



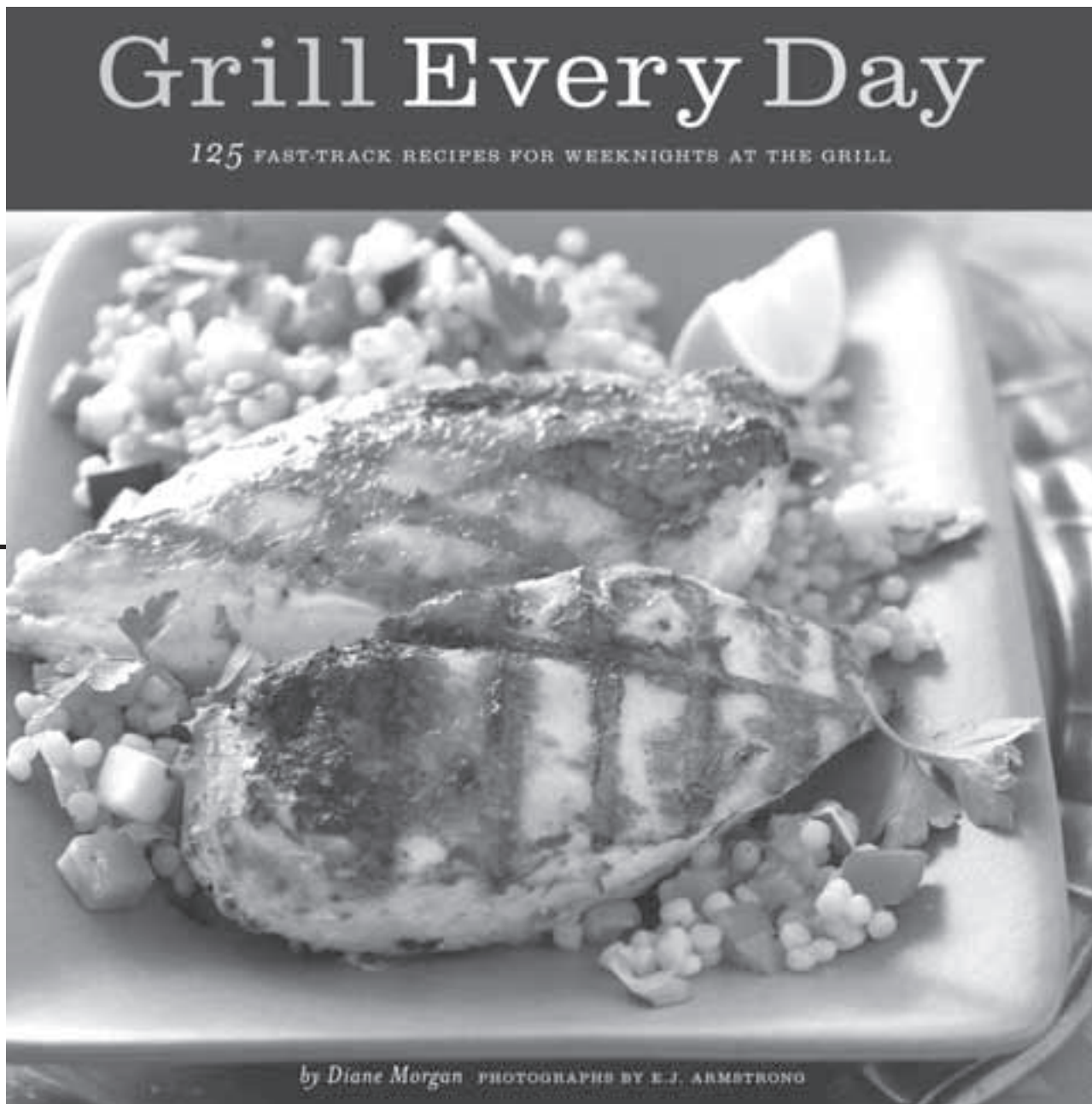
National Harbor

destined to be new
tourist hot spot

...see page 12

Chill out, slow down and grill

“Backyard barbecues shouldn’t be reserved for the weekends. Grilling can be a weeknight activity for a delicious and easy meal,” Morgan said. “Fresh summertime salads are great for casual entertaining or an easy weeknight meal, and adding grilled meat to a chilled salad is a taste sensation.”.....See Page 15



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Dave (Eddie Murphy) is shocked by some unexpected micro-boogeying happening atop his shoulder.

The spaceship Dave crash-lands, but it's not a total loss

by Nigel Roberts

Meet Dave is at best mediocre. **Eddie Murphy** plays his role too safe after his much-noted flop *Norbit*. That's a shame because Murphy is genuine and at his best when he's edgy and spontaneous on the screen.

In *Meet Dave*, two-inch extraterrestrials, led by Captain Dave (Murphy), crash-land their spaceship in front of the Statue of Liberty. Here's the twist: Murphy is the spaceship, dressed in a disco-era white suit, and the pint-size aliens (including a miniature Murphy) live and operate the ship from inside the larger Murphy.

These aliens, who hail from the planet Nil, had previously sent a device that looks like a rock to Earth that would suck all the water from Earth's oceans and leave the salt behind. They don't care that life on Earth would die without water. The creatures of Nil

depleted their own salt supplies and need it to survive. But instead of landing in an ocean, the orb landed in the bedroom of an 11-year-old star gazer named Josh (**Austyn Lind Myers**). The crew's mission is to retrieve the orb and mine Earth's oceans for salt.

In the same way that Captain Kirk directed activities onboard the *Enterprise*, Captain Dave commands his crew from the deck of the spaceship Dave. He relies heavily on his cultural officer (**Gabrielle Union**) to advise him on what Dave should say and do, so as not to call attention to himself while he searches for the orb.

In one of the movie's few funny scenes, Dave struggles to imitate humans but fails miserably in even the simplest acts like smiling. He moves about like a rusty robot badly in need of oil as he learns to walk. Eventually the ship's engineers figure out the mechanics of human movement, and

Dave gets it together—physically. But they never quite figure out human culture. For example, he tells people that his name is Ming Cheng—the most popular name on Earth but an unusual name for a Black man.

While lurking through Manhattan in search of the orb, Dave is hit by a car. As luck would have it, Josh's mom is the driver. Afraid of a lawsuit, Gina (**Elizabeth Banks**) invites Dave into her home.

Dave and Gina develop a relationship that the filmmakers decided not to explore. Nevertheless, Dave develops a bond with Josh that delays his mission of locating the orb and draining the oceans. Josh, whose military father recently died, has self-esteem problems, but Dave helps him to overcome his issues.

While Murphy is unlikely to win an Oscar nomination for *Meet Dave*, as he did for *Dreamgirls*, this movie

allows him to escape from *Norbit*'s long, dark shadow. But still, we don't see Murphy at his best. Early in his movie career, he was aggressive and dangerous (*48 Hours* and *Beverly Hills Cop*)—that's the Murphy many enjoy. So file this movie among his mediocre family films.

A dangerous Murphy would have explored an interracial relationship with Gina instead of the safer relationship with his Black cultural officer. He also settles for the easy gags like printing cash from a part of his anatomy that young viewers will find hilarious. And exposure to Earth culture does strange things to the alien crew. A Black crew member becomes a loudmouth trash-talker, and another one becomes gay—longtime staples of Murphy's repertoire. How unimaginative is that? Murphy needs some new material and to rediscover his edgy side.

GPC Writers Institute announces August events

The Writers Institute at Georgia Perimeter College and its community partners recently announced their slate of literary programs in August, including visits by nationally acclaimed authors. All events are free and open to the public.

• Aug. 16: Pulitzer-Prize winning poet **Natasha Trethewey** and renowned crime novelist **Karin Slaughter** will visit the Atlanta Writers Club's monthly meeting. The meeting is set for 1 p.m., Dunwoody Campus, building NC, room 1100. For more information about AWC, visit www.atlantawritersclub.org.

• Aug. 21: **Joseph "Rev. Run" Simmons**, a founding member of the pioneering hip-hop group Run DMC and star of MTV's *Run's House*, will discuss his new book *Take Back Your Family*. The event will be held at 7 p.m., Cole Auditorium, Clarkston Campus. Copies of the book will be available for purchase before and after the program, which is co-sponsored by The Georgia Center for the Book. Doors open at 6 p.m.

• Aug. 29: **Lawrence Hill**, winner of the 2008 Commonwealth Writers Prize, will discuss his new critically acclaimed novel *Someone Knows My Name* at 11 a.m., Decatur Campus, building SA, third floor library foyer.

• Aug. 29 to 31: AJC Decatur Book Festival, Decatur Square. GPC is a founding partner of this annual book festival, which in only its third year has become one of the largest in the country. More than 70,000 people are expected to descend upon downtown Decatur over Labor Day weekend. This year's line-up of more than 250 authors features former U.S. Poet Laureate **Billy Collins**, poet **Amiri Baraka** (aka LeRoi Jones), Pulitzer Prize-winning journalist **Rick Bragg**, Oprah's Book Club alumna **Pearl Cleage** and best-selling novelist **Lee Smith**, along with GPC faculty members **Anna Schachner** and **Jack Riggs**. For more information, visit www.decaturookfestival.com.

Georgia Perimeter College is one of only two community colleges in the nation with writers institutes. The Institute at GPC enhances the educational experience for students by promoting excellence in writing throughout the college and also works with numerous community partners, such as The Georgia Center for the Book, The Decatur Book Festival and the Atlanta Writers Club to bring important literary events to the communities it serves.

