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STATE-WIDE COUNTY COMMUNITY INFORMATION SERVICE

MISSION STATEMENT
If this is the first time you have read this newsletter,
WELCOME ABOARD!
You are now part of a very large family.
Although we were talking to a few thousand people, we still like to think of each one of our readers as a member of the Community Information Service. Now that you are family, you might like to know a little more about our company. The idea of a Community Information Service was no accident. From the beginning management determined to make God the Senior Member. In a crisis, the problem was turned over to Him, and He hasn’t failed to help us with the answer. Each edition of the newsletter must reflect the integrity of the management. If sometimes we fail on our end, because we are human, we find it imperative to do our best, to make it right.
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Home Projects Start With A Great Finish

(Behr)—An inexpensive way to help your home’s exterior look elegant for years to come even if you do it yourself. Here are a few tips from Tom Leonard, vice president marketing at Behr and an expert in stains and finishes:

Tips for Wood Staining Projects

1. Pick the finish.
   - Lightly-wood-toned finishes add color to wood while enhancing the wood’s natural beauty. These last longer than traditional clear finishes. Semi-transparent stains let the natural grain and texture of the wood show through, while solid color stains provide more durability than clear or wood-toned products. The most durable finishes, solid color, reveal the wood’s texture but generally conceal the grain, making them good for older, blemished wood and projects using different types of wood.

2. Prepare the surface.
   - For best results always follow the label instructions on the wood stain or other products used to prepare the surface. (Use plastic sheeting and painter’s tape to cover all items that cannot be removed (plastic boxes, air conditioning units, drains, etc.).
   - Wet vegetation with a garden hose and cover with tarp to prevent damage from overspray and drips.
   - Be sure to use any recommended protective equipment such as masks and gloves.
   - Replace any damaged wood.
   - Check to be sure you are using the appropriate sanding tool (i.e., pole sander, sanding pads, etc.)

3. Apply wood stain.
   - Clean surface and remove mildew before staining.
   - Pour the stain or finish into a paint tray or 5-gallon bucket.
   - Starting in a corner and following the grain of the wood, cut in in a 2- to 3-inch-wide area with a brush where a roller cannot reach. Cutting in means applying stain to the outer edges of the project area with a brush before rolling.
   - Dip roller into the product. Remove excess product by rolling onto the ribbed section of the paint tray or bucket grid.
   - Continuing in the same corner, roll the product approximately five feet onto the surface that was cut in. Don’t overlap onto a surface not being completed.
   - Immediately brush out roller-applied stain to unify the appearance and work the stain into the wood.
   - Reload the roller and apply the product to the next section, back rolling into the previously applied area. Continue until the project is complete.

Behr offers Premium Solid Color and Semi-Transparent Weatherproofing Wood Stains and Transparent and Wood-Toned Wood Finishes that use an advanced 100 percent acrylic resin to protect decks, siding and fences from rain, snow, sun and ice for years.

The new formula allows the stains and finishes to penetrate even deeper into wood fibers and provides a superior adhesive bond to the wood substrate. Made with NanoGuard technology, the improved formulation was developed to enhance resistance against moisture, UV damage and stains—the result is improved color protection and longevity. The added durability reduces the likelihood of peeling, improves performance over years and increases color retention. The complete protection against the elements results in a beautiful-looking, longer-lasting exterior wood surface.

What’s more, Behr’s Premium Exterior Weatherproofing Wood Stains are available in 8-ounce samples that let you test color and opacity before you buy. In addition, you can use the samples for small projects such as bird feeders, mailboxes, kids’ craft projects and dollhouses.

These stains and finishes are available exclusively at The Home Depot where you can also get help on applicator recommendations, product selection and inspiration at the interactive WoodSmart by Behr kiosk. The kiosk also features a video demonstrating proper application and time-saving tips.

Further information is at www.behr.com.

