

► NFL

Stafford goes No. 1

First day of draft offers some surprises

NEW YORK (AP) — Matthew Stafford's mission is daunting: Lead the Detroit Lions back from the only 0-16 season in NFL history. Mark Sanchez has nearly as big a challenge: He'll compete to replace Brett Favre.

The Lions found the centerpiece for one of the biggest rebuilding jobs in league history, taking Georgia quarterback Matthew Stafford

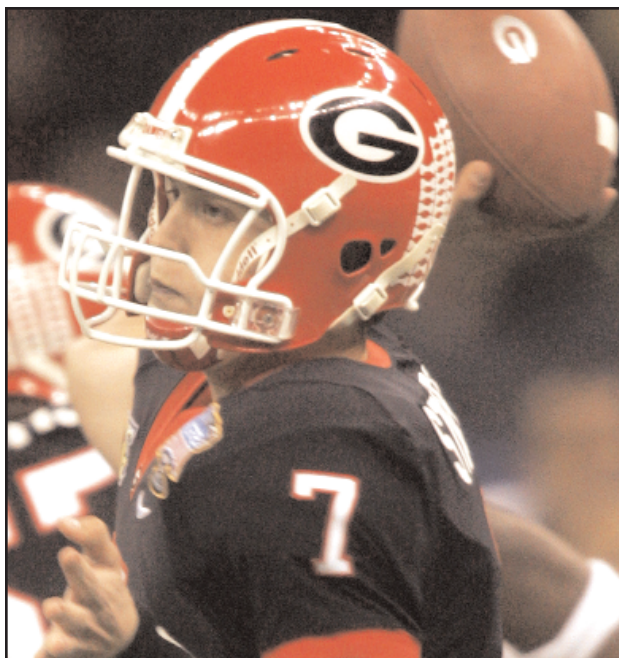
with the overall No. 1 pick in the draft Saturday. Detroit already had signed the 21-year-old Stafford to a six-year deal with \$41.7 million in guarantees and a maximum value of \$78 million.

Stafford, who left school a year early, is not expected to start immediately.

"I'm a competitive guy,"

See DRAFT, 3B

In this Jan. 1, 2008 file photo, Georgia quarterback Matthew Stafford throws a pass during the first half against Hawaii during the Sugar Bowl at the Superdome, in New Orleans. Stafford was selected No. 1 overall by the Detroit Lions in the NFL Draft on Saturday. The Lions on Saturday announced they signed Stafford to a six-year contract. (AP Photo)



Cleveland deals for players and picks

Browns traded twice in the first round, scoop up seven players

By TOM WITHERS

Associated Press

BEREA — The Cleveland Browns made three early trades, overhauled their wide receiving corps and got help for both lines on the first day of the NFL draft.

They even picked one of their former ball boys.

Eric Mangini's first draft for Cleveland had a little of everything.

Just nothing involving Braylon Edwards.

Mangini made three first-round deals, the first one trading the No. 5 overall pick to the New York Jets — his former team — but concluded Saturday with Edwards, Cleveland's most talented player, still on his roster. Rumored deals with the New York Giants never materialized, but the Browns did draft two wide receivers: Ohio State's Brian Robiskie and Georgia's Mohamed Massaquoi, both in the second round.

General manager George Kokinis was asked if he expected Edwards to be with the Browns after Sunday.

"I don't anticipate anything different," said Kokinis, who dismissed reports about a deal for Edwards as heated rumors in advance of the draft. "It's never been anything we were actively going out. We expect him, with his skill level, to contribute like we know he can."

Mangini said he has had productive meetings with Edwards, who caught 25 fewer passes and scored 13 fewer touchdowns in 2008 than he did in his 2007 Pro Bowl season.

"Nothing has changed with Braylon," he said. "There are so many rumors about so many players and they can gain traction."

Mangini and Kokinis began their first draft as Cleveland's management team by calling the coach's former bosses in New York.

The Browns shipped the fifth pick to the Jets, who used it to take USC quarterback Mark Sanchez. In return, Cleveland got the No. 17 pick, a second-rounder (No. 52) and three Jets: defensive end Kenyon Coleman, safety Abram Elam and quarterback Brett Ratliff.

It's ironic Mangini would assist the Jets in acquiring their potential franchise quarterback. Mangini was fired following his third season in New York when the Brett Favre experiment failed down the stretch and the Jets missed the playoffs after an 8-3 start.

Mangini said he had no reservations about dealing with the Jets.

"It worked for them and it worked for us," Mangini said. "I don't think you can ever look at it as your former team. It was a real plus decision for both teams."

The Browns then dropped two spots in a trade with Tampa Bay (No. 19), which also sent Cleveland a sixth-round pick (No. 191).

Mangini and Kokinis followed by swapping the No. 19 pick for Philadelphia's at 21 and gained another sixth-

See BROWNS, 3B

► PREP ROUNDUP



Get dirty

Salem's Dan Gagnon slides safely into home plate during the team's doubleheader Saturday against East Liverpool. Salem won both games. (Salem News/B.J. Lisko)

Quakers sweep Potters

Big Saturday for Salem

Baseball

Salem 5, E.Liverpool 3

Salem 5, E. Liverpool 3

SALEM — The Salem Quakers got some solid pitching and scored just enough in both contests Saturday with East Liverpool to pull out the sweep, winning both games by a final of 5-3.

In game 1, Salem's Randy Wyand went the distance on the hill striking out seven. Dan Gagnon went 2-for-2 with three runs and two RBIs, Dan Fortney added two hits and two RBIs, and Nick Balsley added two hits.

In game 2, Salem's Kenny Saltzman tossed a complete game striking out four while scattering just four hits.

Dan Gagnon had two hits and three RBIs for the Quakers.

Salem (3-9) plays at Struthers on Monday.

East Liverpool falls to 4-10.

Game 1
EAST LIVERPOOL: 000 010 2 — 3 8 2
SALEM: 120 100 x — 5 7 1

WP — Randy Wyand (1-2, 7IP, 7K, 5BB). LP — Brock Grafton (6IP, 3K, 3BB). 2B — Isaac Seevers (EP) 2, Dan Gagnon (SAL), Dan Fortney (SAL)

Game 2
EAST LIVERPOOL: 000 100 2 — 3 4 3
SALEM: 221 000 x — 5 7 0

WP — Kenny Saltzman (2-0, 7IP, 4K, 4BB). LP — Jordan Adkins (6IP, 4K, 2BB). 2B — Brock Grafton (EL), Dan Gagnon (SAL)

St. Thomas 11,
West Branch 8
West Branch 18,
St. Thomas 7

LOUISVILLE — West Branch and St. Thomas split a doubleheader on Saturday. St. Thomas won the first game 11-8. Leading West Branch was Bo Beegle with two hits and two RBIs. Brent Stoffer added a two-run home run.

In game 2, West Branch won 18-7. Leading the Warriors was Mickey Manser with four hits including a home run and five RBIs. Evan Campbell added three hits including a double, triple and five RBIs.

See ROUND, 2B



Salem's Kenny Saltzman fires a pitch while teammate Randy Wyand looks on during the team's doubleheader against East Liverpool in Salem. (Salem News/B.J. Lisko)

► NHL

Penguins eliminate Philadelphia

PHILADELPHIA (AP) — Sidney Crosby stood near center ice, answering questions from a television reporter while a few lingering fans berated him.

Crosby never flinched. He finished the interview and let the scoreboard do his talking back to the fans.

Sergei Gonchar scored 2:19

See PENS, 5B



Pittsburgh Penguins center Jordan Staal hugs Marc-Andre Fleury after they defeated the Philadelphia Flyers, 5-3 Saturday in Philadelphia. (AP Photo)

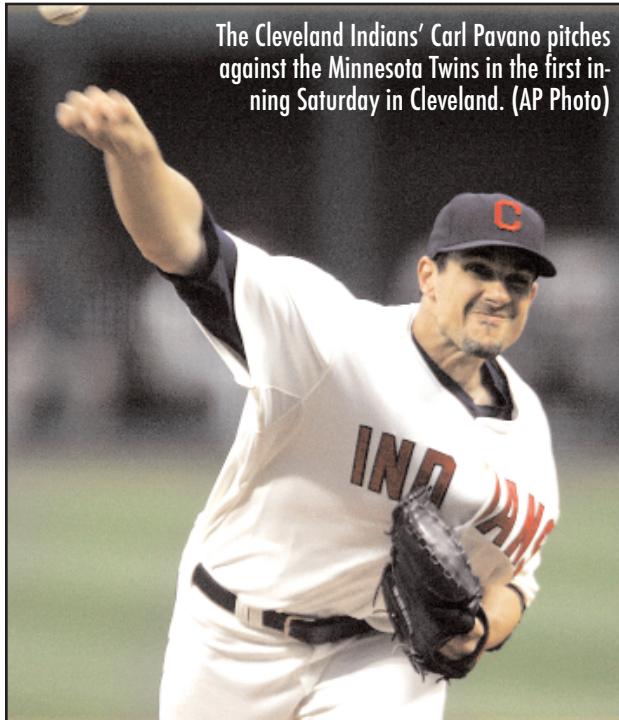
► MLB

Indians fall to Twins

CLEVELAND (AP) — Kevin Slowey pitched eight sharp innings and Jason Kubel hit two solo homers, leading the Minnesota Twins to a 7-1 victory over the Cleveland Indians on Saturday night.

Slowey (3-0) carried a five-hit shutout into the ninth but allowed three singles to open the inning before departing with the bases loaded. Luis Ayala

See TRIBE, 5B



The Cleveland Indians' Carl Pavano pitches against the Minnesota Twins in the first inning Saturday in Cleveland. (AP Photo)



CLASSIC
DAVE
BERRY
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Sunday News

Spotlight

1C

Sunday, April 26, 2009

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ACROSS OUR CLASSROOMS

Applications are available For Iden-Iler Scholarship

SALEM — Applications are available for the Lowell Iden-Larry ilex Scholarship at the Salem Hunting Club.

Three \$500 scholarships are available. Selection of this award is based upon scholastic record, future plans, motivation, leadership, financial need and commitment to outdoor sports, major field of study in agriculture, biology, wildlife conservation or environmental science.

Applications are available from any member, by mail to Salem Hunting Club, P.O. Box 800; downloaded at www.salemhuntingclubofohio.com or calling Janet Iden at 330-332-5765. The deadline is June 1.

Powers serving as student teacher at Hillsdale Elementary

ASHLAND — Katie Powers of 51363 State Route 14, East Palestine, is completing the student teacher requirements through the Department of Teacher Education at Ashland University. She is currently student teaching at Hillsdale Elementary School.

She is the daughter of David and Denise Powers and is majoring in early childhood education.

Salem Schools schedule kindergarten registration

SALEM — Salem City Schools will hold kindergarten registration for all students living in the district and planning on attending kindergarten this fall on Saturday, June 6 from 9 a.m. to 1:30 p.m. each day. Registration will be held at Buckeye School, 1200 Buckeye Ave.

A child must be 5 years old by Aug. 1 to be eligible. Parents need to bring a birth certificate, shot records, social security card, proof of residency (utility bill, driver's license, tax statement) and custody papers if applicable. The process of registration will take about 15 minutes and students are welcome to attend but it is not required. A school nurse will also be present to evaluate a child's shot records, making sure they are current. Students must have all necessary immunizations by the 14th day of school, Sep. 12 or they will be ruled out and not permitted to attend.

Parents are encouraged to make every effort to attend one of these registration days to complete the registration process. All children must be registered to be officially enrolled.

All students registered for kindergarten by Aug. 1 will be invited to a free kindergarten Readiness Camp scheduled for Aug. 3-7 and Aug. 10-14 from 8:30-11:30 a.m. at Buckeye School. The camp will focus on reading students for the experience of kindergarten.

Salem kindergarten staff and speech therapist will work with students on basic skills of listening to a story and identifying what happened, fairy tales, nursery rhymes, basic letter and sound identification, structured play, gross and fine motor skills, numbers, sets and basic math concepts. Students will also work on name and address along with phone numbers. A general orientation to the building will also be a part of the camp, preparing students for the lunchroom, arriving at school, leaving school, bus procedures, playground, office and restrooms. Students will have the opportunity to work with all of our kindergarten teachers during the two week program, allowing them to become familiar with all of our staff and support staff. District administrators feel this time will be very beneficial to students as they make the transition from the informal setting of day care and preschool to their first year of formal education, kindergarten.

For additional information, contact Buckeye School at 330-332-8917.



Give presentation to third graders

United FFA President Brent Baker and Vice President Caleb Swope recently gave a presentation on horticulture to United Local third grade students. They instructed the students on the correct planting and care of cabbage. After the program, the third graders received a cabbage plant to take home, donated by the Bonnie Plant Company. The students will grow the cabbages this summer and return a photo of themselves with their crop. A drawing will award prizes donated by the FFA and other area agribusinesses. Shown, from left, Baker, third grader Frank Rupert and Swope. (Submitted photo)



Leetonia National Honor Society inductees

Shown are the Leetonia High School 2009 Wilhelm Chapter of National Honor Society inductees. Front, from left, Jamie Yoho, Ashley Myers, Ashley MacKenzie, Ashley Floor, Samantha Glasser, Stephanie Baker; back, from left, Theo Smith, Phil Goerig, Nathan Grimm, James MacKenzie, Andrew Ryan, Anna Vietmeier. (Submitted photo)



Crestview art work on display

Crestview Middle school art students had their art work displayed at the Columbiana County Educational Service Center in Lisbon. They all received certificates and one artist's work will be chosen to be in CCESC's permanent collection. (Submitted photo)



Discoveries at Reilly School

During Right to Read month at Reilly School, students discovered that "Reading Makes you a Star." They also discovered that helping others can as well. Students were challenged to bring in pop tabs for recycling. The third and fourth grade classrooms collecting the most tabs were rewarded by being allowed to donate the money collected to their favorite charity. Mrs. Winn's 4th grade classroom donated theirs to Angels for Animals, while Mrs. Colbert's third classroom decided to donate their proceeds to the AMVETS. Congratulations to both classrooms for a job well done! (Submitted photos)



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Virtual Newsroom at: salemnews.net

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Notices

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General

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www.salemnews.net

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General

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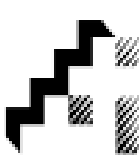
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Salem News Sports

THE ACTION

AUTO RACING

7:30 a.m.

SPEED — Formula One, Bahrain Grand Prix, at Manama, Bahrain

1 p.m.

FOX — NASCAR, Sprint Cup, Aaron's 499, at Talladega, Ala.

4 p.m.

VERSUS — IRL, Road Runner Turbo 300, at Kansas City, Kan.

GOLF

9:30 a.m.

TGC — European PGA Tour, Ballantine's Championship, final round, at Jeju Island, South Korea (same-day tape)

1 p.m.

CBS — Champions Tour, Legends of Golf, final round, at Savannah, Ga.
TGC — PGA Tour, Zurich Classic, final round, at Avondale, La.

3 p.m.

CBS — PGA Tour, Zurich Classic, final round, at Avondale, La.

7 p.m.

TGC — Nationwide Tour, South Georgia Classic, final round, at Valdosta, Ga. (same-day tape)

MAJOR LEAGUE BASEBALL

Noon

TBS — Philadelphia at Florida

2:05 p.m.

WGN — Chicago Cubs at St. Louis

8 p.m.

ESPN — N.Y. Yankees at Boston

MOTORSPORTS

3 p.m.

SPEED — FIM World Superbike, at Assen, Netherlands (same-day tape)

5 p.m.

SPEED — MotoGP 250, at Motegi, Japan (same-day tape)

6 p.m.

SPEED — MotoGP World Championship, at Motegi, Japan (same-day tape)

NBA BASKETBALL

1 p.m.

ABC — Playoffs, first round, game 4, Boston at Chicago

3:30 p.m.

ABC — Playoffs, first round, game 4, Cleveland at Detroit

6:30 p.m.

TNT — Playoffs, first round, game 4, Orlando at Philadelphia

9 p.m.

TNT — Playoffs, first round, game 4, Portland at Houston

NFL FOOTBALL

10 a.m.

ESPN — NFL, day 2, at New York

NHL HOCKEY

2 p.m.

NBC — Playoffs, Eastern Conference quarter-finals, game 6, Washington at N.Y. Rangers (if necessary)

7:30 p.m.

VERSUS — Playoffs, Eastern Conference quarter-finals, game 6, New Jersey at Carolina

TRACK & FIELD

2 p.m.

ESPN2 — The Drake Relays, at Des Moines, Iowa (same day-tape)

ROUND FROM 1B

Bo Beegle added two hits and two RBIs.

West Branch (12-3) hosts Marlinton on Tuesday.

Game 1

WEST BRANCH: 340 010 0 — 8 9 3

ST. THOMAS: 402 302 x — 11 12 0

WP — Steven Foltz (4 2/3IP, 5K, 2BB) and Jeff Deckerd (2IP, 2K, 2BB). LP — Steven Foltz (0-1, 4 2/3IP, 5K, 4BB) and Dan Adler (2 1/3IP, 3K, 1BB). 2B — Bo Beegle (WB), Steve Foltz (ST) — Evan Campbell (WB). 3B — Evan Campbell. HR — Mickey Manser (WB)

Game 2

WEST BRANCH: 103 509 — 18 15 2

ST. THOMAS: 000 421 — 7 9 3

WP — Brent Stoffer (2-0, 5IP, 1K, 2BB) and Josh Fuson (1IP, 2K). LP — Ray Beneditti (3IP, 2K, 3BB) and Chad Rohske (3IP, 2K, 5BB). 2B — Evan Campbell (WB). 3B — Evan Campbell. HR — Mickey Manser (WB)

South Range 14, Lowellville 4 South Range 19, Lowellville 6

STRUTHERS — South Range swept a Saturday doubleheader at Cene Park in Struthers on Saturday with Lowellville. The Raiders won the first game 14-4. Leading the Raiders was Chris Gouse with three hits including a home run and five RBIs. Phil Arsufi added three hits including two triples, and Andy Lacefield had three hits and two RBIs.

In game 2, South Range won 19-6. Leading the Raiders was Chris Gause with a triple, a homer and four RBIs. Phil Arsufi added a triple and a home run, and Andy Lacefield had four hits including a double and three RBIs. Vince Miller added two hits including a home run and three RBIs.

South Range (7-8, 3-3 ITCL Tier 1) will play at United on Monday

Game 1

South Range 14, Lowellville 4

LOWELLVILLE: 001 21 — 4 9 0

SOUTH RANGE: 280 13 — 14 20 1

WP — Mike Thorpe (3IP, 5K, 2BB), Jack McDonald (1IP, 2K) and Mike Rohan (1IP, 1K, 2BB). LP — Smith (5IP, 0K, 2BB). 2B — Chris Gouse (SR). 3B — Phil Arsufi (SR) 2, Jack McDonald (SR), Mike Thorpe (SR). HR — Chris Gouse (SR)

Game 2

South Range 19, Lowellville 6

SOUTH RANGE: 253 018 — 19 12 1

LOWELLVILLE: 031 020 — 6 11 5

WP — John Beamis (4IP, 1K, 3BB) and Gerard Rohan (2IP, 1BB). LP — Rosacivita (4IP, 1K, 3BB). 2B — Andy Lacefield (SR), Jack Dawson (SR). 3B — Aschialdi (LOW), Phil Ar-



Salem's Nick Lesky hits a single during the team's doubleheader Saturday against East Liverpool. Looking on at left is the Potters' Brock Grafton. (Salem News/B.J. Lisko)

sufi (SR), Chris Gouse (SR). HR — Vince Miller (SR), Phil Arsufi (SR)

Softball

St. Thomas 1, West Branch 0 St. Thomas 8, West Branch 5

LOUISVILLE — West Branch was swept by St. Thomas on Saturday, falling 1-0 and 8-5. In game 1, West Branch's Erin Hill scattered just four hits and one run but the Lady Warriors were no-hit by Ellen Bertsch.

In game 2, West Branch's Brandi Snyder had two hits. Dee Agnew, Erin Hill, Tiffany McMuyllen and Megan Fluharty all hit safely.

West Branch (4-10) hosts Lakeview on Monday.

Game 1

WEST BRANCH: 000 000 0 — 0 0 3

ST. THOMAS: 000 001 X — 1 4 0

WP — Ellen Bertsch (7IP, 9L, 3BB). LP — Erin Hill (7IP, 4K, 2BB).

Game 2

Complete linescore not provided

WEST BRANCH: 100 040 0 — 5 6 8

ST. THOMAS: — 8 4 1

WP — Sam Joss (7IP, 8K, 3BB). LP — Katie Ramsey (2IP, 1K, 2BB) and Erin Hill (5IP, 2BB)

Sebring 4, Lake Center 2 Sebring 15, Community College 1

LAKE CENTER — Sebring picked up a pair of wins Saturday, one over Lake Center 4-2,

► COLLEGE FOOTBALL

Record 95,722 show up to see Buckeyes, Pryor

COLUMBUS (AP) — There was a lot of yardwork left undone in the Buckeye state on Saturday.

A national spring game record crowd of 95,722 came out to enjoy the high temperatures and watch Terrelle Pryor throw two long touchdown passes in 30 seconds, leading the Gray over the Scarlet 23-3 at sun-drenched Ohio Stadium.

“It’s crazy — CRAZY,” tight end Jake Ballard said. “With the heat out there and they were out there sitting through it.”

The 80-degree weather played a big role in the attendance, which topped the 92,138 Alabama drew for Nick Saban’s coaching debut in 2007.

“First, kudos go out to our fans,” coach Jim Tressel said. “It was a beautiful day, and gives you a little bit of electricity and a little energy and a little reminder of how much interest there is in Ohio State football.”

Ohio fans paid \$5 per ticket, with the bulk of the money going to local charities. Many showed up in tank tops and shorts to soak up the sun on the warmest day of the year while watching Pryor strut his stuff.

He broke open a close scrimmage with touchdown passes of 44 yards to Taurian Washington and 42 yards to Ray Small late in the second half. Pryor started as a freshman for last year’s 10-3 Buckeyes team.

It has grated on him that doubters have questioned his ability to throw the ball accurately on medium and longer pass routes.

“We don’t care about the critics and the analysts and people saying stuff about me,” said Pryor, who retired after three quarters after completing 13-of-18 passes for 191 yards and the two scores. “That’s not a big deal to me. I came out

and showed I can throw the ball and that’s what I wanted to do today.”

Pryor, who a year ago was the nation’s top quarterback recruit, completed 100 of his 165 passing attempts for 1,311 yards and 12 touchdowns with only four interceptions in his freshman season. But he seldom completed a pass of more than 10 or 15 yards, despite having a veteran group of receivers.

He has been motivated by those who question his arm strength.

“Terrelle wants to be a quarterback,” tailback Dan “Boom” Herron said. “He doesn’t want everybody to look at him as a runner or a scrambler. He wants to be a quarterback. He’s been working really hard all spring just throwing and doing all the little things right.”

Pryor took over the game in the final two minutes of the first half. He completed medium-length crossing patterns to Washington for 15 and 16 yards, then with 31 seconds remaining unloaded a 44-yard scoring toss to Washington n the left corner of the end zone.

