

Hosting A Cookie Exchange—How Sweet It Is!

(NAPSA)—The holiday season often means that time is tighter than ever, making it difficult to bake a large variety of cookies for your holiday table. A cookie exchange offers a simple solution for today's busy bakers.

A cookie exchange is usually held at someone's house, where the guests bring enough of their home-baked cookies to share with the entire group. As a result, participants can bring home a wide variety of cookies with less effort and time.

On the invitation, clearly state the rules of a cookie exchange:

- Make it clear that each guest will be baking a dozen cookies for *each* participant (let them know the number of people you have invited, including yourself).

- Sturdy cookies without icings tend to survive the transport better than softer cookies.

- Guests should provide enough recipe cards to share at the party.

- Remind guests to bring containers so they can take their goodies home.

Schedules fill up fast during the holiday season, so it's a good idea to hold the party at an "off-peak" time, such as a weekend morning or a weeknight. You can also host a Pampered Chef cookie show, where a Kitchen Consultant can demonstrate easy cookie preparation and decorating techniques for baking delicious cookies with the All-Occasion Cookie Dough recipe. For more information, or to find a Kitchen Consultant in your area, visit www.pamperedchef.com or call 1-800-266-5562.

All-Occasion Cookies

1 package (18.25 oz.) white cake mix

2¾ cups all-purpose flour

1 pound (4 sticks) butter or margarine, divided (do not use vegetable oil spread)

Milk or beaten egg whites (optional)

Optional decorations:

Colored sugar crystals

Sprinkles



Celebrate with style—All-Occasion Cookies are the perfect sweet treat for any special event!

Chopped nuts

Icing

Melted chocolate

Powdered sugar

1. Preheat oven to 350°F. In Small Batter Bowl, microwave 2 sticks of butter on High 1 minute or until melted. Slice remaining butter into ½-inch pieces; add to melted butter, tossing to coat. Let stand 3-5 minutes or until softened.

2. Meanwhile, in large bowl, combine cake mix and flour; blend well using Stainless Steel Whisk, breaking up any large lumps. Whisk butter until smooth and free of lumps. If necessary, microwave butter an additional 10-20 seconds or until creamy and pourable. *Do not melt completely.*

3. Pour butter all at once into dry ingredients. Mix until dry ingredients are incorporated and dough is smooth. (If dough is too stiff to stir, knead by hand until smooth.)

4. Form cookies as desired. To decorate cookies *before* baking, brush unbaked cookies lightly with milk or egg whites using Pastry Brush and sprinkle with colored sugar crystals, sprinkles or finely chopped nuts.

5. Bake cookies on flat Baking Stone 15-17 minutes or until very light golden brown. Cool 3 minutes on baking stone; remove to Stackable

Cooling Rack. Cool completely. To decorate cookies *after* baking, use icing or melted chocolate, or sprinkle with powdered sugar.

Forming Cookies

Pressed cookies: Fill Cookie Press, fitted with disk of your choice, with dough. Press dough onto flat baking stone, 1 inch apart. Yield: 8 dozen cookies.

Cutout cookies: Turn dough out onto well-floured Cutting Board. With floured hands, gently knead dough, adding up to ½ cup additional flour as needed to form a firm dough. Divide dough into 3 equal portions. Shape each portion of dough into an 8-inch disk. Generously flour surface of cutting board or countertop. Roll one disk of dough out evenly to ¼-inch thickness using Baker's Roller. Cut cookie shapes using Bread Tubes; transfer to flat baking stone, 1 inch apart. Yield 2½ dozen cookies.

Drop cookies: If desired, stir ½ to 1 cup (any combination) of the following ingredients into the dough: chocolate morsels or miniature candy-coated chocolate pieces; toffee bits; chopped nuts or candies; or dried fruit. Using Small Scoop, drop level scoops of cookie dough onto flat baking stone, 2 inches apart. Yield: 7 dozen cookies.



Pointers For Parents-To-Be

Guidelines For Stimulating Newborns' Healthy Development

(NAPSA)—You've just brought your new baby home from the hospital. In the midst of diaper changes and midnight feedings you anticipate a time in the future when you'll be able to play and have fun with your baby. But did you know that you don't have to wait until your newborn is older to begin engaging him or her in play? Interactive play provides the foundation for intellectual, social and physical development in children and helps to strengthen the bond between parent and child and it's never too early to start. The experts at Gymboree Play & Music, the worldwide leader in parent-child play classes, offer the following guidelines and ideas for developmentally appropriate games you can start playing with your newborn right now.

Find Balance: Help develop your child's sense of balance by laying baby on your lap and gently raising and lowering your legs or rocking him side to side. Use music or sing for additional fun and learning.

Touching Moments: To engage baby's sense of touch, lightly cover her with a scarf and pull it up and down the length of her body. Gently rub baby's arms, legs and head with the scarf. Baby will look to you for social cues, so keep in mind that using your voice and giving eye contact is important during play activities.

Get Silly: Funny songs, movements and sounds are all stimulating for baby. Remember, what they are tuning in to most is YOU, so have fun and don't be afraid to look a little silly in the process. Explore making all kinds of sounds with your voice for baby such as animal sounds, high-pitched nonsense sounds or clicking your tongue. Using sound in your play with baby helps to support social and language development.

Mirror, Mirror: Newborns are more attuned to human faces than



to any other visual object. Baby is also fascinated by his own reflection, even though he doesn't yet know that it's he. Hold a mirror up so your baby can see his reflection, then point at the baby in the mirror and say his name. This will help him learn to visually focus and track as well as to explore the social nature of faces.

The More The Merrier: Participating in a group class led by a trained teacher, such as those offered at Gymboree Play & Music, will allow you and baby to learn new games while exposing her to a small, social group. Playing in a setting outside of the home can also help eliminate distractions and allow you to further focus your attention solely on your baby, which can create some very personal and emotional moments, strengthening the bond between you and your child.

Follow Their Lead: Each baby is unique and will develop according to his or her own timetable. In order to ensure that the games you engage your baby in offer the appropriate amount of challenge and stimulation, the experts at Gymboree Play & Music recommend that parents progress play based on their child's learning pace, not just his or her age.

For more developmentally appropriate play tips, visit www.gymboree.com. To sign-up for a free Gymboree Play & Music class call 1-800-520-PLAY.

Children's Health

Shriners Hospital Focuses On Children's Bone Tumors

by J. Ivan Krajchich, M.D.

(NAPSA)—The words “tumor,” “malignant” and “cancer,” when delivered by a healthcare professional, can be devastating—even more so when a child is involved.

Shriners Hospital for Children in Portland, OR, recently focused a portion of its medical care on children with bone cancer. In 1994, a partnership was formed between Shriners Hospital and the department of pediatrics at Doernbecher Children's Hospital at Oregon Health Sciences University. Together, the two facilities launched a pilot bone tumor program to treat children afflicted with malignant bone tumors.

Two of the most common types of bone cancer that strike children between the ages of 10 and 20 are osteosarcoma and Ewing's sarcoma. Osteosarcoma occurs frequently in the knee area, although it can occur in any bone and can spread to the lungs. Ewing's sarcoma consists of tumors that can affect any bone in the body. These tumors are very painful and, if left untreated, can spread to the lungs and/or other bones.

Once a child has been diagnosed with a malignant tumor, the bone tumor team maps out a treatment regimen. The multidisciplinary team consists of an orthopaedic surgeon specializing in tumor and limb salvage surgery, a pediatric medical oncologist, team coordinator, physical therapist, occupational therapist, general surgeon, radiation oncologist, nutritionist, prosthetist, pediatric radiologist, child life specialist, social worker, and inpatient and outpatient nurses familiar with the treatment of sarcomas.



At the Portland Shriners Hospital, Neal Turner of the orthotics and prosthetics department makes some minor adjustments on Cheyanne's new prosthetic leg.

For most children, treatment includes two to three months of chemotherapy, followed by a surgical procedure to remove all the cancerous tissue, leading to the best function possible for the limb and several months of chemotherapy. The surgical procedures and limb reconstructions can be quite complicated and vary widely, depending on the location of the tumor, involvement of the adjacent joint and the child's age.

The goal of reconstruction is to preserve the child's major joint (e.g., knee or hip) whenever possible. In such cases, bone lost to tumor can be replaced by a bone transplant, with an expected very good functional outcome. Unfortunately, in the majority of children with osteosarcoma, if the knee joint has a tumor, the joint usually has to be removed. As such, a metal-plastic artificial joint is the most commonly used replacement, although the lifespan of these

devices is limited because of the wear and tear imposed by active children.

The only other option available for a non-artificial joint is a procedure referred to as the modified Van Nes rotation plasty. In this kind of reconstruction, the ankle is used as a substitute for a knee. The foot is then fit into a prosthetic socket; the child, who would otherwise require an above-knee amputation, functions as a below-knee amputee and is able to participate in many athletic activities.

In the majority of patients, treatment and rehabilitation have been quite successful, with more than 90 percent of osteosarcoma patients and in excess of 80 percent of the Ewing's sarcoma patients who are alive and presently disease free. Many of the children have been disease free for at least five years since their initial treatment—a time interval usually considered evidence of a cure. None of the patients in the program thus far have had recurrence of a local tumor.

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 the Web site at 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.

eye *Facts and Fancies*

A Quiz On How To Reduce Eye Strain

(NAPSA)—Taking this simple quiz may give you a new view on ways to reduce eye strain.

Questions

1. Symptoms of eye strain include a) seeing halos or rainbows around lights, b) a drooping eyelid, c) a burning sensation when you close your eyes.

2. Eye strain can be caused by a) sewing, b) computer work, c) driving.

3. Eye strain can be alleviated by a) taking a break every hour or so, b) wearing glasses with an anti-reflective (AR) coating, c) using eye drops.

4. AR coating helps drivers by a) letting people see your eyes, not your glasses, b) eliminating distracting reflections and ghost images, c) increasing the amount of light reaching your eyes.

5. People who may benefit from AR-coated lenses include a) drivers, b) aircraft pilots, c) computer users, d) photographers, e) attorneys, f) all of the above.

Answers

1. c. Other symptoms of eye strain would include eyes watering, eyelids twitching or an aching forehead. Should you experience a drooping eyelid or a burning sensation when your eyes are closed, consult your eyecare professional immediately.

2. a, b, c. In fact, just about any activity requiring a high amount of visual involvement may cause eye strain.

3. a, b, c. Worn in daylight and indoors, most spectacle wearers find AR coating makes objects appear crisper and brighter. In critical driving situations, more light means clearer, crisper vision.



Anti-reflective coating can help improve visual comfort by eliminating distracting reflections that contribute to eye strain.

This is particularly important at night when vision is already compromised. People who do a lot of computer work or reading find that AR-coated lenses help reduce eye strain and fatigue. The coating reduces glare and discomfort.

As a bonus, the lenses enhance appearance by eliminating distracting reflections. You see the wearer's eye, not their lenses, improving eye contact for better communication.

4. b, c. Research has demonstrated that under simulated night driving conditions, AR lenses enable drivers to see things on the road ahead by increasing the amount of light reaching the retina and eliminating distracting reflections.

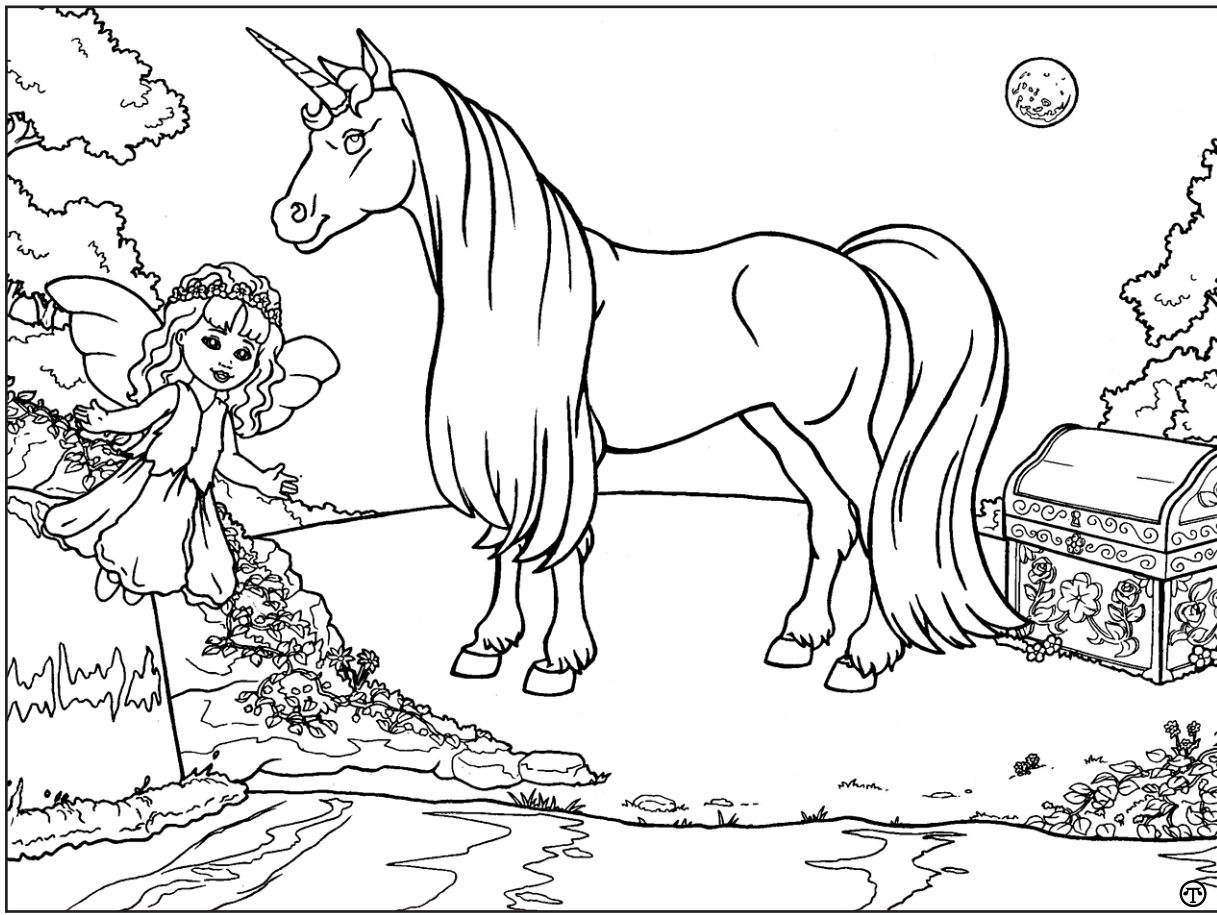
5. f. AR coated lenses are beneficial for any person wearing glasses as the coating improves visual performance and comfort.

For a free brochure on anti-reflective lenses, write: AR Council, 8818 Windsor Terrace, Minneapolis, MN 55443; call toll-free 877-254-4477; e-mail arcouncil@aol.com; or visit the Web site at www.arcouncil.org.

MAKING LIFE MORE FUN

(NAPSA)—Picture this: Spark young imaginations with creative activities, exploration and games. Kids can discover a magical world of fun and adventure by coloring the picture below.

