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**HELPFUL**

- Safety
- Economy
- Family Fun

# Featurettes NEWS to Use

#2032

North American Precis Syndicate, Inc., 350 Fifth Avenue, Suite 6500, New York, N.Y. 10118-0110

## Good News For Editors!

You can get special help from *Featurettes* whenever you need to put together a special section.

Our CD now offers feature stories sorted by category: Food, Bridal, Back to School, Fashion, Holidays and more, at your fingertips, ready to be assembled quickly and easily. Real Estate, Science sections, Lifestyle pages, whatever sort of special section you're putting together, you can find a *Featurettes* CD grouping to suit your needs.

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## Health Hints

### Understanding And Preventing Low Back Pain

(NAPS)—While there is no quick-fix remedy for low back pain, there is plenty that can be done to predict and even help prevent it. This is good news for the nearly 80 percent of Americans whose quality of life will be affected by this condition.

First, who is most susceptible to low back pain? Studies show that people with weaker back and spinal muscles are 44 percent more likely to experience discomfort.

"If you are looking for motivation and guidance, consider seeing a physical therapist, chiropractor or a certified personal trainer," said Greg Ninberg, doctor of chiropractic. "However, there are plenty of effective exercises you can do in the comfort of your own home."

Here's some tips to consider:

• **Stretch, Stretch, Stretch**—Before getting out of bed each morning, practice some simple stretches that will start the day right. Stretch your back muscles every chance you get, including during work breaks and the lunch hour. Be sure to perform stretches right after work or before bed to relieve the stress of all-day back muscle compression.

• **Don't forget the abs**—When strengthening muscles, focus efforts on the back, but balance the torso by also strengthening the abdominal muscles. Be careful not to strain your back muscles.

• **Consider your work environment**—How your office is organized can have a big effect on your back. Be sure to have a comfortable chair, and organize your work station so the computer can be accessed easily and comfortably.

• **Choose a firm mattress**—If you wake up with back pain but feel fine throughout the day, the mattress may be the culprit. Try sliding a sheet of plywood between the mattress and box springs as a quick fix. Also, ask about the new



Regular strengthening and stretching exercises can help prevent back pain.

cervical pillows that provide more support for the curve of the neck.

"Different equipment can be used to strengthen and stretch low back muscles," said Ninberg. "Some exercises can be done with standard household items, while others may require more sophisticated equipment."

For strengthening and stretching, try Therabands or even a length of rubber tubing. Medicine or swiss balls, and machines like the Ab Dolly, are ideal for strengthening the abdominal muscles; and with strong abs, you're less susceptible to low back pain. For a full body and back-strengthening workout, try the Total Gym, a product trusted by physical therapists.

If you think you may be prone to low back pain, a simple test can help determine how strong your back muscles are. The Static Back Endurance Test, developed by a renowned Norwegian physical therapist in the early 1900s, can be performed in five minutes in the comfort of your home or with the assistance of a doctor.

For more information about the *Static Back Test*, call 800/541-4900 or visit [www.totalgym.com](http://www.totalgym.com).



### A Second Chance At Love And A Family

(NAPS)—A sensible spinster becomes the talk of her hometown when she becomes foster mother to an uproarious ten-year-old boy—and finds herself smitten with the child's uncle—in *About That Man* (MIRA Books, \$6.50), the new novel from *USA Today* bestselling author Sherryl Woods.

Daisy Spencer, a spirited beauty with a tragic past, needs orphaned Tommy Flanagan to love, despite his shenanigans.

She's confident she can handle her bullheaded father—the self-appointed town patriarch—her two bossy brothers, a concerned pastor and social services. The only real obstacle is...*that man*.

That man is Tommy's uncle, Walker Ames, a tough D.C. cop, whose ex-wife gave up on him as a husband and father years ago. Perhaps this unexpected nephew is Walker's chance to redeem his failure as a family man. Soon he's commuting to a charming fishbowl of a town where everyone speculates about their relationship.

For Daisy, Walker and Tommy, a long, hot summer in the town that's not as sleepy as it seems offers a second chance at family.

The book is available wherever paperbacks are sold or at [www.mirabooks.com](http://www.mirabooks.com). An audio version is also available from *dh audio*.

## NUTRITION NEWS

### Soymilk: Healthful Alternative To Dairy Products

(NAPS)—Increasingly, people are searching for healthy alternatives to dairy products. Soy, a common dairy alternative, has attracted a great deal of attention for its health benefits.

Substituting soy for dairy can be a great way to lower saturated fat and cholesterol content in foods. What's more, according to the Food and Drug Administration-approved soy protein health claim: 25 grams of soy protein as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Today, with companies like the Hain Celestial Group, which offer an extensive soy-based product line, it can be easy to find the right soymilk to match any preference. Soymilk products are offered in a wide range of beverages, such as:

- Westsoy Smart Plus, with 11 grams of soy protein per serving, contains 33 percent more soy protein than whole milk and more protein than any other soy beverage available;

- Westsoy Plus, a delicious and creamy way to get 25 percent of the recommended daily value of soy; and

- An assortment of naturally cholesterol-free, reduced-calorie and low-fat soymilk varieties, including low fat, lite and non-fat. All varieties are available in vanilla, chocolate and plain flavors.

"Today's soy is different from the texturized vegetable protein of twenty, or even two, years ago," said Maureen Putman, vice president of marketing for the Hain



Soymilk can be incorporated easily into any meal.

Celestial Group. "Many people are not aware of the fact that soymilk, which is known to be good for you, now also tastes delicious."

This tasty recipe is one example of how soymilk can be used in everyday foods:

#### Chocolate Pancakes

- 1 cup unbleached flour
- 2 teaspoons baking powder
- 1 teaspoon salt (optional)
- 3 tablespoons sugar or honey
- 1 cup Westsoy Plus Chocolate
- 1 egg or egg substitute
- 2 tablespoons Hain Safflower Oil

In a large bowl, stir together all dry ingredients. In a separate bowl, stir together liquid ingredients. Pour soymilk mixture into the flour mixture and stir until a smooth batter is achieved. Lightly oil a griddle or skillet and heat over medium heat. Pour batter onto griddle and cook until pancakes are bubbly on top; turn and cook until browned. Makes 12 to 14 four-inch pancakes.

\*\*\*

Friendship is like money, easier made than kept.

—Samuel Butler

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**ARE YOUR KIDS SAFE?**—These 2,550 teddy bears sitting in front of the U.S. Capitol represent the estimated number of kids who die each summer due to unintentional injury.

(NAPS)—While many youngsters—and even their parents—think of the summer months as a time of fun and relaxation, according to a study by the National SAFE KIDS Campaign, nearly half of all injury-related deaths among children occur during the summer. This summer children will be rushed to emergency rooms 3 million times for serious injuries and an estimated 2,550 will lose their lives to unintentional injuries.

Dr. C. Everett Koop, former Surgeon General of the United States, said, “This epidemic continues to kill and permanently disable America’s children at an alarming rate. If a disease were killing our children at the rate unintentional injuries are, the public would be outraged and demand that this killer be stopped. We have the vaccine for this epidemic and it is prevention.”

Here are a few more chilling facts about the hazards children face during the summer months:

- The deadliest time of year for childhood unintentional injury is July.
- Drowning occurs more often during July than any other month.
- Risk increases the most for older children 10 to 14.

SAFE KIDS suggests some steps you can take to keep your children out of such statistics:

1. Make sure all children ride correctly restrained in a safety belt or car seat and that they sit in the back seat.

2. Always supervise your children in or near water, including pools, spas, toilets, bathtubs and buckets.

3. Children should wear personal flotation devices on boats, near open bodies of water or while participating in water sports.

4. They should wear properly fitted helmets and other protective gear every time they ride bikes, scooters, inline skates or skateboards.

5. Children should always wear the right, properly fitted protective gear when they practice and play team sports.

6. Never let children under the age of 10 cross the street alone.

These facts come from the National SAFE KIDS Campaign, the only national organization dedicated solely to the prevention of unintentional childhood injuries. The campaign’s founding sponsor is Johnson and Johnson, the world’s most comprehensive manufacturer of health care products.

You can get a free *Make it a Safe Kids Summer! Safety Hazards Checklist* at [www.safekids.org](http://www.safekids.org) or by writing to: The National SAFE KIDS Campaign, 1301 Pennsylvania Ave., NW, Suite 1000, Washington, D.C. 20004.

**Atomic Clocks**

(NAPS)—There may be no time like the present to learn about atomic clocks and watches. These radio controlled timepieces are now available to everyone. Atomic watches listen to the world’s most accurate timekeeper, the U.S. Atomic Clock in Boulder, Colorado.



**A business traveler flying from New York to Los Angeles doesn’t have to set his wristwatch three hours back when he arrives because the atomic watch he is wearing is self-adjusting.**

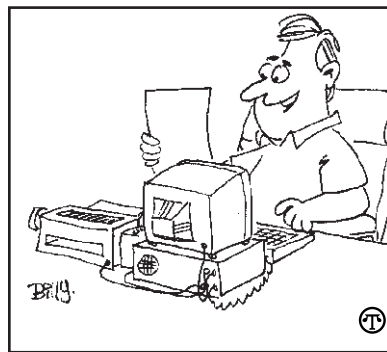
Atomic watches, accurate to one second in a million years, are popular among travelers because they are self-adjusting even for daylight savings and never need setting, report experts at R.C Precision, the nation’s leading online seller of atomic timepieces.

Schools prefer using them as wall clocks because when they do, all classroom clocks are always in sync with each other and the recess bell.

More information about atomic clocks and watches is available by visiting the R.C Precision Web site at [www.rcprecision.com](http://www.rcprecision.com).



(NAPS)—According to B.F. Ascher & Company, Inc., makers of Pretty Feet & Hands Rough Skin Remover and Pretty Feet & Hands Ultra Moisturizing Creme, using an exfoliant along with a good moisturizer can restore smooth skin on feet, hands, elbows and knees. For more information, visit [www.bfascher.com](http://www.bfascher.com).



With the current trend in energy conservation, Pentair Pool Products, which has been designing swimming pool and spa products for over 40 years has a line of pumps designed to operate with more efficiency and increased savings for consumers. To learn more, talk to your pool professional, call the manufacturer’s helpline at 1-800-374-4700 or visit [www.pentairpool.com](http://www.pentairpool.com).

**Pierogy Salads: A Cool Idea**

(NAPS)—If you’re interested in cooking less and eating more lightly during the heat of summer, salads can help. Simple to prepare—and refreshingly cool and crunchy—they’re just right for the season.

As a change from everyday salads, try tossing convenient frozen Mrs. T’s® Pierogies into your mix. Substitute these potato-filled pasta pockets for the spuds in potato salad, or combine them with sliced veggies and your favorite Italian-style dressing. Southwestern flavors such as salsa, corn, avocado and black beans are another great match for pierogies.

Low-fat pierogies are a perfect fit for a lifestyle that includes sensible eating and regular exercise. For more recipes, nutrition tips and fitness facts, send a self-addressed stamped envelope to: Shape Up Strategies Leaflet, Mrs. T’s Pierogies, PO Box 606, Shenandoah, PA 17976-0606. And be sure to visit [www.pierogies.com](http://www.pierogies.com)!

**Southwestern Pierogy Salad**

- 1 package (16.9 ounces) frozen Mrs. T’s® Potato & Cheddar Cheese or Potato & Onion Pierogies
- 1¼ cups diced fresh tomatoes
- 1 cup prepared chunky salsa
- ½ cup lightly cooked fresh, frozen or canned corn kernels
- ½ cup diced avocado

**Cook pierogies according to package directions; drain and rinse. In a large bowl, combine pierogies, tomatoes, salsa, corn and avocado; toss to coat.**

**YIELD: 4 portions**



**This delightfully different pierogy, tomato and avocado salad will complement whatever you happen to be grilling tonight.**

**Pierogy And Black-Bean Taco Salad**

- 1 package (16.9 ounces) Mrs. T’s Potato & Cheddar Cheese or Potato & Onion Pierogies
- 1 jar (15 ounces) prepared chunky salsa
- 1 can (15 ounces) black beans, drained and rinsed
- 6 cups shredded iceberg lettuce
- 1 cup shredded Monterey Jack cheese (about 4 ounces)

**Cook pierogies according to package directions; drain and transfer to a large bowl. Add salsa and beans; toss gently. To serve: Place shredded lettuce on a platter or individual plates; add pierogy mixture and sprinkle with cheese. Garnish with sliced green onions and crushed tortilla chips, if desired.**

**YIELD: 4 portions**

**Entertaining Ideas**

**New Recipe Booklet Offers Outdoor Entertaining Ideas**

(NAPS)—Backyard chefs looking for new ways to dazzle their guests will find a number of taste treats and helpful ideas in a book created to make entertaining easier.

The booklet, *Rick Rodgers’ Summer Recipes and Outdoor Entertaining Guide*, includes recipes and tips for summer entertaining, a supply checklist for outdoor gatherings and an entry form for a no-purchase necessary Summer 2001 Sweepstakes good through August 2001.

The Grand Prize is a trip for four to Disney World, along with ten first prizes of patio furniture sets, 1,000 second prizes of Pyrex Portables and 5,000 third prizes of Pyrex Storage Deluxe sets.

Rodgers’ recipes include: Hearty Roasted Garlic and White Bean Dip; Herbed Lemon Chicken; Tangy Bacon Baked Beans; Corn and Jalapeno Spoonbread, Mediterranean Potato Salad with Roasted Peppers; Shrimp and Cabbage Slaw; and a Fudgy Raspberry Brownie.

The booklet is included in the new red Portables found on Chill Out Sweepstakes displays. This red, insulated Portables bag comes with either a 7x11-inch baking dish or a 2½ qt. serving dish. With every bag containing a thermal pack to keep food hot or cold, Portables is Pyrex’s answer to convenient, safe food transportation.

Said to be America’s most popular transportable baking dish,



**Getting any favorite foods where you’re going without spills or spoils is easier with a new line of portable dishes.**

the 9x13-inch oblong baking dish is now available as a Pyrex Portable. It’s just the right size for oven-glazed ribs, baked chicken, or a marinated flank steak.

The 7x11-inch oblong dish is ideally proportioned to carry brownies and fresh summer fruit cobbles.

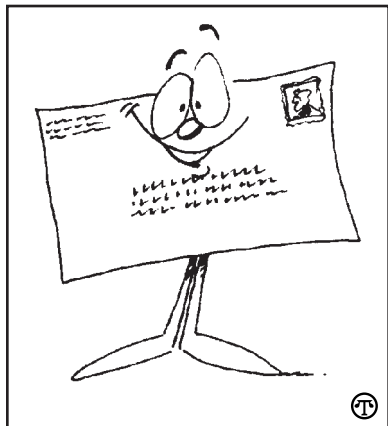
The new 4½ qt. party bowl was designed to transport vegetables and dip, seven-layer nachos and salsa or other party foods, while the 2½ qt. sculptured bowl is the perfect size for potato salad or any accompanying summer side dishes.

For a free copy of *Rick Rodgers’ Summer Recipes and Outdoor Entertaining Guide*, look for Pyrex Portables Chill Out Sweepstakes displays at retailers, or send a long, business size self-addressed, stamped envelope to Pyrex Portables Recipe Booklet Offer, CN-3604, Eatontown, NJ 07724-3604.

**FREE THINGS TO SEND FOR**

(NAPS)—One treatment option for patients suffering from fatigue-inducing anemia during cancer treatment is PROCRI® (epoetin alfa), which increases red blood cell production, allowing more oxygen to circulate throughout the body resulting in reduced fatigue. Patients also should incorporate certain nutrient-dense foods into their diet, such as fruits, leafy green vegetables and lean red meat, to help ward off the harsh side effects of treatment. To order a free copy of the *Finding Strength for Living* video, visit [www.procricrit.com](http://www.procricrit.com) or call 1-877-878-9767.

When shopping for linen, it’s a good idea to look for the Masters of Linen hangtag. This label shows that an item has passed stringent quality controls laid down by the Confederation Euro-



peene du Lin et du Chanvre (CELC), which is supported by the European Community. For a free *Reinventing Linen* brochure, financed by the European Community, write to Masters of Linen, 234 West 39 street, New York, NY 10018.

# newsworthy trends

## Sun Protection: Are We Getting The Message?

(NAPS)—For years we've been told that wearing sunscreen is important for preventing sun damage and minimizing the risk of skin cancer. However, according to a recent survey on sun protection and sports, almost half of people never or rarely wear sunscreen while exercising outdoors.

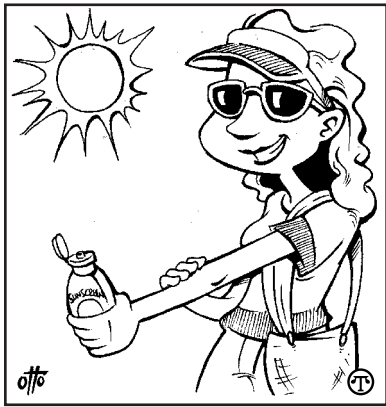
Conducted by Roper Starch, the survey delved into Americans' attitudes and behaviors concerning incidental sun exposure, or unintentional sun exposure—for instance, while playing sports outside or conducting chores such as yard work or walking the dog.

"Most people think of using sunscreen while at the beach or the pool, but don't realize that the sun doesn't care where you are—if you're outside, you're exposed," says Brian Boye, an editor at *Men's Health*. "It seems obvious, yet only 17 percent of people polled always use sunscreen while participating in outdoor sports."

One explanation could be that people simply underestimate the amount of time they spend in the sun. In fact, more than 60 percent of people surveyed didn't realize that, on average, they get 19 hours of incidental sun exposure per week—an estimate provided by the National Safety Council.

Other reasons given for not using sunscreen include "I sweat it off" (23 percent), "application is too messy" (16 percent), "greasiness interferes with my participation in activities" (16 percent) and "sunscreen products are too inconvenient" (22 percent). According to Boye, these people may simply be using the wrong sun protection products.

"People need to make sunscreen part of their sports gear



**Wearing sunscreen whenever you're outdoors is considered the most effective way of preventing sun damage.**

and their lifestyle—just as you wouldn't ride a bicycle without a helmet, you shouldn't spend time outdoors without sunscreen," he says. "When recommending sunscreen to my readers, I look for a product like new Active Sport Quick-Dry Gel from Banana Boat that goes on clean and won't come off when they sweat, so it won't get in the way of their game."

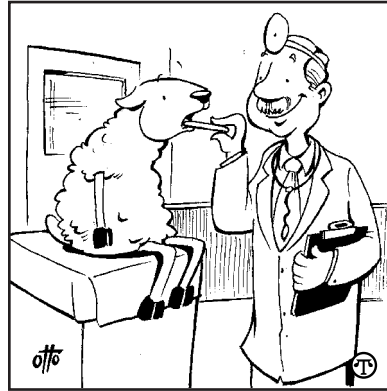
Wondering which sunscreen is right for you? Visit [www.banana-boat.com](http://www.banana-boat.com) to find the right SPF to protect yourself against the day's UV index. Just plug your zip code, skin type and the outdoor activity you have planned into the site's SPF finder and you'll be sure to have adequate protection from the sun's rays.

"Most people don't realize that the highest UV levels begin in the late spring and early summer," adds Boye. "So now is the time for everyone to make sure they have their sunscreen on before heading into the great outdoors."

# ANIMAL facts & fancies

## When Animals Help Animals

(NAPS)—It may surprise some people, but when horses get hoarse or man's best friend's health goes to the dogs, the animals take many of the same medicines as their owners do.