After Aaron Pettrey kicked the extra point, Pettrey pulled off the biggest surprise of the day.

He kicked inside, recovering it himself. Pryor then connected with Washington for a 17-yard gain. On third-and-10 and with time running out, Pryor stepped up in the pocket to deliver a strike to Ray Small at the right sideline. Small, who had gotten behind a defender, sidestepped Rocco Pentello and zipped into the end zone to complete the 42-yard play — with 1 second left on the clock.

“You saw it today. The world saw it today. I can throw the ball,” Pryor said. “I’m a quarterback that can run. That’s how we’re doing it.”

the other over Community College 15-1.

Leading Sebring in game 1 was Taylor Ward with two hits, two runs and two RBIs. Jillian Faudree went 3-for-4 with two runs and Emily Dickens added two hits and a run. Taylor Ward got the win on the mound striking out nine.

In game 2, Sebring’s Taylor Ward had two more hits and four more RBIs. Faudree had two hits, three runs and two RBIs, and Felicity Devies and Jacqui Zmundi both drove in two.

Sebring (7-7, 5-1 ITCL Tier 2) plays Monday at Jackson-Milton.

Game 1

SEBRING: 300 000 1 — 4 9 0

LAKE CENTER: 010 001 0 — 2 4 2

WP — Taylor Ward (6IP, 9K) and Stevi Smith (1IP, 1K, 3BB).

Game 2

COMMUNITY COLLEGE: 010 00 — 1 3 0

SEBRING: 5(10)0 0x — 15 10 1

WP — Emily Dickens (3IP, 6K, 2BB) and Haley Wheeler (2IP, 1K, 1BB). 2B — Jillian Faudree (SEB), Taylor Ward (SEB) 2. 3B — Chantel Fox (SEB)

South Range 17, Yo. East 0 South Range 17, Yo. East 4

NORTH LIMA — South Range hammered Youngstown East twice on Saturday, 17-0 and 17-4 in softball action. In game 1, South Range has 10 hits out of 13 players that played in the contest. Laura

Biroschak drove in three for the Lady Raiders. Chelsea Leson went the distance on the hill giving up just one hit.

In game 2, South Range got multiple hits from Emily Seman, Madison Yankek and Tab Stanton, all drove in two runs each. Megan Beachley homered and Yanek got the win on the hill.

South Range (9-4, 5-2 ITCL Tier 1) plays Monday at United.

Game 1

YO. EAST: 000 00 — 0 1 3

SOUTH RANGE: 566 0x — 17 10 0

WP — Chelsea Leson (2-1). LP — J. Andujar. 2B — Laura Biroschak (SR), Kelsey Keller (SR), Chelsea Leson (SR). 3B — Madison Yanek (SR), Shorty Robinson (SR)

Game 2

YO. EAST: 003 10 — 4 1 0

SOUTH RANGE: 17 12 0

WP — Madison Yanek (6-3). LP — C. Walker. 2B — Emily Seman (SR), Gab Naples (SR), Tab Stanton (SR). 3B — Madison Yanek (SR). HR — Megan Beachley (SR)

Track and Field

RYAN JOHNSON MEMORIAL BELOIT — The West Branch boys and girls track teams picked up wins in the Ryan Johnson Memorial Track Meet Saturday at West Branch High School.

In girls action, West Branch’s Taylor Kring had a banner day taking first place in the 100 and 300-meter hurdles as well as the 200. She also took second place in the 100.

Emilee Zets took first in the 800 and 1600, and the West Branch girls swept the relay events as well.

In boys action, West Branch’s Joey Schlueter took both the 1600 and 3200, and Eric Bates won the long jump.

Girls

West Branch 181, Akron East 70, Southeast 58, Newton Falls 63, Jackson-Milton 52, South Range 48, Lisbon 24

100: Nadia Riley (AE) 13.06, Kring (WB), Boulton (SE)
200: Taylor Kring (WB) 27.19, Rileay (AE) Smith (NF)
400: Taylor Metzgar (WB) 1:05.36, Sanor (WB), Keys (AE)
800: Emilee Zets (WB) 2:35.00, O'Donnell (WB), Stephenson (SR)
1600: Emilee Zets (WB) 5:44.22, O'Donnell (WB), Digiantonio (JM)
3200: Emily Hahn (JM) 13:09.00, Lancianese (JM), Fusco (SR)
100 HURDLES: Taylor Kring (WB) 15.64, Riley (AE), Prusky (NF)
300 HURDLES: Taylor Kring (WB) 43.20, Riley (AE), Prusky (NF)
400 RELAY: Southeast 53.67, West Branch, Newton Falls
800 RELAY: West Branch 1:52.99, Akron East, South East
1600 RELAY: West Branch 4:23.42, Southeast, Newton Falls
3200 RELAY: West Branch 10:37.00, Jackson-Milton, South Range
HIGH JUMP: Ana Riley (AE) 5-02, Levels (SE) Metzgar (WB)
LONG JUMP: Emily Rekoit (WB) 13-07.00, Riley (AE), Rudibaugh (LIS)
SHOT PUT: Jacyln Weaver (SR) 38-01.50, Moore (WB), Kazimer (NF)
DISCUS: Brooke Moore (SE) 106-06, Moore (WB), Weaver (SR)

Boys

West Branch 115, South Range 102.5, Akron East 87, Southeast 84, Newton Falls 52, Lisbon 29.5, Jackson-Milton 28

100: Fred Thomas (AE) 11.26, Abdoov (WB) 11.60, Nell (SR) 11.60
200: Fred Thomas (AE) 23.52, Skrobot (SE), Bates (WB)
400: Darrell Shuler (AE) 52.62, Nell (SR), Seaver (SR)
800: Darrell Shuler (AE) 2:03.00, Page (WB), Adams (AE)
1600: Joey Schlueter (WB) 4:44.72, Kenney (SR), Sartor (SE)
3200: Joey Schlueter (WB) 10:36.03, Kenney (SR), Roush (SR)
110 HURDLES: David Phillips (SE) 15.97, Smith (WB), Wycoff (LIS)
300 HURDLES: Ravonne Lawrence (SE) 43.20, Billett (JM), Tools (LIS)
400 RELAY: Akron East 45.25, Souteast, West Branch
800 RELAY: Akron East 1:32.10, West Branch, South Range
1600 RELAY: South Range 3:33.69, Akron East, West Branch
3200 RELAY: South Range 8:36.50, Southeast, West Branch
HIGH JUMP: Matt Muhlen (NF) 6-05.00, Buchanan (NF), Metzgar (WB)
LONG JUMP: Eric Bates (WB) 18-05.00, Buchanan (NF), Adams (AE)
SHOT PUT: Corey Lewis (NF) 45-05.25, Seaver (SR), Guy (WB)
DISCUS: John Seaver (SR) 139-00, Stone (SE), Nolfi (SE)

QUOTEBOOK

“The one thing we believe (is) you can’t win the national championship in the spring, but you can lose it by not progressing enough. We’ve progressed, and we know we’ve got a lot more we’ve got to get better at.”

— Jim Tressel, OSU head coach

APSPORTLIGHT

April 26

1905 — Jack McCarthy of the Cubs becomes the only outfielder in major league history to throw out three runners at the plate, each of whom are the second out of a double play. McCarthy’s defense preserved a 2-1 win over the Pirates.

1950 — The University of Miami ends the longest winning streak in collegiate tennis by defeating William & Mary 8-1. William & Mary, unbeaten in five years, had won 82 consecutive meets.

1964 — The Boston Celtics capture their sixth consecutive NBA title with a 105-99 victory over the San Francisco Warriors in Game 5 of the finals.

1995 — The Colorado Rockies post an 11-9 victory over the New York Mets in 14 innings, tying the NL record for innings played in a season opener.

2002 — Odalis Perez of Los Angeles faces the minimum 27 batters in his first career shutout. Perez was perfect for six innings in a 10-0 win over the Cubs at Chicago’s Wrigley Field.

2005 — Alex Rodriguez hits three home runs and drives in a career-high 10 runs to lead the New York Yankees over the Los Angeles Angels 12-4.

2008 — Michigan tackle Jake Long is officially selected by the Miami Dolphins with the top pick in the NFL draft. St. Louis selects Chris Long of Virginia second.

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¹ On October 3, 2008, FDIC insurance temporarily increased from \$100,000 to \$250,000 per depositor through December 31, 2009.

² Enrollment in online banking is required to receive online alerts.

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"Everyone is a prisoner of his own experiences. No one can eliminate prejudices — just recognize them."

— Edward R. Murrow, American broadcast journalist (1908-1965)

Opinion

ROSES & THORNS

Nothing big in the complaint department — well, there is something we are looking into but will hold off on for now — so let's give out bunches of ...

Roses to Salem Public Library Director Brad Stephens and the library's governing board for the job it has done in harnessing interest in the public facility. Circulation of both print and non-print materials has simply "gone through the roof" during the recent economic downturn, which has forced the library to reduce the amount of state aid it expected to receive. Despite the cut, the library remains an important landmark in Salem and a center for area residents who wish to better themselves.

Roses to the nine employees of the Lisbon Lepper Library who voluntarily agreed to pay and hour cuts to help the library stay afloat. Their dedication to public facility goes above and beyond what could be expected.

Roses to the Supreme Court of Ohio for providing Columbiana County students with a rare opportunity — a chance to see the highest court in Ohio in action firsthand in their own county Courthouse. The Off-Site Court Program started by Chief Justice Thomas Moyer in 1987 takes the court out of Columbus twice a year to hear oral arguments in real cases in another location as a means to educate students about the judicial system. Some students had the opportunity to ask the justices questions prior to the hearings and some had lunch with them, giving them a chance to see the people behind the robes. Roses also to the court's wonderful Web site at www.supremecourt.ohio.gov, giving citizens access to all sorts of information about the court and its cases.

Roses to all the Columbiana County judges, court personnel and the county Bar Association for hosting such an outstanding educational experience for anyone who was privileged enough to take part in the Supreme Court of Ohio's recent visit. The Bar Association works side-by-side with area educators to teach students about our system of justice, through the Mock Trial program, Law Day activities and the "There Ought to be a Law" essay contest — students in the area should consider themselves lucky.

Roses to the Columbiana County Commissioners, their maintenance man Jeff Elliott, and anyone else who worked to spruce up the Courthouse for the Supreme Court visit — the historic Courthouse hasn't looked this good in years. Taxpayers should come for their own visit to check it out. Be proud, Columbiana County.

Roses to the Cleveland Cavaliers. After the Relway drive, the Byner fumble, the Mesa meltdown and assorted disappointments, this might be the best chance Cleveland fans have for a championship since 1964 when Gary Collins caught three Frank Ryan touchdown passes as the Browns beat the Colts for the NFL title. That's long enough to wait.

Roses to the Salem Schools for introducing a "Summer Learning Camp." Though registration is required, a free 16-day camp will be held this summer for students entering first through sixth grade. Free transportation to and from the camp at Reilly Elementary will also be provided. The camp is designed to involve students through interactive learning in reading, writing and math. There is also a summer science camp planned for sixth and seventh graders and other summer options for kids entering kindergarten and first grade. This is an example of progressive education that helps the Salem district continually produce strong academic-oriented students. Believe it, we do have a great, student-minded district.

LETTERS POLICY

Letters to the editor should be as brief as possible and address one topic. The editor retains the right to refuse any letter for print. The editor retains the right to edit any letters for libelous statements or inaccurate statements. Submissions can be sent to: J.D.Creer, Editor, Salem News, P.O. Box 268, Salem, OH 44460. Send emails to: jdcreeer@salemnews.net.

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Secular-progressives pushing us toward that slippery slope



Bill O'Reilly

These are dark days for traditional Americans, folks who believe that the Judeo-Christian principles of right and wrong should be considered when making public policy.

The other day, former "Focus on the Family" founder James

Dobson actually told his crew that the culture war was being lost in America. And it is hard to argue with Dobson's opinion.

All over the USA, secular progressives are on the move promoting gay marriage, legalized drugs and unfettered abortion, and attacking almost all judgments on personal behavior. And nowhere is the movement more intense than in the nation's most liberal state: Vermont.

The legislature in the Green Mountain State recently voted to legalize gay marriage, overriding the veto of Gov. Jim Douglas. Vermont is the first state to actually legislate in favor of homosexual nuptials, as Massachusetts, Connecticut and Iowa all had gay marriage imposed on the citizenry by judges.

It is worth noting that Vermont is one of the few states that voted down "Jessica's Law," the tough mandatory-prison-sentence legislation against child sexual predators. An investigation into Vermont's criminal justice apparatus reveals the state embraces "restorative justice," whereby criminals often receive "holistic" treatment as part of their sentence for even heinous crimes like child rape. The goal is not so much to punish the offender, but to "restore" him or her to their rightful place in society. That is a secular-progressive hallmark.

While Vermont is coddling child predators, it is also sending a message to kids: Hey, you can do pretty much whatever you want. Somewhat incredibly, the Vermont senate has passed a bill decriminalizing consensual

"sexting." That is the process where children send sexual pictures of themselves to other children using cell phones or computers. The proposed Vermont law says that children ages 13 to 18 will be allowed to do that, but not to distribute the photos to more than one person or to an adult.

Supporters of the sexting law say it's necessary so that teenagers will not be prosecuted as sexual offenders and have their lives ruined. There is some validity to that as dopey kids do dopey things. However, the sane solution would be to categorize sexting as a misdemeanor breach of the peace, thus sending a message that it is unacceptable for kids to send other kids sexual images.

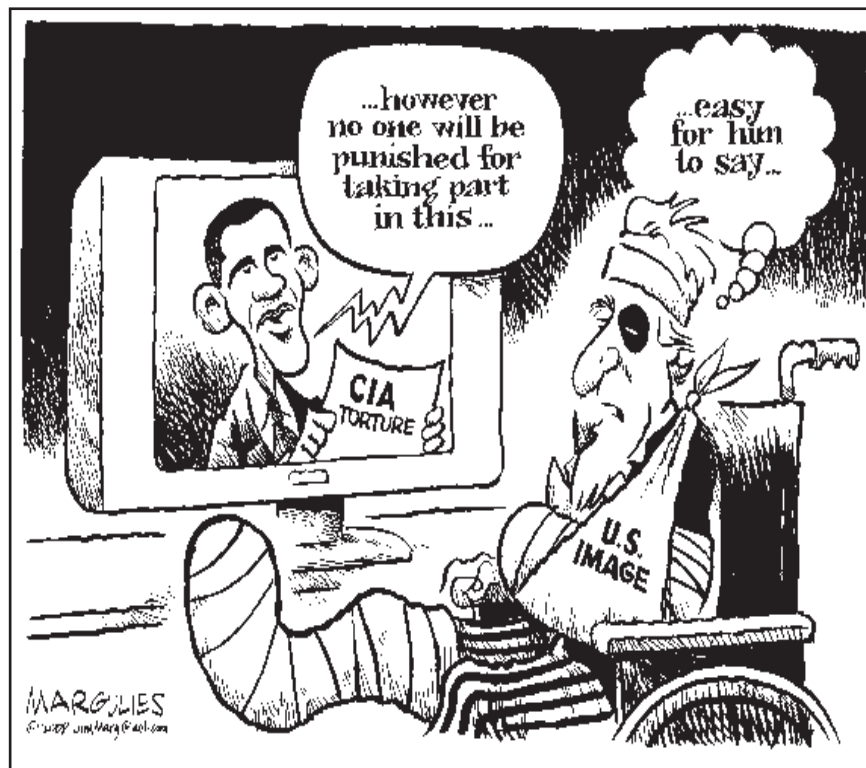
But secular progressives are loath to make that judgment. Remember, these are the same people who believe a girl has the right to an abortion without telling her parents. So if a kid can undergo a major life-altering operation (especially for the fetus), why should it be a big deal to do a little sexting?

With a liberal federal government and media, there is little opposition being voiced to what is happening in Vermont and other secular-progressive enclaves. Culture war issues have been forced to the back room by the awful economy, and the S-Ps are taking full advantage. If American children are legally allowed to send explicit pictures of themselves to other kids, then say goodbye to traditional boundaries of behavior.

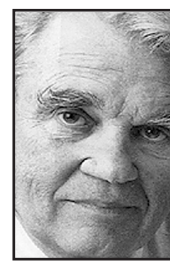
The slippery slope is here.

Veteran TV news anchor Bill O'Reilly is host of the Fox News show "The O'Reilly Factor" and author of the book "Who's Looking Out For You?" To find out more about Bill O'Reilly, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate web page at www.creators.com. This column originates on the Web site www.billoreilly.com.

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Something about the famous



Andy Rooney

One of the great pleasures of my life has been the famous people I've not only met but known. Famous people don't get famous for no reason, so there's always something special about them.

It probably isn't a good thing to do, but when you write a newspaper column

you're often looking for an idea. I'm going to write about a few of the famous people I've known. Not just met — known.

The first very well-known person I ever met and got to know well was Dwight Eisenhower. Ike (as he was called by everyone) was Commander in Chief of all our troops in Europe during World War II, when I was a reporter for the Stars and Stripes in London. I can't say we were close friends but we knew and liked each other.

I know I liked Ike, anyway, and we saw each other often. I asked questions that he answered, and they were usually about something that was important to the several million American GIs in what we called "the ETO" — The European Theater of Operations.

I was a young sergeant and it was a great feeling to be taken seriously by the Commander in Chief. I often went to Ike's office in the 20 Grosvenor Square building in London to interview him. He seemed like such a good guy.

Knowing him made me a big deal at the Stars and Stripes. (It seems like a terrible name for a newspaper now but I liked the name then and I still like it, corny though it may be. It had a special meaning. I met Ike just once in the White House after the war.

I knew Clark Gable. How's that for the opening line of a paragraph? Gable was the public relations officer for a B17 bomb group that I visited often. I went there as a reporter and got to know him pretty well.

After the war, I sold a book I'd written to Metro Goldwyn Mayer, and my friends there were plenty impressed the day Gable came into the cafeteria, saw me and came over and shook my hand. I pretended we were old friends. They don't make movie stars like Clark Gable anymore.

After the war, I flopped around and finally went to CBS looking for work. I had known Ed Murrow during the war in London. I'm sorry to say Ed didn't give me a job, but I met Arthur Godfrey in the elevator by accident and ended up writing for him.

No one was ever bigger in the business than Godfrey and I finally made \$600 a week — close to all the money in the world, as far as I knew.

Arthur was on the air five days a week for an hour and a half each day. On Monday nights, his show called "Talent Scouts" was No. 1 week after week for several years and his Wednesday night program, "Arthur Godfrey and His Friends" was right behind it. No one ever made the money for a television network that Godfrey made for CBS.

I got a little piece of it and it seemed very good to me at a time when we had four kids growing up. Arthur was a real bastard (can I use "bastard" here?) but he was good, too, and he dominated radio and television for many years. Working for him was a great start for me in the business.

After I wrote for Godfrey, I quit in a huff one day and was out of work for several months. Then I met Harry Reasoner one day, soon after he came to CBS, and it was one of the best things that ever happened to me. Harry died too young but he may have been the best newsman who was ever on the air.

I've met many more well-known people over the years...too numerous to tell you about.

(Write to Andy Rooney at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or via email at [aaroney5\(at\)yahoo.com](mailto:aaroney5(at)yahoo.com))

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► GOLF

Kelly stretches Zurich Classic lead

NEW ORLEANS (AP) — Jerry Kelly just wants to have fun.

Of course, even in New Orleans where he loves the great food and hot music, walking off with his third PGA Tour victory and the \$1.1 million payday the Zurich Classic would provide would certainly up the fun factor.

"I'm going to try to have fun and see what happens," Kelly said after shooting a bogey-free 3-under 69 on Saturday to increase his lead to three strokes. "That's the key to my success when I come to a place like this. I have fun outside the ropes and inside the ropes."

Kelly, the 42-year-old Wisconsin player who won his two PGA Tour titles in 2002, has previously held or shared a three-shot lead after 54 holes six times in his career. Only one of those leads has led to a win — the 2002 Sony Open. But this year 13 of the 16 players who have been up by three going into the final round have won.

"You know, I've got a swing that's not new, but it hasn't really been tested as much as I'd like to have it tested," said Kelly, who made two birdies on the front nine and one on the back. "That's because I haven't played well in the last few years."

His only goal Saturday was to be comfortable, said Kelly, who withdrew from the Verizon Heritage last week because

of the flu and a dislocated rib that caused severe back pain. "I'm not going to force shots."

When he got into trouble Saturday, Kelly said he "played smart." He credited that, and an improved, but not perfect swing with his spot at the top of the leaderboard.

Kelly had a 13-under 203 total at TPC Louisiana. He opened with rounds of 68 and 68.

Steve Marino made the strongest move of the day, using eight birdies to offset two bogeys and a double bogey. Marino moved to 11 under before a bogey on the par-5 18th dropped him to 10 under, still good enough to give him sole possession of second place.

"It came out real hot and went over the green," said Marino, who finished with a 68.

"That's the last place you want to be. I ended up making six. But I played well all day, and I look forward to more."

Marino's best finish was a second last year at the Mayakoba Golf Classic.

Five players — Rod Pampling (68), Aaron Watkins (69), Charles Howell III (70), John Rollins (71) and Charlie Wi (71) — were tied for third at 9 under. Howell and Wi moved to 10 under, but both bogeyed No. 17.

Pampling got in trouble on 12 with a double bogey.

"Trust me, I wasn't very happy," Pampling said. "You know, hitting a 5-wood and the

ball plugs, you're never too happy after that. But I'd been playing good. I hadn't made too many mistakes."

The tough Pete Dye-designed course, pin placement, and swirling wind that was made unpredictable by trees on the course, all contributed to problems, players said.

"It's very difficult with the wind conditions," said Wi, who had the first-round lead. "Especially on 17, you get it next to the water. And you make mistakes there."

David Toms (72) was 8 under along with Jeff Overton (68), Joe Ogilvie (69), Roland Thatcher (70), Rory Sabbatini (71), Kevin Stadler (71) and John Merrick (72).

"I wasn't making birdies and I got kind of behind," Toms said. "I needed to make some shots and play smart and play the golf course like you have to."

Stadler, who finished with a triple bogey, gained entry into the tournament as a Monday qualifier when he shot a 66 at the Bridges Golf Club in Bay St. Louis, Miss. Stadler is a conditional player after finishing 145th on last year's money list.

Ochoa leads Corona

MORELIA, Mexico (AP) — Defending champion Lorena Ochoa shot a 4-under 69 in windy conditions Saturday to take a one-stroke lead over Norway's Suzann Pettersen into the final round of the LPGA Tour's Corona

Championship.

Ochoa, the top-ranked Mexican star who also won the 2006 tournament at Tres Marias, had a 20-under 199 total. After opening with consecutive bogey-free 65s, she had eight birdies, two bogeys and a double bogey Saturday.

"I was aggressive, but I can't be perfect every day," Ochoa said.

"I missed a couple of shots, and that's just the way golf is. I'm still happy because I'm still on the lead and the goal is to remain there. Sunday will be complicated. Nothing is going to be easy. Suzann has the desire. So do I. I have to respect her."

