

Healthy living through activity

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a combination of karate, aerobics and boxing. "I thought I don't fit the mold of a typical instructor.

Then I thought about the impact that I could have on other people," she said.

Lee has inspired former students who aren't the Jane Fonda type either, who have

become aerobics instructors. Not only does striving to avoid being a statistic push Lee, she also relies on her faith. As a licensed and ordained

minister, Lee started the Women Over Coming Adversity In The Name-of-Jesus ministry which helps women who are dealing with life's storms

AIDS program running short on funds

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on the waiting list apply for pharmaceutical programs and Medicaid, Kettinger said. "Our funding is a last resort," she said.

The federal Ryan White Comprehensive AIDS Resources Emergency (CARE) Act, which disperses money to all states, provides

nearly 90 percent of the South Carolina program's budget, while state government contributes less than 4 percent.

The federal law is up for reauthorization this year. Officials and advocates worry whether Congress will allot enough money to meet existing and

expected needs.

"I think it's imperative that we not only maintain the current level of funding, but that we increase it," said Dr. Kent Stock of Lowcountry Infectious Diseases in Charleston.

His 2002 study on the economic impact of HIV and

AIDS in South Carolina found that 1,915 patients generated about \$73 million in hospital bills—a conservative estimate.

In 2004, South Carolina ranked 10th nationwide in the rate of AIDS cases. The rankings are based on the number of AIDS cases per every 100,000 people

Hurricane season requires preparation

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thing that you can't move indoors.

6. When the hurricane hits, stay out of your car and go to

a safe place. During the aftermath. 7. Take pictures of any damage. 8. If your engine was under

water, don't start the vehicle. Try to physically remove the water to begin drying it out. 9. Cover your vehicle to prevent further damage until

proper repairs can be made. 10. Save all receipts for towing and repairs, so that you can be reimbursed for your out-of-pocket expenses.

There are T-shirts in those old take-out bags

THE ASSOCIATED PRESS

NEW YORK — You wouldn't believe the genuine and fashionable stuff you can get off the back of a truck these days. You'll find Rock & Republic and Genetic Denim jeans, Gap khakis, Sweetees T's and one-of-a-kind dresses made entirely of patchwork scarves from up-and-coming label Ynuub.

Mobile fashion is making inroads, bringing sought-after clothes to your door.

Caravan, a boutique on wheels housed in a 24-foot-long retrofitted Winnebago, has been weaving through New York City streets for a year. And this summer, Gap took its show on the road, traveling from California to New York to hawk its summer favorites from a bus. Both operations say they're a

hit because they go where people live—and where they work.

"We're busy because people are busy. We make it easy, but there's also a lot of impulse buying and last minute gifts," says Alkiva Glick, Caravan's director of operations.

Caravan has found a few niche groups of shoppers: hipsters on their way to and from bars and nightclubs, busy working women and celebrities who crave privacy. Glick says he spends a lot of time parked in the trendy Meat Packing District and in Union Square—home to many college coeds and working mothers.

But does at-your-doorstep shopping take the fun out of it?

It depends on what kind of

shopping you're doing. Mobile shopping probably won't replace the leisure trip to the mall that also usually involves friends and a meal, but it makes "on-a-mission" shopping—when you need something specific and you need it now—much easier, says James Ireland Baker, editorial development director of Real Simple.

"Who doesn't need more time? Having shopping come to you helps. Anything that can free up leisure time is probably a good idea," says Baker. Mobile shopping seems to fit with the larger trend toward consumer customization, he adds. Overall, retailers and service providers are dissecting exactly what their customers want and then giving it to them, he says.

Caravan founder Claudine Gumbel says her customers like clothes with either a cool or kitschy factor: A black cashmere turtleneck, no matter how beautiful it might be, wouldn't do well because people don't come in looking for staples, she says.

"We want to have trendy, emerging designers but also a name that's getting buzz," Gumbel explains. The strapless jersey jumpsuits and organic cotton T-shirts hanging on the racks one recent day fit with the vibe of the store, which had a flat-screen TV playing "Past Times at Ridgmont High" in the background.

It's not uncommon for shoppers to walk in wearing a stained shirt or not-quite-right pants and walk out Please see T-SHIRTS/3B

Columbia, Md. rated among best places to live

THE ASSOCIATED PRESS

FORT COLLINS, Colo. — Money magazine announced Monday that Fort Collins is the "Best Place to Live" in America for 2006, citing its natural setting, vibrant downtown and the presence of Colorado State University.

The magazine said the city 60 miles north of Denver not far from Rocky Mountain National Park also outpaced other places in "ease-of-living" measures such as commute times and recreation.

The monthly magazine's August edition ranks Fort Collins No. 1 among 745 places with populations

greater than 50,000. Naperville, Ill., was second on the list, followed by Sugar Land, Texas, Columbia/Elliot City, Md., Cary, N.C., Overland Park, Kan., Scottsdale, Ariz., Boise, Idaho, Fairfield, Conn., and Eden Prairie, Minn.

Charlotte didn't rank on the list.

A separate list ranks Colorado Springs at the top of 10 best places to live among cities with more than 300,000 people. Two other Colorado cities made the top 90 for cities under 300,000: Westminster at No. 24 and Longmont at No. 61.

Cities are ranked on a series of factors, including cost of living, employment markets, median income, property taxes and housing prices. Crime, congestion, public schools and climate also go into the mix, executive editor Craig Matters said.

Kari Olsen, who grew up in Fort Collins, is featured with her family on the magazine's cover walking near Horsetooth Reservoir.

Olsen, 38, said she and her husband, Dan, moved back to Fort Collins in 1994 from the Midwest.

"We wanted to be here because of the quality of life,"

said Olsen, who has children ages 13, 11 and 7. "Just look at the recreation—there is so much to do it's hard to choose what to do."

The annual "best places to live" feature has appeared in Money for many years.

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Now Makes The Difference
As we seek to make our dreams come true, we do what we can to narrow our focus to what we really want in life. We have come to realize that if we are going to accomplish our goals, we must reduce the number of distractions that can get us off track.
An essential step in creating the kind of life that we dream of having is taking the time to create a plan to achieve what we want. This naturally takes into consideration planning for the future. This means taking a moment to imagine or visualize what we want.
However, we can become so focused on the future that we actually begin to lose sight of what it really takes to create our dreams. Focusing totally on the future can become little more than daydreaming. We may drive through neighborhoods where we hope to one day live. We may visit new automobile dealerships and pick out the kind of luxury car we want to drive one day.
But if our focus is only upon the future, we will miss a very big step in creating the future we want. In order to make our dreams a reality, we must look at the plan and goals that we have set for ourselves and decide to take action immediately.
The only way to realize the future that we have dreamed of is to take action in the present. If we do not consistently do something each day, we will not achieve our goals. Our success depends upon our willingness to do something each day to bring our dreams closer to coming true.
If you remember to focus on the present, do what you can do now, the present will actually take care of the future.
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