**More than 90 medications developed for humans are used to heal pets, farm animals and wildlife.**

People and animals share a number of the same diseases, ranging from asthma and epilepsy to high blood pressure and cancer. Therefore, they benefit from many of the same treatments as humans.

For example, a number of medical treatments and vaccines used to treat animals were originally developed for humans through animal research.

In addition, veterinarians now use medical imaging devices—commonly used for humans and originally tested on animals—to treat pets, livestock and wildlife.

Experts say this is precisely what makes learning about animal health so important. The knowledge gained helps humans—and animals—live healthier lives.

For more information, visit [www.fbresearch.org](http://www.fbresearch.org).

# GREAT GRILLING

## Ham Steaks: A Sophisticated Crowd-Pleaser

(NAPS)—Americans love to barbecue. As soon as it's warm enough, folks start firing up their grills to cook just about anything—from hors d'oeuvres to desserts. A seasonal icon and the life of any outdoor party, the backyard grill is a great way to bring out the creativity in both experienced and aspiring chefs.

Using premium center-cut ham steaks is a simple way to put a twist on your grilling repertoire for easy outdoor family meals or backyard entertaining.

"Cook's ham steaks pair well with many different flavors and ingredients, including a variety of summer fruits and vegetables," said Jon Lewallen, Cook Family Foods' director of marketing. "The hot fire brings out the most incredible flavors from our natural hickory-smoked ham steaks, and the charcoal or wood chips add a rich flavor you can't get from a stove or oven."

Outdoor grilling enthusiasts can also appreciate ham steaks for their versatility and convenience. A single steak that feeds a family of four is ready in less than five minutes. Plus, the steaks are taken from the lean center of the ham so they are naturally 94 percent fat free, providing an excellent source of protein at a great value.

Spice up a grilled ham steak with this easy and delicious grilling recipe that blends the season's best produce with Cook's ham steaks. Other great recipe ideas for ham and side dishes can be found in the limited edition Cook's Recipe Book. Call 312-616-2622 for details.

### Zesty Potato-Ham Casserole

**8 to 10 medium potatoes, peeled and chopped**  
**½ medium onion, chopped**



**1 medium green pepper, seeds removed, chopped**  
**1½ teaspoons pepper**  
**1 Cook's Brand Bone-in Ham Steak (approx. 1 lb.), cut into ½-inch cubes**  
**8 oz. grated sharp cheddar cheese**  
**1 medium tomato, seeds removed, chopped**

**Preheat grill (Medium setting). Make foil packet by placing potatoes, onions and green pepper on the center of foil sheet. Sprinkle pepper over entire mixture and stir to mix well. Bring up foil sides and double-fold top and sides to seal, leaving room for heat circulation inside. Bake for 20 minutes or until potatoes are tender.**

**Remove from grill; add cubed ham, stirring slightly to mix. Reseal and return to grill for approximately 10 minutes. Remove from grill and sprinkle cheese and tomatoes over entire mixture. Return to grill, leaving the packet unsealed, but the grill lid closed, and cook for approximately 5 minutes or until cheese is melted. Remove from grill and serve.**

**Depending on the cut of your potatoes, you may need to adjust the cooking times. Makes 8 servings.**

# GOOD CITIZENSHIP

## Helping Blind People Attain Greater Independence

(NAPS)—One organization has shown dogged determination in helping blind and visually impaired people lead independent lives and become more active members of their communities.

Training dogs to help blind people travel safely has been the mission of The Seeing Eye, North America's pioneer dog guide school, since it was founded in 1929 by Dorothy H. Eustis.

By the end of that year, Seeing Eye® dogs had helped 17 blind men and women achieve greater independence, dignity and self-confidence.

Since its founding, the organization has matched nearly 13,000 specially bred and trained Seeing Eye dogs with blind people from across the United States and Canada. Graduates of its program live and work around the world.

The Morristown, New Jersey organization breeds and raises their own dogs for the program, instructs blind people in the use and care of the dogs; and educates the public about the role of dog guides and the capabilities of blind people for independent living.

Volunteer families, called puppy raisers, prepare the dogs for their formal training, teaching them basic obedience and exposing them to a variety of social situations. Puppies are placed in these loving homes when they are eight weeks old and return to The Seeing Eye training facility about a year later to begin a four month course of training with a sighted Seeing Eye Instructor.



**The Seeing Eye program helps blind and visually-impaired people achieve independence.**

Instructors, who have completed a thorough, on-site apprenticeship, train eight to ten dogs at a time. Dogs are first taught basic commands, then are taught to perform appropriately in a variety of traffic conditions.

It takes another 20 to 27 days to teach a blind person to work with the dog. Qualified blind individuals spend that time in residence at The Seeing Eye campus.

The Seeing Eye receives no government aid and is supported by contributions from individuals, corporations, and foundations, as well as bequests and other planned gifts. For more information, visit [www.seeingeye.org](http://www.seeingeye.org).

### Check Out These Web Sites:

America's Workforce Network at [www.servicelocator.org](http://www.servicelocator.org).  
North Carolina at [www.visitnc.com](http://www.visitnc.com).  
The DuraSpin Cordless Screw Driver at [www.senco.com](http://www.senco.com).  
The Postal Store at [www.usps.com](http://www.usps.com).  
TIAA-CREF Managed Allocation Fund at [www.tiaa-cref.org](http://www.tiaa-cref.org).  
Noah's Ark Waterpark at [www.noahsarkwaterpark.com](http://www.noahsarkwaterpark.com).  
Avon Walking and Running at [www.avonrunning.com](http://www.avonrunning.com).  
French's Mustard at [www.frenchsmustard.com](http://www.frenchsmustard.com).  
The National Highway Traffic Safety Administration at [www.nhtsa.gov](http://www.nhtsa.gov).  
The Pampered Chef at [www.pamperedchef.com](http://www.pamperedchef.com).  
The American Podiatric Medical Association (APMA) at [www.apma.org](http://www.apma.org).  
Avon Wellness at [www.avon.com](http://www.avon.com).  
America's Career InfoNet at [www.acinet.org](http://www.acinet.org).  
The Work Force Tool Kit at [www.doleta.gov/employ.asp](http://www.doleta.gov/employ.asp).

# FREE THINGS TO SEND FOR

(NAPS)—According to Certain-Teed Corporation, one of the nation's leading manufacturers of innovative building products, fiber cement is expected to comprise 20 percent of the siding market by 2005. The main reasons for the popularity of fiber cement are that it looks like real wood; is fire-, rot- and insect-resistant; and is easy to work with. For more information about fiber cement, visit [www.sid-ing.com](http://www.sid-ing.com) or call 1-800-782-8777.

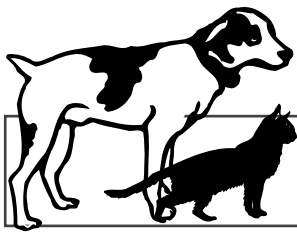
Noah's Ark Waterpark, America's largest waterpark, offers visitors a chance to cool down while summer heats up. Located in Wisconsin Dells, Wis., the park offers 70 acres of water fun and this season takes visitors to the "Point of No Return" with a new thrill ride. The 2001 season at Noah's Ark Waterpark runs from Memorial Day weekend through Labor Day. For more information, call (608) 254-6351 or take a virtual tour of the park by visiting [www.noahsarkwaterpark.com](http://www.noahsarkwaterpark.com).

A new contest may give Little Leaguers® a sporting chance to play a part in a big time baseball event. The contest asks youth baseball and softball players to write—in 300 words or less—why they dream of playing in the Little League® Baseball World Series Championship and



what the experience would mean to them. Entries can be mailed to *Publicis Dialog*, ATTN: Stouffer's "Dream Ticket" Contest, P.O. Box 809014, Dallas, TX 75380. For contest details or to enter online, visit [www.Stouffers.com](http://www.Stouffers.com) and click on the "Dream Ticket" icon.

To enhance the activities taught during day-care and preschool, a number of parents use *My Art*, a series of art books designed to help their young children develop visual focus and improve their concentration and patience. The *My Art* series consists of 3 topics—The Alphabet, Zoo Animal, and Dinosaur. For more information, visit [www.stewarhousepub.com](http://www.stewarhousepub.com) or call toll-free 1-866-574-6873 ext 507.



# PET PEEVES

## Insurance For Those Who Value Their Pets

(NAPS)—Most people insure the things they value the most: their health, car, home...and now many are insuring their pets.

There are special health insurance policies that cover accidents and illnesses.

One particular pet insurance plan, has covered some extraordinary cases.

"While some of these cases may seem humorous in retrospect, we have to remember that, at the time, they were real emergencies for the pets and their owners," says Jack Stephens, DVM, founder and CEO of Veterinary Pet Insurance (VPI). "The lesson to be learned is that pets can get themselves into an amazing variety of dangerous predicaments. From what we can tell so far, 2001 is going more smoothly for this group."

Here are a few examples from the Veterinary Pet Insurance company:

### Chilly Dog

With holiday meal preparation in high gear, no one noticed Rex, the wily Yorkshire Terrier, climb into the refrigerator. By the time he was discovered, the well-chilled pooch had managed to nosh half the family's holiday ham.

Diagnosis: Pancreatitis from overindulgence. Hypothermia from excess refrigeration.

### Dream Kitty

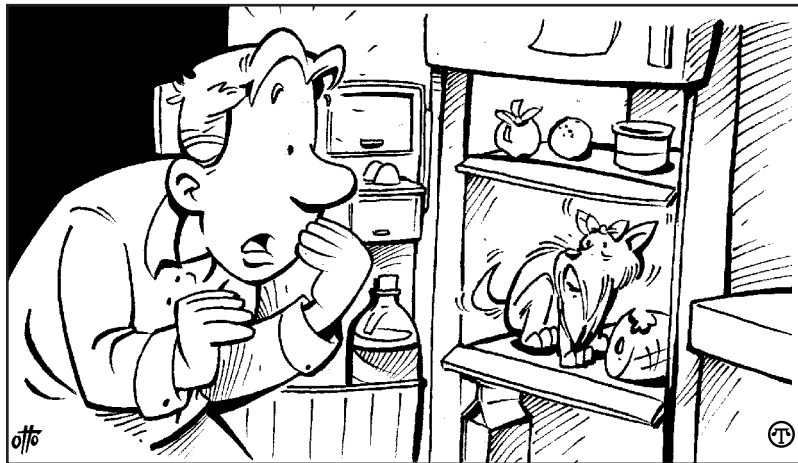
Stuffie, a Himalayan cat, napping on a window ledge, woke suddenly (bad dream?) and jumped straight up in the air. As gravity kicked in, she hurtled to the floor, and her back paws smacked against the ledge.

Diagnosis: Two broken paws.

### Pane and Suffering

Cora, an Alaskan Malamute was walking along when she saw a cat sunning itself in a house window. To any normal, red-blooded American pup, this is an invitation to playtime.

Diagnosis: Severe lacerations



"Every dog has his day," so does every cat—pet insurance may take care of that.

from crashing through the window.

### Nailed

Enu, a Yorkshire Terrier, took "sleeping at the feet of his master" a step too far. He climbed into his owner's work boot for a little snooze. Not realizing Enu was in there, the owner tried to pull on his boot.

Diagnosis: Scratched cornea from owner's toenail.

### Stick-to-it-tiveness

While chasing a rabbit through the desert, one hapless Border Collie named Jesse, zipped when he should have zagged.

Diagnosis: Severe lacerations on nose, face and body from an encounter of the cactus kind.

### Getting a Seasonal Glow

Every year, a brightly lit tree stands in the living room of one particular home. Electrical cords from the strings of lights are mighty tempting to dogs and cats alike. But curiosity nearly got the best of one insured cat—Honey, an orange Tabby. Her shocking discovery nearly dimmed everyone's holiday.

Diagnosis: Severe burns.

Near diagnosis: Electrocution.

### Sheer Madness

Most dogs will eat anything says the insurance company and

it has proof. One Italian Greyhound, Max, hit a snag when he ate an entire pair of pantyhose. Max's owner was relieved to have Veterinary Pet Insurance because, just a few months later, Max ate another pair of pantyhose. Will he ever learn?

Diagnosis: Gastrointestinal obstruction.

Other likely, but ruled-out, diagnoses: Intestinal perforation, indigestion.

"The dogs and cats we share our homes with are intelligent, playful and sometimes obedient. But they're always mischievous," notes VPI's Dr. Stephens. "The fact is, most claims we receive are from pets doing what comes naturally."

Veterinarian Pet Insurance covers more than 6,400 medical conditions related to accidents and illnesses. Coverage is also available for vaccinations and routine care.

"Pet owners can't possibly predict the predicaments their pets will get themselves into," Stephens said, "but knowing their pet is protected provides peace of mind."

For more information on insuring your pets, call 800-USA-PETS (800-872-7387) or visit the Web site at [petinsurance.com](http://petinsurance.com).

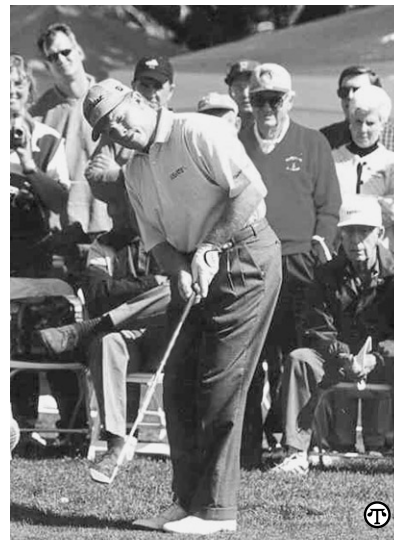
# ACTIVE HEALTH

## Getting Back In The Swing Of Things

(NAPS)—People may no longer have to give up favorite activities, such as swimming, hiking, tennis and golf, because they have osteoarthritis.

According to the Arthritis Foundation (AF), nearly 43 million Americans—one in every six people—suffer from some form of arthritis, the most common of which is osteoarthritis.

As the population ages, this figure is projected to grow to 60 percent by 2020. The AF estimates that more than 15 percent of arthritis sufferers go undiagnosed and untreated. To compound this problem, many view arthritis as just part of growing old and not a distinct treatable disease.



Golf legend Tom Kite practicing his short-game.

Dr. Tom Stillman, a rheumatologist from the Hennepin County Medical Center in Minneapolis, Minn., agrees with Kite's advice.

"People should realize that arthritis doesn't have to keep them from taking part in the activities they enjoy," says Dr. Stillman. "If you feel you may have arthritis pain, consult with your doctor to find the treatment options that work best for you, so you can maintain an active and healthy lifestyle."

Educational materials, including important product information, are available by calling toll-free, 1-877-480-BEAT (2328). Or, for more information on CELEBREX, visit [www.celebrex.com](http://www.celebrex.com).

*Celebrex should not be taken in late pregnancy or if you've had aspirin-sensitive asthma or allergic reactions to aspirin or other arthritis medicines or certain drugs called sulfonamides. In rare cases, serious stomach problems, such as bleeding can occur without warning. The most common side effects in clinical trials were indigestion, diarrhea and abdominal pain. Tell your doctor if you have kidney or liver problems.*

### What Is Osteoarthritis?

- A degenerative joint disease characterized as a breakdown of the joint's cartilage
- The most common type of arthritis
- Affects an estimated 21 million Americans

Although there is no cure for arthritis, there are treatments available to relieve its symptoms. For example, golfing legend Tom Kite is afflicted with osteoarthritis in his ankles, hands and fingers. Kite began suffering about 10 years ago—about the same time he won an electrifying victory at the 1992 U.S. Open at Pebble Beach. Yet he wasn't diagnosed until 1999. For the past two years he has been taking a prescription drug called Celebrex (celecoxib capsules) to manage his arthritis pain.

"My advice: Go see your doctor," says Kite. "I assumed that my pain was just the result of years of competition and that I'd just have to live with it. I soon learned that I was suffering from osteoarthritis and there were safe and effective options for treating my pain. Treatment has been good for me and good for my game."

## How To Care For Professional Quality Knives

(NAPS)—A set of quality, professional knives is the foundation to great cooking. But once you have made the decision to invest in a set of top quality knives, it is necessary to know how to use and care for them. A knife that is properly cared for keeps its edge longer, requiring less effort by the user to perform a task. The following are a few tips and guidelines from Chef Mark Mattern and Tupperware for caring for a new set of professional quality knives.

**Use Your Cutting Board.** For best results, always use an appropriate cutting surface. It will allow for cleaner cuts, and it will extend the length of time required between blade sharpenings.

**Holding the Knife.** When handled properly, high-quality knives are designed to cut with minimal force. It is extremely important to always hold the knife in the "balanced" position, when the knife feels comfortable in the hand. The Chef Series™ Forged Knives from Tupperware are correctly balanced; the weight of the blade complements the weight of the handle, creating a perfectly balanced, finely tuned knife.

**Keep Knives Clean and Dry.** Clean and sanitize knives by wiping down the blades and handles with a sanitizing solution as you work with different food groups. For economical sanitizing, use a solution of one pint of water to one teaspoon of household bleach.



Chef Series™ by Tupperware is a collection of hand polished, professional grade, forged stainless steel knives designed for every culinary need.

Clean knives by hand in hot, soapy water. Then dry thoroughly before storing. Cleaning knives in the dishwasher is not recommended; it could damage the blade of the knife.

**Store Carefully.** To maintain heirloom-quality knives, always store them properly. The Chef Series™ Knife Block is an example of an excellent storage option.

By using quality products, you will be able to enjoy a top-notch culinary experience. To obtain more information about Tupperware® products, call 888-919-8099 or visit [www.tupperware.com](http://www.tupperware.com).

# CAR CORNER

## The Key To Smart Car Shopping

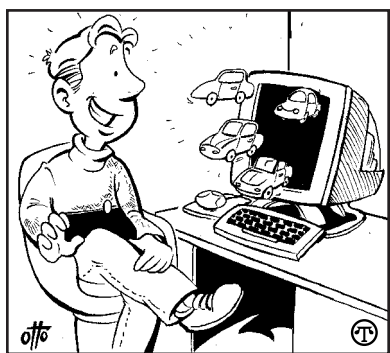
(NAPS)—Experts say consumers shopping for a new or used vehicle may be well advised to take a trip on the Information Superhighway. Web sites are now available that link car buyers with certified dealers and can help make purchasing a vehicle a virtual breeze.

For example, a relatively new Web site gives car-consumers access to one million vehicles—the largest inventory of cars available on the World Wide Web—and the dealers who sell them.

The site, called DriversSeat.com, is sponsored by the National Automobile Dealers Association. The e-service represents the first time consumers can directly access the nation's franchised new car-dealers online.

Visitors to the site can use its search option to cruise through dealer inventories, or can access any number of direct links that connect to dealer inventories and Web sites, listings of used vehicles, pricing information or consumer advice.

Users interested in a particular



The Internet can connect car buyers to dealers and help put the brakes on car-confusion.

vehicle in the e-service's inventory can deal directly with the dealership providing the car—online, by phone or in person—to get additional information or to complete a transaction.

In addition, the site provides tips on comparing vehicle models, used car retail value, parts and service availability and vehicle specifications—all of which can help steer consumers towards buying a great car.

For more information, visit [www.driversseat.com](http://www.driversseat.com).



The herb meadowsweet was the favorite "strewing" herb of Queen Elizabeth I, and was so in demand for strewing at weddings that it was also given the name bridewort.



June 2 was chosen to be the date of Queen Elizabeth II's coronation in 1953, because meteorologists said it was the most consistently sunny day of the year. You guessed it—it rained.