The fifth-ranked Pettersen followed her second-round 64 with a 67. She eagled the par-5 eighth and had four birdies, but failed to convert a short birdie chance on 18.

"Whatever happened, happened, there's nothing you can do about it. I'm happy because there are still 18 holes to play," Pettersen said. "It was a good round, not perfect. I managed to gain ground on Lorena, which was one of my goals. ... Hopefully tomorrow, I can go out and shoot as low as I can."

Na Yeon Choi (69) was third at 15 under, Wendy Ward (66), Morgan Pressel (67) and Irene Cho (68) were 14 under, and Cristie Kerr (66) and second-ranked Yani Tseng (66) were another stroke back. Michelle Wie was tied for 13th at 10 under. She shot a 72 after opening with rounds of 66 and 71.

Around *the* HORN

A roundup of sports in the region and across the nation

The Salem News | *From staff and wire reports*



Steelers deal 2nd-round pick, take Hood in first

PITTSBURGH (AP) — The Pittsburgh Steelers made only one pick in the NFL draft on Saturday, trading their second-round selection — the 64th and final pick of the day — and a fourth-rounder to Denver for a pair of third-round picks.

The trade wasn't a surprise, as director of football operations Kevin Colbert said last week there was enough depth in the draft that starters could be found throughout the first three rounds. The deal gives the Steelers four picks in the first three rounds, compared to three previously.

Earlier, they took Missouri defensive lineman Evander "Ziggy" Hood with the 32nd and final pick in the first round. Hood, who had 10 sacks the last two seasons, must switch from defensive tackle in college to defensive end with Pittsburgh.

Steelers work out new deal with Hines Ward

PITTSBURGH (AP) — Wide receiver Hines Ward apparently will get his wish to finish his career with the Pittsburgh Steelers.

Ward, about to enter the final season of his contract, agreed Saturday to a contract extension that will pay him a lower salary than the \$5.8 million he was to make this season but will make up the money in a signing bonus.

The deal was being finalized Saturday between the Steelers and Ward's agent, Eugene Parker, but is expected to be worth about \$22 million over four seasons, although only a portion of that would be guaranteed.

The Steelers were only about \$2 million under the salary cap last week. They have been working to create cap room since signing All-Pro linebacker James Harrison to a \$51.75 million, six-year contract.

Mavs overcome Parker, Spurs for 3-1 series lead

DALLAS (AP) — Tony Parker came out as promised, aggressive and going right at the basket again.

However, one spectacular half and a late surge by Parker couldn't save San Antonio from the brink of playoff elimination against the Dallas Mavericks.

Josh Howard scored 28 points, seven in an early second-half spurt that put the Mavericks ahead to stay in a 99-90 victory Saturday that gave them a 3-1 lead in their first-round series.

Parker had 31 of his 43 points by halftime, matching George Gervin's franchise playoff record for points in a half. That came after he was held to 12 points in Game 3, when the Spurs lost 88-67 in their lowest-scoring playoff game ever.

Game 5 is Tuesday night in San Antonio.

Heat roll again, take 2-1 series lead on Hawks

MIAMI (AP) — Dwyane Wade swished a 3-pointer, then turned and shook his hand like it was burning.

Yep, Wade and the Miami Heat are that hot right now.

Wade finished with 29 points and eight assists, Jermaine O'Neal added 22 points and 10 rebounds, and the Heat extended Atlanta's decade-plus road playoff drought, coasting to a huge halftime lead before beating the Hawks 107-78 Saturday night in Game 3 of their Eastern Conference first-round matchup.

It was over early: Atlanta missed 17 of its first 19 shots, and a 25-6 Heat run to end the first half pushed their lead to 50-29.

Montoya wins pole at Talladega

TALLADEGA, Ala. (AP) — Juan Pablo Montoya won the first pole of his NASCAR career on Saturday with a strong lap at Talladega Superspeedway.

Montoya ran a lap at 188.171 mph, then had to wait almost two hours to see if his time would hold. He returned to his motor home for a snack and surfed the Internet as car after car failed to knock him from the top.

Greg Biffle almost did, posting a speed of 188.141 to qualify second.

"That's all she had," Biffle said. "You think about what you can do different. I feel like I did everything I could to do to get everything I could out of the car."

After his lap, Montoya figured teammate Martin Truex Jr. would be his toughest competition for the pole. But Truex's lap at 187.971 mph was third.

Truex said Montoya, who finished second to Kyle Busch in this race a year ago, can contend for the win on Sunday.

"He's had some great finishes, and I think he's smart about the draft and he's calmed down since the first few races when he may have tried too hard all day," Truex said. "He's smart. We worked together at Daytona, and he made all the decisions I would have made when he was in front of me."

Ragan wins 1st race with late pass at Talladega

TALLADEGA, Ala. (AP) — David Ragan earned his first NASCAR victory by passing Ryan Newman right before the finish line in the Nationwide Series race Saturday at Talladega Superspeedway.

Ragan won for the first time in 196 starts — 85 in Nationwide — spanning all three of NASCAR's top series.

"We've been waiting for this for a long time," Ragan said. "I didn't know if it would come this weekend or not. A lot of fun. A lot of emotions. We've got 500 miles to do it again tomorrow."

Newman started from the pole and led the field on a final restart for a two-lap sprint to the finish. He had his hands full with Dale Earnhardt Jr., who followed him bumper-to-bumper as he looked for a chance to pass.

But Newman and Earnhardt made contact when Earnhardt tried to dart around him on the final lap. Ragan used some momentum off a push from Joey Logano and squeezed by Newman for the win.

Earnhardt, who was shuffled back to fifth, waited for Ragan on pit road to congratulate him on the win.

Newman finished second, Logano was third. Tony Raines and Earnhardt rounded out the top five.

"It's cool to get David that win," Logano said. "He's been trying for a while now." For car owner Jack Roush, it was his second consecutive Nationwide Series win. Greg Biffle's victory in Phoenix last weekend was Roush's 100th in the Nationwide Series.

Waltrip undecided about future plans

TALLADEGA, Ala. (AP) — Two-time Daytona 500 winner Michael Waltrip says it is too early to decide if he will retire at the end of this season or return in 2010.

Waltrip has not won a race since 2003 and enters Sunday's race at Talladega Superspeedway 25th in the Sprint Cup standings. He could retire and devote his full energy to running Michael Waltrip Racing, which also fields entries for David Reutimann and Marcos Ambrose.

Waltrip opened the season with a seventh-place finish in the Daytona 500, but has finished 24th or worse in five other Cup races.

Waltrip said on Saturday that he still wants to race, believes he can win again in the No. 55 and wants to win a championship for his longtime sponsor.

► BOXING

Froch defends super middleweight title

MASHANTUCKET, Conn. (AP) — Super middleweight champion Carl Froch delivered a stunning knockout of Jermain Taylor in the final round Saturday night, stealing a fight he would have lost had it been allowed to go a few seconds longer. The WBC champion trailed 106-102 on two of the judges' scorecards entering the final round, but he knocked Taylor down with less than a minute remaining. Froch then battered Taylor against the ropes until referee Michael Ortega stopped the fight with 14 seconds left.

Taylor, unable to defend

himself, didn't dispute the referee's decision.

Froch (25-0, 20 KOs), part of a recent wave of British fighters making names for themselves in the United States, was making the first defense of the title he won with a brutal unanimous decision over Jean Pascal last December. Afterward, Froch called out retired former super middleweight and light heavyweight champion Joe Calzaghe — even though the Pride of Wales has expressed no interest in returning to the ring. Froch also offered to give Taylor a rematch.

Froch didn't look impressive early in the fight, getting knocked down for the first time in his career when Taylor (28-3-1) landed an overhand right in the third round. Carrying his left hand low, Froch struggled to cover up when the quicker Taylor ducked inside to throw a punch, and the bridge of his nose turned red from the blows.

Taylor was still delivering a beating at the end of the eighth round, hitting Froch with a series of combinations. When the round ended, the former unified middleweight champion raised his fist triumphantly and

glared across the ring at Froch.

Froch nearly went down again in a wild 11th round, staggering back to his corner, where his team told him that he was well behind on the scorecards and needed — at the very least — to knock Taylor down in the final round.

The loss was the third in the last four fights for Taylor, the first under similar circumstances to Kelly Pavlik in 2007. Taylor knocked Pavlik down early and was leading the fight when he got trapped against the ropes and was eventually stopped in the seventh round.

DRAFT

FROM 1B

Stafford said. "I'm going to try to get ready as quick as I can.

"I put a lot of pressure on myself to be great anyway."

Then the New York Jets rocked Radio City Music Hall by trading with Cleveland — and of all people, Eric Mangini, whom they fired as coach in January — for the fifth overall spot. The Jets took the other premier quarterback in the draft, Sanchez of Southern California.

"I learned how to compete and deal with pressure at 'SC and in a large media market in Los Angeles," Sanchez said of stepping in for the retired Favre, "and things are only going to bigger and better. It's a very exciting time, a special time in my life, so I'm excited to get things going."

Oddly, both drew plenty of boos and chants of "OVER-RATED" to go with the many cheers. The Lions, whose poor draft history this decade under Matt Millen eventually led to the winless season, have veteran Daunte Culpepper as the projected starter this year under new coach Jim Schwartz. That

should give the 21-year-old Stafford a chance to watch and learn.

"Now, it's up to us to develop him and get good players around him," Detroit general manager Martin Mayhew said.

The Lions drafted tight end Brandon Pettigrew of Oklahoma State with the 20th pick overall, which they acquired from Dallas in the trade that sent wide receiver Roy Williams to the Cowboys. Nine of the last 12 top overall picks have been quarterbacks. They have included the likes of Peyton and Eli Manning. And Tim Couch, David Carr and Alex Smith.

The massive trade saw Cleveland send its pick to New York, prompting wild cheering in the arena. When the Jets chose Sanchez, the fans had equally vociferous positive and negative reactions.

Sanchez started for just one season at USC, leading the Trojans to a 12-1 record and a Rose Bowl victory. He had six career starts in college, and will now compete for the job of replacing Brett Favre as the Jets' QB.

"With Mark, I think he's a special guy," Jets coach Rex Ryan said.

New York sent the No. 17

and No. 52 overall choices, plus defensive end Kenyon Coleman, safety Abram Elam and quarterback Brett Ratliff, to Cleveland.

The Browns pulled off two more trades to keep moving down in the opening round and adding later-round picks. At No. 21, the Browns finally stopped dealing and took center Alex Mack of California.

Before that, Baylor offensive tackle Jason Smith was the second pick, by the St. Louis Rams. The 6-foot-4, 306-pound former tight end should be used to playing for a weak team: Baylor was 18-31 in his four years there.

Kansas City, like St. Louis, used nearly all 10 of its minutes seeking a trade before selecting LSU defensive end Tyson Jackson. He will join college teammate Glenn Dorsey on the Chiefs' defensive line.

Wake Forest linebacker Aaron Curry, who had spoken with Detroit about being the top overall pick, landed in Seattle at No. 4. Curry is considered capable of playing inside or outside in the pros.

Cincinnati went for Alabama tackle Andre Smith, the first AP All-American selected, at No. 6. Smith had some issues that in-

go now," Terry Robiskie said. "He's a terrific football player. I don't want to get too high on him. I think he's got the capability of making plays and doing the things Braylon can do. He's been around him. He can compete like that."

Robiskie and Massaquoi — taken with the pick Cleveland got for Kellen Winslow — gives the Browns depth at wide receiver, which could come in handy with Donte Stallworth facing DUI-manslaughter charges in Miami.

The Browns selected Hawaii defensive end David Veikune with their third pick in the second round. With only five picks and needs almost everywhere,

Browns.

"I think there is a real upside to that," Mangini quipped. "They (ball boys) usually end up being very successful."

Robiskie was overwhelmed to be going to the Browns.

"Unbelievable," said the younger Robiskie, who spent three summers in high school shagging balls and folding towels for the team, "Just the connection I have with that team, to come back and be a part of that team, that franchise ... I feel so blessed. I'm excited about it." Terry Robiskie, now Atlanta's wide receivers coach, was thrilled for his son.

"From this day forward, I'm just a father. I've got to let him

BROWNS

FROM 1B

rounder (No. 195).

On the clock for the fourth time, the Browns finally made a pick, taking California center Alex Mack, who also can play guard. Mack could replace starter Hank Fraley, a nine-year veteran who struggled last season in Cleveland's 31st-ranked offense.

At No. 36, the Browns picked Robiskie, whose father, Terry, served as Cleveland's interim head coach for five games in 2004.

Like Mangini, Robiskie was once a ball boy with the

Pushing the spirit of flying to unusual heights — well, lows

These days, we take flying for granted. We walk aboard commercial airplanes, and although we don't understand how they work, we're confident that, thanks to the sophisticated technology embodied in these complex machines, some teeny part, possibly in the toilet, will malfunction and we will be delayed.

But sometimes planes actually fly. And when they do, they become soaring monuments to the brave pioneers who made modern aviation possible — people like Wilbur and Orville Wright Brothers, Amelia "Air" Hart, and Earl P. Flinchwater, who developed the computer program that guarantees that no two passengers on any given flight ever pay the same fare. And the aviation pioneering goes on.

On a recent Sunday on Biscayne Bay in Miami, I watched as 28 teams of courageous young people — and here I am using the word "courageous" in the sense of "completely out of their minds" — competed in an event



DAVE BARRY
Classics

gave me a refreshing lift. I hope to be able to sleep again by Halloween.

In Flugtag, which is German for either "Flying Day" or "Make Sure Everybody Signs a Liability Waiver," competitors build human-powered aircraft, then push them off a 30-foot-high platform and see how far they can fly. Competitors also get points for style, so they wear costumes and perform skits just before their flights.

Before the competition, I examined the aircraft, which were duct-tape-intensive contraptions

called "Flugtag." Flugtag (pronounced "floodtog") is sponsored by the Red Bull energy beverage. I tried one, and it

representing a wide range of aerodynamic concepts. One was a giant replica of Homer Simpson, lying on his back, arms outstretched to form wings. Another was shaped like an enormous pigeon. It was completely covered with feathers, as was its flight team.

I asked the pigeon's designer, Corby Rusk, if he thought the pigeon would actually fly. "Of course!" he said. "The feathers will give it lift! Feathers fly, right?"

Some of the entries looked vaguely like actual airplanes; others did not even have wings. One, entered by a team from England, was shaped like a giant bowler hat. My personal favorite, called "Joy of Birth," was an enormous cow lying on her back. The cow team members were also dressed as cows. Their skit involved opening the cow's legs in a clinically gynecological manner and having a team member slide down a ramp and shoot out the birth canal into the bay. "Taste-

ful" does not begin to describe it.

The competition was excellent. Virtually every flight went the same: The team would push its craft onto the 30-foot-high flight platform and be announced by an unnaturally enthusiastic emcee who sounded as though his blood content was 80 percent Red Bull. Then, at the big moment, the team's pilot would climb into the craft, and the other team members would push the craft toward the end of the platform, gaining speed, until the dramatic moment when the craft would go off the end, and — in a triumph of human ingenuity — fall straight down into the bay.

Yes. Virtually every craft displayed the aerodynamic characteristics of a crowbar. Some of them — notably the ones that resembled real airplanes — appeared to fall even faster than could be explained by gravity alone. Several fell apart before they even reached the platform edge, and just tumbled off in pieces.

This went on for more than

three hours, yet it somehow remained riveting entertainment. You can have your Master's golf tournament and your Super Bowl; give me overcaffeinated young people crashing in underengineered contraptions any day.

The crowd also loved it. At one point, the emcee was interviewing a team about to compete, and somebody noted that one of the team members had a prosthetic leg. The emcee turned to the crowd and shouted — I swear I am not making this up — "Give it up, Miami, for the prosthetic leg!" And Miami, not known as a generous town, did.

Anyway, the next time you're on a plane, waiting for a toilet part, take a moment to reflect on the efforts of these bold modern-day aviation pioneers to advance the frontiers of human flight. Then look at the wings. If you see feathers, get off.

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Says council member should be voted out

To the editor:

It is almost time again for the May Primary. I have seen several Democratic signs posted all over town.

The one sign that I see is for Clyde Brown. It is my opinion that Mr. Brown should be voted out of his seat in the primary for all the chaos that he has created in this city.

Mr. Brown has been a detriment to the council seat that he holds, due to his private agenda. He has only accomplished one item in the three and a half years that he has been on council, and that is the leash law in the parks, that was brought to light by a person who doesn't even live in the city.

He has raised the hopes of the elderly with his constant stand on a light at Marc's, with the result being no light. He doesn't seem to be on board with the East Pershing Project, which will alleviate the traffic on State Street.

We all know about the debacle with the house in the park, I have to wonder why the press wasn't invited to tour the house with the three council people, who sit on various committees together, an infraction of the Sunshine Law, a law that he so heartedly quoted to the previous council people when he thought that they were breaking it.

He also had the folly of thinking that he could single-handedly bring a major car manufacturer to the area, without conferring with other members of council.

He grandstanded on voting for the traffic light signalization almost causing the city to lose a grant worth \$800,000 that would have funded the project. Now he is wasting time trying to rewrite the city code. Over the past three years it seems that Mr. Brown has had a bone to pick with every department in our city government and the persons that head those departments.

He seems to forget that all board members are working to better the city not deter it.

This letter is my opinion and I for one do not want to see Mr. Brown back in that seat, it seems that he has his own agenda and he is not working for the betterment of the city, but for the betterment of Clyde Brown. It is time for new ideas and new blood.

JANICE CUSICK,
Salem

Unhappy with treatment of their daughter

To the editor:

We are Rick and Tina White. We are employed, tax-paying citizens who own a home in Sebring, Ohio. We have raised three sons here who are college educated and employed.

Our daughter is Ricki. Ricki is a 10th grade student at Sebring McKinley High School. Ricki has been receiving specialized services for her specific disabilities since she was 4 months old. Since preschool, Sebring Local District has been the lead educational agency responsible to

oversee and pay, (with ours and your tax dollars) for these services. Since Ricki was 4 months old and we relocated from Columbus, Ohio, here to our hometown, I, as her mother, have worked tirelessly to insure that she become a valued, included member of her church, school and community. This has not always been an easy or successful task.

Many of you know her story and if you do, you know what a joy it is to spend time with her and have her in your life.

In seventh grade Ricki had a desire to join the choir ... Since that time, she has been a member and as her health has permitted ... she has attended choir practices, performances and put all of her heart and soul into this opportunity.

Nightly she prays for her choir director, his family and the scheduled performances. Sadly, Ricki has not been included nor valued by the choir director, school board members or administration.

During Ricki's time as a member of the choir her name has been omitted out of numerous concert programs. She has been left out of assigned jobs and tasks assigned to members of the choir.

Her name has been left off play cast T-shirts, and omitted from the cast list in the local newspaper. And appropriate accommodations have not been put into place to allow for her success in being included in past performances.

The most recent "exclusion" and "discrimination" took place surrounding the recent performance of "Little Women" at Sebring McKinley High School, the first weekend in April. Ricki's name was again omitted from the cast T-shirt and off of the cast list in the local newspaper.

Of course the apologies were tossed our way as in the past — "copy and paste" error we were told. This time, we chose not to accept apologies, we felt they really didn't mean anything anymore. Especially considering each time prior that we met with/discussed with school persons, superintendent, special education director, and school board members concerning these same matters; we were informed how sorry they always were and then we were reassured that "it would never happen again."

We were informed this time that new T-shirts would be printed and attempts would be made to collect the T-shirts already distributed. It has been 13 days (as of April 15) since this information has been relayed to us and we have been given no new T-shirt, nor have we been asked to return our T-shirt with our daughter's name omitted.

We were also informed that these T-shirts would be paid for out of the "drama fund." Interesting, since the students raise the money that goes into this fund.

YOUR SIDE

THE READERS TAKE OVER

Should they really be paying for this mistake? We think not.

Thank you for taking time to read our letter and for those of you who support inclusion and value persons with disabilities, we thank you.

By the way for those of you keeping up on Ricki's progress. She now has a paid position filing and copying at a medical office, volunteers 8-9 days a month at Alliance Community Hospital, and volunteers in her church.

So in this world filled with discrimination and exclusion, we are very blessed to have people in our life who value our daughter and see the potential that she has as a person first. Thank you to those people for your continued support.

RICHARD and TINA
WHITE,
Sebring

Crime Watch group thankful for support

To the editor:

We would like to thank the Salem Home Depot for hosting the open meeting for Salem/Perry Township Crime Watch on Tuesday, April 14th.

The manager, Lori Weston and the employees, Michelle and Mike, did a great job of presenting their home safety products.

A big thank you also to Officer Rob Keister (who came in on his day off) and Firefighter Aaron Loper who both added their input to safety issues.

Mayor Jerry Wolford was there also and gave a proclamation that the week of April 12 to the 18th will now be Salem Crime Watch Week. We certainly appreciate this and want to add a big thank you to him.

Anyone interested in joining Crime Watch can pick up an application at the office at 230 E. State St., 1 p.m.-3 p.m. Saturdays or 6 p.m. to 8 p.m. on Wednesday evening.

JEAN LAGORE,
Secretary,
Salem/Perry Township
Crime Watch

Opposed to city acquiring raceway

To the editor:

When I looked at an online poll by a local newspaper, 65 percent are opposed to purchasing the Quaker City Raceway. I, too, am opposed.

This is another ploy to merge public service with private enterprise using tax money.

Why would the citizens of Salem want to foot the bill for the purchase of barren land, the costs of annexing that land, and a drag strip at a time when industries are laying off and/or moving to other countries, gas prices are again climbing, and paychecks are dwindling?

It was reported that two phases of the current industrial park are filled. The other phases need filled before more land is purchased with tax monies.

Stimulus money is for imme-

diate, shovel-ready projects that provide jobs. The only one benefiting from this deal is Mr. Swindell. He gets a million of our tax monies and gets to continue operating the raceway for us as long as he wants for a yet undisclosed salary. This deal does not meet stimulus funding criteria.

We need to let our state and federal representative know that we are opposed to this spending.

Rep. Linda Bolon, 77 S. High St., 13th Floor, Columbus, Ohio 43215; phone 614-466-8022.

Sen. Jason Wilson, Senate Building 050, Ground Floor, Columbus, Ohio 43215; phone 614-466-6508.

Rep. Charles Wilson, 226 Cannon HOB, Washington, D.C. 20515; phone 202-225-5705 in DC; 330-532-3740 in Wellsville.

Sen. Sherrod Brown, 713 Hart Senate Office Building, Washington, D.C. 20510; phone 202-224-2315.

We need to also support Councilman Schory in his "no" vote and get back our \$10,000.

LORETTA PRICE,
Salem

Unhappy with Ohio Gov. Strickland

To the editor:

Choices! November 2006 we had the opportunity to choose a new leader and a new direction for the State of Ohio.

On one hand you had a proven leader, a former mayor of Cincinnati, a former treasurer of Ohio, and the sitting Secretary of State; he was also successful in the business world as well.

Our other choice was a non-descript congressman who in 12 years representing the 6th district had never sponsored any meaningful legislation, a former prison physiologist and teacher.