Health Savings Accounts Offer A Low-Cost Option

(NAOPA)—Enrolling in a medical plan at work, or shopping for health insurance yourself? Then you may want to take a look at high-deductible plans that allow you to open a health savings account (HSA). An HSA can help you pay for qualified medical expenses—such as doctor visits and prescriptions—and save on taxes.

HSA are available to people who have eligible high-deductible health insurance coverage. This type of insurance typically has lower premiums because of its higher deductibles. And preventive care—such as annual physicals and mammograms—is usually covered at no extra cost.

Introduced just seven years ago, HSA have grown quickly in popularity as people try to manage their health care costs while keeping health coverage. Americans covered by HSA-eligible health insurance increased from just over 1 million to 10 million in the past five years, according to America’s Health Insurance Plans.

“High-deductible health insurance plans, paired with HSA, make sense for many people,” says Chad Wilkins, chief executive officer of OptumHealth Financial Services. “The costs compare favorably to other types of insurance, and you can save where you can today, tomorrow and even retirement.”

How HSA Work

You deposit pretax money in a bank account. The contributions you or your employer makes to the HSA are tax-deductible up to limits set by the IRS.

You can invest your funds and earn interest—and any growth is tax free. You can also withdraw the funds at any time to pay for qualified medical expenses without paying income taxes.

With an HSA, you own the funds in your account from day one, and you keep the money if you change jobs or retire. There’s no “use it or lose it” rule, so unused funds roll over each year and can be saved for future expenses. Many employers contribute to their employees’ HSAs too.

With an HSA Right For Me?

If your employer offers an HSA or if you are shopping around to buy health insurance on your own, consider these tips:

• Compare the costs and benefits of HSAs with other types of health insurance by using cost estimators and other tools provided by health insurers or your employer.

Ask a tax expert to explain the tax advantages of HSAs.

• Compare the interest rates, fees and banking services provided by the HSA administrator. See if it offers conveniences such as HSA debit cards and online bill payment.

To learn more about HSAs and high-deductible health insurance policies, visit www.optumhealthbank.com.
COMMUNITY INFORMATION

Help Me Heal Program Saves Mutt-i-grees® with Disabilities

Franklin, a Chihuahua Mutt-i-gee, now has a new chance at life.

(NAPSA)—Franklin is an amazing Chihuahua Mutt-i-gee® puppy, whose life may not have been spared had he not been rescued by North Shore Animal League America, the world’s largest no-kill animal rescue and adoption organization.

Franklin was born with a deformity of his hind limbs that prevents him from being able to bear any weight on them. Because of this he must pull his hind legs, which could eventually cause more damage if he doesn’t get the help he needs. But even with his physical challenges, Franklin is just as frisky as any normal young pup, happily playing with his toys.

A team of expert veterinarians at the Animal League is seeking solutions for little Franklin, as well as exploring the opportunity to see if he is a candidate for surgical correction. If surgery isn’t an option, a special program will be developed that will include extensive rehabilitation, which will teach him how to walk using a special cart. This mobile device will help him get around by keeping his legs propped up and ensuring that his legs and body are protected from any further damage.

Because of Franklin’s special needs, he has been placed in the Animal League’s Help Me Heal Program. This program will make sure he gets all the care he needs for as long as necessary. Whether surgery, a cart, physical therapy or just loving hands to hold and comfort him, Help Me Heal provides everything this little pup will need.

You can help care for Franklin and all the dogs, cats, puppies and kittens in the Animal League’s Help Me Program by Making a Donation. Your generosity will ensure that these animals receive the care they need, and allow the Animal League to continue rescuing animals with treatable disabilities or medical conditions.

For more information about Franklin and the Animal League’s Help Me Heal Program, visit www.AnimalLeague.org/HelpFranklinHeal.

Paying For Pet Surgery Without Cutting Your Budget

(NAPSA)—There’s good news for people and their pets, according to veterinarian Dr. Carol McConnell. “Veterinary medicine has made considerable advancements in recent years, providing pet owners surgical options that weren’t available to them even five years ago.”

