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Small steps can make a BIG difference

Every day you hear warnings about lifestyle choices affecting your health. We eat poorly, get little exercise and frequently contribute to our own untimely demise.

How can you balance the advice you hear and still have a normal life? It turns out that just by making small changes to your lifestyle you can gain significant benefits. And, by doing some of these small steps you may find that you are encouraged to make even bigger changes:

Exercise

Instead of driving around the parking lot in circles for 15 minutes in search of that perfect parking spot, near the mall entrance, park further down the row. Walking just four minutes burns 19 calories.

Eating Right

You know what you should and shouldn't be eating; eat vegetables and don't eat too much fat. But making a commitment to a lifetime of healthy eating may be biting off more than you can chew. Try eating what you're "supposed to eat." The FDA recommends eating five servings of whole grains and five servings of fruits and vegetables per day. But who has room for all those plus the super-sized fast-food value meal?

Well, just for one day, fit in all the foods you're supposed to eat. Whole grain cereal for breakfast. Spinach salad with egg and rye crackers for lunch. A handful of raisins and some cashews for a snack. Salmon steak, brown rice with thyme and asparagus for dinner. This way, you'll not only fulfill your hunger, but you'll be eating healthier.

Changing your entire life is daunting, but you can eat well for a day. Tell yourself that you don't have to eat well everyday, just today, to see what it's like. Who knows, one day might turn into a week. Or three servings of veggies a day become five. Habits have to start somewhere.

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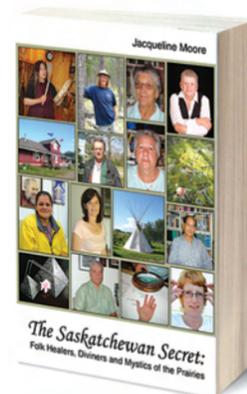
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BOOK REVIEW

BY BRUCE FILSON

Whether you think folk healing is a divine blessing or a dangerous superstition, you have to wonder how Jacqueline Moore has the nerve to entitle a book: *The Saskatchewan Secret*. Let me declare my stance: I am neither a skeptic nor a believer. I am squarely on the fence about natural healing or faith quackery, and very comfortable up there. As someone entranced more by language, it is fascinating to me that the words you choose to describe this phenomenon, or phenomena, force you to choose sides.



The Saskatchewan Secret: Folk Healers, Diviners, and Mystics of the Prairies

By Jacqueline Moore
Published by Benchmark Press
\$19.95
ISBN 978-0-9813243-2-6

Regardless of the camp you're in, the book earns its title. The 13 individuals Ms. Moore has gone to great lengths to seek out, personally visit and, not just interview, but get to know, have "touched," or been in touch with (depending on which side you're on) thousands of people, both inside and outside the province, yet most of us have heard little or nothing about them. They were in fact a secret before Moore brought them to our attention.

The book is, on the whole, a very good read. The book had to be written as creative non-fiction to receive Saskatchewan Arts Board funding, and that's good because a journalist's cold rendering of the facts, with invasive interviews, simply would not have done the job. By putting herself in her narrative, we view this eclectic cast of characters through the protagonist of Jacqueline Moore herself. She becomes the thread we can rely on in the narrative as we meet a strange mix of folk healers, diviners, mystics, mediums, palm readers, herbalists of the paranormal kind, all religious or quasi-religious. Oh, and one of the Light People, "members of an ancient people that came from the stars to populate Earth."

As I said, it makes for good read whether you buy into it or not. Still, you cannot argue with the authenticity of Moore's personal story. The 13 pictures that start each chapter are washed out or overexposed, and the overall production is a little weak. The writing, fortunately, is not. Moore can certainly tell a story. Each chapter is full of anecdotes told in vivid detail. You clearly see all the Saskatchewan settings where these people live. You can almost breathe the sweet grass, sweat and herbal tea.