For more information about upcoming events or about the Writers Institute, call (678) 891-3275 or visit www.gpc.edu/writersinstitute/index.htm.



Joseph "Rev. Run" Simmons

my friend's got mental illness.

To a friend with mental illness, your caring and understanding greatly increases their chance of recovery. Visit whatadifference.samhsa.gov for more information. Mental illness – What a difference a friend makes.



Arts & Entertainment Calendar



Sketchworks Theatre

3041 N. Decatur, Decatur
(404) 499-8181
www.sketchworkscomedy.com

Sketch World— Through Aug. 23

Sketchworks, Atlanta's Premier Sketch Comedy Troup presents Sketch World, directed by Jen Kelley. Performances are Fridays and Saturdays at 8 p.m. There will be a special matinee performance Sunday, Aug 17, at 5 p.m. Tickets are \$15 in advance and \$17 at the door

ART Station

5384 Manor Drive, Stone Mountain
www.artstation.org
(770) 469-1105

Bingo – Through Aug. 17

Come play bingo with the cast of this hilarious new musical *Bingo*. Meet Vern, Honey and Patsy, three pals who have driven through a terrible storm in the name of their weekly obsession in this splashy, zippy, outrageously funny new musical. Between the number calling, strange rituals and fierce competitions, love blossoms and long lost friends reunite.

The production features Kathy Halenda, Mary Kathryn Kaye, Lindsey Lamb, Judy Leavell, Larry Ruth, Lorraine Thompson and Rachel White. It is directed by David Thomas.

Performances are Thursdays - Saturdays at 8 p.m. and Sunday at 3 p.m. Tickets are \$26 for adults and \$20 for students and those 60 years old and older. This production is not appropriate for children younger than 12 and contains adult language.

Alliance Theatre

1280 Peachtree St., Atlanta
(404) 733-5000
www.alliancetheatre.org

August Wilson Full Circle: Gem of the Ocean & Radio Golf – Aug. 29 - Sept. 28

Two plays. One cast. A rare event not to be missed.

With a voice that is passionate and profound, and a vision that continues to uplift a generation, August Wilson crafted a 10-play cycle inspired by the American experience in the 20th century. The Alliance presents his final two plays bringing the power of that legacy full circle in a rare theatrical event as *Gem of the Ocean* and *Radio Golf* are performed in rotating repertory, each featuring the same company of actors.

The Renaissance Project

In Residence at the Cathedral at Chapel Hill, K-Center Building
4650 Flat Shoals Pkwy, Decatur
404-243-6937, ext. 1
www.renaissnceproject.info

The Diary of Anne Frank – Sept. 6 – 28

Written by Frances Goodrich and Albert Hackett and directed by Michael H. Cole, *The Diary of Anne Frank* is winner of the 1956 Pulitzer Prize, a Tony Award and the Critics Circle Award. The play tells the real-life story of a young girl named Anne Frank while she was in hiding for two years with her family during the Nazi occupation of The Netherlands and is based on entries in her diary.



Michael C. Carlos Museum of Emory University

571 South Kilgo Circle, Atlanta
(404) 727-4282

Lost Kingdoms of the Nile— Through Aug. 31

This monumental exhibition—consisting of more than 250 objects in gold, silver, bronze, ivory, stone, and ceramic ranging in date from 7000 B.C. to modern times—provides unprecedented insight into ancient Nubia, the extraordinary African civilization that has often been overshadowed by ancient Egypt.

High Museum of Art

1280 Peachtree St. NE, Atlanta
(404) 733-4506
www.high.org.

Young Americans: Photographs by Sheila Pree Bright—Through August 10 (Lower Level, Wieland Pavilion)

This new dynamic body of work is by Atlanta-based photographer Sheila Pree Bright. Young Americans is a portraiture project that explores the attitudes and opinions of young Americans (18–25 years) toward their nation and their identity as Americans. The works in this exhibition are not only relevant to the 2008 election year, they also complement the themes of Road to Freedom: Photographs of the Civil Rights Movement, 1956–1968 and After 1968: Contemporary Artists and the Civil Rights Legacy.

Road to Freedom: Photographs of the Civil Rights Movement, 1956–1968 – Through Oct. 5

Coinciding with the 40th anniversary of Dr. Martin Luther King Jr.'s assassination, "Road to Freedom: Photographs of the Civil Rights Movement, 1956–1968" is the most important art museum exhibition de-

voted to the photography of the Civil Rights Movement in more than two decades. Comprising approximately 130 photographs, many of which have never been on public display, "Road to Freedom" will be drawn primarily from the High's permanent collection, which contains one of the most comprehensive holdings of civil rights-era photography in the country. "Road to Freedom" includes unforgettable images that changed a nation, increasing the momentum of the non-violent movement by raising awareness of injustice and the struggle for equality in the United States. "Road to Freedom: Photographs of the Civil Rights Movement, 1956–1968" is organized by the High Museum of Art. This exhibition is supported by Sandra Anderson Baccus, The Atlanta Foundation, The Robert Mapplethorpe Foundation, Toyota, American Express and an award from the National Endowment for the Arts.

Street Life: American Photographs from the 1960s and 70s— Through Aug. 10

This permanent collection exhibition features photographs by Garry Winogrand, Danny Lyon, Susan Meiselas, and Dennis Carlyle Darling made in America in the 1960s and 1970s. Each body of work examines social groups living on the fringes of mainstream culture during the critical decades in American history that witnessed the Women's Liberation Movement, anti-Vietnam War demonstrations, and the emergence of the American counterculture.



Centennial Olympic Park

265 Park Ave West N.W., Atlanta
(404) 223-4499

Wednesday WindDown— Every Wednesday, Through September

Southern Company Amphitheater
5:30 p.m. - 8 p.m.

Enjoy everything from jazz to contemporary music performed by your favorite local and national touring acts.

Harmony Park

Oakview Road at East Lake Drive
www.decaturbqfestival.com.

BBQ, Blues & Bluegrass Festival—Saturday, Aug. 16

Harmony Park in Oakhurst. Live music, including barbeque, vegetarian food, and a special children's area. Adults \$5, children under 10 free. No coolers allowed in festival area.



Did you know that
2 out of 3
people
with diabetes
die from
heart disease
or stroke?

Ask about the link between diabetes and heart disease and learn how the ABCs of diabetes can help you lower your risk:

- A: Lower your A1C, a test that measures average blood sugar over the past 3 months, to less than 7
- B: Keep your Blood pressure below 130/80
- C: Get your "bad" Cholesterol (LDL) below 100

Call 1-800-DIABETES
(1-800-342-2383)

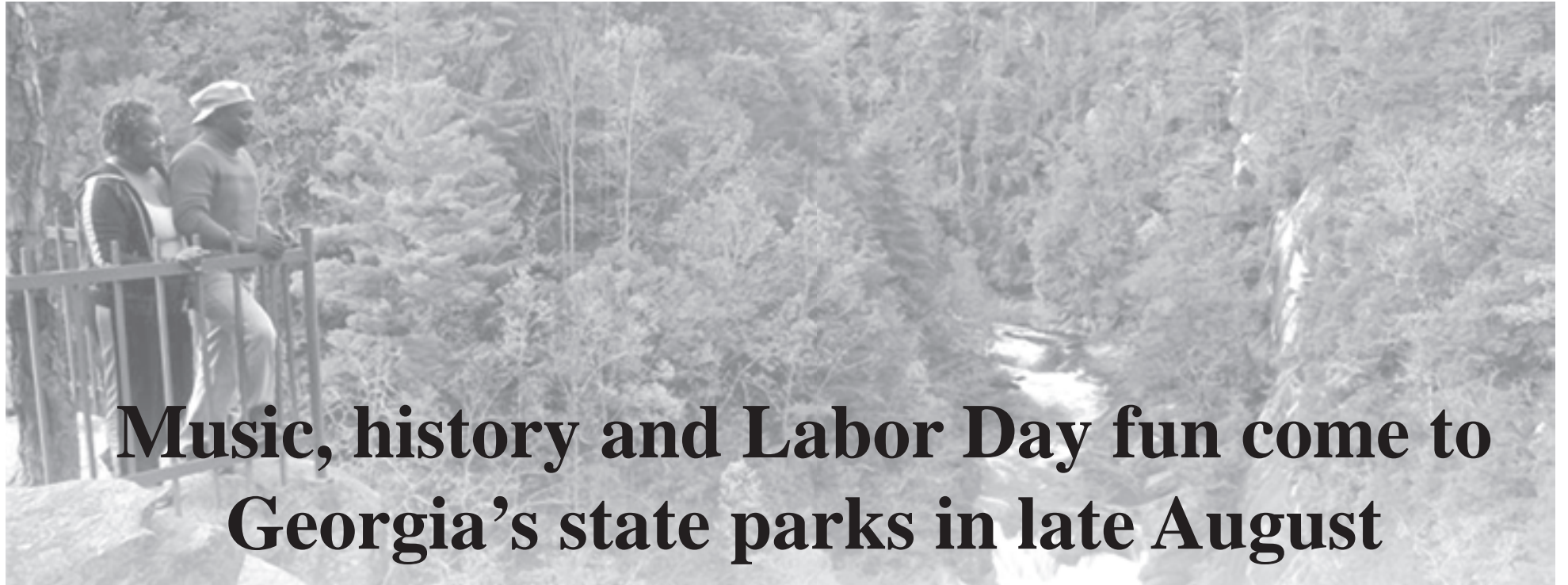
or visit

www.diabetes.org/MakeTheLink



An educational partnership of the





Music, history and Labor Day fun come to Georgia's state parks in late August



North Georgia

Aug. 23 and 24 and Aug. 30 and 31

Visiting Artist Series - 9 a.m. - 4:45 p.m. - Dahlonega Gold Museum Historic Site, Dahlonega - Artists and craftspeople from Georgia and surrounding states will demonstrate their arts or crafts. They will have their works for sale in the museum. Fees are \$2.50 - \$4. For more information, call (706) 864-2257.

