

Good Things

Martha Stewart



Bloom of tulips vary by species

Dear Martha: I would like to plant tulips in my garden this fall. How can I guarantee that they'll come back every year?

A: Tulips are perennials, but many of the modern hybrid varieties will flower only once. This is largely because of the cut-tulip trade, which emphasizes size and color over longevity. Species tulips, however, will return perennially, provided you tend to them properly and live in a region where the ground freezes for at least a few weeks each winter.

Species tulips aren't sold at all nurseries, but they're easy to obtain through mail-order catalogs or Internet bulb suppliers. You might see the tulips referred to as "botanical" or "naturalizing." The bulbs should be planted during autumn in free-draining soil that receives full sun.

Plant them 3 inches to 4 inches apart at a depth of three to four times the height of the bulb. Because species tulips are smaller than hybrid tulips, it's a good idea to plant many of them, say, 25 to 50 per swath. Water the bulbs regularly throughout spring, and apply a slow-release fertilizer once their shoots emerge. Gradually discontinue watering from July through September to mimic the hot, arid summers of the tulip's native Middle Eastern habitat.

If your heart is set on big hybrid tulips, try planting them a little deeper, maybe five times the height of the bulb, and follow the care instructions detailed above.

Electronic locks: Pro, con
Dear Martha: Are electronic locks as safe as regular ones? How do I decide if they're worth the investment?

A: Electronic locks use a dead bolt to keep doors secure, just like standard, key-operated devices. So they're equally safe. The difference with these high-tech mechanisms is the way they're activated: by remote control, keypad or fingerprint recognition. The systems can be retrofitted to an existing lock set. In some cases, the installer will replace the cylinder on your doorknobs with the new electronic hardware, leaving the dead bolt in place.

Although they can be quite expensive, electronic locks have programming features that may justify their cost. Rather than making extra sets of keys for houseguests, you can give visitors an access code or a remote control that will be active only for the duration of their stay.

Limited access also can be extended to regular callers, such as gardeners, by programming their activation devices to work at certain times of the day. Lastly, keyless systems are often controlled via the Internet, which means you can let guests into your home from a remote location.

Electronic locks come with a mechanical override, often a key that opens them the old-fashioned way, to be used in the event of a power failure.

Cooking onions take care
Dear Martha: What's the best way to caramelize onions? Every time I try to do this, they always end up burned.

A: It sounds like you're trying to cook them too fast. Remember, there's no rushing good food. Once you've sliced the onions, add them to a skillet with a little bit of butter or olive oil. Then you just need to cook and cook and cook the onions over medium heat until they're really caramelized. The process usually takes 10 minutes to 15 minutes.

You can also try adding a pinch of sugar to the pan. The granules will combine with the natural sugar in the onions, turning them a deep, delicious brown and drawing out their sweet flavors.

Substitute canned beans
Dear Martha: Many recipes call for dried beans, but I don't always have the time to soak them overnight. Are canned beans a suitable substitute?

A: Yes. Some canned versions taste very good, plus all beans are
See MARTHA on D2

Isle of education



VIKING FORT

At left, students break for lunch in the ruins of a Viking fort on the Isle of Man. Below, left, a grouping of ancient standing stones with a view of the Sleeping Giant, upper right hand corner. At bottom is seaside promenade at Douglas, all taken by Barbara Burgan. Center page, Charles MacQuarrie and daughter Quiller in front of Kings College chapel at Cambridge University, taken by Clinton Atchley. Below, map courtesy of Wikipedia.com. Submitted photos



Valley teacher receives grant to lead study trip

By **KIM RAWLEY**
 Valley Press Features Editor

Associate Professor Charles MacQuarrie is one of the rarest of academic creatures — a medievalist. His enthusiasm for Beowulf, dead languages, books written on sheepskin, burial mounds and standing stones is so unbounded, that he just wants to share it.