If you would take out party affiliation it would seem like a no-brainer and the choice would be obvious. You select the most qualified candidate, the one who has shown the executive leadership skills needed to get the job done, and the candidate that you feel would be the best for the job.

However in November 2006 having the Republican brand next to your name in the voting booth was not an ideal situation to get yourself elected. The less qualified, more inexperienced candidate won in a landslide.

Fast forward to today and the old saying you get what you paid for can not be more accurate. Our current governor ran on the slogan "Turn Ohio Around;" little did we know that he was going to turn Ohio into a larger version of the Congressional District that he represented! Today our unemployment statewide rivals that of the 6th district in November 2006.

Governor Strickland was supposed to be one of us, he of the fictitious Lisbon address. He was supposed to make sure that this area, particularly Columbiana County would not be forgotten.

Well let's look at the results of that decision in November of 2006, unemployment in the county has now reached double digits, the county did not receive a single dime of the federal transportation stimulus money, he wants to levy a tax on hospitals that will put a lot of smaller hospitals like Salem and East Liverpool out of business, his outright assault on charter schools threatens the very existence of a charter school in East Liverpool that employees 80 people, and after waiting two years for his education plan his initial proposal would strip even more money away from school districts like East Liverpool and Wellsville at a time when neither can afford to lose a penny.

We will have the opportunity in November 2010 to show this guy the door and take a new direction. Please when looking at the choice that you make remember what this guy has done for this area. Take Republican and Democrat out of the equation and really look at the person and their body of work. We can not afford another four years of this failed leadership.

LARRY LONG JR.,
East Liverpool

GOP needs to decide on a future direction

To the editor:

Political activism has benefited this country since its inception, and it's nice to see people getting involved when so much of our nation seems to be utterly apathetic.

The true ideology of these TEA Party protests is not over-taxation, however, but a rejection of where they see our country moving after this last election. The fact that so many in this movement don't understand economic systems or terms points to this fact.

If this movement truly were about government debt and overspending, then where were they during these last 30 years?

Libertarians were against the bailouts as well as Reagan's Star Wars. The true identity of this movement is that it is made up of the extremist fringe of the Republican Party.

While some GOP hopefuls see this as an opportunity to gain momentum leading into their next political campaign, they should be more cautious. By lending this movement credibility, they may very well create a political Frankenstein that will splinter into its own third party when it realizes that its goals aren't being met.

The emergence of an Americanized version of the BNP (UK) or Front National (France) isn't something anyone should hope for.

Our society is best served when we have viable and relevant options at the voting booth, and if one party decides willingly to sell its credibility in return for the extremist vote, then we are all left with only one responsible option.

It's time for the GOP to decide whether it's a party of pragmatists or a party of ideologues.

NATHAN HENCEROOTH,
Nashville, TN
(formerly of Salem)

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★★★★★

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2 Digital converter boxes, \$15.00 ea.
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The baby graduated from high school.



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Black plastic tool box, fits full size pick up. Good shape. \$30.
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Wanted: Records
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Show Mom Your Love

Show your mother how much she means with a greeting in the Salem News on
Mother's Day • Sunday, May 10th

2x4 w/Photo \$10



Mommy.
We love you bunches. Happy Mother's Day!
Kristen & Sarah

1x3 w/Photo \$5



Mom.
You're amazing. Happy Mother's Day!
Your loving children, Shane & Mandy

Show Mom Your Love

Size (check one): Small \$5 _____ Large \$10 _____

To: _____
(ex. Mom, Mommy, Mother, etc.)

Text: _____

From (signed): _____
(ex. Love, With Love, All our love, etc.)

.....

Your Name: _____ Phone #: _____

Amount Enclosed: \$ _____ . _____

Payment Type (check one): Cash _____ Check _____ Credit Card _____
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Send to: Mother's Day c/o Salem News P.O. Box 268 Salem, OH 44460 • 330-332-4601

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Ads Published: Sunday, May 10th

It's GARAGE SALE Time!

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Ads published for 7 days

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Price based on 5 line, one item per ad, prepayment required, private party only. No vehicles, pets, firewood, garage sales.

Call SALEM NEWS Classifieds

330-332-4601

PERRY TWP. REPORTS OVI

Police patrolling the bypass between Bethel Dr. and Depot Road at 9:06 p.m. Thursday attempted a traffic stop for speeding on a southbound vehicle traveling at a high rate of speed with lights and sirens. The vehicle pulled into the Circle K south and police ordered the driver to stop, but he maneuvered the vehicle on the south side of the lot and attempted to back into a space and turn around. Police blocked one entrance with a patrol car and the driver struck a parked car and pulled forward and again reversed to turn around and struck another parked vehicle. An officer jumped out and ordered the driver to turn off the ignition and the officer opened the passenger door and took the keys. Floyd C. Crawford, 901 Carriage Hill Dr., Salem, was charged with OVI, speeding (87 mph in a 45 mph zone) reckless operation on private

property. The damaged vehicles belonging to Susan Bauer, 1719 Maple Ave. Wellsville, and Donna L. Bare, 1210 Stewart Road, were driven from the scene.

Suspicious person

Police patrolling in the W. Perry St. and Overlook Dr. area at 11:47 p.m. Friday found a person walking in the roadway who advised he began walking to Alliance but turned around. He was intoxicated and given a courtesy ride to a residence in the city.

Prowler

Police responded to the 1100 block of Prospect St. regarding a report of a prowler at 10:01 p.m. Thursday but were unable to locate anyone.

Theft

Police responded to the 1300 block of N. union Ave. at 6:36 p.m. Thursday where the complainant advised a concrete duck was stolen from the property.

Bad check

Police responded to the

POLICE

1200 block of W. State St. at 8:37 a.m. Friday where the complainant advised a person wrote a bad check for \$235.61 for work he pad performed. The report was forwarded to the county prosecutors office for charges.

SALEM REPORTS Fight

Police responded to the 200 block of S. Ellsworth Ave. at 2:52 a.m. Saturday where three males were reportedly in a fight. Police found one was upset about and argument that occurred in the 400 block of S. Ellsworth Ave. Police charged Loren Mast of Applecreek with underage consumption and he was taken to the county jail.

Animal complaint

Police responded to W. Pershing St. and N. Howard Ave. at 2:05 p.m. Saturday for a dog at large and a resident flagged an officer down pointing the owner's residence in the 200 block of W. Wilson St. and advised it had gone after another neighbor's dog. Police spoke to the resident who advised the dog got away from it backyard chain. The report will be forwarded to the dog warden.

Traffic stop

Police observed a vehicle traveling without headlights at 2:46 a.m. Saturday on Newgarden Ave. and the railroad crossing and charged Beth A. Garrod, 1265 Cedar Ridge Dr. with OVI. A passenger who was passed out in the vehicle was taken to the hospital.

Disturbance

While on patrol in the 100 block of Railroad St. at 2:15 a.m. Saturday, police observed a disturbance in the parking lot of the night club. The bouncer, who had an injury to his left eye, advised he had been struck by a female.

He didn't know why. The report is under investigation.

Intoxicated person

Police patrolling in the area of W. State St. and N. Howard Ave. at 2:07 a.m. observed a male staggering and nearly went onto the road on N. Howard. Officers gave him a courtesy ride home, but had to drop him off at Franklin and South Lincoln avenues for a backup call.

Fight

Police responded to the 1600 block of E. State St. at 5:30 p.m. Friday where several pedestrians advised that two small juveniles were playing unattended in the middle of the road. Police spoke with the mother and advised her of the complaint and consequences.

Shoplifter

Police responded to the 28000 block of E. State St. at 7:33 p.m. Friday where loss prevention personnel had a male juvenile detained for attempting to steal automotive lights. He was released to a relative and the case was turned over to the juvenile officer.

Domestic

Police responded to the 300

block of S. Union Ave. at 8:05 p.m. Friday for a dispute between a boyfriend and girlfriend. Domestic violence laws and residency and eviction laws were explained. There was no sign of physical violence.

Barking dog

Police responded to E. 5th St. at 9:38 p.m. Friday for a report of a barking dog and could hear barking but could not get the exact location.

Fire

Police responded to the 200 block of W. 7th St. for a suspicious fire at 10:10 p.m. The complainant advised a male was running from it and periodically stopped to observe it. The male lived two houses down and officers made contact and he denied having any involvement by stating he was watching television all night. The report will be sent to the prosecutor's office for review.

Criminal damage

Police responded to the 1300 block of E. State St. to assist with traffic control at E. State St. and Union where a pregnant woman had a medical problem. She was taken to the hospital.

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**Poland 7125 Tiffany Blvd, (330) 509-6740
*Salem 1098 East State St, (Suite A), (330) 337-3505
*Youngstown 6000 Mahoning Ave, (Suite 238)
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**Southern Park Mall, 7401 Market St., (330) 729-9059

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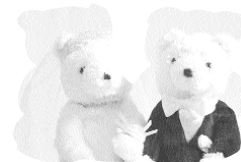
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ENGAGEMENTS/WEDDINGS/ANNIVERSARIES

Congratulations from the Salem News!



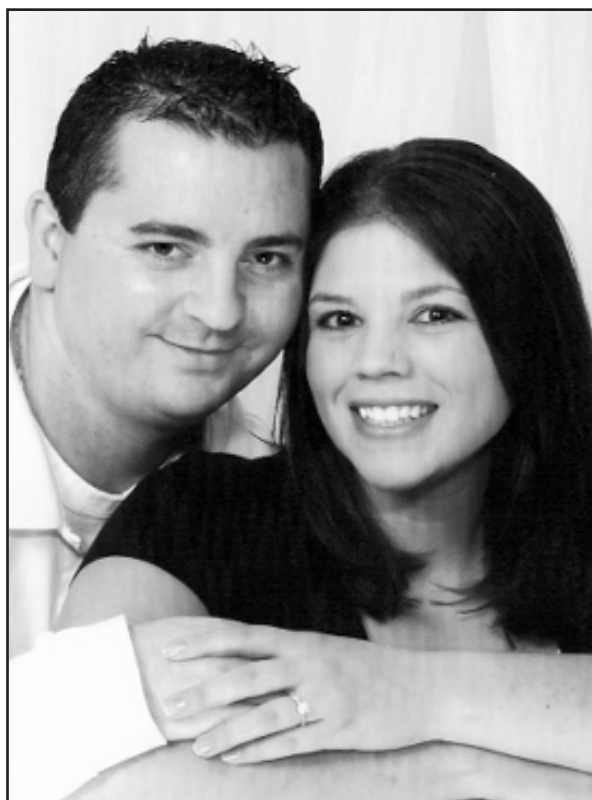
Kimberly Rhodes becomes engaged to Michael Sperlazza

Mr. and Mrs. James A. Rhodes III of Salem are announcing the engagement and forthcoming marriage of their daughter, Kimberly Rhodes, to Michael Sperlazza. He is the son of Mr. and Mrs. J. Michael Sperlazza of Steubenville.

The couple's private, double-ring ceremony begins at 4:30 p.m. May 30 at the Winona United Methodist Church in Winona.

Invitations will be issued for the reception to follow at the Salem Golf Club in Salem.

The bride, a 2002 graduate of United Local High School, also graduated in 2006 from The Ohio State University with a bachelor's degree in health sciences with a concentration in health and wellness. She is a certified health education specialist. She also received a master's degree in occupational therapy



Kimberly Rhodes and Michael Sperlazza

from Ohio State in 2008.

The prospective bridegroom graduated in 1998 from Indian Creek High School, and from Jefferson Community College in 2003 with an associate's degree in business.

He is also a 2004 graduate of Franciscan University and holds a bachelor's degree in business administration with a concentration in economics.

Stacy Nicole Emmerling will wed Benjamin Jeffrey Corll

Mr. and Mrs. William (Cindy) Emmerling of East Liverpool have announced the engagement and forthcoming marriage of their daughter, Stacy Nicole, to Benjamin Jeffrey Corll. He is the son of Mr. and Mrs.

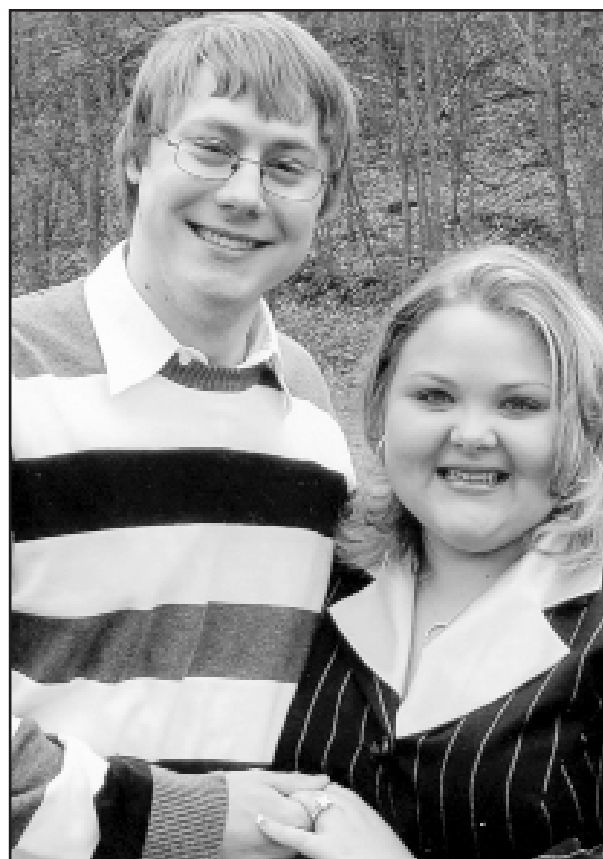
Jeffrey (Pam) Corll of Columbiana.

The bride-to-be is a 2004 graduate of East Liverpool High School.

She and fiance Ben, a 2005 graduate of Crestview High School, are students at Kent State University, majoring in early childhood education.

The bride-elect is employed at Giant Eagle in Calcutta as manager of the Eagle's Nest.

The prospective bridegroom is employed with the Columbiana County Educational Service Center. He is also employed at the Dairy King in



Stacy Nicole Emmerling and Benjamin Jeffrey Corll

Salem during the summer.

A May wedding is

planned followed by a reception by invitation only.

Paula M. Ferry will exchange vows with Frank A. Turocy

Mr. and Mrs. Paul Ferry of East Liverpool and Dr. and Mrs. Frank Turocy of Canfield together announce the engagement and forthcoming marriage of their children, Paula M. Ferry to Frank A. Turocy.

The couple is planning a June 26 wedding by invitation only at the Stambaugh Auditorium/Marble Room in Youngstown.

The reception, by invitation only, follows at the Stambaugh Auditorium.

The bride-elect graduated from the University of Akron with a degree in family development and early childhood development and a minor in psychology. She is currently employed as an early childhood development teacher.

The prospective bridegroom is currently attend-



Paula M. Ferry and Frank A. Turocy

ing graduate school at the University of Akron for accounting and has accepted a position to begin

in July 2009 at Brunner Cox as an accountant. He also has a degree in corporate finance.

Michelle Powell will become the bride of Eric Smith on Sept. 6

Jim and Patti Powell of Salem are announcing the engagement and forthcoming fall marriage of their daughter,

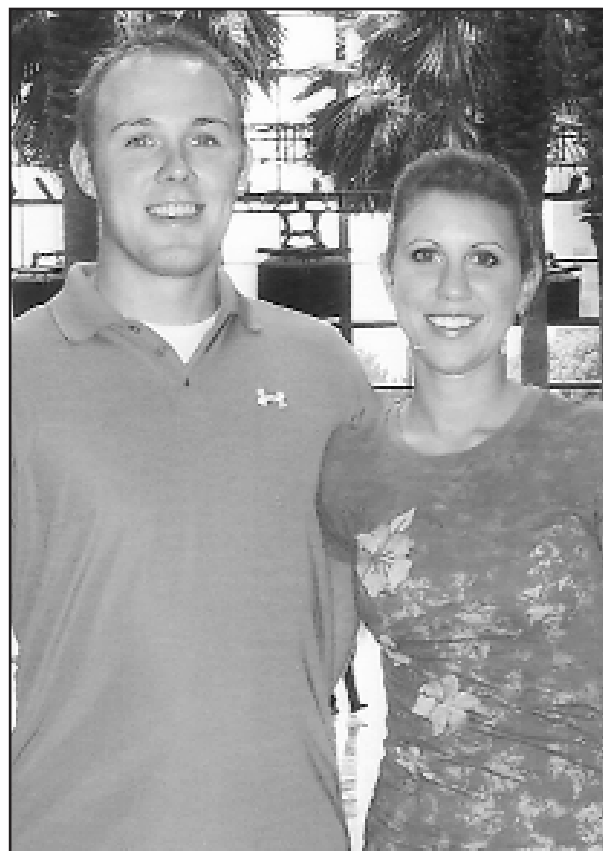
Michelle Powell, to Eric Smith. He is the son of Tim and Sandy Smith of

Chardon.

The bride-elect graduated from Salem High School in 2001 and Malone University in 2006 with a bachelor's of science degree in nursing. She is employed at Affinity Medical Center, cardio-thoracic surgery department.

The prospective bridegroom is a 2001 graduate of Chardon High School and a 2006 graduate of Malone University with a BSN. He also is employed at Affinity in the cardiovascular ICU.

A private double-ring ceremony will be held at 4:30 p.m. Sept. 6 at



Michelle Powell and Eric Smith

Skyland Pines in Canton. Invitations will be is-

sued for the reception to follow.

The growing emphasis on energy independence and cleaner fuel sources has caused many in the United States to examine various options such as nuclear, solar, and wind for powering both the country and their own homes. Salem Public Library patrons wanting to learn more about these technologies and their viability as energy sources may wish to investigate the library's many newer titles on these topics.

William Tucker's "Terrestrial Energy: How Nuclear Power Will Lead the Green Revolution and End America's Energy Odyssey" and Gwyneth Cravens' "Power to Save the World: The Truth About Nuclear Energy" both cover a variety of power generation options, but focus mostly on the use of nuclear energy as a primary alternative to fossil-based fuels.

Both authors cover issues of health and safety, generation options, and the future of

BOOKBEAT

By BRADLEY K. STEPHENS, Director,
Salem Public Library

nuclear power generation. It is difficult to discuss nuclear power without discussing uranium, the material most often associated with the production of nuclear energy and nuclear weapons.

Tom Zoellner's new book on the history of this element, titled "Uranium: War, Energy, and the Rock That Shaped the World" provides a well-researched and interesting history of the element uranium and its incredibly large impact on the world.

One form of nuclear energy- fusion- is the topic of Charles Seife's new book titled

"Sun in a Bottle: The Strange History of Fusion and the Science of Wishful Thinking." The sun's energy comes from nuclear fusion reactions, reactions which produce massive amounts of energy but which are also incredibly difficult to control. For decades scientists have attempted to harness the energy of nuclear fusion to produce power — thus far without success.

In his book, Seife examines how fusion works, explains the checkered history of fusion research, and offers his thoughts about future research and development in this area.

Nuclear energy is only one of many alternative energy options. Readers wanting to learn more about solar, wind, and biomass-based power solutions will find a wealth of information in William Kemp's "The Renewable Energy Handbook: A Guide to Rural Independence, Off-Grid and Sustainable Living" and Daniel Chiras' "The Homeowner's Guide to Renewable Energy: Achieving Energy Independence From Wind, Solar, Biomass, and Hydropower." Both books offer excellent coverage of the many energy generation and conservation options available to homeowners looking to reduce or eliminate their dependence on outside production of power.

For more information on these or other titles please visit our website at <http://www.salem.lib.oh.us> or call the library at 330-332-0042.

Do you have something for us?

Send community-related items and photos, including weddings, engagements and anniversaries to: Community Desk, Salem News, P.O. Box 268, Salem, OH 44460. Faxes can be sent to: 330-332-1441 and e-mails at: salemnews@salemnews.net. Or visit our Virtual Newsroom at salemnews.net.

School is Cool

at ST. PAUL SCHOOL

PAGE 4D THE SUNDAY SALEM NEWS APRIL 26, 2009



Seth Shivers, Paige Butcher, and Logan Brine begin to count the thousands of pennies collected by the school children during Lent. The money was raised as Pennies for Pure Water to help a community in El Salvador.



Second graders Gray Buta and Jackson Corbisello work on their research projects for their enrichment class. Gray is researching dragonflies and Jackson is researching Japan. They are making powerpoint presentations to share with their classmates.



Maggie Cull, Hannah Garofalo, Kole Zellers, Lex Murray, Luke Heestand and Jimmy Fox share their projects with each other. They built models for their earth science class that show how the earth is made and the tectonic plates.

Suzanne Waterbeck, guest teacher, instructs the fifth grade students in kick boxing during their physical education class.



Alessandro Smith shows the eggs he found during the Preschool Easter Egg Hunt.



Fifth grade students, Dorrie Miller, Brittany Zamarelli, Quentin Rice, Chelsea Sedmak and Paige Johnson put the finishing touches on their art projects. They designed their own coat of arms.



The students in Mrs. Tolson's kindergarten class share the excitement with their teacher as she is honored with the Golden Apple Award.



Future kindergarten student Erin Malysa works with aide, Peggy Fitch, for St. Paul's kindergarten screening process held April 17 for next year's kindergarten class.



Fifth and sixth grade students learned science experiments to demonstrate and teach to students in grades preschool through grade four at Family Science Night.



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ACCEPTING
 REGISTRATION
 FOR THE
 2009-10 SCHOOL YEAR
 FOR GRADES PreK - 6



Salem Elks #305 installs officers

The newly installed 2009-10 Salem Elks #305 Lodge officers are, first row, from left, Evelyn Babb, tiler; Devon Williamson, exalted ruler; Lisa Lowry, esteemed leading knight; Kim Chapman, chaplain; back row, Rick Buckman, trustee; Tony Colian, trustee; Lisa Baird, esteemed lecturing knight; Gary Wadlow, secretary; Doug Rudibaugh, esquire; Floyd McCartney, esteemed loyal knight. Missing are Steve Smith and Ron White, trustees. Williamson is the first female exalted ruler of the Salem Elks. Installation was held on April 1. Nick Martens, past state president, was the master of ceremonies. She was presented with the jewels by her father-in law, Carl Williamson, PER of Tampa Lodge #708. Her husband, Robert Williamson, state PER vice president, presented her with an engraved gavel to commemorate the event. She is the third exalted ruler in the Williamson family. (Submitted photo)

An interview with free-range mother Lenore Skenazy

By LEANNE ITALIE

Associated Press Writer

NEW YORK (AP) — Writer Lenore Skenazy could have slinked off to mommyland, stripped of her self-esteem and parenting confidence after her public stoning for letting her 9-year-old son ride home alone on a New York City subway.

Coulda, but didn’t. Instead, Skenazy was buoyed by a healthy legion of supporters. She quickly followed up her revelation in the New York Sun newspaper (make that the now-defunct New York Sun) with numerous TV appearances, her offspring by her side as if to reassure the world that he survived in one piece, and to make it clear that his was a voluntary journey underground.

During all the TV hopping, she put up a Web site, Freerangekids.com, dedicating it to safe but sane parenting. Skenazy invited parents to share how they let their kids “free range” by doing things like riding bikes alone to the library or walking solo to school.

