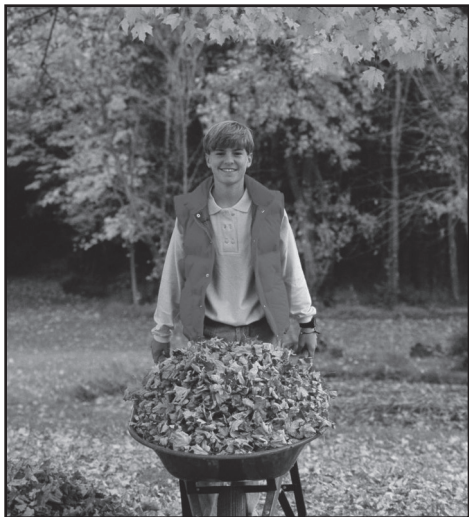


Gardening



HOW TO MAKE THE MOST OF FALL'S HARVEST

(ARA) – Your vegetable garden has supplied your family with flavorful, nutritious fare throughout the summer. But the arrival of autumn doesn't mean your days of enjoying your garden are over. If you plant now for the future and prepare for the coming season, it's possible to enjoy a few last tasty morsels from your garden and ensure next spring's landscape will be dazzling.

Here are a few tips to ensure your fall harvest is as fresh and fabulous as possible:

Plant a bit of fall flavor

Add a few short-season vegetables to your garden for fresh-from-the-field flavor this fall. Simply count the days from planting to the average first fall frost to determine how many growing days are left in your area. Select vegetables that will mature and can be harvested in that time. Leaf lettuce, spinach, mustard greens, radishes and carrots grow quickly, tolerate cool weather and are great additions to your fall cuisine.

Get these vegetables off to a good start with a side dressing of low nitrogen fertilizer like Milorganite. Incorporate it into the soil prior to planting or sprinkle a narrow band along the row of plants. "This organic nitrogen will provide needed nutrients without damaging the tender seedlings. It is safe to use on all your edible and ornamental plants," says Melinda Myers, nationally known horticulturist and author.

Cover 'em up

Protect tender vegetables like tomatoes and peppers from the first few fall frosts. Floating row covers, cloches and cold frames can protect tender plants from frost. Or harvest green tomatoes before the killing frost and finish ripening them indoors. Spread them out on heavy paper or wrap them in newspaper so the tomatoes don't touch and store them in a 65-degree location. They will ripen over the next few weeks. Speed up the process by moving a few tomatoes to a bright, warm location a few days before they are needed. And don't leave green tomatoes behind. They taste great fried or made into relish and other tasty treats.

Plant some spring color

A fall planting of daffodils, grape hyacinths and other long-lived bulbs can provide many springs of beauty. Prepare the soil and add a low nitrogen slow release fertilizer like Milorganite to the soil. "This organic source of nitrogen releases needed nutrients including phosphorous and potassium from the soil without promoting unwanted fall growth," according to Myers.

Give them a boost

Don't forget about your trees. As the temperatures cool, and even after trees lose their leaves, tree roots are in their most active growth period. Fertilize trees in need of a nutrient boost about one month after the first killing frost but before the soil freezes. Use Milorganite to encourage balanced growth without the risk of damaging the roots. The organic source of nitrogen is slow release and stays in the soil. The non-staining iron is available to plants no matter the pH. So, you can give stressed trees a boost without encouraging excess growth or incurring root damage.

Prep your lawn for winter

Help your lawn recover from the heat and drought of summer and prepare it for winter with fall fertilization. University research has shown that fall fertilization is the most beneficial practice for home lawns. Less disease problems and slower weed growth mean your lawns -- not the pests -- benefit from the nutrients. Fall fertilization also helps lawns recover from the stresses of summer because it encourages deep roots and denser growth that can better compete with weeds, and tolerate disease and insects.

"Northern gardeners can follow the holiday schedule and fertilize Labor Day and Halloween. Southern gardeners should make their last fall fertilization at least 30 days before the lawn goes dormant or the average first killing frost to avoid winter kill," recommends Myers. Use a low nitrogen slow release fertilizer, for best results.

Tuck them in for winter

A good, long drink and bit of winter protection goes a long way to help struggling and less hardy plants through the winter ahead. A blanket of evergreen boughs, straw or marsh hay applied after the ground freezes will prevent frost heaving and early sprouting, and increase the chance of winter survival for bulbs and perennials.

Windbreaks and mulch can reduce winter drying and death of broadleaf and other evergreens. Water these and other plantings thoroughly before the ground freezes to increase over wintering success.

Add a layer of wood chip mulch on the soil surrounding trees and shrubs to moderate soil temperatures, conserve moisture and reduce weed competition. Keep mulch off tree trunks and shrub stems. Courtesy of ARAcontent.com •

Political Penguin

By Duane Plank

Where were you when the jetliners crashed on the morning of September 11, 2001? As the unthinkable happened and the New York Twin Towers disintegrated, collapsing into nothingness? Into that abyss went the lives of thousands of innocent people--people who, probably a lot like you and me, had arisen that Tuesday morning, maybe heard the buzz from the dreaded alarm clock, and headed off to another day on the job.