The National Endowment for the Humanities has recognized his passion with a \$112,000 grant to lead a study trip to the Isle of Man in the Irish Sea for 15 high school teachers this summer.

"The NEH wants teachers to obtain a depth and breadth of knowledge," said MacQuarrie, who teaches a variety of courses in English literature at California State University Bakersfield, Antelope Valley.

"It's a reward for good teachers," he said of the five-week trip from late June to early August. "Teaching at the middle and high school levels is hard." The endowment expects to get 300 applications, and out of those, 15 will be chosen. The committee tries to get a cross section of the country; in his 2006 seminar only one person was from California. MacQuarrie, an AV native, hopes that a local teacher will be one of the lucky ones, although no one who has ever been his student can apply.

MacQuarrie led a similar seminar in 2006, and the teacher/students are all still in contact with one another. The group started on the Isle of Man reading texts and doing field work at medieval archaeological sites, then went on to Cambridge University where MacQuarrie was a fellow, to do research for their papers.

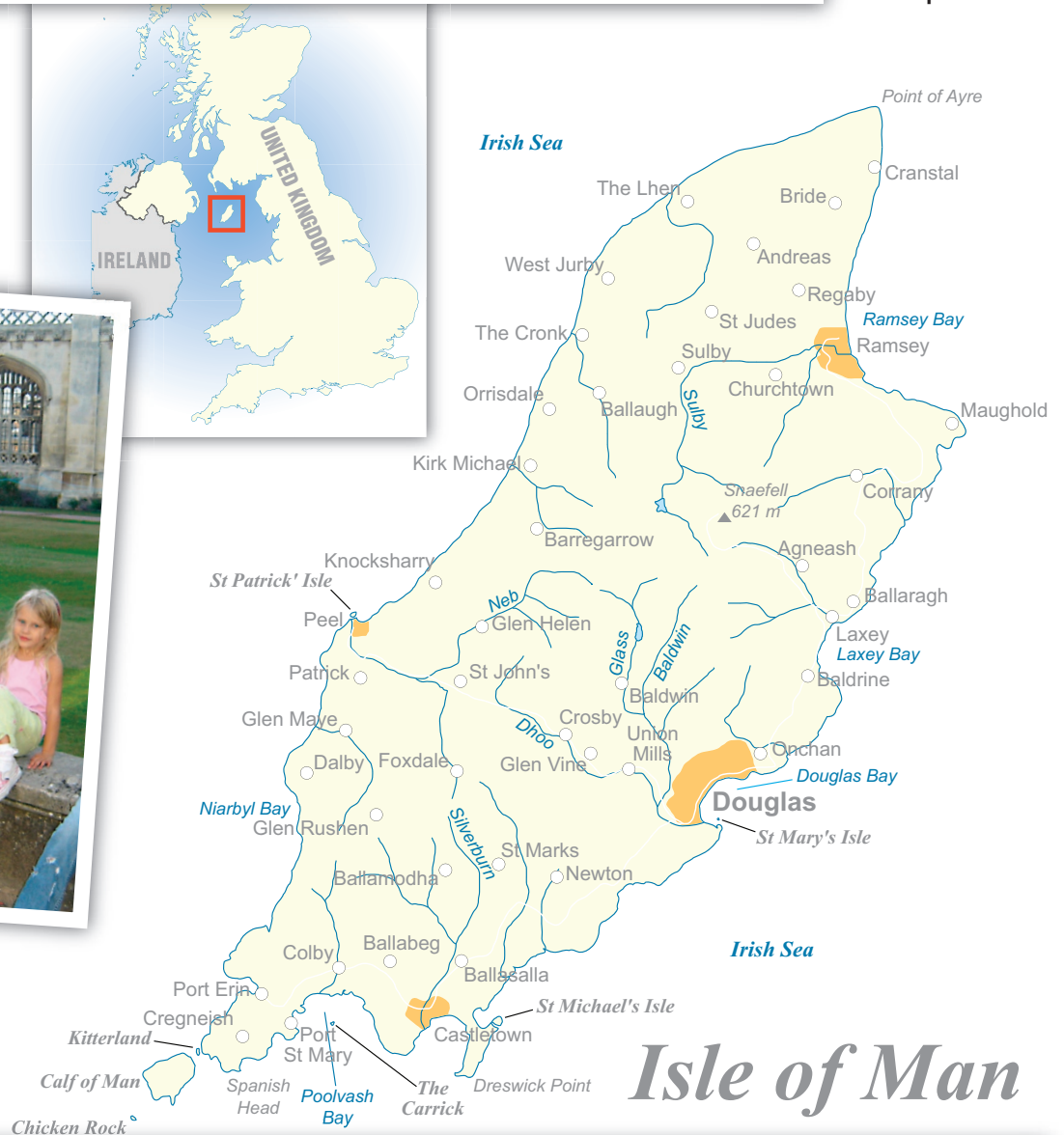
The Isle of Man, in the Irish Sea, is a dependency of the British crown which began as a Celtic settlement. Norse invaders in 1079 became only the first of many rulers the island would have.