Saturdays, Aug. 23 and Aug. 30

Saturday Evening Music Concert Series 8 p.m. - Unicoi State Park and Lodge, Helen - Regional musicians perform a variety of music from Appalachian mountain, bluegrass, and Southern gospel music. The program lasts from June through mid-November. "Pass-the-hat" donations will be accepted for the musicians. There is a \$3 parking fee. For more information, call (706) 878-2201 ext. 305.

Saturday, Aug. 23 - Sunday, Aug. 24

Third Annual Intertribal Pow Wow - 8 a.m. - 5 p.m. - Fort Yargo State Park, Winder - This pow wow will feature Native American dancers, ceremonies and vendors. Fees are \$1 - \$5, plus \$3 for parking. For more information, call (770) 867-3489.

Saturday, Aug. 30

Astronomy Program - 8:30 - 10 p.m. John Tanner State Park, Carrollton - The Atlanta Astronomy Club will present an astronomy program which will include a slide presentation and several telescopes set up for viewing the stars. There is a \$3 parking fee. For more information, call (770) 830-2222.



Middle and South Georgia

Friday, Aug. 29 - Monday, Sept. 1

A Very Unlabor Day - 10 a.m. - 8 p.m. - Little Ocmulgee State Park and

Lodge, McRae - Visitors are invited to enjoy a relaxing country music concert in the park's lakeside amphitheater, race in some relays, touch a live animal or two, make some decorative crafts and go on a nature hike. There is a \$3 parking fee. For more information, call (229) 868-7474.

Saturday, Aug. 30 - Monday, Sept. 1

Labor Day Weekend on the Lake - 10 a.m. - 4 p.m. - Florence Marina State Park, Omaha - This holiday weekend features reptile programs, boat rides, fun and games. There is a fee of \$3, plus \$3 for parking. For more information, call (229) 838-4706.

A Dip Into The Past - 9:30 a.m. - 6:30 p.m. - Roosevelt's Little White House Historic Site, Warm Springs - Swim in the historic pools originally built by **Franklin D. Roosevelt** as a place for therapy. Normally kept empty for preservation, the pools will be filled with naturally warm spring water. There will be four two-hour swim sessions beginning at 9:30 a.m. for visitors ages 6 and older. Reservations are suggested but not required. There are fees of \$15 for adults and \$10 for those ages 6 to 17. For more information, call (706) 655-5870.

Saturday, Aug. 30

Labor Day Celebration and Luau - George T. Bagby State Park and Lodge, Fort Gaines - This celebration is filled with guided nature hikes, crafts and relay races during the day, followed by an evening end-of-the-summer Luau Party at the marina with live entertainment. There is a \$3 parking fee. For more information, call (229) 768-2571.

Labor Day "Living History" - 9 a.m. - 5 p.m. - Jefferson Davis Memorial Historic Site, Fitzgerald - Learn about home-front living during the Civil War as re-enactors demonstrate cooking to sewing. Learn how to cook with only a fireplace, and then taste your knowledge. Fees are \$1.75-\$3. For more information, call (229) 831-2335.

Labor Day Celebration at Indian Springs - 2 - 4 p.m. - Indian Springs State Park, Flovilla - Forget about work and celebrate the holiday with family "funtivities" and games galore. There is a \$3 parking fee. For more information, call (770) 504-2277.



Coastal Georgia

Saturday, Aug. 30

Labor Day at Fort McAllister - 10 a.m. - 4 p.m. - Fort McAllister Historic Site, Richmond Hill - Civil War labor was much like labor today. Visitors can witness demonstrations of blacksmithing and woodworking as well as cannon firing demonstrations. Bring the kids to take part in old-fashion Civil War games. Pack a lunch and have a cool slice of melon with park staff. Fees are \$2.50 - \$4. For more information, call (912) 727-2339.

Tools and Skills That Built A Colony 11 a.m. - 4 p.m. - Wormsloe Historic Site, Savannah - Watch craft demonstrations from the Colonial period, such as woodworking, blacksmithing, candle making, spinning, dyeing, and cooking. Fees are \$2.50 - \$4. For more information, call (912) 353-3023.



Metro-Atlanta

Saturdays Aug. 23 and Aug. 30

New Manchester History Hike - 10 a.m. - noon - Sweetwater Creek State Park, Lithia Springs - This mile-long hike (easy to moderate) will lead the group to the ruins of the Civil War-era New Manchester textile mill and focus on the history of the Sweetwater Creek Valley. Highlights of this tour will include going inside the mill ruins and seeing the whitewater rapids (both providing photo opportunities). Fees are \$1-\$2 plus \$3 for parking. For more information, call (770) 732-5871.

Tuesdays, Aug. 19 and Aug. 26

Summer Fly Fishing Clinic - 6:30 - 8 p.m. - Panola Mountain State Park, Stockbridge - This clinic covers equipment, knot tying, casting, safety and other tricks of the trade. If time permits, participants may stay to catch the "Fish of Fish." Instructors suggest

wearing long pants and hiking shoes, and bringing snacks, water and sunscreen. A Georgia fishing license and a park fishing permit are required. Fees are \$10 or \$7 for those with their own gear. There is a \$3 parking fee. For more information, call (770) 389-7801.

Thursdays, Aug. 21 and Aug. 28

Walk On the Wild Side Night Hike 7:30 - 9 p.m. - Panola Mountain State Park, Stockbridge - Lace up your hiking shoes and come see the nightlife of Panola Mountain. This adventure will introduce participants to the nocturnal world of the forest and swamps, where they are likely to see fluorescent creatures, hear bats, and participate in "spider sniffing." The group may even have the park's local night-time denizen, the Barred Owl, join in. Register in advance. There is a \$5 fee, plus \$3 for parking. For more information, call (770) 389-7801.

Saturday, Aug. 23

Advanced Fly Fishing Clinic - 10 a.m. - noon - Panola Mountain State Park, Stockbridge - This clinic is for graduates of the park's Basic Fly Fishing Clinic and experienced fly fisherman and will focus on "on the water techniques." Those interested in enrolling should call to be sure they qualify. The clinic begins at the Rockdale River Trail parking and then heads to the lake for instruction in advanced casting technique (steeple cast, roll cast, and double-haul casting), line mending, reading the water and entomology. Fees are \$12-\$15, plus \$3 for parking. For more information, call (770) 389-7801.

Saturday, Aug. 30

Flintknapping - 10 a.m. - 4 p.m. Etowah Indian Mounds Historic Site, Cartersville - Flintknapping is the making of projectile points from different types of stone. See demonstrations of this ancient art. Fees are \$2.50-\$4. For more information, call (770) 387-3747.

Mountain Music Series - 8 p.m. - 9 p.m. - Red Top Mountain State Park and Lodge, Cartersville - Visitors are invited to enjoy a summer evening at the Vaughn Cabin, listening to the sounds of live mountain and bluegrass music. Bring a lawn chair or blanket and have fun with the whole family. Call the park for the band of the week. There is a \$3 parking fee. For more information, call (770) 975-4226.



Program designed to ease kids' pool fears

by Susie Laun

HENDERSON, Ky. (AP) "I'm getting it," 2-year-old **Abby Go** squealed with laughter as, arms outstretched and legs kicking, she reached for a pink walrus her dad had thrown a few feet away from her at the YMCA swimming pool.

Abby is just one of four babies who spent four weeks this summer getting used to the water through the Water Babies program sponsored by the YMCA in Henderson.

Her father, **Joseph Go**, a Henderson resident, said the class has been great for Abby, who before starting the class was afraid of water.

Now, Abby is excited about getting in the water.

The YMCA sponsors several Water Babies programs during the summer as a way to get small children, ages 6 months to 3 years old, accustomed to the water.

Abby's class ended July 17, and instructor

Linda Fueger said it was different than most she has taught.

The babies, who will play in the water with a parent, are most often accompanied by their mothers, Fueger said. But that class, which has four babies in it, was made up of three fathers and one mother.

Go said he enjoyed the time he has gotten to spend with his daughter on the Tuesday and Thursday nights.

"It's priceless," he said.

Abby is a triplet, but her sisters weren't scared or nervous around water the way she was, so their class was time for just her and her dad.

The class is mostly a way to orient small children to the water, YMCA aquatics director **Lora Shumate** said.

Another Water Babies program is scheduled to run in September, she said.

Fueger said she emphasizes safety while having fun through singing songs and playing games

in the water.

"It's a water adjustment class," she said. "The goal isn't to learn to swim, it's just to be comfortable in the water."

The babies also learn cues, and how to follow directions from their parents.

"Only jump when Daddy says," Fueger reminded the infants at a lesson in early July.

They want the children to be comfortable in the water and to begin teaching basic water safety at a young age.

For **Laney Ford**, a Henderson resident, and her 16-month-old daughter, **Maggie**, the class was a great way to teach safety.

"She has no fear," Ford said as she dried Maggie off after her lesson. "We just wanted a way for her to get used to water."

Maggie is willing to try anything, at least once, Ford said.

Ford said she really enjoyed the time she gets to spend with Maggie at the pool.

