops in 1910, farmers increased the speed and agility of these dogs by crossing them with Whippets, Italian Greyhounds and Smooth Fox Terriers.

Meanwhile, in other parts of the country, hunters crossed the early Rat Terriers with Beagles to improve their tracking abilities. While common in the 1920s and 1930s, the modernization of farming created less of a demand for Rat Terriers.

Today, Rat Terrier clubs grapple with the true lineage of the modern breed. But, most of them agree that the Rat Terrier's diverse gene pool is what allows them to remain a healthy, adaptable and intelligent breed.

Rat Terriers are compact, muscular and somewhat brawny (displaying their sturdiness and strength). They have small heads, medium-length muzzles, black noses and ears that stick up. They have strong necks and shoulders, deep chests and sturdy legs. Their tails can be either long or short at birth. Rat Terriers have short, medium-dense coats that come in red, yellow, black, black and tan, black tan and white and blue and white. Overall, Rat Terriers have a tough, alert and outgoing look. ♦

## very moooving



With roots dating as far back as the 1400s, butter has been used in various ways to create art, and since the early 1900s the Iowa State Fair has featured a "Butter Cow." Over 600 pounds of low moisture, pure cream Iowa butter, are used to cover a frame constructed of wood, metal, wire, and steel mesh. Inside a 40 degree cooler, Sarah Pratt applies layer upon layer of butter until an almost full size figure comes to life. She'll be back at this year's fair.



# in defense of family farms

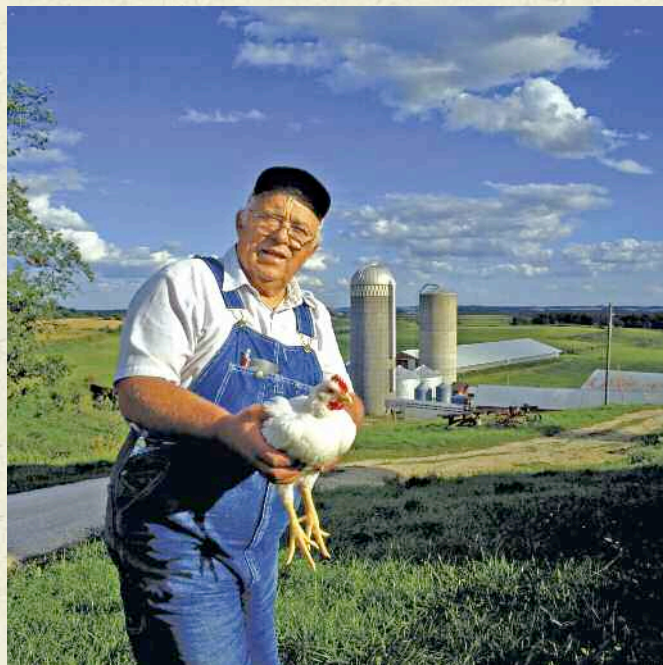
By Paula Crossfield

**T**HE PRESIDENT OF THE American Farm Bureau Federation (AFBF), Bob Stallman, recently threw down the gauntlet to his industrial cronies. What got him riled up? Not rising seed prices, superweeds, or the unpredictable weather farmers face due to climate change. Instead, the focus of his speech was the critics of synthetic agriculture: “Emotionally charged labels such as monoculture, factory farmer, industrial food, and big ag threaten to fray our edges,” he said. “A line must be drawn between our polite and respectful engagement with consumers and how we must aggressively respond to extremists who want to drag agriculture back to the day of 40 acres and a mule.”

Stallman’s argument against this smaller approach to agriculture ignores reality. In addition to the havoc being wreaked on the environment, one of the biggest trespasses of industrial agriculture has been the elimination of millions of jobs, resulting in the emptying out of rural communities worldwide. The repercussions of the loss of opportunity for rural America has been tragic: many towns are now plagued by dilapidated schools and poor health services, and a rising epidemic of methamphetamine use and production has filled in where more beneficial small businesses used to thrive.

As our Great Recession economy continues to shed jobs, we should be creating opportunities in sustainable farming — the original, shovel-ready green job. Reconsidering what it is to farm will require completely new thinking about agriculture, combining the best of scientific knowledge while finding a balance between scale and community.