The island is rife with historical and archaeological sites. "The Isle of Man was a hub for settlements of the Welsh, Irish, Anglo-Saxon and Norse. We read one piece of literature from each culture: 'The Mabinogion,' 'The Tain,' 'Beowulf,' 'Sir Gawain and Green Knight' and 'Njal's Saga,'" said MacQuarrie.

Although students read these works in translation, MacQuarrie doesn't have to: he has studied Greek, Latin, Old Norse, Middle Welsh, Old/Middle/Early Modern Irish, Scottish Gaelic, Manx, Early English, and French.



See ISLE on D2



Community News

Education Symposium today

LANCASTER — Kaiser Permanente Antelope Valley, 4502 East Ave. S, will have its fifth annual Education Symposium for health care professionals from 8 a.m. to 4 p.m. Saturday, Sept. 6.

The event will include discussions on educating physicians and health care professionals on how to better manage complex medical problems, while earning continuing education credits.

Guest speakers include Dr. Sami Alskaf, "Pre- and Post Gastric Bypass Care"; Dr. Paul Bernstein, "Kaiser Permanente's History"; Dr. David Bronstein, "Treatment Options for Highly Resistant Bacteria"; Dr. Behnam Farahdel, "Bell's Palsy"; Dr. Shireen Fatemi, "Vitamin D and Osteoporosis Management"; Dr. Mark Hopkins, "Common Orthopedic Disorders"; Dr. Vito Imabasciani, "Medical Mission in Iraq"; and Dr. Alice Lim, "Autism Screening in Primary Practice and AAP Guidelines."

The symposium is open to all area physicians and health care professionals.

For details or to register, call (661) 533-7534.

Law enforcement night set

LANCASTER — The Law Enforcement Recognition Night will take place at 8 p.m. Tuesday, Sept. 9, at the Lancaster Elks Lodge 1625, 240 East Ave. K.

Activities will start at 6 p.m., followed by a social period and open meeting. The group will welcome captains from the California Highway Patrol and Sheriff's

Department.
 The event is open to the public.
 For details, call (661) 965-5012.

Dance Club offers classes

PALMDALE — The Aces & Deuces Square Dance Club will meet at 7 p.m. Thursday, Sept. 11, at 1002 East Ave. Q-12.

The first two classes will be free. After that, the cost is \$4 per class.
 For details, call (661) 269-5930.

Phun Time Cruisers to meet

LANCASTER — The Phun Time Cruisers will meet at 7:45 a.m. Saturday, Sept. 13, for a two-part meet and greet.

Members participating in the Mojave Gold Rush parade will meet at the In-N-Out Restaurant, 2021 West Ave. I. Members with radios are encouraged to bring them.

