



Ways to Celebrate Valentine's Day if You aren't a 'Couple'

When we think of Valentine's Day, we tend to think of a man and a woman celebrating together. If you aren't paired at this time, here are ways to celebrate Valentine's Day YOUR way.

He who binds to himself a joy
Does the winged life destroy
But he who kisses the joy as it
flies Lives in eternity's sun rise.

- WILLIAM BLAKE

Love sought is good, but giv'n
unsought is better.

- WILLIAM SHAKESPEARE

Who so loves believes the
impossible.

- ELIZABETH BARRETT BROWNING

'Tis better to have loved and
lost than to have never loved
at all.

- TENNYSON

I am not one of those who do
not believe in love at first sight,
but I believe in taking a second
look.

- H. VINCENT

If you judge people, you have
no time to love them.

-MOTHER TERESA

Love those who love you.

- VOLTAIRE

The story of a love is not
important - what is important is
that one is capable of love. It is
perhaps the only glimpse we
are permitted of eternity.

-HELEN HAYES

- ♥ **Make it a special day for someone in a retirement or nursing home.**
Put on a bright red sweater and bring some tasty chocolate morsels!
- ♥ **Have friends over for a Valentine's Party.**
Sing songs, watch a video, make an outrageously beautiful buffet spread. Have everyone bring a grab bag gift. Have a Romantic song or poetry contest.
- ♥ **Call up your son and daughter-in-law and tell them you're coming for the weekend to take care of the kids so they can go celebrate.**
Bake Valentine cookies with the children and have a red dinner--red jello hearts, heart-shaped pasta with tomato sauce or heart-shaped pizza. Watch a video like "Willie Wonka."
- ♥ **Celebrate with your animal companion.**
There is no more reliable source of love in our lives.
- ♥ **Bake homemade dog biscuits.**
Take your dog for a special outing, and on the way, drop off your treats at the local animal shelter.
- ♥ **Take your animal companion with you to a nursing home or convalescent center.**
Many facilities are making this opportunity available for their guests. You can deck your dog, cat, ferret or rabbit in a festive Valentine scarf for the occasion.
- ♥ **Have friends over for a Valentine Day Brunch.**
Make pancakes and fried eggs shaped like hearts, serve with strawberry syrup, fresh strawberries, strawberry beverages. Yub! Set a Romantic buffet table and fill the Dining Room ceiling with pink and/or red helium balloons.
- ♥ **Check for special events in your town.**
A special Valentine pops concert perhaps?
- ♥ **Organize something with your civic group.**
If the New York Giants can do it, so can you. Last year they visited patients in Children's Hospital of New York-Presbyterian on Valentine's Day.
- ♥ **Adventure to a Bed & Breakfast in a beautiful location.**
Bring your friends or pets or both!
- ♥ **Feed your heart!** Curl up to a good book!



Tips for Teens--The Truth About Alcohol

Slang--Booze--Sauce, Brews, Brewskis, Hooch, Hard Stuff, Juice

Get the Facts

Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgement, slowed reflexes, distorted vision, memory lapses, and even blackouts.

Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.

Alcohol can kill you. Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning which can lead to coma or even death. Driving and drinking also can be deadly. In 2002, 29 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.

Alcohol can hurt you--even if you're not the one drinking. If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.

Before You Risk It

Know the facts. It is illegal to buy or possess alcohol if you are under age 21.

Get the Facts. One drink can make you fail a breath test. In some States, people under age 21 can lose their driver's license, be subject to a heavy fine, or have their car permanently taken away.

Stay informed. "Binge" drinking means having five or more drinks on one occasion. Studies show that more than 35 percent of adults with an alcohol problem developed symptoms--such as binge drinking --by age 19.

Know the risks. Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. Alcohol and acetaminophen--common ingredient to OTC pain and fever reducers--can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems, and difficulty breathing. Mixing alcohol and drugs also can lead to coma and death.

Keep your edge. Alcohol is a depressant, or downer, because it reduces brain activity. If you are depressed before you start drinking, alcohol can make you feel worse. Look around you. Most teens aren't drinking alcohol. Research shows that 71 percent of people 12-20 haven't had a drink in the past month.

The bottom line. If you know someone who has a problem with alcohol, urge him/her to stop or get help. If you drink--stop! The longer you ignore the real facts, the more chances you take with your life.

It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust. Do it today!

FROM SAMHSA'S NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION.

Employee Assistance Referral for Free Credit Report is Available

The nation's credit bureaus announced recently that U.S. consumers would be entitled to one free credit report each year. Keep in mind that through HBA you can be referred to Financial Specialists who can answer any questions you may have regarding this new opportunity to get a free credit report. The Financial Specialists are well versed in how to work with the credit bureaus for maximum effectiveness to eliminate inaccurate information. Eligibility for an annual free credit report is determined by your state of residence based on the rollout schedule set by federal law. The website below will show when a free credit report becomes available in your state through the www.annualcreditreport.com website or call HBA at 1-800-937-7770 and we will direct you to specialists who can answer any questions you have concerning when your free credit report will become available, and how to make the most of the opportunity to get the information to subsequently correct inaccuracies that they may discover!

CLC, INC.

Human Behavior Associates, Inc. - HBA is the provider of your Employee Assistance Program. Employees and their family members can call **1-800-937-7770** 24 hours per day, 7 days per week to request assistance with personal, family, financial or legal problems.