Forty-nine million Americans are currently not eating three meals per day, and one billion people in the world are hungry. The hungry cannot



**Family farmers are an endangered species**

afford to eat — because there is too much labor in the world and not enough jobs. We claim to want to feed the world, but today’s farmers don’t even feed themselves; they make commodity products to be shipped far away and reformulated and sent back to their supermarket shelves. They do this because we’ve told them to, with our tax dollars and purchasing power. However, our system should not be about producing more food, but about producing better food on a human scale and cutting out the processors and the middlemen.

Small farms are usually owned and worked primarily by the farmer. In addition, small farms are diversified to guarantee a profit through direct sales, and to stave off risk if one crop fails — and this just so happens to be a more worker-friendly (as the farmer gets to vary his/her work), resource efficient and an environmentally-conscious way to farm, too.

American policy makers have historically covered in the face of the AFBF, but that organization is aging and old-fashioned. It’s time for politi-

cians to see that another way is possible and that so much is at stake. America’s farmers (and most AFBF members) are on average 57 years old. We will need more farmers no matter how we hope to feed ourselves in the future.

Second, we don’t know whether sustainable agriculture can feed the world, but we *do* know that our current system has a “use by” date, and that smaller, diversified systems have better yields and better protect our natural

resources. Isn’t it worth a try? It would be unethical to continue the status quo knowing what we know about the nitrates heading downstream, topsoil loss, the fluctuating price of a barrel of oil, and of course, the fact that our children will die younger than we will because of what they eat.

It is time to revalue the farming profession and rebuild our communities again. It is time to break up the 10,000-acre farms into one hundred plots, and plant young people in the countryside who can use sustainable practices to rebuild the soil and bring it back to life.

Building a system that employs more farmers is not a step backwards, it is an acknowledgment of our respect for nature and a guarantee against future hunger. Perhaps we’ve lost Stallman’s generation on this front, both because industry has a strong hold on the AFBF and because it’s hard to teach an old dog new tricks. But farming is being reconsidered and changed as more and more young people realize the vital role they can play in reinventing the food system and take up the challenge of doing it from scratch.

Land is a resource for the common good, and only small farms can rebuild what has been lost in rural America. This change will take the conscious effort by policy makers to go against the *laissez-faire* capitalism that has propelled us into industrial agriculture in the first place. ♦

## spring —John McCornack

*Spring is everywhere,  
On the ground and in the air.  
We can find spring in water,  
And feel it in an old barn!*

*The mystery of the Season Spring,  
And why do all things respond;  
Growth brings happiness and hope  
And makes the cows stand in water.*

*Spring is in the air  
And you can smell it on the breeze.  
Spring is in the air  
You can feel it in your knees.*



# GO FLY A KITE

*The Chinese invented them, and Ben Franklin flew one. Now there are a myriad of styles to choose from.*

**W**HAT COULD BE MORE FUN THAN a wide open field, a warm breeze, and a dancing kite? For young fliers, it's an educational adventure. You can learn about science, physics, history, culture, weather and ecology — without even thinking hard. And for adults, it's a chance to feel young again. Kite flying is a special joy — and it's easy when you know how.

**Check Your Flying Space First:** Kites like lots of room. The bigger your flying space is, the happier your kite will be.

As the wind goes around trees, buildings, and hills, it gets bumpy. This bumpy wind is called “turbulence.” You can't see it, but it's very difficult to fly a kite well in turbulent wind. So stay far away from obstacles that cause turbulence.

The “rule of turbulence” is that wind will be bumpy for ten times as far downwind as an obstacle is high.

Also look out for obstacles behind your kite. Ever hear of a “kite eating tree”? Because the wind gets turbulent as it gets close to large objects, kites may get drawn in and crash. So don't even let your kite get close to trees downwind.

And of course, stay far away from roads and dangerous electric power lines.

The best places for flying are large open fields, parks, and beaches. The more room you have, the more fun you can have flying.