Readers seek ideas on weed control, raising annuals and aerobic activity

Advice from DeKalb Cooperative Extension

by Leonard Anderson, Jessica Hill and Brendolyn A. Smith



DeKalb Cooperative Extension answers home and garden questions in many different ways. Call (404) 298-4080 Monday through Friday, 8:30 a.m. to 5 p.m. or leave a voice mail message after hours. Send horticulture questions to dekalbmastgardener@co.dekalb.ga.us and all others to 1089@uga.edu. The Extension Web address is www.dekalbextension.com. Here is a sampling of recent questions.

Q. I am trying everything I can

to keep weeds out of my lawn. What can I do?

A. There is no silver bullet for weed control. Weeds have a reproductive life cycle; plants die and seeds produce new plants. Unfortunately some plants are really good reproducers, and they become very invasive weeds. You can with persistence eliminate a weed from your landscape; but this is often a temporary thing. We have no control over how weed seeds are disseminated and spread; many will make it back into

your landscape no matter what you do.

Some are carried in rain water washed from neighbors' properties and many are carried long distances by the wind. These seed dispersal methods allow plants to survive and spread to other locations. This is a species survival mechanism, and it is beyond our control.

A continuous weed prevention program involves the regular use of pre-emergent and post-emergent herbicides or a very thorough knowledge of plants. Contact your local Extension Office at (404) 298-4080 to discuss weed control in your landscape or home lawn.

Q. My garden has a good variety of eye-catching annuals. Some are surviving, but they are not as vibrant as they should be. Are there any recommendations to help improve their appearance and vigor?

A. Yes. First, I recommend building better soil each time you plant by incorporating 20-30 percent organic matter such as compost. Better soil means better rooting and better drought and pest tolerance. Also, annuals are heavy feeders, which means they require a lot of nutrients

At installation, add a slow release fertilizer and then as the season goes along supplement the nutrients by adding granular or liquid quick release fer-

tilizers as needed. Also, maintenance is required to keep your plants blooming; many require constant dead heading to keep them at their best. Prior to planting or re-planting consider doing a soil test to help you determine your lime and fertilizer needs. Finally, pick the best plants for your situation; sun plants for sunny areas and shade plants for areas of limited sunlight.

Q. Is it true aerobic activity can fight aging?

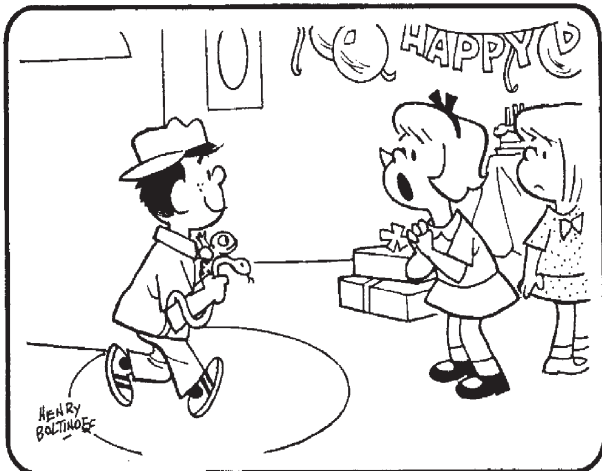
A. New research as reported in the *British Journal of Sports Medicine* confirms that vigorous walking for about an hour a day, five times a week can boost your maximum oxygen intake by as much as 25 percent within three months. This is enough to turn back the clock on 12 years of natural decline with aging. For seniors, it could add a dozen years functional independence.

Q. What are additional benefits of the DASH Diet?

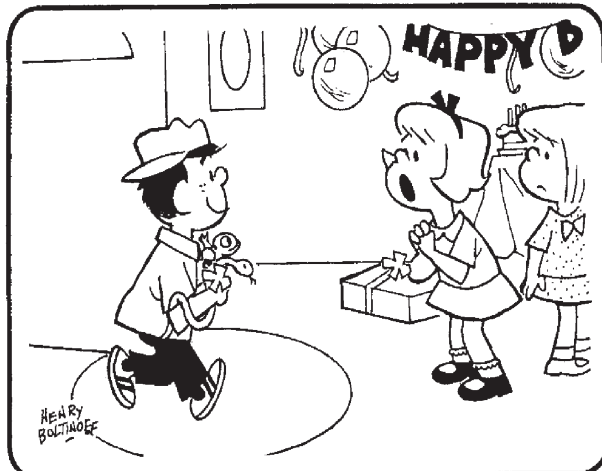
A. According to new results from the Nurses' Health Study based on 24 years of follow-up, the DASH (Dietary Approach to Stop Hypertension) eating plan shows that women whose diets most closely resembled the DASH plan were 24 percent less likely to develop heart disease and 18 percent less likely to have a stroke.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Banner letters are black. 2. Balloon has been added. 3. Boy's pants are dark. 4. Socks have ruffles. 5. One present is missing. 6. Bow has been added to snake.

~ Salome's Stars ~

ARIES (March 21 to April 19) There might still be some uncertainty about the decision you made. But a quick check of the facts should reassure you that you're doing the right thing.

TAURUS (April 20 to May 20) The tidy Taurean needs to be a little more flexible about accepting some changes to those carefully made plans. You might be pleasantly surprised by what follows.

GEMINI (May 21 to June 20) Consider stepping away from your concentrated focus on your new project for a bit so you can get some perspective on what you've done and where you plan to take it.

CANCER (June 21 to July 22) The understandably angry Crab might not want to accept the reason why someone might have tried to hurt you. But at least you'll have an insight into why it happened.

LEO (July 23 to August 22) There might be some facts you still need to know before leaping onto center stage. Best to move carefully at this time so that you can observe what's happening around you.

VIRGO (August 23 to September 22) It's a good time to expand your outlook by getting out and around, whether you do some long-range traveling or just explore the great things to see closer to home.

LIBRA (September 23 to October 22) Your wise counsel continues to be needed as that family situa-

tion works itself out. Meanwhile, the decisions you made on your job begin to pay off quite nicely.

SCORPIO (October 23 to November 21) Your job situation brightens thanks to all your hard work. Now, spend some time repairing a personal relationship you might have neglected for too long.

SAGITTARIUS (November 22 to December 21) Aspects favor action in the workplace. Line up your facts and show your superiors why you're the one they're looking for.

CAPRICORN (December 22 to January 19) Your hard work pays off on the job. Personal relationships can also benefit from more of your time and attention. Spend the weekend with loved ones.

AQUARIUS (January 20 to February 18) Early feedback on your project might be disappointing. But don't be discouraged. Use it to make needed adjustments, then submit it to your superiors again.

PISCES (February 19 to March 20) Flattery could lure the otherwise sensible Fish into making an unwise decision. Be careful. All that praise might be an attempt to reel you in before you can learn the facts.

BORN THIS WEEK: You have a wonderful sense of who you are. You are a shining example to others, helping them believe in themselves and what they can do.



Nonprofit group offers grants to spur interest in the ministry

by Nigel Roberts
Contributing Writer



An Atlanta-based nonprofit group is combating the sharp decline in the number of young men and women who pursue careers in ministry. On July 14, the Fund for Theological Education (FTE) announced that it is offering grants from \$5,000 to \$12,000 to help churches identify and educate future ministers. FTE's nationwide campaign to guide youth into joining the clergy will distribute awards totaling nearly \$300,000.

"These grants support innovative ways in which congregations embrace responsibility for the conversation about vocation and inspire a new generation to explore discernment of their call," said **Jim Goodmann**, FTE Calling Congregations regional director and grant program administrator. "Finding those who will lead the church tomorrow begins with offering space for that conversation today with the young people in our midst."

FTE points to "a looming shortage of clergy" in most major Christian denominations as the main reason for its ongoing effort to draw youth into the ministry. According to FTE research, fewer than 7 percent of clergy in mainline denominations today are un-

der the age of 35. And compared with previous generations, fewer seminary students plan to be ordained. What's more, only about one-third of them plan to serve a congregation.

The Roman Catholic Church is particularly hard hit. A two-year National Conference of Catholic Bishops survey discovered that membership in the American Catholic Church is increasing (due mainly to Hispanic immigration) while the number of priests to serve growing congregations continues to decline. The investigation, released in 2000, found that 2,334 parishes had no resident pastor. Consequently, many worshippers travel outside their parish to attend mass. At the same time, some parishes hold fewer worship services because many priests must pastor several churches.

In 1999, more U.S. Catholic priests died than were ordained. The study found that the average priest in the United States is 57 years old—while only 298 of the more than 27,000 active priests in the United States are under age 30. This raises the concern that a huge number of aging priests will retire without younger priests to take their place.