# WOMEN'S HEALTH

## How Do Women Really Feel About Aging?

(NAPS)—Here's a new look at the old idea of women's desire to look younger.

In a recent survey of women over 30 conducted by Olay Total Effects:

- **Eighty-two percent of women are honest about their age and are happy with it.** Today, more than ever before, women are accepting the aging process with grace and confidence.

- **Eighty-eight percent of women revealed that they had been mistaken for another age.** Eighty-four percent of those women aren't complaining—they were mistaken for being ten years younger.

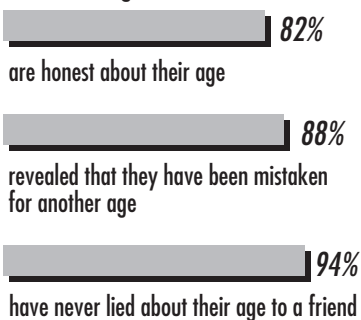
- **Ninety-four percent of women have never lied about their age to a friend.** However, one third of these women *have* lied about their age to a co-worker or boss.

- **Overall, women feel they look their best in their 30s.** Women 65 and older, however, feel that women in their 40s look the best.

Women polled revealed that being in love, having a happy and fulfilling life and laughter are their top secrets for maintaining youthful looks. Forty-six percent of these women, however, would still prefer to look younger and noted the importance of taking a pro-active role in the anti-aging process, as the desire to "look your best" at every age was a common theme.

"Based on the results of this survey," said Olay Marketing Director Michael Kuremsky, "we know that the Olay Total Effects

### Percentage Of Women Who...



**A recent survey uncovered some surprising truths about women growing old gracefully.**

line of skincare and cosmetics is on target with women's desire to look and feel their best."

The line includes *Total Effects Moisturizing Complex With UV Protection*, *Total Effects Daily Cleansing Treatments*, *Total Effects Age-Defying Foundation* and *Total Effects Lipcolor*. Each of these products is formulated with VitaNiacin, a combination of Vitamin B3 (niacinamide), Pro-Vitamin B5 (panthenol) and Vitamin E. This vitamin complex has been shown in Olay Total Effects to facilitate natural exfoliation to improve skin beauty, as well as improve skin health by enhancing skin's natural moisture barrier.

The Olay Total Effects Age Survey, conducted among 1,225 women of diverse ethnic and cultural backgrounds, was designed to better understand women's concept of aging and how they feel about it.

# MAKING FAMILY LIFE MORE FUN

## Florida Family Fun

(NAPS)—Fun. Family. Florida. An increasing number of families are finding a fair share of fun in Florida's Gulf Islands of Longboat Key and Anna Maria Island and the Bradenton Area.



**Florida's Gulf Islands offer families plenty of fun-filled activities to enjoy.**

Families interested in outdoor fun can hop aboard a canoe for an exciting eco-adventure on the beautiful Upper Manatee River, where they can view herons, egrets, hawks, ospreys, otters, bobcats, turtles and bottlenose dolphins, and perhaps catch a glimpse of the endangered manatees.

Once the main route to the Florida interior, the Manatee River features hidden white sand beaches, fresh clear waters, and a large stock of striped bass, bream, speck and catfish.

The State of Florida and Manatee County have worked together to reconstruct wetlands and preserve the remains of a 1400-year-old Native American Village. Visitors can take a self-guided tour through ancient mounds that were home to native Indian tribes or take a guided nature tour with area naturalists.

For information on these and other fun family attractions, call the Bradenton Area Convention & Visitors Bureau at 1 (800) 4-MAN-ATEE or visit [www.flagulfislands.com](http://www.flagulfislands.com).

# Pointers For Parents-To-Be

## Practical Tips To Help Parents Prepare For Parenthood

(NAPS)—A baby may be a bundle of joy, but parenthood represents a major lifestyle change. A little preparation can help make the transition smoother for first-time parents.

Here are some practical tips for parents-to-be from the experts at [Babiesrus.com](http://Babiesrus.com) and [Amazon.com](http://Amazon.com), who jointly operate one of the Web's most popular baby stores.

- An important first step is to become informed. Having a reliable how-to book or Web site to consult can make firsts, such as diaper changes and burps, less intimidating.

While you should read all you can about parenting, it's also important to remember that your pregnancy and child may be like no other and that what works for the experts may not work for you.

- Make lists. Find out what you will need and be sure you have at least the basics in your home a few months ahead of time.

Resources such as the New Parents' Checklist, one of many product suggestion lists on the [Babiesrus.com](http://Babiesrus.com) site, take you through the absolute necessities (bottles, diapers, bedding, clothes, a reliable car seat, etc.), equipment to make the house safer for small children (safety plugs, crib bumpers, etc.) and baby gear to make life easier for moms and dads (a musical mobile, car toys, a changing table, and a rocking chair, etc.).

- Share your baby "wish list" with friends and family. The average American family spends up to \$7,000 on a new baby in its first year, but baby registries have become commonplace in helping to ease the financial burden for



**Parents-to-be can baby themselves by shopping for the basics online.**

expectant parents as they prepare for their new arrival. Registering at a well-known store that allows friends and relatives to easily access your registry online ensures gift-givers near and far will help you collect exactly what you want and need for your new baby.

A good online registry should simplify what can seem to be an overwhelming process. Registering online makes it easy for expectant parents to systematically browse thousands of baby products, view specific patterns and fabrics, and add complete nursery or gear sets to the registry with just a few mouse clicks.

Visitors to [Babiesrus.com](http://Babiesrus.com) will find helpful information from [Parenting.com](http://Parenting.com), be able to shop from [Amazon.com](http://Amazon.com)'s latest selection of relevant books, music and videos and gain access to a vast selection of baby products and a convenient baby registry, all in one simple online trip.

For more information, visit [www.babiesrus.com](http://www.babiesrus.com).

# Senior Health News

## Depression In The Elderly Is Treatable

(NAPS)—Depression is not a normal part of aging, according to research supported by the National Institute of Mental Health (NIMH). Warning signals family and friends should look for include chronic sleep problems and inability to rest, excessive worrying, increasing dependency, withdrawal from friends, hypochondria and complaints of chronic aches or pains that cannot be attributed to other disorders.

"Family members are the key in getting elders into treatment, because too often elders don't recognize depression in themselves," points out Dr. Charles Reynolds, director of the Late Life Depression Clinic at the University of Pittsburgh, one of three Intervention Research Centers supported by NIMH. In addition, he said, many senior citizens will not discuss mental health problems with their doctors because they don't want the term "depression" associated with them.

With clinical depression in the elderly comes a far more serious threat—suicide. The highest rates of suicide are among the elderly, particularly white men ages 80 to 85, says Dr. Reynolds. Getting the proper treatment for a depressed elder is vital to prevent depression from getting worse. Yet only one in six elders with clinical depression gets diagnosed and treated for the illness, according to an updated NIH consensus development statement.



**For a free brochure about depression and its treatment call NIMH at 1-800-421-4211.**

The steps to handling depression are easy to remember for both seniors and their loved ones:

- Recognize that depression is not a normal part of aging, and take symptoms seriously.

- Seek information from individuals and organizations experienced in helping the elderly.

- Mobilize social support from relatives and friends.

- Most importantly, get treated promptly.

Free brochures on depression and its treatment are available by calling NIMH at 1-800-421-4211 or on the Internet at [www.nimh.nih.gov/publicat/depoldermenu.cfm](http://www.nimh.nih.gov/publicat/depoldermenu.cfm).

A pamphlet on depression by NIH's National Institute on Aging is also online at [www.nih.gov/niha/health/agepages/depresti.htm](http://www.nih.gov/niha/health/agepages/depresti.htm).

### Check Out These Web Sites:

Here are some Web sites you may want to watch:

Sesame Solutions, an online education center, at [www.SesameStreet.org](http://www.SesameStreet.org).

The Center for Automotive Research at [www.autoalliance.org](http://www.autoalliance.org).

Dannon Natural Spring Water at [www.dannonwater.com](http://www.dannonwater.com).

Bio Guard at [www.bioguard.com](http://www.bioguard.com).

The American Society of Health System Pharmacists at [www.safemedication.com](http://www.safemedication.com) or [www.ashp.org](http://www.ashp.org).



**Experts claim the Egyptians valued the marigold as a rejuvenating herb. The Hindus are said to have used it to decorate altars, while the Persians used it to flavor food.**

# Guides For Brides

## On A Day For Smiles, Say "I Do" To Bright Teeth

(NAPS)—Your wedding day may be a once-upon-a-time romantic fantasy, but preparing to look your best can start months in advance and require a detailed plan. Here are some tips from the experts:

### Six months in advance.

Discuss the cut and color of your hair with your hairdresser. Consider what type of headpiece you will wear.

If you decide to change your hairstyle, color or perm it, do it now so you have plenty of time to grow it out, if you change your mind.

Begin a fitness regime now so you will be in great shape for the wedding. Start exercising slowly.

Start a nail strengthening treatment and a skin care regimen. Consult a dermatologist if there is an ongoing problem, such as acne.

Consider makeup. If you are applying your own makeup, visit a makeup counter to get some tips and insight.

### Six Months

Take a good look at your smile. You may want to consider having your teeth professionally whitened. According to the American Academy of Cosmetic Dentistry (AACD), tooth whitening has grown by more than 300 percent in the past five years.

### Four to Six Weeks

Take a trial run with makeup and hair to see if you are satisfied.

Maintain -or brighten-your smile by flossing with Johnson & Johnson REACH® Whitening Floss, which has been clinically



**It's always a bright idea to take a good look at your smile.**

proven to remove stains from between the teeth where 70 percent of stains start. In a consumer test, teeth became whiter and brighter within four weeks when this specially coated floss was used just once a day.

### One Week

Have hair trimmed and get a deep conditioning hair treatment. Get a leg and bikini waxing.

Get a pedicure. Have a mini-facial.

### The Day Before

Have a manicure and a conditioning hand treatment. Get a massage.

Get plenty of rest.

### On The Day of the Wedding

Eat a light, healthy breakfast and remember to smile. Thanks to your beauty plan, you will look your very best.

# Prepare To Go Bare

## The Expert's Guide To Silky-Smooth Skin

(NAPS)—If quality time in the sun is on your to-do-list this season, it may be time to think about smoothing any skin you plan to bare.

According to Schick's Silky-Smooth Summer Survey both men (64 percent) and women (68 percent) prefer their partners to have silky-smooth skin.

"Smooth skin has always been in for women, but summer's skin-baring styles, from skimpy swimsuits to the ever-shrinking mini-skirt, make it even more important than any other time of the year" notes Linda Gilmore, Brand Manager for Schick. Gilmore offers a few tips:

### Tips for women...

**Go for the glow.** Use a good exfoliating scrub to remove dead skin cells and leave skin looking vibrant.

**Dare to go bare.** For smooth, stubble-free legs, and underarms, try Schick® Silk Effects® Plus, a women's razor system designed to deliver a smooth, convenient and comfortable shave. Microfine safety wires wrapped around the blades protect sensitive skin from nicks, cuts and razor burn.

**Don't feel the burn.** Avoid shaving dry. Dry hairs are difficult to cut and break down the edge of the razor blade. Apply a rich shaving creme or gel to soften the hair and reduce friction.

**Want the smoothest, silkiest legs on the beach?** Never shave immediately before heading to the pool or beach—it can make skin vulnerable to the stinging effects of chlorine and salt water, as well as to the alcohol found in some suntan lotions and sunscreens.

**Keep your skin smooth and touchably soft.** Moisturize nightly and immediately after a shower or bath.

**Treat yourself to a professional manicure and pedicure.**



For \$15-\$25, you get a relaxing hand and foot massage, a moisturizing soak and paint job.

### Tips for men...

**Don't be a flake.** Keep dry body skin at a minimum with a body scrub formulated to remove dead cells and smooth rough patches. Use on wet skin in the shower, massage in and then rinse off.

**Dare to go bare.** To keep your beard at bay, use a razor designed to deliver a smooth shave while guarding against nicks, cuts and irritation. The Schick Xtreme III®, a go-anywhere razor, provides a hassle-free shave. It's designed to combine high performance with three flexible, pivoting blades that follow the contours of the body to deliver greater closeness.

**Always play by the "three minute rule."** Wet the hair you're removing for at least three minutes. Water plumps up hair, making it easier to cut and reducing the risk of irritation.

**Pamper the skin you're in.** Shave your beard with, not against, the grain to avoid irritating the uppermost layer of the skin and making your face tender.

**Use an aftershave product.** Try a cream or gel aftershave—they're less likely to sting.

**Slather on your sunscreen.** Choose one with a sun protection factor (SPF) of at least 15 that protects from both UVA and UVB radiation.

For more grooming and skin-care tips, call 1-800-SHAVERS (1-800-742-8377) or visit Schick's new Web site at [www.shaving.com](http://www.shaving.com).

## MONEY TALKS

### Traveling U.S. Shoppers Can Get Money Back

(NAPS)—When you shop overseas, you're paying more than many believe you should. The reason is value-added tax (VAT), which is automatically charged at point-of-purchase on most of the goods you buy in more than 90 countries around the world.



It's a lot easier to get a refund of value-added tax than many people realize.

When you leave for home, you're entitled to a refund of the VAT you paid. However, few know how to get this money back. In fact, an organization called Global Refund estimates that \$50 million in VAT annually goes unclaimed by American travelers.

Fortunately, with only three steps you can claim the refund:

- At stores displaying "tax-free shopping" signs, ask for a Global Refund Cheque when you buy an item.

- When you leave at the foreign airport, have customs stamp the cheque.

- At home, cash the cheque at a nearby Cash Refund office—or mail it in and receive a check or credit on your credit card.

Before you go shopping in Europe or elsewhere on holiday or business, consult Global Refund, which is active in 29 countries, to find out how you can get money back on your purchases abroad. To receive a useful brochure, call 1-800-KNOW-VAT or visit the Web site at [www.globalrefund.com](http://www.globalrefund.com).

## YOUR GARDEN

### The Dirt On Safe Gardening

by Susie Coelho

(NAPS)—Gardens can be filled with beautiful surprises: Last fall's geraniums that survived the winter, spring-blooming daffodils against a backdrop of bluebells or that first ripe tomato.



Susie Coelho, HGTV's Surprise Gardener

Unfortunately, most gardens can hold some unpleasant surprises. From stinging insects and toxic plants, to the sun's burning rays, such problems can cause skin irritation and itching for days or even weeks.

To help root out any potential problems in your garden, try these tips before digging in the dirt:

- **Gloves are a must.** Toiling in the soil can take its toll on the hands. Handling fertilizer and weeds or even pruning and raking can drain skin of moisture and emollients. Choose light cotton gloves for planting and weeding and heavier leather gloves for jobs such as hedge trimming and pruning.

- **Don't forget the sunscreen.** Hours spent in the garden usually mean hours spent in the sun. Be sure to protect yourself from harmful ultra violet rays with at least an SPF 15 sunscreen.

- **Buzz off!** To avoid being bugged by mosquitoes and other pests, wear long pants, socks and long sleeves. Also, avoid gardening during the early evening (when mosquitoes tend to be at their worst). If you are bitten by a mosquito, use an anti-itch medication such as Lanacane® Anti-Itch Creme to help relieve the discomfort. In addition to helping stop the itch, the cream contains an antibacterial that can help ward off infection. The product can also be an effective way to relieve the pain caused by bee stings or irritation caused by poisonous plants.

- **Soil, soil everywhere...** Maintain a balanced soil pH to help plants (and your skin) thrive. If your soil is highly acidic, add neutralizing lime. If soil is too alkaline, add garden sulfur to increase acidity.

- **On bended knee.** Extended gardening sessions tend to put stress on the knees and back. Be sure to stand up straight periodically and give your body a break.

- **Poisonous plants.** Learn how to identify toxic plants, including poison ivy, oak and sumac. Despite nearly 90 percent of the country being sensitive to such plants, a survey found 60 percent of gardeners can not identify them.

If you come across a toxic plant, be aware that its roots can cause as much havoc as its leaves and that urushiol oil (the sap that causes itchy reactions) can often be found in the soil surrounding the plant.

- **Wash your tools.** Be sure to clean your garden tools after each use—especially if you've been near poisonous plants. Plant toxins can remain active on a tool for months.

- **Bee careful.** To help prevent painful or itchy insect stings, protect yourself from sunburn and find out the specific areas in which poison ivy grows, visit [www.lanacane.com](http://www.lanacane.com). The Web site includes such features as a Summer Itch Index and a Sting Forecast.

The site can help homeowners avoid some of the pitfalls associated with making a garden grow. And equally important, for each Web visitor to the gardening section, Lanacane will donate money to the American Community Gardens Association.

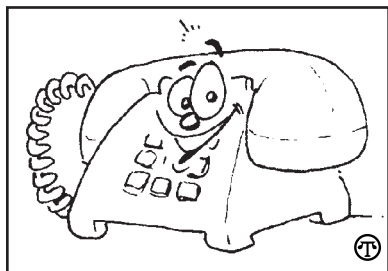
*Ms. Coelho is an expert gardener and host of Home & Garden Television's top-rated series Surprise Gardener.*

## Did You Know?

(NAPS)—According to Karin Kratina, co-author of *Eating Well, Living Well: When You Can't Diet Anymore* and consultant to The Renfrew Center, 83 percent of those who responded to a recent survey knew that bread and other grain foods provided energy. Also, 70 percent knew whole and enriched grains can help prevent heart disease and cancer. However, many Americans are not eating the minimum recommended servings of grain.

For today's time-pressed cook who desires pesto flavoring, growing herbs and harvesting a vegetable garden is probably not in the meal plan. Neither is shopping for expensive hard-to-find fresh basil and perfectly sun-dried tomatoes, and whipping out the processor (not to mention washing it) to prepare the sauce. Pesto flavor, however, can be easily achieved with *Classico Creations™*, a new line of flavorful pesto-style sauces made with fresh-chopped ingredients that help eliminate all of the preparation. Found in the pasta aisle of local grocery stores, the *Basil Pesto* and *Sun-Dried Tomato* varieties provide a unique Italian flavor.

ZESPRI™ GOLD Kiwifruit is beautiful, and it can help you look great, too. A two-piece serving has just 80 calories, more vitamin C than an orange, more potassium



than a banana, and more fiber than a serving of bran cereal. It's low in fat and sodium and cholesterol-free. For a quick, nutritious snack, simply slice a golden kiwifruit in half and scoop it out with a spoon. Or, just rinse and bite right in; the skin is edible.

Research shows that 50 percent of women over the age of 35 experience sagging facial skin, one of the first signs of aging. Sagging skin is defined as skin that shows a loss of the firmness and elasticity typically found in youthful, healthy skin. Methods for counteracting sagging skin range from cosmetic surgery to the use of commercially available treatment products. One of the most recent advances in this area is dimethylaminoethanol (DMAE), a firming nutrient naturally found in the body. DMAE is a key ingredient in RoC® Protient Actif Pur™ Daily Firming Treatment, which starts to work immediately to visibly lift, firm and tighten skin in just eight weeks.



Until 1796, the state of Tennessee was called Franklin.

### Check Out These Web Sites:

The Clorox Company at [www.clorox.com](http://www.clorox.com).  
Rubbermaid vacation tips at [www.survivethevacation.com](http://www.survivethevacation.com).  
B.F. Ascher & Company at [www.bfascher.com](http://www.bfascher.com).  
Mentor Graphics at [www.mentor.com](http://www.mentor.com).  
Operation Blessing at [www.ob.org](http://www.ob.org).  
Purina Beggin' Strips brand dog snacks at [www.begginstrips.com](http://www.begginstrips.com).  
CertainTeed Corporation at [www.siding.com](http://www.siding.com).  
Stewart Publishing at [www.stewarthousepub.com](http://www.stewarthousepub.com).  
Procrit® at [www.procrit.com](http://www.procrit.com).