**Check the Wind:** Before you can fly your kite, you need wind.

The amount of wind you need depends on the kind of kite you have. Some kites are heavier and need more wind. Others are especially made to fly in light wind. But most kites are made to fly in average winds of between four and ten miles per hour.

If you can feel the wind on your face, there is probably enough to fly. Look for leaves rustling and flags waving. That's another good way to measure the wind.

At 4-7 mph, tree leaves rustle, flags move slowly.

At 8-12 mph, flags fly, bushes shake, leaves move.

If leaves in the trees are hardly moving, then the wind may be too light. And if the whole tree is swaying, or if you can hear a flag flapping in the wind, there may be too much for most kinds of kites.

A good, experienced kiteflier learns to watch the wind, even though it is invisible, by carefully observing how it affects



things around them.

**Check Your Kite:** There are many different types of kites. Each has been designed to do something different in the sky.

There are bowed kites like the **diamond**, cellular kites like a **box**, **delta** kites, and inflatable kites like the **parafoil**. There are also maneuverable **stunt** kites with two or four lines.

Before you try and launch your kite, make sure that yours has been put together properly. Is it adjusted for the wind? Does it need a tail? Is the flying line attached well? Once everything is right, you are ready to launch.

**Launching:** Running with a kite is fun, but it's not very smart. You can't watch where you are going, and watch the kite too. That makes it easy for you or the kite to crash. Instead, try launching the smart way.

Stand with your back to the wind and hold your kite up as high as you can. Make sure the nose is pointing straight up, and then gently let it go. Don't get excited and throw it into the air, just gently release it into the wind.

If the breeze is strong enough, the kite will start to rise. Slowly let out a little flying line, and the kite will fly back. Then, before it reaches the ground, tighten your grip on the line and the kite will start to rise again. All you need to do is repeat this process until the kite gets up into steady winds.

In lighter winds, have a friend hold

your kite about 50 feet away. They can release it into the wind as you pull in on the flying line. The kite should shoot up into the sky, just like if you were running. When you get a little height, let out more line, then pull in again to gain altitude.

Soon you will be up in the stronger winds and flying just fine. And you'll look a lot smarter than all those other people who are running around!

**Flight Control:** Always keep an eye on your kite while it is flying. If something goes wrong, you want to see it and fix things before a crash. Don't be tempted to let out too much line. One or two hundred feet is plenty. It's hard for people to see and enjoy if a kite gets too high. Accidents can happen way up there. And besides, the more line you let out, the longer it takes to wind in.

If your flying line becomes slack, bring in a little. If the kite begins to pull too hard or act unstable, let some line out. The idea is to fly the kite, not to let it fly itself.

If you want to increase altitude, try gently pumping the line. Each time you pull in, the kite will rise a few feet. For more lift, try pulling the line in a few feet and then slowly letting it out. Just remember to keep the kite at a good height where the winds are strong and smooth.

When the time comes to bring your kite down, you can slowly wind it onto your reel. If the wind suddenly gets lighter, you may need to pull the line in more quickly. Just drop it on the ground in big,



loose loops so you can wind it up later without tangles.

If the wind gets strong, you can tie the flying line to a solid anchor. Walk toward the kite, pulling line down as you go. In strong winds, you should wear gloves to keep from hurting your hands.

Remember that as you pull in, the force of the wind increases on the kite. This will make it climb higher and pull harder. If the kite is unstable, pulling makes it more unstable. Letting out line will temporarily stabilize things, but sooner or later, you have to come down.

If the kite starts spinning in big loops, closer and closer to the ground, about the only thing you can do is wait until it approaches the ground, and then let out line very quickly. The extra slack will let the kite fall down gently. Now aren't you glad you didn't let out too much line?

**Flying Lines:** You can buy good kite flying line at the same place you buy kites. Often kites will even come with line attached.

Special line is usually better because it is lighter, stronger and thinner. All of these things will help. Thicker line will drag in the wind and make your kite fly lower. Heavier line will need to be lifted by the kite. So remember to use the thinnest flying line that is strong enough to hold your kite.

**Adjusting For Different Winds:** Most kites can be adjusted for different types of wind. Adjustments are made by changing the point where your flying line attaches to the kite. Usually this "tow-point" is about one third from the top.