Same-old, same-old...

Stockbrokers, waiters, maintenance workers, people by the thousands headed to New York's World Trade Center Towers to earn their keep. Punch the time clock, check the e-mail, grab a cup of coffee, BS with fellow employees about the water cooler news of the day. Oh, and conduct whatever business that they were supposed to be conducting from 9 to 5 on a workday. Nothing different from a hundred other Tuesdays.

I remember getting up about 6 a.m. or so and hopping in the car for the commute to my place of business in Anaheim, hawking business telephone systems. Had the dial tuned to a sports talk show at the end of the dial. One Tony Bruno was the host. But Bruno wasn't talking about the Raider quarterback, or the MLB pennant races. Nope, he was detailing events that were taking place 3,000 miles away from the shores of California.

He said a plane had reportedly crashed into one of the Twin Towers. Early bulletins weren't exactly too clear on what was transpiring. Was it a wayward personal aircraft that had somehow veered off course and slammed into the building? That would have been regrettable, of course, but the Towers were architectural behemoths, fortified and refortified, and could withstand the jolt of being struck by a small airplane.

But no, it seemed that this crash was more than that. The reports began filtering out that the airplane was in fact a jetliner, and a hijacked one at that. As the locals gaped in horror at the smoke that was billowing out of the jagged hole in the side of the building, they had little time to comprehend the mayhem that was occurring because, just 16 minutes later, incomprehensibly, a second jetliner hurtled into the second Tower, exploding in a ball of fire and smoke and a cacophony of awful sound.

One plane crashing into the Towers could possibly, just possibly, have been caused by some type of devastating human error or mechanical malfunction. But a second plane, guided into the second building? This was obviously no accident, but a carefully scripted attack on innocent civilians by some diabolical masterminds.

The first plane crashed into the north face of the North Tower at around 5:45 a.m. PST. The second crash occurred about 15 minutes later, with Flight 175 slamming into the south

face of the South Tower. Flight 175 had originated in Boston and was heading to L.A.

Around 6 a.m., Lee Hanson in Miami received a second call from his son Peter, who was aboard Flight 175: "It's getting bad, Dad. A stewardess was stabbed. They seem to have knives and mace. They said they have a bomb. It is getting very bad on the plane. Passengers are throwing up and getting sick. The plane is making jerky movements. I don't think the pilot is flying the plane."

Peter Hanson continued: "I think we are going down. I think they intend to go to Chicago or someplace and fly into a building. Don't worry, Dad. If it happens, it will be very fast." The calls ends abruptly, as Lee Hanson hears the scream of a woman in the background. Moments later, the plane slams into the South Tower.

I have a son. One kid. Could not imagine getting that call. Next time I get a little ticked at him for something basically trivial, I hope to rethink my petty thoughts. Maybe it's not a big deal if he doesn't put his clothes in the hamper.

Watching the accounts of the carnage that day, the most bone-chilling sights, at least to me, were the videos of the people who decided to jump to their deaths from the Towers. People flying out of windows, deciding that diving from hundreds of feet above the pavement was better than whatever was going to happen next.

The *New York Times* book *Nation Challenged* has more than 200 pages of incredible photos, but the one that has always stuck with me is the photo of one of the jumpers. He is pictured freefalling outside the North Tower. Swan-diving headfirst, headed to certain death. Which seemed to him to be a better option than waiting for the building to

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Back for Yoga

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SCHEDULE OF CLASSES

Day	Time	Class	Instructor
Monday	5:30-6:45pm	Beginner Hatha	Andy
	7:00-8:15pm	Hatha Basics - All Level	Leyla
Tuesday	5:30-6:45pm	Yin Yoga - All Level	Via
	7:00-8:15pm	Vinyasa Flow - Level I	Leticia
Wednesday	6:00-7:15am	Vinyasa Flow - All Level	Jamie
	5:30-6:45pm	Hatha Basics - Level I-II	Andy
	7:00-8:15pm	Hatha Basics - All Level	Teri
Thursday	5:30-6:45pm	Forrest - All Level	Theresa
	7:00-8:15pm	Beginner Hatha	Robyn
Friday	6:00-7:15am	Vinyasa Flow - All Level	Jamie
	6:15-7:30pm	Vinyasa Flow - All Level	Alex
Saturday	9:30-10:45am	Hatha Basics - All Level	Andy
	11:00-12:15pm	Tai Chi - All Level	Ara
Sunday	8:00-9:15am	Hatha Basics - All Level	Cathy
	9:30-10:45am	Yoga Tune-Up® - All Level	Theresa
	5:30-6:45pm	Hatha Basics - All Level	Andy

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