The Problem

“While this is certainly good news,” she added, “pet owners are often unaware of the cost of these surgeries. It’s not only important for pet owners to realize the surgical choices open to them, but to take steps to be financially prepared should their pet require surgery.

One Dog’s Story

Consider the case of George Millben, who tested his 10-year-old dog, Snowie, to the veterinarian thinking the bichon frise might need surgery for an upset stomach. Unfortunately, X-rays revealed that Snowie had a large, cancerous mass on his spleen. Millben wasted no time seeking treatment. The surgery was costly—a little more than $2,000—but was successful and Snowie’s mass was completely removed.

Snowie’s story isn’t out of the ordinary for pet owners, report the experts at the nation’s oldest and largest provider of pet health insurance, Veterinary Pet Insurance Company (VPIC). Top 10 Conditions Requiring Surgery To help pet owners understand the situation, the company recently analyzed its claim data to find the top 10 conditions that require surgery. One in 20 VPIC-insured pets required surgical treatment for one of the following common conditions last year: 1.Benign skin mass  2.Skin abscess, inflammation or pressure ulcer  3.Tooth extraction  4.Torn ACL or cartilage  5.Malignant skin mass  6.Cancer of the spleen  7.Cancer of the eyelid  8.Bladder stones  9.Cancer of the liver  10.Auricular hematoma (swollen, fluid-filled ear).

The last thing I expected was that Snowie would get cancer,” said Millben, “but here we are.”

What Insurance Can Do Pet owners with health insurance are free to visit any licensed veterinarian worldwide. After receiving treatment, they submit a claim to the insurance company and receive reimbursement for eligible expenses in about two weeks. Most companies offer plans for accidents and illnesses as well as routine and preventive care.

Learn More For more information about pet insurance, visit www.petinsurance.com or call (888) 899-4VP.

Slim, Trim And Healthy, Naturally

(NAPSA)—If you think obesity is an epidemic that affects only people, you may be barking up the wrong tree. Pets also have to watch their weight.

According to the Association for Pet Obesity Prevention, 44 percent of dogs and 57 percent of cats are overweight or obese, and that percentage is rising, with older animals displaying an even higher incidence of fat animals to those extra pounds. Veterinarians report that overweight pets are also more likely to suffer from arthritis, heart and respiratory diseases, liver disease, skin problems, hip and joint disorders and diabetes.

“Just as for people, eating right and getting exercise are fundamental to a pet’s health,” says board-certified veterinary nutritionist Dr. Edward Moser. “Paying attention to the ingredients and amount of food they eat can help them avoid problems.”

To help fat cats and pudgy pooches slim down, Dr. Moser says owners should choose a balanced diet for their pets with ingredients that can help naturally solve this challenging health problem, such as food from Wellness Natural Pet Food. For those plump feline friends, Wellness’ Healthy Weight is just the remedy. This special, lower-calorie recipe is formulated to help them achieve their weight-loss goals. A healthy blend of fiber satisfies hunger, while guar gum levels of glucosamine and chondroitin support overburdened hips and joints. For healthy canines, Wellness® Super5Mix® Healthy Weight Recipe is a satisfying, lower-calorie blend of ingredients that helps less-active dogs maintain a healthy body weight and overweight dogs lose weight.

Did you know that 44 percent of dogs and 57 percent of cats are overweight or obese?

And it satisfies dogs’ appetites with increased fiber, reduced fat and a lower calorie count.

Instituting a controlled eating plan is a step in the right direction to maintaining your pet’s health, but increasing your pet’s activity level is sure to help, too. Exercise is essential for a pet’s happy and long life. It doesn’t have to be strenuous, but regular activity is key. Setting aside a period of time each day for your pet’s physical activity helps your pet’s activity level is sure to help, too. Exercise is essential for a pet’s happy and long life. It doesn’t have to be strenuous, but regular activity is key. Setting aside a period of time each day for your pet’s physical activity helps your pet burn off excess calories. For health-striving canines, Wellness® Super5Mix® Healthy Weight Recipe is a satisfying, lower-calorie blend of ingredients that helps less-active dogs maintain a healthy body weight and overweight dogs lose weight.