The goal? “Giving our kids the freedom we had without going nuts with worry,” she told them, suggesting she might “one day collect their tips in a book.”

A year to the month after waving goodbye to her child in Bloomingdale’s, arming him with a subway map, MetroCard, \$20 in cash and several quarters (in case he had to make a call), Skenazy has made good on the book thing with her “Free-Range Kids.”

The book serves up statistics aimed at easing the fears of today’s helicopter parents over everything from sexual predators to salmonella from ingesting raw cookie dough (it’s the eggs). Skenazy offers “14 Commandments” for parents on how they can accomplish free rangehood, along with an A-Z guide on why all things scary aren’t any more so than when most were kids themselves.

An interview with Lenore Skenazy: AP: You’ve been excoriated as “America’s Worst Mom” and revered as a parental freedom fighter. Had you anticipated the depth of emotion when you wrote the column about putting your son on the subway?

Skenazy: Nothing prepared me for the response. Not only was the media attention a total shock — so was being judged by strangers. (I’m sorry for anything I ever wrote about you, Madonna!) I don’t think I’m a hero, but I sure don’t think I’m America’s Worst Mom. I’m just trying to raise my kids the way I was raised. People reacted so intensely probably because I was not just pontificating. I actually sent my dear son alone into the bowels of the earth — and if you’re not from New York the subway seems a lot scarier than it is.

AP: Why did you decide to turn this controversy into a book?

Skenazy: The weekend after the column exploded I started freerangekids.com to explain that Free-Range parents are not negligent. My God — my kids think I’m a safety nut. We use safety belts, bike helmets, weird little wire toothpicks to help us super-floss. But my husband and I also allow them to get themselves to school and the store, because once you prepare your kids, these things are not unsafe. I wrote the book to say: The fear that has made these activities seem radical is new. It has been foisted upon us by terrifying TV shows, and “experts” with babyproofing services to peddle, and the Kiddie Safety-Industrial Complex that’s always coming

up with unlikely but awful scenarios so it can sell us stuff to guard against them — like, so help me, “baby knee pads” so your kid doesn’t injure her knees learning to crawl.

AP: Your son’s historic trip is about a year old. Does he ride regularly by himself now that’s he 10, or was it a one-off journey for him?

Has he enjoyed his time in the media spotlight as a key figure in your free-range movement? Did it make a difference in his life?

Skenazy: For a couple weeks after the column ran, my son didn’t even have a chance to ride the subway alone and I was like, “Come on! You are the boy who rides the subway! Get on that train!” Then he started going to an after-school program that’s a bus and subway ride from school, so — yay — he became an avid commuter. As for fame: He loved being on TV and manages to point out every ad featuring his pal, Dr. Phil. But I don’t think the whole thing has totally gone to his head. It’s not like he got to make a touchdown for the New York Giants.

AP: Your book mixes advice with a lot of cold hard facts focused on tempering much of the hysteria that has contributed to helicopter parenting. Do you think you’ll change any minds, or are you preaching to the choir?

Skenazy: It is hard to change anyone’s mind about anything! But one of the reasons so many of us are so scared these days is that the other side — the, “Something is going to hurt your child any moment!” side — has a huge voice. It’s the one on the milk cartons. It’s the one saying, “Is your baby bottle toxic? Stay tuned!” I’m just trying to be the other little voice that says, “You’re allowed to ask yourself: ‘Did I grow up walking to school by myself? Did my mom need a bath thermometer to figure out if the water was going to scald me? Did I survive drinking from a baby bottle?’”

AP: Your parenting philosophy relies heavily on the past, promoting the idea that WE the parents were raised far freer range than the norm today.

But doesn’t this romanticize history just a bit? We were free range, to be sure, but was it partly due to our parents being a touch more clueless, less tuned in and able to connect with us kids?

Skenazy: I’m sure I romanticize the past. I’m middle aged! The only thing I can’t romanticize is crime. And the fact is that crime today is on par with the level in the early ’70s, according to the Crimes Against Children Research Center, which bases its analyses on FBI statistics.

From the early ’70s till about 1993, crime was on the rise. But since 1993, it has plunged (thanks to better policing, more unstable folks on meds, and maybe even cell phones), to the point where sex crimes against juveniles — the crimes we’re most afraid of — are down 79 percent!

That means if you grew up anytime in the ’70s or ’80s, it’s actually safer today than when you were a kid. So when parents say they’d really LIKE to let their kids play outside more — even on the front lawn — but they’re afraid, I just want them to know that their children are no more likely to be kidnapped or molested than we were when we were kids. This is hard to believe when cable TV blares the scariest stories from around the world, 24 hours a day.

But if abductions were really so common, we wouldn’t need to import those stories from Aruba and Portugal.

COMMUNITY HAPPENINGS
EVENTS, ACTIVITIES AND MORE...

Class of 1971 will hold informal gathering at the Skyline Diner

SALEM — The Salem High School Class of 1971 will meet for an informal gathering at 11 a.m. May 23 at the Skyline Diner.

Freeman provides GV Rewards information

NEW WATERFORD — The New Waterford Lions held their meeting April 2 at the Community Building. Guest, Jim Freeman, attended to provide information about GV Rewards which is available to raise funds for non-profit organizations. The first reading of the slate of officers for 2009-10 was presented. Club members conducted a road clean-up recently, but due to the amount of litter another is planned soon.

Whole hog sausage is available in 1-pound packages for \$3.50 either hot or regular flavor in patties. To order contact Dwain Hawkins at 330-457-2904.

Ellis Hawkins, advisor for Crestview Leo’s, reported 24 members assisted with the recent roast beef dinner. Members have scheduled a road clean up on May 7.

Dick Sell, advisor for the Heartland Christian Church Leo’s, reported that a nursing home visit is scheduled soon. The club’s 52 Charter Night will be held May 7 with wives as guests.

Plans under way for Columbiana Class of 1964 reunion

COLUMBIANA — Plans are under way for Columbiana High School Class of 1964 45th year class reunion.

Locations are needed for some former classmates. Contact Mary Ruth (Walker) Wilms at jhmrwilms@yahoo.com or 623-546-7143 before May 3.

Rummage and perennials sale set at Winona United Methodist

WINONA — The Winona United Methodist Church’s annual rummage and perennials sale will be held from 9 am to 5 pm Friday, May 1 and from 9 am to noon Saturday, May 2 at the church Youth Center. Saturday is half price.

Easter Seals announces its fifth annual Walk With Me

BOARDMAN — Easter Seals of Mahoning, Trumbull and Columbiana counties will hold its fifth annual Walk With Me event and fund-raiser at 9 a.m., May 2.

The one-mile, 3K and 5K fitness walk and/or run will unite hundreds of area participants at Boardman Park’s Elton Beard Cabin to raise funds for Easter Seals services, drive awareness of issues affecting individuals with disabilities in our community.

Registration for this year’s Walk With Me is now available at either www.walk-withme.org or by calling 330-743-1168. Every individual and team participant will be paired with an Easter Seals Honorary Ambassador — a child or adult with a disability directly benefiting from Easter Seals programs and services — and have an opportunity to meet in advance of the event, learn about his or her personal story, and even cross the Walk With Me finish line together.

Easter Seals Walk With Me is an opportunity for families, friends, neighbors and colleagues to walk together for fitness and a common purpose — to help people with disabilities and special needs. Participants can enjoy Walk With Me activities for all ages including a beautiful walk through Boardman Park, fellowship with other Walk With Me teams, face painting, pony rides and other family fun.

Every year, Easter Seals provides services to more than 5,000 children and adults with disabilities and special needs. Money raised through Walk With Me will support programs and services that make a difference for people with disabilities.

Salem High School Class of 1949 breakfast planned May 2

SALEM — The Salem High School Class of 1949 will meet for breakfast at 9:30 a.m. May 2 at Adele’s Place.

Columbiana Senior Citizens welcome Haldiman as a guest

COLUMBIANA — Jay Haldiman was welcomed as a guest when the Columbiana Senior Citizens met April 14 at Grace Church. Twenty members attended and enjoyed games and cards in the morning. President Charles Hawkins conducted the business session followed by games of bingo in the afternoon. “Happy Birthday” was sung to Evelyn Brennan and Eileen Esterley. Cakes for next month will be provided by Kathleen Cox and Esterley.

Country Friends 4-H Club announced QA clinic

ROGERS — The Country Friends 4-H Club met on April 6 at the Rogers Sale Restaurant. Project books were distributed

last month and everyone should be working on completing them. Square dance fundraisers are now finished and members are to be commended for a successful endeavor. The upcoming quality assurance clinic was discussed. The final QA clinic begins at 11 a.m. May 16 at the Columbiana County Career and Technical Center. Fair registration and tag-in for hogs and lambs was held April 18 at the fairgrounds and does not count as a clinic. Members also discussed attending the American Cancer Society’s Relay For Life event on July 10-11. The next meeting begins at 6:30 p.m. May 4.

Columbiana High School Class of 1964 to hold reunion

COLUMBIANA — Plans are being finalized for the Columbiana High School Class of 1964’s 45th class reunion. Names and addresses are needed to notify classmates. The information may be sent to Mary Ruth (Walker) Wilms, 16142 W. Vista North Drive, Sun City West, Ariz. 85375 (jhmrwilms@yahoo.com) as soon as possible.

R-Weigh recognizes good losers during meeting at Faith Chapel

SALEM — The R-Weigh weight reducing support groups met Monday at the Faith Chapel. Good losers at the 1 p.m. meeting were Dianne Scott, Sandy McGarr, Patty Shoemaker and Tammy Dinsio. ZINGO contest winners were Scott, Dinsio and Shoemaker. Sylvia Eller gave an enlightening dieting program.

Good losers at the evening meeting were Susan Cain and Ruth Ann Hall. Ruth Miller was the goalie of the week. ZINGO winners were Cain, Hall and Betty Sell. Mary Kay Rea presented a motivational program on how she lost her weight. New members are welcome. For information call 330-332-1078.

Weingart Cousins reunion attracts 29 members

SALEM — The Weingart Cousins met recently with 29 present. Dr. John Weingart and Richard Biery were welcomed. Birthdays and anniversaries were observed. The next breakfast will be on May 12.

Berlin Center-Western Reserve Alumni banquet set

BERLIN CENTER — The 76th annual Berlin Center-Western Reserve Alumni Banquet will be held on Saturday, May 9 at Western Reserve High School.

Social hour will be at 6:30 p.m. with dinner at 7 p.m. Cost is \$10 with entertainment provided by Sugartree Alley.

Guests are welcome to attend with advance reservations. Deadline for reservations is Monday, May 4. For reservations, call 330-547-2502.

American Red Cross’ geranium sale continues through April 27

SALEM — The American Red Cross, serving northern Columbiana County and the Greater Pottery area is seeking clubs, youth groups or organizations to partner with them for the 27th annual geranium sale.

The 4-inch geraniums are available in red, white, and pink. The Red Cross will accept orders through April 27. The flowers will be delivered to your group on May 6, just in time for Mother’s Day.

Groups interested in a community service project that will benefit both their organization as well as the American Red Cross are asked to contact Penny Zeppernick at the Salem office to sign up.

Anyone interested in purchasing flowers should contact the local office or call 330-332-0028 or 330-575-8292 (pzeppernick@potteryredcross.com).

SCH’s Auxiliary Jewelry Fair will be held May 5 and 7

SALEM — The Salem Community Hospital’s Auxiliary jewelry fair will be held May 5 from 8 a.m. to 4 p.m. and Wednesday from 7 a.m. to 3 p.m. in the hospital’s private dining room.

The Auxiliary Jewelry Fair features a wide selection to fit a variety of budgets. Selections will range from sterling silver, gold and genuine gemstone jewelry, including earrings; bracelets, necklaces, charms and rings. The private dining room is located on the ground floor of the hospital, behind the cafeteria’s main dining area. This event benefits the SCH Auxiliary and future hospital projects. For information call 330-332-7126.

Guilford Ruritans to host flea market on May 16

GUILFORD LAKE — The Guilford Lake Ruritan Club will host its Flea Market from 9 a.m.-4 p.m. May 16. Spaces are currently available and cost is \$20 for an indoor and \$10 for an outdoor. To reserve a space contact Phyllis at 330-831-7156 or Jim at 330-337-0492.

Sunday, April 26, 2009

Health

Older Americans Month: Heartbreak of Alzheimer's

By **CATHY BROWNFIELD**

Family Recovery Center

"I can stay by myself," Mama insisted. "Other people who lose a husband live alone."

"Other people don't have Alzheimer's, Mama," said her son, James.

"How do you know?"

The question stopped the son for a moment. It was valid, but not to the situation. His sister stepped up to the plate.

"Mom, did you go somewhere this morning?" April asked.

Mama thought long and hard. She couldn't remember.

"Do you remember who took you?" April, like James, was trying to be patient and respectful of her mother.

No reply.

"Do you remember falling?"

"No."

"That's why you can't stay alone," said James.

"Mom, a long time ago you told me the day would come when I would have to make decisions you wouldn't like, but no matter what you might say, you told me you trusted me to do the right thing when the time came." April's throat constricted. She didn't know this could be so difficult.

"I don't remember."

"Mom, you need to trust us to do the right thing," April said. "We are trying to honor your wishes. We are doing the best we know how to give you quality of life. You deserve the best we can give you."

Mom finally calmed, her anger--which had come out of nowhere--apparently was spent. The Alzheimer's

had been playing peek-a-boo for a number of days, to her daughter's frustration. James went home. Mama went to bed. April sat down in the silence that was left to write in her journal. She recorded some episodes of the Alzheimer's journey they had been living. Although she had read on the Internet that Alzheimer's Disease is not inherited, she feared that one day she would put her children through the same things. Her journals might be helpful to them when they became her caretakers.

"I don't want to do this to my children!" she muttered. "No more than Mom wanted to do this to us. God didn't take her into a showroom displaying an array of disorders and diseases and let her choose the one she wanted!"

April knew that she and her siblings would continue to assist their mother, to keep her in the home she had made for them for more than fifty years. Mom wanted to live out her days here. They would see to it as best as they could. They were a team, a support system. The family had come together to share Mom's problems and needs.

In 2008, the state of Ohio was one of nine states to receive a grant to prove how effective existing evidence-based interventions are helping Alzheimer's patients to live in their communities. The Ohio Department of Aging began its project, "Reducing Disability in Alzheimer's" which project runs from Oct. 1, 2008 through Sept. 30, 2011. The "evidence-based program...provides physical conditioning and behavior modi-

fication in the home for persons with Alzheimer's Disease..." Partners in this collaboration include the Agency on Aging, the Alzheimer's Association, senior service providers and evaluators from the Margaret Blenkner Research Institute of the Benjamin Rose Institute.

Ohio also was one of 19 states to be awarded a grant for an innovative project, "Empowering Elders by Enhancing Cognitive Health Outcomes: The ECHO Program." The goals involve individuals with early stage dementia and their caregiver (also known as a dyad.)

The desire is to improve cognitive function, reduce late-life depression, and enhance the well being of both the individual and the caregiver. The project dates are Sept. 30, 2008 through March 31, 2010. The project is expected to test the feasibility, acceptability and efficacy of ECHO intervention with 80 dyads in northeast Ohio, according to the Agency on Aging.

May is Older Americans Month. Alzheimer's Disease is pertinent to these times. AD is a devastating disease. As difficult as it is for those who fall victim to it, it is more difficult for those who provide care for their AD-affected loved ones. The caregivers need care as well.

Family Recovery Center promotes the well being of individuals, families and communities. For more information about this topic and coping with stress, anxiety or substance abuse, contact us at 964 N. Market St., Lisbon; phone, 330-424-1468; or e-mail, info@familyrecovery.org.

SALEM COMMUNITY HOSPITAL

April is Irritable Bowel Syndrome Month



DR. KOLOZSI

An occasional bout with abdominal pain, diarrhea, or a nervous stomach is an experience nearly everyone has. However, when it becomes an ongoing condition, known as irritable bowel syndrome or IBS, medical treatment may be needed to provide relief.

"Irritable bowel syndrome is a common problem that affects as many as one in five adults," explained Gastroenterologist William Kolozsi, M.D. "In fact, IBS is the most common disease diagnosed by gastroenterologists, who are doctors that specialize in the medical treatment of disorders of the stomach and intestines.

"Irritable bowel syndrome occurs when food moves too quickly or too slowly through the intestines. Most people with IBS develop symptoms between the ages of 24 and 65, and women are two to four times more likely to be affected by this condition than men."

Common IBS Symptoms

- Bloating and gas
- Nausea
- Vomiting
- Mucus in the stool
- Constipation
- Diarrhea, especially after eating or first thing in the morning
- Feeling like you still need to have a bowel movement after you've already had one
- Abdominal pain and cramping that may go away after having a bowel movement

"About 70 percent of people with IBS have mild symptoms that occasionally interfere with their normal, daily functioning," Dr. Kolozsi added. "Most of these people find that their symptoms improve as they learn to control this condition by managing their diet, lifestyle and stress. However, their symptoms may get worse when they are under stress, such as when traveling or if they experience changes in their daily routine. Women who have IBS may also notice more frequent symptoms during their menstrual periods."

Treatment

Although as many as one in five adults has signs of irritable bowel syndrome, fewer than half seek medical help. "A physician may be able to help you get relief from your symptoms as well as rule out the possibility of other or more serious colon conditions, like wheat allergy, colon cancer, ulcerative colitis or Crohn's disease," Dr. Kolozsi continued. "Additional testing, such as a colonoscopy or blood test, may be needed to make sure that your symptoms aren't caused by something other than IBS."

"With proper diagnosis and treatment, the symptoms of IBS can be controlled. While IBS will probably recur throughout your life, it doesn't cause cancer or require surgery, and it won't shorten your life."

Lifestyle Changes

► Experiment with fiber: "Fiber can improve the functioning of the intestines and help reduce constipation, but it can also make gas and cramping worse," Dr. Kolozsi advised. "The best approach is to gradually increase the amount of fiber in your diet over a period of weeks, such as by eating whole grains, fruits, vegetables and beans. However, some people do better by limiting their dietary fiber and instead take a fiber supplement such as Metamucil or Citrucel that causes less gas and bloating."

► Avoid problem foods. Foods don't cause IBS, but certain foods may make IBS symptoms worse, including alcohol, chocolate, caffeinated beverages, dairy products, fatty foods, sugar-free sweeteners or foods with corn syrup. If gas is a problem, avoid foods like beans, cabbage, cauliflower and broccoli. Keeping a diary of what you eat and what your symptoms are for a few weeks may be a good way to find out if a specific food bothers you.

► Eat at regular times. "Don't skip meals, and try to eat about the same time each day to help regulate bowel function," Dr. Kolozsi suggested. "If you have diarrhea, you may find that eating small, frequent meals makes you feel better. However, if you're constipated, eating larger amounts of high-fiber foods may help move food through your intestines."

► Drink plenty of liquids. Try to drink plenty of fluids every day. Water is best, since alcohol and beverages that contain caffeine can make diarrhea worse, while carbonated drinks can produce gas.

► Exercise regularly and manage stress. Relaxation techniques and exercise help relieve stress, and exercise also stimulates normal contractions of the intestines.

► Use anti-diarrheal medications and laxatives with caution. If you try over-the-counter anti-diarrheal medications, such as Imodium or Kaopectate, use the lowest dose that helps manage your symptoms. In the long run, these medications, along with probiotic yogurts, may cause problems if they are not used appropriately. Be cautious with laxatives since long term use can cause laxative dependency.

Medications

"The goal of medications is to lessen symptoms like diarrhea, cramping, pain or constipation," Dr. Kolozsi concluded. "For example, anticholinergics affect certain activities of the nervous system and are used to relieve muscle spasms in the intestines."

William Z. Kolozsi, M.D., is a gastroenterologist affiliated with Salem Community Hospital's active medical staff. His office is located at 2020 East State Street in Salem, 330- 337-8709.

More live with paralysis than doctors knew

By **LAURAN NEERGAARD**

AP Medical Writer

WASHINGTON (AP) — Roughly one in 50 Americans has some degree of paralysis, and five times more people than doctors thought are living with a spinal-cord injury — nearly 1.3 million — says a startling study released Tuesday.

It's a largely hidden population that neither the government nor medical organizations had ever attempted to fully count, and the findings promise to help health authorities understand the scope of need.

"Paralysis is not rare," said Dr. Edwin Trevathan, disabilities chief at the U.S. Centers for Disease Control and Prevention, which helped design the study. "These data demand that we recommit ... to help this population."

"Those are startling, startling numbers," said Rep. Jim Langevin, D-R.I., who has a spinal-cord injury himself and urged more investment in not just

medical research but transportation, job opportunities and other day-to-day needs of the paralyzed.

The report found that overall, almost 5.6 million people have some degree of paralysis due to a variety of neurologic problems. Stroke and spinal-cord injury are the leading causes, but they also include multiple sclerosis, brain injuries, birth defects, surgical complications and a list of other ailments.

That's about 30 percent higher than previous estimates. But for spinal-cord injury alone, previous estimates were woeful — suggesting just a quarter million people were living with the trauma, a count that mostly included people like the late actor Christopher Reeve, who wound up at specialty treatment centers.

How could so many people have been missed? Partly, people are living much longer with paralysis, said CDC's Trevathan.

And they're now starting

to face the added complications of aging on top of a disability.

"There's no road map for somebody like me," said Alan T. Brown of Hollywood, Fla., who broke his neck 21 years ago, just before his 21st birthday.

From a youth spent in wheelchair marathons, he's entering middle age suddenly needing more care, like an electric wheelchair instead of a manual. He's getting more infections, 17 urinary-tract infections last year alone. That's on top of the extra hurdles to arrange routine care, like a colonoscopy.

"This is finally going to open up people's lives to see what we live with," he said Tuesday.

For the new study, funded by the Christopher & Dana Reeve Foundation, University of New Mexico researchers designed a survey of 33,000 U.S. households to measure the full gamut of paralysis — how many people either cannot move or have difficulty

moving an extremity.

The study paints a sobering picture of the cycle of paralysis and poverty. Sixty percent of people with paralysis have annual household incomes of less than \$25,000. Worse, about a quarter report household incomes below \$10,000, compared with 7 percent of the U.S. population, the study found.

Patients often lose their jobs, and caregiving needs can cost a spouse a job, too, ending employer-provided insurance. Treatment, including the physical therapy that can improve independence and sometimes movement, is costly.

There are income limits to qualify for Medicaid, and cash-strapped states are limiting coverage.

The Reeve foundation plans to use the findings to push for health policy changes, including ending a federal requirement that disabled workers wait 24 months before getting health care through Medicare.

Also on its target list: insurance policies that forbid \$400 air cushions for wheelchairs until someone's already suffered a pressure-caused skin ulcer that can require a \$75,000 hospital stay.

Florida's Brown knows he's lucky, able to pursue a lucrative public relations career and be a mentor to other spinal-cord patients despite being mostly paralyzed from the chest down. Before his injury, he had a private insurance policy that lasted until recently. Now, he said, he's paying tens of thousands of dollars yearly out-of-pocket, and worries about how his wife and two young sons will cope if he ever has to quit working.

