**Health Awareness**

**Lose Weight And Save Lives**

(NAPS)—According to the American Cancer Society, 240,000 women in the U.S. will be diagnosed with breast cancer in 2007, and 40,000 will die from the disease. Men can get breast cancer, too. However, studies also indicate that regular physical activity reduces the risk of cancer. So simple and regular walking program may lead to weight loss and, if tied to training for a charitable cause, can help save lives as well.

In 2006, Deana Fumando, 27, committed her time and energy to training for her first Avon Walk for Breast Cancer, one of a series of annual noncompetitive walks which offer the choice of walking a marathon, half-marathon or a half mile over a weekend to raise funds and awareness to fight breast cancer. As a result, she became the “Walker Buddy” for several clients who are the leading cause of death of teenagers and young adults. One National Highway Traffic Safety Administration study indicated that 16- to 24-year-olds are the most dangerous age group to die on our roads. In 2007, Fumando will once again participate in one of the Avon Walks, which literally helps save lives, “Fumando is one of more than 55,000 people who participated in the Avon Walk for Breast Cancer series from 2003-2006, and the 2007 series is breaking records for participation and fundraising. Funds raised are distributed through the Avon Foundation to organizations that advocate to access to care and finding a cure for breast cancer, with a special focus on the medically underserved, including low-income, elderly, the under- or uninsured and minority women. To learn more or register, visit www.avonwalk.org or call 800-510-WALK. Remember: Early detection helps save lives. Take your mammogram and spread the word.”

In 2007, Fumando will once again participate in one of the annual Avon Walk for Breast Cancer events with her team, “The Next Generation” which includes teenage passengers, iPods, cells, and, as a result, we become the literal cause of death of teenagers and young adults drive to get somewhere, teens often see driving as a social event,” explains Jim Kaster, CPCU, an expert with the Chartered Property Casualty Underwriters Association. “That attitude can contribute to the likelihood of a crash and cut our students and ways parents can help.” He offers these tips to help parents keep their teenagers stay safe behind the wheel a number of ways.

- Limiting distractions is a key factor in helping keep your teen safe on the road and include no cell phone usage while driving as this is as dangerous as drunk driving. The list of potentially dangerous distractions also includes teenage passengers, iPods, eating food or gum.
- Consider the maturity of your teen. Allow your teen to drive until they can receive their license the minute they become eligible. Not getting a license at age 16 is not the end of the world. Remember that teens mature at different ages.
- Teen drivers drive differently than adults. Younger drivers have higher accident rates and not only receive their driving license the minute they become eligible. Not getting a license at age 16 is not the end of the world. Remember that teens mature at different ages.

**Avon Walk participants, such as Deana Fumando, have the chance to lose weight and save lives.**

(NAPS)—Decorating doesn’t have to be confusing for first-time homeowners. Starting with the basics and slowly adding small, decorative touches can help first-time homebuyers feel more at home. Here are some decorating tips.

- **Begin with a Budget.** Allocate dollars for flooring, paint, furniture, decorative accessories and any additional items. The basics typically include a sofa and coffee table, a list of “wants,” such as a portable kitchen island or a plasma television.
- **Start with the Basics.** Take inventory of furniture items that will make the move into the new home and those that will not. Select furniture to keep based on your new decorating style or start with a new sofa. For example, La-Z-Boy offers something for every decorating taste, including the La-Z-Boy “Quinn” sofa, which features a contemporary look, and the elegant “Sheffield.” This 11-piece sectional and sofa group allows for a multitude of configurations that can be customized to fit any room.
- **For those facing space challenges, look for furnishings that combine fashion with function.** A sleep sofa, for instance, performs double duty, turning a den into an instant guest room when out of town visitors arrive. Likewise, a storage ottoman such as the La-Z-Boy “Cory” can double as a child’s bed while hiding magazines, toys and DVDs.
- **Plan Ahead.** Before making furniture purchases, plan the layout of the room. First-time buyers may have a hard time visualizing how their favorite chair and new sofa group will all fit together in the same space. That’s why lazboy.com offers two-dimensional room-planing technology that lets visitors create and view their own room layouts on a computer screen. Also, those working with an existing color scheme, many La-Z-Boy Furniture Galleries offer Kaledoscope, which works with customers to select fabrics that will coordinate with existing colors or create a room with inspiration from a favorite accessory. Shoppers simply bring the item of their choice to a participating store to be scanned.

Experts suggest the best way to color coordinate a look for your new living room: Take the color selected from your sofa and pick two complementary colors and repeat each color a minimum of three times throughout the room.

**Add a Touch of Color.** Once furniture fabrics are selected, homeowners can start building a color scheme. Take the color selected for your sofa and pick two complementary colors. Repeat each color a minimum of three times throughout the room in wall coverings, pillows, rugs, window treatments and accessories. This will help tie all items in the room together.

**Get Personal.** It’s time to accessorize. Use a wedding photo album as a coffee-table book, frame pictures of family and friends or display shells and rocks collected on vacation to make the home more warm and welcoming.

Personal touches are what truly transform a house into a home. And if first-time homeowners still feel that all hope is lost, the galleries also offer free in-home design assistance to help pull it all together.

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**Hip Sips Refresh Outdoor Occasions**

(NAPS)—As the mercury soars, this season’s happiness drinks offer more than a refreshing way to quench thirst. Popular trends include beers infused with a hint of fruit, roasted coffee and customized energy smoothes rich in antioxidants. Flavor is a key ingredient as consumers choose from the three refreshing options to beat the heat.

**Fruit-Infused Beers**

For a fun twist on a classic, let the lights go out and enjoy a beer with fruit infusions relax you.

For example, Michelob Ultra Fruit Infused beers, a new limited-edition line, boast a subtle hint of fruit and come in three flavor combinations—Lime Cactus, Tuscan Orange and Pomegranate Raspberry.

**Ready-Made Mojitos**

For a refreshing mint and lime taste of a mojito cocktail without the prep time, try Bacardi Silver Mojito. Step one: Coordinate with exist- ing friends, it’s become the quintessential drink for good times with friends.

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**Get Up-And-Goji Smoothie**

Ingredients:

- 2 (8.2-ounce) cans 180 Blue with Acai, chilled
- 2 fresh peaches, peeled with pit removed
- 2 large bananas
- 1 (8.2-ounce) can 180 Red with 1 cup fresh blueberries
- 1 cup fresh strawberries
- 1 cup fresh strawberries
- 1 cup frozen or fresh Acai pulp, optional
- 2 cups ice cubes
- 1 cup fresh lime juice
- 1 tablespoon honey
- Fresh mint garnish

**Directions:**

Combine ingredients with ice and blend on high until smooth. Serve immediately. Garnish with mint.

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**Tips To Help First-Time Homebuyers Create The Rooms Of Their Dreams**

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