The group will meet for a picnic between 11:30 a.m. and noon after the parade in Tehachapi. Participants are encouraged to bring dishes to share.

For details or directions, call (661) 948-7085 or visit www.blaaznpt.com.

Golf tournament slated

LANCASTER — The Lancaster Cowboys will have a Golf Tournament fundraiser at 3 p.m. Sunday, Sept. 14, at the Rancho Sierra Golf Course, 47205 60th St. East.

Contests include longest drive, putting contest and closest to the hole. The cost is \$50 per person with a
See COMMUNITY NEWS on D2

In Our Service

Items for In Our Service should be sent to P.O. Box 4050, Palmdale, CA 93590-4050; newsassistant@avpress.com



Pvt. Travis V. Berzon, son of Karen Berzon of Palmdale, graduated from basic infantry training at Fort Benning, Columbus, Ga.

He is a 2006 graduate from Highland High School.

Airman Richard J. Migasi, son of Richard and Karen Migasi of Lancaster, graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

He is a 2005 graduate of Paraclete High School.

Airman National Guard Spc. Alicia M. Miller, sister of Joyce Magnuson of Lancaster, graduated from basic combat training at Fort Jackson, Columbia, S.C.

She is a 1990 graduate from Rosamond High School and received a master's degree in 2001 from American Intercontinental University, Los Angeles.

Airman Roy M. Ramon, son of Rogelio Ramon of Lancaster, graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

He is a 2007 graduate of Lancaster High School.

Seaman Matthew A. Gocha, son of Linda and Timothy Gocha of Lancaster, reported for duty aboard the submarine USS Miami, homeported in Groton, Conn.

He is a 2002 graduate of Quartz Hill High School and joined the Navy in January 2005.



MIGASI



RAMON

Annie's Mailbox

Kathy Mitchell & Marcy Sugar



She can't get along with Dad

Dear Annie: My mother passed away unexpectedly four months ago. My 71-year-old father has had a hard go of things, needing to learn how to cook, clean, wash clothes and pay bills. Until recently, my husband and I had been having Dad over once a week for dinner, and we checked in frequently to help him with bills, etc.

Dad's not an easy person to get along with. He's negative, overly critical and outspoken. Mom was the glue that kept us together. A month ago, we took Dad with us on a brief vacation. After spending a great deal of time together in the car, he and I had a blowup. I'm almost 40 and had never stood up to my father before. I've since seen a counselor who has advised me to establish boundaries and only interact with my father in public until some time has passed. I suggested a counselor to Dad and even gave him a phone number.

Because we live in a tightknit community, I often see people who know our family and inquire how Dad's doing. I'm reluctant to say, "I don't know," so I usually say, "OK" and change the subject. I'm guilt-ridden for not being there for Dad, but the very thought of being in his presence makes my heart pound and my stomach churn. How do I get through this tough time?

— *Grieving Daughter*

Dear Daughter: You don't need to offer details to acquaintances on the street who are simply being cordial. All you have to say is, "I'm sure Dad is fine" or "He's managing, thanks." The distance the counselor suggested should not be only physical. You must work on creating enough of an emotional distance that Dad's criticisms and negative remarks no longer have such an extreme effect. Your counselor can help you learn how to stop giving Dad so much power to upset you.

Mom's past still a secret

Dear Annie: I am married to "Oscar," a wonderful guy, and we have two children. When I was in my early teens, my mother was arrested for fraud and spent six months in jail. I have never told Oscar about this because I felt it had nothing to do with him and it's hardly a point of pride.

We are very close to my mother, and I am not sure how he would handle this news. My siblings' spouses, however, all know about the family secret. Should I tell Oscar? What should I say?

— *Asking for Guidance*

Dear Guidance: Since the rest of the family knows, you should tell Oscar before he finds out from someone else. The fraud conviction happened many years ago and we assume Mom has been a good girl since, so Oscar may be surprised, but he will eventually get past it. Start by telling him there is some confidential information about your mother that you want him to know and you hope it won't change his good opinion of her because their close relationship means the world to you. It would help if Mom would agree to be there when you talk about it, but either way, inform her that you are telling him so she isn't blindsided.