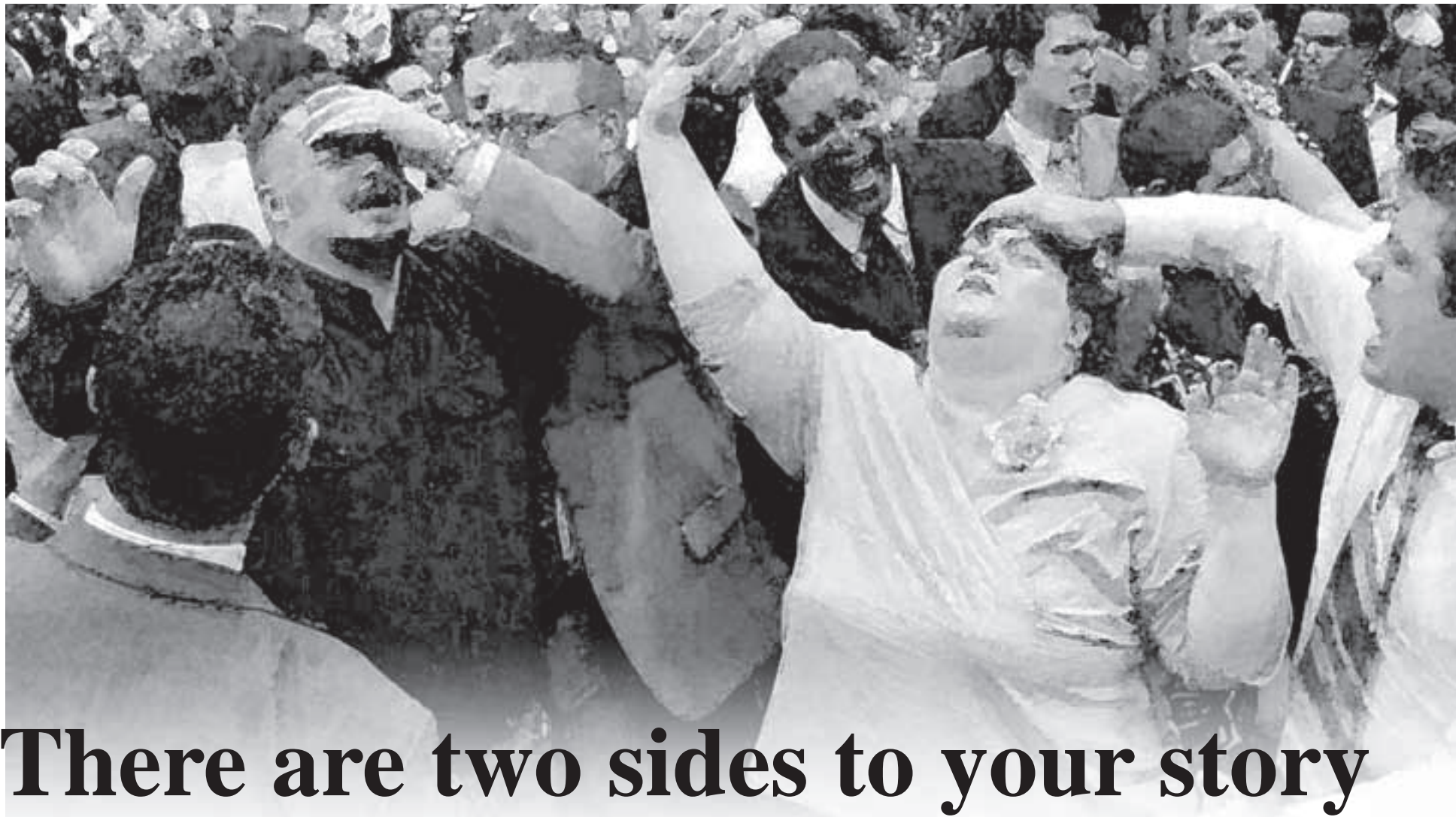
In addition to replenishing clergy ranks, FTE also wants to increase diversity among seminary faculty members. The organization points out that African Americans and other racial and ethnic groups are significantly underrepresented at theological school faculties. According to FTE, more than 60 percent of seminaries

report that minority faculty members are either underrepresented or not represented altogether.

"Students, churches and communities need educators and leaders who reflect the diversity of those they serve and who can build understanding in our multicultural society," FTE stated. "That's why the fund leads initiatives to increase the number of students from racial and ethnic [minority] groups pursuing doctoral degrees in religion or theology. Today, nearly two-thirds of the African-American scholars serving in theological education are FTE Fellows."

FTE has been promoting the ministry among young people for more than half a century. According to FTE, a group of educators, clergy and philanthropists established the organization in 1954 out of concern that the best qualified youth were bypassing careers in the ministry to pursue more lucrative career fields. It has awarded nearly 6,000 fellowships and provides \$1.5 million annually in fellowship grants. FTE also oversees a support network for youths of all denominations and racial backgrounds. Ultimately, the organization seeks to establish a national network of more than 500 congregational and partners by 2009.

Sept. 8 is the deadline for congregations to apply for grants. Visit FTE's Web site, www.thefund.org/programs/congregations_grants, to submit an online application and to learn more about FTE.



There are two sides to your story

by Kenneth Paden
Contributing Writer



I'm sure that all of us at one time or another have heard or even used the phrase "there are two sides to every story." In more recent times we have adopted another saying: "There are three sides to every story; your side, my side, and God's side." However, I will expound on my original statement in this article.

The two sides that I would like to convey to you are: the human side and the spiritual side. Although this is no great revelation, and that because we are human, we have the propensity to cater to the human side rather than the spiritual side. As a result, we are frustrated, weary, disappointed, and even sometimes disillusioned with God concerning His dealings with us.

The spiritual side, is where God resides. This is the side that we tend to

overlook because of what we see on the human side. However, if we were to change our focus and cater more to the spiritual side we would find ourselves better off. II Corinthians 4:18 states: *"While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."* In other words, our focus shouldn't be on the things that will soon fade away, but on the things that have eternal value. It is here that we must change our focus and look more at the spiritual side.

For a moment, allow me to draw a contrast between the human side and the spiritual side. The human side is moved by its senses. We are rational and analytical. Things have to make sense to us. However, on the spiritual side, we are moved by the power of God. This side understands that regardless of what's happening on the human side, God is able to change it. The human side is emotional. This can be problematic because our emotions are constantly changing. However, on the spiritual

side, we are sensitive to the word of God. On the human side we have the tendency to worry. However, on the spiritual side, we walk and live by faith. Therefore, we know that some way and somehow things are going to work out for us. We may not see it with our physical eyes, but we know that God will not allow us to be put to shame because we stood in faith believing in Him.

One might ask the question, how we are not to act human when we are human? Allow me to explain it this way. If you were to take a coin, (a penny, a dime, any coin), and examine it, you will discover that the nature of the coin is the same throughout the coin. The only difference what can be seen is the on the outside. One side is called "head" and on the other side is called "tail." Our make up is different. We may look the same on the outside but on the inside is where the difference is made. Any time Jesus is on the inside of us He makes the difference. He gives us hope when there is no hope. He gives us peace in confusion. He gives us an assurance when things seem to be going in the opposite

direction that we need them to go. That's how we can be different even though we're human. It's what we have on the inside.

Finally, let me conclude with this. Let us not forget that Jesus was also human. Therefore, he had a human side. When he became weary, He rested. When He became hungry, He ate. When He became thirsty, He drank water. When Lazarus died, He cried. However, the human side was not the extent of Him. On the spiritual side, He never slumbered or slept. On the spiritual side, He was the Bread of Life. On the spiritual side, He was the Living Water.

Finally, on the spiritual side, He believed His Father would raise Lazarus from the dead and He did. We don't have to deny what we're going through. However, we need to know that that's only one side of your story. That just happens to be the side that you're most familiar with. That's the side that has kept you awake at night and has caused you much anxiety. However, let me encourage you by informing you that there are two sides to your story.



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Most Jews leery of Christian Zionists

by Nigel Roberts

Jews are largely apprehensive of Christian Zionists, according to a recent online survey of 800 Jews. J Street, a nonprofit organization that promotes diplomatic solutions to the Middle East conflict, commissioned the study. It found that 78 percent of Jews don't want Jewish groups to form alliances with the Rev. **John Hagee** or other Christian Zionists.

Christian Zionists believe that the second coming of Jesus will not happen until Jews retake full control of the holy land. This would lead to an epic battle between good and evil, and Jews would ultimately either convert to Christianity or perish, they say. To achieve that

Hitler was God's agent surfaced. He pointed out that presidential hopeful Sen. **John McCain** (R-Ariz.) cut ties with the preacher but Lieberman has not.

Hagee, who heads a megachurch in San Antonio, Texas, established CUFI two years ago. He led about 1,000 followers on a 10-day visit to Israel in April in a show of support for Jerusalem to unite under Jewish control. Yet critics point out that Christian Zionists are not necessarily sympathetic toward Jews or Judaism.

According to news reports of Hagee's rally, the evangelist said, "Turning part or all of Jerusalem over to the Palestinians would be tantamount to turning it over to the Taliban." At the event Hagee also announced that his group would

'This is a strong message to the leadership of the American Jewish community that the members of the community are not marching in lockstep behind them as they lead us off this cliff.'

— Jeremy Ben-Ami

end, Christian Zionists use political and financial means to hasten Jesus' return.

Many of Hagee's Jewish critics accuse their political and religious leaders of allying with the controversial pastor to obtain funding and political support from the estimated 40 million American Christian Zionists. These Jews say their leaders ignore many of Hagee's infamous statements widely reported in the press, such as his view that God used the Holocaust to compel Jews to reestablish the ancient state of Israel and to reoccupy Jerusalem.

J Street, a Jewish nonprofit advocacy group, released the survey on July 21, a few days ahead of Hagee's annual Christians United for Israel (CUFI) conference in Washington, D.C., the largest Christian Zionist summit in the world. Sen. **Joseph Lieberman** (I-Conn.), an orthodox Jew who was **Al Gore**'s presidential running mate in 2000, was scheduled to speak at the conference.

"This is a strong message to the leadership of the American Jewish community that the members of the community are not marching in lockstep behind them as they lead us off this cliff," said **Jeremy Ben-Ami**, J Street executive director. "The alliance that they have struck with Hagee over the past few years is one we would like to see brought to an end."

Critics delivered a petition with more than 42,000 signatures to Lieberman's office demanding that he cut ties with Hagee and his organization. Ben-Ami said the petition gained momentum after news of Hagee's statement that **Adolf**

donate \$6 million to support Israel.

