

HEALTH | FAMILY

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SECTION D

Web photo albums: point, shoot, post

You can edit, crop and organize online

By Jay Clarke
McClatchy Newspapers

MIAMI — You've just celebrated the holidays with family and friends, and you've taken tons of digital photos. Now, how to share them? For growing numbers of amateur photographers, the

answer is an online photo album.

Making one "is very easy," said Elaine Hoffman, a psychotherapist who shuttles between an office in Miami and a home in Washington. "I love what these sites are capable of doing, the ability to

be creative, to edit, to crop, to use different formats. It's very exciting."

Dozens — maybe hundreds — of Web sites offer albums that can be shared online or printed and bound into a traditional book.

Kodak Gallery (www.kodakgallery.com), one of the biggest companies, has 60 million members and billions of photos under management, according to company

spokeswoman Liz Scanlon.

Snapfish (www.snapfish.com) says it has 40 million users. Shutterfly (www.shutterfly.com) claims 1.5 billion photos, and SmugMug (www.smugmug.com), which admits to being a smaller company, boasts 205 million photos.

Online albums even have gone to sea. Last year,

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Some online photo Web sites let you not only post albums for your friends and family to see; they also allow you to create hardcover books of your photos.

PETER TOBIA
MCCATCHY/TRIBUNE

BE RESOLUTE

Take small steps toward improvement

By Mary Meehan
mmeehan1@herald-leader.com

We're not going to concern ourselves with resolutions because rarely does anyone keep them.

But, as the new year begins, it's natural to start thinking about improving your health, getting your life — or at least your home — in order and saving money.

The key, experts say, is not piling everything on your plate. Whether it's eating right or decluttering your house, don't take on too much at once. And give yourself credit for the little successes.

Improve your diet

Drastic dietary changes don't stick, but subtle adjustments can help, said Beth Loiselle, registered dietitian at Good Foods Market and Café. Loiselle, who is teaching a series of healthy-eating classes, offers a few simple tips for better eating:

Breakfast counts: It's easy to fall into the habit of skipping breakfast, but it's important to start the day with some protein, she said. Eggs are a good source. You also can start your day right by blending fresh or frozen fruit, some milk and some whey protein powder for a quick and easy smoothie.

Plan ahead: Pack a few health snacks to help you get through the day. The few minutes it takes to put some carrots or pretzel sticks in a baggie will be worth the calories you save by not heading to the vending machine with hunger pangs.

Get moving: It's probably not realistic to go from couch potato to a crunch-loving workout machine in a few weeks. Work a little extra exercise into your day, and work your way up to that recommended 20 minutes, three times a week.

Loiselle's first class, "Better Eating for Life — Quick Start," will deal with the basics of an eating plan and simple healthy substitutes in everyday eating. The class is Jan. 12 and costs \$12 for the public and \$10 for Good Foods members. For more information, go to www.goodfoods.coop or call (859) 422-6802.

Also, check with your county health department for free classes or seminars offered throughout the year. For example, the Lexington Fayette County Health Department offers free classes on quitting smoking and coping with diabetes. That number is (859) 252-2371.

Clean up

Clutter takes its toll, said Sandy Linville, a Lexington-based professional organizer. The piles of papers and stacks of things around your home add up to

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CHRIS WARE | cware@herald-leader.com

Being pregnant at 16 is not news



MERLENE DAVIS
HERALD-LEADER
COLUMNIST

I remember my mother telling me, more than 40 years ago, about an 11-year-old girl in our church who was pregnant.

My mother said that the girl was "slow" — her term for the girl's learning disabilities — and that she had been "taken advantage of" by older boys.

It was startling news. That scenario came back to me recently when I learned of Jamie Lynn Spears' pregnancy.

For at least a week, TV news programs, TV magazines, tabloids and gossip and celebrity columns prominently featured that bit of information, as though a 16-year-old having a baby was shocking news.

We in the media seemed flabbergasted that the Nickelodeon star of *Zoey 101*, and sister of notoriously troubled pop icon Britney Spears, was pregnant and planned to keep her child.

Come on now. Good grief. Was there no other news? Did the war in Iraq end? Have we arrested Osama bin Laden? Are Pakistan and Kenya stable?

Why were we holding this child up as an example, as though 16-year-olds aren't having sex and babies far more often than they should?

How could we say she is misguiding young girls everywhere because of her actions, when those same girls can see examples of similar mistakes at their schools?

If we would simply turn our attention from celebrity worship to our local surroundings, we might discover that Jamie Lynn, while not the norm, is not all that unusual either.

She's definitely not news. Mary Venezia, executive director of the Florence Crittenton Home, said that in her 16 years at the home for pregnant girls, she has attended two 11-year-olds in labor.

If the media blitz was because Jamie Lynn at 16 is too young to be a mother, where was the national outrage about 11-year-olds giving birth here?

We shouldn't make Jamie Lynn anything more than what she is: the latest face for this country's growing children-having-children problem.

According to a recent report on birth statistics by the Centers for Disease Control and Prevention's National Center for Health Statistics, more teenagers in the United

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PHARMACIST ON CALL

Don't be fooled — alcohol really is a drug

By Richard Harkness
McClatchy Newspapers

Question: I'm always hearing the term "drugs and alcohol" as if alcohol is not a drug. Isn't alcohol a drug?

Answer: I think the above phrase is intended to emphasize that alcohol is a drug. The use of ethanol (drinkable alcohol) is so commonplace that people might not think to include it if you say just "drugs."

Ethanol occupies a unique place in our culture. Besides its use in beer, wine and liquor as an accepted social

drug, it's formulated into an assortment of household products such as mouthwashes and perfumes.

So don't look for another period of prohibition any time soon.

Because of dangers such as driving under the influence, it's important to look closely at the effects of this drug.

Ethanol intoxication has a two-stage effect on the brain. First there's stimulation, euphoria and loss of restraint. Next comes generalized depression and sedation with potential progression to coma and death.

Notwithstanding the iron constitution of Indy's gal Marion in *Raiders of the Lost Ark*, women appear to have a greater vulnerability to ethanol than men. There are key reasons for this.

After absorption into the blood, ethanol is distributed into lean body tissues. Because females tend to have less lean body tissue to take up ethanol, more remains in the blood. This means that a given amount of ethanol results in higher blood levels in females than in males.

The stomach breaks down a portion of ingested ethanol, thus reducing the amount absorbed. This breakdown process is decreased in women, also resulting in higher blood levels.

Once the major portion of ethanol has been absorbed, the liver begins breaking it down so the body can eliminate it.

Now comes the catch-22 that makes ethanol insidiously dangerous. At higher blood levels of ethanol,

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