By moving the tow-point slightly, you change the angle that the kite leans into the wind. Leaning more forward will decrease pull and allow more stable flying in stronger winds. Leaning less forward will allow the sail to catch more breeze when winds are light.

If you lean the kite too far forward, the top will flip under and crash. And if you lean the kite too far back, it won't even try to fly.

Experiment! Move your tow-point around a little. You'll be surprised what a difference small changes make.

**Tails and Bows:** Many kite designs come with tails. A long tail fluttering behind almost any kite adds beauty and fun. But tails have a special purpose too. By adding drag at the bottom of the kite, they keep the nose pointed to the sky and add stability.



So if your kite is unstable, try adding tail. If your kite is getting dragged back to the ground, try reducing the length of your tail.

Try to keep things properly balanced. Put tails in the center of the kite. If you add them in more than one place, make sure the tails are equal in length and equal distance from the center of the kite.

Another important part of some kite designs is the bow. A bow is a string that goes from side to side and keeps the edges of your kite bent back. Scientists call this bend or curve a "dihedral." Remember that the bow goes behind the kite, not in front.

Like a tail, the dihedral helps keep your kite balanced in the sky. The wind will go around the curved surface and push the kite straight up. That's why curved kites usually fly better than flat ones.

When the wind gets stronger, try increasing the amount of bend by tightening the bow string. In lighter winds, loosen the bow. But always be careful when making adjustments not to break the sticks in your kite by bending too much.

**Tangles:** Even the best kiteflier sometimes ends up with their line in a tangle or their kite in a tree. Don't panic. Just be patient and smart, and everything will be fine.

Kite in a tree? Don't climb the tree. Falling out can hurt! And don't tug on the line either. That may break the kite. Instead, just let the wind carry your kite past the tree and let out enough line to bring it to the ground. Then disconnect the kite and pull the line back through the tree.

If your kite line wraps around another kite line, just walk over to the other flier and say hello. Amazingly, the twist will come right down to where you are standing and can be easily undone.

And what about knots and twists? Usually you can avoid this problem by carefully managing your line on the winder or on the ground. But if you do get your line tangled on the ground, about all you can do is patiently undo the mess. Life isn't perfect.

**Kite Won't Fly?:** Not every flight goes well. If your kite isn't flying right, maybe you have one of these problems:

•**Lousy Wind:** There may not be enough wind. Or maybe there is too much. The amount of wind you need to fly easily depends on the design of your kite. If your kite uses a tail, try adding or reducing the tail's length in different winds.

•**Turbulence:** Are you trying to fly behind a big tree or building? The wind is going to be really bad there.

•**Tuned Out:** Remember that you can adjust the towpoint on most kites for different winds. This is called "tuning". If your tow-point is too high or too low, your kite won't fly. Try setting it about 1/3 from the top of the kite for starters.

•**Loopy:** If your kite loops around in circles, try adding tail, adjusting the tow-point, or tightening the bow line.

•**Dragging:** If your kite won't lift, try reducing tail, adjusting the tow-point, or loosening the bow line. Is your flying line wet or too heavy? Is the sail of the kite too loose to catch the wind? Make adjustments to lighten the load and increase efficiency.

•**Unstable:** Winds close to the ground aren't as good as the wind up fifty feet or so. Get a good launch and fly up into smoother winds.

•**Technical Difficulties:** When all else fails, make sure your kite is put together right. Always read (and save) the instructions that come with your kite.

**Safety:** Every kiteflier needs to be concerned about safety. A crashing kite, or a loose winder being pulled across the field can hurt someone. Flying line laying on the ground is a hazard to people and animals. So please be very careful when you fly around others.

In particular, never fly with your line across a road. If the kite comes down, you can cause a serious accident. Never fly near airports or high enough to reach airplanes. Don't fly in electrical storms. And definitely stay away from electric power lines.