Kelly, the little sister of Barbie, and her clubhouse friends help transform youngsters' everyday environment into magical places when they arrive in their first interactive adventures in *Kelly Club CD-ROM* and *Kelly Club: Clubhouse Fun* for Game Boy Color. These interactive games transport kids to entirely new make-believe worlds such as the one seen here.



HEALTHFUL EATING



Losing Weight: Gaining Confidence

(NAPSA)—The skinny to losing weight in a healthful way can be easier than many people realize. Here are three top tips from The American Heart Association:

- Start slow. Do low to moderate-level activities, especially at first, then slowly increase the duration and intensity as you become more fit.

- Remember the amount of total fat and cholesterol that should be included in your daily menu (your doctor can help you develop an eating plan). Total fat intake should be no more than 30 percent of your daily calories and your cholesterol intake should be less than 300 milligrams a day.

- Choose activities that are fun, add variety and surround yourself with supportive people.

Sticking to healthful eating can be difficult for dieters on the go. Fast food is often tempting. However, that's not necessarily a bad thing for those watching their weight. Many fast food restaurants offer low-fat choices on their menus—from salads to sandwiches.

One restaurant in particular garnered national attention for helping one man lose 245 pounds. Jared Fogle became an unofficial poster boy for weight loss and a hero among frustrated dieters. He incorporated Subway's low-fat sandwiches into his meal routine. Pam Blakeman of Springfield, Illinois, was one of those people Fogle inspired.

"I'm very determined never to get as big as I was before," said



Subway's Jared and his friends are all smiles about maintaining a heart healthy lifestyle.

Blakeman, a mother of two, who boasted a 60-pound weight loss.

Myra Jackson of Tallahassee, Florida, lost 30 pounds with help from Subway's "7 under 6" sandwiches. The restaurant features seven different low-fat sandwiches, all under six grams of fat each.

"I used to get tired just from walking up the street," she said. "Now I am able to run miles and enjoy doing it."

Former shoe-company executive Kenneth Sanford, of Franklin, Tennessee, lost 56 pounds and was so inspired by his accomplishment that he purchased his own Subway restaurant.

As for Fogle, he still enjoys Subway sandwiches and has kept his weight at about 190 pounds—down from 425. More information on healthful eating is available on the Web site at www.subway.com or by calling toll-free 1-800-888-4848.

Knee Replacement Implant Offers More Flexibility

(NAPSA)—Approximately twenty-one million Americans suffer from osteoarthritis, a degenerative joint disease that often follows a history of injury or overuse of a joint.

Deterioration of the articular cartilage in the knees, often the result of osteoarthritis, causes bone to rub against bone. This friction causes symptoms such as a feeling of stiffness, moderate to severe discomfort, debilitating pain and eventual loss of motion. In some cases, total knee replacement is necessary.

Approximately 266,000 total knee replacements are performed each year and that number is increasing, according to the American Academy of Orthopaedic Surgeons.

“Patients today are expecting to maintain an active lifestyle after total knee replacement,” said Giles R. Scuderi, M.D., an orthopedic surgeon at New York’s Insall Scott Kelly Institute.

Technology is now available that offers a higher range of motion, or bending of the knee, for patients with the ability and desire to perform high flexion activities.

Scuderi continues, “The LPS-Flex Fixed Knee from Zimmer Inc., offers a new option for those suffering from osteoarthritis to reclaim aspects of their lives on which they place much value.”

The implant is the first one specifically designed to safely accommodate deep flexion of up to 155 degrees. Generally, knee implants were designed to accommodate flexion up to 125 degrees.

Hobbies such as gardening and golfing require high degrees of flexion of the knee. In addition, cultural activities such as kneeling for prayer, sitting cross-legged and squatting demand frequent high flexion. Many daily activities require this range of motion as well, such as climbing stairs, sitting in a chair and



NexGen® Complete Knee Solution
LPS-Flex Fixed Bearing Knee



With today’s knee replacement options, people with osteoarthritis may find it easier to resume activities they enjoy.

standing up again.

The sooner patients report their symptoms to doctors, the sooner treatment options can be discussed.

“The key to effectively treating knee problems is early diagnosis,” said Scuderi. “With early diagnosis and good preoperative flexibility, the Flex Fixed Knee can allow patients to resume many of the physical activities they have come to enjoy.”

Studies show that total knee replacement patients with good preoperative flexibility are more likely to maintain that flexibility.

Whether the knee is suitable for an individual patient is based on a number of considerations.

“Such considerations include the person’s activity level, weight, bone quality and if the arthritis is advanced enough for this treatment,” said Michael A. Kelly, M.D., a founding orthopedic surgeon of the Insall Scott Kelly Institute, which helped to develop the knee replacement.

For more information on the LPS-Flex Fixed Knee, call the toll free hotline at 1-877-866-FLEX or visit www.Pacewithlife.com.

Health Bulletin

Improving Men's Health

(NAPSA)—Studies show that today, the average man lives a longer and healthier life than ever before.

Yet doctors say many men are still unaware of their personal risk factors for common chronic conditions, such as heart disease and type 2 diabetes.

A Comprehensive, Up-to-Date Guidebook
for Achieving Optimal Health and Fitness

American
Medical
Association



COMPLETE GUIDE TO

MEN'S
HEALTH 

A new book addresses a variety of important men's health issues.

A new book sheds light on such conditions and helps more men reach their optimum levels of health. *American Medical Association Complete Guide To Men's Health* (Wiley, \$34.95) covers a wide variety of health issues that are especially important to men.

This comprehensive guide addresses such lifestyle issues as the building blocks of healthy diets, the warning signs of disease, and screening tests men should take at different stages of life.

In addition, it covers harmful behaviors (such as smoking, alcohol-and drug-abuse) and gives information on specific health systems—from reproductive, to digestive, to the immune system.

The guide also identifies the most common male disorders, their risk factors and symptoms and discusses effective treatment options.

For more information visit www.wiley.com.

Education NEWS & NOTES

Tennis Titans Venus and Serena Williams Serve Up Grants

(NAPSA)—Tennis stars Venus and Serena Williams have teamed up with Doublemint Gum to reward distinctive contributions young people make on campus and in communities. The grant program, called the Doublemint Aces for Campus Excellence (A.C.E.), puts 18-25-year-old college students and student service organizations in center court, providing them with the opportunity to showcase their unique approach to making a positive difference in their communities.

“The Doublemint A.C.E. Grant Program is our way of honoring and rewarding college youth who have the motivation and commitment to improve their campuses and communities,” said Rory Finlay, Senior Marketing Director for Wrigley. “As professional athletes and students themselves, Venus and Serena’s motivation and commitment is evident both on and off the court—we feel they are the perfect partners to encourage and recognize students who help make their campuses and communities better places to live and learn.”

Applications are available now at www.doublemint.com. To apply for a grant, applicants must submit their information with either an essay or a VHS tape demonstrating their distinctive volunteerism or philanthropy. Up to fifty \$1,000 grants and one \$10,000 grant will be awarded during the 2001-2002 grant program.

Each grant recipient will be eligible to have his or her grant increased by an additional \$100 for each ace served by Venus or Serena during selected matches at



IT'S ACES—A grant program recognizes and rewards college students who help improve their campuses and communities.

WTA tournaments. The Williams sisters will also personally choose and then meet with the recipient of the \$10,000 grant.

“Education has always been important to me and Serena,” said Venus Williams, who is enrolled in design courses at the Art Institute of Fort Lauderdale. “We are looking forward to learning about how our collegiate peers are making distinctive contributions on their campuses and in their communities.”

“It’s a pleasure to be part of the Doublemint A.C.E. Grant Program since it recognizes people who go above and beyond their role as students,” said Serena, also a design student. “We know the importance of education and giving back to the community. We are proud to be able to recognize others with the same dedication.”

For more information on the grant program, visit www.doublemint.com.



TIPS FOR HOMEOWNERS

Dust Bustin' Doesn't Have To Be A Royal Pain *The Queen Of Clean*® Offers Tips For a Dust-Diminished Home

(NAPSA)—If dusting and vacuuming are two of your least favorite household chores, let Linda Cobb, *The Queen of Clean*® show you how to tackle dust and dirt quickly and effectively so you can get back to the things you love to do.

Defy Dust And Keep It Away!

- Shake the dust bunny blues with a used dryer sheet. Dust your furniture, pictures, lamps and light fixtures with a used dryer sheet. It picks up and repels dust from settling on the surface.

- Give your glass tabletop a twinkle with rubbing alcohol. Wipe it down with alcohol and a clean, lint-free cloth for a perfect, streak-free shine.

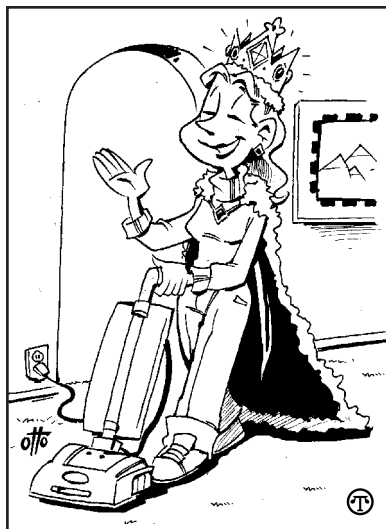
- Repel dust with a homemade solution of 1 part liquid fabric softener to 4 parts water. Spray on or apply with a soft cloth to blinds, refrigerator shelves, frame and glass-top tables.

Give Your Floors The Royal Treatment—Vacuum!

- Place walk-off mats at entryways to collect loose dirt as you and guests enter your home. The less tracked in, the less you have to clean.

- Frequently vacuum the areas with the most traffic, such as hallways, stairs and rooms where there is constant wear. Vacuum at least twice a week.

- Choose a vacuum with a beater bar and strong suction that will penetrate the backing of the carpet and extract all particles. The beater bar lifts the dirt and allows the vacuum to wisk it



away. It also picks up any loose fibers that may adhere to furniture as dust.

- Change your vacuum cleaner bag as instructed in the owner's manual, once it becomes half full. The fuller the bag, the less efficient the vacuum cleaner.

To ensure the long-lasting beauty of your carpet—start with a carpet that is durable and soil- and stain-resistant. The most durable carpet fiber is nylon—inherently tough and it repels dirt and liquids that can stain. DuPont™ STAINMASTER® carpet features the Advanced Teflon® Repel System, which keeps carpets 40 percent cleaner by repelling liquids and soil.

For more information on carpet cleaning solutions, visit www.stainmaster.com or call 1-800-4-DUPONT.

newsworthy trends

It's Not Your Father's Workplace Anymore, Says New Survey

(NAPSA)—As the nation's newest graduates job hunt, they may find a few surprises in store for them, especially when it comes to the skills today's employers prize most in their new hires.

A survey by Bayer Corporation in cooperation with the National Science Foundation that examines current workplace issues finds today's workers need special skills to manage continuing change in the workplace. They need to be flexible and adaptable, able to solve unforeseen problems on the job and do their best work in teams.

Indeed, these so-called New Economy skills are increasingly becoming the skills of choice in all kinds of industries, including Old Economy ones. That's according to those polled in *The Bayer Facts of Science Education VII: The State of America's New Workforce*, who include both America's newest employees and the managers who oversee them.

"The fact that these so-called New Economy skills are preferred by today's employers should not surprise anyone on the front lines of science education reform," said Rebecca Lucore, who oversees Bayer Corporation's *Making Science Make Sense* program, a companywide initiative that advances science literacy through hands-on, inquiry-based learning, employee volunteerism and public education.

"Whether you call them New Economy or working smart skills, they're really plain old science literacy skills and they're no longer a nicety in today's global economy,

"Whether you call them New Economy or working smart skills, they're really plain old science literacy skills... and in today's global economy, they're a necessity."



they're a necessity."

In the survey, when asked to choose, new employees and managers consistently eschewed working hard skills for working smart ones. For instance, both young people and managers chose being able to "solve unforeseen problems on the job" over "refer unforeseen problems to others;" "adapt to changes in the work environment" over "cope with a stable work environment;" "do their best work in teams" over "do their best work independent of others;" and, "continue to expand skills as the company changes and/or grows" over "refine and master in more depth the specifics of their present job."

"The survey's findings that today's workplace values problem-solving, critical-thinking and team working reinforces the conclusion that students need to learn science in the kind of experiential, hands-on way that helps develop these skills," said Lucore.

The new employees and managers agree. They believe the most effective way for students to learn science is in a hands-on way.

Moreover, they report science literacy is important for them in their jobs, even if their jobs are not science-based.

"It's pretty clear that today's workplace—whether it's set in a retail, manufacturing, agricultural or professional environment—is no longer our father's," explained Lucore.

Just how well equipped are new employees with these science literacy-cum-working smart-cum New Economy skills?

Today's new graduates preparing to pound the pavement would be wise to take note of what the managers have to say. Which is, they are not nearly as well equipped with these skills as they think they are. Nor did their education prepare them as well for today's workplace as they think it did. In fact, while the young workers consistently give their pre-college education a "B," managers give it a solid "C."

"Managers, who have the advantage of age, understand that there is no substitute for experience," said Lucore. "Humans learn through doing. We make mistakes and go back and do it again, and then we get it right. That's how we learn."

Still, the class of 2001 should not be disheartened by any of this. The survey's message is clear: young workers should maintain their enthusiasm for their jobs and careers, but at the same time constantly work to improve their skills. That's an Old Economy recipe for success.

Take The Pain Out Of Spots And Stains

Tips To Protect & Preserve The Things You Care About

(NAPSA)—Americans have spilled the beans—all over clothing and in every room of the house—according to a recent poll. When asked about the substance spilled most often, 70 percent of the respondents cited beverages. Seventy-two percent said stains land on shirts or blouses more than other clothing items.

While no one can prevent people from having an occasional case of the “dropsies,” here are a few tips to help keep your favorite items far from the give-away pile:

- **Take it to the table**—Avoid turning the dashboard of the car into a messy meal tray. Eating on the run and in stop-and-go traffic can make you an easy target for spots, spills and stains. It is no surprise that 23 percent of Americans polled said the car is the most popular place outside of the home to experience a food stain. Whenever possible, schedule time for sit-down meals at a table where food and drinks are less likely to splat, splash and land on clothing.

- **Protect and preserve**—Your favorite foods and beverages don't have to become a permanent part of your clothing or furniture. Take proactive steps to preserve the things you care about. Using a stain protector, such as Scotchgard from 3M, provides a defense against a lot of those food and drink spills that can ruin your car, clothing, carpeting and upholstery.

- **Make the kitchen the central eating station**—Forty-three percent of household spills outside of the kitchen occur in the living room and almost 27 percent occur in the family room. Set up a “central eating station” by encouraging adults and kids to contain food and beverages to the kitchen. Furniture and flooring in the kitchen are often designed to endure spills better than other rooms. Preserve the rest of the house for neater activities!

- **Dress to stress less**—Entertaining and parties in the



Proper stain protection can help prevent accidents from making a permanent mess of things.

home can create a hazard zone of spots and spills with the threat of finger foods and beverages landing on fine upholstery and dressy clothing. With the new multi-use Scotchgard protector for fabric and upholstery in the red can, you won't have to cover the couch with an unsightly slip cover and you can wear your favorite luxury items to parties without a second thought. The red can now works on silk, wool, dry-clean only and other delicate items.