## FREE THINGS TO SEND FOR

(NAPS)—Created by Hallmark artist John Wagner in 1986, Maxine has captured a loyal following of admirers and closet curmudgeons who revel in her "call, 'em-like-I-see-'em" style. Her sharp-tongued wit is aimed at everything from growing old to the men in her life. If you've ever grouched or grumbled, you may want to become a member of Maxine's Official Club. To register, visit [www.maxine.com](http://www.maxine.com) or call 1-86MYMAXINE. You also can find a special membership application in her new book found in Hallmark Gold Crown® Stores.

When shopping for a gemstone, consider going to a retailer who has been educated by the non-profit Gemological Institute of America (GIA), the world's foremost authority in gemology. To learn more about gemstones or the institute's jewelry education programs, call 1-800-421-7250, Ext. 4001 or visit [www.gia.edu](http://www.gia.edu).

A chronic, potentially debilitating autoimmune disease, called Sjögren's (pronounced show-grins) syndrome, damages the body's moisture-producing glands and is believed to affect more than a million American women, but many remain undiagnosed. While there is no cure for Sjögren's, patients can alleviate many of the symp-



toms with over-the-counter products such as mouthwashes and saliva substitutes. Doctors can also offer prescription medications. For more information about this disease, call 800-730-7227 or visit the non-profit Sjögren's Syndrome Foundation at [www.sjogrens.org](http://www.sjogrens.org).

According to the experts at Alliance for Affordable Services, a reliable Internet service provider and e-mail system is a must for small businesses. A recent survey of Alliance members indicates that doing business online has become an increasingly popular trend—an average 79 percent have Internet access and 91 percent use e-mail on a regular basis. For more information, call 1-800-733-2242.



# spotlight on health

## Travelers Beware: Hepatitis A and B May Await You

(NAPS)—Are you planning a trip to Africa or Asia? Maybe you have selected a Caribbean destination or are taking a European holiday. In preparing for a trip, travelers frequently get lost in the excitement of making flight and hotel reservations, buying guidebooks and planning agendas. Oftentimes, travelers do not think about potential health risks, including hepatitis A and B, that can be avoided with preventive measures.

Most people may not realize that hepatitis A and B are the two most common vaccine-preventable diseases for travelers. Hepatitis A is spread by the fecal-oral route through close person-to-person contact, or by ingesting contaminated food or water. Hepatitis B is a serious disease that can cause permanent liver damage, liver cancer and even death. The good news is now there is a convenient way to protect against both diseases with one vaccine. The U.S. Food and Drug Administration recently approved GlaxoSmithKline's Twinrix® [Hepatitis A Inactivated & Hepatitis B (Recombinant) Vaccine], the world's only combination hepatitis A and B vaccine indicated for use in adults 18 years and older, proven safe and effective in the prevention of hepatitis A and B.

In unvaccinated travelers, hepatitis A occurs 100 times more often than typhoid fever and 1,000 times more often than cholera. People who have hepatitis A are typically infected for two weeks before symptoms appear, returning from a trip infected and unknowingly spreading the disease to others. Eleven to 22 percent of adult hepatitis A patients require hospitalization and approximately 100 people in the U.S. die every year from this disease.

Hepatitis B is a serious disease, and can be 100 times more contagious than HIV. Hepatitis B can be spread through infected blood or body fluids, sexual contact, intravenous drug use, contact sports (via cuts and scrapes), body piercing and tattooing. Travelers may engage in casual sexual activities, excessive drinking, water activities and adventure sports, finding themselves at risk of acquiring the disease since such activities increase their chances for accidents or trauma. Receiving medical attention in endemic countries places the traveler at risk of contracting hepatitis B from contaminated



**PLAN AHEAD—Proper immunization can help prevent diseases such as hepatitis A and B.**

equipment and blood or infected healthcare workers.

"All travelers are at risk of contracting hepatitis A and B in the United States and abroad. Hepatitis does not discriminate; travelers are at risk of infection regardless of whether they stay at youth hostels or five-star hotels," according to Phyllis Kozarsky, M.D., Associate Professor of Medicine and Infectious Diseases at the Emory University School of Public Health. Approximately 50 percent of persons with hepatitis A and 25 percent of persons with hepatitis B have no known risk factor for their infection.

Twinrix is a safe and effective vaccine that provides protection against both hepatitis A and B. In fact, Twinrix offers more convenience, as it requires three shots, instead of five, to protect against both hepatitis A and B. The most common adverse events in clinical trials included soreness at the injection site, headache and fatigue.

When planning your next trip, make your health a priority—see your physician or a travel medicine expert before departing. Individuals who would benefit from vaccination include those who travel to areas such as Africa, Asia (except Japan), the Caribbean, South America, the Middle East and eastern and southern Europe. Plan ahead to get the proper immunizations to help prevent diseases such as hepatitis A and B from ruining your trip. For more information on hepatitis A and B prevention and Twinrix, access the World Wide Web at [www.travelsafely.com](http://www.travelsafely.com) or call 1-800-366-8900 ext. 5231.

Editors: For additional information and complete Twinrix prescribing information, call the GlaxoSmithKline Medical Information Department toll-free at 800-366-8900, extension 5231. Twinrix is manufactured by GlaxoSmithKline Biologicals, Rixensart, Belgium and distributed by GlaxoSmithKline, Research Triangle Park, NC 27709. Twinrix is a registered trademark of GlaxoSmithKline.

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**Observation is a passive science, experimentation an active science.**  
—Claude Bernard



In England and parts of America it is believed by some that if your nose itches you will become angry, see a stranger, kiss a fool or be in danger.

# INGENIOUS IDEAS DEPARTMENT

## Straw That's A "Snap"

(NAPS)—People who spend time in workshops, garages and warehouses know that being without that one essential tool or component needed to complete the job can be frustrating. One invaluable yet elusive tool—the little spray tube that comes with many aerosol cans—invariably gets lost in workshop nooks and crannies.



**The last straw? Indeed. A new cap helps consumers keep track of the handy applicator.**

Fortunately, there's now a solution: The WD-40 NotchCap, now available on cans of the multi-purpose product, ensures safekeeping of "the little red straw." The NotchCap lets consumers "snap" the precision applicator back into place in the most convenient of locations—on top of the cap.

"It's really just another step we've taken to add value to our end-users and make our product more convenient to use," said Helen Way, associate brand manager for WD-40. "Since we often get calls asking for replacement straws, we decided to provide users with a way to keep them from getting lost in the first place."

WD-40 has also taken steps to give its fans what they have been requesting for years—a place to share their stories, uses and love for the product. The WD-40 Fan Club, which is free to join at [www.wd40.com](http://www.wd40.com), will bring together fans from across the world to share stories about the product, access tips and ideas on how to use it, download goodies and participate in periodic promotions, contests and special events.

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**Insanity is often the logic of an accurate mind overtaken.**  
—Oliver Wendell Holmes  
\*\*\*\*\*



The U.S. Automobile Association was formed in 1905. Its original mission was to provide "scouts" who would warn motorists of hidden police traps.

# Junior Achievement®

## Young People Are Taking Stock Of The Economy

(NAPS)—The vast majority of young people think taxes are too high. And most think purchases made over the Internet should be tax-free.

These are just two of the highlights of the most recent installment of an ongoing Junior Achievement (JA) study of the attitudes and opinions young people have on a range of financial topics.

The survey is sponsored by the world's largest organization dedicated to educating young people about business, economics and free enterprise.

Of 546 students queried, 83 percent said taxes are too high and 79 percent said they shouldn't have to pay tax on purchases they make over the Internet.

In one of the more revealing results of the poll, 24 percent of young people reported they already own stock. And, with a nod toward the stability of the traditional economy, 82 percent of the students said they would favor purchasing the stock of a "company that had been around a while" over the stock of a "dot-com" company.

At the same time, the survey results paint a picture of today's teens as politically independent. Seventy percent of teens agreed with the statement that unions should continue trying to protect laborers' rights and needs.

When asked when they should start saving for retirement, 75 percent of students polled said "immediately" or "by age 25," indicating a growing awareness among young people to plan for their futures.

Overall, the survey results revealed that American teens—as consumers, workers and investors



**A recent survey revealed that 24 percent of American teens own shares of stock.**

—already play an active role in the economy.

This, according to JA, underscores students' need for personal financial knowledge by the time they go off to college or enter the workforce.

Junior Achievement addresses this need by giving young people the skills they need to succeed in their future careers and their lives.

Junior Achievement reaches nearly four million students through a network of 158 offices nationwide.

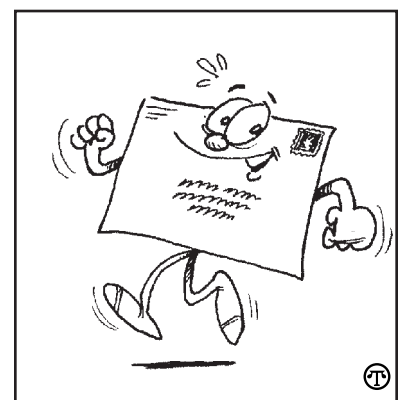
For more information on JA or a copy of the survey results, call 1-800-THE NEW JA (1-800-843-6395) or write JA National Headquarters, One Education Way, Colorado Springs, CO 80906. You can also visit the JA Web site at [www.ja.org](http://www.ja.org) or contact the nearest Junior Achievement office.

# FREE THINGS TO SEND FOR

(NAPS)—A new program from Target Stores and the Tiger Woods Foundation may be just the thing kids need to feel more confident in these areas. Called "Start Something," the free program helps kids to develop a set of core values through a series of character-building activities, like "promise to read for 20 minutes every day," and "make a pledge to respect your body." They advance through the program by completing activities at five different levels, and can qualify for a \$10,000 scholarship and a chance to meet Tiger at one of his golf clinics. To sign up for the program, kids can either fill out a registration card at any Target store, go to [www.target.com](http://www.target.com) or call 1-800-316-6141.

To help treat UTI symptoms, many people take an over-the-counter medication such as Prodiur® for the fast, temporary relief of urinary tract discomfort. While such medications are not meant to cure UTIs, they can help make waiting for an infection to clear up a less painful experience. For more information on Prodiur, consult your healthcare provider. To receive a free booklet on UTI infections, write: Requa, Inc.: P.O. Box 2384; Bridgeport, CT. 06608.

Fruits and vegetables are an important part of a nutritious diet



but they can also harbor bacteria that can make you sick. The Food and Drug Administration recommends washing hands with warm water and soap before and after handling produce. Rinse raw produce in water. Don't use soap or other detergents. If necessary, use a small scrub brush to remove surface dirt. For more information, call the FDA at (800) FDA-4010 or visit [www.fda.gov](http://www.fda.gov).

Experts at Americans for Financial Security (AFS)—a nonprofit organization that provides small business owners with information and technical assistance—encourages small business owners to learn from mistakes and challenges and stay focused on their goal. For more information, call 1-800-492-1016 or visit [www.afswebsite.org](http://www.afswebsite.org).

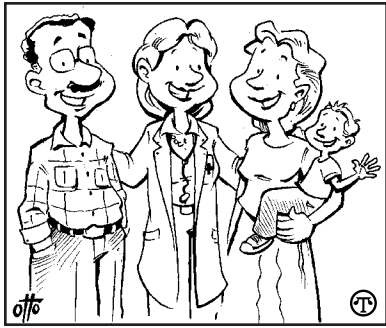
# HEALTH News & Notes

## Vaccines: A Safe And Simple Way To Keep Healthy

(NAPS)—Imagine a world without vaccines. Before vaccination, as many as 20,000 Americans—mostly children—became paralyzed from polio. There were 150,000 cases and more than 5,000 deaths annually from pertussis (whooping cough). German measles affected thousands of people and caused infants to be born deaf, blind and mentally retarded.

Today, because of safe and effective vaccines, this is no longer the case. In fact, vaccination against polio has virtually eliminated the disease from the entire Western Hemisphere, which includes North and South America. Whooping cough vaccine has dramatically reduced the disease so that fewer than 7,000 cases are reported annually. Vaccine for German measles has reduced the number of infected infants to fewer than five cases annually.

"Vaccines have helped to eliminate an enormous burden of disease from our society, preventing infections and saving lives," says William Schaffner, M.D., professor and chairman of the department of preventive medicine at Vanderbilt University School of Medicine in Nashville, Tennessee. "Vaccination truly demonstrates the benefit of modern medicine and is one of the greatest triumphs in



**Vaccinations are important for both children and adults to halt the spread of disease.**

national health."

Childhood immunizations in the United States have increased significantly during the past decade to near record high levels. Despite this, people may be misinformed about the safety of vaccines.

"Vaccines are safe," says Dr. Schaffner. "Most side effects are minor, such as tenderness where the shot was given, headaches or drowsiness or a mild fever. The chances of having a more serious or harmful reaction to a vaccine are small compared to the potential consequences you or your child face if not vaccinated."

Vaccines, like all medications, are carefully tested to prove their safety and effectiveness. Even after vaccines are approved by the

U.S. Food and Drug Administration, they continue to be carefully scrutinized and monitored for safety by the federal government and medical community, including physicians and nurses, scientists and researchers, as well as hospital personnel and public health officials.

The Centers for Disease Control and Prevention (CDC) recommends vaccination for children and adults. Childhood vaccinations are listed in the routine childhood vaccination schedule on the Web site for the American Academy of Pediatrics. Vaccines can protect adults from infectious diseases such as influenza, hepatitis and pneumococcal disease. Infectious disease not only impacts an individual, but also puts the health of others at risk. Parents and family members need to protect themselves against disease, but also consider the added benefit to the community at large by preventing the spread of disease to others.

For more information about vaccination and safety, speak to your physician and/or public health department, and visit the CDC Web site at [www.cdc.gov](http://www.cdc.gov), the American Academy of Pediatrics at [www.aap.org](http://www.aap.org) and the National Network for Immunization Information at [www.immunizationinfo.org](http://www.immunizationinfo.org).

## When It Comes To Youth, Research Reveals A Gap Between Adult Belief And Behavior

(NAPS)—Americans feel youth should be the nation's top priority. However, their actions suggest otherwise. Two recent surveys reveal a definite gap between what adults believe and their behavior.

When asked what the nation's highest priority should be, from five choices provided, 43% percent of adults ranked "preparing young people for the future" higher than improving healthcare (21%), keeping the economy strong (18%), reducing crime (12%) or protecting the environment (7%), according to research conducted by the Gallup Organization for America's Promise—The Alliance for Youth.

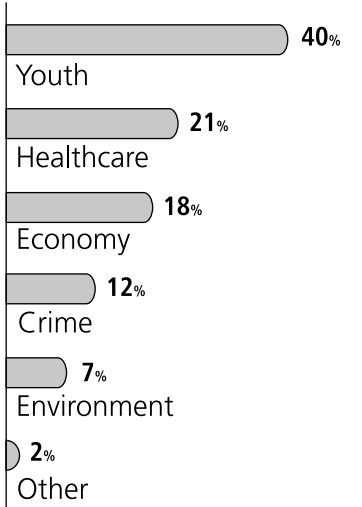
This is backed up by Grading Grown-Ups, a national report published by Lutheran Brotherhood and Search Institute, Minneapolis. The study reveals that a majority of adults believe they should be engaged in the lives of youth—providing the relationships and support young people need to develop into confident, independent and successful adults.

Yet, too few adults are acting on that belief. The Search study also shows that too many young people are not reaping the rewards of positive adult engagement. In fact, a majority of 12- to 18-year-olds report they do not have sustained, intergenerational relationships; they are unknown in their neighborhoods; their schools are not warm places; and their communities do not value them.

But, there is an organization working to bridge this gap. America's Promise—The Alliance for Youth is engaging millions of adults in the lives of youth, where they live, work and worship.

"We need to transform our society. All Americans must pull their weight to ensure that all our children become children of promise," said Marc Racicot, former governor

### Nation's Highest Priority (Adults)



"Preparing young people for the future" should be the nation's highest priority say 40% of respondents — more important than improving healthcare, the economy, reducing crime and the environment.

2001 Gallup Organization

of Montana and chairman of America's Promise.

America's Promise is helping the American public act on what it believes. With Colin L. Powell as its founding chairman, America's Promise is mobilizing people from every sector of American life to build the character and competence of youth by fulfilling Five Promises: caring adults, safe places, a healthy start, marketable skills and opportunities to serve.

For more information about America's Promise or how to become involved in your community visit [www.americaspromise.org](http://www.americaspromise.org), AOL Keyword: America's Promise or call 1-888-55-YOUTH.

# Health Update

## A Call For A Measles-Free Future The "Drive To Curb Measles" Kicks off Nationwide With the Goal of Eliminating Measles in the U.S.

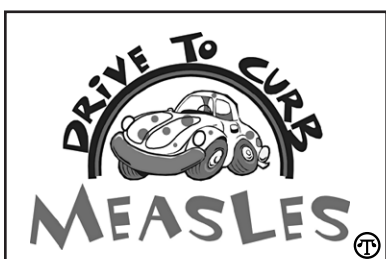
(NAPS)—A group of parent and professional associations has taken steps to help work towards a measles-free future in America.

Representatives of the National Partnership for Immunization (NPI), the National Association of Pediatric Nurse Practitioners (NAPNP), National Medical Association (NMA), Every Child By Two (ECBT), and the Partnership for Prevention (PfP) gathered recently to kick off the "Drive to Curb Measles." The program, sponsored by Merck Vaccine Division, is intended to increase public awareness about measles and encourage vaccination for appropriate persons. The associations maintain that an increased commitment to universal vaccination is needed to completely eliminate measles in the U.S., just as smallpox was eradicated worldwide 22 years ago, and polio has been eliminated from the Americas and Western Pacific region within the last seven years.

### "Vaccinator" Tells the Tale

The "Drive to Curb Measles" program aims to educate parents and children about the seriousness of measles, the speed of contagion, and the importance of vaccination.

The "Drive" features "Vaccinator," a superhero whose mission is the elimination of measles and other infectious diseases. She will travel in the Measles Bug, a red-spot enhanced Beetle, to various



cities where she will conduct short interactive presentations with local children's theater performers demonstrating the need for vaccination. A local pediatric nurse practitioner will provide information about measles and vaccination to parents and answer their questions.

### Measles Still a Danger

Despite more than 30 years of vaccination, measles still exists in the United States. According to the CDC, the number of cases reported through April 8, 2001 is up 200 percent from the same period last year.

The airborne virus, considered by the National Foundation for Infectious Diseases and the Centers for Disease Control and Prevention (CDC) one of the most contagious infections known to man, can spread through an entire room from just one cough. While initial symptoms of measles infection may appear mild, including a runny nose, cough, and the traditional red rash, the disease can progress rapidly and lead to pneumonia, encephalitis, and

even death.

The Advisory Committee on Immunization Practices (ACIP) of the CDC, the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP) have issued recommendations that children be vaccinated against measles between the ages of 12 and 15 months, and a second time between 4 and 6 years of age.

"Measles is a highly contagious, vaccine preventable disease," said Dr. David Neumann of the National Partnership for Immunization. "We must remain vigilant in ensuring that our children are vaccinated in accordance with the guidelines recommended by the ACIP, the AAP, and the AAFP."