Along with caution, comes courtesy. Good kitefliers are polite to each other and to non-kites. Share the sky and be considerate. It's more fun that way! ■





# Best Value Restaurants

A FREE GUIDE TO SELECT HEARTLAND EATERIES



**SH KARL RATZSCH'S**, 320 East Mason Street, Milwaukee, WI. Named the 2009 "Best German Restaurant In America," dining in Ratzsch's is akin to enjoying a meal in the Old World tradition. The setting is formal but children are welcome. With table cloths, beautiful woodwork in the German style, an old-time bar, the restaurant is warm and inviting. Starters include Konigsberger Klopse (veal, pork and beef meatballs simmered in a lemon caper cream sauce); Melon Wrapped with Black Forest Ham; Baked Beer, Cheese and Sauerkraut Dip with Toasties (a delicious German Fondue); and Assorted Sausages with Red Cabbage.

For entrees you can enjoy Crackling Pork Shank (crispy, tender hachese served with pan gravy, sauerkraut and potato); Duck & Goose Combination (served with wild rice blend, red cabbage and old-fashioned dressing); Sauerbraten (marinated sirloin roast with ginger snap gravy, served with cabbage and potato

dumplings); and Black Forest Veal (breaded veal cutlet layered with smoked pork, Swiss cheese, spinach and mushroom sauce, served over Spatzle). For lighter fare, Ratzsch's presents an inventive menu, including the Mermaid's Salad (blueberries, strawberries, glazed walnuts, Gorgonzola cheese and Spring lettuce mix topped with sauteed shrimp and drizzled with Balsamic Vinaigrette); and Eggplant and Spinach Parmesan (beer battered and served over sauteed spinach, baked en casserole with Marinara Sauce and Mozzarella cheese). They also offer salmon, Icelandic haddock, a petite Whitefish fillet, and jumbo shrimp.

Naturally, this being a German restaurant you can also get bratwurst and knackwurst. Enjoy desserts like Viennese Apple Strudel; Chocolate Torte; Bread Pudding with Bourbon Sauce; and the German Apple Pancake (enough for two!) Top it off with Rheinlander Coffee. L/\$16.50; D/\$27.50. 414-276-2720.

**SH THE FLYING MANGO**, 4345 Hickman Road, Des Moines, IA. A cozy, inviting restaurant with a colorful, jazz inspired décor, this fun place specializes in award-winning barbecue and bold flavors of the Caribbean. Appetizers include Smoked Chicken Dip with Red Chile Tortilla Chips; Stuffed Shrimp served with Tomato Coulis; "Bass-Ackwards" Chicken Wings (they are grilled and then marinated, definitely not the buffalo variety); Spicy Hot Pecans; Dried Apricots with Goat Cheese and

Pistachio; and Miniature Pasta Purses.

A genuine smokehouse, the Flying Mango serves Smoked Rack of Pork (with homemade barbecue sauce, orange and red onion salsa or green apple Chipotle Salsa); Smoked Duck; Smoked Ham; Island-influenced Loin Back Ribs; and even Smoked Lobster. Another favorite: blackened redfish.

We love the Caribbean ideas: Coconut Shrimp (with spicy banana dipping sauce); Sweet Potato Pancakes; Empanadas; Grilled Peaches with Balsamic Glaze and Crumbled Bleu Cheese; Key Lime Pie or Mango Cream Puffs.

Also featuring live music. L/\$15; D/\$25. 515-277-1830.

**SH UPSTREAM BREWING CO.**, 514 South 11th Street, Omaha, NE. A fun appetizer menu includes Hot Artichoke and Asiago Cheese Dip (served with toasted house-baked garlic beer bread); Bacon Wrapped Shrimp (with sweet chili cabbage slaw; sweet potato crisps and an apricot ginger glaze); and Flash-Fried Calamari (tossed with marinated banana peppers and served with cocktail sauce).