- **Be a super citizen**—More than half of poll respondents said they've thrown out clothes because they were stained or soiled. Instead, donate clothing (and furniture) to your local charity. It will help someone in need and give you a tax break.

- **Keep carpets looking good longer**—Consider buying carpets with mill-applied stain protector, or you can buy a do-it-yourself formula in a can. In addition, vacuum regularly, use entrance mats to trap soil before it can be tracked in your home, blot up spills immediately, and regularly have your carpet professionally cleaned.

Stains happen, but they don't have to ruin your day or your favorite things. Taking a few simple precautions will help you keep your clothing, rugs and upholstered furniture looking their best.

NEWS FOR VETERANS

Goldsmith Elected VFW Commander-in-Chief

(NAPSA)—The 102nd national convention of the Veterans of Foreign Wars of the United States witnessed a changing of the guard.

James N. Goldsmith of Lapeer, Michigan was elected Commander-in-Chief of the organization on August 24, 2001. The convention was held in Milwaukee, Wisconsin.

Deeply concerned for the welfare of our active duty and reserve military forces, Goldsmith has traveled worldwide listening to the needs of U.S. service men and women. As a result of these many discussions, he lists quality of life and defense readiness issues as his top priorities.

For example, he is particularly concerned about the number of the organization's members who have diabetes.

According to Goldsmith, "Our membership and, in fact, all of our citizens are now threatened by a silent, yet deadly enemy—Diabetes. The war against this insidious killer has taken on an increased urgency since we now know that in-country Vietnam vets are suffering from this dreaded



James N. Goldsmith, newly elected Commander-in-Chief of the VFW, lists quality of life and defense readiness issues as his top priorities.

disease in alarmingly high numbers, due to their service there."

He is proposing the VFW establish a number of research grants aimed at defeating the disease.

Another concern for Goldsmith is making sure that members of the Active Duty forces, National Guard, Reserves and military retirees are

all aware of the benefits and services they are entitled to when they separate from the armed forces.

Goldsmith served in the U.S. Army from November 1965 to August 1967, with duty in Vietnam as an engineer from April 1966 to August 1967.

In 1978, Goldsmith was selected as Michigan's "Young Veteran of the Year," and in 1980, became the first Vietnam veteran to be elected Department Junior Vice Commander. He earned All American status as a Department Commander, 1982-1983.

He also served as vice-chairman of the POW/MIA Committee and the National Security and Foreign Affairs Committee. While serving as Senior Vice Commander-in-Chief, Goldsmith was selected to travel to Vietnam as part of a presidential fact-finding committee. He retired from General Motors in 1997 after 35 years of service.

For a free brochure about becoming a member of the VFW write: Veterans of Foreign Wars, National Headquarters, Membership, Broadway at 34th Street, Kansas City, MO 64111.

Skin Care Clinic 101

Daily Checklist To Healthy Skin

(NAPSA)—Tired, dull and less than radiant...signs that your skin may need some TLC right away!

“Skin changes as you age,” notes leading Beverly Hills dermatologist Peter L. Kopelson M.D. “Therefore on a daily basis, you need to take extra measures in caring for your skin so it stays healthy and young-looking.”

The skin experts at Lubriderm Skin Renewal offer the following tips to work into your everyday routine to help start your skin on the road to recovery.

- **Cleanse:** use a gentle, non-abrasive cleanser suitable for all skin types that can be used twice a day.
- **Moisturize & Exfoliate:** look for a daily moisturizer formulated with non-irritating ingredient Poly Hydroxy Acid (PHA). It does double duty by offering great moisturization benefits, while gently exfoliating to reveal healthier, younger-looking skin. (Hint: *Lubriderm Skin Renewal Anti-Wrinkle Facial Lotion with SPF 15* comes in two versions: Regular and Fragrance-Free).
- **Makeup:** bacteria can build up on your makeup products, which may cause skin to suffer. Wash brushes, sponges and applicators once a month, and buy new mascara and foundation every three months.
- **Sunscreen:** most skin damage comes from the sun; use a daily sunscreen with a minimum of SPF 15, especially on the face and hands. Try an age-defying hand cream with an SPF of 15 to even skin tone and protect against the sun's rays.
- **Diet & Exercise:** drink at least 8 glasses of water everyday to help flush out impuri-



Look for a daily moisturizer with a gentle exfoliant, such as Poly Hydroxy Acid (PHA).

ties. Also, exercise helps increase circulation, which in turn allows more nutrients to get to the skin.

- **Showers:** take warm, short showers. Long, hot baths can lead to dehydrated and dry skin. Remember to pat, not rub, when drying off and moisturize while skin is still damp. Use a body lotion formulated with non-irritating PHA that offers three-in-one benefits: firms, moisturizes and fights signs of aging.
- **Sleep:** often the most overlooked essential beauty tool. Try getting at least 8 hours a night.

“There are definite steps you can take to revive your skin's beauty and youthful appearance,” continues Dr. Kopelson. “And remember, you're never too young to start.”

For more information about *Lubriderm Skin Renewal* and how you can have beautiful, ageless skin, call 800-223-0182.

The Joy Of Soy

(NAPSA)—Many women have discovered the joy of soy—a food which may be beneficial for women's health. Besides being shown to reduce the risk of heart disease, soy may also be beneficial in the fight against cancer, and serve as a nutritious, low-fat source of protein for those who are lactose intolerant.



Fresh, nutritious soy milk to froth up for a latte or serve up as a shake can be made in about 18 minutes.

An easy way to incorporate soy into your diet is to use Salton's Nutritionist Soy Food Center. The Soy Food Center makes fresh soy milk and ground soy which can be added to a variety of foods.

Sales of this appliance may also be good for people's health, since all of the profits go to the Breast Cancer Research Foundation.

Here's a recipe for a flavorful Garlicky Soy Sprinkle, which can be used to garnish foods. You can add salt, herbs or Parmesan cheese.

Garlicky Soy Sprinkle

- 1 cup ground, cooked soybeans (left over from making soy milk)**
- 1 tablespoon olive oil**
- 1 large clove garlic, crushed**

Spread thin layer of soybeans in large nonstick skillet over high heat. Cook until liquid evaporates and mixture begins to stick to pan and brown, 2-4 minutes. Transfer to plate.

Heat oil in same skillet. Add garlic. Cook, stirring constantly, until garlic turns golden, 5-10 seconds. Immediately remove from heat and stir in toasted soy crumbs.

Store in tightly sealed container in refrigerator for up to 1 week or freeze up to 3 months.

Makes $\frac{2}{3}$ cup.

To learn about the Soy Food Center or other Salton products, visit www.salton-maxim.com.

Hearty Meals To Keep Away The Chill

(NAPSA)—What could be more comforting than arriving home on a crisp evening to a hot, hearty meal? On those chilly evenings, potatoes have always been a favorite. A new cookbook, *"A Taste of Idaho,"* offers a variety of creative recipes that showcase the versatility of potatoes from breakfast dishes and tasty scones to main course dinners.

This delicious Southwestern Skillet Supper is filled with ground beef, onions, tomatoes, baked beans and corn, then topped with IDAHOAN Complete™ mashed potatoes. Rich in protein and carbohydrates, the meal provides a great one-two punch to combat chilly weather. Moist and flaky Potato Buttermilk Biscuits serve as the skillet supper's perfect companion.

POTATO BUTTERMILK BISCUITS

- 1 cup IDAHOAN Complete™ mashed potatoes
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- ½ teaspoon salt
- ¼ cup butter or margarine, melted
- ¾ cup buttermilk

Prepare potatoes as directed on package, set aside. In a large bowl, combine flour, baking powder, baking soda and salt. With pastry blender, or two knives used scissors-fashion, cut in butter until mixture resembles coarse crumbs. Stir in mashed potatoes and buttermilk until mixture comes together. Shape into a ball.

On lightly floured surface, knead dough 30 seconds. Pat dough into a ¾-inch thick piece. With ½-inch round cookie cutter, cut out circles, (including scraps) to make 12 rounds.

Place on greased cookie sheet, about 1 inch apart. Bake in a 350° F. oven for 10 to 12 minutes, until golden and puffed. Remove to wire racks to cool slightly. Serve warm.

Makes: 12 servings.



SOUTHWESTERN SKILLET SUPPER

- 1 packet IDAHOAN Complete™ potato flakes with seasoning pouch
- 1 tablespoon vegetable oil
- 1 pound ground beef or turkey
- 1 medium onion, diced
- 2 teaspoons chili powder
- ¾ teaspoon salt
- 1 16-ounce can diced tomatoes
- 1 16-ounce can baked beans
- 1 11-ounce can corn, drained
- ½ cup shredded cheddar cheese
- ¼ cup chopped fresh cilantro

Heat oil in a 12-inch skillet over medium-high heat. Add ground beef and onion and cook until brown, stirring occasionally. Stir in chili powder and salt; cook 1 minute longer. Stir in tomatoes with their liquid, baked beans and corn; cook over high heat until bubbling. Reduce heat to low; cover and simmer for 10 minutes.

Meanwhile, prepare potatoes as package directs for 4 servings. Stir in cheddar cheese and cilantro.

Top meat mixture with ¼ cupful of potatoes and serve.

Makes: 5 servings.

To receive a free copy of the cookbook, send two Idahoan UPC codes to: Idahoan Free Recipe Book, c/o Advon, 640 South State Street, Shelly, ID 83274. Please include name, address, and daytime telephone number on a 3 x 5" card. Allow 4-6 weeks for delivery.

Help Save “Harry Potter’s” Owl

(NAPSA)—As fans of Harry Potter well know, Hedwig is an owl—a snowy owl. She is not just any owl, of course, as she carries messages for wizards.

Hedwig’s talents aside, snowy owls are special creatures in their own right, with gleaming yellow eyes, pure white feathers and razor-sharp talons. As their name implies, these owls are at home in cold weather climates such as Alaska and the Canadian Arctic, where their thick feathers keep them warm during the winter and provide camouflage from predators.

Unfortunately, snowy owls are threatened by the encroachment of humans in their territory, often colliding with automobiles or utility lines. Their habitat is also at risk from oil drilling. Currently, America’s greatest wildlife sanctuary, the Arctic National Wildlife Refuge, is under consideration for oil exploration. The impact of such drilling would harm snowy owls, as well as wolves, polar bears, countless migratory birds and other wildlife.

Although the oil industry is spending millions of dollars to open this pristine sanctuary, Defenders of Wildlife, a national conservation organization, is working to protect it and its wildlife. You can help with a tax-deductible donation. For \$25 (\$35 if outside the United States), you’ll receive a plush stuffed toy owl and a year’s subscription to *Defenders* magazine to keep you informed of the wide range of threats to wildlife and



their habitat.

You can learn more about snowy owls or make a contribution online by going to, www.saveowls.org.

You can also write to Defenders of Wildlife, 1101 Fourteenth Street, NW, Suite 1400, Washington, D.C., 20005-5605, and include a note saying your gift is to help save the snowy owl, or call 1-800-385-9712. Defenders of Wildlife also hopes that, like Hedwig, you will help by passing this message along to a friend.

Defenders of Wildlife is a leading nonprofit conservation organization recognized as one of the nation’s more progressive advocates for wildlife and its habitat. With almost 500,000 supporters, Defenders of Wildlife is an effective leader on endangered species issues.

To learn more, visit www.defenders.org.

Health Bulletin

Simple Steps To Improve Reproductive Health

(NAPSA)—If you're looking forward to the patter of little feet, one of your first steps may be to learn more about issues like child-birth, parenting and prenatal health care.

Many couples are aware of the importance of prenatal health care to a successful pregnancy and a healthy baby.

But, even before pregnancy, there are healthy lifestyle changes both prospective parents can make to improve their overall health, as well as their likelihood of conceiving. These include eating a healthy diet, regular exercise and reducing stress, among others.

The lifestyle changes a man makes can be as important as those made by the woman. Though many men are reluctant to discuss the issues surrounding conception, they can still take action, discreetly, to improve their reproductive health and support their partner's efforts.

"In half of infertile couples, a male factor is identified. Therefore, it's imperative that you and your doctor include the man's systems in the reproductive equation," said Pamela Madsen, executive director of the American Infertility Association. "While the advances in diagnosing and treating male factors have been and continue to be breathtaking for many, male issues are still an afterthought and aren't addressed as promptly as they should be."

Unfortunately, the most commonly advocated measures, such as avoiding hot baths and hot



Thinking about having a baby? Baby talk may start with talking about important issues.

tubs, wearing boxer shorts, and taking antioxidants (vitamins C and E) are not always helpful.

A promising alternative is a nutritional supplement, such as Proxceed™. This supplement has been clinically proven to support male reproductive health.

The citrus-flavored, powder supplement, which can be mixed in a cold beverage, applesauce or yogurt, supports male reproductive health by providing the nutrients needed for developing sperm.

Manufactured by Sigma-Tau, an internationally recognized pharmaceutical company, Proxceed's ingredients have been the subject of over 30 years of research and have been safely used by millions worldwide.

For additional information on Proxceed, visit www.proxceed.com or call toll-free 1-888-PROXCEED (776-9333).

Note to Editors: October 17th through the 23rd is National Infertility Week. This article is especially relevant during that time, but is evergreen and can be used throughout the year.

Pointers **For Parents** **Learning About Music**

(NAPSA)—A new generation of home-computer peripherals may strike just the right note with parents, providing children with fun, safe, experiences in music composition, radio production and musical instrument technology.



A new audio mixing console gives children the chance to make their own brand of music.

This family of interactive learning toys includes WavDJ, a colorful, audio-visual plaything with a dedicated link to the Internet. It takes its cue from real-life disc jockeys and music producers by encouraging home-audio production on a sophisticated but affordable multi-media learning console.

“WavDJ enables children to experiment with their musical creativity by becoming a radio DJ, composer, singer and producer,” said Steve Jackson, executive vice president of Oregon Scientific.

The product takes its name from “.wav” files, the existing designation for PC sound files. Productions created by children on WavDJ can be e-mailed to family and friends in this file format. The console links to a home PC and can connect with external CD and MP3 players to import music samples and sound effects. There’s even a dedicated Web site—www.wavDJ.com—where budding music producers can post their compositions for others to hear.

To learn more, call 1-800-853-8883 or visit the Web site at www.oregonscientific.com.

Test Sheds New Light On Breast Cancer Risk

(NAPSA)—One of Pat Doty's biggest fears is to join the estimated 190,000 women in the United States annually who will learn they have breast cancer. Already at high risk for the disease, because of family history, Pat's anxiety had been compounded by the discovery of two benign cysts. Recognizing Pat's concerns, her doctor suggested that she undergo ductal lavage, an innovative method of collecting fluid from inside the breast milk ducts. The fluid is then analyzed to search for abnormal cells.

Doctors have known for years that the presence of atypical (abnormal) cells in the breast milk ducts increase a woman's breast cancer risk. In fact, studies have shown that for women who have atypical cells, their breast cancer risk increases 4-5 times, and even higher for women who also have a family history of breast cancer.

"Most women are terrified of being told they have breast cancer. Women at higher risk naturally want to know as much as they can about their chances of developing the disease," said Dr. Katherine Lee, an associate professor and breast specialist at the Cleveland Clinic in Cleveland, Ohio. "Ductal lavage provides women with unique and personal information about their breast health, which can help them make important decisions about pursuing closer follow-up and risk reduction options."

