Preserving Memories Of America’s Recreational Lands

(NAPSA) — The next time you visit one of America’s parks, forests, fishing holes or monuments, be sure to bring your camera. Thanks to an annual photo contest, your picture could end up gracing the 2008 America the Beautiful—The National Parks and Federal Recreational Lands Pass. America’s federal recreational lands are exciting places to visit—daily, whether it’s a few minutes or for an entire vacation. They include beautiful beaches, rivers, and shorelines; bird and wildlife refuges; outstanding cultural and historic sites; and some of the world’s most magnificent forests, parks and monuments. They also make fantastic settings for photography. Shutterbugs can submit photos in two categories. The first is for the front of the Federal Recreational Lands Pass and will be judged on creativity, visual appeal and ability to show the diversity and richness of America’s federal lands, among other things. The second category, Family Fun, will award photos that show families enjoying the federal recreational sites, have visual appeal and include an unexpected perspective. No matter what level your photography skills may be, anyone can enter for a chance to win.

Winners will be selected by a panel of experts and will receive the benefits of major federal land agencies, the National Park Foundation and Casio. Prizes include Casio’s award-winning cameras, a Casio clock, a grand prize-winning image will grace the front of the 2008 Federal Recreational Lands Pass.

“Casio is proud to bring this contest to the American people on behalf of the special places in America they love—and we acknowledge that with today’s technology, you do not need to be a pro to take great pictures,” said Bill Heuer, senior vice president of Casio’s Digital Imaging Division. “The natural scenery and American historical sites provide the perfect backdrop for memory-making. For most people we know it won’t be a question of which shots to take, but which shots to enter in the contest.”

“Americans have been enjoying and supporting protected lands for more than a century,” said Jessica Murphy, vice president of development at the National Park Foundation. “Sharing the experience through the photo contest and gallery means that we can continue to chronicle the important role these places play in the present and evolving history of America.”

A complete list of contest rules and official entry forms are available at all participating federal land agencies online at www.sharetheparkexperience.org. A gallery of entries is available online.

Save Every Day

(NAPSA) — One of the best ways to save money is to try to lower the costs of your daily necessities. More and more people are spending smarter and looking to get something in return for their hard-earned cash—even on life’s necessities. Here are some tips on saving money when you do your weekly shopping:

• Send in rebate coupons. Even relatively small amounts can quickly add up and, in any case, it’s free money.
• Keep an inventory of your freezer, refrigerator, cupboards and pantry, and make sure it’s up to date. That will help you from buying too much of something perishable.
• Use store loyalty programs. They can reduce the cost of the things you buy by at least 10 percent.
• For example, more than 50 million Americans are part of CVS/pharmacy’s ExtraCare program. Most joined to avoid the hassle and cost of clipping coupons to get the sales prices on products in the store. ExtraCare cardholders also receive money-saving offers at the bottom of their receipts based on products they buy at CVS/pharmacy.

Consumer Corner

Catching the Wave—Delicious Seafood Dishes

(NAPSA) — Anytime is the perfect time to plan quality family meals from the comfort of home. And as the pace of life speeds up, it is more important than ever to make meals more convenient for you and your family. When time is short, it is not unusual that the key. So is good nutrition, making seafood a perfect fit for any family’s menu.

Seafood is praised as an excellent source of lean protein that is low in total and saturated fat. But you might not know that these tasty fruits of the sea are also rich in vitamins and minerals, making it an ideal nutrient-packed food, such as iron, selenium and calcium and vitamin D. Seafood comes in a variety of types of seafood, and these are all nutrients our bodies need for a healthy diet.

Many kinds of seafood—such as salmon, tuna and pollock—are also a rich source of the essential fatty acids known as omega-3s. The health benefits of heart-healthy fats and fatty acids are one of the most studied topics in nutrition. There is increasing evidence suggesting that food sources of omega-3s, mainly fish, contribute to reducing risk of heart disease. Omega-3s may also play a role in alleviating asthma and arthritis, and improving eye health and proper brain growth and function for both children and adults.

Consuming more seafood as part of a balanced diet is key to reaping the wonderful benefits it has to offer, and this advice is echoed by the American Heart Association, American Dietetic Association and health experts in the U.S. Department of Agriculture’s 2005 Dietary Guidelines for American. The guidelines advise that people should eat at least two servings of fish per week to gain the substantial health benefits from omega-3 fatty acids.

Seafood is not only rich in nutrients, but also versatile and easy to prepare. Visit www.AboutSeafood.com for health information and great recipes such as this one for shrimp that takes only 30 minutes to make. Catch the wave of good nutrition and add seafood to your diet today!

Shrimp Pesto Linguine

Ingredients

• 2 tbsp olive oil
• 1 large onion, chopped
• (10-oz.) package frozen peas
• 1 tbsp pesto sauce
• 3 tsp pepper
• 1⁄4 tsp salt
• 1 lb. shrimp
• 8-10 oz. cooked linguine

Instructions

Cook pasta. Reserve 1 cup of pasta cooking liquid. Meanwhile, heat the olive oil over medium heat in a large skillet. Add onion and sauté until tender, 5 minutes. Add peas, pesto sauce, pepper and salt. Cook, stirring occasionally, 5 minutes.

Add 1⁄2 cup of pasta cooking liquid to skillet and bring to a simmer. Add shrimp and cook until shrimp are heated through. Divide linguine among 4 plates. Pour sauce over pasta and toss. Sprinkle with parsley.

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