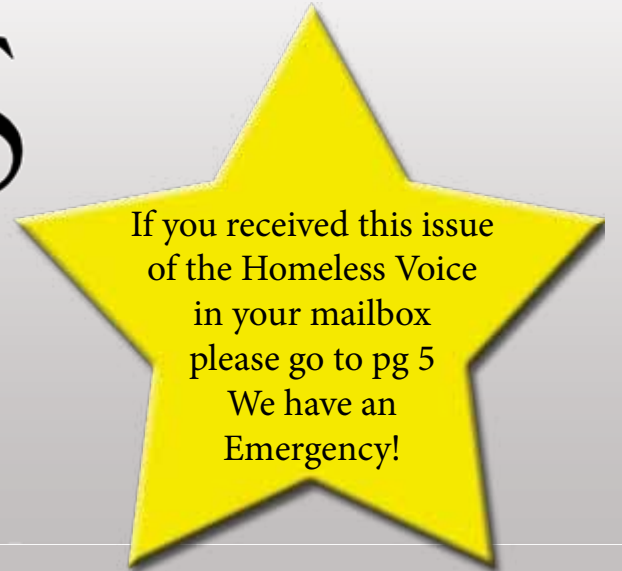


THE HOMELESS VOICE



Part of the North American Street Newspaper Association

COSAC Foundation | PO Box 292-577 Davie, FL 33329 | 954-924-3571

Are You Ready to Run?!

Staff Writer

Join us for our 3rd Annual Race To End Homelessness! On April 6th, 2013 we will be hosting our 5k run to benefit the homeless of Broward County. Registration is \$30 and besides being a generous donation to a local charity, you also get a t-shirt, a race goody bag, and a chance to win gift cards to local restaurants and stores in our random raffle drawings!

Come early and stretch with the Miami Dolphin Cheerleaders! After the race stick around to see if you won in your 5 year age group (M/F three deep) and get your medal presented to you by a Miami Heat Dancer!

The popular beach band Curbstone will be providing the perfect jams and Charnow Park will be offering the beautiful view of Hollywood Beach and the Atlantic Ocean.

Our course is USATF certified- fast and flat, and FUN!

Philly Pretzel Heaven pretzels and fruit are available to all runners. Zephyrhills water- and plenty of it -to cool you off will be provided.

This is our favorite fundraiser because we get to be active with the people who support us. Come out and join us for a guaranteed good time!



Such a BIG heart tucked behind two little pockets

I have lived with Georgia in Room 220, the Psyche Ward, since 2005. She and I had so much in common with our birthdays in April - only six days apart - so much "fire" in one room. In a room filled with nothing but girls, one second we were celebrating our birthdays together with a "room birthday party" filled with treats, cards, music, singing, and dancing and the next second our relationship was feisty wanting to beat each other up. We always made certain we celebrated our birthdays together each year.

She'd steal my make-up, deny it, and then wear my colors tomorrow. She'd get into one of her moods and keep the room up all night long with her shenanigans just because she could. While she's sleeping the daytime away, we had to work our jobs absolutely exhausted because we got no sleep. But it was all ok. Georgia knew how much I loved her and would protect her against anyone. I am even unable to count all of the times she said, "Cynthia, baby, you know I love you." And I always replied, "Yes I do, Georgia. And I love you too!" You just couldn't help but love her!!!

Georgia was always on the bus visiting her family. On one particular day, I happened to hop on the same bus. We sat together and talked about her visit, her day, and just her remember-

We all tried talking her into carrying a purse, but she never bought into the idea.

ing. Her sense of humor about life and day-to-day occurrences would brighten any one's day because she always kept people laughing: her sense of humor was absolutely contagious.

What I remember most about Georgia is how generous and big her heart was. She was always observing the girls in the room, what they needed, what they did not have, finding it, and then placing it on their bunk. Someone who had so little shared so much. If someone asked her for something like a cigarette, a lighter, Kleenex, lipstick, or to borrow money, she always found it..... right in her bra - left or right cup. I call it her "bra pockets." We all tried talking her into carrying a purse, but she never bought into the idea. And having the contagious personality that she had, Georgia converted ssssooooo many girls into storing items in their "bra pockets" as well including myself. Recently I was asked, "Why don't you get a purse?" I replied, "I travel light. It's convenient. And my Mom taught me."