Performed in the doctor's office, ductal lavage involves slipping a tiny, flexible tube called a "catheter" into the milk duct, and washing ("lavaging") it with saline to collect the cells. The cells are then analyzed under a microscope to determine whether they are normal or atypical. Doctors nationwide are using this method



to provide women like Pat and their doctors with more information about their risk for breast cancer.

The results of Pat's procedure indicated that she had atypical cells. After consulting with her doctor, Pat decided to discontinue hormone replacement therapy (HRT) and began taking a drug called tamoxifen to help reduce her risk for developing breast cancer. Pat says she felt a pinching sensation during ductal lavage, which, like other women, she characterizes as momentary, minor discomfort. She's a firm believer that the information she gained was invaluable. "Ductal lavage gave me very useful information about my risk level, and helped me make decisions about what I should do to reduce my risk," said Pat who plans a recheck in six months.

High-risk women of any age may be good candidates for ductal lavage, which must be used in conjunction with standard surveillance techniques such as mammography, clinical exams and breast self-exams. Additional information can be found at **www.ductallavage.com** or by calling toll-free 1-866-4-INDUCT.

HINTS FOR HOMEOWNERS

Is Your Roof Ready For Winter?

(NAPSA)—When looking to protect your home against outside elements, it's a good idea to start at the top. That's because your roof is your home's first line of defense against the high winds, heavy rains, sleet and snow that occur in winter. Roofing contractors offer these suggestions:

- To avoid serious damage, and unnecessary expenses, it's a good idea to inspect your roof before and after winter. Roof inspections can catch potential problems before they can lead to extensive damage. Once water starts moving beyond your roof you will most likely need more than roof repairs to recover from the damage.

- To help prevent leaks, moisture seepage, and decay problems, check the "weak" points of your roof. Look for holes, tears or buckling in the flashings (pieces of metal used to seal any penetration) around roof stacks, vents, skylights, chimneys, and any other roof penetrations. Contractors estimate that more than 90 percent of roofing leaks occur in these areas.

- Next, visually inspect your roof for any damaged, loose or missing shingles, or any blistering or buckling of the shingles.

- Finally, check the roof edge where it is more susceptible to wind, driving rain and ice dams (when water freezes and backs up under the roofing system), and make sure shingles are firmly



ROOFING REPAIRS can be lowered when an effective maintenance program is in place.

secured and sealed to the roof. Inspect and clean gutters, leaders, window wells, and drains of all leaves and debris, and make sure gutters are firmly secured to the house. Direct downspouts away from the house foundation and clean them of any debris.

A home is a major investment, and so is the roof. At approximately 10 percent to 30 percent of the cost of a new roof, an effective maintenance program done by a professional roofing contractor will save you costly repairs and prolong the useful life of the roof system. A free service that helps homeowners find a qualified roofing contractor is available through GAF Materials Corporation, North America's largest roofing manufacturer. Simply call 1-888-LEAK-SOS or visit www.gaf.com.

HALLOWEEN HINTS

Frightfully Fun Decorated Desserts

(NAPSA)—A tasteful way to make Halloween more fun than ever for the whole family is with candies and desserts in festive colors and creepy designs. Kids of all ages enjoy decorating the treats. With a little imagination, plus an assortment of Halloween candies in a variety of sizes, licorice whips, rectangular vanilla sandwich cookies, whipped topping, food coloring and black decorating icing, almost any design can be created. Consider these frightfully fun suggestions:

Start by preparing a Jell-O® No Bake Dessert according to package instructions. Fruit-topped desserts are not recommended for decorating.

Spider Web Design: Using black decorating icing, create spider web.

Spider: Use black licorice or black gumdrops as the body and attach 3" segments of black licorice whips as the legs. Eyes can be made from small colored candies and affixed with a dot of the black icing. Or, the body of the spider can be made by cutting a marshmallow in half and placing half (flat side down) on the dessert and icing it with black icing. Use licorice whips as legs and small candies as eyes.

Color: A cheesecake can be made more festive by adding a few drops of yellow and red food coloring to the mixture in the bowl for the desired shade of orange.

Ghost Design: Drop whipped topping by spoonfuls on top of prepared dessert to create ghosts. Decorate with small candies or any color of decorating icing to create eyes. For orange ghosts,



For Halloween fun, eat a spider—made of candy and weaving its web on a no-bake cake.

mix a few drops of yellow and red food coloring to the whipped topping for the desired shade of orange. To create marshmallow ghosts, stack two marshmallows and use icing to create eyes.

Graveyard Design: Write on assorted rectangular cookies with black decorating icing (“Boo” and “RIP” are favorites) to make tombstones. Press tombstones (standing up) into top of dessert to create graveyard. Place candy corn and candy pumpkins to make a pumpkin patch in the graveyard.

Individual “Boo Cups”: Prepare dessert in individual cups. Drop whipped topping by spoonfuls onto each individual dessert to create ghosts. Use small candies or any color of decorating icing to create eyes.

Additional Suggestions: Press gummy worms or assorted gummy candies into the top of the dessert.

Once you know these tricks for decorating Halloween treats, you and your youngsters can enjoy a holiday party that’s “spook-tacular.”

Car Facts And Figures

Pocket-Sized Mini Cars Are Setting Youngsters' Hearts Racing

(NAPSA)—Parents in a spin about what to get their son, daughter, niece or nephew are giving the green flag to a new fun line of speedy mini-vehicles that may help get their thought-engines working.

- Called Blazin' Key Cars!, these speedy mini vehicles car race, spin, and jump across gaps in the road.

- The mini-cars got their name because a key gets inserted into the back of the car, loading a spring with over 72 joules of power, sending the mini car 20 feet on any relatively flat surface.

- Each of the collectable pocket-sized mini-vehicles have a sturdy chassis, super-wide racing wheels and awesomely distinctive styling. Each comes with its own custom key and a plastic carrying case with belt clip and key storage.

- The mini cars were created by Irwin Toy Limited, a global toy company celebrating its 75th anniversary. The line includes models from world class auto companies such as General Motors, Ford and DaimlerChrysler.

The Blazin' Key Cars! line includes an array of favorites from popular muscle cars such as the '69 Camaro to the most current models of Chevrolet Corvettes, Ford Mustangs, Dodge Vipers and Chrysler PT Cruisers, Chrysler Prowlers plus a selection of concept cars like the Pontiac GTO, Cavalier Pro Stock and the Chevrolet SSR, in addition to models designed by Irwin Toy.

The toy cars also come with transportable play sets, including



START YOUR ENGINES—Awesome street rods that race, jump and spin get their name because a key can be inserted into the back of the car that creates enough energy to propel the car forward.

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great for taking along to a friend's house. There is also a track Zone, Flip Zone and a large track BKC Bridge Challenge Track Set.

More information about the new mini-vehicle line is available at the Irwin Toy Web site at www.irwintoy.com.

the Blazin' Key Cars! Jump Zone with its adjustable double ramp,

No Tricks, Just Tips for Great Halloween Celebrations

(NAPSA)—The traditions of choosing costumes, buying candy and carving pumpkins make Halloween a favorite holiday for many—children and adults alike.

According to Hallmark, October 31 is the third largest party day in the United States, behind New Year's Eve and Super Bowl Sunday. More than 50 million Americans—about 90 percent of families with children up to age 12—participate in Halloween, many by hosting or attending parties.

“Whether you're planning a party for children at school, co-workers at the office, or family and friends at home, getting into the Halloween spirit is easy,” says Sheneka Winston, Hallmark Halloween expert. “You don't have to think up a theme, the colors are decided, it's simple to scare up a menu, and goblins of all ages can join in the fun.

“Choose paper party products to make the clean up just as easy,” Winston says. “Invitations and accessories should fit the mood of the party and ages of the guests.” Hallmark offers festive partyware designs such as Pumpkin Patch and Spooky Scooby-Doo, as well as coordinating solid colors and favors. “Placing snacks such as popcorn, chips and candy in Halloween dishes or gift bags around the room will encourage guests to mingle during the party,” she adds.

Indoor and outdoor decorating for Halloween is growing with more people using decorations that can stay up throughout the fall. The Halloween Association reports that about 85 percent of Americans decorate their homes for the holiday.

“Even those who don't dress up in costumes want to dress up their homes or offices, just for the fun of the season,” Winston says.

Hallmark has more to offer this Halloween in home décor and gifts than ever before, including enamelware containers for holding



treats, decorative tea-light and votive candle holders, metal cut-outs for doors or windows, and talking plush items.

The mailbox also gets its share of attention in October. Halloween is the eighth largest card-sending holiday with around 24 million cards exchanged each year, and more than 80 percent of those are mailed.

“Sending a card with photos of the kids in costume is a wonderful way to include grandparents and other family members who live too far away for trick or treating,” Winston says. “Halloween is a great time to send a card to keep in touch with friends, too.”

Hallmark has 13 new glow-in-the-dark Halloween cards with frightful, funny and friendly designs. Also new this year are Harry Potter cards featuring the adventures of Harry and friends—great for Hogwarts fans. Halloween Warm Wishes cards, priced at 99 cents, and Shoebox humorous cards may make it simple to find just the right Halloween greeting.

These and more Halloween products are available nationwide at Hallmark Gold Crown stores and other locations where Hallmark is sold.

Amazing Spiced SweetPotato Mini Loaves

You'll Have Two To Share And One To Spare

(NAPSA)—“Sweetpotatoes are amazingly versatile when it comes to holiday baking,” notes Sue Johnson-Langdon, executive director of the North Carolina SweetPotato Commission. She adds, “They can be substituted in almost any recipe that uses potatoes, apples or squash. And, they’ll kick the nutritional value of any recipe up more than just a few notches.” The amazing news about North Carolina sweetpotatoes is that they are available year round, so they can be enjoyed any time.

Still think the only way to prepare sweetpotatoes is swimming in butter and smothered by marshmallows? Think again. This low-fat recipe won’t compromise your waistline. Even better—it makes enough for you to share. Scratch a name or two off your holiday gift list!

For more recipes, visit www.ncsweetpotatoes.com. Or send a business-size SASE to North Carolina SweetPotato Commission, P.O. Box 575, Dept. MR2, Selma, NC 27576.

Amazing Spiced SweetPotato Mini Loaves

½ cup cooked sweetpotatoes, peeled and puréed
1 cup brown sugar, packed
1 cup apple juice
¾ cup raisins
1½ tablespoons vegetable oil
2 teaspoons pumpkin pie spice



Aside from its fantastic flavor, the amazing thing about this moist quick bread is that it uses only 1½ tablespoons of oil in the whole recipe. Low-fat baking never tasted so good!

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ cup chopped walnuts

Preheat oven to 325°F. In a large saucepan, combine first nine ingredients. Bring to a boil over high heat. Lower heat and simmer for 2 minutes. Set aside to cool.

Sift together dry ingredients. Add to the cooled sweetpotato mixture; stir well. Fold in walnuts. Spoon batter

into three greased mini loaf pans, approximately 3 x 6-inch. Bake on lowest rack for 60 minutes or until a wooden pick inserted into center comes out clean. Cool in pans for 10 minutes. Remove from pans and cool on wire rack. Makes three mini loaves or 18 servings.

Note: If baked in a 9 x 5 x 3-inch loaf pan, increase baking powder by ½ teaspoon and increase baking time by 30 minutes.

Did You Know???



(NAPSA)—For some men, the “5 o’clock shadow” could have a better sense of timing. When Gillette MACH3 asked 1,000 men the time their “5 o’clock shadow” actually appears, 5 p.m. was not at the top of the list. In fact, the majority of men see their “5 o’clock shadow” after 5 p.m., while only 16 percent see it before.

Pointers For Parents

America's Tragedy And Kids: What Parents Should Say—And Look For

(NAPSA)—To help parents with the after-effects of the September 11 terror attack and all that followed, the national children's crisis charity KidsPeace has compiled some tips for talking to children about the tragedy.

KidsPeace president and CEO C.T. O'Donnell II and the clinical experts at KidsPeace, suggest the following guidelines for helping your children:

1. Listen to children. Allow them to express their concerns and fears.

2. Regardless of age, the most important issue is to reassure children of safety and security. Tell children that you, their schools, their friends and their communities are all focused on their safety.

3. When discussing the events with younger children, the amount of information shared should be limited to basic facts. Use words meaningful to them (not words like terrorist, retribution, etc.). Share with them that some bad people have used violence to hurt innocent people in the United States. Discuss that we don't know exactly by whom or why this was done, but violence has occurred. Do not go into specific details.

4. School-aged children will ask, "Can this happen here, or to me?" Do not lie to children. Share that it is unlikely that anything like this will happen to them or in their community. Then reiterate how safe and protected they are by all those around them.

5. Parents, caregivers and teachers should be cautious of permitting young children to watch news or listen to radio that is discussing or showing carnage. It is



Regardless of age, kids must hear about your efforts to protect them.

too difficult for most of them to process. Personal discussions are the best way to share information with this group. Also, plan to discuss this many times over the coming weeks. Ongoing reassurance is critical to children.

6. When discussing the events with preteens and teens, more detail is appropriate, and many will already have seen news broadcasts. Do not let them focus too much on graphic details. Rather, elicit their feelings and concerns and focus your discussions on what they share with you. Be careful of how much media they are exposed to. Talk directly with them about the tragedy and answer their questions truthfully.

7. Although this group is more mature, do not forget to reassure them of their safety and your efforts to protect them. Regardless of age, kids must hear this message.

8. Be aware of physical symptoms of anxiety that children may demonstrate. They may be a sign that a child, although not directly discussing the tragedy, is very troubled by the events. Talk more directly to children who exhibit these signs:

- Headaches
- Stomach aches
- Back aches
- Trouble sleeping or eating
- Nightmares
- Withdrawal
- Excessive worry
- Increased arguing
- Irritability
- Loss of concentration
- Refusal to go to school
- Clinging behavior

9. Frequently reassure children that they are loved. Words expressing love combined with deeds demonstrating love (for example, walks in the park or attending a community sporting event) can provide the most comfort to children and teens.

10. If you are concerned about your children or their reaction to this or any tragedy, talk directly with their school counselor, family doctor, or have your older children visit the KidsPeace teen-help Web site, www.teencentral.net, which provides anonymous and clinically-screened help and resources for teen problems before they become overwhelming.

KidsPeace is a 119-year-old charity dedicated to helping give kids the confidence, skills and resources to overcome crisis, including traumas, depression and the stresses of modern life. For information, visit www.kidspeace.org. For information for teens, visit www.teencentral.net.

Delightful Food Ideas

Stress Free Cooking

(NAPSA)—With today's busy lifestyles, many families who want to share quality time together think they don't have time to cook. Fortunately, in *From Storebought to Homemade* (QVC Publishing, \$19.95), Emyl Jenkins, author and southern hostess extraordinaire, shares her top secret collection of fast, fabulous recipes which contradicts the notion that preparing good, wholesome food is time-consuming or intimidating. She helps today's busy cooks mix pre-packaged food with just the right additions to make it look and taste like they slaved over a hot stove all day.

A cornucopia of recipes and tips, the book provides:

- Over 200 easy dishes, most of which can be made in less than an hour; many in just 15 minutes.