Very diverse entrees are Beer-Braised Pot Roast (served with smashed potatoes, gravy and seasonal veggies); Jackson Street Jambalaya (with Andouille sausage, chicken, shrimp, peppers, rice and spicy Creole); Braised Lamb Shank (with brandied tart cherry demi glaze, roasted garlic smashed potatoes and steamed asparagus and green bean bundle); Raspberry-Chicken Breast (with crumbled feta cheese and pinenuts, house rice and veggies), plus Grilled Fajitas, Pretzel Encrusted Rainbow Trout, Shrimp Salsa Cruda and more. L/\$20; D/\$28.95. Sample Upstream's award-winning barrel-aged ales and Belgian-style beers. 402-344-0200. ■

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# The UPDATE & LOW DOWN

By JON MCINTOSH (email: [midtod@iowatelecom.net](mailto:midtod@iowatelecom.net))

**STOPPING THE HARASSMENT:** NATIONAL ENTERPRISE SYSTEMS, INC., A collection agency based in Solon, Ohio, brags that it is “one of the nation’s fastest growing and results-driven collection management firms” whose “clients range from a cross-section of fast-track and competitive industry segments, institutions of higher learning and financing companies.” CitiBank — which got a \$45 billion bailout with taxpayers’ dollars — is one of the firms who have sold accounts to NES, as has Verizon. National Enterprise apparently is a family-run business, with Ernest Pollak serving as CEO, his wife, Ellie as v.p., plus sons Scott and Christopher. But it turns out the Pollaks have some debt of their own to deal with — \$207,500 — owed to Ohio consumers as a result of a lawsuit brought by Richard Cordary, the Ohio Attorney General. (Their company has been sued 108 times since 2002). Some of their 500 reps have been accused of repeatedly violating the Fair Debt Collection Reporting Act — as well as various state statutes — by, among other things, calling consumers early in the morning and late at night and screaming at them, using abusive language, threatening to have them arrested or property seized, attempting to collect debts consumers did not owe, failing to verify debts, making unauthorized withdrawals from consumers’ bank accounts, and even harassing consumers’ co-workers and family members. Glen Wooldridge of Davenport, Iowa said when he tried to get NES to provide documentation he really owed \$1,963 for four months of Verizon wireless use, he was treated to a barrage of calls every day, and the collector “even brought up information about debts my mother and grandmother owe, and said that scumbags must run in our family.” The West Virginia Attorney General, Darrel McGraw, also sued National Enterprise and its CEO, Mr. Pollak. Best advice: Never give a debt collector your banking or credit card information. They might take more than you authorize. Never do “checks by phone” as debt collectors could empty your bank account; you would have little recourse. Never send them money by Western Union. Record conversations with collectors (where legal) so they can be prosecuted if they break the law. See [www.consumerjustice.com](http://www.consumerjustice.com)

**MEANWHILE...:** SHE MAY BE A BILLIONAIRE BUT SHE AIN’T HELPING her Mom out of her debts: The mother of Oprah Winfrey, Vernita Lee, and the luxury fashion store Valentina Inc. announced a settlement of the latter’s lawsuit over Lee’s \$155,547 outstanding tab. On a previous bill of \$174,285 in 2002, Lee had agreed to make periodic repayments, but the store apparently allowed her to open another account, and as the new balance swelled, Lee sued, trying to shift the blame to the store (!) by claiming Valentina should not have extended credit to her, given her poor payment history. Apparently, if you’re rich enough, you don’t get calls from debt collectors, you just pay a few cents on the dollar through the court.

**EXHIBIT ‘A’ FOR WHY WE NEED TERM LIMITS:** SEN. CHUCK GRASSLEY (R-Iowa) is a career politician, having been in Washington for 36 years. Yet he is regarded by professional pols as a probable shoe-in for re-election. That’s because the aw-shucks Senator with the farm boy demeanor has been a master at hiding his true allegiance: to his corporate benefactors. A big recipient of big money from Big Insurance, he worked overtime to sabotage health care reform, scaring grandma in the process. Out of 535 members of Congress,

he has the third-worst voting record on veterans issues. He voted in 1999 to allow banks and insurance companies to begin offering investment products — paving the way for the AIG debacle. Grassley crusades against fraud and waste, but uses deceptive tactics as propounded by the GOP’s odious pollster, Frank Luntz.

