



THE COMMUNITY PAGE

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Nurturing Your Personal Garden

"The supreme happiness of life is the conviction that we are loved."

—Victor Hugo, *Les Miserables*

It is a fact recognized by social scientists, anthropologists, and even police psychologists: a person's environment has a great deal to do with his/her self-esteem and personal growth. Personal growth means progress in areas like peace of mind, leadership, understanding others, nurturing of relationships, patience and humility. The right environment can influence both the quality and the rate of such personal growth.

Many observe that when their life is filled with turmoil they make little progress in the areas of personal growth, and when they experience peaceful episodes, they achieve rapid growth. The nurturing home is the best environment for such growth. The nurturing home can truly be compared to a garden.

Best-selling author M. Scott Peck defines love as "the will to extend oneself for the purpose of nurturing one's own and others' spiritual growth" ("The Road Less Traveled"). That is quite different from what most teenagers (and some adults) today think love is. But it may be a key ingredient in an environment conducive to personal growth (what Peck calls "spiritual growth"). To nurture someone means to love, have faith in, be kind to, endorse, support, sustain and lift up. The opposite of nurturing is destroying: to be harsh, critical, judgmental; to devalue, scold, condemn or be just plain not interested in someone. Most recipients of this sort of attention will

simply wither and fade away.

We nurture those we truly love, and in a broader sense, those for whom we have any regard, concern, or responsibility. The magic is that those we nurture are more apt to experience personal growth, which is exactly what we want for them in the first place. Nurturing is a very powerful concept.

A nurturing environment is one in which there is peace and tranquility; in which one has the sense of being valued, of having significance, of knowing that their feelings, goals and ideas are important. Acknowledging and even endorsing another's ideas or hopes does not mean we have relinquished our own. We have simply given them a pat on the back, a reinforcement, permission to keep growing.

The nurturing environment is one in which perspective tempers all: mountains are not made out of mole hills; anger does not burst forth at the slightest provocation (and perhaps not at all); manipulation is not the mind game of choice. In such an environment the successes, sorrows and discouragements of life are shared blessings and burdens, enriching the positive potential of both.

The child, spouse, employee, colleague, friend who regularly receives the encouraging word, the kind touch or the genuine show of interest when around us finds him/herself enjoying it, then learning it, then modeling it more and more in his/her own behavior. They can't help but enjoy personal growth. Soon they, too, are more kind, more tolerant, more loving, patient and genuine in their relationships with others.

All this because they had a healthy "garden" in which to grow.

We can all change, and change for the better. We can each grow in skills, in capabilities, in our own capacity to nurture others. That change may be slow and we might even fall back into the rut of old habits now and then. But slowly and surely, given the security of a healthy, peaceful and well-tended garden, we can each begin to blossom.

One final word- it's probably not a good idea to hand this article to your neighbor, child or spouse and suggest that they 'pay attention.' It's probably best if you keep it to yourself for now. Instead, take a good look at your own garden and ask yourself, "How am I doing?" Then along the way, somewhere down the road when the fruits of your efforts are beginning to show some color, sit them down and tell them how nice their hair looks, what a good job they're doing on the piano, or how pleased you were with their presentation to the new boss.

And watch them grow again.



The great media scholar Marshall McLuhan often stated that "Education ought to be civil defense against media fallout." Knowledge is power.

The impact on the mind from messages or images derived from music, magazines, books, television, the Internet, and film can be powerful and long-lasting. Such images can influence attitudes and behavior. Sometimes they can leave scars.

The Amityville Horror (R)

S3, P3, V3, A3, T3
A family buys a house that previously belonged to a man who murdered his entire family and blamed it on voices he heard in the house. As time passes, the new family deals with several supernatural occurrences, and sees the father becoming dangerously disturbed and violent.

Are We There Yet? (PG)

S2, P2, V1, A1, T1
Attempting to impress his girlfriend, a bachelor reluctantly offers to transport her two bratty kids several hundred miles to meet up with their traveling mother. The kids, all the while, make the trek seemingly impossible for the suitor, testing his will and patience.

Because of Winn-Dixie (PG)

S1, P2, V1, A1, T2
A 10-year-old girl and her father, an itinerant preacher hoping to settle down, enter a town full of prejudices and hard times. Missing the companionship of a mother and the commitment of her father, she befriends a stray dog... and begins to win over the town.

Fever Pitch (PG-13)

S3, P2, V1, A2, T2
Romantic Comedy: Obsessed with baseball, the Boston Red Sox in particular, a high-school teacher struggles to balance his love for the sport while making a relationship work with the woman he loves.

Guess Who (PG-13)

S2, P2, V1, A2, T2
Comedy: An African American man struggles to accept and understand his daughter's fiancé, a white man, at the same time he tries to rekindle the fire in his own marriage.

Hitch (PG-13)

S2, P2, V1, A2, T1
Comedy: A modern Casanova takes it upon himself to train ordinary men in the finer nuances of getting the girl... but then can't seem to get it right with the girl of his own dreams.

The Hitchhiker's Guide to the Galaxy (PG)

S1, P2, V2, A2, T1
Comedy Adapted from the Douglas Adams 5-part "trilogy": An alien helps his human friend escape the doomed planet Earth by passing on a handy handbook on intergalactic hitchhiking.

The Interpreter (PG-13)

S3, P2, V3, A2, T3
Suspense Thriller: An African-born interpreter for the United Nations overhears an assassination plot and engages Secret Service agents to unravel the details before it is too late. Upon discovering several facts about the interpreter's past, the agents question her motives and even her innocence.

