

LIFE VIDA LEBEN

Crib Notes

Columnist Winter Prosapio takes readers to the front lines of motherhood.



HERALD-ZEITUNG

To have your event publicized, contact the newsroom at 830-625-9144, or by e-mail at planner@herald-zeitung.com



"My favorite part of the Comal County Fair is the petting zoo because it has all the baby animals to pet and hold."

— Madeleine Hindman, 8, of New Braunfels.

SHOW TIMES

STAGE

'Smoke on the Mountain Homecoming'

The foot-stomping gospel musical will play Friday and Saturday at 8 p.m. with a 3 p.m. Sunday matinee. Get tickets at China-n-Things or The Gruene Onion Grill. **When:** Through Saturday **Where:** Circle Arts Theatre **Information:** 830-609-3092.

'Last of the Red Hot Lovers'

A comedy by Neil Simon. Prices are \$28 for Wednesday and Thursday shows, \$31 for Friday and Saturday shows. **When:** Wednesdays through Saturdays **Salad bar and cocktails begin at 6:15 p.m., buffet from 6:30 to 7:30 p.m. and show begins at 8 p.m.** **Where:** Harlequin Dinner Theatre, 1212 Stanley Road, Fort Sam Houston **Information:** 210-222-9694

Season tickets on sale at the Brauntex

Tickets are on sale now for the 2007-08 season at the Brauntex Performing Arts Theatre. The off-Broadway, Las Vegas and Branson, Mo., touring shows will begin in October and run through April. **When:** 10 a.m. to 6 p.m. **Where:** Brauntex Performing Arts Theatre ticket office, 290 W. San Antonio St.

MUSIC

21st annual Gruene Music and Wine Fest

Spend the weekend enjoying Texas wines, food, and entertainment. Meet 'n Greet with Delbert McClinton, guitar auction, silent auction, grape stomp, and more. Proceeds will benefit the United Way of Comal County. **When:** Friday through Oct. 7 **Where:** Downtown Gruene **Information:** gruenemusicand-winefest.org

ARTS

42nd annual 'ARToberfest' reception

Opening reception for the regional, all-media fine art show that will run for six weeks. **When:** 8 to 8 p.m. Friday **Where:** New Braunfels Art League Gallery, 239 W. San Antonio St. **Information:** 629-8022



Traveling with purpose

Trip to Turkey opens visitors' hearts, minds

Editors note: Staff photographer Karla Held recently spent two weeks in Turkey as part of small group of Texans who traveled with the Institute of Interfaith Dialogue. The purpose of the visit was allow those in attendance the opportunity to learn more about the people, religion, and culture of Turkey in an effort to promote dialogue and understanding among communities across the world.

By Karla Held
The Herald-Zeitung

URFA, Eastern Turkey — As the sun was setting, casting a golden glow across the great pilgrimage town of Sanliurfa, I realized that 'Urfa' — short for Sanliurfa — has a magical, 'other worldly' feel to it that I hadn't yet experienced in my sojourn in Turkey. I was reminded of my travels in Uzbekistan, with its ancient mosques and medrese and women carefully covered in black. There was a definite buzz throughout the ancient Golbasi complex that includes the cave where Prophet Abra-

ham was believed to have been born. His cave is still a place of pilgrimage and prayer and is open to the public.

Although this was one of the highlights for me during my trip last month, it was one of many that would bear a lasting impression.

A passion for both travel and exploring different spiritualities and faiths spurred me to spend a year in Israel and Jordan and the Muslim country of Senegal for two. So I jumped at the chance to join a two-week trip to Turkey with the Institute of Interfaith Dialogue as a photojournalist. The mission of the institute — to promote dialogue and unite communities — is quite simple and transparent.

"The other purpose of the trip is to establish friendship and also introduce our cultures to each other. You see how we communicate as human beings as we witness the same from you," said our Turkish guide, Dogan Koc.

Our group was led by Turkish volunteers, including Koc, who is working on a Ph. D. in

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In her words

After having lived in Israel and Jordan for a year, and the Muslim country of Senegal for two, I



Karla Held

jumped at the chance to join a two week trip to Turkey with the Institute of Interfaith Dialogue as a photojournalist. I was glad to have the opportunity to once again explore topics of

religion while traveling in a country as amazing as Turkey. Inevitably, experiences occur while traveling that enables one to think about certain subjects in a new light. Sometimes it's just one brief moment that leaves us rethinking important aspects of our lives.