Georgia, you are loved by so many. Be at peace and watch over and protect us all. You will be sadly missed along with ALL of your shenanigans.

I love you very much! Cynthia

Medical Emergency at Homeless Voice Shelter

Staff Writer

This homeless man's oxygen was at 73 percent when we got to him. This was very critical. It was important for us to get his oxygen up as much as possible before EMS arrived. We finally got his Oxygen up to 95 percent. Our in house medics are our homeless people who took a first responder course to be able to use oxygen, AED's and other lifesaving medical equipment. We have saved many people with our yearly training. We also do in house training. So far we have saved 4 people with AED's and on overdoses we have saved about 20 people over the years by having the proper training. When most people think the homeless are worthless bums look at these homeless people save a man's life. Way to go Homeless. You think this is great you should see them respond to major accidents on the highway in front of the shelter. The community does not like having a homeless shelter in the area but when one of them gets in a car accident it does make them think different.

(Scan QR Code to View Video)



Don't Miss Our Next HV Issue - A Tribute to Our Friend Georgia

Our Purpose: To Help the Homeless Learn How to Help Themselves

~Monthly Angels~

Addias Eugene
 Amparo Penuela
 Awake Inc.
 Barbara Robinson
 Bill & Laura Fash
 Bobbie Given
 Charles & Tracy Rice
 Dalal Almeida
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 Donna Jesudowich
 Ellen Heron

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Maria Ortega
 Maria's Birthday Wishes for The Homeless
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 Virginia Bailey
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Thank you for your support Angels! Your support keeps our doors open!

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Become a monthly angel and for only 50 cents per day, you can keep a homeless family off the streets.

Have piece of mind in knowing that you helped keep a homeless family off the streets.

You or your business name will appear in the Homeless Voice Newspaper, which currently has over 100,000 copies in circulation.

DONATE \$15 MONTHLY AT:
HVOICE.ORG/DONATE-MONTHLY

Or send your check to Angel Program * 1203 North Federal Highway * Hollywood, FL 33020

THIS YEAR MY WISH FOR A GOOD YEAR IS THAT WE ALL PRAY FOR THE LORD TO SEND A CURE DOWN FOR ALL CANCERS.

LORD WE ASK YOU TO GIVE WISDOM TO ALL CANCER RESEARCHERS AND SCIENTISTS SO THEY CAN COME UP WITH A CURE.

LORD ALLOW THE ELECTED OFFICIALS TO DECLARE WAR ON CANCER AND MAKE IT A GOAL OF THE PRESIDENT TO RID THE EARTH OF ALL CANCER IN THE NEXT THREE YEARS.

LORD WE ASK THAT YOU HEAL ALL PEOPLE WHO ARE DYING OF CANCER.

LORD WE ASK THIS IN YOUR NAME AND WE ASK THAT IT HAPPEN IN THE NEXT THREE YEARS.

IN JESUS'S NAME AMEN

Join Our Fleet of Monthly Angels Today:

Fill out this form and along with your check for \$15 mail to:

Monthly Angel Program
 PO Box 292-577
 Davie, FL 33329

First Name: _____

Last Name: _____

Address: _____



Cut along the line and mail in



Donate Online: HomelessVoice.org/Donate

Donations are tax deductible & help South Floridas Homeless

Our Homeless Voice readers:

About the COSAC Foundation

About the COSAC Foundation

The COSAC Foundation was originally established in May 1997 to partner with other social service agencies, in the area, that provided help to the homeless population. COSAC also independently feeds the homeless. We have grown into a multifaceted agency that feeds, shelters, and arranges for each homeless person to receive the necessary access to social and noncompulsory religious services to enable a return to a self-reliant lifestyle. And for the small percentage of people incapable of living independent lives, we provide a caring and supportive environment for their long-term residency.



