

AROUND THE WORLD

NAIROBI, KENYA

Opposition leader has faith in peace deal

Kenya's opposition leader said yesterday he expects a new power-sharing agreement that will make him prime minister to succeed in ending a bloody dispute over the country's presidential election.

Raila Odinga struck a deal Thursday with President Mwai Kibaki. Odinga accused Kibaki of stealing a Dec. 27 vote, and their dispute sparked fighting that killed more than 1,000 people and tarnished the reputation of this once-stable east African nation.

"If I did not believe in its ability to work I would not have entered it," Odinga told The Associated Press yesterday. "We believe strongly the country requires co-operation among all the parties so that we can cultivate understanding."

He said he did not expect Kibaki to "go back on his word."

BELGRADE, SERBIA

80 charged in attacks on embassies

Serbia's police have filed criminal charges against 80 people for their alleged participation in attacks on the U.S. and other embassies in Belgrade.

Demonstrators angry with America's recognition of an independent Kosovo broke into the U.S. compound last week and set an empty office on fire.

One protester died.

WELLINGTON, NEW ZEALAND

Everest hero's ashes scattered into sea

The ashes of Sir Edmund Hillary, the renowned adventurer who became the first to conquer Mount Everest, have been scattered into the sea by his family in a private ceremony off his native New Zealand.

The ashes were scattered from aboard the sailing vessel Spirit of New Zealand in the Hauraki Gulf near the northern city of Auckland — Hillary's home for much of his life.

John Lister, chief executive of the Spirit of Adventure Trust, says New Zealand Prime Minister Helen Clark joined Hillary's wife, June, and his two children for the service.

The ceremony fulfilled the wishes of Hillary, who once wrote that he had spent so much of his life in mountains, he preferred to be buried at sea.

YANGON, MYANMAR

Pro-democracy activists face stiff penalties

A lawyer says Myanmar's military junta has charged about 20 pro-democracy activists under a security law that carries a prison sentence of up to 20 years.

The dissidents were detained in connection with last year's mass pro-democracy demonstrations, which were violently suppressed in September by the government.

The activists, being held at Yangon's notorious Insein prison, were earlier charged with violating the Printing and Publishing Act, which carries a maximum seven-year prison term.

SOFIA, BULGARIA

Eight die in fire aboard train

At least eight people have been killed and nine others injured in a fire that raged through a sleeping compartment on a train in northern Bulgaria.

Firefighters initially said four people had died in the blaze, but another four bodies were recovered later from the charred carriage.

HOUSTON

Pacemaker surgery a success for Walesa

Doctors say they have successfully implanted a pacemaker in former Polish President Lech Walesa.

They hope the device will keep him from needing a heart transplant.

The device was implanted during a two-hour procedure yesterday at a Houston hospital. Doctors say the 64-year-old Walesa is doing well.

The former electrician rose to power as the leader of the Solidarity trade union. Walesa won the Nobel Peace Prize in 1983.

LAS VEGAS

Deadly toxin found in man's hotel room

Police say a man is in critical condition after the deadly toxin ricin was found in his Las Vegas motel room. Las Vegas police Lt. Lewis Roberts says the man has been in a coma since he was found in his room at the Extended Stay America Motel on Thursday.

He's one of seven people sent to hospital, most as a precaution, after the ricin was discovered.

Roberts says police don't think foul play is involved, and the FBI says the case doesn't appear to be terrorism-related.

But authorities aren't sure why the man had a vial of powdered ricin in his room.

• Record news services

Gallery closes exhibit after threats

BERLIN

A Berlin gallery has temporarily shut an exhibition by a Danish satirical duo after a group of men threatened violence over a poster showing Islam's most revered shrine.

The poster depicting the Kaaba in Mecca was one of 22 by the Surrend group that went on show Feb. 22 at the German capital's Galerie Nord. The poster features the German words "Dummer Stein," or "stupid stone."

Ralf Hartmann, a gallery spokesperson, said on Tuesday afternoon, a group of six young men believed to be Muslims came into the gallery, demanded the poster's removal, and said that if that did not happen, violence would be triggered and stones would fly.

Hartmann says the exhibition is not anti-Muslim, but anti-radical. The gallery decided to shut the exhibition until it has worked with officials to ensure visitors' security, he said.

The exhibition, titled ZOG — Surrend, aims to attack neo-Nazi propaganda and an anti-Semitic conspiracy theory named ZOG — short for "Zionist Occupied Government."

Surrend consists of artists Jan Egesborg and Pia Bertelsen. They are known for their stickers mocking political leaders and other figures around the world.

Egesborg said by telephone from Denmark the incident was "one of the first times that an

ZOG — SURREND
22.02.-29.03.



THE ASSOCIATED PRESS

Galerie Nord in Berlin has temporarily shut the exhibit ZOG -Surrend after a group of young men threatened violence over a poster depicting Islam's most revered shrine, the Kaaba in Mecca.

art exhibition in a big gallery has been censored by the mob in the streets."