"The purportedly pro-Israel views of Hagee and his supporters bear little to no resemblance to the consensus of the vast majority of American Jews, who strongly support a negotiated, two-state resolution to the Israeli-Palestinian conflict and active engagement by the United States to facilitate it," Ben-Ami said.

Unlike Hagee and his followers who envision Jewish control over the holy land, J Street's survey found that 75 percent of American Jewish respondents view a two-state solution necessary for Israel's security. The Washington, D.C.-based organization supports both Israel's right to a secure homeland and the Palestinians right to their own sovereign state, living side-by-side in peace and security. To that end, it supports diplomatic solutions and a multilateral approach to conflict resolution.

Rabbi **Eric Yoffie**, president of the Union for Reform Judaism, the largest branch of American Judaism, warned a group of Reform rabbis about cooperating with Hagee. "On Israeli-Palestinian politics, John Hagee and the CUFI are extremists. In expressing contempt for other religions and rejecting territorial compromise under any and all circumstances, their views run against the American grain," he told the rabbis at a conference, according to the Associated Press.

Hagee has also drawn the ire of many in the Christian community. Among other things, he called the Roman Catholic Church "the great whore" and a "false cult system."

T2: one to one A04: any day now AF4K: as far as I know AFE: away from keyboard AS/L: age, sex, location
 B4: before B4N: bye for now BAK: back at the keyboard B3AB: be back in a bit BBL: be back later BBH: bye
 bye now BBS: be back soon BEE: big evil grin BF: boyfriend BFN: bye for now BG: big grin BL: belly laughing
 BMTPS: brilliant minds think in parallel gutters BRB: be right back BTA: but then again BTW: by the way
 BWL: bursting with laughter BWTDX: but what the heck do I know C&G: chuckle & grin CID: crying in
 disgrace CNP: continued (in my) next post CP: chat post CRB: crying real big tears CSB: chuckle, snicker,
 grin CU: see you CUL: see you later CYO: see you online DBAL: doing business as usual DKO: do I know
 you? DL: dead link DUBBS: don't let the bed bugs bite DQNT: don't quote me on this EG: evil grin EMFBI:
 excuse me for butting in EMSG: email message EOI: end of thread F2F: face to face FG: fingers crossed
 FSI: first in, still here FNTVENTH: far more than you ever wanted to know FOMCL: falling off my chair
 laughing FTBOMH: from the bottom of my heart FUD: fear, uncertainty, and doubt FWW: for what it's worth
 G2G: got to go G: grin GA: go ahead GAL: get a life GDR: grinning, ducking, and running GF: girlfriend GFH:
 gone for now GHWST: gee, I wish I'd said that GMBG: giggling my butt off GNTA: great minds think alike
 GGL: giggling out loud GTRH: going to read mail GTSX: glad to see you H&K: hug and kiss HAGH: have a good
 night HDOF: help delete online predators HHS: hanging head in shame HTH: hope this helps HUB: head up
 butt IAC: in any case IANAL: I am not a lawyer (but) IC: I see ION: I don't know IRL: I hate acronyms IRLC: if I
 remember correctly ILL: I love you IM: instant message IMHO: in my humble opinion IMNSHO: in my not
 so humble opinion IMO: in my opinion IOW: in other words IPN: I'm posting naked IRL: in real life IRLU: I
 will always love you IYSWIM: if you see what I mean JC: just in case JK: just kidding JMO: just my opinion
 JLYK: just to let you know K: okay KTF: keep in touch KOC: kiss on cheek KOL: kiss on lips KOTC: kiss on the
 cheek KNIM: know what I mean? LBR: later LD: later, dude LDR: long distance relationship LITA: lots and
 lots of thunderous applause LMIRL: let's meet in real life LMSO: laughing my socks off LOL: laughing out
 loud LSHWRB: laughing so hard my belly is bouncing LTM: laugh to myself LTKS: long time, no see LTR: long-
 term relationship LULAB: love you like a brother LULAS: love you like a sister LUWANA: love you with all
 my heart LI: love you M/F: male or female MOSS: member of same sex MOTUS: member of the opposite sex
 MSG: message MTF: more to follow MUSH: miss you so much NADT: not a darn thing NIFOC: naked in front
 of computer NP: no problem NRE: no reply necessary OIC: oh I see OLL: online love OM: old man OTF: off
 the floor OTTH: on the other hand OTTOMH: off the top of my head P2P: peer to peer PDA: public display of
 affection PERCAN: problem exists between chair and keyboard PLZ: please PM: private message PWFJB:
 pardon me for jumping in but POAHE: put on a happy face POS: parent over shoulder PU: that stinks QI:
 coffee RL: real life ROTFL: rolling on the floor laughing RPS: role playing games RSK: real soon now S4L:
 span for life SETE: smiling ear to ear SHCOON: shoot hot coffee out of nose SHW: slap head in disgust SF:
 surfer friendly SHERE: snit nosed egotistical rude trespasser SO: significant other SONY: sick of me yet SOT:
 short of time STW: search the web SWAK: sealed with a kiss SWL: screaming with laughter SXS: see you soon
 TA: thanks again TCOR: taking care of business TCOY: take care of yourself TIA: thanks in advance TILI: tell
 it like it is TMI: too much information TOY: thinking of you TYL: talk to you later W: you're welcome WE:
 welcome back WFA: works for me WIBU: wouldn't it be nice if WTGP: want to go private? WTE: way to go
 WU: what's up WUF: where are you from? YRS: you'll be sorry YL: young lady YM: young man

Every day, children are sexually solicited online.



You don't know what your kids are seeing online. Or who they are saying it to. A lot of times
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 1-800-THE LOST or visit cyberline.com. #DOF: help delete online predators





National Harbor destined to be new tourist hot spot



by Gale Horton Gay

Visitors to the Washington, D.C./Baltimore area have long suffered headaches trying to choose among so many places to visit—the National Mall, The White House, the Smithsonian, Baltimore's Inner Harbor, to name a few. Those now coming to the area had better pack the aspirin because there's a new development emerging on the banks of the Potomac River that has all the makings of a major attraction.

National Harbor, located in Prince George's County, Md., is a 300-acre mixed-use development that's actually a mini-city with arresting waterfront views and diversions.

In time, National Harbor is slated to be home to six hotels with a combined 4,000 hotel rooms, 2,500 residential units, 500,000 square feet of office space and one million square feet of retail, dining and entertainment space. It may be at least 10 to 15 years before the entire project is realized. In fact, the National Children's Museum has announced plans to locate a new museum at National Harbor, with a projected opening date in 2012.

But the curious don't have to wait to see what's developing on the Potomac. Three of the hotels have opened and have several eateries such as McCormick and Schmick's Seafood, Potbelly Sandwich Works, Ben & Jerry's, Govinda Gallery and Erwin Pearl Jewelry store.

A public gathering spot, the plaza area between two marinas and where several of the restaurants and an ice cream shop are located, has begun to churn with visitors—many from neighboring Virginia, Maryland the

District. A farmer's market is being held on Saturdays through October at the harbor. The Sounds of Summer outdoor concerts on Friday nights are also drawing crowds to the development as are the speedboats and other vessels offering sightseeing tours and dinner cruises. There's even a water taxi that shuttles passengers between National Harbor and Alexandria, Va., for an economical \$7 one-way trip.

The developers of National Harbor apparently are striving to make a name for themselves for their commitment to public art. Already several major art installations are in place such as the 85-foot steel sculpture at the entrance of National Harbor, *The Beckoning* by internationally renowned artist **Albert Paley**. The abstract piece symbolizes the emergence of the new city on the Potomac River. He also completed two stainless steel eagles with 14-foot wingspans that appear to be soaring over the Potomac on 60-foot poles. A popular sculpture known as *The Awakening* (arms, legs and head of a man emerging from the earth) by **Seward Johnson** was relocated earlier this year from Hains Point in Washington, D.C., to the heart of National Harbor in the area where outdoor concerts, movies and festivals are held. And there's also **Cheryl Foster's** two dramatic mosaics, one of which pays tribute to life along the Potomac River, on display here.

For now, however, the jewel in this apparent crown is the Gaylord National Harbor Resort and Conference Center, a sparkling glass and steel structure that will surely make locals envy out-of-towners with Gaylord room keys in their pockets. And the

See National Harbor on page 13

National Harbor

Continued From Page 12B

experience at the 2,000-room property is worthy of envy. Guest rooms are elegantly appointed in shades of cream, cognac and federal blue, paired with cherry and walnut furnishings, marble bathrooms and flat screen TVs.

My temporary sanctuary on the 14th floor had a balcony that overlooked the atrium below where an indoor fountain “performed” nightly shows synchronized to lights and music with the backdrop of the Potomac River. The resort features four restaurants from casual spots like National Pastime—the official sports bar and grill of the Washington Nationals to the refined Old Hickory Steakhouse, two lounges, five retail shops and a coffee shop—and nearly 500,000 square feet of meeting, convention and exhibit space.

Then there’s the Relache spa, which makes a dramatic statement from the moment one steps into the reception and lounge areas. None of those soft neutral tones here—it’s stark black and white from the marble floors to the seating with minimalist leaning. I give two thumbs up to the hot stone massage (\$205) that I received followed by a good sweat in the steam sauna. There’s also a dry sauna and fitness center. A hair and nail salon is located across the hall from the spa. A covered pool is just steps away.