For more information, visit www.wellnesspetfood.com.
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A Lesson In History Helps Find Great Used Cars

(NAPSA)—Experts say the nation’s economic downturn is causing a growing number of consumers to see used cars as a smart way to get good value without having to pay new-car prices.

However, as demand for quality used cars increases, the available supply is decreasing. To find the right cars, it’s crucial for consumers to do their homework before they buy.

To help buyers have confidence in vehicles they are considering, a well-known vehicle history service has introduced a new feature. History—A Guide To Vehicle Value

Every car has a unique history and, therefore, unique value. A low-mileage car with records of routine service may be worth more than a similar model vehicle with high mileage and multiple owners, for example. Carfax, the vehicle history service, can help you understand how a car’s past history affects its value in the market.

The new Carfax History Impact tool helps consumers determine if a car is worth more or less than retail book value, based on vehicle history data reported to the service. This information is especially useful when comparing similar model cars.

Tips For Buying Online

Today, three in four used-car shoppers are likely to compare vehicles online before buying. Here are some tips:

• Start by comparing listings to find the best price on sites such as autotrader.com and cars.com.
• Next, research vehicle retail book values by visiting sites such as kbb.com and edmunds.com.
• Get a vehicle history report and see how adjusted retail value compares to the seller’s asking price.
• Be sure to buy from a reputable dealer and have a trusted mechanic do a prepurchase inspection.

A Valuable History Lesson

Dealers have long considered vehicle history as a key factor when evaluating and pricing used cars for their inventory. Now used-car consumers have a tool that gives them more confidence during the buying process by helping them know what a vehicle is worth, based on its unique history.

“You can’t buy a car without knowing the price,” said Larry Gamache, communications director at Carfax. “Consumers can be more confident they are paying the right price when they see how a vehicle’s history affects its value.”

To learn more, visit carfax.com.

A Stylish Way To Combat Cancer

(WW) (NAPSA)—Good news for the fashionable and the compassionate is that a delightful new collection of pink ribbon accessories is available from a leading designer and producer of fashion jewelry—and a portion of the proceeds will go to The Libby Ross Breast Cancer Foundation.

What’s Being Done

The mission of the foundation is to make a significant difference in the lives of women afflicted with breast cancer through unique support programs and to eradicate the disease through research and early detection. It may be best known for its Pose For Pink Yoga Program, which offers free yoga classes to women recovering from breast cancer. The classes are designed to address the specific needs and physical restrictions of breast cancer survivors.

The program also provides participants with the opportunity to bond with other women who have had or who are currently being treated for the disease.

The Swarovski breast cancer awareness collection includes a pink ribbon charm, a pink ribbon heart pendant and a pink crystal line pen, all available at Swarovski’s 230 boutiques nationwide and through authorized Swarovski retailers.

What Else You Can Do

As for reducing your own risk, the experts at the U.S. Centers for Disease Control and Prevention suggest you:

• Get screened for breast cancer regularly.
• Control your weight and stay active.
• Know your family history of breast cancer. If you have a mother, sister or daughter with breast cancer, discuss your risk with your doctor.
• Understand the risks and benefits of hormone replacement therapy.
• Limit the amount of alcohol you drink.

Where To Learn More

You can learn more at www.thelibbyrossfoundation.com and www.swarovski.com.

HealthHints

How To Get Help Overcoming A Health Challenge

(NAPSA)—The next time you or someone you care about gets sick, you may find comfort from a surprising source—your computer. That’s because patients and their caregivers can now set up a website to keep family and friends informed about progress and any help needed and to receive information and good wishes.

It’s designed for one purpose—to help families facing a significant health challenge communicate quickly, privately and efficiently online. Each day, over half a million people connect through the more than 222,000 personal sites that have been created.