All of these spiritual healers rely on faith and intentionality in the person to be healed. Each proceeds through a different method, but, as diverse as they are, there are similarities. They can only help those who want help. They prefer or even insist on not being paid, at least not directly as "fee per service," although they may accept contributions. They all rely on a higher power. Touching, or using the hands, is standard. All feel they have a gift that must be shared. There is the former boxer, now elderly, who manipulates bones and fixes injuries. There is the Métis mystic and herbalist who couldn't write a book about plants because "it's not only the plant... it's like me and the plant and the Creator." Some can read your problems almost instantly by looking at the way you walk and your aura, advising this or that type of lifestyle change, which in itself has to be accepted even by skeptics. These people are trained in reading people; their insight, perception and sensitivity are obviously well developed. This much has to be acknowledged. The palm readers do state remarkable facts, but they *advise* more than anything. Both of them say that we can adapt the fate that's written in our hand. You also have the diviner, the medium, the ceromancer and the spirit guide.

Moore has also managed to arrange the whole book with a view to telling her own story. We journey with her as she learns about patterns in her life that each of these paranormal individuals uniformly repeat and fill out, culminating in the revelation and dispersal, if you will, of her greatest spiritual trauma, the sudden death of her father when she was 23. She becomes a kind of healer herself, at the very least a healer of herself, in the journey.

If you want to know more about your province, regardless of your opinion, I strongly recommend this book. In my view, you will learn more about our province from this book than any potash statistics or historical summaries. You will learn about its rich cultural diversity, and, dare I say, its soul.

SPECIAL OFFER — only through the Neighbourhood Express

If you buy a copy of *The Saskatchewan Secret: Folk Healers, Diviners and Mystics of the Prairies* from the website www.folkhealers.ca you will receive a \$5 rebate. Simply put the special code "The Neighbourhood Express" under buyer instructions. The \$5 rebate will be sent to you with the order.

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Ask YOUR OPTOMETRIST

EXPERIENCING SUDDEN CHANGES IN YOUR VISION?

GLAUCOMA, A "THIEF OF SIGHT" DESCRIBES A GROUP OF DISEASES THAT CAUSE PROGRESSIVE DAMAGE TO THE OPTIC NERVE AND GRADUALLY STEALS SIGHT WITHOUT WARNING AND OFTEN WITHOUT ANY SYMPTOMS.

COMMON SIGNS OF GLAUCOMA

Half of the patients affected by glaucoma are unaware that they suffer from one of the leading causes of preventable blindness in Canada. Although there are no early warning signs, acute angle-closure glaucoma may present symptoms including nausea, eye pain, red eyes, blurred vision and haloes around lights.

WHAT CAUSES GLAUCOMA?

Glaucoma occurs when the intraocular pressure of the eye is too high for the optic nerve, or fluid in the front chamber of the eye can't drain properly, which can damage the optic nerve. People with diabetes, high blood pressure and eye injuries are at greater risk of developing glaucoma.

A SOLUTION TO GLAUCOMA

If diagnosed at an early stage, glaucoma can be controlled and little or no further vision loss may occur. Your Optometrist will routinely test for glaucoma during a complete eye health and vision examination. Treatment via eye drops and surgery is usually effective in maintaining the remaining vision.

THE CANADIAN ASSOCIATION OF OPTOMETRISTS RECOMMENDS THE FOLLOWING COMPREHENSIVE EYE HEALTH AND VISION EXAMINATION GUIDELINES:

- INFANTS AND TODDLERS (BIRTH TO 24 MONTHS) - BY AGE 6 MONTHS
- PRESCHOOL (2-5 YEARS) - IMMEDIATELY, IF PARENTS SENSE A PROBLEM, OTHERWISE BY THE AGE OF 3 AND AGAIN PRIOR TO ENTERING SCHOOL
- SCHOOL AGE CHILDREN (6-19 YEARS) - ANNUALLY OR EVERY 2 YEARS
- OVER 19 YEARS OF AGE - EVERY 2 YEARS OR SOONER IF RECOMMENDED BY YOUR OPTOMETRIST

YOUR EYES DESERVE AN OPTOMETRIST!

Information taken from the Canadian Association of Optometrists pamphlet entitled 'Glaucoma'

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