"I thought I was bigger than the chair. I finally realized the chair is bigger than me," Brown said.

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On the Net:
Christopher & Dana Reeve Foundation:
<http://www.christopher-reeve.org/>

Take Care of Your Heart



Presented by
Denis Lunne, M.D.,
Internal Medicine,
Affiliated with **PRIMA Healthcare**
Salem Community Hospital
and **Salem Community Center**

Tuesday, May 5, 2009
Salem Community Center
1098 N. Ellsworth Avenue in Salem

5:30-6:30 p.m. Health Screenings and Displays

- Blood pressure - Blood glucose - Body fat - Grip strength
- Sleep Apnea - Heart risk - Sodium and fat intake

(Provided by SCH Cardiopulmonary Rehabilitation, Emergency Department, Food & Nutrition, Rehabilitation Services, Salem Sleep Center, Salem Home Medical, Salem Community Center)

6:30-7:30 p.m. "Take Care of Your Heart"- Dr. Lunne

7:30-8:00 p.m. Health Screenings & Displays (Continued)

Registration for this free educational program can be made by calling the Salem Community Center at 330-332-5885

‘Bruno,’ ‘Funny People’ highlight summer comedies

By JAKE COYLE

AP Entertainment Writer

NEW YORK (AP) — As much as tentpole action films dominate the summer, comedies, too, are a staple of the season.

In warm summer nights, waves of cackling have long floated out of multiplexes playing “Cad-dyshack,” “There’s Something About Mary” or “The 40-Year-Old Virgin.”

Judd Apatow recalls going with his summer camp to see Bill Murray in “Stripes” as “one of the great moments of my entire life.”

“There are a lot of gigantic movies with budgets well over \$100 million that come out during the summer,” said Apatow. “There’s a lot of excitement and spectacle. But I think people also enjoy something less intense and fun and funny.”

Apatow has become a summertime regular, having directed “Knocked Up” and produced “Superbad” and “Stepbrothers,” — all of which, he notes, benefited from coming out late in the season when people were “a little burnt-out” by the blockbusters.

On July 31, he’ll release “Funny People,” starring Adam Sandler as a stand-up comedian who finds out he has a terminal disease. Seth Rogen co-stars.

“It’s a human comedy,” said Apatow. “It’s about the normal struggles that people face in their lives. It’s funny and relatable.”

Apatow also produced “Year



In this film publicity image released by Warner Bros., Zach Galifianakis, left, Bradley Cooper, center, and Ed Helms are shown in a scene from, "The Hangover." (AP Photo/Warner Bros)

One” (June 19), which Harold Ramis (“Groundhog Dog,” “Analyze That”) directed. It stars Jack Black and Michael Cera as Roman Empire era wanderers with girl problems.

It’s not the only time-traveling comedy this summer. In “Land of the Lost” (June 5), adapted from the campy ’70s TV series, Will Ferrell plays a scientist who leads his team (including Danny McBride) through a time warp and into an alternate dimension where dinosaurs (among other things) exist.

Then, there’s yet another alter ego of Sacha Baron Cohen’s.

On July 10, he returns with “Bruno,” the lone film this year

with an umlaut that American moviegoers are likely to flock to.

“Bruno” is Cohen’s follow-up to “Borat,” which in 2006 earned more than \$128 million at the domestic box office and caused a cultural stir. In “Bruno,” Cohen again flings a character from his TV series “Da Ali G Show” into the real world, where director Larry Charles’ cameras capture his interactions with seemingly unknowing citizens.

The culture clash of his gay Austrian fashion reporter might be even greater than that of his Kazakh journalist.

Just as entertaining will be the sideshow of Cohen’s in-character

interviews and the possible ensuing lawsuits (which resulted after “Borat”).

Coming June 5 with less fanfare and star wattage is “The Hangover,” about a group of friends who find themselves trying to put the pieces together after a wild Las Vegas night. Starring Bradley Cooper, Ed Helms and Zach Galifianakis as a trio of groomsmen looking for their missing friend, it’s a kind of “Dude, Where’s My Buddy?”

“It sticks to a very simple detective format, almost like a mystery, like a Hardy Boys kind of thing,” said Helms. “You’re trying to figure out with the main characters exactly what hap-

pened.”

Such summer comedies afford actors and comedians a chance to turn a small part or a cameo into a career breakthrough. (Remember McLovin?)

“The Hangover” is the first major movie role for Helms, who graduated from “The Daily Show” to “The Office” and now to more movies. This summer, he also has a part in “The Goods: Live Hard, Sell Hard” (Aug. 14) and makes an appearance in the cameo-stuffed sequel: “Night at the Museum: Battle of the Smithsonian” (May 22).

“The Goods,” which is produced by Ferrell and Adam McKay, stars Jeremy Piven, Ving Rhames and James Brolin.

Other anticipated comedies this summer:

— “Extract,” Sept. 4: The Mike Judge (“Beavis and Butt-Head,” “Office Space”) comedy stars Mila Kunis, Ben Affleck, Jason Bateman and Kristen Wiig.

— “Whatever Works,” June 19: Woody Allen returned to New York to shoot this film, starring Larry David (“Seinfeld,” “Curb Your Enthusiasm”).

— “The Boat That Rocked,” Aug. 28: Richard Curtis (“Love Actually”) directs this period comedy about a 1960s illegal radio station.

— “Dance Flick,” May 22: The Wayans brothers satirize the recent slew of dance films like “Step Up.”

This is ‘Earth’ and it’s spectacular

By CHRISTY LEMIRE

AP Movie Critic

LOS ANGELES (AP) — It’s fundamental, cycle-of-life stuff that happens all day, every day, year-round, worldwide.

Seasons change. Animals give birth and die. They migrate to find food. Some are hunters, some are hunted. Fish gotta swim, birds gotta fly — sunrise, sunset. But all these basic, familiar occurrences are photographed and edited with such striking scope, clarity and ingenuity in the documentary “Earth,” you’ll feel as if you’re learning about them for the first time. And for the children who are the targets of much of this material, “Earth” offers colorful entertainment with, thankfully, a not-too-heavy-handed message about the perils of climate change. The debut from the Disneynature label, directed by Brits Alastair Fothergill and Mark Linfield, follows three species of mothers and babies over a year — polar bears in the Arctic, elephants in Africa’s Kalahari Desert and humpback whales near the Equator — with a variety of wondrous creatures mixed in between. Narrator James Earl Jones provides the necessary gravitas to accompany these majestic images, and the score composed by George Fenton and performed by the Berlin Philharmonic Orchestra is appropriately sweeping and grand.

Many of the aerial shots — of sand dunes and waterfalls, of caribou traveling across the tundra or birds taking flight against a bold sunset — will take your breath away. Yet the more intimate images will make you wonder, how’d they do that? (Some behind-the-scenes footage accompanies the closing credits, so stick around, but there could have been another entire documentary devoted to the filmmakers’ struggles and achievements. Hopefully that’ll appear on the DVD.)

A great example comes early, when a mother polar bear emerges from her den followed by her two cubs, who are seeing the outside world for the first time. With their furry paws and curious snoots, they stumble as the take their first hesitant steps on the silent snow. Irresistibly cute — until Jones informs us that it’s likely one of these little guys won’t be alive in a year because warmer temperatures have made it harder for them to find nourishment.

Yes, “Earth” can be as harrowing as it is beautiful, in the classic Disney tradition of frightening us with stories of animals in danger. One impossibly long tracking shot follows a caribou

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calf that gets separated from the pack and ends up being chased by a ravenous wolf. On and on it goes, across vast expanses and up and down hills. We won’t tell you how it ends, but suffice it to say it’s thrilling.

At the same time, some of the most gorgeous scenes are also the simplest. Time-lapse photography reveals an entire year of season changes over a matter of seconds. Exotic birds of paradise in unreal colors strut their stuff.

It’s all rapturous and amusing and enlightening enough without voiceover adding unnecessary anthropomorphism to the animals’ activities. As the young polar bears — now grown — forage on their own at the film’s end, Jones intones: “Their father’s brave spirit will always live on in their hearts.” Really? How do we know? The technique gets a little cloying — and, if you really want to be uptight, it seems arrogant — although, understandably, it’s intended to make the movie’s lessons more accessible for little ones. That’s a minor complaint, though, about a film that otherwise has a major visual and emotional impact.

“Earth,” a Disneynature release, is rated G. Running time: 89 minutes. Three and a half stars out of four.

— — —
‘The Soloist’ hits notes that clang
Inspiring, relevant and real, the story of Nathaniel Ayers — a schizophrenic but wildly talented Juilliard-trained cellist living on the streets of downtown L.A. — captivated Los Angeles Times readers in 2005.

The fact that columnist Steve Lopez didn’t just ignore him like most people would — that he not only spoke to Ayers but befriended and wrote movingly about him — added to the unexpected humanity of the tale. “The Soloist” takes all those innately engaging details and turns them into what is essentially a made-for-Lifetime movie, albeit one populated by Oscar winners and nominees.

Robert Downey Jr. stars as Lopez, with Jamie Foxx playing opposite him as Ayers. Wunderkind Brit Joe Wright (“Pride & Prejudice,” “Atonement”) is the director, working from a script by Susannah Grant (“Erin Brockovich”). On paper, you can see how this project had major promise (and it was initially was scheduled to come out at the height of prestige-movie season last year, only to be bumped to pre-summer). In execution, it’s an

awkward mix of gritty city visuals and mawkish sentiments in which even actors the caliber of Downey, Foxx and Catherine Keener seem to have had difficulty finding nuance.

Sure, Downey displays his usual quick-wittedness, and a range that allows him to be light on his feet yet also show some vulnerability. When “The Soloist” is about Lopez committing actual journalism, putting his experience to work to determine who Ayers is and how he ended up homeless despite his potential, it’s a compelling mystery. (Keener co-stars as a fictional character, Lopez’s editor and ex-wife, who still struggles to keep him in line.) But Foxx is just off-putting; he’s functioning at one repetitive, manic speed the whole time. Downey often seems frustrated — like he can’t wait to get away from him — a sensation with which the audience will surely be able to sympathize. And the combination of stream-of-consciousness rants, fixations and phobias he presents as the manifestations of Ayers’ mental illness instead come off like a “Rain Man” imitation. Hopefully that’s not what Foxx, a highly skilled mimic and Oscar-winner for “Ray,” had in mind.

Nevertheless, a tentative friendship forms between these two vastly different men, one that requires Lopez to follow Ayers through some of the most squalid, dangerous parts of downtown. Wright finds some tension in these scenes; there’s an unpredictability factor to how the homeless will react to Lopez. He also manages to treat the displaced and the mentally ill with some decency, but too many other moments feel like a gratuitous parade of crackheads. (Wright used hundreds of real-life homeless people as background extras.) In return, Lopez takes Ayers to the Frank Gehry-designed Walt Disney Concert Hall to reconnect with the music he loves most — Beethoven — with performances by the L.A. Philharmonic, led by then-conductor Esa-Pekka Salonen. Again, it’s a moment that should have had some inherent grace, but Wright bombards it with lights and colors, ostensibly as an outward depiction of the rapturous feeling Ayers is enjoying. Similarly, the entire third act feels like one long emotional crescendo.

“The Soloist,” a DreamWorks and Universal Pictures release, is rated PG-13 for thematic elements, some drug use and language. Running time: 116 minutes. One and a half stars out of four.

— By Christy Lemire, AP Movie Critic

Beyonce talks tour, movie, Etta James and Twitter

By NEKESA MUMBI MOODY

AP Music Writer

NEW YORK (AP) — Beyonce says one of the toughest parts of summer tour has been condensing more than a decade’s hits into a two-hour show. Judging from a recent photo shoot, figuring out how to perform them in Thierry Mugler’s elaborate, over-the-top costumes is just as difficult. Beyonce strutted gingerly in one such outfit, with a motorcycle handle-type top and flashing light at the center. But the camera brought out Sasha Fierce, her alter ego moving confidently in the outrageous getup and stiletto heels. “I’m never gonna go on stage or do a video and not work until my feet are blistered, and until I’m basically, I can’t walk any more,” the giggly but exhausted entertainer said later.

AP: *How will this tour be different from your 2007 ‘B’Day’ tour?*

Beyonce: It’s going to be more emotional, because this album, “I Am,” that portion was a lot more real and raw and more sensitive. ... The best part about this tour is I’m working with Thierry Mugler, who is an icon and a legend, and I’ve been a fan.

AP: *Often snippets of concerts end up on the Internet. Is it frustrating not being able to surprise people anymore?*

Beyonce: It’s very frustrating now. ... It’s great because people can get a little sneak peak and say, “Oh, I wanna come to the show” or “I don’t wanna go to that show” (laughs), and I’m fans of people so I go on there and check it out too. But you put so much of your heart and time into the wardrobe ... it’s kind of unfortunate that people can see the show months before you get into their city, but that’s life.

AP: *One YouTube video from your last tour showed you falling, getting up and continuing.*

Beyonce: A lot of people with heart can see that I have heart, and I encourage other people to have that same strength and fight, and I definitely get tired, I definitely mess up, I definitely fall down stairs. I forget the words, sometimes, but that’s just life. I guess the question is, what are you going to do after that? And I always get back up, and it just makes me even stronger.

AP: *In your new movie ‘Obsessed,’ out on Friday, you play a wife who fights to protect her family. What is the hardest thing you ever fought for?*

Beyonce: Everything that’s worth anything you have to fight for. You have to fight in your relationships, I have to fight for my career, I have to fight to stay in shape, because I get tempted to eat good old chocolate (laughs), and all this stuff everybody loves. It’s all a fight, but it’s worth it.

AP: *When you sang ‘At Last’ for the Obamas at the inauguration ball, Etta James said some pretty harsh things about you but later said she was joking. Did you know she was joking?*

Beyonce: I played Etta James (in last year’s “Cadillac Records”), so I did my research, I read her book. I was not at all surprised. That’s Etta. She’s hilarious (laughs).

AP: *Your sister Solange twitters all the time. Do you do it?*

Beyonce: My sister is the Twitter queen. She told me about the twittering, but I don’t get it, I feel like I’m getting really old. I’m like, what? I don’t understand. Just call me.

Explore one of spring's wild treasures — ramps

PERVAIZ SHALLWANI

For The Associated Press

In cold weather states along the eastern seaboard, the ramp harvest has long marked the start of spring.

Often described as wild leeks, ramps are a cross between garlic and onion and have a pungent and unique spiciness. Traditionally, they have been used similar to spring onions and leeks. They also frequently are fried with potatoes or added to soup.

Wild ramps are common across the mid-Atlantic — particularly in West Virginia and Tennessee — and are cultivated in rocky terrain from South Carolina to just north of the Canadian border, and as far west as Missouri and Minnesota.

"It's a highly revered product at this time of year and all the top restaurants are using them," says Cathal Armstrong, chef and owner of Restaurant Eve in Alexandria, Va. "I get a certain thrill of nationalism and patriotism being able to play with them."

In the early part of the season, which lasts just six weeks, ramps resemble scallions with short purplish stalks and broad leaves similar to dandelion greens. They require only brief cooking. Armstrong combines them with other seasonal produce, including fava beans, morels and peas.

Later in the season, ramps grow coarser, larger and need to be cooked longer to mask what can be a pungent taste, Armstrong says. He pickles these ramps with vinegar, sugar and pickling spices, which allows him to keep them on his menu until the end of May.

Though not yet common, ramps can be found in spring at farmers markets and many natural foods stores. Pick ramps that have crisp, green leaves, healthy stalks and shiny bulbs.

Sliced young ramps can be stuffed into a chicken for roasting, lightly sauteed in olive oil, or baked into a gratin. They also can stand in for basil to make a delicious pesto.

In this recipe from Armstrong, ramps add a garlicky kick to gnocchi, and are complemented by earthy

mushrooms and robust Parmesan cheese. Be sure to drain the gnocchi well and let them dry for several minutes before proceeding with the recipe.

GNOCCHI WITH RAMPS, MUSHROOMS AND SHAVED PARMESAN

Start to finish: 15 minutes
Servings: 4
1-pound package gnocchi
1 teaspoon chopped garlic
2 tablespoons extra-virgin olive oil
4 thinly sliced stalks of ramps
8 ounces crimini mushrooms, washed
Pinch red pepper flakes
2 tablespoons chicken broth
2 tablespoons butter
1/2 teaspoon chopped fresh thyme
Salt, to taste
3 tablespoons shaved Parmesan cheese

Bring a large saucepan of salted water to a boil. Cook the gnocchi according to package directions. Drain well and set aside.

Meanwhile, in a medium saucepan over medium, saute the garlic in the olive oil for about 2 minutes. Add the ramps, mushrooms and red pepper flakes, then saute for another 5 minutes, or until the mushrooms are tender.

Add the chicken broth. As soon as it bubbles, stir in the butter. Add the gnocchi and toss to heat through. Add the thyme and salt, then divide between 4 serving bowls. Garnish with shaved Parmesan.

(Recipe adapted from Cathal Armstrong, chef and owner of Restaurant Eve in Alexandria, Va.)

Nutrition information per serving (values are rounded to the nearest whole number): 388 calories; 143 calories from fat; 16 g fat (6 g saturated; 0 g trans fats); 27 mg cholesterol; 50 g carbohydrate; 11 g protein; 3 g fiber; 783 mg sodium.



Ramps, a cross between garlic and onion, are a sure sign of spring and provide a nice garlicky kick to this Gnocchi with Ramps, Mushrooms and Shaved Parmesan. (AP Photo/Larry Crowe)

Better together: What to drink with your pesto

VICTORIA BRETT

For The Associated Press

Pesto deserves a fun drink. But with its vibrant green hue and intense flavor, it usually just gets wine.

John Willoughby, executive editor for Gourmet magazine, says there's no reason you can't have a little outrageous drinking pleasure with pesto, a summer staple with pasta. Margarita anyone? Basil-lime gimlet?

"I'd go for a margarita, because I like the herba-ceous taste of tequila with herb-based sauces," says Willoughby. "A basil-lime gimlet gives you the clean tastes of gin and lime along with a direct match for the basil in the pesto. Just don't have more than one, or you won't be tasting too much at all."

And there's a lot to taste with pesto: olive oil, garlic, Parmesan cheese, pine nuts, and the smooth, sweet taste of basil.

It's important to remember that cocktails are mainly for fun, says Willoughby. But when drinking cocktails with food, it is nice to look for a flavor in the dish — and probably not the dominant flavor — that you can echo.

Also, stick to real ingredients. No drink mixes for your margarita.

A margarita would go well with either arugula or basil pesto, says Willoughby "since the flavor that it's underlining and complementing is a general vegetal herby-ness."

But for arugula pesto, stick with a regular gimlet — gin, a spot of lime and soda water.

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CHICKEN PIZZA WITH ARUGULA PESTO AND SUN-DRIED TOMATOES

Start to finish: 1 hour
Makes two 12-inch pizzas

For the pesto:
3 cloves garlic
1 cup grated Parmesan or pecorino cheese
1/2 teaspoon red pepper flakes



When serving this Chicken Pizza with Arugula Pesto and Sun-dried Tomatoes pair it with a simple basic gimlet which will make for a fun and satisfying meal. (AP Photo)

1 1/2 cups firmly packed, coarsely chopped arugula
2 tablespoons pine nuts, toasted
2 tablespoons olive oil
For the chicken:
2 boneless, skinless chicken thighs (about 6 ounces total)
Salt and ground black pepper
2 teaspoons vegetable oil
For the pizza:
1 ball whole-wheat pizza dough, room temperature (about 1 1/4 pounds)
1 tablespoon cornmeal
12 oil-packed sun-dried tomatoes, drained and patted dry
2 cups (about 8 ounces) grated fontina cheese

Place a pizza stone on the oven's lowest rack. Heat the oven to 500 F.

To prepare the pesto, in a food processor combine the garlic, cheese and red pepper flakes. Pulse until minced. Add the arugula, pine nuts and olive oil and process until a relatively smooth paste forms. Set aside.

To prepare the chicken, pat it dry with a paper towel, then season it with salt and pepper.

In a medium saute pan over medium-high, heat the oil until shimmering. Add the chicken and cook for about 2 minutes per side, or

until browned on both sides. Transfer to a cutting board. When cool enough to handle, cut into 1/4-inch strips. Set aside.

To assemble the pizza, divide the dough in half, then roll each piece into a 12-inch round. Dust a wooden pizza peel (or an overturned baking sheet) with the cornmeal, and put 1 dough round on it to assemble the pizza.

Top the first piece of dough with half of the pesto, then half each of the chicken, sun-dried tomatoes and fontina cheese.

Using the peel, shimmy the pizza directly onto the pizza stone. Bake for 10 to 12 minutes, or until the cheese is browned and bubbly. Assemble the second pizza while the first one bakes, then bake in the same manner.

(Recipe adapted from Joy Manning and Tara Mataraza Desmond's "Almost Meatless," Ten Speed Press, 2009)

Nutrition information per serving (values are rounded to the nearest whole number): 856 calories; 389 calories from fat; 43 g fat (17 g saturated; 0 g trans fats); 118 mg cholesterol; 72 g carbohydrate; 48 g protein; 9 g fiber; 1,533 mg sodium.



Bacon replaces the Parmesan in this hearty and versatile Bowtie Pasta with Bacon Pesto. This unusual pesto lets your lactose intolerant dinner guests enjoy a pasta dinner without going the vegan route. (AP Photo)

Trying something new— pesto with pig instead of Parmesan

J.M. HIRSCH

AP Food Editor

It was an interesting dinner dilemma. A huge bag of incredibly aromatic fresh basil. A heap of pasta that just begged for pesto. And one lactose intolerant dinner guest who couldn't eat the Parmesan cheese that gives pesto its deeply savory flavor.

My options seemed bleak. Vegan pestos were out; they fool no one. I was leaning toward thinly slicing the basil and tossing it with the pasta along with some extra-virgin olive oil, minced garlic, a pinch of red pepper flakes, and salt and pepper.

That would have been fine, but then I started considering other ingredients that share Parmesan's seriously savory (also called umami in the food world) flavor profile. And of those ingredients, which could handle being ground up into pesto.

Bacon.

Just trust me. It was a stunning success. The resulting pesto was meatier than conventional recipes, but not heavy in the way a meat sauce is. And as it does with Parmesan, the herby taste of the basil cuts through the fatty bacon.

This pesto is delicious tossed with pasta, but it's also great smeared onto slices of sourdough bread, topped with tomato and a slab of fresh mozzarella, then briefly broiled.

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BOWTIE PASTA WITH BACON PESTO

Start to finish: 20 minutes
Servings: 4
6 slices thick-cut bacon (preferably smoked)

12 ounces farfalle pasta
2 1/2 cups (about 4 ounces) fresh basil
1/4 cup pine nuts
3 cloves garlic
1/4 cup extra-virgin olive oil
Salt and ground black pepper, to taste
1 tomato, seeded and diced

In a large skillet over medium-high, cook the bacon until crisp, about 8 minutes. Use a slotted spoon to transfer the bacon to paper towels and drain well. Let the bacon cool slightly.

Meanwhile, bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the pasta cooking water, then drain the pasta, return it to the pot and set aside.