Our Philosophy

COSAC believes that to remain effective we must strive to remain flexible, and be ready to evolve to meet the needs of the homeless with equivalent services.

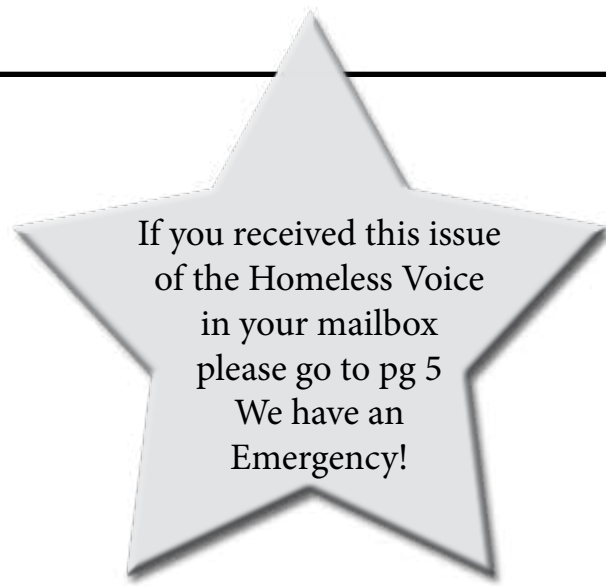
Our Mission Statement

To provide the homeless population access to shelter, food, employment opportunities or referrals, as well as access to social services all toward the aim of enabling their return, if possible, to self-reliance.

To accomplish this COSAC is the hub organization. We developed the Homeless Voice newspaper, a COSAC funding tool, which has been responsible for employing homeless people and therefore giving them income to survive on the streets. Also, the "The Homeless Voice" is the means by which we advocate on behalf of the homeless population and to educate the public as to the true nature of homelessness and ways we can all work to eliminate the bias against this sector of our population and to help empower those affected by homelessness to regain or maintain their self-esteem and sense of self-worth during their transition through difficult times. The Homeless Voice became the official name of our homeless division, which operates four facilities in Broward County. We created the COSAC Quarters Hotel for the poor, a hotel with 21 rooms that serve the indigent or people with limited income. The clients receive three meals a day at Arnolds Café, named after the great homeless advocate Arnold Abbott. Another agency is the Day Labor Company, employees of which match an outside company labor request with a suitable shelter resident. Lastly, COSAC Foundation decided to become the South Florida County Food pantry. This service helps us provide food for those "nearly homeless" families.

Our Vision

To end discrimination against the homeless population and to develop such an effective network of services that we greatly reduce the time a person or family emerges out of homelessness back into self-reliance.



If you received this issue of the Homeless Voice in your mailbox please go to pg 5 We have an Emergency!

Donate Online

www.homelessvoice.org/donate

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Contributing Editor

Lois Cross

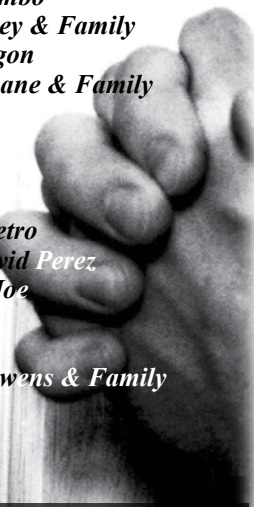
Photos

Cynthia Waters

www.HomelessVoice.org/contact

Please Donate Gift Cards from
THE HOME DEPOT or *Lowes*
 Call 855-410-6275

- * Robert Tansey
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- * Geralyn
- * Little Ryan
- * Earnest Bowns & Family
- * Ed & Ruth
- * Rudy
- * Lisa



Cathy's Prayer List
 To add a name please
 call 954-410-6275, no monetary
 donations needed



COSAC CRISIS FUND

We need all of our supporters to please send in \$10

Your Donations can be made by sending in a check to:
 COSAC Crisis Fund
 P.O. Box 292-577
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 or by going to our website:
HVoice.org/help

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 Please help feed our guests!