Kung Fu Hustle (R)

S2, P3, V3, A2, T1
Comedy/Action: After gangs practically take over the city of Canton, they see one last challenge in a small Chinese apartment complex. Improbable heroes emerge from the threatened complex, proving that they don't fall easily and will put up a fight worthy of all opposition.

A Lot Like Love (PG-13)

S3, P2, V1, A3, T2
Romantic Comedy: A young man and woman have repeated chance meetings over a period of years. They finally decide that perhaps they are meant to be together due to the serendipitous nature of their relationship.

Man of the House (PG-13)

S2, P2, V3, A2, T2
Comedy/Action: A tough Texas Ranger is assigned to protect five flighty college-aged cheerleaders after they become endangered witnesses to a murder. Through a series of comical conundrums, the Ranger gains respect for those whom he is protecting, as well as a better understanding of his own teenage daughter.

Miss Congeniality 2: Armed and Fabulous (PG-13)

S2, P1, V3, A1, T1
Comedy: Having blown her cover as an FBI agent (in the first movie), Gracie Hart begrudgingly accepts a role as FBI spokesperson. But when thugs kidnap two friends, she once again enters the fray... against orders.

National Treasure (PG)

S1, P1, V3, A1, T2
A modern-day treasure hunter and his wealthy financier are convinced that the final clue to the whereabouts of a legendary fortune is somehow encoded on the original Declaration of Independence document. One of them sets out to steal the document, and the other to stop him from doing so.

Pacifier (PG)

S1, P2, V3, A1, T2
In the mode of Kindergarten Cop comes the story of a Navy SEAL assigned to protect (and house sit) the five rowdy children of an assassinated scientist who was involved with high-level secret government work.

Phantom of the Opera (PG-13)

S2, P1, V3, A1, T2
A mysterious theater-dweller in 19th Century Paris endeavors to bolster the career of a beautiful actress with whom he has fallen in love, wreaking havoc when she does not reciprocate. Although this screenplay is co-written by Andrew Lloyd Webber, the film diverges from both his play and the original story.

As a service to the community, Melaleuca offers the following "content snapshots" of films currently playing, or soon to be released, in Idaho Falls cinemas. We encourage you to seek more specific information on such web sites as www.screenit.com and www.filmvalues.com. The choices we make daily can impact our entire life. May you choose well, and live well.

Films Now Playing in Idaho Falls

Racing Stripes (PG)

S1, P1, V1, A1, T2
Comedy: A mismatched mélange of barnyard animals and their human caretakers team up to make Stripes, an abandoned circus donkey, a true contender on the horse racing circuit.

The Ring Two (PG-13)

S1, P3, V3, A1, T3
Horror: A reporter races to save her young son from being inhabited by the spirit of a murdered girl.

Robots (PG)

S1, P1, V2, A1, T1
Animated Comedy: A young robot leaves the simple life to head for the Big City, hoping to make his mark as an inventor. But when he arrives, things are not as they should be and he sets about the make it right, with help from all sorts of giggling gizmos and gabbing gadgets.

Sahara (PG-13)

S1, P2, V3, A1, T2
Action/Adventure: A naval historian-turned-explorer travels to Africa in search of a Civil War era battleship. Teaming up with a pair of doctors searching for information on a deadly disease, they find themselves in the middle of a modern-day civil war and have to carefully accomplish their objectives and escape without losing their own lives.

Sin City (R)

S3, P3, V3, A3, T3
Stylized Drama: Three disparate stories drawn from the pages of Frank Miller graphic novels (adult comic books) weave around each other in this exploration of violence, depravity and crime in a city gone deep.

Sons of Provo (PG)

S1, P1, V1, A1, T1
After losing a member of their boy band, a Mormon pop music group searches high and low to find a suitable replacement. Through comedic antics and saintly music, the group creates clean-cut harmony to try and find its place in the music industry while keeping its standards high.

Star Wars: Episode III - Revenge of the Sith (PG-13)

S1, P1, V3, A1, T2
Anakin Skywalker, emerged hero of the long-embattled Clone Wars, returns to his secret wife and finds her pregnant. His dreams of her dying during childbirth propel him to take action that ultimately leads him to the Dark Side, and an eventual Lightsaber duel between student (Skywalker) and mentor (Obi-Wan Kenobi).

Work and the Glory (PG)

S1, P1, V2, A1, T1
Based on the best-selling regional book series of the same name, members of the fictional Steed family face challenges to faith and family in the era of Joseph Smith and the birth of The Church of Jesus Christ of Latter-day Saints.

XXX: State of the Union (PG-13)

S2, P3, V3, A2, T1
A National Security Administration agent recruits an incarcerated convict to go undercover and expose a radical military splinter group's efforts to overthrow the U.S. government. Road Trip meets Rugrats: A determined suitor goes to great lengths to win the woman of his dreams. When she is sent out of town on an extended business commitment, he agrees to drive her two misbehaving children several hundred miles to be with her.

Key to Symbols:

These content scores are offered in view of the MPAA rating the film carries. In other words, a film rated PG-13 by the MPAA and receiving a "moderate" score (2) for sex/nudity probably contains sexual material that would earn it an "extreme" score (3) were it a G or PG-rated film.

Degree (as per a film's MPAA rating)

1 = not present or minimal

2 = moderate

3 = extreme

Element

S = Sex acts, nudity, sexual innuendo

P = Profanity, vulgarity (a single use

of the 'F' word will earn an

'extreme' rating for any film)

V = Violence, weaponry, gore

A = Alcohol, drugs

T = Thematic elements such as child

abuse, violent crime,

homosexuality, horror, etc.

Thus, a film receiving ratings of S1, V2 and P3 would have little or no overt sexual content, a moderate amount of violence, but a large volume of profanity or use of extreme profanity/vulgarity.