### Almost There!

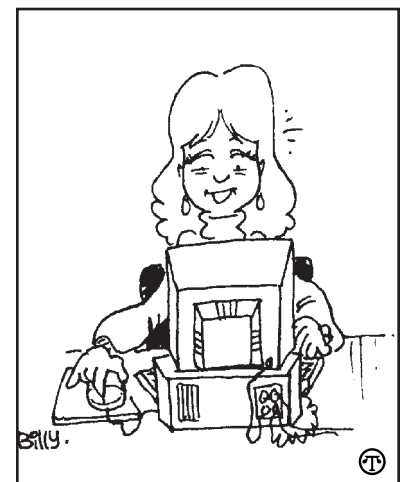
"We've come a long way with measles vaccination, but the problem still exists," said Dr. Neumann. "Last year, there were only 81 measles cases reported to the U.S. Centers for Disease Control and Prevention (CDC) compared to 55,000 cases reported during 1989-1991. On the other hand, this year in King County, Washington, eleven cases of measles were reported by February 22—that's the most significant number of cases in that area since 1991. Continued vigilance, coupled with universal vaccination, is important in helping to prevent future outbreaks."

## Web Watch

(NAPS)—The Clorox Company recently introduced Clorox Outdoor Bleach Cleaner, a bleach-based cleaning product specifically developed to clean and care for a variety of outdoor surfaces. It can eliminate tough stains, say cleaning experts, and has the power to clean dirt and grime on everything from decks to outdoor furniture. Clorox Outdoor Bleach Cleaner is specially formulated to be safe on metals and plastics. Useful cleaning information may be found at [www.clorox.com](http://www.clorox.com).

To ensure your family brings everything needed for a good, healthy and safe time at the beach, Rubbermaid recommends creating a Beach Survival Kit with those items needed to protect family members from the sun's rays. In an easy-to-carry Rubbermaid basket, such as the Flex 'N Carry™, pack a first aid kit, a bottle of sunscreen, sunglasses, a wide brimmed hat, and beach towels. For more information, visit [www.survivethevacation.com](http://www.survivethevacation.com).

Sponsored by Operation Blessing, the project called Bless-A-



Child reaches out to help local churches establish youth-serving programs to aid at-risk children. The programs range from providing school clothes and supplies to summer employment programs that also emphasize money management to after-school programs that mix literacy and math. To learn more about the program and ways to promote the physical and spiritual welfare of children in need, visit the Web site at [www.ob.org](http://www.ob.org).



# Decorator's Notebook

## Area Rugs: An Easy, Inexpensive Way To Update A Room

(NAPS)—People who are looking for a way to update their homes often start from the ground up—with an area rug.

Thanks to today's loom technology, area rugs are available in many fashion-forward colors and designs at an affordable price.

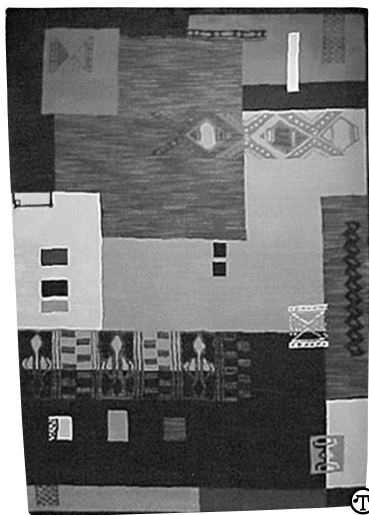
For this reason they may be kept and enjoyed for years, but can be affordable enough to change as frequently as you choose to redecorate.

"You don't have to go out and buy new sofas, tables or beds every time you want to update the look of a room," says Linda Harlow, a veteran rug buyer who recently joined Sphinx, a color and design leader in the U.S. rug industry. "Instead you can change accessory items, such as throw pillows and area rugs, to give your living space an entirely new look."

Styles that are popular among today's consumers include neo-classic designs that combine fresh, updated colors with traditional motifs. Transitional looks also are in high demand. While they offer bolder designs, the colors remain subdued combining neutral and earthy tones, such as creams, browns or greens, with accent areas of popular hues or interesting textures.

Those who are a little more daring are decorating one or more rooms in their homes with looks ranging from colorful geometrics and Picasso-like motifs to the tribal designs that are being incorporated into homes throughout the country.

"People's styles and tastes change over time, as they should.



**Area rugs can help personalize your living space at an affordable price.**

It isn't difficult to update the look of a room—especially if you're just dealing with accent pieces," said Harlow. "The most important thing is to relax and have fun with it."

Harlow adds that in addition to aesthetics, livability is key.

"In today's hectic society, people view their homes as retreats, a place where they can relax and spend time with their friends and family," she said. "Therefore, make sure you select pieces that are comfortable."

Available in an array of fashion-forward colors, textures, yarns and motifs, Sphinx area rugs range from \$300 to \$800 for a 6' x 9' rug. For more information, visit [www.owsphinx.com](http://www.owsphinx.com) or call 1-800-832-8020.

# ENERGY SAVING IDEAS

## Efficient Appliances Can Help Cut Costs

(NAPS)—Finding ways to reduce utility bills and conserve the area's natural resources is a top priority for people everywhere.

One solution that can have an immediate impact on a household's bottom line is evaluating the energy efficiency of appliances in the kitchen and laundry room. These appliances—a refrigerator, dishwasher and clothes washer—can account for up to 20 percent of a household's monthly utility bill.

"American families spend an estimated \$140 billion each year on energy bills," said Jill Abelson of the U.S. Environmental Protection Agency. "If consumers use Energy Star qualified products, they could reduce annual costs by up to 30 percent while also reducing water use and air pollution."

The Energy Star guidelines are set by the U.S. Department of Energy and the EPA. Consumers can identify these appliances by the government's Energy Star logo being placed on the exterior of products at retail outlets. More than 30 million people in the U.S. are eligible for a rebate from their utility provider just for purchasing an Energy Star qualified appliance—these rebates range from \$30 to \$200.

Whirlpool, the world's largest manufacturer of energy efficient home appliances, recently launched a new Energy Star qualified washer, refrigerator and dishwasher. These appliances not only save energy and water, but also rank as some of the company's best performing appliances in its 90 year history.

The new Whirlpool washer with Calypso wash motion uses 50 percent less water and 66 percent less energy than conven-



This new Whirlpool washer, refrigerator, dishwasher and air purifier all meet the government's Energy Star guidelines.

tional washers. This is a top-loading machine that does not have an agitator, so it is gentle enough to wash delicate items such as wool, silk and cashmere that might normally have to be taken to the dry cleaners. A newly revised Conquest refrigerator runs on less electricity than a 75 watt light bulb and a 900 Series dishwasher saves over 700 gallons of water per year.

"Just by trading in an eight year-old appliance for these new Energy Star qualified appliances, you can save over 11,000 gallons of water per year and close to \$200 on your utility bills," said Jeff Cohen, vice president of the Whirlpool brand. "These appliances pay for themselves and put money back in your pockets."

Whirlpool.com also has a new feature that allows visitors to punch in their zip code and find out what rebates might be available from the utility providers in their area just for purchasing Energy Star qualified appliances. The site also has an appliance calculator that can help people figure out the potential savings over the lifetime of an appliance.

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There are only two places in this league. First place and no place.  
—Tom Seaver

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## Team Approach Best For Financial Planning

(NAPS)—It's a classic good news/bad news story. The good news is that people are living longer than ever before. The bad news? They'll need more money—maybe a LOT more—to fund their retirement.



According to Bruce Bare, Jr., CLU, ChFC and president of the Society of Financial Service Professionals, "As life expectancies continue to increase, planning for a financially secure retirement becomes an extremely demanding task. Not only should individuals not try to go it alone," cautions Bare, "but they should use the team approach when constructing a comprehensive financial plan."

The team approach is best, says Bare, because it matches the right professional expertise to each facet of the financial plan. Your team might include some or all of these credentialed professionals:

- Financial Adviser—to create and implement the overall plan,
- Accountant—to review and minimize your tax liabilities,
- Attorney—to review and/or prepare legal documents and to reduce your exposure to probate ...and, of course,
- Insurance Adviser—not only for life insurance, but for health, disability and long term care insurance, as well as key man insurance and succession planning for business owners.

For a free copy of the booklet, "Take the Mystery Out of Financial Planning" and a list of credentialed financial service professionals near you, call the Consumer Referral Service of the Society of Financial Service Professionals toll-free at 888-243-2258. Visit the Society's Web site at [www.financialpro.org](http://www.financialpro.org).

## Are You A Responsible Driver?

(NAPS)—Today, there are more than 111 million wireless phone users in the country—85 percent use their wireless phones while driving—chances are you are one of them. When behind the wheel, responsible driving should be your top priority. Verizon Wireless is committed to promoting the responsible in-vehicle use of wireless phones through its "Drive responsibly. Call with care." initiative. Test your driving responsibly IQ:



1. When should you take notes or write down phone numbers while driving?
  - A. Never
  - B. Only during daytime
  - C. Only during nighttime
2. What phone numbers should you preprogram with one-touch dialing so you can focus more attention on driving?
  - A. 9-1-1 only
  - B. Any frequently called numbers
  - C. Home only
3. When is it appropriate to use hands-free technology, such as a headset, when driving?
  - A. Always
  - B. Only for calls that are sure to be stressful
  - C. Only during unusually heavy traffic conditions
4. If traffic conditions warrant your undivided attention, you should...
  - A. Focus on the road—safe driving is your first responsibility
  - B. Let calls go to voicemail or activate Call Forwarding
  - C. A and B
5. While driving on the highway, if you see a car accident, what should you do?
  - A. Dial 9-1-1 SEND from your wireless phone while using your hands-free device
  - B. Ignore the car accident, figuring help is already on the way

C. Arrive at your final destination and then place the call to 9-1-1

1. A. The most responsible action is to ask the caller to leave a voicemail with necessary details. When it is safe to pull over to the side of the road or when your drive has ended only then should you take any notes.  
2. B. Pre-program important and frequently used numbers. Keep your wireless calls from the car brief, remembering that your first responsibility is driving.  
3. A. Keeping conversations on your wireless phone brief while using a headset is the most responsible way to use your wireless phone while driving. However, you should disconnect a conversation that requires a great deal of attention and focus on driving.  
4. C. Road and traffic conditions can often require a driver's undivided attention—such as when there is bad weather. Be responsible and let incoming calls go into voicemail so you can return calls when it is safe to do so.  
5. A. Determine whether you can make the call without being distracted. If so, dial 9-1-1 followed by the send button to report an emergency.

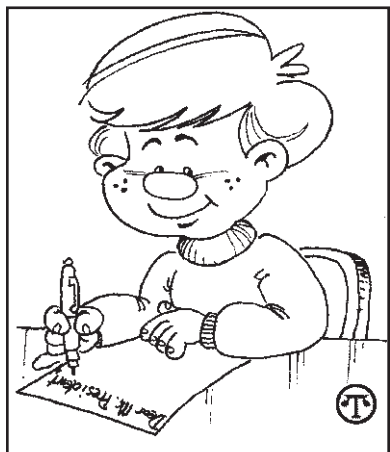
Answers

## FREE THINGS TO SEND FOR

(NAPS)—Honey provides a rich sweet flavor and is a natural source of vitamins, minerals and antioxidants in small amounts; and all at just 64 calories per tablespoon. For honey recipes and information, visit the National Honey Board's Web site at [www.honey.com](http://www.honey.com). For some great drink recipes, order the National Honey Board's new honey beverage leaflet. Send a self-addressed, stamped, business-sized envelope to: National Honey Board-Dept. DL, 390 Lashley Street, Longmont, CO 80501.

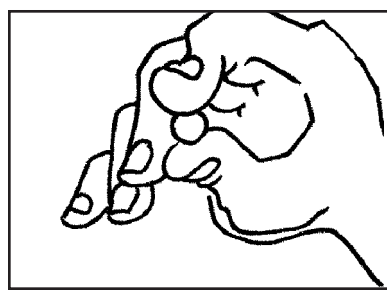
They say that the mark of a good book is when an author is able to draw the reader into his or her obsession. If that is true, then *The 247 Best Movie Scenes in Film History* (McFarland Classics, \$20) by Sanford Levine is a very good book indeed. For information about the book, visit [www.amazon.com](http://www.amazon.com) or call McFarland at 800-253-2187.

The tea bag of the future, created by Lipton's Kitchens, lets tea lovers enjoy fresh brewed iced tea in just minutes. This iced tea can be jazzed up with infusions such as apple juice and cranberry juice. To get more tonic and infusion ideas, call Lipton's Tea & Lifeline



at 1-888-547-8668 or visit [www.lipton.com](http://www.lipton.com).

In an effort to help combat breast cancer, the owners of the Driftwood Village motel in Newport, Oregon, are holding a contest to give away their oceanfront motel appraised at \$1 million. For the price of a well-worded essay and entry fee, contestants can win nearly three acres of Oregon coastline. For more information, visit [www.driftwoodcontest.com](http://www.driftwoodcontest.com). Contest rules and information are also available by writing to Driftwood Motel Contest, 1215 NE Lakewood, Newport, Oregon 97365 or by calling 866-377-2993.



Gregor Mendel, working with garden peas, established the first laws of genetic heredity in 1865.

### Check Out These Web Sites:

The BAQUACIL Pool Care System at [www.baquacil.com](http://www.baquacil.com).  
Konsyl Pharmaceuticals at [www.konsyl.com](http://www.konsyl.com).  
The American Fence Association at [www.americanfenceassociation.com](http://www.americanfenceassociation.com).  
Bayer Advanced Lawn and Garden Multi-Insect Killer at [www.bayeradvanced.com](http://www.bayeradvanced.com).  
The Specialty Equipment Market Association at [www.enjoythedrive.com](http://www.enjoythedrive.com).



## Our Insect Enemies



### Say Bye-Bye To Bug Bites

(NAPS)—A growing number of people are saying bye-bye to bug bites while taking the sting out of sunburn at the same time. Here are some sensible tips from experts at Avon, the company that makes Avon Skin-So-Soft Bug Guard Plus IR3535® Moisturizing Sunblock Lotion. The DEET-free product offers consumers proven and effective insect repellency in addition to SPF protection.

For worry-free protection when outdoors, remember these tips:

- Birdbaths, pools, the base of flower pots, any standing water, is a breeding ground for mosquitoes. Be sure to change the water in these containers at least once a week.
- When you are seeking the shade on a hot day be aware that most biting bugs—mosquitoes, flies and ticks—enjoy the shade just as you do.
- Evening and dawn are peak times for flying insects. In addition, the dim light during these hours makes it more difficult to spot the little pests and the tendency to turn on artificial light actually attracts the bugs. Make sure your skin is sufficiently covered during these times.
- Brush and grassy areas attract bugs, especially ticks. When outdoors and hiking, take care to keep on trails and away from the areas with dense foliage and brush.
- Your shoes, socks, clothing, hair and behind your ears are all areas where ticks can hide. Inspect yourself thoroughly after being outside.



Think twice about seeking shelter in the shade on a hot day. Most biting bugs—mosquitoes, flies and ticks—enjoy the shade just as you do.

- Eliminate the chances of attracting mosquitoes and increase the ability to spot tiny ticks by wearing light clothing.
- Breeze and wind can knock flying bugs off their flying track. Try to stay in areas where the air can flow.
- Use outdoor candles or build a safe fire if you are outdoors during dusk or at night. Smoke is an effective mosquito repellent.
- Guard yourself, when possible, with long pants and a long sleeve shirt. Tuck pants into socks and tuck your shirt into your pants.
- Stop them in their tracks! Always apply a comprehensive insect repellent before going outside. Check the label—some brands contain DEET. Avon Skin-So-Soft-Bug Guard Plus is DEET-free and its gentle formula is suitable for family use.

# Vacations Of A Lifetime

## A Summer Getaway Families Can Look Forward To

(NAPS)—If your family members have different ideas on what it takes to make a great vacation, then you may want to choose a destination resort that offers something for everyone.

Many of today's vacation options combine the best of both worlds...a variety of fun for the entire family and some much-needed "R-and-R" for mom and dad. From a sun-filled Caribbean vacation to a mountain retreat, some getaways make it even easier to tailor family vacations by giving resort credits to spend however you choose.

For example, Wyndham's Vacations ByRequest program offers the flexibility to build a vacation package to suit personal interests.

Guests staying at select Wyndham Resort locations throughout Florida, the Caribbean and in Telluride, Colo. and Myrtle Beach, S.C. for three nights or more will receive a \$100 credit, and those staying five nights or more receive a \$200 credit for their personal use throughout their vacation.

Families get the choice of how to apply their credit from a selection of activities including resort dining, spa treatments, water sports and on-property golf. Additionally, guests who book a Vacations ByRequest package will receive a complimentary room upgrade upon check-in, based on availability.

Whether it's a July 4th celebration or an exciting Labor Day retreat, family activities at Wyndham Resorts include:

- Wyndham Rose Hall Resort & Country Club in Montego Bay, Jamaica—This 488-room resort offers snorkeling, wind surfing, kayaking and sailing at its private beach. The resort's Sugar Mills



Wyndham Rose Hall Resort & Country Club in Montego Bay offers an array of family activities.

Falls, a spectacular water complex, provides the ultimate in family fun, with a 280-foot-long, 30-foot elevation thrill slide, three terraced pools, a lazy river and a swim-up bar.

- Wyndham Palace Resort & Spa in the Walt Disney World Resort—This 1,014-room resort is only a stone's throw away from the sights and sounds of Florida's hottest family vacation spot. Guests can take advantage of five-star dining, a luxurious European-style spa, one of five nearby golf courses, swimming pools, a whirlpool and sauna.

- Wyndham Peaks Resort & Golden Door Spa in Telluride, Colo.—Nestled in the 14,000-foot peaks of Southwest Colorado's San Juan mountains, the 174-room resort offers outdoor adventures and breathtaking landscapes. Whether it's a day of

hiking over the beautiful terrain or a day spent on one of the area's championship golf courses, families will find entertainment at every turn. Guests also can experience a day of pampering and beauty treatments at the property's renowned Golden Door Spa, a 42,000-square-foot luxury spa.

Other resort properties participating in the resort credit incentive include the Wyndham El Conquistador Resort & Country Club (Puerto Rico); Wyndham El San Juan Hotel & Casino (Puerto Rico); Wyndham Miami Beach Resort; Wyndham Resort & Spa (Fort Lauderdale, Fla.); Wyndham Orlando Resort; Wyndham Myrtle Beach Resort & Arcadian Shores Golf Club (South Carolina); Wyndham Aruba Beach Resort & Casino; Wyndham Morgan Bay Resort (St. Lucia);

Wyndham Sugar Bay Beach Club & Resort (St. Thomas, U.S.V.I.); Wyndham Casa Marina Resort and the Wyndham Reach Resort (both in Key West, Fla.); and, the Wyndham Mountain Lodge (Telluride, Colo.).

Families seeking a distinctly personalized stay can sign up for Wyndham ByRequest, the company's guest recognition program that empowers guests to ask for and receive what they want in their rooms. For example, guests can request a romance novel by a favorite author, special snacks and beverages or their child's favorite pool toy.

To join ByRequest, visit [www.wyndham-byrequest.com](http://www.wyndham-byrequest.com).

To plan a personalized Wyndham Resort summer getaway, call a travel planner, Wyndham Hotels & Resorts at 800-WYNDHAM or visit [www.wyndham.com](http://www.wyndham.com).