Our-of-touch mishaps

Dear Annie: I had to laugh at the letter from "Baffled in the Midwest," whose brother-in-law drives seven hours to drop in without advance notice.

Several years ago, my uncle and his wife came by our home to pay us a visit. We had not seen them in over 10 years. To make a long story short, we had moved and, since my uncle never bothered to knock on our door, they just walked right in and sat down in the living room. All of a sudden, the new owners came in from the back yard, looked at them and asked, "Who are you?!"

My uncle called his sister to ask where we were, and she said, "This is what you deserve for staying away all these years and then not calling in advance."

— *Lesson Learned*

Attracting butterflies requires care

It seems that everybody likes butterflies and would like to attract more butterflies to their garden.

Before planning any type of garden, be sure to carefully weigh the pros and cons of the landscape. Yes, we can build a garden that attracts butterflies. However, the garden needs to not only attract butterflies for food and water, it must also provide a habitat to lay eggs.

These eggs develop into caterpillars that eat the plant it was laid on and other plants in your garden. You will have to live with pretty plants with damaged leaves, covered with caterpillars, in order to enjoy the beauty of the butterfly. I would not plant a butterfly garden near vegetable gardens, fruit trees, flower gardens or any other special plants.

If you are still sure you want a butterfly garden, here are some helpful hints. There are six major rules in planning a butterfly garden.

The first rule is a butterfly garden needs to provide plenty of sunshine. Most flowers that attract butterflies prefer sunny, warm locations.

The second rule is to provide shelter from the wind. The Antelope Valley is not known for its high population of butterflies — or at least the types of butterflies that most people want in their yards. We do have a large number of cabbage and alfalfa butterflies.

Cabbage butterflies are medium-sized white butterflies. Alfalfa butterflies, which look very similar, are yellow butterflies. The two reasons for low numbers of butterflies in the Antelope Valley are high winds and a lack of plants that attract butterflies. Protecting your butterfly garden from the wind is a must.

The third rule is to maintain a reliable nectar source, and the fourth rule is to maintain host plants. These two steps are the heart of the butterfly garden, and

Desert Gardener

Neal Weisenberger



the biggest challenge to overcome. The two things that attract butterflies are plants that produce nectar, which is the food source for adult butterflies, and a host plant that attracts adults to lay eggs.

The eggs hatch into caterpillars and the caterpillars eat the host plants in preparation for the transition from larva to butterfly. Butterflies are extremely selective in their host plants. For example, a common California butterfly is the Monarch, which only eats and lays eggs on milkweed plants, a poisonous weed common in the San Joaquin Valley.

Because Monarch butterflies

eat a poisonous plant, they are also poisonous. The Monarch butterfly is bright reddish orange and black. This very colorful show is to let anything that might eat the butterfly know it is poisonous.

Common general host plants that grow in the Antelope Valley include hollyhock, dill, parsley and clover. Remember that if you are trying to attract a specific type of butterfly, you will need to find its specific type of host plant.

When it comes to nectar plants, butterflies can be just as picky, because each type of butterfly has its favorite flower. Butterflies are attracted by orange or purple flowers. They are first attracted by fragrant flowers.

Good nectar plants include lilac, honeysuckle, clover, alfalfa, asters, lantana, zinnias and agapanthus. The most common plant used for butterfly gardens is the butterfly bush. Plan carefully when planting a butterfly bush. It can grow very large (over 8 feet) and become leggy

looking, so give it plenty of room to grow.

There are many more plants that can be used; this is just a short list to start with. Also remember some of the flowers need to be in bloom at all times for the entire summer.

The fifth rule is protecting butterflies from danger and predators. Avoid using pesticides on your plants, especially the plants that are being used for host plants.

