

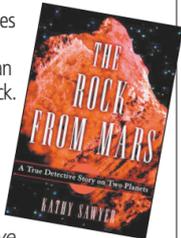
## Tips from Martha

It's almost time to plant that spring garden. Martha Stewart provides a list of helpful hints that should get you off to a good start.

## B6

## On the bookshelf

Sometimes a rock is more than just a rock. In *The Rock From Mars: A True Detective Story on Two Planets*, author Kathy Sawyer illustrates how a scientific discovery can be the catalyst for squabbles over money, politics and professional status.



## B3

## Destinations

Tourists may flock to Nantucket, Mass., during the summer, but if you want a real sense of the small island town, locals say now is the time to drop by.

## B8

## On TV

And you thought it would never return. It has been more than a year since HBO's "The Sopranos" last aired, but tonight the mob is back. It's the first of 20 new episodes that will wrap up the critically acclaimed series.

## B2

## What's coming up

### MONDAY

Neuroscientists have determined that human touch — particularly between a happily married husband and wife — can calm the brain during threatening situations.

**Mind & Body**

## Find it

Annie's Mailbox	B5
Books	B3
Destinations	B8
History	B5
Horoscope	B5
Movies	B4
Random Facts	B5
Sudoku	B4

## Reachus

Today Editor Leo Smith  
310-540-5511, Ext. 417  
leo.smith@dailybreeze.com  
Fax  
310-540-7581  
E-mail  
features@dailybreeze.com  
Internet  
www.dailybreeze.com  
Mail  
5215 Torrance Blvd.  
Torrance, CA 90503-4077



PHOTOS COURTESY OF MIKE SPENGLER

Sharon Corsaro interprets artist Uran Snyder's charcoal drawing and expresses her feelings through sounds and body movements. Each performance is different.

# an active VOICE

By Meredith Grenier DAILY BREEZE

Vocal artist Sharon Corsaro has an unusual calling — to inspire people to find their voice and to discover their creative core.

Beyond that, she wants to "open hearts and awaken minds to the brilliant magic of being present, being really, truly here, in the moment, fully alive, right now."

To this end, Corsaro lends her own voice in an intensely personal effort, which she hopes ultimately will inspire a better world.

It's the First Thursdays art walk in downtown San Pedro, and about 100 people are assembled in the Loft Gallery. They have no idea of Corsaro's lofty goals as they watch the petite 43-year-old Hermosa Beach resident at work.

She begins with a deep inhalation. Then she exhales with a sharp whoosh.

The audience waits, holding its collective breath.

With arms outstretched, Corsaro turns to her subject: a mural-size charcoal drawing of a dozen nude women depicted, dreamlike, on a metaphorical life path filled with triumph and tragedy.

## Hermosa Beach woman sounds off on the nature of art and creative energy



By sharing her own creative energy, Corsaro hopes to help others find theirs.

Sharon Corsaro will present a Vocal Art Introduction Workshop to coincide with an exhibition by artist Uran Snyder from 2 to 5 p.m. today at The Loft, Gallery A, 401 S. Mesa St., San Pedro. Admission is free. For information, call 310-991-1998.

## Want to go?

Those involved in the creative arts are invited to a special performance and reception with the artists from 2 to 5 p.m. Saturday at The Loft, Gallery A.

## Meredith Grenier

GARDENING



## The latest trends are blooming at gardening shows

While Southern California gardens are beginning to put on their spring show, and wildflowers are bursting out in the deserts and hillsides, this week marks the opening of the San Francisco Flower and Garden Show.

One of the world's top garden shows, the five-day event begins Wednesday and runs through March 19 at the Cow Palace in Daly City.

It's a long haul from the South Bay, but well worth the trip for gardeners.

The 21st annual show will occupy nearly six acres. This year's event promises expanded plant and flower exhibits as well as several new attractions for families.

The most highly anticipated element of the show is always the display gardens, which offer visitors a preview of new trends for the season. This year, 27 displays by leading designers, contractors, artists and landscape architects will take visitors on a world tour of exotic gardens inspired by Arizona, the Baja Peninsula, Italy, France, Morocco, Japan and China.

"A Garden Railroad" will be created by the Bay Area Garden Railway Society, and there will be a hobbit garden, state-of-the-art vegetable gardens, and the "Sproutopia" children's garden.

New this year are eight "Urban Eden" gardens that will offer dozens of ideas for small spaces.

The 70 free seminars and workshops on the schedule — running every 75 minutes all five days — will feature talks on landscape design, native plants, roses, heat and drought tolerant perennials, perennial borders, Japanese maples, simple steps to growing vegetables, color gardens and flower arranging. And that's just the first day's offering.

At the Marketplace, 360 exhibitors will offer rare and new plants along with the latest tools and gadgets.

A Touch of the Tropics, for example, specializes in beautiful and unique tropical hibiscus varieties such as Flameball, a scented hibiscus that is a ruffled double two-toned orange and yellow. It sells for \$32.95 for an 8-inch pot.

Whether it's propagation equipment, hydroponic additives or redwood garden boxes that allow you to grow vegetables or flowers without bending over, you'll likely find what you're looking for in the plant and garden world. You can even find a "Snail Jail," billed as "the big house for little pests."

The expanded children's area for pint-size gardeners will include interactive activities. Maria Rock, author of *Mimi's Garden: It's a Kids Thing*, will host activities at the Barn, and the CoEvolution Institute will bring its Bug Mobile.

Next weekend, there will be seminars for kids on having fun with flowers and numbers, the life of earthworms, caterpillar pets and horticulture.

The garden show runs from 9 a.m. to 8 p.m. Wednesday through Saturday and 9 a.m. to 6:30 p.m. Sunday. Admission is \$20 (\$12 after 3 p.m.), \$4 for children ages 6-17; or \$65 for a five-day adult pass. Children under 5 are free.

For information and tickets, call 800-569-2831 or go to [www.gardenshow.com](http://www.gardenshow.com).