A wise man will make more opportunities than he finds. —Francis Bacon

Destiny is not a matter of chance, it is a matter of choice; so often women are focused on reducing their chances. —Elizabeth Battaglino Cahill, RN, executive vice president of NWHRC.

COOKING CORNER

More Shrimp Lovers Put Shrimp On Their Home Menus

NAPSA—“Making great shrimp dishes is so easy,” says seafood expert and writer and nutritionist Robin Miller, host of Food Network’s popular program, “Quick Fix Meals with Robin Miller.” “That’s why more and more shrimp lovers are putting shrimp on their family menus.”

To prove her point, Miller created a whole, delicious recipe using SeaPak frozen shrimp. “Shrimp has the unique ability to turn what could be a wonderful family meal into something elegant enough to serve your guests,” said Miller. “SeaPak shrimp is great for easy entertaining.” Here is one of Miller’s favorites:

**BUTTERFLY SHRIMP SCALLOPINI**

Ingredients:
1 carton (9 oz.) SeaPak Butterfly Shrimp, frozen
1 Tbsp. garlic, chopped
2 Tbsp. lemon juice
1 Tbsp. white wine
2 Tbsp. capers (if desired)

Directions: PREPARE shrimp according to package directions. MELT butter in a small skillet until simmering. Add garlic and sauté for 2 minutes, stir- ring frequently. Add lemon juice and wine. Sauté an additional 1 to 2 minutes until mixture is bubbly.

PLACE shrimp on serving dish. Drizzle with hot butter sauce. Serve immediately.

**AMERICAN HERITAGE DISH:** A great addition to this recipe,” adds Miller, “would be a thin slice of fresh basil. It is great with a whole dish of shrimp and the beautiful herb, ‘It is a matter of choice; so often women are focused on reducing their chances.”

At the left is how you see the world with normal vision. At the right is how 10 million people who suffer from AMD see the world.

### SAFETY SENSE

**Preventing Injuries And Deaths From Falls**

NAPSA—For older adults, a fall can result in a disabling injury or death. One third of Americans ages 65 and older fall each year. Millions are injured and many are hospitalized as a result. The injuries sustained can rob older adults of their mobility and independence and lead to premature death. In 2004, nearly 70,000 people 65 and older died from falls.

But falls are not an inevitable part of aging, says NWHRC president, Elizabeth Battaglino Cahill. “Roger was a 74-year-old man who qualified for a free eye exam and care because of the Macular Degeneration Awareness Campaign. He was told that he had macular degeneration and was referred to a Low Vision specialist.”

### Eye on Health

**Survey Challenges Theory That Women Strive for Someone Else’s Happiness**

A recent survey uncovered a newfound sense of self-empowerment in regard to women’s health and their priorities. The third annual Women Talk survey, conducted by the not-for-profit National Women’s Health Resource Center (NWHRC), found that an overwhelming 94 percent of respondents said that being healthy to them means “taking care of my health first, so that I can better take care of me and my family” and 75 percent of women went a step further to say that “taking care of my health is my top priority.”

“Women are increasingly looking after their health, for themselves and their families,” says Kitty Battaglino Cahill, RN, executive vice president of NWHRC. “We’re pleased to see that women are finally granting themselves permission to miss a recent survey that uncovered a newfound sense of self-empowerment in regard to women’s health and their priorities. The third annual Women Talk survey, conducted by the not-for-profit National Women’s Health Resource Center (NWHRC), found that an overwhelming 94 percent of respondents said that being healthy to them means “taking care of my health first, so that I can better take care of me and my family” and 75 percent of women went a step further to say that “taking care of my health is my top priority.”

“Women are increasingly looking after their health, for themselves and their families,” says Kitty Battaglino Cahill, RN, executive vice president of NWHRC. “We’re pleased to see that women are finally granting themselves permission to take care of their health first, so that they can better take care of their loved ones.”

Regardless of motivations, the survey also uncovers major barri- ers that exist for women to main- tain a healthy lifestyle. The majority of women in the survey had set goals for themselves, yet many aren’t achieving them. For instance, 76 percent of women have a goal to exercise more, yet only 42 percent have made such progress.

To help women better understand how they can incorporate daily changes into their busy lives, NWHRC has developed the One Small Step to a Health- er You campaign. One part of this program is a comprehensive online wellness center that seeks to provide women with quick and simple ways they can take control of their health in order to see big results and feel better from a mind, body and spirit approach.

For additional information, or to access the online wellness cen- ter, visit www.healthywomen.org/ wellness or call 877-896-9472.

### Eye on Health

**Survey Challenges Theory That Women Strive for Someone Else’s Happiness**

A recent survey uncovered a newfound sense of self-empowerment in regard to women’s health and their priorities. The third annual Women Talk survey, conducted by the not-for-profit National Women’s Health Resource Center (NWHRC), found that an overwhelming 94 percent of respondents said that being healthy to them means “taking care of my health first, so that I can better take care of me and my family” and 75 percent of women went a step further to say that “taking care of my health is my top priority.”

“Women are increasingly looking after their health, for themselves and their families,” says Kitty Battaglino Cahill, RN, executive vice president of NWHRC. “We’re pleased to see that women are finally granting themselves permission to take care of their health first, so that they can better take care of their loved ones.”

Regardless of motivations, the survey also uncovers major barri- ers that exist for women to main- tain a healthy lifestyle. The majority of women in the survey had set goals for themselves, yet many aren’t achieving them. For instance, 76 percent of women have a goal to exercise more, yet only 42 percent have made such progress.

To help women better understand how they can incorporate daily changes into their busy lives, NWHRC has developed the One Small Step to a Health- er You campaign. One part of this program is a comprehensive online wellness center that seeks to provide women with quick and simple ways they can take control of their health in order to see big results and feel better from a mind, body and spirit approach.

For additional information, or to access the online wellness cen- ter, visit www.healthywomen.org/ wellness or call 877-896-9472.