**THE CURE FOR DANCE FEVER:** LIKE MANY EDUCATORS NATIONWIDE, administrators at a Wisconsin high school are aiming to curb risqué moves at school dances. To assure that Union Grove High School students do not get too footloose and fancy free, school brass have issued official dance rules. The regulations outlaw “sexual bending” and the touching of breasts, buttocks, or genitals. Leg straddling is also verboten. Additionally, students are on notice that “Both feet must remain on the dance floor at all times.” Which appears to rule out performances of the Charleston, Electric Slide, and Cha-Cha. The dance “will be videotaped to insure the safety of all students attending,” the rules note, though Union Grove administrators could presumably review the video for provocative moves that were initially missed by monitors. Sort of like instant replay in sports.

**UP IN SMOKE?:** THERE IS A BACKLASH BREWING IN some states against those new battery-operated “electronic cigarettes” — the plastic cylinders that look like real cigs but dispense a vapor rather than smoke, along with a dose of nicotine. Not surprisingly, people trying to quit smoking, as well as retailers who sell the new devices, are opposing an outright ban. The Illinois legislature has been debating the issue, and Rep. Marlow Colvin (D-Chicago) points out that the FDA hasn’t approved the products yet and have found carcinogens and other harmful chemicals in the cartridges. Kathy Drea with the American Lung Association said the state should prevent people from buying the e-cigarettes until the FDA has ruled on their safety.

**BOTH PARTIES TO BLAME:** THE TEA PARTY CROWD IS UP IN ARMS, SO to speak, against Big Government, especially the Obama administration. But where were they when Bush was squandering the Clinton surplus of \$127 billion and turning it into a \$482 billion deficit through tax cuts for the rich and the war in Iraq? Plus their outrage is very selective. Politicos of both parties are in hock to big bankers up to their necks. That’s why they’re trying to kill or cripple the proposed new Consumer Financial Protection Agency. Earlier this year, the GOP told Wall Street: Give us the scratch and we’ll scrap reform. Then there’s the Chicago area hedge fund called Magnetar, that worked with Citigroup, JPMorgan Chase, Merrill Lynch and other investment banks to create toxic CDO’s — “collateralized debt obligations” — which are securities backed by subprime mortgages that management knew were bad. Magnetar took that knowledge and bet against the very same investments they had recommended to buyers, selling short and making a fortune. As Bill Moyers observes, “This is corruption, cynicism and greed on a scale that would make the Roman Emperor Caligula cringe.” The owners of Magnetar covered their bets with huge campaign contributions to Rahm Emanuel, who is now White House chief of staff. At the time he was an Illinois Congressman and chair of the Democratic Congressional Campaign Committee, which collected millions of dollars from the financial services industry. ■







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# 2010 Island Fest

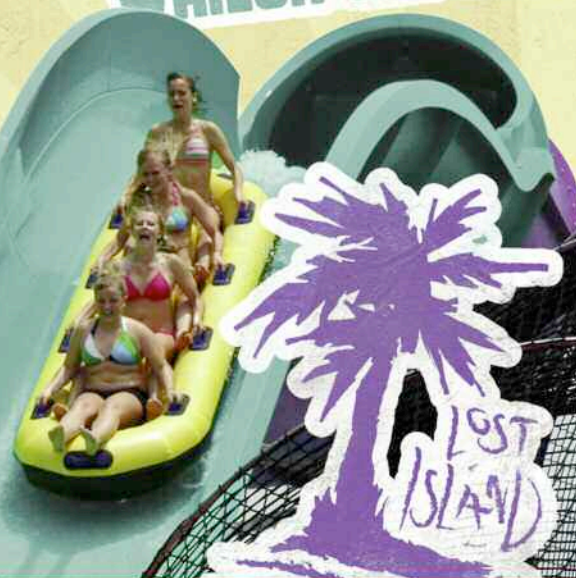
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*Glenn*

*Tap your feet, dance and smile your way  
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**JUNE 10-13, 2010  
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GRAND OPENING - GLENN MILLER BIRTHPLACE MUSEUM, JUNE 10, 4 PM



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Adam Swanson  
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USAF Noteables, Offutt Air Force Base

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A smiling couple, a man and a woman, are driving in a convertible car. The woman is in the foreground, wearing sunglasses and a teal top. The man is behind her, also wearing sunglasses and a peach-colored shirt. They are both smiling and looking towards the camera. The background shows a clear blue sky and a dry, grassy landscape.

# DESTINATION HARLINGEN

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