Like all Gaylord properties—there are three others in Nashville, Orlando/Kissimmee and Dallas/Fort Worth—the National features interior design that pays tribute to the geographic region. Beneath the barrel-vaulted glass dome of the atrium is a promenade of retail/dining spaces designed to resemble the wetlands and colonial construction of the mid-Atlantic region, including an indoor river, gardens, and re-creation of a federalist-style clapboard farmhouse that houses contemporary retail shops.

If business or pleasure takes one to the Washington/Baltimore area, take advantage of the opportunity and check out National Harbor and Gaylord National Resort for a drink, meal, overnight or just to see what a \$865 million resort and convention center investment look like.

If You Go:

At the Gaylord

- Pose Ultra Lounge – Dress to impress at this two-level nightclub as not everyone is allowed beyond the velvet rope.



- Moon Coastal Cuisine – Seafood is the specialty of this restaurant designed to recreate the ambiance of a Chesapeake early fish market but with a modern twist.
- Pienza Italian Market – A

- breakfast, lunch and dinner buffet with six stations.
- Pajama Party – A boutique with pajamas, nighties and accessories related to bedtime.
- Strictly First Glass – A contemporary glass art shop.

Room rates start at \$199 a night with discounts throughout the year.

For more information, visit www.gaylordhotels.com.

At National Harbor

America, a gifts, clothing and flags shop
Erwin Pearl Jewelry
Saucy Restaurant
Harley-Davidson USA
For more information, visit www.nationalharbor.com.





Zen Mountain Monastery



Many upstate NY religious retreats open to guests

by Michael Virtanen

NEW LEBANON, N.Y. (AP) At the former Shaker village, where the Taconic Mountains roll into the Berkshires and New York touches Massachusetts, **Yaqin Aubert** read aloud Hindu, Buddhist, Taoist, Zoroastrian, Judaic, Christian and Islamic texts during the Sunday service at the Sufi religious retreat.

With two dozen worshippers, who mainly resembled any mostly White upstate congregation, Aubert invoked “the Omnipresent God” and repeated scriptures of peace from seven religious traditions. He told a story about Jesus, whose disciples were angry at their rude treatment by several villagers in ancient Palestine, while Jesus was unbothered.

“I can only spend what is in my purse,” was his reply. “All he had inside was peace,” explained Aubert, a Sufi Muslim retreat guide. Peace outside comes from peace inside.

Dozens of religious retreats are nestled in the Catskill Mountains and Hudson Valley of upstate New York, many open to visitors seeking quiet getaways and personal enlightenment. Stay for meals or overnight, you’ll likely be asked for a donation or to pay a small fee. Come for organized retreats for weekends, weeks or longer, with guided learning, solitary prayer or meditation, and pay program fees.

At Abode of the Message in New Lebanon, 25 miles southeast of Albany, the bulletin board by the communal kitchen had a Sufi story about how an individual’s inner light can illuminate an entire city. The woman washing dishes described herself as a Sufi Christian. That afternoon, there would be a discussion of the mystical, reverent 13th-century poetry of Rumi, a key figure in Sufism.

Whatever your tradition, this mystical Sufi brand of Islam invites you to deepen your faith here without converting.

The Buddhists in Mount Tremper, 50 miles southwest of Albany in the Catskills, likewise welcome visitors at certain times, recommending the weekly Sunday morning program with beginning instruction in meditation at Zen Mountain Monastery. Senior monastics said they see no conflict between Buddhist practice and someone’s search for God. The quest for greater mindfulness and compassion welcomes the question.

At an hour of instruction, 10 newcomers are briefly taught: how to sit depending on their flexibility—ranging from a full lotus position to chairs—or kneel on their mat with a pillow; remain still—hands

folded, eyes fixed, counting breaths; and meditate—acknowledging discomfort, stray thoughts, distractions, and then letting them go.

They consider the mind a sense organ, and believe that people often go through their lives daydreaming, or thinking the same worried thoughts in recurring loops, instead of living in the moment.

Later, as dusk falls in the main meditation room, the newcomers join 50 people, seated or kneeling and many wearing robes, and the room is still for 35 minutes until a drum, bell, chimes and brief chanting end the meditation. As light from a single candle wavers, you smell the rain against a background of incense, see the intricate natural patterns in the hardwood floor, notice pain in your legs from so long in the Burmese position, like the Lotus but with feet and ankles on the floor, and then its absence. You hear the trickle of water off the roof.

The monastics say an evening is too short and a full weekend is more of an experience.

Holy Cross Monastery, a sprawling brick edifice on the Hudson River in West Park, 60 miles south of Albany, offers visitors small rooms in the guesthouse. You don’t have to be Christian to attend services in the whitewashed chapel with the Benedictine brothers, who are Episcopalian. You don’t have to attend services at all, just be respectful. Part of the day—as well as the nights—is spent in silence.

The dining room has stunning vistas of the river. On a weekday morning, with the brothers in retreat, sit in an Adirondack chair on the wide green lawn and hear only birds chirping and singing from the surrounding trees, an occasional dish clanking from the kitchen, and a distant hum of traffic from Route 9W through the trees and up the hill.

The Elat Chayyim Jewish Retreat Center relocated two years ago from the Catskills to the Isabella Freedman Jewish Retreat Center in Falls Village, Conn. The center welcomes people from all backgrounds, including those with little or no Jewish education and “seekers who have walked other spiritual paths.” Programs are offered for entire congregations and schools, as well as for individuals, from families to seniors. Offerings include meditation retreats and retreats themed on Jewish holidays.

In the forests of New Lebanon, the Shakers established an outpost of their Christian utopia a century ago. Following a period of private ownership, Sufis followed 30 years ago. The meditation room had worn wooden floors and sturdy beams that would delight an antiques auctioneer.

Some people stayed that Sunday for the healing circle beneath the stained-glass window, inscribed: “Enter/ unhesitatingly/ Beloved/ for in this Abode/ there is naught/ but my longing/ for thee.” Others crossed to the main building’s dining room and kitchen, where three women, one with a baby, were preparing communal brunch—an \$8 donation for visitors to Abode of the Message.

At Shree Muktananda Ashram in South Fallsburg, 80 miles northwest of New York City, near the Pennsylvania state line, staff of the global SYDA Foundation declined a request to visit and meet Gurumayi Chidvilasananda, whom bloggers have identified as the enlightened Indian emigre who inspired **Elizabeth Gilbert**’s search for God through meditation at the group’s Indian ashram, described in her best-seller *Eat, Pray, Love*.

“We’re not open for drop-in visitors. We don’t make exceptions,” **Karen Williams** explained, calling from California. Staying at Siddha Yoga’s upstate ashram requires prior experience with one of its programs and a commitment to stay for some period of time. It’s an effort to protect “the deeper experience” of those at the Ashram.

“People have different ways of getting there. People do, they find their way,” Williams said. “It’s not everyone’s path.”

Yet the essential truth is the same, she said. “The divine is in everyone.”

If You Go...

Abode of the Message: New Lebanon, N.Y., about 25 miles from Albany, <http://www.theabode.net/> or 518-794-8090. Run by a Sufi community.

Zen Mountain Monastery: Mount Tremper, N.Y., about 50 miles from Albany, <http://www.mro.org/zmm/index.php> (845) 688-2228. Zen Buddhist training center.

Holy Cross Monastery: West Park, N.Y., about 60 miles from Albany, <http://www.holycrossmonastery.com/> or 845-384-6660. Run by Episcopalian brothers.

Isabella Freedman Jewish Retreat Center/Elat Chayyim Center for Jewish Spirituality: Falls Village, Conn., about 70 miles from Albany, <http://isabellafreedman.org/elatchayyim> or 860-824-5991. Jewish retreat center.

Directory of Retreats: <http://www.findthedivine.com>.

Chill out, slow down and grill

Nothing brings people together like the smells of a charcoal grill, so now is the perfect time to invite friends and family into your back yard.

Diane Morgan, entertaining expert and author of *Grill Every Day*, encourages everyone to slow down and grill this summer.

“Backyard barbecues shouldn’t be reserved for the weekends. Grilling can be a weeknight activity for a delicious and easy meal,” Morgan said. “Fresh summertime salads are great for casual entertaining or an easy weeknight meal and adding grilled meat to a chilled salad is a taste sensation.”

Try some of Morgan’s tips for turning up the heat on summertime favorites:

- Go beyond burgers and hotdogs with chicken or vegetables on the grill. If you’re feeling adventurous, try grilling fruits, such as pineapple or peaches, for dessert.
- Use an unexpected marinade. Add a creamy, robust and zesty flavor to anything on the grill with refrigerated ranch dressing such as Hidden Valley Original Ranch Dressing.
- Plus up a cool salad with grilled chicken or ‘cue up some vegetables as an addition to chilled pasta.
- Grill ahead for weeknight meals. Meats and vegetables can be grilled and chilled one day in advance.

Morgan's Summertime Grilled Chicken and Vegetable Pasta Salad

Makes: 8 to 10 servings
Prep Time: 35 minutes
Cook Time: 15 minutes

- 2/3 cup refrigerated ranch dressing such as Hidden Valley Original Ranch Dressing, divided
- 3 large boneless, skinless chicken breasts (1.5-2 pound)
- 1 pound penne pasta
- 5 tablespoons olive oil, divided
- 1 large sweet onion, cut into thick rounds
- 1 large red bell pepper, quartered, cored, seeded and de-ribbed
- 1 large yellow bell pepper,

- quartered, cored, seeded and de-ribbed
- 1 cup pitted Kalamata olives, halved lengthwise
- 1/4 cup fresh flat-leaf parsley, coarsely chopped
- 2 tablespoons coarsely chopped fresh basil
- Freshly ground black pepper

Marinate chicken in 1/3 cup dressing for 30 minutes. Remove chicken and discard marinade.