The sites are uncluttered and free of advertising. To view a site, you must know the specific and unique site name. This helps restrict access to family and friends who have been given that name. Site authors can choose to add additional layers of privacy and security, including requiring all visitors to register before they can view the site and requiring a password.

To meet the changing needs of those who use the site, recent service enhancements include a mobile website, a free iPhone app, the ability to be notified via text when a journal is updated and Facebook Connect so authors can notify their Facebook friends when they have a new journal entry to share.

It’s done through a nonprofit organization called CaringBridge, so access is free. You can make it as private as you like, design it to suit your taste and add health updates and photos whenever you like. Setting up is a simple process that takes just a few minutes.

You can learn more or create a site for yourself or a loved one at www.CaringBridge.org.

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A Beginner’s Guide To Building Wealth

(NAPSA)—There’s good news for those who want to build wealth but don’t know how to go about it. “Building Wealth: A Beginner’s Guide To Securing Your Financial Future” presents an overview of personal wealth-building strategies that includes setting financial goals, budgeting, saving and investing, managing debt, understanding credit reports and scores and protecting your wealth. It’s published by the Federal Reserve Bank of Dallas in print and on an interactive CD-ROM.

What sets “Building Wealth” apart from other financial guides is the workbook design. For example, in the section on the importance of tracking day-to-day spending as a step toward developing a realistic budget, the book provides the reader with an expense sheet for actually tracking expenses.

Ideas, such as budgeting and saving, are turned into actual behaviors, a dimension that does not exist in many guides to building wealth. “Building Wealth” also discusses basic investing principles and products and strategies for investing for retirement and other long-term goals.

Other tips for building wealth addressed in the book include:

- Stick to a budget
- Build up a reserve fund to handle unforeseen events
- Pay off credit card balances monthly

The “Building Wealth” workbook has tips and strategies to help your money grow.

- Save for big purchases so you can buy in cash and avoid debt.
- Always read the fine print on a loan application.
- It finishes with a section on controlling debt, a glossary and a handy list of resources on financial literacy, budget management and investing, as well as ways to contact various regulatory and consumer protection agencies.

In addition to print and CD-ROM, a version of the guide is also available in Spanish. To learn more or to order a copy of the guide or CD-ROM, visit the website at www.dallasfed.org or call (800) 533-4460 ext. 5254.

Good oral hygiene habits make a difference. Brush at least twice a day to help remove food and plaque on both natural teeth and dentures and floss to remove plaque between teeth and below the gumline. Denture wearers should clean their gums and teeth at night to avoid bacteria growth.

Dentures need replacement every five to seven years. To remove plaque build-up from the middle of the tooth, and bone and gum ridges shrink, which can result in ill-fitting dentures that make eating uncomfortable or downright painful. One sign that it might be time for a replacement is the overuse of denture adhesive cream—if you use more than one tube of denture cream every three weeks, your dentures may not fit properly and should be evaluated.

To learn more, visit www.aspendental.com/smileforlife/
(NAPSA)—Many seasonal allergy sufferers may not be aware that a runny nose, sneezing and itchy, watery eyes can cause swelling and redness around the eyes and nose.

But, help is on the way. Michael Kaliner, M.D., Medical Director at the Institute for Asthma and Allergy at Washington Hospital Center and celebrity makeup artist Paula Dorf are offering women practical advice about medical treatment and cosmetic techniques to help them manage their allergies this spring.

“The best way to manage the irritation and discomfort of allergies is to see their doctors before the peak of allergy season to seek treatment with a non-sedating prescription antihistamine.”

While the key to preventing itchy, watery eyes and a runny nose starts with proper allergy treatment, Dorf has come to the rescue with practical makeup tips that can minimize the unsightly side effects of allergies.