Egesborg said that the poster was one of four that poked fun at neo-Nazi conspiracy theories that Jews control the world. "That theory also lives in the Arab world," he said.

The local government said in a statement that authorities are examining "possible dangers" and working on security in hopes of hav-

ing the exhibition reopen as soon as possible.

"Courts are open in Germany to those truly who feel hurt and want to assert their position," said Klaus Staeck, the president of Germany's Academy of Arts. "Anyone who threatens self-administered justice puts himself outside our legal order and... our society"

• The Associated Press

Advertisement

God's Gift to Pain Sufferers: Bowen Therapy

For Patti Brooks, it started with aches and pains in childhood, assumed to be growing pains. Back-aches, headaches and sore knees often prevented Patti from enjoying her youth. Doctors insisted that the pains were due to growth spurts, and assured Patti that her pain would soon go away. But it didn't go away; it got worse.

Patti's suffering continued into adulthood and, after going through a difficult divorce, her stress level went off the charts. It was then that Patti's pain became more widespread and constant... and eventually unbearable. Some days it was all she could do to walk her three kids to school in the morning. Other days her legs were so weak and ached so badly that she couldn't even manage the three blocks to the school.

Three years ago Patti walked into her doctor's office in tears, unable to take the pain anymore. Her doctor ordered every test available, but after x-rays, CAT scans, MRI and various specialists there was no clear diagnosis except for the assumption of fibromyalgia. Patti was sentenced to a life of suffering, with tylenol-3's and anti-depressants as daily staples. Regular chiropractic visits helped in the beginning; in fact 3 or 4 visits per week prevented Patti from being completely bedridden, but after a while the chiropractic adjustments became too painful.

It was on a particularly difficult day that Patti viewed a segment on television about a new technique called "Bowen Therapy" that corrects serious physical conditions in just a few treatments. Two young women from a company called "Let it Heal" were speaking of their success treating ailments such as sciatica, frozen shoulder, and neck

pain to name a few, but the part that caught Patti's attention was their success with fibromyalgia patients.

"I had never heard of Bowen," Patti recalls, "but I was so desperate that I called Let it Heal. After my second treatment I felt significant relief from my unrelenting pain. Over the next three months I regained movement in my neck. For the first time in years I was waking up in the morning without a headache. Without question the treatments I received at Let it Heal have changed my life!"



The technique involves gentle, precisely placed, soft tissue manipulation at specific locations along the spine, legs, arms and neck. Its founder, Tom Bowen described the technique as a "gift from God", as he was able to intuitively identify problem areas in the body and simply release the tension. Since his passing, Tom Bowen's method has evolved into a well-structured series of procedures. The practitioner rolls a fingertip over the muscle or tendon, disturbing it, without sliding the skin. There's a subtle vibrational effect through the

muscle that affects the nervous system. It's like plucking a guitar string or letting go of a string on a bow and arrow. It can be described as "playing" the nervous system.

Bowen Therapy is not only effective for fibromyalgia, it can be used to treat spinal issues, sports injuries, frozen shoulder, whiplash, infertility, arthritis, tennis elbow and asthma to name a few. It impacts organs like the liver, kidney, and intestine as well as endocrine, adrenal and thyroid function. To sum it up, Bowen reminds the body how to heal itself in a surprisingly small number of treatments. Results are long-term and most clients do not need to return unless they re-injure themselves.

Patti, who had been forced to leave her part-time job because of the pain, no longer sits at home in tears. She has now returned to work, and has even endeavored to start her own business. She now enjoys walking her kids to and from school, and runs with her dog.

"Am I cured?" Patti asks, "...am I totally pain free? No. I still have bad days but they are few and far between and they are manageable. I'm off the anti-depressants and I rarely need to take a pain killer. Thanks to Let it Heal I finally have my quality of life back!"

Let it Heal is a natural wellness clinic with locations in Kitchener, Burlington and St. Catharines, offering Bowen treatments for only \$60 per session. Their local office is in the Hiway Plaza at 1375 Weber St. E., and their telephone number is 519-748-3300. More information is available online at www.letitheal.com.

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SOUNDADVICE

By John Arnold
Hearing Instrument Specialist



Q Choosing a Hearing Aid: Technology at a Glance

A Programmable Hearing Aids

This technology uses analog signal processing and digital programming via computer. These are typically less expensive than digital instruments. They can offer options such as multiple listening programs, multiple microphones and remote controls.

Analog Hearing Aids

Hearing aids with analog signal processing are not programmed with a computer. These are pre-programmed by the manufacturer to fit specific hearing losses and are "fine tuned" by the hearing healthcare professional through adjustments on the faceplate of the hearing aid. These do not have the same degree of options as either digital or programmable hearing aids but are the most cost effective option.

Digital Hearing Aids

Digital hearing aids are programmed by a hearing healthcare professional via computer. These are more flexible than traditional hearing aids. This flexibility may be important to people with "difficult to fit" hearing losses, fluctuating or progressive hearing loss, or those interested in various hearing programs.



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