The sixth and last rule is to provide clean, cool water. Yes, butterflies need water, just like we need water.

Good luck with your butterfly garden. Keep in mind it is hard to attract butterflies in the desert, since it is not their normal habitat.

Neal Weisenberger teaches gardening and landscaping at Antelope Valley College. Write to him care of the Valley Press, P.O. Box 4050, Palmdale, CA 93590-4050.

Digital scrapbooking offers ease, speed

By JENNIFER FORKER
For The Associated Press

DENVER — Scrapbooking has gone digital, and so have all those little, decorative bits and pieces.

Although paper scrapbooking is still thriving, the digital option has attracted a new range of crafters, from men — many of whom think paper scrapbooking is too precious for them — to women who can't commit to the paper process.

Erin Clayton, of Alton, N.H., falls into the latter group. She bought paper scrapbooking supplies for years but "I just couldn't do the paper thing," she said. "I collected the stuff and never even did a page."

Then this mother of a 15-month-old found digital scrapbooking.

"I honestly love it," she said. "It's such a creative release."

Clayton has been digital scrapbooking since April and already has printed a 22-page scrapbook, "Something About Maisie," which is posted in the "community gallery" at Shutterfly.com. She recently completed her 100th digital page.

Each page takes a few hours to complete, starting as she does from a blank screen, but Clayton is in no hurry to print them all. Instead, she saves them on the Web site to share with family and friends.

She is focused on documenting

her daughter Mairead's growing-up years, addressing her digital pages directly to the little girl she nicknamed "Maisie."

"I write to her, which makes me feel good," Clayton said. "This is for her."

Jeffrey Housenbold, the CEO of Shutterfly, a leading online source for printing and sharing digital photos, said he has ventured into the digital scrapbooking realm himself using his company's photo books. The pre-made formats allow customers to drag and drop their pictures, then print them in a scrapbook format. It's fast and simple. Other companies, such as Snapfish and Creative Memories, offer similar services.

An avid photographer who documents his family's outings, Housenbold said the photo books are a creative outlet.

"It's part of my hobby of self-expressing through images," Housenbold said. "As a dad now, there's a lot of satisfaction in passing along memories to the kids."

For the novice, these formatted photo books are the way to begin.

The 12-by-12-inch books are the costliest (beginning at \$59.99 at Shutterfly, \$49.99 at Snapfish, and \$79.95 at Creative Memories), and are best reserved for special events such as weddings and "new baby" books. All three of these companies

offer a less expensive 8-by-8-inch format, and Snapfish offers a 5-by-7-inch "paperback" (starting at \$11.99) for documenting family vacations and other events that don't quite merit a large cash outlay.

A smaller Web company, Smilebox, offers scrapbooking and e-cards with a multimedia twist: Customers can animate their Web-based scrapbook pages with music and video clips.

Smilebox customers can e-mail their scrapbook pages or post them to any blog site, said Yannis Dosios, Smilebox's marketing director. They also can download or print them. And Smilebox is free, although more features are available at its premium and club rates.

"It's really easy," Dosios said. "Everything is supposed to happen in a couple of clicks."

That's the key to digital scrapbooking for those who've fallen for it: It's flexible, portable, potentially inexpensive — and clutter-free.

Savannah Brentnall is a Los Angeles "digi-scrapper" who began as a paper scrapper. Today, she may hybridize her digital work with ribbon or some other simple embellishment after a page is printed, but she primarily works in the digital format.

"It's good to get rid of the clutter," said Brentnall, who scrapbooks professionally on her Web



Associated Press

KEEPING MEMORIES — Digital scrapbooks are seen in Denver on Aug. 19. Scrapbooking has gone digital, and so have all those little, decorative bits and pieces.

site, Savannahscrapbooks.com.

She clicks off another reason why digital scrapbooking beats paper: You can scrapbook any time, anywhere a computer can go.