“Many of my clients need a quick fix to help conceal the condition’s effect on their appearance,” commented Dorf, who recommends the following simple tips to help seasonal allergy sufferers put their best face forward:

- Avoid alcohol-based toners and use a moisturizer with Vitamins E, especially around the nose and eyes to hide broken capillaries and reduce the appearance of dark circles.
- Use mascara to “open up” and give a lift to itchy, watery and puffy eyes. Also, curled lashes draw the attention upward, making eyes look less droopy.
- To help direct attention away from puffiness caused by rubbing itchy eyes, use a light textured cream with a hint of color to smooth and neutralize the eyelid.
- To brighten your mood and your outlook, always wear lipstick! To obtain more free makeup tips and additional information about allergies, Internet users can visit the “Making Up for Allergies” Web site at www.allergymakeup.com.

Seasonal allergies, which are commonly referred to as “hay fever,” are a chronic condition occurring during the spring and fall allergy seasons that is caused by the body’s reaction to allergens entering the respiratory tract. Typical allergens that cause seasonal allergies are grass, tree and weed pollens. Symptoms typically affect the nose, but many patients also report itchy, watery red eyes and sneezing.

The symptoms of season allergies can be managed effectively with prescription non-sedating antihistamines such as Allegra® (fexofenadine HCl), which does not cause the drowsy feeling you can get from some other allergy medications. Allegra® 180 mg once-daily tablets provide fast, powerful, safe and effective relief of seasonal allergies in patients 12 years and older.

Allegra 180 milligram (mg) tablets, once daily, is indicated for the treatment of symptoms in patients 12 years and older who have seasonal allergies.

The most commonly reported adverse events with Allegra® (fexofenadine HCl) 180 mg and placebo, respectively, in seasonal allergy patients 12 years and older are headache (10.6 percent vs. 7.5 percent), upper respiratory tract infection (3.2 percent vs. 3.1 percent); and back pain (2.8 percent vs. 1.4 percent).

To receive prescribing information call 800-552-9656 or visit the Aventis Pharmaceuticals U.S. Web site at http://www.aventispharma-us.com.
Tips To Help You Plan A Smooth Move

(NAPS)—Some say it’s a period of time that’s worse than rush hour or tax time. What is it? It’s moving season.

Each year, 40 million Americans move, with half of all moves taking place between Memorial Day and Labor Day. Although the average American moves 12 times in a lifetime, it never gets easy.

Day and Labor Day. Although the average American moves 12 times in a lifetime, it never gets easy.

Expert; he’s a new-product specialist—say “moving stress” stems from a lack of planning and preparation.

“Nobody likes to move; it’s a complete upheaval of your life,” said Gregg. “But there are steps you can take to make it easier.”

Here are the steps:

Clear Out The Clutter

Gregg suggests 30 minutes of decluttering is a trend time for introducing new technologies to organize and de-stress your living environment.

“The average person has five to six remotes sitting around on the coffee table,” he said. “It’s a trend time to clear out the clutter and get rid of them all, except for one. Upgrading to a universal remote can help; they’ve gotten a lot simpler to both program and use.”

Hide The High Tech

Also, Gregg recommends hiding all your tech devices behind closed doors or in other, less-traveled rooms. By using a device called a radio frequency extender, you can keep your DVD player and other electronics hidden and still operate them from up to 100 feet away.

Create A Familiar Feeling

As a designer, Langdon believes the key to a seamless move is to focus on creating the feeling from your old house in your new home. He notes this can be done in a number of economical ways.

“You can move and hang them up where the wall meets the ceiling instead of at the top of your window frame,” said Langdon. “This draws your eyes upward, making the ceiling seem higher and your room bigger.”

Update With Paint

Langdon also points out that when you redecorate, people tend to be fearful of picking the wrong color.

“Painting your walls is an inexpensive way to update the look of a room with your existing furniture,” said Langdon.

Creature Comforts First

Above all, Gregg and Langdon say you can eliminate a great deal of moving-related angst by making sure creature comforts, such as your cable television, your Internet, and your phone services, are transferred prior to your move. You can even schedule this transfer at no cost at www.cable.com, where you’ll find additional tech and design tips to “smooth your move.”

