

Internet Is Helping To Make Seniors' Lives Easier

When you think of the Internet, seniors aren't the first age group that comes to mind.

But these days, older Americans increasingly are taking to the Web -- thanks to new free Web sites that are helping them stay in touch with loved ones and even keeping their daily lives organized.

Many of the skeptical seniors that were initially slow to engage the World Wide Web head-on are now discovering what they've been missing.

In fact, helpful sites are taking tasks that generally give seniors headaches and making them considerably more manageable -- and even fun.

Here are just some of the more popular activities and free Web sites that seniors are relying on to make life easier:

- * **Stay in Touch:** Connecting with others has been proven to keep seniors' minds sharp. One site that can help is LivingSocial, an online community where 80 million people from all over the world can connect with others around the things they care about, including books, movies, television, music, restaurants, and even beer.
- LivingSocial also offers a way to save money with daily group coupons for 50 percent off or more

How To Improve Your Relationship

We often turn to greeting cards, flowers, and heart-shaped boxes filled with chocolates in attempts to improve our relationships and stoke the flames of love.

However, there is a lot more to a strong and healthy relationship than mere vegetation and sweets.

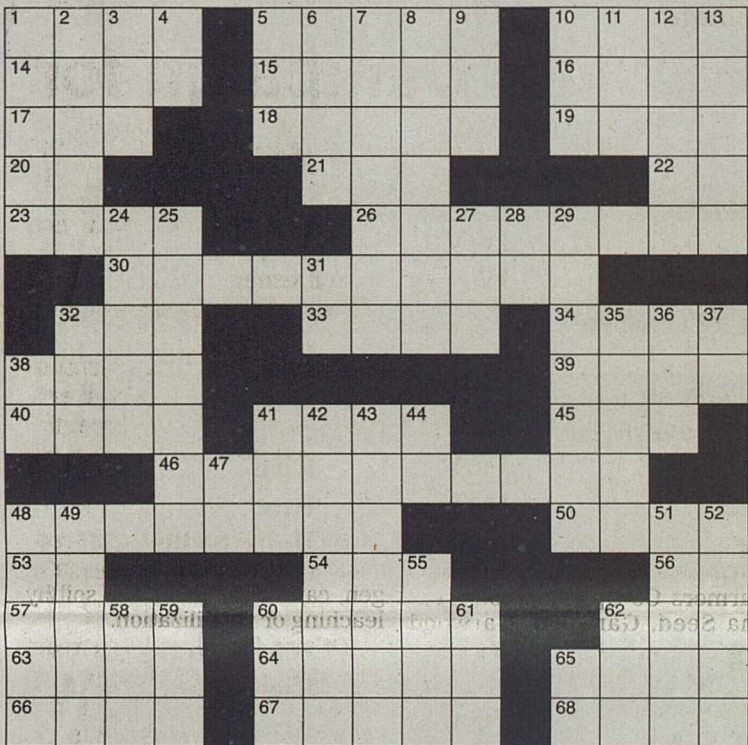
So says Laura George, founder and president of The Oracle Institute, who recently published a new anthology of essays and poetry, entitled "The Love: Of the Fifth Spiritual Paradigm."

"When these four facets -- body, ego, soul, and spirit -- are fused and run through the heart, our romantic relationships thrive," adds Brenda Schaeffer, one of "The Love's" contributing authors.

"But if these four facets are out of sync, if certain needs go unmet or old wounds go unhealed, our love relationships can become dependent or addictive."

Here are several ways to strengthen our most intimate relationships, according to the experts anthologized in the new book:

- * **Don't Judge:** At the end of a long day, most people simply want a partner who will listen to their problems without passing judgment or engaging in confrontation.
- As a result, a loving partner occasionally has to become egoless and simply act as a sounding board for their significant other.
- It's not the easiest thing to do, but it can prove critical in the success of a relationship.
- * **Love Yourself Too:** In order to be a true partner in any healthy relationship, one has to be comfortable in his or her own skin.
- That personal exploration can take place within the context of a relationship, but eventually everyone needs to take that journey alone.
- Doing so provides more balance to all our relationships.
- "Proper love of self, and by that I mean an introspective and mature understanding of our interior motives and drives, is what defines an elevated soul," says George.
- "We cannot expect to receive more than we produce in terms of romantic and familial love, let alone the more advanced stages of love like compassion, until we master our ego."
- * **Be Realistic:** Even the most well-rounded and healthy relationship encounters tough times marked by tension and sniping.
- Dealing with these is as important to a relationship as appreciating the good times.
- By keeping the testier moments in perspective and resolving them properly, couples can achieve the empathy so elusive in many relationships.
- "While flowers and candy may provide temporary sparks, there are a number of deep emotional and psychological gestures which will strengthen the bonds of true romance with another soul.
- By pursuing these methods, our romantic relationships and our lives are vastly improved.
- To learn more about "The Love," visit TheOracleInstitute.org/love.



- CLUES ACROSS
1. Dutch cheese

5. Deeper than abyssal

10. Carpentry groove

14. Early 20th C. art movement

15. Ablaze

16. Uninteresting

17. Water in the solid state

18. Philippine seaport

19. Not crazy

20. Atomic #43

21. A US House member

22. Spanish pain

23. Adventure story

26. Emits light

30. Getting rid of

32. Type genus of the Muriidae

33. The longest division of geological time

34. Canadian flyers

38. Record

39. Kiln

40. In addition to

41. Tragic British actor Edmund

45. ___ aid: owed

46. American region

48. Provoking terror

50. 2 items of the same kind

53. Iowa City school

54. ___ Jima, WW II battlefield

56. Undergraduate degree

57. Young woman (French)

60. Condescend

62. Type of computer

63. Wings

64. Japanese immigrant to US

65. Cut into cubes

66. Put in harmony

67. Commercial iron alloy

68. Periods of time
- CLUES DOWN
1. Copyreads

2. Capital of Bangladesh

3. Turns into noun

4. One thousandth of an ampere

5. Possessed

6. From a distance

7. Displaying or characterized by variety

8. A tribe of plains Indians

9. 5th zodiacal sign

10. Tooth caregiver

11. Macaws

12. Mother of Perseus

13. Carries out orders

24. Mathematician Karl F. 1777-1855

25. Escape with

27. Blare

28. Not out

29. Beached

31. Farm state

32. 1/1000 of an inch

35. Halloween treats

36. Viper

37. 12 inches

38. Algerian dinar

41. Norman Rockwell, painter

42. Most strange and frightening

43. In any way

44. One billionth gram

47. ___, denotes past

48. 98295

49. Craggy

51. Manila hemp

52. Cyprinid fishes

55. Double curve

58. Local area network

59. Old world, new

60. Roman god of the underworld

61. A quantity of no importance

62. Russian commune

65. Delaware

Hallettsville

Market Days

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- Holiday and home decor
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- Fresh produce and specialty food

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Los Kolaches Providing Music from 11 a.m. to 2 p.m.

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