### Check Out These Web Sites:

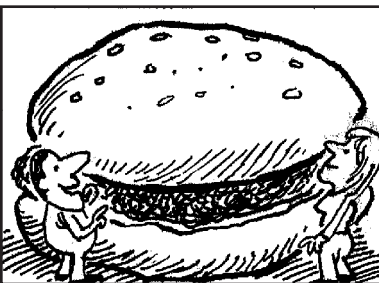
The American Dietetic Association at [www.homefoodsafety.org](http://www.homefoodsafety.org). Spectrum Aqua-Light® at [www.pentairpool.com](http://www.pentairpool.com).

Knox NutraJoint at [www.nutrajoint.com](http://www.nutrajoint.com).

HQ Global Workplaces at [www.hq.com](http://www.hq.com).

AmeriCorps at [www.americorps.org](http://www.americorps.org).

Ortho-McNeil Pharmaceutical, Inc. at [www.orthotri-cyclen.com](http://www.orthotri-cyclen.com).



The largest hamburger ever made weighed in at 5,520 pounds and was barbecued at the Outagamie County Fairgrounds in Seymour, Wisconsin, in 1989.

# Protecting Our Children

## Protecting The Water Your Children Drink

(NAPS)—According to a study by the Natural Resource Defense Council, there were 250,000 violations of the Federal Safe Drinking Water Act between 1991 and 1992, affecting more than 120 million people across the country. Environmental Protection Agency Administrator Carol Browner reported in March of 1995 that some 41 million Americans were served by drinking water systems that violated one or more public health standards.

Statistics like these are alarming enough for adults, but the consequences for children, especially small children under the age of six, can be even more of a concern.

Still, the U.S. does have some of the best water and most sophisticated delivery systems in the world. It pays to become an informed water consumer. Start by finding out what's in your own water and then take the appropriate steps to protect your family.

The Centers for Disease Control and Prevention (CDC) reports that the risk of becoming ill from bad water in the U.S. is low, but rising. The problem is that there are no guarantees that water in the U.S., which is good overall, is necessarily safe at all places at all times.

An option that has risen in popularity in recent years is the purchase of in-home water treatment systems. Although there are many options on the market, from pour-through filters to faucet attachments, the CDC has recognized that reverse osmosis (RO) systems are the most effective means of reducing dissolved solids, lead and other contamination that may be in the water.

RO systems, like those manufactured by Kinetico Incorporated,



Cleanliness of drinking water is a key health concern, especially for small children.

operate by forcing pressurized water through an ultra-fine membrane. The company's systems also feature a five-stage protection process, as well as the patented EverClean Rinse, which automatically cleans the system with high-quality water to protect its membrane and ensure every drop of water is equally as good.

"Kinetic and other reputable members of the Water Quality Association don't want to sell systems based on a parent's fear," says Dave Krupinski, a spokesperson for Kinetico Incorporated. "But given the overall convenience and efficiency with which our systems handle a wide variety of contaminants, RO systems deliver peace of mind and the best value."

To assist consumers with their quality questions, Kinetico has established a consumer water hotline. Call 1-800-944-WATER to speak with a water expert or to request the free brochure, "Consumer's Guide to Protecting the Water Your Family Drinks." For more information about water, visit [www.kinetico.com](http://www.kinetico.com).

# Consumer Corner

## Termites? Choose A Qualified Fumigator

(NAPS)—Experts say that when choosing a fumigator to treat your home for drywood termites, select a company that participates in the **Commitment to Excellence**™ (CTE) Program. CTE companies are committed to excellence in the area of whole-structure fumigation with Vikane® gas fumigant, effectively treating and eliminating drywood termite problems.

CTE is a voluntary comprehensive training program sponsored by Dow AgroSciences, the manufacturer of Vikane gas fumigant. The program recognizes companies making a commitment to excel in the area of structural fumigation. Here is how it works:

- Each year a company's licensed fumigators must demonstrate an in-depth knowledge of fumigation by passing a thorough exam on fumigation practices to qualify their company as a member of the CTE Program.

- Companies are evaluated on a regular basis to ensure they are meeting all of the requirements outlined in the program guidelines.



Fumigators participating in the **Commitment to Excellence** Program are committed to excel in the area of structural fumigation.

CTE companies must demonstrate expertise and superior knowledge of the fumigation process, implement measurable safety practices, and own and maintain additional fumigation equipment. This is to help ensure quality, effective fumigations of residential structures, large buildings and multi-unit dwellings.

To locate a **Commitment to Excellence** company call 1-800-352-6776.

# WOMEN'S HEALTH

## Study Shows Eating Fish Reduces Stroke Risk

(NAPS)—A recent study suggests that a diet high in fatty fish can significantly decrease a woman's risk of ischemic stroke. According to the study, published in the *Journal of the American Medical Association* (JAMA), women who ate four ounces of fish two to four times a week cut their risk of ischemic stroke by 48 percent.

The fish most often cited as the highest in Omega 3 fatty acid concentrations include king oscar sardines, salmon and mackerel. These cold-water fish have a high percentage of Omega-3 fatty acids, which have been cited in leading health studies to lower blood pressure and increase cardiovascular health. Due to increasing evidence of the health benefits of fish oils, the American Heart Association recently issued a recommendation that people eat at least two servings of fish per week.

The JAMA article suggests that Omega-3 fatty acids work to alleviate blood clots, which are largely responsible for ischemic strokes. This type of stroke constitutes more than 80 percent of all strokes. Significantly, these properties did not increase the dangers of hemorrhagic strokes. According to author Kathryn M. Rexrode of Harvard-affiliated Brigham & Women's Hospital, "Our research suggests that women can reduce their risk of thrombotic stroke by up to 48 percent by eating fish two to four times per week."

While the benefits exist for any



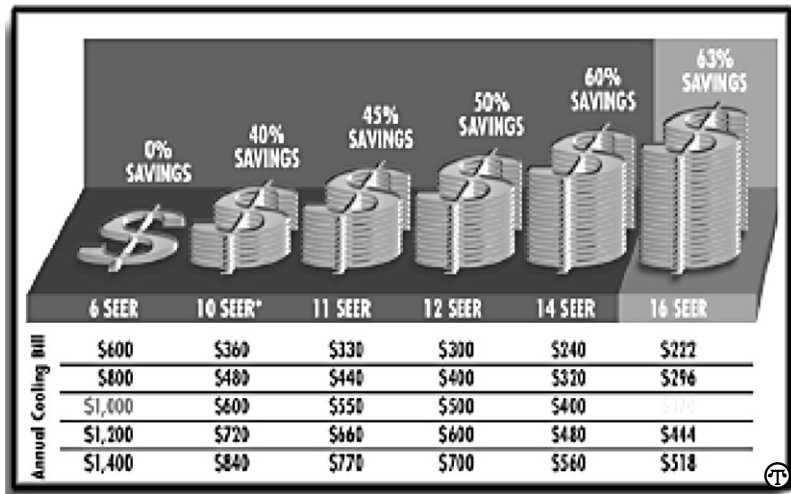
SARDINES ARE PACKED with Omega-3 fatty acids which studies show lower blood pressure and increase heart health.

level of fish consumption, the larger the intake of fish, the greater the stroke prevention. The study concluded that, even after adjusting for age, smoking and other risk factors, women who ate fish decreased their stroke risk by seven percent (for one serving per month) to an astounding 52 percent (for five servings or more per week).

Rexrode concluded, "We would recommend to women that they include more fish to their diets, as part of a healthy diet which may reduce the risk of a number of diseases, including stroke."

The Nurses Health Study, one of the nation's oldest and most important research efforts, examined roughly 14 years of data on 80,000 nurses between the ages of 34 and 59.

## Energy-Saving Tips To Keep Your Home Comfortable This Summer



Minimum efficiency established by the Department of Energy.

(NAPS)—As the nation's energy crunch continues, homeowners everywhere are facing the prospect of a long, hot summer with higher-than-average utility bills. But, before getting overheated by the thought of paying more to keep your home comfortable, there are steps you can take to reduce your energy consumption.

Potential energy savings may vary depending on numerous facts, including your personal lifestyle, system settings and local climate, but cutting back can help. "Conservation is the key," said Paul Trotter, brand manager for American Standard Heating and Air Conditioning. "While the debate continues over what to do about the national energy crisis, homeowners can start conserving energy today."

American Standard recommends these tips for reducing your energy consumption this summer:

- Keep your thermostat at 78 degrees or even higher when you're not at home. For each degree you raise the thermostat, you can save up to five percent on your cooling costs.
- If you don't have a programmable thermostat, consider purchasing one.
- Have a professional heating and air conditioning dealer clean and check your system before the cooling season starts.
- Change your filter monthly during peak usage. Dirty filters require your system to work harder to keep your home cool.
- Consider blinds or window treatments over exposed windows to shield your home from the heat.
- Add insulation to your attic

and make sure all your doors and windows are weather-stripped.

For those in the market for a new home comfort system, consider choosing options that will have long-term significance on energy usage.

- Select a high efficiency, variable speed heating and air conditioning system. In the heat of summer, a high efficiency system of 16 SEER (Seasonal Energy Efficiency Rating) can make an enormous difference in your energy consumption. The government's current minimum SEER requirement is 10. Each point up on the SEER scale means ten percent more efficiency. If you have a variable speed system, keep the fan running continuously during the summer to circulate the air and provide the best possible air filtration. This can be done by turning the fan switch on the thermostat from "automatic" to "on." Operating like this, a variable speed motor uses about as much energy as a 40-watt light bulb.

In winter, a variable speed furnace varies its output depending on your home's heating needs. Eighty percent or more of the time it will operate in first-stage, which conserves energy and eliminates temperature swings.

- Make sure to purchase the right size system. Your heating and air conditioning dealer can determine this with a load calculation of your home.

For additional tips on air conditioning, contact your local American Standard Heating and Air Conditioning dealer, visit [www.americanstandardair.com](http://www.americanstandardair.com), or request a free video by calling 1-866-NICE AIR.

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It is not the strength but the duration of great sentiments that makes great men.

—Friedrich Nietzsche

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According to folklore, when a candle gives forth a spark, a letter is coming to the person sitting nearest it.

## NEWSWORTHY TRENDS

### Closing The Window On Energy Costs

(NAPS)—Experts report the average U.S. household spends over 40 percent of its energy budget on heating and cooling costs.

Until recently, for many homeowners this has been like tossing money out the window.



It's estimated almost one quarter of all energy used for space heating and cooling is lost through windows.

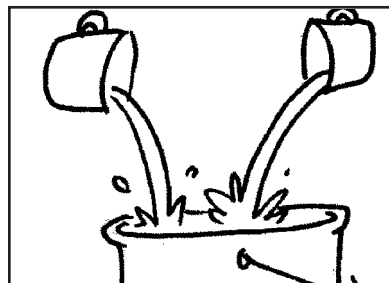
That's because it's estimated almost one quarter of all energy used for space heating and cooling is lost through windows.

Fortunately, a new generation of vinyl windows is changing all that. They come with a pledge homeowners will save 49 percent on fuel consumption and a transferable, lifetime warranty.

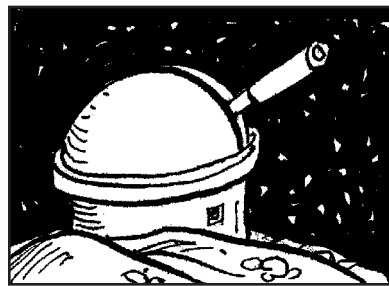
Called the Quantum2, the windows come with vinyl profiles that are maintenance free. These fusion-welded frames and sashes are described as air and watertight and tilt in for easy cleaning.

The windows are constructed with two panes of specially treated glass and an internal suspended film layer that traps the krypton in two separate chambers, which increases fuel efficiency. A special glazing package is offered which is said to block 99.5 percent of all UV rays.

To learn more, visit the Web site at [www.quantum2.net](http://www.quantum2.net) or call 877-RVALUE10.



Before waxing a wooden floor, remove all the old wax with a mixture of one cup ammonia and one cup water.



Pluto, the furthest planet from the sun, was discovered by the Lowell Observatory in Flagstaff, AZ, in 1930.

## Names In The News

### Goof Proof Makeup For Real Women

by Vicki Lawrence

(NAPS) When women ask me my favorite beauty tip, I always quip, "Live with your makeup man!" All kidding aside, I've been married to mine for more than a quarter of a century. Here's the most important thing about makeup that I've learned from my husband, Al Schultz, former head of makeup at CBS:

- Makeup should never be distracting. If you're looking at a woman's makeup, she's wearing too much.

Here's the most important thing I know about makeup:

- We gals are too busy to read an encyclopedia on how to apply cosmetics. We want makeup to be fun, easy and beautiful.

I've always dreamed of developing a line of cosmetics. This year, my dream is coming true. I've created and designed a line of products for HSN (Home Shopping Network) called Vicki Lawrence Cosmetics, for women who can relate to me as a working woman, wife and mother. In other words, makeup you can apply yourself and look your best.

My mission was to create an affordable line of cosmetics that speaks intelligently to women. Single products that have multiple uses. The color range is classic, with shades that will work for most women. They are a combination of Hollywood glamour and American style.

My first collection offers six categories of makeup for the entire face, including dual-finished powders, blushes, bronzers, mascaras, a highlighter stick/concealer, lipsticks and lip glosses, with a total of more than 20 different shades and options. All of the products are designed to stand on their own, but if a woman chooses, she may mix, match and blend the different products to achieve every "look" from daytime casual to evening glamour.

Every time I chat on hsn.com, viewers ask me for makeup tips on how to look like a star. Here's what I tell them:



Emmy-winning actress Vicki Lawrence's line of cosmetics was developed to combine glamour and affordability with everyday appeal.

- Less is definitely better—on everyone. Makeup should be sheer. Skin should show through. The overall effect should be soft.

- Have fun with your makeup. Experiment with color. It's like finger paints for adults. Just remember to blend everything well.

- A woman doesn't need a lot of products. So many formulas today are multi-use. They work anywhere.

Vicki Lawrence Cosmetics are considered reasonably priced and designed to make every woman feel better about the way she looks. They're available exclusively on HSN and [hsn.com](http://hsn.com).

In addition to her Emmy-winning work on "The Carol Burnett Show," Lawrence went on to star in her own highly successful sitcom "Mama's Family." She received a gold record for her 1972 recording of "The Night the Lights Went Out in Georgia." She also hosted "Win, Lose or Draw" and had her own talk show for two years. She currently tours the country speaking to women's organizations about beauty, health and her career. Look for Lawrence to reunite with the gang later this year on a new Carol Burnett Show.

## FREE THINGS TO SEND FOR

(NAPS)—At Belmont Village, an assisted living community, residents often become more active due to their new environment and find themselves participating in fitness programs, socializing with neighbors and adopting healthier eating habits. Belmont Village is currently based in Houston, Nashville, Louisville, Memphis, Chicago and San Diego. Communities will be opened in Chicago, Los Angeles and San José. For more information, call (713) 592-9200. Or for a virtual tour of Belmont Village, visit [www.belmontvillage.com](http://www.belmontvillage.com).

Washing the exterior of a house can do wonders for its appearance. Many homeowners who think they need to repaint discover that their houses only needed a good wash-



ing. With JOMAX solution, which kills mold and mildew, homeowners can keep painted surfaces clean and free of mildew all year long. For more information on cleaning the outside of your home, call Zinsser at (732) 469-4367.

# Pointers For Parents

## Health Warning: Parents And Caregivers Urged To Don't Wait, Rehydrate Children

(NAPS)—Nearly 10 percent of pediatric hospitalizations in the United States—approximately 50,000 rotavirus cases annually—are due to severe diarrhea and its complications, claiming the lives of approximately 400 children each year.

The critical importance of preventing dehydration in young children experiencing diarrhea is the focus of an educational campaign, *Don't Wait, Rehydrate*, launched by the National Association of Child Care Professionals (NACCP) and the Ross Products Division of Abbott Laboratories, makers of Pedialyte®.

Diarrhea in children is common, but its complications can be life threatening. The frequent passage of loose and watery stools that occurs during diarrhea drains water and salts from the body, and can rapidly lead to dehydration.

Diarrhea may result from a number of causes, including infection by viruses and bacteria, contaminated water or spoiled food, certain medications and food poisoning. However, the most common cause of severe diarrhea is rotavirus, an infection of the intestinal tract, which affects four out of five children in the United States before they reach the age of five.

The rotavirus is particularly common from November through April, and can be spread in a number of ways, including contact with contaminated surfaces, such as by diaper changing. A recent study in the *Archives of Pediatrics and Adolescent Medicine* reported that the virus was discovered in 18 percent of children tested in childcare centers.

The educational campaign urges parents and caregivers not to wait until a child exhibits these signs of complications before beginning measures to rehydrate the child and prevent dehydration. Dehydration can be prevented in cases of mild to moderate diarrhea by administering an oral electrolyte solution (OES) that contains the correct balance of carbohydrate and electrolytes to quickly and effectively rehydrate children immediately at the first

### Dehydration Warning Signs Include:

- Diarrhea that lasts more than 24 hours or gets worse (Mild diarrhea ordinarily lasts two to four days)
- Thirst is extreme, urination decreases and the child sheds no tears when crying
- Sunken eyes, unusual drowsiness or changes in behavior
- Blood in stool.

sign of diarrhea or vomiting. Liquids such as soft drinks, juices, or sports drinks may contain too much sugar and can sometimes make diarrhea worse. Likewise, salty broths or soups, special salt and fluid home remedies, or anti-diarrhea medicines should not be given to children unless prescribed by a physician.

"Parents and caregivers of young children, particularly those under the age of three, should be aware of the potential seriousness of diarrhea and the early signs of dehydration, and should have an oral electrolyte solution (OES) on hand to give to the child at the first signs of diarrhea," said Dr. Mathuran Santosham, member of the Pediatric Institute and Professor of the Department of Pediatrics and Integrated Health at Johns Hopkins University.

Pedialyte is the number one oral electrolyte solution recommended by pediatricians to prevent dehydration due to diarrhea or vomiting. Available since 1966, Pedialyte contains the recommended balance of carbohydrate and electrolytes children need to help prevent dehydration. Pedialyte is available in unflavored and flavored varieties, and in liquid liters, single servings and freezer pops.

For more information about preventing dehydration, and advice about infant feeding, visit online at [www.pedialyte.com](http://www.pedialyte.com). The sponsors of the educational campaign also can be contacted at: Ross Products ([www.ross.com](http://www.ross.com) or 1-800-FORMULA) and the National Association of Child Care Professionals ([www.NACCP.org](http://www.NACCP.org) or 512-301-5557).

## BUDGET STRETCHING TRAVEL IDEAS

### Hawaii For Free

(NAPS)—More and more travelers are saying *aloha* to a vacation destination where there's a lot to see—and much of it is free.

For example, a truly moving site in Hawaii, the Arizona Memorial, is accessible via a free Navy shuttle. This attraction stands as a testament to the events depicted in the movie *Pearl Harbor*.



In Hawaii, many of the sites to see can be seen for free.

In downtown Honolulu, visitors can tour Iolani Palace, the only royal palace on American soil. Queen Liliuokalani was kept there for months when the monarchy was overthrown in 1893.

The Pleasant Hawaiian Hula show puts on an exciting, free performance three times a week on the grounds of the Waikiki Shell, in Kapiolani Park. An institution since 1937, this is the "real McCoy" in Hawaiian entertainment.

A short walk from Waikiki you'll find Ala Moana Center, where the Main Stage has free shows every day, featuring singers, musical groups and dance troupes.

At the Royal Hawaiian Shopping Center you'll find many free events, including hula and ukelele lessons, lei making, Hawaiian quilting and frond weaving.