Stop Texting, Start Driving

(NAPS)—The urge to text while driving has become a commonplace in the United States. In fact, more than 25 states have signed or implemented texting-while-driving laws.

That’s good news, since a distraction of any type—whether you are taking your eyes off the road, your hands off the wheel or your mind off your driving—can have very serious consequences. According to the National Highway Traffic Safety Administration, as recently as 2008, nearly 6,000 people died in crashes involving a distracted driver, and more than half a million were injured.

Although the spotlight’s on cell phones and texting, distracted driving encompasses many other activities—from turning on your radio, eating, putting on makeup, reading, looking for something on the floor, or in the glove box, and talking or refereeing disagreements in the car. You can do a number of things to break the habit and cut down on your own distracted driving incidents, such as:

Be prepared before you start your car—If you put on makeup, eat, or program your GPS before you hit the road, you’ll cut down on some distractions. If you organize what you need for your final destination before you leave, you won’t need to search while driving.

Go hands free—If you must use the cell phone when driving, invest in technology that will help you keep your eyes on the road. Many installation-free kits are available that can help you go handsfree for less than the cost of a ticket.

• Take a break—Even with a hands-free device, the best idea is to pull over if you must make calls, answer texts or deal with issues involving other passengers.

One way to go hands free is the Parrot Minikit Slim. The speaker-phone clips onto your car’s sun visor, and once paired via Bluetooth with your mobile device, it automatically downloads your contact list. Using voice commands, it can dial up anyone in your phonebook and can be turned off and on with the push of one button.

In addition to portable options, another way to go hands free is with an installed product such as the Parrot MKi9200. Installed products are fully integrated into the vehicle’s existing stereo system so phone calls can be heard with the same sound quality as music. In addition, music players such as iPods can be played through this stereo system via an installed solution.

To learn more, visit the website at www.parrot.com.

Newsworthy Trends

You Can Save Some Green While Switching To “Blu”

(NAPS)—More Americans have high-definition television in their homes and want to enjoy the best picture and sound quality possible, especially when viewing their favorite movies on Blu-ray discs.

Discs unlock the power of these high-definition figures by the Digital Entertainment Group, sales of Blu-ray hardware have increased by 125 per cent in the first quarter of 2010 over the same period last year.

Upgrading to Blu-ray?

Nevertheless, many people own a number of DVDs in their home media collections. With the great movie selection of these DVDs can play on a Blu-ray player, they can’t deliver the high-definition quality that Blu-ray does.

To help consumers looking to upgrade DVD copies of films own to Blu-ray so they can take advantage of their high-definition media setup, Warner Bros. Home Entertainment Group launched a popular trade-in program called “DVD2Blu.” Movie fans go online to DVD2Blu.com, select the movies they want to upgrade and, for a nominal fee, trade in their DVD for a Blu-ray copy.

Upgradable movies include blockbusters such as “Gran Torino,” Tim Burton’s “Corpse Bride,” “Freddy vs. Jason,” “Under Siege” and “Superman II.” The Richard Donner Cut,” as well as classics from the 1980s such as “Risky Business” and “The Lost Boys” and titles as diverse as “V for Vendetta,” “Deliverance” and “Ocean’s Eleven.”

The process to upgrade is simple. You just mail in your standard DVDs with prepaid postage and a short time later get copies of the same film on Blu-ray Disc. The used discs will be processed and used for future plastic packaging.

Learn More

For more information and a complete list of titles, visit www.DVD2Blu.com.
Casual, Carefree Looks That Express Who You Are

(NAPSA)—Looking ahead to cool fashions for warm weather, the mood is carefree with simple, comfortable clothes that let you feel your best.

Here’s a season without a formal dress code, featuring colorful, casual looks that express who you are and what you’re doing throughout the day.

From street cool to business casual to gym fashion—the lines of leisure, business and after-five dressing are blurred this coming season.

Whether it’s time to work out or time to work, “flexible” is the buzzword for spring/summer season.