For me, one of those moments happen in Urfa while visiting Abraham's cave.

As I stole a moment away from the group to experience such a profound spiritual place on my own, I donned a scarf and robe graciously offered at the entrance and joined the Muslim women in

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The great library of Celus within the best-preserved classical city in the eastern Mediterranean. This 'library' held 12,000 scrolls in niches around its walls. Aquila the Roman governor of Asia Minor erected it in his father's honor after his death in 114 A.D.



Top left: This is the courtyard of the Hazreti Ibrahim Halilullah in Urfa (Sanliurfa) that has been built and rebuilt over the centuries as an active place of pilgrimage.

Left: A woman prays at the sacred site of Hazreti Ibrahim Halilullah — Prophet Abraham's birth cave. Legend has it that Prophet Abraham, who is important character in both the Koran and old testament, was born here. He is believed to have in hiding for his first seven years as King Nimrod had a dream that prophesied that a newborn would steal his crown and had all babies killed. Abraham survived and the cave is still a place of pilgrimage and prayer, with separate entrances for men and women.

defi•ni•tions

Ataturk — Mustafal Kemal (Ataturk) founded Turkey by declaring it a republic in 1923. A constitution was adopted in 1924.
Cami — A mosque or Muslim place of prayer
Medrese — A Islamic theological seminary or school, attached to a mosque.

Fall is the perfect time to find ways to better your life

Don't look now but fall has fallen upon us complete with its promise of pumpkins, football games, cooler days and even longer nights. Fall is all that and more and a perfect time to make significant and positive changes in our lives.

Almost 60 years ago, Katherine Fite wrote: "Why do you suppose so many of us waste the autumn? Why don't we make the effort that would provide something new in our lives?" She suggested we make some resolutions for ourselves now because those that are made at New Years' are made when we are worn out in spirit, body and pocketbook, and have no real urge to do anything but rest."

Yes, it's fall — the kids are back in school and there's more of a routine in our lives unlike the summer with its long days that repel any semblance of order.

So without all the fanfare, champagne and party hats that the beginning of any new year brings, why not quietly consider harvesting some goals that will enrich your life right now during this special time of harvest?

Here are five suggestions for you to think about during this autumn season which poet John Keats called "the season of mists and mellow fruitfulness."

■ Celebrate how you measure your success not in terms of money or things but in the strength of your relationships. Measure your wealth

entirely in terms of the love and friendship you have with those around you.

■ Define your true passion and find ways to explore and expand it. Now is the right time to do something pro-active with a strong sense of purpose that will enrich your life and help you pursue what's most meaningful to you.

■ Find time for solitude. So many of us (especially women) are bombarded with fulfilling the needs of others, we never find any time for ourselves. Studies prove that just 30 minutes of solitude and self-nurturing a day will do wonders for you in terms of reducing your level of stress. Elizabeth Kubler-Ross reminds each of us to "learn to get in touch with

the silence within yourself." Try it!

■ Live one day at a time. And you can do that just by being at peace with yourself and not worrying so much about the future which most likely you have little control over anyway. Just believe in yourself and try not look beyond the abundance you have just in the gift that is today.

■ Discover once again the power of laughter. Learning to laugh at ourselves and the stupid mistakes we all make can help us to deepen a true sense of who we are.

When we don't take ourselves too seriously, we not only enrich our spirit but also our sense of humanity. Laughter eases the mind and may be the greatest gift we can ever give to ourselves.



MIKE FITSKO

Mike Fitsko is a retired educator, freelance writer and motivational speaker.

The event is open to all students who attend private school or schools in the Comal and New Braunfels independent school districts.

Entries should be made out of shoebox with any theme. The words “114 years” should be placed somewhere on the box.

The child’s name and phone number should be placed on the bottom of the box.

Awards will be given in three categories — Most Unusual, Most Beautiful and Most Creative Use of Materials. Contest participants can bring their floats to the exhibit hall between 9 a.m. and 6 p.m. Wednesday.