"I can scrap while I'm on the road if I want to," she said.

Digital scrapbooking allows

enthusiasts to save their work on a Web site, which provides a little insurance: Another book can be printed if the original is lost or damaged. Also, extra copies can be printed for family and friends.

Community News

From D1

cart and \$45 without a cart.

Fees include green fees, lunch and goodie bag. The event includes a 50-50 drawing and raffle prizes.

For details or registration information, call (661) 547-3386 or (661) 917-1428.

AV Genealogical Society's Kin Dig coming up

LANCASTER — The Antelope Valley Genealogical Society Kin Dig 2008 will take place at 8 a.m. Saturday, Sept. 20, at the Ristorante and Tea Room by Josie, 43862 15th St. West.

Guest speakers include Kerry Bartels, David Earle and Cheri Mello. Speaker will discuss "Immigration & Naturalization Records at NARA," "Tracing Your Migrating Ancestors: Old and New Genealogical Resources" and "DNA Mishmash — Topics Beyond the Basics."

The event includes a continental breakfast and lunch. An ancestry.com membership will be given away.

The cost is \$45, pre-registration and \$50 at the door.

For details, call (661) 270-9642.

ISLE: Trip inspired one teacher to apply to graduate program

From D1

One of the principal differences this year is that the group will go to the University of Edinburgh, where MacQuarrie earned a master's in Celtic language and literature, to do their research, instead of Cambridge.

Sheryl Craig, along with other students, presented the papers they started on the trip at the International Medieval Studies Congress at Kalamazoo, Mich.

"I enjoyed being treated like a scholar," Craig said.

MacQuarrie said that even if the subject matter is not directly related to what the seminar participants teach, it is still "enriching." Kristie Davis said the experience

"has allowed me to bring a cultural influence to my teaching that many of my students would never be exposed to otherwise."

The trip even inspired one teacher to go back to school. Chautna Ramsey applied to a graduate program in English Literature. "Now I'm a full-time student as well as a teacher. I feel incredibly fortunate to have participated," Ramsey said.

For information and applications for the seminar, go to www.csu.edu/~cmacquarrie/isle_of_man/main.shtml. Contact MacQuarrie at (661) 952-5098.

krawley@vpress.com

MARTHA: Swallows can eat thousands of mosquitoes daily

From D1

a great source of protein. One cup of dried beans usually equals about two cups of canned beans. Find a brand you like and start eating healthfully — without the wait.

Birds eat bugs

Dear Martha: I'm looking for ways to get rid of flies and mosquitoes in my yard without using chemicals. Any ideas?

A: Birds are the best insect control nature has to offer. They're much preferable to chemical sprays and bug zappers. Swallows, in particular, subsist mainly on winged

insects. A pair of swallows can eat thousands of mosquitoes in a day! That's one reason I keep so many birdhouses on my properties.

Swallows like open spaces, so hang your birdhouses — ideally bluebird boxes with an entrance hole of 1.5 inches — near fields or lawns, rather than in heavily wooded areas.

Questions should be addressed to Ask Martha, care of Letters Department, Martha Stewart Living, 11 West 42nd St., New York, N.Y. 10036. Questions may also be sent by e-mail to: msletters@marthastewart.com.

Help your school win awards of \$1,000 – \$10,000

This year we will award \$2 million to help schools create a more engaging learning experience for students through technology.

Parents, encourage your child's school to apply today at BestBuy.com/Teach

Teach Awards are part of our @15™ commitment to provide educational opportunities for youth.

BEST BUY **teach AWARDS**

Rewarding schools that use technology

36190 © 2008 Best Buy

Do you have an upcoming community event?

If you have an upcoming community event or meeting you want the public to know about, call the Antelope Valley Press newsroom at (661) 273-2700 between 10 a.m. and 5:30 p.m. After office hours, call (661) 267-4163 between 5:30 and 11 p.m.