On the north shore, an hour's drive from Waikiki, one of the great aerial shows takes place every day at Dillingham Field, where hundreds of skydivers float to earth in multi-colored parachutes. Also on the north shore, the greatest surfers in the world put on their own show each winter, riding three-story-tall waves.

For more information on Hawaiian vacations, call your travel agent or Pleasant Hawaiian at 800-2-HAWAII.

## Important News For Seniors With Arthritis And High Blood Pressure

### Repeat Study Confirms CELEBREX® Associated With Less Elevated Blood Pressure And Swelling

(NAPS)—The 18 million hypertensive seniors with arthritis will be interested in the results of a new study presented at the recent American Geriatric Society (AGS) annual meeting in Chicago on May 11, 2001. The six-week safety study is the second to compare the differences in cardiorenal effects between the widely popular arthritis treatments, CELEBREX® (celecoxib capsules) and Vioxx®, drugs known as COX-2 specific inhibitors.

The data from this newly released study confirm those of an earlier study published in the March issue of the *American Journal of Therapeutics*. The data demonstrate that blood pressure changes (specifically increases in systolic blood pressure) and leg and ankle swelling (edema) were significantly greater in elderly hypertensive patients receiving Vioxx 25 mg a day than those receiving CELEBREX 200 mg a day. These are the most commonly prescribed doses of both products. There were no differences between patient groups in diastolic blood pressure. The study was sponsored by Pharmacia and Pfizer Inc., the co-marketers of CELEBREX.

Significant increases in blood pressure occurred in approximately 15 percent of patients taking Vioxx versus 7 percent of those taking CELEBREX. Additionally, 8 percent of patients taking Vioxx experienced significant increases in swelling versus 5 percent of patients taking CELEBREX. "When you examine this large population of people, those with arthritis and high blood pressure, it becomes clear that physicians must consider the effects of a drug on all body systems and prescribe accordingly," said William White, MD, professor of medicine and chief, section of hypertension and clinical pharmacology at the University of Connecticut School of Medicine. "This replicate study provides compelling evidence that in older, hypertensive patients not all COX-2 specific inhibitors act the same."

Arthritis and hypertension are the first and second most common



chronic conditions affecting 50 and 40 percent of adults age 65 years and older respectively. An estimated 43 million Americans—nearly one out of every six people—suffer from arthritis. Of those, approximately 18 million (42 percent) also have hypertension. Safety in the cardiovascular and renal systems is important for physicians to consider when choosing a therapy for their arthritis patients.

CELEBREX is the only COX-2 specific inhibitor approved for osteoarthritis (OA) and adult rheumatoid arthritis (RA).

CELEBREX should not be taken by patients who have aspirin-sensitive asthma or allergic reactions to aspirin or other arthritis medicines or certain sulfa drugs called sulfonamides, or who are in their third trimester of pregnancy. As with all NSAIDs, serious GI tract ulcerations can occur without warning symptoms. Physicians and patients should remain alert to the signs and symptoms of GI bleeding. CELEBREX does not affect platelet function and therefore should not be used for cardiovascular prophylaxis. As with all NSAIDs, CELEBREX® should be used with caution in patients with fluid retention, hypertension, or heart failure. In clinical studies the most common side effects of CELEBREX were dyspepsia, diarrhea and abdominal pain, which were generally mild to moderate.

For complete prescribing information on Celebrex, visit [www.celebrex.com](http://www.celebrex.com) or call toll-free 888-735-3214.

## FREE THINGS TO SEND FOR

(NAPS)—Something as simple as taking gelatine can help the body maintain healthy joints during such beneficial activities as gardening. If taken daily, Knox NutraJoint, a gelatine-based supplement, can help improve joint strength and function in people with symptoms of mild osteoarthritis. For more information about gelatine go to [www.nutrajoint.com](http://www.nutrajoint.com).

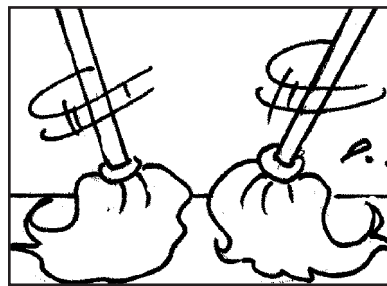
A growing number of people are breaking away from the working world and taking some time to serve their country in AmeriCorps. Since 1994, AmeriCorps has sent more than 200,000 Americans to inner cities and rural areas to tackle the country's most troubling social problems. In addition to a living allowance and health insurance, AmeriCorps members receive a \$4,725 education award after completing a year of service. The award can be



used to pay off student loans or cover tuition at college or graduate school. Visit [www.americorps.org](http://www.americorps.org) to find out about thousands of opportunities to serve, or call (800) 942-2677.

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Everyone hears what you say.  
Friends listen to what you say.  
Best friends listen to what you don't say.

—Anonymous

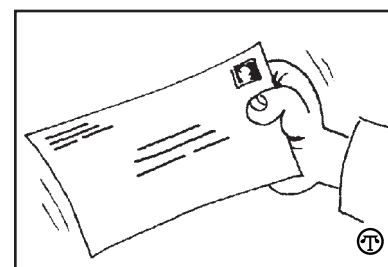


Using two mops, one for washing and one for rinsing, will result in a cleaner floor.

## FREE THINGS TO SEND FOR

(NAPS)—The American Dietetic Association (ADA) and ConAgra Foods are encouraging consumers to practice simple food safety tips this summer when outdoor cooking and eating can pose food safety challenges. To help reduce food-borne illness, ADA and ConAgra Foods are partners in a national education initiative, Home Food Safety...It's in Your Hands™. For simple home food safety tips, visit [www.homefoodsafety.org](http://www.homefoodsafety.org), or call ADA's Consumer Nutrition Information Line at 800/366-1655.

A new breakthrough in swimming pool and spa lighting is making it easier to create brilliant combinations of underwater color. The technology is evident in Spectrum Amerite® (SAM™), the first underwater color light, and its compact companion, Spectrum Aqua-Light® (SAL™). For more information on pool equipment, including pumps, filters, heaters, controls, lighting systems, automatic pool cleaners and mainte-



nance products, call Pentair Pool Products, a subsidiary of Pentair Inc., toll-free (800) 831-7133 or visit the website at [www.pentairpool.com](http://www.pentairpool.com).

Ortho-McNeil Pharmaceutical, Inc., makers of the most widely prescribed birth control pill, Ortho Tri-Cyclen® (norgestimate/ethinyl estradiol) Tablets, has developed the brochure "Just the Facts—What You Thought You Knew About the Pill" to address birth control pill myths. Women can order the free brochure by calling 1-877-323-2200, or by visiting [www.orthotri-cyclen.com](http://www.orthotri-cyclen.com).



# Guides For Brides

## It's Not Your Mother's Bridal Registry Anymore

(NAPS)—Today's soon-to-be-weds are expanding the conventional bridal registry and including less traditional items they can enjoy together on their wedding wish lists.

Since couples are more established than they were in the past, many already have the items found on a conventional gift registry. This allows savvy couples to ask for items ranging from home entertainment to home improvement.

"Now-a-days it's acceptable and common to ask for unconventional gifts," said Diane Forden, editor in chief, *Bridal Guide Magazine*. "With brides and grooms looking for other registry options it's not surprising to see home entertainment systems or innovative appliances from companies such as Philips Electronics on the wish lists of modern couples."

Some new registry trends include:

- Visit [www.honeyluna.com](http://www.honeyluna.com) and give the lovebirds part of their honeymoon airfare or a night in the honeymoon suite.

- A gift of camping or outdoor equipment such as an Eddie Bauer multitemp sleeping bag is great for the outdoor couple.

- Complete the newlywed nest with a home entertainment system from Philips Electronics. Some popular electronics gifts include a Mini System with integrated DVD player; Personal Video Recorder with TiVo Service; a CD Clock Radio; as well as home spa items for both bride and groom.

- Luxurious bedding remains a much-appreciated gift. Go for quality with sheets made from a high thread count or a synthetic



More couples are saying "I do" to nontraditional gifts, such as home electronics.

comforter that has the look and feel of down.

- The latest gadgets for the kitchen make getting breakfast on the table more like breakfast in bed. Consider Philips coffee maker with thermos carafe or toaster and sandwich maker—its warming rack heats up your croissants and muffins.

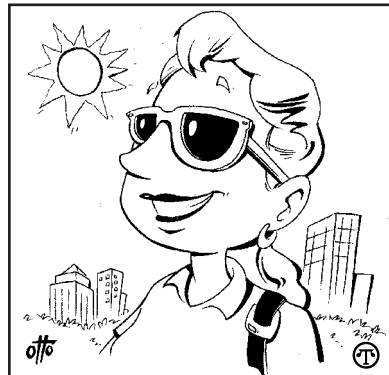
- If their kitchen has everything but a tile floor, why not give a gift certificate from The Home Depot.

"With 57 percent of couples entertaining at least once a month, we're seeing many Philips products ranging from our sleek 34-inch television to the personal video recorder to TiVo on more registers. Today's sophisticated couples are registering for technology that enhances their day to day lives at home," said Terry Fassburg, vice-president of brand communications of Philips North America.

# EYE-Q

## Spotlight On Sunwear

(NAPS)—A prime fashion accessory for the season may be right in front of your eyes. Sunglasses are bigger than ever, for both fashion and health reasons—and new shapes, colors and styles mean more options than ever before.



Sunglasses can be fashionable, but protecting your eyes should be a top priority.

Sunglasses fall into three broad categories: fashion, sport and functional—and in all three, eye-care professionals recommend making quality a priority. Here are some tips for accenting your spring and summer wardrobes with eyewear:

- First, get an eye exam. Routine eye exams are the best way to protect your vision.

- Insist on adequate UV protection. According to Rene Soltis, spokeswoman for Vision Council of America, "You should avoid purchasing eyewear from street vendors because there is no assurance the eyewear will protect against UV rays."

- Remember to consider eye protection as well as fashion when choosing lens color. Gray tint offers good protection against sun and glare; amber tint can improve contrast, allowing for better definition in haze; and red, blue and purple tints give a strong contrast and are helpful in some sports, such as birdwatching and hunting.

For more information, visit the Better Vision Institute Web site at [www.visionsite.org](http://www.visionsite.org).

# Saving Our Environment

## "Green Drivers" Help Improve Air Quality

(NAPS)—Motorists can become "green drivers" by regularly carrying out simple car care and maintenance procedures that also can help our nation continue to improve air quality, a non-profit transportation research group reports.

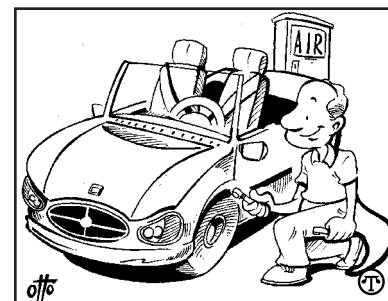
The Road Information Program (TRIP) provides "green driving" tips on its Web site, showing that motorists can do their part for the environment and conserve fuel by following routine car care maintenance procedures such as keeping engines well-tuned, having exhaust systems inspected regularly, keeping tires properly inflated and not "topping off" when pumping fuel.

"Motorists can help the environment by taking proper care of their cars in ways that will improve air quality," said William M. Wilkins, TRIP's executive director.

"Equipment maintenance and inspection are important because most air quality improvements over the past 20 years have come about because of improved automotive technology," Wilkins said. "If motorists avoid topping off when they fill their gasoline tanks it will keep wasteful gasoline fumes from being released into the atmosphere."

Wilkins said major strides have taken place to improve air quality through automotive and technological innovations such as the catalytic converter and emissions control devices, which most newer cars have. Regular tailpipe inspections also ensure that emissions equipment is working properly to reduce vehicle emissions.

In fact, the U.S. Environmental Protection Agency (EPA) has reported that emissions from automobiles have declined significantly



It's easy being green, when you take a few simple steps toward better car maintenance.

since 1980. EPA data shows that, from 1980 to 1998, overall highway vehicle emissions of volatile organic compounds, nitrogen oxides and carbon monoxide were reduced by 41 percent, 10 percent and 35 percent respectively.

"These air quality improvements have taken place at the same time that highway travel increased by 72 percent," Wilkins said.

Moreover, the EPA has projected that emissions of volatile organic compounds, nitrogen oxides and carbon monoxide will continue to decrease through 2010.

TRIP is issuing its updated "green driving" tips as part of its public awareness campaign to educate motorists about steps they can take to help improve the environment. These include:

- Avoid excess idling in non-traffic situations;
- Accelerate smoothly and maintain steady speeds;
- Do not pump the accelerator if the car has fuel injection; and
- Plan and consolidate your trips to bypass congested routes.

TRIP's "green driving" tips are available by clicking on the Web site at [www.tripnet.org](http://www.tripnet.org).

# PROTECTING YOUR FAMILY

## There's Something About Sun: Retractable Awnings Help Make It Safer

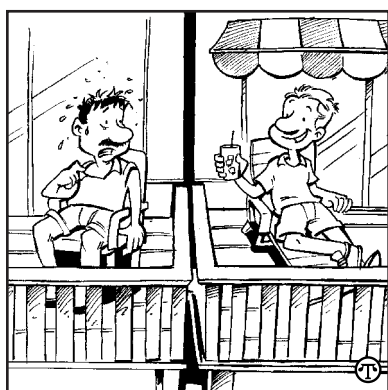
(NAPS)—Like many long-awaited movies, the sun gets a lot of attention—and some mixed reviews. We know the sun feels good (at least at first!) and lifts our spirits. The sun also provides a major source of vitamin D, which helps the body absorb the calcium needed for healthier bones. And, there's even some evidence that taking in seasonal sun helps battle winter blues when the weather turns cold.

At the same time, the sun has earned a well-deserved bad rap. All ultraviolet (UV) rays damage the skin. Sun-tanning will eventually make skin thickened and tough, with irregular brown areas, wrinkles, and dilated blood vessels. So what's the solution? How can we balance safety with the sunshine our bodies and minds crave?

Try keeping these tips in mind:

- **No kidding:** Sun protection is especially important for children, because experts estimate that 80 percent of lifetime sun exposure happens before age 18. If you're a parent or grandparent, keep kids safe with sunscreen and shade.

- **Find a happy medium:** There's no need to forego the outdoors completely, and if you've already invested in a deck or patio, you probably wouldn't dream of it! Consider installing a retractable awning to provide protection and make the most of your outdoor space. Check out [www.sunsetter.com](http://www.sunsetter.com) for styles, col-



ors, and other awning information.

- **Made in the shade:** Experts suggest avoiding the sun when it's at its strongest—between 10 AM and 3 PM. If your patio or deck heats up during the sun's peak hours, be careful! Apply sunscreen; wear protective clothing; or consider installing an awning to keep the space shaded all day.

- **ABCs of SPF:** Sunscreens are rated by their sun protection factor or SPF. Those with an SPF of 15 to 30 block most of the damaging radiation. Fabric can also provide an excellent shield. SunSetter® retractable awnings, for example, are made with a fabric that has an SPF of over 50, protecting your family from the sun's harmful UV rays.

Following these basic guidelines can help make the warmer months a blockbuster hit for you and your family! For more information on SunSetter Awnings, visit [www.sunsetter.com](http://www.sunsetter.com) or call 1-800-876-8060, ext. 8646.



If cutting away diseased wood, be sure to clean the blades of pruning shears with a 10 percent dilution of bleach after cutting, to prevent spreading disease.



The first household washing machine was introduced by Electrolux in 1951.

# TIPS FOR HOMEOWNERS

## Make The Most Of Your Time At Home

(NAPS)—A growing number of people have found when it comes to relaxing, there's no place like home.

Homeowners can do a number of things—ranging from lounging in the backyard on a comfortable lawn chair to barbecuing dinner with the family—to make their time at home less ordinary and more like a vacation.

To get the most out of your home entertainment, experts suggest surrounding yourself with beautiful things that require little maintenance. That's why many homeowners buy indoor and outdoor products that are made more attractive and durable with a powder coated finish.

Powder coating is a finish applied by many manufacturers in place of paint. The finish is found on a variety of products and materials, many of which consumers use every day. The coating can increase the attractiveness of items—including barbecues, gardening tools and lawn chairs—by providing them with a smooth, colorful surface.

In addition, powder coating can increase the lifespan of many of the products it coats. The tough finish protects against dents, scratches, fading and chipping—for homeowners, that can mean less time spent taking care of products,



A powder coated finish can help products ranging from lawn chairs to barbecues look like new for longer.

and more time using them.

Powder coating comes in a variety of colors and is found on thousands of home and garden products. To assist consumers in finding products with a powder coated finish, some manufacturers use the Powder Coated Tough trademark on their tags or packaging.

The trademark means that a product has been powder coated and is likely to look like new well into the future—that's good news for homeowners who want beautiful houses and yards, but not a lot of extra work.

For more information write The Powder Coating Institute, 2121 Eisenhower Avenue, Suite 401, Alexandria, VA 22314 or visit [www.powdercoating.org](http://www.powdercoating.org).

# Children's Health

## Many American Infants And Toddlers Not Getting Recommended Levels Of Nutrients

(NAPS)—Most parents do what they feel is best for their children, and feeding time is no different. A new consumer survey, however, shows that 88 percent of parents mistakenly believe their older infants are getting all the nutrients they need from cereal and table food. Science says otherwise.

According to a study published in *Pediatrics*, intakes of several key nutrients, such as zinc and Vitamin E, start to fall below recommended levels at about the time children are introduced to table foods.

Offering more support to this issue, a United States Department of Agriculture (USDA) survey finds:

- About 60 percent of one-year-olds are not meeting the RDA for iron, a key nutrient for mental development.

- Roughly four out of five one-year-olds are not receiving the RDA for vitamin E, an important antioxidant.

- Eighty-seven percent of one-year-olds are not meeting the RDA for zinc, a mineral important for growth as well as to help support the immune system.

"The normal behavioral declaration of independence that happens simultaneously with the introduction of new foods can lead to an imbalanced diet," said Donald L. Shifrin, M.D., Clinical Professor of Pediatrics at Washington School of Medicine.

As babies get older and become more independent, their likes and

dislikes begin to take shape, making feeding time more difficult. At an age when babies are reaching for what's on Mom's plate and picky eating reigns, older babies' intakes of key nutrients, such as iron, zinc and vitamin E, fall short of what's recommended. Part of the solution may come in the form of infant formulas designed specifically for older infants and toddlers, some experts believe.

The Ross Products Division of Abbott Laboratories has introduced Similac 2 for older infants, ages 6

**A consumer survey shows 88 percent of parents mistakenly believe their older infants are getting all the nutrients they need from cereal and table foods; but science says otherwise.**

Ross Products Division of Abbott Laboratories

to 18 months and Isomil 2 for older infants with milk sensitivities. Similac 2 and Isomil 2 are specially formulated to meet the evolving nutritional needs of older infants and toddlers as they move from breast milk and/or infant formula to table foods. The new formulas contain important nutrients including iron, zinc, vitamin E, and have more calcium than Similac With Iron® or Isomil Soy Infant Formula With Iron®.

"It's difficult for moms to know exactly what nutrients their babies

may be missing. Formulas like Similac 2 and Isomil 2 help parents feel confident that they are keeping up with their babies changing nutritional requirements," said Susan Finn, Ph.D., R.D., director of nutrition and communications at Ross Products Division.

For more information on Similac 2 and Isomil 2, visit [www.Similac2.com](http://www.Similac2.com) or call toll free at 1 800 515-7677.