Whether driving your child to soccer practice, running to the gym or shopping with friends, look stylish in zip-front hooded jackets and vests that are great on their own or paired with matching pants. Jackets are $60 and vests are $45 in a range of mix-and-match colors and styles.

Matching footwear with revolutionary features and materials, such as the Nike “Presto” collection with its snug fit and mesh upper.

The products incorporate the newest styles and technologies, including special branded collections made exclusively for Lady Foot Locker.

Visit Lady Foot Locker online at footlocker.com or call 800-877-5239.

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www.backtothebibleorg (The Journey Together)
www.gspministries.net (Heartlands Church)
Save Time, Energy And Trouble

Tips To Help You
To help make cooking more fun and efficient, consider these tips:
• Use pots and pans with flat bottoms that fit the burners. A 6" pot on an 8" burner wastes over 40 percent of that burner’s heat.
• Try cooking food in as little water as possible to save energy and preserve nutrients.
• Don’t open the oven door during cooking; each time you do, you can lose about 25° to 30° of heat. Try cooking with a full oven, and using the broiler when possible, which needs less energy and doesn’t require preheating.
• Use the leftover heat as a food warmer and turn off the oven immediately when you are finished cooking. An oven retains heat for up to 30 minutes after it’s been turned off.

Learn More
For more information, visit www.whirlpool.com and www.instituteofkitchenscience.com.

Getting The Lead Out Of Your Drinking Water

• Use a professionally installed lead-free, energy-saving plumbing products such as balancing valves and the brass ITT Bell & Gossett eccentric water circulating pump that can save a family of four up to 12,000 gallons of water a year.

Learn More
Payment Protection Agency (EPA) says potentially toxic lead is most commonly found in a home’s plumbing system.

Commuter Credit Mistakes You Need To Avoid

• Use cold water for 15 to 30 seconds before drinking it.
• Use cold water for drinking or cooking.
• Never cook or mix infant formula using hot water from the tap.
• Use a faucet or filters that can remove lead from drinking water.
Keeping Romance Alive: Seven Tips For The Hot Tub

Hot tubs can help nurture intimate relationships, when both partners are available to be together without the risk of interruptions. Be creative and build anticipation by sending an invitation or love letter to your partner, expressing enthusiasm for the date. Set the mood. Create the romantic or sensual environment of music, light, aromatherapy candles, burn incense and indulge in the exquisite scents of products specifically made to add to your hot tub. To turn up the heat even more, add a red lens to the light in your hot tub and surround the scene with red candles. Create a theme. Escape to a tropical getaway without leaving your home and decorate the area surrounding your hot tub with exotic plants. Make tropical fruit drinks and adorn each other with fresh flower leis. Discuss the next trip you’d like to take together or reminisce about a recent trip you’ve taken.

Play a game. Invent a romantic game or activity centered around the two of you in your hot tub.

• Pamper each other. After a soothing soak in your hot tub, use some scented oils to give your partner a soothing, full body massage.

• Indulge in water. Indulge by sharing a romp top in your spa. Try an ice cream sundae with lots of cascading chocolate sauce, whipped cream and a cherry.

• Communicate. Share fantasies, hopes, dreams and concerns in a positive and private environment.

Dimension One Spas, Inc., has manufactured innovative hot tubs based on consumers’ preferences since 1977. The company features two product lines, Dimension One Spas and @Home Hot Tubs, along with a variety of complementary accessories. For further information or dealer locations, call 800-397-3527 or visit the Web site at www.dimensiononespas.com.
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**WHERE ARE THESE MOST WANTED PEOPLE**  
www.FBI.gov

### BEWARD PREDATORS Registry & Map

**www.SexPredatorUSA.com**

### Wounded Warrior Project

**“PLEASE HELP THEM TODAY”**  
www.WoundedWarriorProject.org

### Support Our Troops

**www.WoundedWarriorProject.org**

### Homeland Security

**Can Be Found On The**  
www.AmberAlertChild.com

**Web Site**

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