- Special menus for brunches, dinner parties and holiday get-togethers.

- Handy tips on easy, yet impressive entertaining, including unique table-settings and food presentation ideas. Among these:

- When buying raisins for baking, try to find the kind in the cylindrical container with the plastic top. This keeps the fruit inside moist and fresh longer.

- Buy stew beef already cut into small cubes, which tend to be more tender than large stew beef pieces.

- Recipes for every course, from soups and salads to bread and dessert, even one-dish dinners, such as this:

Pepper and Mushroom Chicken Delight

½ to 1 teaspoon prepared garlic (or 2 to 3 cloves minced)

1 cup frozen red pepper, onion and mushroom combo (found in frozen food case), or use



You too can create fabulous food in minutes with the help of a clever new cookbook.

individual packages

¼ cup olive oil

2 (14 ounce) cans Italian-flavored tomatoes

8 already grilled chicken breasts

salt, pepper

dried oregano to taste

Sauté the garlic, pepper, onion and mushrooms in the olive oil until the vegetables are lightly browned. Add the Italian-flavored tomatoes and simmer on medium-low heat to blend the flavors, approximately five minutes. Add the already-grilled chicken breasts and continue to simmer for 10 to 15 minutes. Adjust the seasoning with additional salt, pepper and oregano if desired.

Prep time, 10 minutes. Total time, 25 minutes.

Serve the chicken over rice or noodles or with a side of potatoes. Add a simple green salad and dinner is complete.

The book is available at bookstores and on the Web at www.qvc.com or by calling 1-800-345-1515.



HALLOWEEN HINTS



Kids Dress for Their Future Success

(NAPSA)—“What are you going to be for Halloween?” For kids it’s the perennial October dilemma. And for parents, it’s the challenge of actually finding or making the costume.

This year elementary schools across the country are making the costume decision easier. Instead of the usual ghosts and goblins, students will be dressing up as an adult leader or professional they admire as part of the *What I Want to Be When I Grow Up* initiative. This will give kids the opportunity to think about their future and choose an occupation for their Halloween costume.

Of course, the question remains: what’s the costume? Last year, a child who dressed as Oprah took down names for prospective interviews; a future lawyer handed out business cards to his classmates and teacher.

Now parents can talk with kids about their dream job and try to find simple household items to use as props. For example, briefcases, hard hats, badges, and first aid kits can easily transform a child into a businessperson, construction worker, police officer or doctor for a day.

What I Want to Be When I Grow Up was first pioneered in Louisiana in 1998 by the Cajun Heartland School-to-Work partnership. According to Debbie

The right costume may help a child get a feel for a particular profession.

Costume

Khaki shorts, binoculars, spade and map

Microphone, clip board, pointer

Snorkel, fins and bathing suit, jar for specimens

Camera, newspaper, notepad and pen

Sunglasses, compass, parachute, survival/camping gear

T-square, drafting pencil & paper, measuring tape

First-aid kit, thermometer, road map

Baking pan, apron, whisk or rolling pin

Laptop computer, computer instruction manual, art supplies

Fabric, sewing chalk, pins and sketchpad

Profession

Archaeologist, safari guide, naturalist

Newscaster, meteorologist, talk show host

Marine biologist, deep-sea diver

Photographer, photojournalist

Aviator, astronaut, military specialist

Architect, engineer, contractor

Emergency medical technician or ambulance driver

Pastry chef, chef or caterer

Web designer, graphic artist, computer programmer

Interior or fashion designer, or costumer



Burkheiser, founder of the Louisiana program, “Parents and teachers have enthusiastically supported it because it’s a way to celebrate Halloween that’s fun, but also safe and educational.”

To find out whether your child’s school is involved, call your child’s teacher or principal’s office.

You can find out more about the program at the Job Shadow Day Web site, www.jobshadow.org.

The site includes a teacher’s guide and a poster, which have

been widely distributed to teachers and principals across the United States.

What I Want to Be When I Grow Up is a program of the National Job Shadow Day Coalition, sponsored by America’s Promise—The Alliance for Youth, Junior Achievement, the National School-to-Work Opportunities Office, the Society for Human Resource Management, with support from the National Association of Elementary School Principals.



Home Improvement Tips

Three Easy Steps For Removing Wallpaper

(NAPSA)—Love the look of new wallpaper but dread the thought of removing the old? If you've ever tried stripping wallpaper using a homemade vinegar and water solution—or a heavy commercial steamer—you know what a tedious, unpleasant and time-consuming task it can be.

But wallpaper removal doesn't have to be a chore if you use the right tools and learn a few tricks from the professionals. Here's some advice from the experts at Wm. Zinsser & Company that can make removing old wallpaper quicker and easier than you ever dreamed possible—even if you've never stripped wallpaper before:

- **Step #1: Score the Wallpaper.** Since most wallpaper has a washable, waterproof surface, it's necessary to score it first to ensure that the wallpaper stripper is able to reach and loosen the glue underneath. Zinsser's Paper-Tiger®, a palm-held tool with small cutting wheels that perforate the wallpaper without damaging the wall, is designed specifically for safe, fast and easy scoring.

- **Step #2: Apply a liquid or gel wallpaper stripper to the surface.** Zinsser's DIF® Wallpaper Stripper is available in a liquid concentrate, gel or spray gel. Simply apply the wallpaper stripper



with a sponge, brush or roller. Or, spray it on with new DIF GEL in a 32 oz. spray. Wait 15 to 20 minutes. The fast acting enzyme formula dissolves even hard-to-remove glue, like clay-based adhesive.

- **Step #3: Scrape off the loose wallpaper.** Zinsser's Paper Scraper™ helps get the wallpaper off without hard work or surface damage. If any glue remains, simply reapply the stripper to the area, wait 15 to 20 minutes, remove with Paper Scraper or a sponge and rinse with clean water. It's that simple.

For more information about removing old wallpaper, call Zinsser at 732-469-8100. Or visit www.zinsser.com for more helpful home improvement tips. Enjoy your new wallpaper.

WORD FROM WASHINGTON



New OSHA Requirements Help Protect Healthcare Workers From Dangerous Needlestick Injuries

(NAPSA)—With 5.6 million healthcare workers impacted by the Occupational Safety and Health Administration (OSHA) regulations, these individuals are inherently at risk for needlesticks that may lead to potentially chronic or fatal diseases, including hepatitis B, hepatitis C and HIV. Approximately 800,000 needlesticks occur annually, with approximately 47 percent of hospital injuries affecting nurses, 13 percent physicians and 24 percent other healthcare workers such as technicians and attendants. These injuries can be avoided by eliminating the unnecessary use of needles, using devices with safety features, and promoting education and safe work practices for handling needles and related systems.

That is why OSHA recently revised its bloodborne pathogens standard, effective April 18, 2001 and enforced beginning July 17, 2001, mandating that all healthcare facilities provide safer medical devices, including needles, as they become available, and document all injuries incurred from contaminated needles, not just those that lead to illness. If healthcare facilities do not use safer medical devices, they must explain why in their annual exposure control plans or risk fines of up to \$70,000.

“As a nurse, I know first-hand that needlestick injuries can cause serious physical, emotional and financial damage to healthcare workers and their families,” said Barbara DeBaun, Director of the

Infection Control Program at California Pacific Medical Center in San Francisco, California. “Hospitals and other healthcare facilities now need to do their jobs and provide safer needles that will reduce the risk of needlesticks in their workers.”

When a healthcare employee is stuck by a needle, the cost of prevention, diagnosis and treatment per worker can range anywhere from \$500 to \$3,000 annually. The General Accounting Office estimates that healthcare facilities can save up to \$173 million yearly by helping to prevent needlesticks.

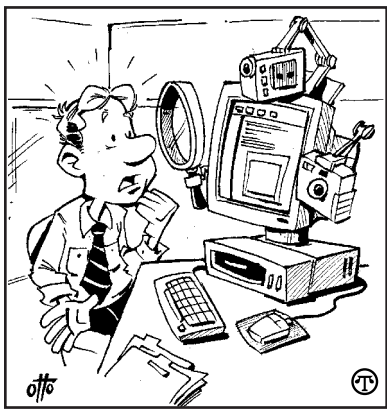
The good news is that the U.S. Food and Drug Administration recently approved GlaxoSmith Kline’s Safety Tip-Lok™: prefilled Tip-Lok® syringes packaged with BD SafetyGlide™ Needles for pediatric doses of Havrix® (Hepatitis A Vaccine, Inactivated) and Engerix-B® [Hepatitis B Vaccine (Recombinant)]. *Havrix* and *Engerix-B* are the first and only pediatric vaccines available with *Safety Tip-Lok*, an all-in-one delivery system, which meets OSHA’s newly revised bloodborne pathogens standard.

As of July 17, hospitals and medical offices across the nation are required to exercise compliance or face hefty fines and citations. Employers must take responsibility to make sure that employees have access to safe needle devices—after all, it’s the law.

For more information about needlestick safety and prevention, visit www.osha.gov or www.cdc.gov.

Beware Workplace E-Mail, Survey Says

(NAPSA)—“Smoking gun” e-mail is so common in workplace lawsuits that almost 10 percent of companies have been subpoenaed to produce employee e-mail. And eight percent have battled sexual harassment and/or discrimination claims stemming from e-mail and Internet abuse.



The 2001 Electronic Policies and Practices Survey from the American Management Association, *U.S. News & World Report*, and The ePolicy Institute, www.epolicyinstitute.com shows employers are aware of dangers in workplace computer use and are acting to reduce electronic liabilities. Of 435 employers surveyed:

- 62 percent monitor e-mail and Internet use.
- 68 percent cite legal liability as the reason to monitor.
- 87 percent have an e-mail policy, 83 percent Internet policy, 68 percent software policy.
- 51 percent have disciplined/terminated staff for violating ePolicy.
- 36 percent have disciplined employees for visiting porn sites.
- 35 percent have retention/deletion policies.
- 10 percent have had e-mail subpoenaed.
- 8 percent have faced e-related sexual harassment/discrimination claims.

“Reduce electronic liabilities and lawsuits by managing employees’ online behavior,” says Nancy Flynn, author of *The ePolicy Handbook*, co-author of *Writing Effective E-Mail*, and executive director of The ePolicy Institute. “Written ePolicies and monitoring software are indispensable business tools in the age of e-mail and the Internet.”

View full survey results at www.ePolicyInstitute.com.

INGENIOUS IDEAS

DEPARTMENT

Finding The Light



An innovative new flashlight, which emits a red light every four seconds, can help people in emergencies.

(NAPSA)—In emergency situations, owning a flashlight can make all the difference in the world—but only if you can find it.

Imagine waking up in the middle of the night to the sounds of a smoke alarm. You smell smoke and the electricity is out, but you can't find your flashlight. Is it under the bed? In the closet?

Fortunately, there's a bright new way to shine light on some dangerous situations. A new flashlight called the "Energizer Find Me" light emits a red signal every four seconds. Its "be seen" clear lens ring glows and is illuminated by a red light emitting diode (LED) that flashes for up to five years, making it easy for you to find your flashlight in emergency situations.

"We know that flashlights are a source of comfort for people. Adults and children are often reaching for a flashlight when they feel most vulnerable or scared," says Danielle Kyriakos of Energizer. "The flashing light on our flashlight makes it easier to find."

Second in importance after finding a flashlight when you need it most is the brightness of the beam it shines. The Find Me light's unique features, including a krypton bulb, allow the light to shine twice as bright as other flashlights.

In addition, the new light meets the additional needs consumers look for most when purchasing a flashlight—reliability and durability. The light comes with batteries already in place and its durable plastic and ergonomic design make it easy to carry.

The company was the first to invent flashlights over 100 years ago. In the beginning, flashlights were used as novelty items and got their name from the fact that the power source could only provide a flash of light. Today, flashlights are a part of everyday life and are found in nearly every home in America.

For more information, visit www.EnergizerFlashlights.com.

HALLOWEEN HINTS

New Halloween Treats Actually Good For Teeth

(NAPSA)—Parents across the country are getting ready for one of the scarier parts of Halloween: contemplating all the cavities their youngsters are courting with those bags full of candy.

This year, parents can combat the problem by giving out toothbrushes to youngsters as Halloween treats, instead of (or at least in addition to) the usual candy. Oral care companies are making it much easier to do this. REACH®, for instance, offers a full range of brushes that feature kids' favorite characters from Scooby Doo to Arthur.

Parents are also stocking up on a new, tasty bubble-gum flavored toothpaste from REACH®. Just in time for Halloween and the release of the Harry Potter movie, the company has launched a Harry Potter-themed toothpaste and a toothbrush to enable kids to become wizards at caring for their teeth. They'll both be available beginning October 1, 2001 at drugstores and mass merchandisers.

These two products can help parents follow the advice of Lana Rozenberg D.D.S.: "The main objective in proper oral hygiene for young children is making it fun by using games and other fun activities."

Here are more ways parents can make brushing fun and effective for their youngsters:

- Keep toothpaste usage minimal. Young children tend to swallow most of the toothpaste which can cause permanent spots on their teeth, a condition called dental fluorosis.
- Children need supervision and help until they are between



Halloween-treats tooth trouble gets the brush-off from parents and some famous faces.

six and eight years of age to ensure a thorough cleaning and minimal swallowing.

- Never miss bedtime brushing. If you do, bacteria that feeds off sugar and causes cavities will have all night to do harm.

- Teach children to jiggle the bristles of the toothbrush in a circular motion very gently to remove any plaque growing under the gum line.

- Choose a brush that is especially designed to fit a child's grip. For instance, all of the brushes in the REACH® Kids collection are sized smaller to allow a child to have more control.

- Be sure kids brush both sides of the teeth and the tongue.

- Never let children drink juice or milk after brushing teeth at bedtime.

Keep these tips in mind and you may find you can keep healthier teeth in your youngsters' heads long after Halloween is just a sweet memory.

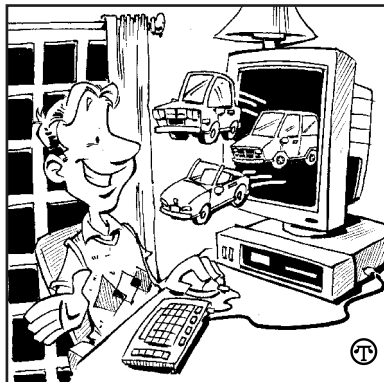
newsworthy trends

Smart Tips For New Car Buyers

(NAPSA)—When it's new car buying season, millions of Americans plan to spend \$10,000 to \$70,000 for a new pair of wheels. The good news is because of the slowing economy and excess inventory, manufacturers and dealers are under increased pressure to make the sale. So before you head over to the dealership, make a pit stop along the information superhighway where you can count on such reliable resources as www.carfax.com and AOL's Auto Channel to help you make informed decisions about your next car. Here are some other helpful tips to keep in mind:

1. Don't be afraid to shop around. The Web offers consumers a wealth of information on buying new and used cars. More and more, the Internet is used as a source for basic car buying information, configuring a budget, researching different makes and models, comparing safety features and even purchasing. The Internet has become one of the most effective ways to arm consumers with accurate information about cost, options and availability before they head to the dealership.