### How much do you know about an older infant's nutritional needs?

1. The American Academy of Pediatrics (AAP) recommends that babies avoid cow's milk until at least: a. 6 months, b. 12 months, c. 18 months
2. True or False: Recommended calcium intake doubles by the time baby turns 1-year-old.
3. In the United States, what percentage of 1-year-olds has insufficient amounts of iron in their diets? a. 5 percent, b. 25 percent, c. 60 percent
4. Approximately what percentage of 1-year olds do not meet the RDA for Vitamin E and zinc? a. 80 percent, b. 60 percent, c. 20 percent
5. For a growing baby, calcium, iron, vitamin E and zinc together are important to: a. building strong bones, b. mental development, c. a healthy immune system, d. all of the above

### Answers:

1. (b) 2. (true) 3. (c) 4. (a) 5. (d)

## Soothe Those Scrapes And Scratches With Smart First Aid

(NAPS)—A few first aid tips and some new advances in wound care, can help cuts, scrapes and bug bites heal quickly.

### Hints For Better Healing

Some of the most common summer injuries are minor cuts and scrapes. From nasty spills off bikes and scooters to barefoot blunders, it's important that we treat these wounds properly. "For our skin to heal most efficiently, a three-step process is essential: Clean/Treat/Protect," said Paula Elbirt, M.D., F.A.A.P., a leading New York pediatrician and an advisor to the Johnson & Johnson Wound Care Resource Center of Johnson & Johnson Consumer Companies, Inc. "Clean a wound with a gentle antiseptic wash or soap and water to help flush away irritants and kill germs; treat with an antibiotic ointment; and finally, protect with an adhesive bandage to keep the area moist and to prevent the wound from drying out and forming a scab. Contrary to popular belief, scabs actually impede healing and increase the chance of scarring."

Bug bites and poison ivy are other common summer ailments. "For best relief, use an over-the-counter anti-itch cream or calamine spray. For bites that have become irritated from scratching, treat them with an antibiotic ointment and protect them with an adhesive bandage for faster healing."

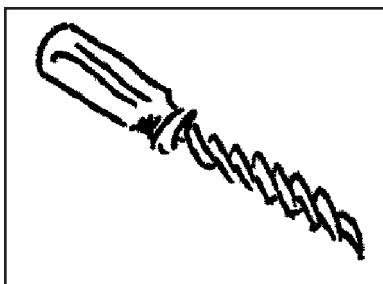
### First Aid Advances

"While it will always be important to call 911 for life-threatening emergencies and to consult a doctor for treating serious injuries, I'm pleased to see that actual hospital technologies are becoming available in over-the-counter first aid products to help consumers better care for minor mishaps," Elbirt said.

**New bandages containing anesthetic on their pads help soothe the itching and throbbing of cuts.**

An advancement in wound cleansers has been made this year by Johnson & Johnson with its BAND-AID® Brand Hurt-Free™ Antiseptic Wash—the first wound cleanser to contain an anesthetic to relieve the pain of cuts and scrapes. Similarly, new bandages containing an anesthetic on their pads to soothe the itching and throbbing of cuts and large bug bites are also available.

Additionally, to help control the bleeding of cuts and scrapes, calcium alginate—used for years by hospitals during surgery—is now woven into the pads of bandages and gauze to help stop bleeding faster. New BAND-AID® Brand Quick Stop Adhesive Bandages and First Aid Brand Advanced Care Quick Stop Gauze Pads are the first products with this technology that are widely available to consumers.



The spiral screwdriver, initially used to insert screws into wooden caskets, was patented by Isaac Allard in 1868.

### Check Out These Web Sites:

Here are a few Web sites you may want to watch: Konan Medical at [www.konanmedical.com](http://www.konanmedical.com). The California Olive Industry at [www.calolive.org](http://www.calolive.org). Tyson at [www.tyson.com](http://www.tyson.com). The Better Vision Institute at [www.visionsite.org](http://www.visionsite.org). Suzuki at [www.suzuki.com](http://www.suzuki.com). FTD.COM at [www.ftd.com](http://www.ftd.com). "Jay Jay the Jet Plane" at [pbskids.org/jayjay](http://pbskids.org/jayjay). ITCH-X at [www.bfascher.com](http://www.bfascher.com). Pitney Bowes Mailing System at [www.pitneybowes.com](http://www.pitneybowes.com). The Community Associations Institute at [www.caionline.org](http://www.caionline.org). America's Job Bank at [www.ajb.org](http://www.ajb.org). The Carpet and Rug Institute at [www.carpet-rug.com](http://www.carpet-rug.com). Kinetico Incorporated at [www.kinetico.com](http://www.kinetico.com).

## BOOKS WORTH READING

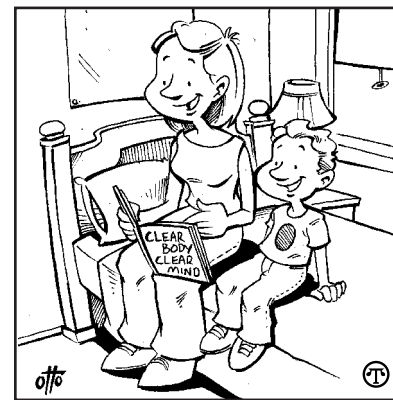
### Understanding How Drugs Affect The Mind & Body

(NAPS)—Having the right information can help parents keep their children away from drugs. Fortunately, a new book provides a lot of facts that everyone should know in order to be armed with knowledge—the single greatest preventive tool.

These days, parents can use all the help they can get. According to experts, the average age when a child first tries alcohol is 12. First drug use, on average, is at age 13. *Clear Body, Clear Mind*, by international best-selling author L. Ron Hubbard, has some startling data about what drugs actually do to the body and the mind. Here are some things your children may not know about drugs:

- The mind is like a supercomputer. The thinking process consists of recording and retrieving information in the form of pictures. Normally, when you remember something, the mind works at great speed and the information comes to you instantly. Drugs blur this process, making it difficult (if not impossible) to think clearly.

- Most people take drugs because of unwanted feelings. It could be physical pain; a popular television actor has recently had a public battle with his addiction to the pain killer Vicodin. It may be painful emotional feelings, such as those experienced by another popular actor—one whose Hollywood childhood exposed him to drugs at a very young age. It could just be boredom, or feeling shy in social situations. The drug gives a tem-



A new book can serve as a helpful resource for parents as they talk to their kids about drugs.

porary relief from the feelings, but when it wears off, those feelings come back and are usually worse than before.

- Virtually all drugs are habit forming. Minute quantities remain in the body in the fatty tissue, and this causes a craving. This is also what causes drug "flashbacks." When fat burns up—under stress, working out or exerting the body in any way—these small quantities of the drug can get re-released into the bloodstream and a flashback occurs. In extreme examples, people have experienced LSD trips 20 years after they last took the drug.

*Clear Body, Clear Mind* outlines what drugs do, how they work and how you can cleanse the body of drugs and toxins and get rid of the fog that drugs cause in the mind.

## GIFT GIVING IDEAS

### The Merits Of Certificates

(NAPS)—An ingenious way to give presents may mean more fun in the sun for many this summer. Gift needs span occasions, personalities and generations at any time of year, but in pleasant weather many people think it's a real gift to be able to get outdoors rather than go gift shopping.

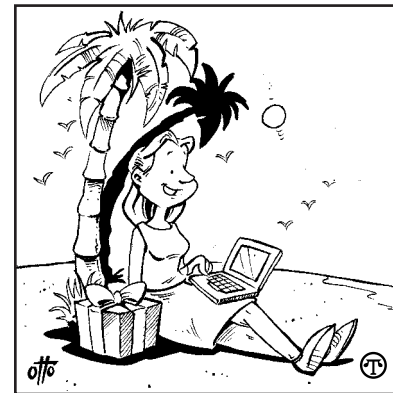
That may be why the Internet is increasing in popularity as a source of gifts: it can make finding a perfect present much easier. A recent study confirms that consumers are increasingly turning to the Internet, predicting that online retail spending will reach \$65 billion this year.

Many savvy shoppers say, with the overwhelming selection of products now available online, a good way to be certain your gift fits is to try a gift certificate. Growing in popularity as consumers recognize the ease of purchasing gift certificates, the industry captures \$20 billion a year in sales.

Gift certificates are easily purchased online, either at a particular store or an online marketplace. "Our customers have the best of both worlds," said Michael Ahern, CEO of GiftCertificates.com. "Consumers can choose a gift certificate from one of more than 700 local and national name brand merchants. Or they have the option to purchase a SuperCertificate. Representing hundreds of gift certificates in one, a SuperCertificate is redeemable at GiftCertificates.com for original gift certificates to any of our participating merchants."

Here are more gift hints from GiftCertificates.com:

Shopping for Dad? Suit his



Considered by many to be "the gift of choice," gift certificates may be the one gift that's guaranteed to fit.

style with a gift certificate from Restoration Hardware or Universal Golf. Going to a wedding? Purchase a Super-Certificate and let the newlyweds choose whether they prefer a gift certificate to Crate & Barrel, Marriott Hotels, Resorts & Suites or any of the other participating merchants. You can even satisfy the most particular of college-bound kids—whether they want a new wardrobe from Old Navy or dorm accessories from Bed Bath & Beyond®, it's their choice. And a gift certificate from Barnes & Noble is perfect for Grandparents' Day, birthdays and any other special occasion.

As for those who leave gift shopping to the last minute, GiftCertificates.com can even send gift certificates via email in a matter of hours.

For more information, log onto [www.GiftCertificates.com](http://www.GiftCertificates.com).

## Cool Off With A Delicious, Warm Weather Treat

(NAPS)—It may surprise some people to learn Americans enjoyed one of the country's most delicious desserts even before the U.S. enjoyed its independence.

Scholarly investigations of the American history of ice cream say the tasty treat arrived in the country around 1774, two years before the U.S. war of independence—now, National Ice Cream Month and Independence Day are both celebrated in July.

It is believed that First Lady Dolley Madison popularized ice cream by introducing it to White House guests at her husband's 1813 inaugural ball.

Today, the average American consumes 23 quarts of ice cream and related frozen treats each year, according to Suzy Gardner, co-author of *Ice Cream for All Seasons* (ReTreat Publishing, 1999).

To enjoy the sweet taste of ice cream all year round, the home economists at Fleischmann's Yeast offer this delicious new flavor combination: Apple Kuchen a la Mode.

Apple Kuchen is fluffy, batter bread topped with apple slices and cinnamon mixture. This sweet cake-like treat combines beautifully with ice cream. It has an old-fashioned feel—great for cooling off on a hot night:

### Apple Kuchen

#### Ingredients

**2¼ cups all-purpose flour**  
**¼ cup sugar**  
**1 envelope Fleischmann's RapidRise Yeast**  
**1 teaspoon salt**  
**½ cup water**  
**¼ cup milk**  
**½ cup butter or margarine**  
**1 egg, large**  
**3 cups sliced fresh cooking apple**  
**Cinnamon Topping (recipe follows)**

In a large bowl, combine ¾ cup flour, sugar, undissolved yeast, and salt. Heat water, milk, and butter until very warm (120° to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scrap-



**Apple Kuchen: A fluffy batter bread topped with apple slices and a cinnamon mixture.**

ing bowl occasionally. Add egg and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Turn into greased 13 x 9-inch pan. Arrange apple slices evenly over batter; sprinkle with Cinnamon Topping. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375°F for 25 minutes or until done. Cool in pan on wire rack, or serve warm with vanilla or cinnamon ice cream.

**Cinnamon Topping:** In a small bowl, combine ⅔ cup sugar and 1½ teaspoons ground cinnamon. Cut in 2 tablespoons butter or margarine with pastry blender until mixture resembles coarse crumbs.

**Nutrition Information Per Serving:** Serving size: slice (½ of recipe)

Calories: 240; Total fat: 8 g; Saturated fat: 4.5 g; Cholesterol: 35 mg; Sodium: 270 mg; Carbohydrates: 39 g; Dietary Fiber: 2 g; Protein: 3 g.

Christina Crawford, Consumer Affairs Supervisor in the U.S. for Fleischmann's Yeast, says the type of apples used can affect how the Apple Kuchen tastes.

"When apples are called for in a baking recipe, we recommend a juicy apple that does not disintegrate easily," Crawford says. "Not all varieties stand up well to baking. Some even become bitter."

Crawford recommends three apples for baking:

- **McIntosh**—dark, red skin with green streaks. Canada's most popular apple, the apple is medium-sized, firm, juicy, and has a crisp flesh.

- **Rome Beauty**—red stripes with little spots. The fruit is large, round, shiny and aromatic.

- **Granny Smith**—green. Originally grown in Australia, the apple is said to get its name from its first cultivator—Grandmother Smith. The fruit was introduced in North America in the 1970s. The apple is medium-sized, juicy and tart.

For more delicious recipes, visit [www.breadworld.com](http://www.breadworld.com).

## A Children's Health

### Homework Helps Patients Heal At Shriners Hospitals

(NAPS)—For children in hospitals who face days or even weeks of recovery time, homework does more than keep them up to date. Homework can provide a sense of normalcy and focus.

At Shriners Hospitals this type of continuous learning is either provided through teachers employed by local school districts or certified teachers who are staff members of the hospitals.

These teachers work with patients from kindergarten through high school, who have a wide range of learning abilities. Only one or two subjects might be emphasized, depending on a child's need.

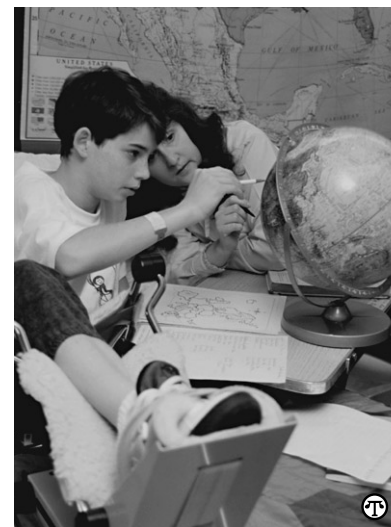
"We have to set priorities and pick which subjects are the most important to the child," explained Melen Lunn, coordinator of the school program at the Northern California Shriners Hospital in Sacramento. "We focus on math a great deal because math is one of the hardest subjects to get behind in; it's so sequential."

Teachers in this unique setting can be challenged by a student's pain, the effects of medication, the need for rest, separation from family, or the stress brought on by a combination of any of the above. Physical and occupational therapy may limit class time further.

While most of a child's hospital stay involves physical recovery and healing, Lunn points out that school work helps boost mental health by reminding children that their familiar daily routine still exists outside the hospital.

At all Shriners Hospitals, part of the healing process is adjusting to physical changes such as burn scarring or the results of a spinal cord injury.

As a result, staff at the hospital, which provides treatment for children with orthopaedic prob-



**School work can be a welcome addition to a child's stay in the hospital.**

lems, severe burns and spinal cord injuries, must confront a variety of physical and emotional needs.

"We have to keep a lot of information in our heads about different medical conditions and disabilities and how they affect learning," said Lunn.

For more information on Shriners network of 22 hospitals that provide free treatment to children with orthopaedic problems, burns and spinal cord injuries, write to Shriners International Headquarters, Public Relations Dept., 2900 Rocky Point Dr., Tampa, FL 33607, or visit [www.shrinershq.org](http://www.shrinershq.org).

If you know a child Shriners can help, call 1-800-237-5055 in the United States or 1-800-361-7256 in Canada. Shriners Hospitals provide free treatment to children under age 18 without regard to race, religion, or relationship to a Shriner.

## CONTEST CORNER



### No Lie, Best Fishing Tales Contest Is Here

(NAPS)—If your biggest fishing tale hasn't gotten away yet, it might be a good idea to send it in to the Best Fishing Tales Contest.

To enter, send an essay of 250 words or less describing your fishing tale, identified with your name, phone number, e-mail (optional) and return mailing address. Photos are welcome, but will not be returned. A panel of judges will be looking for original, humorous, wild—yet true stories.

One grand-prize winner will be selected along with five runners-up. Entries can be submitted to [OPTIMABatteries.com](http://OPTIMABatteries.com) or mailed to: Best Fishing Tales Contest, c/o JCI X-29, P.O. Box 591, Milwaukee, WI 53201.

#### Prizes

The Grand Prize winner will receive a prize package from OPTIMA Batteries® consisting of a four-night, three-day all-inclusive fishing package for two at the Totem Lodge in Ontario, Canada. This includes airfare, all meals, lodging, boat equipment, gas, bait, professional guide and fillet and freezer service. (Value about \$4,000.) Travel restrictions may apply.

Five runner-up winners will receive batteries, clothing and



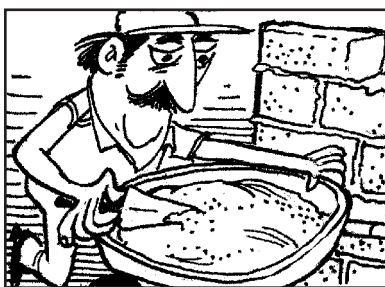
**THEY'RE BITING:** A lot of fisherman are being lured by a "Fishing Tales" contest.

merchandise. (Value for each about \$250.)

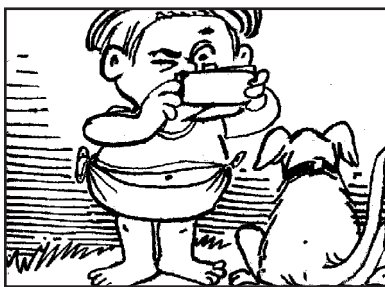
All entries must be postmarked by August 1, 2001. All winners will be notified by mail during September 2001. Winner's full names, their tales and photos, if available will be posted on the Web site in October 2001.

Recent fishing tales, as well as a favorite fishing tale from the past are welcome.

More information about rules is available on the OPTIMA Web site, [www.OPTIMABatteries.com](http://www.OPTIMABatteries.com), or by writing to: Best Fishing Tales Contest, c/o JCI X-29, P.O. Box 591, Milwaukee, WI 53201.



English engineer John Smeaton, inspired by construction methods of the ancient Romans, mixed lime and clay to create the basic form of cement we use today.



The Brownie camera, introduced by Kodak in 1900, was named after popular cartoon characters of the time. The tie-in was intended to help get children interested in photography.

## Vacations Of A Lifetime

### Exploring The Treasures In Your Own Back Yard

(NAPS)—Necessity is more than the mother of invention. It can also be the inspiration for a vacation the entire family will remember with pleasure.

For example, if higher gasoline prices are putting an unexpected crimp in your travel budget, try spending a week visiting the attractions tourists visit when they come to your region.

Every area has a museum, historic site or water park that draws visitors from all over but often gets overlooked by the local residents.

Camping is considered by many to be another excellent way for families to discover the scenic treasures in their own backyard.

Whether you're a novice or experienced camper, the following tips from KOA Kampgrounds can help you get the most out of the experience.

- Call ahead to see what kind of services and activities the area offers.

- If you are traveling with the family pet, check to see which types of pets are welcome.

- Going camping doesn't have to mean being out of touch. Inquire if the camp offers Internet access.

- Roughing it shouldn't be an excuse for a having a rough time check-



**Look for camping facilities that offer a speedy check-in service and toll-free number for reservations.**

ing in or making reservations. Look for camping facilities, such as those offered by KOA Kampgrounds, that offer a speedy check-in service and toll-free number for reservations.

KOA, known for providing a camping experience that is clean, fun and safe, also offers consumers a wealth of helpful information on their Web site.

The site contains tips on destinations, things to do and see in the area around specific campgrounds and detailed directions on how to get to specific sites.

To learn more about opportunities offered by a camping vacation, visit [www.koa.com](http://www.koa.com).