“Why Do You Love Football” Photo Challenge

(NAPSA)—Every parent takes pride in his or her child’s important milestones, special occasions and everyday events. Equally as satisfying is capturing great photos of these moments so that they can be shared with loved ones for years to come. What if it’s a child’s first youth football game, kicking a field goal or scoring the winning touchdown in the backyard for the family and community to catch in the backyard to any event? The challenge we confront is: How do we improve America’s energy security while meeting our country’s growing energy demands?

Last year, Diana Porter of Houston, Texas was named grand prize winner with her photo titled "Superman," which is currently on display at the Pro Football Hall of Fame.

Developing alternative-fuel vehicles has to be an important part of reducing our Nation’s dependence on foreign oil. During its fuel economy debate, the House of Representatives will have to make a decision that will have a lasting impact on our domestic auto industry and energy future. Several competing bills have been introduced, and members have a clear choice between fuel economy legislation that provides for a reasonable increase in CAFE standards with a strong emphasis on alternative fuel development, or legislation that focuses solely on CAFE standards, which will cripple an industry that is too important to the U.S. economy.

Some 13 million auto and related industry jobs are at stake. One House bill under consideration is similar to an already passed Senate bill introduced by Rep. Ed Markey (D-Mass.), which would force automakers to divert scarce alternative-energy resources from retooling engines that will still rely on gasoline at the end of the day. However, the United Auto Workers union says the bill could cost them 17,000 jobs.

A more balanced option is available with Hill-Terry legislation that provides for a strong bipartisan support. While still increasing CAFE standards, it does so at a reasonable rate determined by the Department of Transportation, adding just two years to the timeline for vehicle compliance. But those two years allow the U.S. auto industry to continue investing in critical alternative-fuel technology.

Looking Ahead, Not Back

The House can join the Senate in passing legislation that promises limited value while placing even more strain on the backbones of the American economy. Or it can make a bold, balanced and better choice to support consumers, the environment and workers who are already building our clean energy future.

Simply put, as Congress tries to reduce America’s dependence on foreign oil, it must choose between alternative-energy policies, undue reliance on CAFE standards, which will take the U.S. 200 years to match a 21st century problem. For additional information, visit the Web site at www.drivingamericasfuture.com.

Rodney E. Slater is the former Secretary of Transportation and current chairmain for Driving America’s Future, a coalition of industry and consumers promoting the future of alternative fuels to America’s clean energy future and greenhouse gas emissions.

Food for Thought

Teaching Children How to Eat Smart

(NAPSA)—During the school year, children are challenged with academic and extracurricular achievement, so parents want to be sure their kids have a delicious meal with their dietary choices as well. Stud- ies show that when children get enough of the right foods while more and more are overweight and at risk for diseases.

Fortunately, with a little help, children can acquire a taste for healthy food. In fact, research supports that given reasonable exposure, a child’s aversion to a particular healthy food can actually come full circle. A recent paper published in the jour- nal Appetite, from researchers at University College in London, reported the effect of parents offering a daily taste of a vegetable for which the child had indicated a dislike. Youngsters who had every- day exposure increased their liking and consumption of the food. In some cases, foods they once would not touch became their favorites.

A healthy, balanced daily diet for kids may sound like simple common sense, but feeling handicapped by the forces that draw children toward junk food,” says Doug Woolsey, founder of R/T Su Salad Kits and a publicprivate family nutrition center called Family Mealtime. Parents need to consider these suggestions to encourage kids to eat more fruits and veggies:

• Pack fresh fruits, and vegeta- able crudités or a salad, in their daily school lunch. Frequency of inclusion helps them develop a taste for healthful foods.

To Solve America’s Energy Crisis, We Need Innovation, Not Regulation

by Rodney E. Slater

(NAPSA)—As America makes reducing our dependence on for- eign oil and oil’s harmful emis- sions a national imperative, the challenge we confront is: How do we improve America’s energy security while meeting our coun- try’s growing energy demands?

Cars and CAFE

Domestic automakers are addressing these energy challenges and direct as much as $17 billion a year toward alternative-energy re- search and development. In spite of this commitment, some still believe that the 1970s policy of regu- lated CAFE (Corporate Average Fuel Economy) standards alone is the best approach to reducing our gasoline consumption. However, a combination of reasonable CAFE increases and the development of alternative-fuel vehicles is the bet- ter approach.

The Future Of Fuel

Because of the initiative taken by our domestic automakers, we have a better choice in alterna- tive-fuel technology. Ethanol, bio- fuels and renewable energy sources free from harmful emis- sions are the future.

History shows that simply mandating overly aggressive fuel economy standards does not work. When first passed more than three decades ago, CAFE regula- tions forced automakers to reduce consumer choice by focusing on cars and trucks that were smaller, less-powerful, less safe and more expensive, proving that CAFE was, at best, limited in its efectiveness.

Trip To Super Bowl XLII

The Grand Prize winners will each be awarded a trip for four to attend Super Bowl XLII in Ari- zona and will earn a once-in-a-life- time opportunity to have his or her photo displayed in the Pro Football Hall of Fame in Canton, Ohio. Additionally, the winners will receive a trip for four to the 2009 Pro Football Hall of Fame Enshrinement Celebration in August 2008.

Parents, family members and friends are encouraged to submit as many as 10 images each now through December 2 by visiting www.usa.canon.com/nfl and fol- lowing the online instructions. No purchase necessary.

Press your tongue against the roof of your mouth when you perform abdominal crunches to prevent using your neck mus- cles to assist yourself.