2. Go to names you trust. On the Web, accessing information about dealer costs, safety stats, dealer inventory, car financing, auto repairs, trade-in value information and more is just a click away. Sites such as autotrader.com offer more than 1.5 million searchable car listings updated daily as well as a handy decision



To drive a good bargain, begin your car shopping on the Internet.

guide, which helps you determine which car is right for you. Most of the individual automobile companies have their own Web sites. For example, you can go to www.gmbuypower.com to custom build your own GM vehicle and get a quote. If you're the no-nonsense type who hates haggling with car salespeople, check out CarsDirect.com, which buys cars from dealers and sells them to consumers at a fixed price quoted on the Web site. If you're looking to find it all in one place, visit the AOL Auto Channel which offers just about everything for the automobile enthusiast: Information on all makes and models, car book values, financing assistance, a local dealer locator and car chats along with much more.

3. To buy used or not to buy used. There are certainly a lot of advantages to buying a used car, and the Internet is a crucial stop for gaining information about the

particular used car you are interested in. Consumer Reports (consumerreports.org) offers a "CR Good Bets" list of the safest and most reliable used cars. Before you sign on the dotted line, check out Carfax (www.carfax.com) which contains over 1.3 billion used car records. This site can provide you with background information and unearth "hidden problems" in a car's past that may affect its resale value and safety.

4. Retro is in. Want to know the latest trends in auto buying? Check out the *Consumer Reports* Auto Hub on the AOL Auto Channel and you'll find that the fastest growing car sales in the United States are wagons. A cross between the old station wagon style and SUV, the new wagons are attracting buyers who want the flexible interior space of an SUV along with the handling, performance, ride comfort, and better fuel efficiency of a sedan.

5. Let your mouse be your guide. Use the Internet to arm yourself with the greatest amount of information before you head to the dealership. When you finally sit down at the negotiating table, feel confident that you have the most accurate data on pricing, options and financing for your specific make and model. Don't be afraid to tell your salesperson that you did your homework; it may save you the time and energy of haggling with the dealership.

Keep these tips in mind and you may find yourself on the road to new car happiness.

Holiday Hints

Perfect Popcorn Ideas For The Holidays

(NAPSA)—Creating holiday fun can be as easy as popping popcorn. Throughout fall and winter holiday celebrations, you can always turn to popcorn for fun snacking. It's quick, easy, versatile and sure to be a hit with guests.

The following suggestions are fun and creative ways to make any occasion special with popcorn:

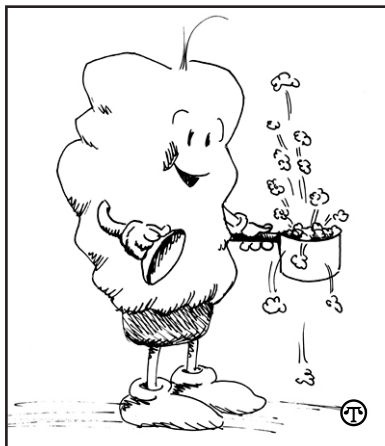
- Popcorn balls are a popular favorite. Color them to match the holiday by wrapping them in brightly colored plastic wrap for festive fun. Visit www.popcorn.org for super-easy popcorn ball recipes as well as other terrific ideas for edible popcorn creations.

- Take a popcorn break. If the holidays have you harried, take comfort with a bowl of freshly popped corn and hot apple cider.

- As you gear up for the playoffs, create your own "Popcorn Bowl." Combine your own special mix of spices, nuts, cheese and, of course, delicious popcorn for a unique treat the entire gang will gobble up. For added convenience, mix your masterpiece in advance and store in a resealable bag for instant game-time snacking.

- Need a perfectly portable gift? Try popcorn. Out-of-town gift recipients will enjoy popcorn kernels, microwave popcorn, seasonings and perhaps a special popcorn bowl for the entire family to enjoy.

- Looking for an easy holiday entertaining idea for young and old alike? Create your own popcorn bar. Offer large bowls of popped popcorn along with small bowls of



Celebrate with lots of popcorn, a festive, low-calorie snack.

spices, dried fruit, dry dressing mixes, nuts, candies and more, and let your guests go wild creating their own pop-a-rific concoctions.

- The holidays mean parties, so don't forget your hosts—surprise them with popcorn. They'll appreciate the gesture and will enjoy this treat long after the parties are over.

- After the holidays have passed, turn to nutritious, delicious popcorn as you head into the New Year. One cup of air-popped popcorn contains just 31 calories, only a trace of fat and is truly satisfying. Healthy snacking with popcorn is a resolution that's easy to keep.

For free popcorn ideas and recipes for holiday fun from the Popcorn Board, visit www.popcorn.org or call 1-877-POP-A-LOT.

newsworthy trends

The World's Fascination with *Fancy Colored Diamonds*

(NAPSA)—If you love the sparkle and brilliance of a diamond, and are dazzled by the alluring hues of colored gemstones like rubies, emeralds, and sapphires, then maybe it's time for you to consider a growing trend in the world of jewelry—colored diamonds.

Historically, celebrities, royalty and other aristocrats have worn these unique gemstones, but times are changing and these rare gifts from nature are rapidly gaining popularity among today's jewelry lovers as well.

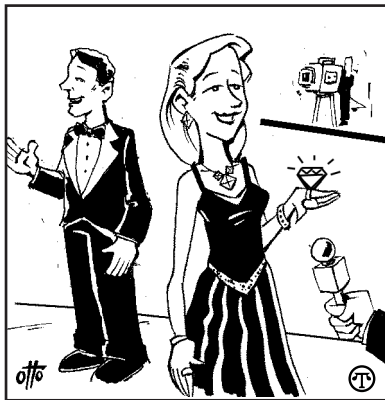
Deep blues, rich reds, and glorious greens are just a few of the colors that make up the rainbow of what are often called “fancy colored diamonds.”

The increased popularity in colored diamonds can be illustrated by the surge of requests for grading of these gemstones at the Gemological Institute of America (GIA), the world's foremost authority in gemology.

GIA has experienced a 102 percent increase in demand for colored diamond services since 1999, according to Tom Yonelunas, chief executive officer of the GIA Gem Trade Laboratory.

“Although colored diamonds have been around for decades,” Yonelunas said, “the dramatic increase in their place in the consumer market in the last two to three years is unprecedented.”

Celebrity fascination with fancy colors may account for the



More people are taking a shine to diamonds that sparkle with light and color.

sudden spiral in popularity. Whoopi Goldberg wore yellow diamonds to the 1999 Academy Awards, Heather Locklear wore pink diamonds to the 2000 Golden Globes, and, at last year's Academy Awards, presenter Selma Hayak wore a 6.17-carat, fancy-intense pink diamond ring, while actress Julianne Moore wore a 7.52-carat, fancy-vivid yellow diamond.

In 1953, GIA created the International Diamond Grading System™ recognized today worldwide by virtually every professional jeweler in the industry.

The system rates diamonds based on the 4 Cs—color, clarity, cut and carat weight. The GIA color scale ranges from D, which is absolutely colorless, all the way to Z, which includes diamonds

that are light yellow and brown in color. Yellow and brown diamonds that fall out of the D through Z color range, as well as diamonds of other colors, such as blue, pink, or green are categorized by GIA as colored diamonds or, as many people in the jewelry trade refer to them, “Fancy Colors.”

The grading of colored diamonds is conducted by a team of highly specialized GIA gemologists who examine the diamonds utilizing comparison masters. GIA's nine-tiered rating system for color ranges from Faint to Fancy Vivid.

Among the most famous colored diamonds are the Hope, a 45.52-carat blue diamond at the Smithsonian Institution—graded as Fancy Deep gray blue on the GIA scale—and the 41-carat Dresden Green Diamond, both fabled in their cultural history.

Naturally occurring colored diamonds, such as the Hope and Dresden, are very rare and therefore command top prices; diamonds that have been color-altered by laboratory treatment are less rare, and therefore less valuable.

The “origin of color” of a colored diamond (that is, whether its color is natural or laboratory treated) is disclosed on a GIA Grading Report.

To learn more about fancy colored diamonds, visit the Gemological Institute of America (GIA) Web site at www.gia.edu.

Hotline Helps Moviegoers Choose Wisely

(NAPSA)—For movie fans, it can sometimes be a challenge to find films that express their view of the world. The search is often more difficult for people who want to see movies that are entertaining, but not offensive.

Fortunately, parents and others who want to make informed and responsible film-going choices can now get help from a reliable source—a movie review service that offers weekly reviews of leading box office attractions.

The service—accessible via the Internet or a toll-free telephone number—features reviews from the U.S. Conference of Catholic Bishops (USCCB) that include concise storyline summaries, along with an analysis of each movie's moral values.

Films are also rated for age-appropriateness according to a classification system developed by the USCCB Office for Film & Broadcasting more than 30 years ago. The reviews are updated every Friday and always include a recommended "Family Video of the Week," for those times when family-friendly fare can't be found in theaters.

Just because a movie earns an "A-I" rating, making it appropriate for all ages, it doesn't necessarily mean that the film is recommended by the USCCB reviewers. For example, one recent flick, though classified as A-I, was found to be just "mildly pleasant," with a "pre-fab quality" that even a good cast couldn't overcome.

In addition to the new reviews posted weekly, film buffs can search through hundreds of archived reviews on the USCCB Web site.

A graphic for the USCCB movie review service. At the top, it says "Make the call for" in white text on a dark background. Below that is a stylized film strip with the text "MOVIE REVIEWS" written across it. Underneath the film strip, the phone number "1-800-311-4222" and the website "www.usccb.org" are listed in white text on a dark background. Below the graphic is a section titled "Movie Classifications" with a list of ratings: A-I General Patronage, A-II Adults & Adolescents, A-III Adults, A-IV Adults with Reservations, and O Morally Objectionable. A small trademark symbol (TM) is next to the O rating. At the bottom of the graphic, it says "From the U.S. Conference of Catholic Bishops".

Make the call for

MOVIE REVIEWS

1-800-311-4222

www.usccb.org

Movie Classifications

- A-I** General Patronage
- A-II** Adults & Adolescents
- A-III** Adults
- A-IV** Adults with Reservations
- O** Morally Objectionable TM

From the U.S. Conference of Catholic Bishops

An alternative rating system makes it easier for movie fans to preview a movie's moral content.

To make it easier to remember the phone number (1-800-311-4222) and Web site (www.usccb.org) for the movie review service, the Catholic Communication Campaign is offering free magnets which list that information along with a legend for the USCCB movie classifications.

To request a free magnet, call 202-541-3204 or write to: Movie Magnet, Catholic Communications Campaign, 3211 Fourth Street, NE, Washington, DC 20017.

Cell Phone Scrutiny

(NAPSA)—Not all cell phones are created equal. Some provide better sound quality or longer battery life, while others come equipped with a large array of features or sport a sleek, compact style. With all the wireless phones to choose from, how can you be sure the phone you pick not only offers the latest features you crave, but also is top quality? One wireless carrier, Verizon Wireless, has taken your concerns into account and devised a selection process to ensure only the highest-quality phones receive the company's "seal of approval." Verizon Wireless has its selection process down to a science, ultimately selling just the models that pass muster.

Phones submitted by the manufacturers must pass rigorous lab and field-testing to make certain that each phone functions flawlessly and, more important, gives consumers the quality communications experience the company's wireless network was built to deliver.

Under the direction of Louis LaMedica, an 11-year veteran of the company, a group of 15 lab engineers at the state-of-the-art testing lab in Bedminster, New Jersey, put wireless phones through their initial paces. LaMedica, known among his peers as the "Handset Guru" and his team test for everything, from technical specifications to the mundane—such as dropped calls, limited battery life, keys that have a propensity to stick and phone display screens that are too dim, to name a few.

The lab also is home to "Mr. Head," a mannequin with custom-made silicon ears. The mannequin's ears, which replicate, as close as possible, the sound-absorbing and reflecting qualities of the human ear, help determine if the handset meets technical specifications for sound quality.



If the prototype phone passes the lab tests, it graduates to the next phase: some "real life" tests by the company's cadre of field technicians around the country. Calls are placed to and received from all over the company's coast-to-coast network, ensuring call quality in different geography and topography, from the high elevations in Denver to the Iowa plains, from the great outdoors to inside buildings and tunnels.

With more than 111 million wireless users in the U.S. alone, people are bound to have all types of accidents with their phones. In an effort to predict some of these common mishaps, the field testers also check to see what happens to a handset after it has been dropped or thrown a number of feet; had a drink spilled on it; and testers have even been known to give it to their young children for an hour to test the phone's survival skills.

Whether you need a phone for traditional calling, access to the wireless World Wide Web or for text messaging, LaMedica's team has you covered. Rest assured, only the best phones receive the Handset Guru's "seal of approval."



FAMILY FUN WITH MODEL RAILROADING



Join The Crowd!

(NAPSA)—In an age of non-stop stress, everyone needs play time, and there's nothing like a first-class "excursion" on an indoor/outdoor model train, one of the fastest growing family hobbies in the world.



**Rail fun from TOYTRAIN®—
Model railroading is one of the
world's fastest growing hobbies—
appealing to young and old alike.**

Specialty toy stores and hobby stores make it easy to get started with Fast-Setup Starter Sets by LGB of America.

Start the kids with TOYTRAIN, G-scale model railroads by LGB. Larger than most model trains, TOYTRAIN is painstakingly crafted—a just-right fit for kids with thicker walls for sturdy construction.

These trains can be used both indoors in room den designs, children's bedrooms, patios, and basements, and outdoors on terraces with well-mounted suspended tracks and layouts that include waterfalls gently flowing over native stone, Japanese gardens or trains circling the pool.

Owning your own railroad is a very cool thing. Where to begin? LGB's Santa Fe Freight Starter Set with all the excitement of the Old West, or the world's first See-Thru F7A Diesel Loco, Collector's Edition that lets you see the inner workings of the model? Or, how about the TOYTRAIN Christmas Starter Set and the Everyone Loves Dinosaurs Dino Car?

For a free color catalog, and information, call toll-free 1-800-669-0607. Visit LGB and TOYTRAIN on the Web at <http://www.lgb.com>.

Lessen Holiday Entertaining Stress

(NAPSA)—As the season's glistening colors and rich aromas beckon, with them comes the chaos of the holiday rush. 'Tis the season to entertain, but that doesn't need to be an overwhelming task. The following tips, mixed with the right blend of preparation and a dose of holiday cheer, can help anyone put together a quick, yet memorable holiday event.

Advance preparation is key to ensuring a relaxed and lively hostess. Whether serving a buffet or sit-down dinner, set the table a day ahead so that only the food is missing. Coordinate place settings, but remember that they don't have to match exactly—in fact, eclectic settings can bring just the right touch to a festive table. Skip the elaborate centerpiece and instead scatter pinecones and holly sprigs around the table.

Avoid the Baking Frenzy

Holiday baking, while fun in theory, is also labor-intensive work. Avoid time-crunches by making and freezing cookies and quick breads up to a month in advance. Plan a family baking weekend to produce such seasonal favorites as shortbreads and gingersnaps—then enjoy the holidays with honest home-baked goodness, and without the time strain.