In a food processor, combine the bacon, basil, pine nuts and garlic. Pulse until well chopped. Then, with the processor running, drizzle in the olive oil until the ingredients form a thick paste. Stop the processor and scrape the sides with a rubber spatula as needed. Season with salt and pepper, then pulse again to blend.

Add the pesto to the pasta and toss well. Add just a bit of the pasta cooking water and toss again. Serve topped with diced tomato.

Nutrition information per serving (values are rounded to the nearest whole number): 576 calories; 235 calories from fat; 26 g fat (4 g saturated; 0 g trans fats); 13 mg cholesterol; 68 g carbohydrate; 18 g protein; 4 g fiber; 440 mg sodium.

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Business

OF MUTUAL INTEREST

Get ready: Watch for rising mutual fund expenses

MARK JEWELL

AP Personal Finance Writer

BOSTON (AP) — Where are the incentives to invest? These days, auto makers are slashing thousands off sticker prices and offering zero-percent financing to win over recession-weary consumers. So why not mutual fund companies?

You might hope they would trim the expenses they charge to manage your money. After all, it would ease the pain after the beating your investment portfolio has taken lately.

Alas, mutual funds aren't like the auto business, where dealers are bending over backwards to sell cars.

"That industry is hurting, and they're not coming back to their customers and saying, 'You need to bail us out, and we are going to raise prices even though there's a recession,'" said Russel Kinnel, director of fund research at Morningstar Inc.

But the push-pull of supply and demand works differently in the fund industry. When markets tank, the value of the stocks and bonds that mutual funds hold drops. Because fee revenue for fund companies is tied to the value of the assets they manage,

their bottom lines suffer when the markets fall.

Sooner or later, something has to give — either the fund company cuts its operating costs, collects more from investors, or both.

Market declines, like the 39 percent drop in the Standard & Poor's 500 index over the past 12 months, are beginning to trigger mutual fund breakpoints. That's the industry term for asset thresholds that can either raise the costs investors pay after a market decline, or lower costs after a bull market lifts asset values.

It's all about economies of scale. Fund companies have certain fixed costs, such as overhead and payroll, that stay roughly the same whatever markets are doing. When companies are managing more money, they're more efficient and can lower costs.

These days, the reverse is happening. Many funds are now beginning to boost expense ratios, the ongoing charges that investors pay, expressed as a percentage of assets.

Even Vanguard Group, the low-cost king with its cheap index funds, is doing it. The company recently disclosed increases at a few of its funds. For example,

Vanguard U.S. Value (VUVLX) now charges 0.46 percent a year — or, in fund industry lingo, 46 "basis points," with each representing one-hundredth of a percentage point — up from 0.37 percent.

That's still lower than expenses for most of the fund's peers in the large-value category, according to Morningstar. And the expense increase may not seem like much, unless you've invested lots of money. If you've put in \$3,000 — the fund's required minimum initial investment — the expense increase costs you an additional \$2.70 per year, boosting annual expenses to \$13.80.

But it's nevertheless painful after the fund lost nearly 35 percent last year and more than 12 percent so far this year.

The rising expenses that many funds will pass on "are like throwing salt in a wound," said Lipper Inc. fund analyst Jeff Tjornehoj.

Not all funds will raise expenses, and industry research firms like Morningstar and Lipper aren't projecting how much expenses will increase overall.

To be sure, many fund companies are sharing some of your pain after the market meltdown. For example, Fidelity Invest-

ments recently began cutting 3,000 jobs, or 7 percent of its work force. T. Rowe Price Group Inc. said Wednesday it's eliminating 288 jobs, or 5.5 percent.

Those two companies say they're taking pains to minimize cuts to investment teams that seek the best stocks and bonds for their mutual funds. But even if companies safeguard their investment expertise, cuts to other areas like customer service can hurt investors.

The asset breakpoints that trigger either an expense increase or decrease are written into a fund's prospectus. For example, the prospectus could indicate that expenses will increase from 0.95 percent to 1 percent — a rise of 5 basis points — if assets fall below \$1 billion.

The funds most likely to boost expenses are those that attracted lots of investors earlier this decade amid strong markets, but have since seen assets plunge more sharply than the broader market, Kinnel said. In many cases, those funds managed to lower expenses because of their popularity, but can no longer get by without charging more.

Most of this year's increases are likely to be automatic adjustments triggered by breakpoints,

and expenses could return to their old levels if markets rebound. Few fund companies are likely to approve breakpoint changes. Such a move would have longer-term implications, since it could make future expense increases more likely any time markets swoon — say, if a fund commits to raise expenses whenever assets fall below \$1.5 billion, rather than \$1 billion.

"They need to be cognizant that in times like these, perhaps it is their profit margins that will need to suffer if they're to hold onto market share," Tjornehoj said.

Any investor considering pulling money out of a fund that has boosted expenses should be careful. Keep in mind that there's far more than expenses to consider when choosing a fund — particularly if an expense increase amounts to just a few bucks a year.

"You shouldn't obsess over these things, because in most cases we're talking about a handful of basis points," Tjornehoj said. "Those do add up for larger investors, but if you've lost 30 percent of a fund's value in the last year, the expense ratio is a minimal part of that. Performance still matters a tremendous amount."

ON THE MONEY

Home swap vacations can be cheap but know answers to these questions

By CANDICE CHOI

AP Personal Finance Writer

NEW YORK (AP) — It's an alluring vacation idea in a recession: To beat pricey hotel rates, you swap homes with a family in the city you want to visit.

But when push comes to shove, you might have doubts about home exchange programs that open your home to strangers and the possibility of theft, property damage or injuries.

As people look for ways to trim traveling costs this summer, the risks and rewards of home swapping are getting closer scrutiny. In a perfect world, the idea is to save money and get a glimpse of life among local residents, all while keeping the conveniences of home.

"Home exchange isn't just about money. It's about getting off the tourist track and really caring about what other cultures are like," said Helen Coyle Bergstein, founder of the swapping site Digsville.com based in New Paltz, N.Y.

That said, here's what you need to know to arrange a successful home swap.

Q: How does it work?

A: The traditional home swap is when you trade places with another homeowner at the same time. There are other ways to do an exchange, however. You might go on a cruise while they stay in your home, then they might hunker down with relatives when you visit.

Without hotel ratings to give you guidance, be prepared for varying accommodations. Asking the right questions should prevent unwelcome surprises.

"It's all about communication," Bergstein said. "You need to be clear about everything, especially if you're traveling abroad."

Don't be discouraged if you live in a small town, either. There might be someone out there with family, friends or work to tend to in your neck of the woods.

Q: Are there any costs?

A: You'll most likely need to pay for membership to an online home exchange site. This gives you access to a bank of listings and boosts your chances of finding a suitable swap.

Membership fees vary, but are usually between \$40 to \$100 for a year.

Even if you only use the site once, the fee acts as a type of safeguard against opportunists, said Ed Kushins, president of HomeExchange.com.

Beyond that, it's up to you and your swap partner to work out any financial matters. Home swapping sites often offer template agreements that cover issues such as utility costs and what food is OK to eat. The agreements usually aren't legally binding, however, so it doesn't eliminate risk altogether. The idea is to make it clear what each party expects.

All told, home swapping can save big money, especially if you make it a habit. While hotel room rates are falling across the country, the national average is still about \$100 a night, according to Smith Travel Research Inc. Average rates in major cities are of course much higher — \$193 in New York City and \$171 in Miami.

Q: How do I know people are trustworthy?

A: Home exchange sites don't screen members, so you need to do your homework.

As with eBay or other peer-to-peer sites, home swappers can be rated after a stay. Don't be shy about reaching out to reviewers. Ask about their experience. Did the swappers keep the house clean? Did the online photos accurately portray their home?

If you're exchanging with a first-time swapper, you might want to ask for a referral from a neighbor or co-worker, although this isn't as common.

"This shouldn't offend people — they'll understand you're just doing due diligence," Kushins said.

Listings usually provide brief profiles of the homeowners, including their line of work, interests and a description of the family. A fuller picture should emerge once you reach out to them.

"You can really read people in an e-mail or telephone call," Bergstein said. "If you're asking a lot of questions and people are not open or generous with information, that might be a red flag."

Finally, remember that your ex-

change partner probably has similar fears. It's one reason people go to a home exchange site rather than anonymous newspaper listings.

Q: How do I protect against property damage or liability due to injuries?

A: Generally, home exchange partners are treated as any other guests under homeowners and renters insurance policies. So if your exchange partner breaks your lamp or steals a computer, you're covered, according to Kate Hollcraft, a spokeswoman for Allstate. The normal deductibles apply.

The same is true if your guest is hurt on your property, unless the injury is the result of reckless behavior (i.e., diving off the roof into a swimming pool).

If your exchange partner breaks or loses his or her personal property, their insurance would need to cover it.

Because policies differ, call your insurer to be sure you have appropriate coverage.

Q: What if one of us has to cancel the trip?

A: There aren't many options to protect against trip cancellations. But one option is getting a policy offered through CHECtravel. The policies, which are written by TravelGuard, start at about \$15, or 5 percent of the coverage amount up to \$50,000.

That covers any nonrefundable costs, including cancellations for plane tickets or car rentals, said Joe Murray, the founder of CHECtravel, which develops a code of conduct for home exchange sites.

You also have to be a member of CHECtravel to buy a policy. Membership costs \$15 a year.

Q: What is the most common reason for dissatisfaction?

A: Cleanliness. Standards vary widely, so be honest about your housekeeping and don't be afraid to ask about your partners.

Don't rely on photos alone. If you're afraid of seeming rude, volunteer information about your own habits. Be sure to indicate whether you smoke or have pets.

Most home exchange sites have a component that describes housekeeping styles. Said Bergstein of Digsville.com: "It keeps the Felixes and Oscars from crossing paths."

Butter, Kool-Aid in limelight in ad shift

NEW YORK (AP) — The

frill is gone. Companies are moving their ad dollars from gourmet or frivolous items to pantry staples and traditionally ho-hum household goods. Hamburger Helper, Kool-Aid drink mix and that golden oldie butter are advertising stars these days.

The new advertising is aimed not only at cashing in on the new frugality of recession-wary consumers but also fending off a flight to cheaper store brands. It also can maintain their share of a shrinking consumer-spending pie.

In some cases, the ads are paying off with higher sales.

"In this 'Great Recession,' economy, companies are not simply changing the messages they place in their ads, they are doing something much more substantial," said Marc Fleishacker, senior partner and managing director of Ogilvy Consulting's North America practice. "They are fundamentally changing the products they promote."

Land O'Lakes Inc., the maker of deli cheese, eggs and butter, launched its first TV campaign for its basic butter product in 10 years. Hormel Foods Corp., which increased its spending on ads for Spam last year, began its first national ad campaign for Dinty Moore stew last fall. Sales for Spam and Dinty Moore stew rose by double-digit percentage increases in the quarter that ended Jan. 25. Home Depot, the nation's largest home improvement retailer, is pushing items like potting soil and hand tools under a new tag line: "More saving. More doing." Last spring, in contrast, Home Depot focused on how to create dream kitchens. Many ads now also have a soothing feel to allay consumer anxiety. Allstate Insurance Co.'s "Back to Basics" commercial looks back to the Great Depression and other tough periods when people learned to enjoy small things like a home-cooked meal. A General Motors Corp. ad, which has a patriotic theme, promises to make payments if customers lose their jobs.

Shoppers who have noticed the new ads applaud marketers for understanding their changed

psyche.

"I like the messages out there. It's less focused on consumerism and buying the best," said Andrea Beck, a 39-year-old stay-at-home mother of two from South Orange, N.J. who has slashed her spending on food and lawn care.

The shift to highlight more everyday products follows more than a decade of companies pushing \$30,000 kitchen renovations, \$15 per pound cheeses and flashy jewelry as rising home values and growing stock portfolios made consumers feel flush.

No more. The recession has brought on an abrupt change in shoppers' mindsets. Home prices have fallen 29 percent from their summer 2006 peak, according to Standard & Poor's. Major stock indexes are off more than 40 percent from their October 2007 levels. Unemployment hit 8.5 percent last month, the highest rate in a quarter-century, and is expected to reach 10 percent by the end of the year.

That's translated to a spending malaise, even trickling into food purchases. Consumer spending not adjusted for inflation grew at the slowest rate since 1961 last year and is expected to remain sluggish for the rest of the year. In the fourth quarter of 2008, spending on food and nonalcoholic beverages fell 3.2 percent, according to Scott Hoyt, senior director of consumer economics at Moody's Economy.com.

In the last big recession, in the early 1980s, consumer product companies simply shrunk their ad budgets, said John Greening, a 28-year advertising industry veteran and now an associate professor at Northwestern University's Medill School of Journalism. But they can't afford to do that this time, as shoppers are shifting to lower-priced store brands, spending more at discounters, scraping the last dollop of face cream and buying more cheap canned goods and pasta.

Sales of store-label consumer products rose 9.1 percent to \$84.8 billion in the 52 weeks that ended March 21, while the sale of brand-name goods gained just 1.7 percent to \$421 billion, according to data from Nielsen Co.

HOROSCOPE

BY HOLIDAY MATHIS

SUNDAY, APRIL 26, 2009
Mars and Pluto battle it out until the end of the month. Being an outer planet, Pluto's effects are generally felt on a global level, but with Mars involved, the global becomes personal. It's a fine time to solidify your stance — to have an opinion about world events and to recognize how your personal choices contribute to the big picture.

ARIES (March 21-April 19). You have been rediscovering your talent for the written word. Seize the opportunity to jot off a pithy letter or a heart-felt communication. Your style will be fluid. You'll impress yourself and others.

TAURUS (April 20-May 20). You may be flattered by the attention of people who are younger than you. However, when it's time to partner up for the purpose of work or pleasure, you need to team up with someone wise with depth of character.

GEMINI (May 21-June 21). You will make a friend. Avoid complicated people. You'll naturally gravitate toward the one who smiles at you with great warmth. This person also has kind, soulful eyes and a stellar sense of humor.

CANCER (June 22-July 22). It's important to you to keep growing as a person. Developing your interests leads to something more profound. Your capacity for love and compassion will expand right along with your talents.

LEO (July 23-Aug. 22). Avoid dilettantism. It's sometimes very helpful to know just enough on a variety of topics; however, right now is not the time for dabbling. Find a project you can throw yourself into — completely.

TODAY'S BIRTHDAY (APRIL 26). The years have taught you to be patient. You let opportunities come to you instead of chasing after every half-baked promise. You'll build a wealth of resources, friends, cash and knowledge. Summer is full of surprises. Your quirky social graces hit just the right note with a winning someone, and you will form a fast bond. Cancer and Libra adore you. Your lucky numbers are: 4, 11, 25, 30 and 7.

VIRGO (Aug. 23-Sept. 22). The issue involving you and a loved one will arise once again. You could bring the matter to a conclusion if you wanted to, although you may not be ready just yet. Today, you'll be able to stay objective and gather more insight.

LIBRA (Sept. 23-Oct. 23). You'll finally have the time to pick up that book you want to finish or a piece of handiwork you've been meaning to complete. This detour from your usual routine will be soul fortifying.

SCORPIO (Oct. 24-Nov. 21). The communication channels are open. You'll enjoy catching up with friends and family. Have a few stories ready to tell and re-tell. You'll feel more comfortable when you know what you want to convey.

SAGITTARIUS (Nov. 22-Dec. 21). Test out your ideas. Bounce them off of smart people, silly people and people who have no idea what you're talking about. The reactions you get will help you hone your work into something more lucrative.

CAPRICORN (Dec. 22-Jan. 19). When you want someone to understand you, you make yourself quite clear. However, you might enjoy being a bit mysterious now, if only to be entertaining. You stir a bit of confusion and keep people on their toes.

AQUARIUS (Jan. 20-Feb. 18). A certain relationship is on your mind all day. If this relationship had a soundtrack, what would the music be like? Scary and percussive? Shimmering and ethereal? Raucous? This afternoon brings a welcome change in mood.

PISCES (Feb. 19-March 20). You could face and overcome your opposition, but it would take an awful lot of energy. It's probable that this battle is not important in the scheme of things. Conserve your personal power.

CELEBRITY PROFILES:
The irresistibly attractive Jessica Alba has Mercury, Venus and Mars all in sensual Taurus so aesthetics will always be important to her. This Venus-ruled Taurus is perpetually on the top of hot lists of the most desirable women in Hollywood. Her intellectual Aquarian moon shows a studious side. She's a serious learner of her craft who's studied with William H. Macy and Felicity Huffman!

Eight simple steps to healing back pain

By MICHAEL CASTLEMAN
Mother Earth News

On any given day, 5 percent of Americans — 15 million people — have back pain. Eighteen percent (54 million) have suffered back aches in the past month. And over a lifetime, significant back pain bedevils two-thirds of the population. Not surprisingly, back pain is a leading reason why Americans consult physicians, accounting for 14 percent of primary-care doctor visits.

According to the American Academy of Family Physicians, the most frequent cause of back pain is muscle strain. The injury might result from overuse (a rowing machine) or twisting (a backhand tennis shot), or lifting incorrectly (using the back instead of the legs). But quite often, there is no trauma. You rise from a chair or bend over while dressing, and wham, you feel sharp pain in your back.

The No. 2 cause of back pain is a herniated (slipped) disk. Disks are the cartilage rings between the 33 small bones (vertebrae) that comprise the spine. The alternating bone-cartilage arrangement provides flexibility. But disk injury — which typically appears on X-rays and MRIs as bulging or a rupture — can press on nearby nerves and cause severe pain.

Rarely, back pain is caused by other conditions: infections, cancer or other diseases.

But no matter what the cause, according to back pain researcher Richard Deyo, M.D., a professor of medicine at the Oregon Health Sciences University, “Nearly everyone gets better.”

Here’s how to deal with back pain:

1. As quickly as possible, press an ice pack against the affected area. Ice packs are standard first-aid for muscle injuries. They relieve pain and prevent swelling. Use ice cubes, a commercial cold pack, or a bag of

Mother Earth News

frozen peas or corn. Frozen vegetables often work best because they mold easily to the shape of your back. Wrap the ice in a cloth and alternate applying and removing it for 20-minute periods. Do not apply ice directly to the skin or you may cause frostbite. Continue ice pack treatment for up to a few days as needed.

2. Take over-the-counter anti-inflammatory pain relievers such as aspirin or ibuprofen (Motrin, Advil). Or try acetaminophen (Tylenol). Acetaminophen has no anti-inflammatory action, but it’s kinder to many stomachs and, according to a recent review of many studies by researchers at Oregon Health Sciences University, there is “good evidence” that even without anti-inflammatory action, Tylenol provides significant relief of back pain.
3. Consider trying two pain-relieving herbs: white willow bark (Salix alba), a natural form of aspirin, and devil’s claw (Harpagophytum procumbens), a South African herb that has potent pain-relieving and anti-inflammatory action. A review of studies by University of Toronto researchers concluded that both are effective. White willow and devil’s claw are available at health food stores and supplement shops. Follow the directions on the package.
4. Take it easy for a few days. Don’t do anything that makes the pain worse. But don’t climb into bed. Researchers in Oslo, Norway, analyzed all the research on bed rest for back pain, and concluded that it makes the pain worse. As quickly as possible, return to your normal activities, while taking care to avoid stressing the injury.
5. After a day or two, take hot baths or use a heating pad. Heat is soothing and it opens the blood vessels, which brings more healing oxygen and nutrients to injured tissues.

Australian researchers reviewed the studies and concluded that heat helps relieve back pain.

6. Engage in gentle, low-impact exercise every day. The American Academy of Family Physicians recommends walking. You might also benefit from gentle stretching, swimming or gardening. But avoid running, jumping and major twisting until you feel better.
7. Try the complementary therapies of your choice. The three most likely to help back pain are: chiropractic, massage and acupuncture. A recent review of 69 studies by researchers at Northwestern Health Sciences University in Bloomington, Minn., showed that chiropractic treatment provides significant relief of back pain. Studies at the Institute for Work and Health in Toronto show that massage is beneficial. And several studies around the world show that acupuncture is good for back pain. Health insurance may cover these treatments. Check your policy.
8. If you don’t begin to feel better after two weeks, or if your pain gets worse, see a doctor. Prescription muscle relaxants (Valium) might help. In addition, the doctor might recommend tests to identify the cause of your pain.

Whatever you do, don’t despair, notes Scott Kinkade, M.D., an assistant professor of family medicine at the University of Texas Southwestern Medical Center in Dallas. “Studies show that 30 percent to 60 percent of back pain sufferers recover in one week, 60 percent to 90 percent in six weeks, and 95 percent in 12 weeks.”

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ASK STACY
BY STACY JENEL SMITH

DEAR STACY: What's happened to Edward Herrmann, who gave such a great performance as Franklin Roosevelt in "Eleanor and Franklin" back in the '70s? I don't think I've seen him since "Gilmore Girls." — **Claire T., Spokane, Wash.**

DEAR CLAIRE: Lately he's been making "Born to be a Star," an indie film with Christina Ricci, and Nick Swardson playing a 27-year-old slacker who works as a bag boy and lives with his parents — and one day discovers that Dad (Herrmann) and Mom (Miriam Flynn) were legendary porn stars 30 years ago and becomes convinced adult film is his destiny as well. He's also in "The Skeptic," a forthcoming horror thriller with Tim Daly, for release this year. Recent credits include "Law & Order" and "Grey's Anatomy." Herrmann also does voice work for Dodge and The History Channel.

DEAR STACY: Tristan Wilds is the best thing about "90210," hands down. Where have we seen him before? — **Tracey W., Brooklyn, N.Y.**

DEAR TRACEY: The 19-year-old native of Staten Island was previously on HBO's "The Wire." He was also featured in the big-screen "Half Nelson" and "The Secret Life of Bees" — and in Alicia Keys, Lil' Flip and Jay-Z videos. Perhaps you've seen him modeling for Rocawear. The star-on-the-rise is also in "Red Tails," George Lucas' upcoming movie about World War II's Tuskegee Airmen, with Terrence Howard and Cuba Gooding, Jr.

DEAR STACY: Is there going to be a sequel to "Beverly Hills Chihuahua"? — Casey M., New Port Richey, Fla.

DEAR CASEY: "It's a maybe," said George Lopez, when I asked the star recently about a follow-up to the Disney hit. He also said he would be willing to reprise his voice role as leading dog Papi. However, he pointed out, "Unfortunately, it costs a lot to make a Chihuahua talk and cry. That tear at the end? That cost \$150,000."

DEAR STACY: Please give an update on Danielle Fishel, who used to play Topanga on "Boy Meets World." — **Sandy D., Dobbs Ferry, N.Y.**

DEAR SANDY: Fishel has recently been balancing her cable TV gigs — hosting the weekly "The Dish" program on the Style network, a counterpart to "The Soup" on its sister E! Entertainment network, as well as Fuse TV's "The Fuse 20" — with studying psychology. She envisions having a marriage and family therapy practice one day, specializing in helping children of divorce. "I really wanted to get my degree," says Danielle, now 27 and enrolled in college classes in Orange County, Calif. She admits that returning to school "was scary for me? I was afraid I'd be the oldest student in all my classes."