Prepare medium-hot fire

in charcoal grill. While grill is heating, cook pasta in large pot of boiling salted water until al dente, about 10 minutes. Drain, rinse under cool water, shake to remove excess water, and transfer to large mixing bowl.

Using three tablespoons olive oil, brush onion and peppers on all sides. Place vegetables in a single layer on grill grate, directly over fire. Grill, turning once, until dark brown grill marks appear

and the vegetables are tender, about four to five minutes. Transfer to cutting board and let cool.

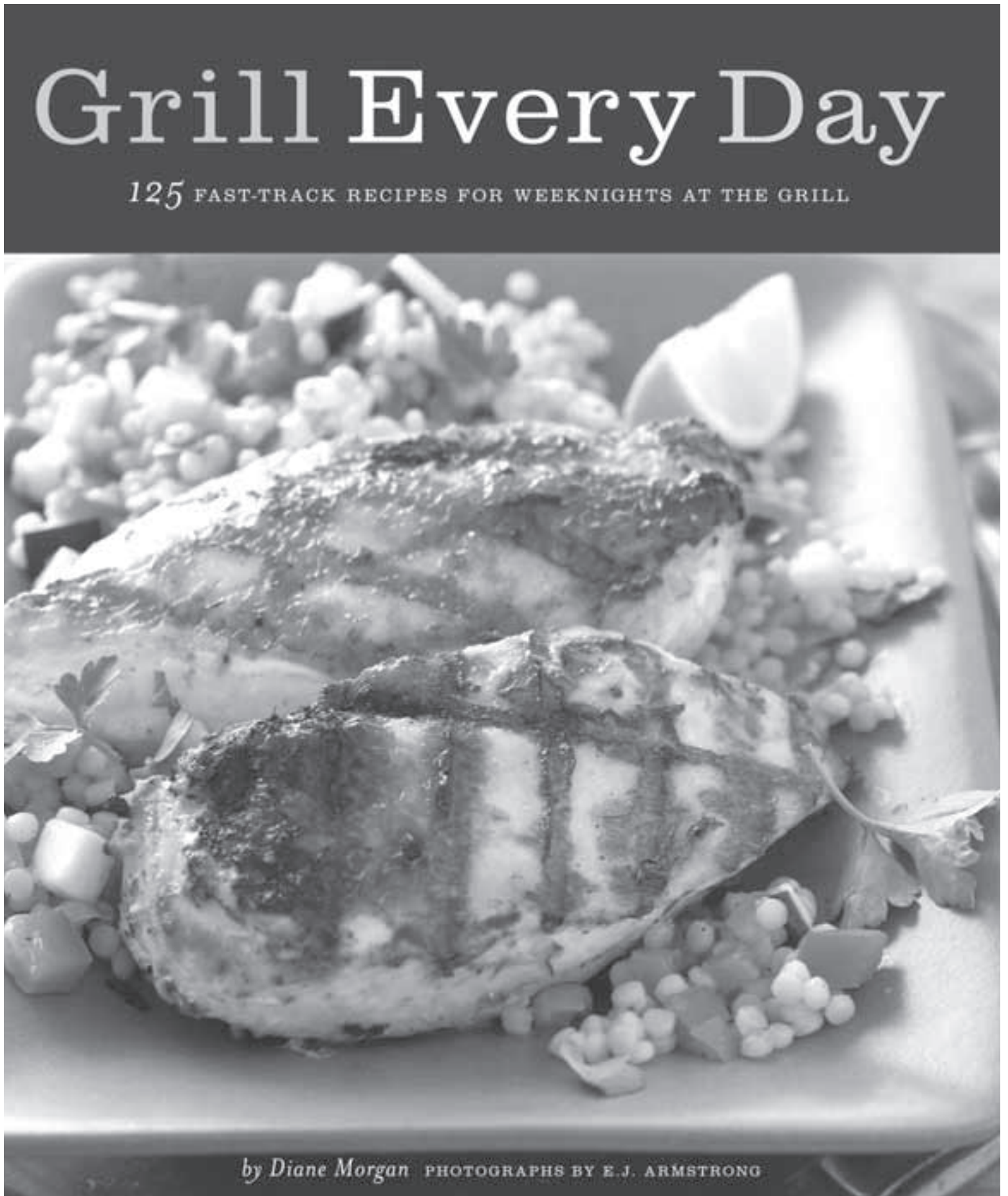
Grill chicken directly over fire, turning once, until juices run clear when pierced in thickest part of the breast, about five to seven minutes per side. Transfer to plate to cool slightly.

Cut grilled onions and peppers into large cubes and add to pasta. Add olives, parsley, and basil to pasta. Cut chicken

into large, bite-size cubes and add to pasta. Toss to combine.

Whisk together remaining 1/3 cup of dressing with remaining 2 tablespoons of olive oil. Toss pasta mixture with dressing. Add freshly ground pepper to taste. Serve immediately, or transfer to covered container and refrigerate until ready to serve.

For more delicious cool summer salads and grilled recipe ideas visit www.hiddenvalley.com.



Grill Every Day

125 FAST-TRACK RECIPES FOR WEEKNIGHTS AT THE GRILL

by Diane Morgan PHOTOGRAPHS BY E. J. ARMSTRONG



Baby boomers set new trends in active adult communities

by Adrian Sainz

(AP) They embark on kayaking trips or go hang gliding with their friends, learn conversational Spanish in a state-of-the-art facility or boogie the evening away to disco-era hits.

If you think this is summer camp for teenagers, or events at a local college, think again.

These options and countless others are emerging in active adult living communities across the U.S., which are filled with residents 55 and older who want to stay active and healthy.

As 78 million baby boomers approach retirement, developers of active adult living communities are trying to keep up with trends among activity-seeking residents. More seniors are choosing to retire in places outside Florida, Arizona and the rest of the Sun Belt, and adult living communities have incorporated new features such as home offices to satisfy those who are still working or have become technologically savvy.

The lifestyle changes hinge on the demographics.

According to an AARP study from October, the "common myth" that a majority of the 60-and-over population in the U.S. wants to move to warmer climates as they age no longer applies.

The study, a combination of an analysis of U.S. Census data and more than 1,200 telephone interviews, showed that nine of 10 Americans 60 and older prefer to stay in the same home or county as they age, remaining near family and

friends.

These results challenge the perception that people nearing retirement hope to move to sunnier climates when they're done working. They also illustrate why developers of adult living communities are building in "four-season" markets such as Ohio, New Jersey, Michigan and even Canada.

Stephan LaCount and his wife **Lisa** operate a Web site that lists about 3,000 active adult living communities—up from about 200 listings when they started 10 years ago. LaCount says the site is growing daily, with about 2,000 first-time visitors each day who are researching everything from manufactured homes to resort developments and luxury homes.

"Just because there's a community that's developed in Podunk, Ind., it does not mean it's not going to be loaded with amenities and offer a super lifestyle," LaCount said.

When choosing an adult living community, people should make sure its location does not make driving to the doctor or accessing other services unmanageable if driving becomes more of a challenge, said **Elinor Ginzler**, senior vice president of livable communities for AARP.

Among builders of adult living communities, Pulte Homes Inc.'s Del Webb brand is a U.S. leader, with 60 communities in 20 states. About 288,000 people were living in Del Webb communities across the country at the end of 2007.

Caryn Klebba, spokeswoman for Del Webb, said the company's re-

search shows that half the residents of each Del Webb community are still working in some capacity, and three-fourths still exercise at least three times a week.

Retirement or age-restricted developments (for those 55 and older) have long offered basic amenities for residents who want to stay healthy and active—golf courses, community and fitness centers, swimming pools and walking trails.

Walking still remains tops among activities in retirement communities, experts say, but fitness centers that offer treadmills and exercise bikes are staying open later compared to years past. Alternative options like pilates, tai chi and yoga are increasing in popularity.

And while the average adult community center still offers card games and bocce, they are also offering more weekend programming to satisfy residents who are busy during the week, either working or spending time with family members.

At Sun City Festival in Buckeye, Ariz., residents can take classes taught by residents of the community in a multimillion dollar facility that includes access to an online library, video- and teleconferencing systems, said **Deborah Blake**, vice president of marketing for Pulte Homes in the southwest U.S.

Last year, Del Webb held a national competition called "Stand Up & Sing" patterned after American Idol-type competitions. Dances at community centers are starting to feature '70s-era disco songs and '80s-era retro hits. They're also

offering ballroom dancing, a genre made popular again by *Dancing with the Stars*, Blake said. Thus, community centers are being built larger and staying open later.

From the design angle, Internet savvy residents can have computer desks installed in the kitchen. Blake notes that 90 percent of residents in Del Webb communities have e-mail addresses.

Communities are also catering to adventurous sorts with a bent toward physical fitness. A November 2006 survey of more than 5,100 current and prospective Del Webb residents showed increased interest in activities such as hiking, hang gliding and river rafting.

Rick Morgan, 63, is the prototype of the "extremely active adult." He and his wife live in a two-bedroom, ranch-style home at Anthem Ranch, a 55-and-over active adult community outside Denver, Colo., that offers white water rafting and hot air ballooning. They moved there from the Boulder area, choosing to stay near his family. He's been retired until now, but is planning to get back into the insurance technology business on a part-time basis.

Morgan is also a runner who has competed in more than two dozen 10k competitions, and he is planning a four-day hiking trip with two friends at altitudes above 10,000 feet.

"The baby boomers," he said, "are going to rewrite the definition of what it means to age and what it means to stay active."