Last-Minute RSVP's

In a moment of questionable good sense, Aunt Edna decides to bring her Bingo partners to the party. To change a cocktail menu into something more substantial, pick up a Cook's Spiral Sliced Ham from the grocery store. Perfectly pre-sliced, serving spiral sliced ham is as easy as using a



fork, and is a convenient solution for last-minute meal planning, while adding a touch of elegance to the evening. Cook's Ham comes complete with a glaze packet that takes just minutes to prepare. When presented with rolls and condiments, a centerpiece entrée such as Cook's Spiral Sliced Ham clinches best hostess nominations in a way that snack mix never could.

Workable Menu

Look for ease of preparation in all menu items. Instead of hot side dishes and hors d'oeuvres, choose dips and cut-up veggies, or side dishes such as wild rice or polenta that are made in advance and served at room temperature. Take advantage of backyard snowbanks to quickly chill bottles or cans, being careful that they don't freeze.

Without Julia Child's expertise or Martha Stewart's panache, holiday entertaining can be daunting. But by incorporating a few tips and using a little imagination, clueless cooks and culinary connoisseurs alike can avoid the stress of holiday entertaining. For assorted holiday ham and glaze recipes, order a free, limited-edition Cook's Recipe Book. Call 312-616-2622 for details.

Good News Department

Acts That Make The World A Kinder Place

(NAPSA)—What does it take to make the world a kinder place?

In observation of the seventh annual Random Acts of Kindness Week (Nov. 11 to 17), sponsored by the Random Acts of Kindness Foundation, people around the country find a variety of ways to be kind to each other.

This year's activities will include:

- In Terre Haute, Indiana, residents will hold a Kindness Parade, sing a Kindness song, listen to the town symphony and pass out information about being kind to everyone in the city.

- Children in Huntsville, Alabama, will make bookmarks, door hangers and other items reminding people to be kind. They will be distributed to libraries, veteran groups, schools and the television stations. Soda can tabs will also be saved for one week and the proceeds from the recycling will go to a local charity.

- Charleston, Indiana students will work with teachers to emphasize Random Acts of Kindness while trying to accumulate 1,000,000 Acts of Kindness. The movie, *Pay It Forward*, will be shown and students will be encouraged to pass on two acts for every one act received. This project will culminate in November with a Sharing and Caring Talent Show.

- For the second year, family-owned floral shops, Country Greenery in Moorhead, Minn., and Fargo, N.D., will encourage people in both communities to give away



Kindness events are planned in over 5,000 communities and 35 countries.

roses as an act of kindness.

- Middle school students in Mahopac, N.Y., will be “Secret Acts of Kindness Ambassadors.” They will be challenged to see how many “Secret Acts” they can accomplish during Random Acts of Kindness Week. The teachers will dress as detectives on kick-off day and will be looking for school-wide kindness gestures.

Each year the Random Acts of Kindness Foundation helps thousands of people celebrate Random Acts of Kindness Week by providing ideas, materials and support to inspire kind acts and kindness projects worldwide.

For more information about Random Acts of Kindness events, or about getting involved, call the foundation at 1-800-660-2811 or visit the Web site at www.acts-ofkindness.org.

Find the Right Health Care For Your Furry, Feathered and Scaly Friends

Choosing a Veterinarian for Your Pet ☺

(NAPSA)—Nearly 95 percent of pet owners know that regular veterinary checkups are a key way to ensure their pet's quality of life, according to the American Animal Hospital Association (AAHA). Because a veterinarian oversees all of your pet's health care needs throughout its life, make sure you choose the right veterinarian. You can use the following guidelines recommended by AAHA.

One of the best ways to begin researching veterinarians and veterinary hospitals is to get recommendations from family, friends and neighbors. Once you have a couple of referrals, you are ready to begin your more detailed research. It is important to make sure your veterinarian will meet your expectations and that you and your pet feels comfortable around the doctor. You also should feel at ease talking with your veterinarian about treatment options and payment plans.

"Even if the doctor is extremely qualified, if you don't connect on certain issues regarding your pet's health care, you may need to continue your search," says Dr. Michael Thomas, AAHA president.

It is also important that your veterinary hospital meet a high standard of pet health care. Ask if you can tour the facility and meet some of the veterinarians on staff—be sure to get a brochure that explains hospital policies and procedures before leaving. The American Animal Hospital Association recommends asking yourself the following important questions of any facility that eventually may care for your pet:

- Does the hospital look and smell clean?
- Is it well-lit?

- Does the hospital have laboratory equipment?

- Does it offer 24-hour emergency care or access to such care at another facility?

- Does the hospital have convenient office hours and payment plans?

One way to make sure all of the above conditions and more are met is to choose a hospital accredited by the American Animal Hospital Association. AAHA regulates standards among 3,100 veterinary hospitals in North America and is the only organization to manage a voluntary accreditation program for companion animal hospitals. Each AAHA hospital undergoes a detailed evaluation of its services and equipment by a trained practice consultant who inspects the facility. In order to receive accreditation, hospitals must meet more than 300 individual standards in areas including emergency service, surgery and anesthesia, radiology, nursing care, examination facilities, dentistry and medical records.

"Most pet owners consider their pets to be full-fledged members of the family," says Dr. Thomas. "By carefully researching your selection of a veterinarian, you can help ensure the long-term health and well-being of your beloved pets."

The American Animal Hospital Association is an international organization of more than 22,000 veterinary care providers who treat companion animals. Established in 1933, the association is well known among veterinarians for its high standards for hospitals and pet health care. For pet care information or a referral to an AAHA hospital, pet owners can visit the AAHA website at www.healthypet.com or call 800-883-6301.

HINTS FOR HOMEOWNERS

Luxury Electrical: Stylish, Energy-Saving Products

(NAPSA)—Today's homeowners demand more from their homes' electrical systems. Whether consumers are planning on building a new home or are making upgrades to an existing one, they are all expressing the need to accommodate more and more electronic equipment/conveniences in their homes. In order to do this, changes or upgrades need to be made to the home's electrical wiring system.

To meet this demand, one manufacturer has developed a complete line of luxury electrical products. Not only do these products make homes look better, they make homes work better by incorporating such key benefits as safety, convenience, increased aesthetics and energy efficiency.

In terms of safety, a home video monitoring system allows parents to check in on the baby in the crib or children playing outside in the yard. When a camera is installed at the front door, it's easy to see who's there from any networked TV in the house.

Other luxury electrical devices that increase safety are tamper-resistant outlets for children's rooms, pathway lighting for stairways and halls, 911 Locator switches that cause outdoor lights to flash on and off continuously—helping emergency personnel quickly locate your residence, and the momentary-contact disposal switch, which must be held in the "on" position for operation, eliminating accidental injury.

Properly setting up a home office, complete with phone, fax and Internet links is now easier than ever. Homeowners can link multiple computers and peripherals such as scanners and printers, and quickly reassign phone lines to different locations throughout the house if necessary. Also available are in-floor receptacles to power desktop devices, which also



Luxury electrical products make homes more energy-efficient—and more stylish.

add to convenience.

Sophisticated styling makes Pass & Seymour/Legrand's devices pleasing to look at and a pleasure to operate. They are designed to fit every décor, every application—and many save energy while doing so. For example, motion-activated switches automatically turn lights on and/or off. Dimmers allow adjustment of lighting levels to complement the mood while saving energy. Wall box timers, with energy-saving time delay/off settings, feature whisper-quiet operation as well as attractive aesthetics.

Luxury electrical brings an impressive array of practical benefits to anyone's home. Compared to the cost of other luxuries, it is relatively inexpensive and represents a remarkable value. Lastly, luxury electrical provides homeowners maximum home resale value.

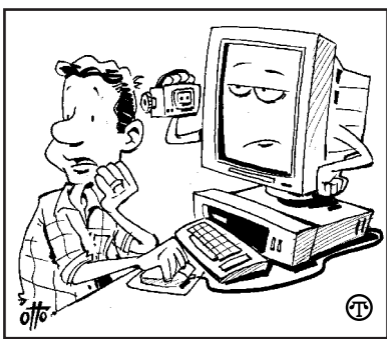
For more information about Pass & Seymour/Legrand luxury electrical products, visit the Web site at www.passandseymour.com.



Technology In Our Lives

Software Used To Nab Cheating Spouses

(NAPSA)—A software program originally designed to help parents monitor their children's online activity is now being used by wives and husbands who suspect their mates of cheating on them via the Internet.



A new software program monitors all computer activity—for both children and adults.

The program, called Spector, acts like a hidden video camera for the computer monitor. Once installed, it takes snapshots of whatever is on the screen and saves them away on the computer for later viewing. The software records chat conversations, instant messages, e-mails, Web sites visited and keystrokes typed.

“With Spector, people usually find out within 24 hours whether their spouse is cheating,” states Doug Fowler, president of SpectorSoft. One SpectorSoft customer believed that his wife was having an affair. Within a few days of using Spector, he not only confirmed his suspicions, but also discovered that his wife and her boyfriend were plotting to murder him.

“We’ve heard a lot of stories about what people have found out using Spector, but this is certainly the most chilling one,” says Fowler.

“The Internet has made it very easy for people to chat and meet online,” he adds. “Unfortunately, it is also too easy for married people to sex-chat, which leads to phone-chat, and eventually to meeting in person.”

Whether you want to be a more informed parent, employer or see what your spouse is doing online, Spector can be an easy and effective solution. More information on Spector is available at www.Spectorsoft.com or call 1-888-621-1143.

THE ROAD TO FITNESS CAN BE AS EASY AS A WALK WITH FRIENDS

(NAPSA)—What do you need to start a healthy walking routine? Just a good pair of sneakers or walking shoes...and some friends.

That's the message behind *The Avon Walking Club*, a new booklet available free from Avon Products, Inc. especially for today's busy women who are trying to find time for fitness in their lives. The booklet provides realistic tips on how women can form their own "Avon walking club" with "members" who will support each other on the road to fitness.

The booklet includes practical tips for getting started and staying motivated, as well as a walking schedule and a pull-out log for convenient posting to track the club's progress.

"Many women realize that the trick to staying with any exercise routine is to make it a simple part of their daily lives and sharing it with a friend," said Kathrine Switzer, Program Director of Avon Walking and Running, an international fitness program for women. "Walking doesn't require a great amount of time or financial commitment. And a simple walking routine can reduce the risk of heart disease, which is the number one killer of women."

Switzer notes that walking every day, even a little, raises your metabolism, which is the rate at which your body burns calories. Plus it tones muscles, puts you in a good mood and helps you beat heart disease. She offers these tips to help women form their own walking clubs:

- Form a group of two to three women who will share your goal and determine a convenient schedule.
- Name your club and have some fun. It's a great way to build team spirit and motivation.
- Choose two to three times a week that work for everyone. Stick to your schedule through rain or shine.
- Stay with it. It's not speed that counts but walking regularly.
- Begin slowly and remember to stretch before and after you walk.

The Avon Walking Club booklet is available at no cost by writing



Walking with friends can make getting fit even more fun and keep women on track.

to: Avon Walking & Running, 1345 Avenue of the Americas, 26th floor, New York, NY 10105. An electronic version can be found at www.avonrunning.com or can be requested by e-mail at avonrunning@avon.com, or by calling 1-800-748-1047, ext. 5350.

A fun and useful gift is available to the first 100 people who request the booklet—the Avon Wellness Digital Talking Pedometer, a clip-on pedometer that acts as a virtual personal trainer helping to set goals for any workout, measuring distance and calories burned. It also provides melodies to work out to. For those who are not among the first 100, the Avon Wellness Pedometer is available for only \$12.99 from Avon Representatives or www.avon.com.

So what are you waiting for? Grab a buddy and go.

Avoid Halloween Hazards With A Few Safety Tips

(NAPSA)—Halloween can be a lot less scary—for parents—if they and their children heed a few safety tips:

Dressed in Disguise...

- Make sure mask eyeholes are large enough for children to see through.

- Before applying make-up to a child's face, test the product on a small patch of skin on the child's arm to avoid possible allergic reactions.

- Make sure all costumes fit properly. Oversized pants, skirts and shoes can cause a child to fall and get injured.

Tricks for Trick-or-Treating...

- Safety accessories such as reflective tape, clip-on flashers or reflective armbands can help increase visibility in the dark.

- Before those frightening little monsters head out the door, discuss a pre-planned route.

- Encourage children to walk slowly on sidewalks and driveways and to cross streets at street corners and crosswalks.

- All trick-or-treaters should carry flashlights.

- Children should visit only well lit homes and accept treats in doorways only.

- Remind children to wait until they get home before eating any candy.

- Parents should check all treats for signs of tampering. For younger children, parents should

remove choking hazards such as gum, peanuts, hard candies or small toys.

Decorate Your Home Safely...

- Since children will likely be running through your yard, remember to remove anything that can cause them to fall—garden hoses, toys, bikes and lawn ornaments.

- When carving pumpkins, be sure to use flat surfaces with good lighting to avoid injuries. Pumpkin-carving kits designed especially for children are available.

- To avoid fire hazards, lit pumpkins should be placed away from curtains and other flammable objects. Never leave lit pumpkins unattended.

- Use bulb-lit or fiber-optic pumpkins and light sets to illuminate doorways for trick-or-treaters.

With all the excitement that Halloween brings, children can sometimes forget about the precautions. "Safety innovations in costume accessories and home decorations can help parents reduce the risks of Halloween-related accidents and injuries," says Andy Bailen, executive vice president of marketing and merchandising for Party City Corporation (NASDAQ: PCTY), America's largest party goods chain.

For more information on Halloween safety items, decorations, costumes and accessories call 1-800-477-4841.

October is National Car Care Month

(NAPSA)—October is National Car Care Month and a perfect time to think about how you treat your car. It may surprise you to know how everyday driving can take a major toll on your vehicle. In fact, most people who think they are “normal” drivers are actually considered “severe” drivers, according to the definitions of their vehicle manufacturers.

Both normal and severe driving classifications relate directly to your total driving habits—how, when and where you drive. It is important to know how auto makers look at normal vs. severe driving since the maintenance schedule recommendations will most likely differ between the two. Here are some examples of severe driving conditions:

Short Trips: Frequent use for short periods of time, such as driving to the supermarket.

Cold Starts: Leaving your garage or driveway on a cooler morning without sufficient warm-up time.

Stop and Go: Driving in traffic with many taps of the brake or long idling periods.

Towing and Heavy Loads: Hitching a trailer; packing the car for a family vacation or a move.

Extreme Temperatures: Driving in heat or those areas with temperatures dipping below freezing.

Regional Factors: Traveling in coastal areas, dusty and muddy conditions, or locations that may require road salt.

If it seems that your driving conditions fall into one or more of the categories above, you are not alone. In fact, nowadays, the average driver is much more likely to be considered a severe driver than ever before. To make sure that you are using the proper service intervals recommended by your auto manufacturer, try the following:

Check your owner's manual

It will let you know the proper service intervals for your model based on your driving conditions. Your oil will break down more quickly if you are a severe driver, so the majority of owners' manuals recommend changing oil every



3,000 miles to protect your engine. Your manual will also contain information about other critical components of servicing and preventive maintenance, such as your oil and air filters, engine cooling system, and other vital fluids.

Be aware of your driving conditions

Some minor changes in your driving—a few cold mornings or some stop-and-go driving—can put you in the severe driving category. By monitoring the change in types of traveling, destinations, weather and other conditions, you can help to ensure you are servicing your car at the right time to avoid a costly breakdown.