DEAR STACY: What's become of the beautiful Olivia Hussey? — **Alan P., Brooklyn, N.Y.**

DEAR ALAN: Now 58, Hussey lives in Los Angeles and continues to work, albeit in lower-profile fare than during her heyday following 1968's "Romeo and Juliet." She played the title role in 2003's Italian-made "Mother Teresa of Calcutta" TV film and had roles in the 2008 movies "Three Priests" and "Chinaman's Chance." In 2005, she was in the movie "Headspace" with her daughter, India Eisley, 15.

ANTIQUES

BY TERRY KOVEL

Peanut butter, everyone's favorite food, has had bad press lately, but peanut butter collectibles rank high with collectors. Peanut butter was eaten by the ancient Incas centuries ago. Peanuts later were grown in Africa, then Spain and then the American colonies. It was a commercial crop by the 1800s. Crushed peanuts (peanut butter) were eaten by the Chinese in sauces, during the Civil War in porridges, and as a healthy source of protein by the 1890s. Machines to make peanut butter in the United States were patented by 1895. Early peanut butter, and some sold in grocery and health stores today, is simply a paste of ground roasted peanuts. In 1904 peanut butter was a new popular snack sold at the St. Louis World's Fair. Improvements continued. It became smooth with the invention of churning machines, then was made to stay fresh longer and not separate from its own oil. Crunchy peanut butter was developed in 1934. Peanut butter collectors want the original containers — anything from jars to decorated tin pails to pressed glass globets. They also look for cookbooks, banks, salt and pepper shakers, figurines and anything connected to peanuts, like cookie boxes, roasted peanut tins and even the peanut logo used by President Carter. Most popular are peanut-related things from companies like Peter Pan, Big Top, Skippy, Smucker's, Planters Peanuts and Jif. Best of all are the decorated tin pails used from 1910 to 1950. Most entice buyers with colorful pictures of young movie stars or scenes from children's books.

Q: When my mother died at age 86 a few years ago, she left me her old "spinning wheel rocking chair." At least that's my name for it. The back of the chair and its arms are made from the wheels of spinning wheels. There are no marks on the chair, so I don't know if it was made commercially or by a local craftsman. Have you ever seen this type of chair?

A: When the United States celebrated its centennial in 1876, people all over the country became interested in Colonial Revival furniture. Because spinning wheels were no longer used much but did remind people of Colonial times, some clever furniture makers decided to use old wheels to make chairs. When old spinning wheels weren't available, cabinetmakers simply made more wheels. The style revived again in the 1940s.

Q: We own a 1929 GE Modern Longfellow grandfather clock-radio. We haven't been able to find any information about it. Can you help?

A: General Electric, founded in 1892, got into the radio business in 1919. That's when GE founded RCA. RCA marketed GE radios until 1930, when the companies were forced to break up. Your mahogany clock-radio dates from about 1931, not 1929. It was GE's H-91 model in the shape of a full-size grandfather clock. It houses an electric clock and a 10-tube radio. The radio didn't work very well, but collectors will pay about \$500 for a working model.

Q: More than 30 years ago, an older friend of mine gave me two canvas-covered duck decoys that had belonged to his father. I'm guessing they're around 100 years old. They appear to be hand-painted, but have inset glass eyes. Each one has its original cord and metal anchor attached. They are not stamped or signed. Can you tell me something about canvas decoys and what they're selling for?

A: Canvas-covered ducks, geese and swans have been made and used in many parts of the United States since the mid 1800s. Some were made commercially, some by small workshops and some by amateurs working at home. Most are made with a wooden base and a wooden or wire frame covered with canvas. Many are unmarked. They were inexpensive and lightweight, so they were easy for hunters to carry and deploy on the water to attract birds. Most decoy collectors don't like them as well as wooden decoys, but an antique canvas decoy in good condition can sell for more than \$100.

Q: About seven years ago I rescued a copper weather vane from a pile of junk being thrown away. It's in the shape of a trotting horse and sulky. The driver is wearing a cap and leaning forward in the cart. The reins are still intact, and so are the wheels. Do you think it could be valuable?

A: Horse weather vanes became popular during the late 19th century and have stayed popular. You can still buy new ones. Most of them are simply horses, though, without jockey or cart. Some horse-and-cart weather vanes were made commercially in the late 1800s, but others were homemade by amateurs. The value of yours depends on its quality, age and condition. If it's well made, in good shape and dates from

the 19th century, it could sell for hundreds or even thousands of dollars.

Terry Kovel answers as many questions as possible through the column. By sending a letter with a question, you give full permission for use in the column or any other Kovel forum. Names, addresses or e-mail addresses will not be published. We cannot guarantee the return of any photograph, but if a stamped envelope is included, we will try. The volume of mail makes personal answers or appraisals impossible. Write to Kovels, (Name of this newspaper), King Features Syndicate, 300 W. 57th St., New York, NY 10019.

CURRENT PRICES

- ▶ Charlie Chaplin hat, pressed felt, elastic string fastener, paper band with name and black-and-white photo of Little Tramp, 1920s, 2 1/2 x 7 1/2 inches, \$100.
- ▶ Carnival glass ice-cream bowl, Stag and Holly pattern, footed, lime green, marigold iridescence, \$120.
- ▶ Toy rocking horse, wood and Masonite, red body with black saddle, hoofs, mane and face, spring platform, 1940s, 34 inches, \$135.
- ▶ Dr. Seuss Cat in the Hat doll, plush fabric, felt hat, 1960s, Random House copyright, 23 inches, \$150.
- ▶ 1936 Berlin Olympics handkerchief, Olympics symbol and flags of the nations, printed on silk, browns, blacks and reds, 28 x 28 inches, \$190.
- ▶ ReJoyce pickling spice tin, image of playing children on both sides, beige ground, Joyce-Laughlin Co., Peoria, Ill., 2 ounces, \$575.
- ▶ Wedgwood Black Jasper-dip dancing hours plaque, rectangular with applied white figures holding hands & dancing, c. 1900, 6 x 18 inches, \$770.
- ▶ Shaker Sabbathday Lake covered sewing basket, oval, 3 silk-lined compartments, pincushions, wax, rectangular tray, 2 flexible handles, 11 x 2 3/4 inches, \$1,195.
- ▶ Biedermeier daybed, walnut, S-scroll ends, fitted with central cushion & 2 circular bolster pillows, block feet, c. 1830, 91 inches, \$1,425.
- ▶ George III cross-stitched sampler, 3-masted schooner, surrounded by castles and lighthouse, beige and reds, signed Mary Anne Dundas, June 12, 1797, 16 x 12 inches, \$1,775.

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Living her fantasy through computer

Dear Annie: I am experiencing firsthand how damaging certain social networking websites can be.



Annie's Mailbox

My wife and I have been married for 18 years. Six

months ago, I found out she was having inappropriate contact with a man through one of these websites. Since then, there have been several other men, and she has been communicating with the latest one for nearly three months.

When I approached her about what was going on, I was accused of spying and invading her privacy, both of which are true. Since I found out what she is doing, it has become all-consuming. I have developed insecurities I didn't have before.

We have three children whom I love dearly. I want to keep our family intact, but my world has been shattered. The girl I loved has turned into someone I do not know. I am willing to go for counseling, but she is not. What help is there for me? — Crash the Internet

Dear Crash: Your wife is living a fantasy over the computer, and she doesn't want to let it go. She hasn't quite grasped what she risks losing in the process — her marriage, her husband, her children and her self-respect. Go for counseling without her. It will help you decide what your next step will be and how to protect your children. You cannot force your wife to face reality, but it certainly sounds like she could use a major wake-up call.

Dear Annie: I am 35 years old and single. My mother passed away a year ago, and I am not in contact with my father. I don't have a lot of family. My older sister lives in another state with my teenage niece. I do not have a will because there's no real property or valuables to speak of. I have a \$50,000 life insurance policy, and my niece and a close friend are the beneficiaries.

If something were to happen to me, who would take care of my burial arrangements and memorial service? Do I create a will for this purpose only and designate my friend to use his share of the life insurance policy to pay for my burial expenses? Or do I designate a mortuary as the beneficiary?

I am sure I cannot be the only young person wondering what happens to me after I am gone. I know my sister and niece cannot afford to take care of these expenses, nor do I want them to. — Still Single in California

Dear California: Putting funeral instructions in the will is pointless. By the time your will is read, it will be too late. Instead, consider a prepaid funeral where you select and pay for the arrangements in advance. (Make sure you use a reputable funeral home and keep copies of your receipts and contracts.) Put your wishes for a memorial service in writing, and give copies to your attorney, your friend and your sister, along with the details of the prepaid funeral arrangements. Rest easy.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. E-mail your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, P.O. Box 118190, Chicago, IL 60611.

PREMIER Crossword

COUNTRY STARS

ACROSS

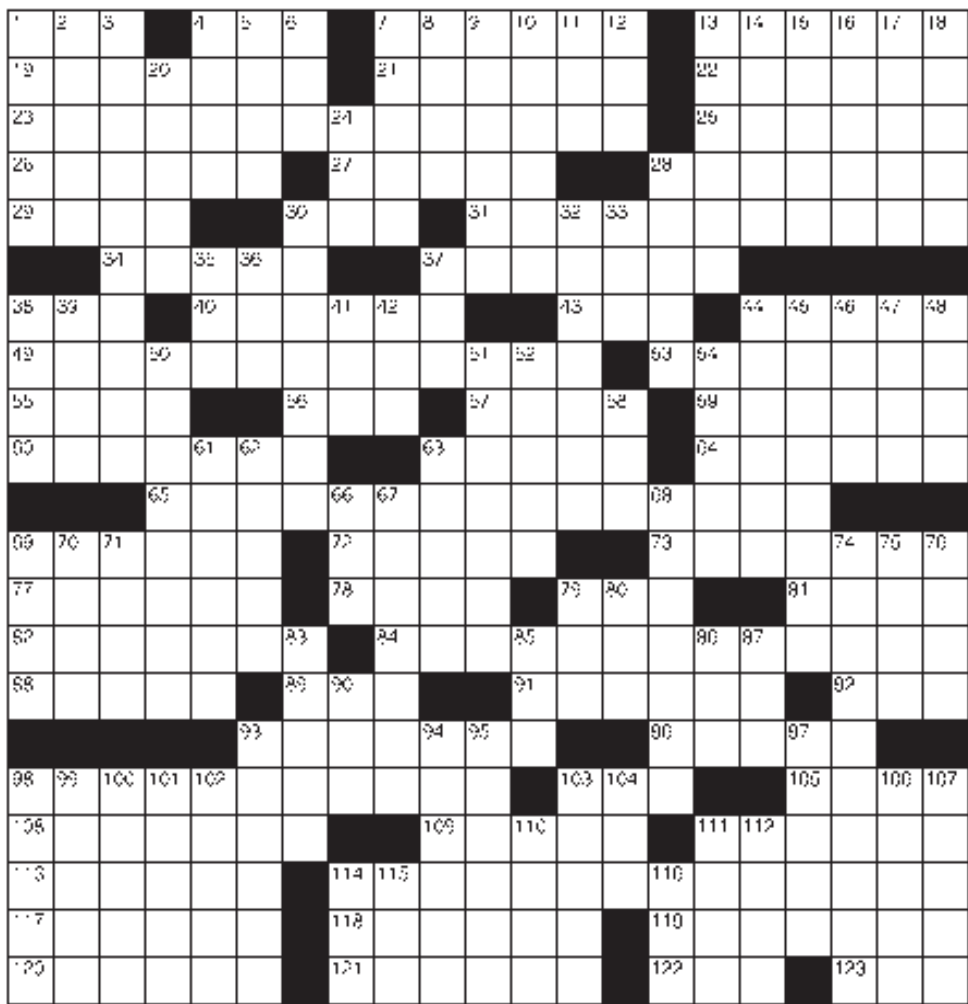
- 1 Cartography creation
- 4 Mrs. Willoughby
- 7 Air freight
- 13 Almodóvar and Martinez
- 19 Gland above the kidneys
- 21 Glenmers
- 22 "Misty" composer Garner
- 23 "Tao's Pueblo" painter
- 25 Queasy feeling
- 26 Bodies of warships
- 27 Cyster land
- 28 Craftsman
- 29 Baldwin of "The Juvv"
- 30 Get Eichee
- 31 Lead singer of the Maine Ingvalant
- 34 Singer Judd
- 37 Big name in film criticism
- 38 "The breath mint"
- 40 Emuence
- 43 Beethoven
- 44 Kind of saxophone
- 49 "Penguin Island" novel list
- 53 Make it through
- 55 Brains' sea
- 56 Gulf relative
- 57 and ends
- 59 Did in
- 60 Actress Saldaña
- 63 Person gal pals
- 64 Hay bundles
- 65 1991 2001 president of the National Organization for Women
- 69 Go in circles
- 72 "Amazing" paramedic debunker
- 73 Atogether
- 77 Pick by
- 78 First crawling class, perhaps
- 79 In bad health
- 81 Like a long, slivery fish
- 82 Ru e.g.
- 84 NBA legend
- 88 Big snore
- 89 Egg Prefix
- 91 Fox in Crew
- 92 Big racket
- 93 Pontiac sports car
- 96 Torture
- 98 "Medical Center" on-star
- 103 U-Held vehicle
- 105 Cat's victim
- 108 In a gleamingly road way
- 109 Fancy hotel lobbies
- 111 Movie theater
- 113 To-do list
- 114 "Anne John" novelist
- 117 Remitted
- 118 Big name in frozen foods

- 119 In an enthusiastic way
- 120 Sand grave e.g.
- 121 Unrepentant individual
- 122 "Dun" — step father"
- 123 The "S" of GPS: Abbr.

DOWN

- 1 Catta
- 2 "Have I got — for you!"
- 3 Cooked in a sauce of tomatoes, garlic, and olive oil
- 4 "Phoebe" dramatist William
- 5 Podium
- 6 Carle
- 7 Paved questions
- 8 Mets' old stadium
- 9 Core
- 10 Snags, as of new arrivals
- 11 Book like a dict. or ency.
- 12 Ending for Vietnam
- 13 Boy in Booth Larkington novel titles
- 14 Muse of love poetry
- 15 Celtic priest
- 16 Martha's wine partner
- 17 Fake fat in some chips
- 18 Street lingo
- 20 "Fanny" author Jong
- 24 Not closed, in poetry
- 28 Golden — creature

By Frank A. Longo



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BILLBOARD AUDIOS

THE BEST SELLERS

By The Associated Press

Weekly charts for the nation's best-selling recorded music as they appear in next week's issue of Billboard magazine. Reprinted with permission. (Platinum signifies more than 1 million copies sold; Gold signifies more than 500,000 copies sold.)

- Billboard Hot 100: Top 20
- 1. "Boom Boom Pow," The Black Eyed Peas. will.i.am/Interscope.
- 2. "Poker Face," Lady GaGa. Streamline/KonLive/Cherrytree/Interscope.
- 3. "Right Round," Flo Rida feat. Ke\$ha. Poe Boy/Atlantic. (Platinum)
- 4. "The Climb," Miley Cyrus. Walt Disney/Hollywood.
- 5. "Kiss Me Thru the Phone," Soulja Boy Tell 'Em feat. Sammie. ColliPark/Interscope.
- 6. "Day 'n' Nite," Kid Cudi. Fool's Gold/Universal Motown.
- 7. "Blame It," Jamie Foxx feat. T-Pain. J/RMG.
- 8. "Dead and Gone," T.I. feat. Justin Timberlake. Grand Hustle/Atlantic. (Platinum)
- 9. "We Made You," Eminem. Web/Shady/Aftermath/Interscope.
- 10. "You Found Me," The Fray. Epic. (Platinum)

- 11. "Gives You Hell," The All-American Rejects. Doghouse/DGC/Interscope.
- 12. "Halo," Beyonce. Music World/Columbia. (Gold)
- 13. "My Life Would Suck Without You," Kelly Clarkson. RCA/RMG.
- 14. "Just Dance," Lady GaGa feat. Colby O'Donis. (Platinum)
- 15. "Sugar," Flo Rida feat. Wynter. Poe Boy/Atlantic.
- 16. "Love Story," Taylor Swift. Big Machine/Universal Republic.
- 17. "Turnin Me On," Keri Hilson feat. Lil Wayne. Mosley/Zone 4/Interscope.
- 18. "Love Sex Magic," Ciara feat. Justin Timberlake. LaFace/JLG.
- 19. "Crazier," Taylor Swift. Walt Disney.
- 20. "Hoedown Throwdown," Miley Cyrus. Walt Disney.
- 21. "Don't Trust Me," 3OH3. Photo Finish/Atlantic/RRP. (Gold)
- 22. "Second Chance," Shine-down. Atlantic. (Gold)
- The Billboard 200 Top 10 Albums
- 1. "Hannah Montana: The Movie." Soundtrack. Walt Disney.
- 2. "Forever in a Day," DAY26. Bad Boy/AG.
- 3. "Unstoppable," Rascal Flatts. Lyric Street.
- 4. "Twilight." Soundtrack. Summit/Chop Shop/Atlantic/AG. (Platinum)
- 5. "NOW 30." Various artists. Universal/EMI/Sony Music/Zomba/UME.
- 6. "The Last Kiss," Jadakiss.

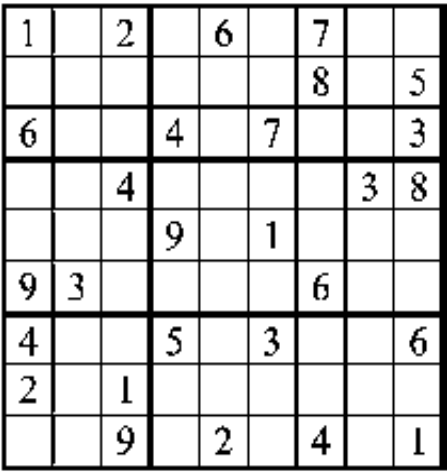
- Ruff Ryders/D-Block/Roc-a-Fella/Def Jam/IDJMG.
- 7. "Swoon," Silversun Pickups. dangerbird.
- 8. "The Fame," Lady GaGa. Streamline/KonLive/Cherrytree/Interscope/IGA. (Gold)
- 9. "Wide Open," Jason Aldean. Broken Bow.
- 10. "Fearless," Taylor Swift. Big Machine. rscope/IGA.
- Hot Adult Contemporary
- 1. "I'm Yours," Jason Mraz. Atlantic/RRP. (Platinum)
- 2. "Love Story," Taylor Swift. Big Machine/Universal Republic.
- 3. "Viva La Vida," Coldplay. Capitol. (Platinum)
- 4. "Better in Time," Leona Lewis. SYCO/J/RMG.
- 5. "What About Now," Daughtry. RCA/RMG.
- Top Christian Albums
- 1. "10," MercyMe. INO/Provident-Integrity.
- 2. "The Sound," Mary Mary. My Block/Integrity/Columbia/Provident-Integrity.
- 3. "WOW Hits 2009: 30 of the Year's Top Christian Artists and Hits." Various artists. EMI Christian Music Group/Provident-Integrity/Word-Curb. (Gold)
- 4. "The Power of One," Israel Houghton. Integrity/Provident-Integrity.
- 5. "My Paper Heart," Francesca Battistelli. Fer-vent/Word-Curb.
- Mainstream Rock Songs
- 1. "Lifeline," Papa Roach. El Tonal/DGC/Interscope.
- 2. "Cyanide," Metallica. Warner Bros.

- 3. "Dead Memories," Slipknot. Roadrunner/RRP.
- 4. "Hate My Life," Theory of a Deadman. 604/Roadrunner/RRP.
- 5. "The Night," Disturbed. Reprise.
- Alternative/Modern Rock Tracks
- 1. "Feel Good Drag," Anberlin. Universal Republic.
- 2. "Use Somebody," Kings of Leon. RCA/RMG.
- 3. "Lifeline," Papa Roach. El Tonal/DGC/Interscope.
- 4. "Audience of One," Rise Against. DGC/Interscope.
- 5. "Careless Whisper," Seether. Wind-up.
- Hot Country Songs
- 1. "It's America," Rodney Atkins. Curb.
- 2. "Here Comes Goodbye," Rascal Flatts. Lyric Street.
- 3. "She's Country," Jason Aldean. Broken Bow.
- 4. "I Told You So," Carrie Underwood feat. Randy Travis. 19/Arista Nashville.
- 5. "Nothin' to Die For," Tim McGraw. Curb.
- Top Country Albums
- 1. "Unstoppable," Rascal Flatts. Lyric Street.
- 2. "Wide Open," Jason Aldean. Broken Bow.
- 3. "Fearless," Taylor Swift. Big Machine.
- 4. "Defying Gravity," Keith Urban. Capitol Nashville.
- 5. "Carnival Ride," Carrie Underwood. 19/Arista Nashville/SMN. (Platinum)
- Hot R&B/Hip-Hop Songs
- 1. "Blame It," Jamie Foxx feat. T-Pain. J/RMG.
- 2. "Dead and Gone," T.I. feat.

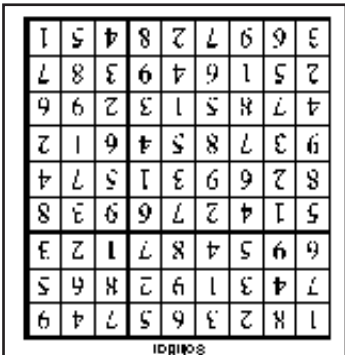
- Justin Timberlake. Grand Hustle/Atlantic. (Platinum)
- 3. "Turnin Me On," Keri Hilson feat. Lil Wayne. Mosley/Zone 4/Interscope.
- 4. "Rockin' That Thang," The-Dream. Radio Killa/Def Jam/IDJMG.
- 5. "Kiss Me Thru the Phone," Soulja Boy Tell 'em feat. Sammie. ColliPark/Interscope.
- Top R&B/Hip-Hop Albums
- 1. "Forever in a Day," DAY26. Bad Boy/AG.
- 2. "The Last Kiss," Jadakiss. Ruff Ryders/D-Block/Roc-a-Fella/Def Jam/IDJMG.
- 3. "In a Perfect World....," Keri Hilson. Mosley/Zone 4/Interscope/IGA.
- 4. "Love V/S Money," The-Dream. Radio Killa/Def Jam/IDJMG.
- 5. "UGK 4 Life," UGK. Trill/JKG/Jive/JLG.
- Hot Rap Songs
- 1. "Dead and Gone," T.I. feat. Justin Timberlake. Grand Hustle/Atlantic. (Platinum)
- 2. "Kiss Me Thru the Phone," Soulja Boy Tell 'Em feat. Sammie. ColliPark/Interscope.
- 3. "Boom Boom Pow," The Black Eyed Peas. will.i.am/Interscope.
- 4. "Turn My Swag On," Soulja Boy Tell'em. ColliPark/Interscope.
- 5. "Magnificent," Rick Ross feat. John Legend. Slip-n-Slide/Def Jam/IDJMG.
- 6. "Ain't It," Yung L.A. feat. Young Dro & T.I. Grand Hustle/Interscope.

JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Rating: GOLD



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