Ask an expert

If you still have questions, you can ask preventive maintenance experts at a quick-oil change service station, like a Jiffy Lube. As part of its overall vehicle maintenance service, Jiffy Lube technicians will have access to information provided by your vehicle's manufacturer and can provide you with those recommendations based on your driving conditions, as well as your local environmental or seasonal conditions.

As the weather gets cooler in most parts of the country, October is the perfect time for National Car Care Month. With temperatures changing, traffic once again heavier with school-bound traffic, and a variety of after-school activities turning your vehicle into the family taxi, take an extra moment to think about the needs of your car. And if you just happen to be a severe driver, it takes only a little extra care to ensure your car will keep you on the road year after year.

Chocolate Connoisseur 101

(NAPSA)—Now here's something you can sink your teeth into: tasty tips from a master chocolatier on how to identify and savor high-quality chocolate. Belgian chocolate-maker Thierry Muret suggests these tasting techniques.



Chocolate experts say to look for two things when tasting fine chocolates: flavor and texture.

- Look for chocolate with a consistent color, a satiny sheen and a high degree of craftsmanship in shapes and designs.

- Take in the aroma—it should be fresh and not overly perfumed or sugary.

- Let the chocolate melt against the roof of your mouth to feel the texture—it should be velvety smooth without any graininess.

- Roll the chocolate over your tongue, allowing the flavors to permeate your mouth. The initial taste should be a nutty, roasted chocolate flavor, followed by sweetness and other flavor components.

- Lastly, fine chocolates tend to have a pleasant aftertaste that lingers on the palate.

Muret just created five indulgent new confections for leading super-premium chocolatier, Godiva, which are inspired by the company's Belgian heritage of chocolate making.

Consumers can find Godiva's decadent new chocolates in Gold Ballotin assortments available at Godiva boutiques, finer department stores and specialty shops, or by calling 1-800-9-GODIVA or logging onto www.GODIVA.com.

JOB\$ IN AMERICA

Workers Can Benefit From A Career In Roofing

(NAPSA)—Trades that offered good pay and benefits once provided many workers a path to the middle class that did not require a college degree.

In recent years, with the shift toward an information-based service economy, the number of these kinds of jobs has dropped considerably.

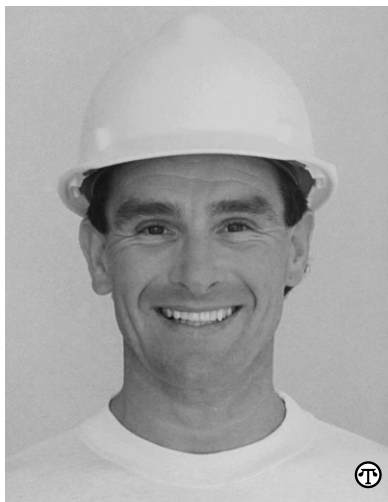
One trade, however, where lots of good jobs are still available is the roofing industry. Due to the fact that much of the roofing industry is focused on repair work, the demand for roofing workers in the recent past has been constant. That's why there always seems to be a need for new workers with the necessary aptitude and interest.

Entry-level roofing workers can receive training, gain experience and earn money while they are learning the trade.

Some roofing contractors offer approved apprenticeship programs. New workers can also enter approved union training programs to develop their skills.

According to a recent survey of union and non-union contractors conducted by the National Roofing Contractors Association (NRCA), journeyman workers who have some training earn an average of \$17 per hour. Managerial employees who supervise several projects simultaneously earn on average \$22 per hour.

In addition to training and good wages, workers in the roofing industry benefit in other ways. The NRCA survey reports that 88 percent of the employers who re-



A recent survey of union and non-union roofing contractors indicates that journeyman roofing workers earn an average of \$17 per hour.

sponded offer group health insurance plans to employees and 88 percent allow paid vacation days.

Other benefits offered by 78 percent of the survey respondents are educational assistance, guarantees of pay for 40 hours of work a week, vehicle use, and employer-paid uniforms. Moreover, approximately 75 percent of those responding offer employee retirement plans.

To learn more, call a 24-hour, bilingual—Spanish and English—toll-free job information hotline at 1-888-ROOF-321. Ask for a free brochure and a list of roofing contractors in your area with job openings.

Loyalty Abounds As Catalog Celebrates 70th Year

Catalog Keeps Going Through The Generations

(NAPSA)—Today loyalty programs are popping up everywhere. Travelers collect miles good for free travel from their airplane flight, car rental and hotel stay. Points—redeemable for everything from electronics to travel—are collected by clicking through advertiser's sites on the Internet and coffee houses often give their customers a free beverage after purchasing ten.

Some programs have staying power but others disappear before consumers can ever actually use their points. One program, the Betty Crocker catalog, has withstood the test of time and is still going strong. Since 1931, the catalog has offered quality merchandise at less-than-retail prices to consumers who redeem points found on General Mills products.

Using Betty Crocker catalog points, homemakers across the country have been stocking their silverware drawers with Oneida patterns like Patrick Henry and Queen Bess for seventy years. Your mother or grandmother may have furnished her flatware drawer with the help of her kitchen cupboard.

What started as a small promotion—a single teaspoon offer tucked into bags of Gold Medal flour and Wheaties cereal boxes—is now one of the longest-running loyalty programs in America. The response to the teaspoon was so tremendous that the offer was extended to an entire set of flatware a year later.

Millions of orders have been placed since that first promotion. The merchandise is constantly updated with some items, like the flatware, remaining constant. After 70 years Oneida flatware remains the most popular product in the Betty Crocker catalog.

The first full-fledged catalog



was issued in 1962. By 1987 it had expanded to a full sized catalog containing 32 pages of merchandise. Today's catalog fills 72 pages with name brand merchandise like Oneida, Lenox, Fiesta and Pfaltzgraff dinnerware, T-FAL and complete lines of bakeware & cookware products. Today's catalog has something for everyone including Betty Crocker Kitchen tested housewares.

The catalog has become an established tradition in many homes like this consumer's, "Now my daughter is soon to set up housekeeping and over the last few years we have been sending for baking products, flatware and dishes for her from your catalog. When her birthday or Christmas rolls around, she looks for that gift that contains her stash of coupons that I have been collecting over the year."

Today budget-conscious shoppers can find Betty Crocker Catalog Points on more than 200 General Mills products.

The Betty Crocker catalog can be obtained on Betty's Web site BettyCrocker.com or by calling 800-328-8360.

FIRE SAFETY

“Cover the Bases & Strike Out Fire”

(NAPSA)—“Cover the Bases & Strike Out Fire” is an exciting, new public safety campaign combining America’s favorite pastime with important fire safety messages to teach families how to “cover the bases” to “strike out” preventable cooking, heating and electrical fires—which account for half of all home fires.

NFPA (National Fire Protection Association) urges kids of all ages across North America to “Cover the Bases & Strike Out Fire” this year during Fire Prevention Week (FPW), October 7-13 and all year-round. NFPA has been the official sponsor of FPW for nearly 80 years.

Pitching in to drive home fire safety messages is three-time American League Baseball “Fireman of the Year,” Dennis Eckersley, who is serving as this year’s honorary FPW chair.

Using a baseball diamond as a visual cue, FPW 2001 puts home hazards on base, positioning cooking safety on first base, heating safety on second and electrical safety on third. Home plate serves as a reminder to test smoke alarms and to practice fire drills.

The cornerstone of this year’s campaign, a home fire safety checklist, rallies families around a specific call to action: conducting a home fire inspection. NFPA encourages kids and families to hunt for and eliminate potential cooking, heating and electrical home hazards by using the checklist as a guide. To download a free copy of the checklist, visit www.sparky.org.

“Just like baseball, fire prevention is a team effort, and we encourage parents to work closely



Fire Prevention Week 2001 urges families to “Cover the Bases & Strike Out Fire.”

with their children to stay safe by identifying and correcting any fire hazards in their home,” says Merik Appy, NFPA vice president for public education.

Major funding for FPW 2001 is provided by FEMA and the U.S. Fire Administration, with generous support from KIDDE and contributions from Underwriters Laboratories Inc. (UL), and USAA.

History of FPW

On the 40th anniversary of the Great Chicago Fire of October 1871, fire marshals advocated an annual observation to keep the public informed about fire prevention. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, FPW has been observed with NFPA as the official sponsor.

NFPA has been a worldwide leader in providing fire, electrical, and life safety information to the public since 1896.

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Note to Editors: Though this article can be run at any time, it is particularly appropriate for publication during Fire Prevention Week, October 7 to 13.

health hints

Dealing With Head Lice

(NAPSA)—Doctors say it's important for parents of school-aged children to learn the facts about head lice.



Lice is something that can happen to anyone.

Head lice live on the scalp and lay small white eggs (nits) on the hair shaft. The nits are most easily found on the nape of the neck or behind the ears.

Lice can show up at any time, but they are most often seen when kids return to school, prompting the National Pediculosis Association to consider September the kick-off month for the season for raising head lice awareness.

If your child has lice, doctors say you should wash anything that has come in contact with his or her head or neck—including headgear, scarfs, coats and bed linens—in hot water. Then dry the items in a dryer on the *hot* setting, for at least 20 minutes. Combs and brushes should be disinfected in hot water and you should thoroughly vacuum the floors and furniture in your house.

Lice treatment kits are available that can help you remove lice from your child and house. For example, Nix[®] makes a lice treatment rinse and lice control spray. With a single application, the rinse can kill lice and their eggs and prevent reinfestation for 14 days. The spray is meant for bedding and furniture. When used in conjunction, such products can help keep children—and their homes—lice free.

For more information, visit www.healing-aid.com or call 888-LICELINE (542-3546).

1st Cooking Contest Corner

Contest Calls For Creativity And Dried Plums

(NAPSA)—In a large bowl, combine 3 cups creativity with 1 cup dried plums. Mix well until blended. Prep time: 30 minutes. Yields \$1,000, if your recipe beats the competition's at the first annual Creative Cooking with Dried Plums Contest.

The California Dried Plum Board is sponsoring the contest where participants can submit one simple, plum-good recipe that includes dried plums and up to six additional ingredients. Recipes, which can vary from on-the-go snacks to decadent desserts to divine dinners, must also be prepared and cooked in 30 minutes or less.

"The Creative Cooking with Dried Plums Contest is designed to get America thinking about and engaged in cooking with dried plums," Peggy Castaldi, Director of Marketing, said. "People are beginning to recognize the versatility that dried plums have in cooking. Whether enjoyed as a snack or in a recipe, they add essential nutrients and new flavors to your favorite, everyday foods. We hope this competition will open America's eyes to all the delicious possibilities."

With the trend moving towards healthier eating, incorporating nutritious ingredients into meals is often an easy way to stay fit, maintain a healthy lifestyle, and get your recommended five servings of fruits and vegetables a day. Dried plums are packed with a variety of important vitamins and minerals such as vitamin A, copper,



A plum of an idea: A recipe contest that spotlights the versatility of dried plums.

magnesium, potassium, fiber and iron. They are also cholesterol-, sodium- and fat-free, and high in antioxidant power.

Participants can submit their unpublished, original recipes at www.CaliforniaDriedPlums.org and, at the same time, become eligible to win daily online giveaways. Entries can also be mailed and must be postmarked by November 30, 2001, to the California Dried Plum Board, P.O. Box 2370 San Francisco, CA 94126-2370. Mail-in entries are not eligible for the online giveaways. The contest winner will receive a \$1,000 cash grand prize and ten winners will win a plum purple Sharp® Half-Pint Microwave. All winning recipes will be featured on the Web site.

For more complete contest rules, information about dried plums, or the Creative Cooking with Dried Plums Contest, visit www.CaliforniaDriedPlums.org.

HALLOWEEN HINTS

A Frighteningly Tasty Treat For Halloween

(NAPSA)—If you want to scare up some delicious trick-or-treats for your child's Halloween party, consider making some bewitchingly easy Walnut Moon cookies.

These melt-in-your mouth cookies are easy to bake because they call for Shedd's Spread Country Crock® Spreadable Sticks, which blend easily straight from the refrigerator.

Besides being handy for cooking, baking and easy spreading on toast or bread, the sticks add fresh country flavor to whatever recipe they are used in. Country Crock also comes in tubs and a convenient squeeze bottle.

The cookies make a wholesome addition to any witching hour and after you finish using the Country Crock three-pound tub, you can give it to your little ghosts and goblins to go trick-or-treating with.

Walnut Moons about 2½ dozen cookies

- 1 cup (2 sticks) Shedd's Spread Country Crock® Spreadable Sticks
- ½ cup confectioners sugar
- 1 tsp. vanilla extract
- 1¾ cups all-purpose flour
- ½ cup finely chopped walnuts

In large bowl, with electric mixer, beat Shedd's Spread Country Crock and sugar until light and fluffy, about 3 min-



These tasty cookies make a wholesome treat for your little ghosts and goblins.

utes. Beat in vanilla. Gradually beat in flour until blended. Stir in walnuts. Turn dough onto plastic wrap and shape into flat circle. Cover and refrigerate 1 hour.

Preheat oven to 350°. Divide dough into 8 pie-shaped wedges. On lightly floured surface, roll each wedge into ½-inch log, 12 inches long; cut each log into 4 equal pieces. Shape into crescents and arrange on ungreased baking sheets.

Bake 15 minutes or until edges are lightly golden. On wire rack, let stand 2 minutes; remove from sheets and sprinkle generously with additional confectioners sugar while still warm. On wire rack, cool completely.

PETS & CELEBRITIES

(NAPSA)—If you would like to bone up on celebrities and their pets, this quick quiz might help.



1. What *Sister Act* and sitcom co-star is in the habit of keeping the company of dogs?



2. This sitcom star is always “in the middle” of things with his playful pooch.



3. An adorable canine is one of this actress’s “mob of devoted fans.”

ANSWERS:

Animal Planet’s new “Hollywood Unleashed” series features these pets, their owners and other interesting celebrities pet facts. The celebrities featured left are: 1. Kathy Najimy, “Veronica’s Closet.” 2. Frankie Muniz, “Malcolm in the Middle.” 3. Edie Falco, “The Sopranos.” “Hollywood Unleashed” takes an inside look at the path of some of Hollywood’s hottest celebrities. The show goes home with such stars as Megan Mullally (“Will & Grace”), singer K.D. Lang, Mimi Kennedy (“Dharma & Greg”), and former Clinton secretary Betty Currie (caretaker of Socks, the former “First Cat”, who gives his first post-White House interview).

Each episode reveals how even the kings and queens of Hollywood let down their guard around their pets, turning into sentimental suckers for their lucky little friends.

“Hollywood Unleashed” makes its world television debut as a one-hour special on Animal Planet on Tuesday, October 2, from 9-10 PM (ET/PT). The first of 15 world television premiere episodes will air Friday, October 5, from 10-10:30 PM (ET/PT), with subsequent premieres on Fridays from 10-10:30 PM (ET/PT).

Launched in October 1996, and now available in over 74 million homes, Animal Planet offers a wide range of television entertainment including dramatic reality-based series, talk shows, original fictional programming, high-quality children’s shows, documentaries, and more. Visit Animal Planet on the Web at www.animalplanet.com.