Looking for organized, energetic volunteer to help coordinate our Volunteer Projects- For more details please call: 855-410-6275

Dear Homeless Voice Readers:

We are the small non-profit that runs the #1 emergency and response shelter in South Florida. We serve, house, and care for 500 homeless every day, and have costs like any other business: water, power, rent, programs, staff and legal help.

The Homeless Voice is extremely effective. It is a place where anyone in need will get help. It is a safe place for people to go when they have nowhere else to turn. We take no government funds. We run on donations averaging about 33 cents.

If everyone reading this paper gave the price of a cup of coffee, our fundraising would be done. If helping people is important to you as it is important for us, take one minute to go online to www.hvoice.org and become a monthly angel. \$15 per month is what we need from You. Please help us forget fundraising and get back to Serving the Homeless. Thank you.

The Paradoxical Commandments

- Dr. Kent M. Keith
- If you do good, people will accuse you of selfish, ulterior motives. **Do good anyway.**
- If you are successful, you will win false friends and true enemies. **Succeed anyway.**
- The good you do today will be forgotten tomorrow. **Do good anyway.**
- Honesty and frankness make you vulnerable. **Be honest and frank anyway.**
- The biggest person with the biggest ideas can be shot down by the smallest person with the smallest mind. **Think big anyway.**
- What you spend years building may be destroyed overnight. **Build anyway.**
- People really need help but may attack if you help them. **Help people anyway.**
- Give the world the best you have and you might get kicked in the teeth. **Give the world the best you've got anyway.**

HOMELESS VOICE

\$25
Buys a hot meal for ten people

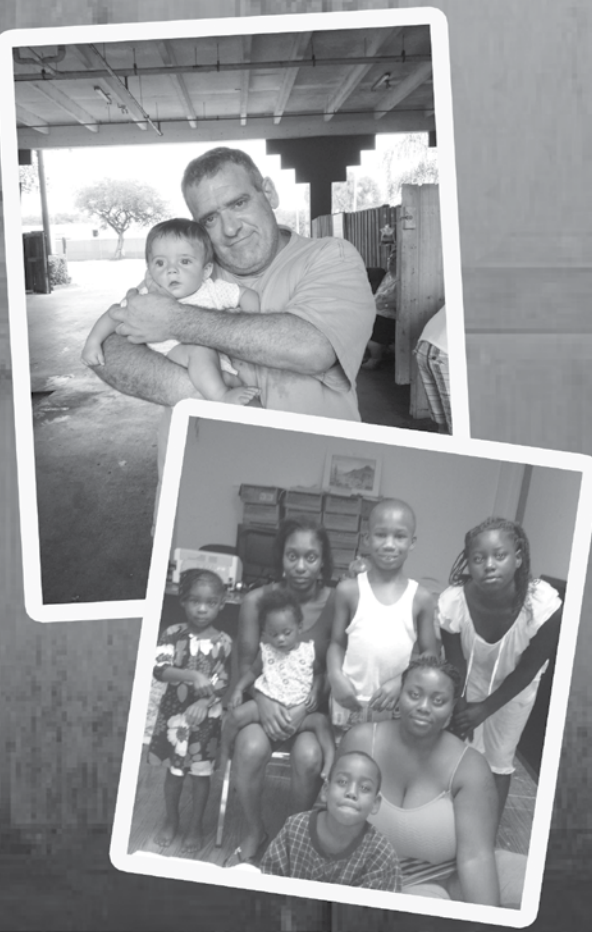
\$50
Buys 2 bags of groceries for a homeless family

\$100
Buys a night in an emergency hotel accommodation for a homeless family

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Photo by Design Dorm

www.hvoice.org | COSAC Foundation P.O. Box 292-577 | Davie, FL 33329



Don't Let
the Doors
Close on
These
Children

We Have Been Removed From The Streets...

For any new readers to our paper, I'd like to explain a little on how we support ourselves. We run on 100 % generosity of our readers. We are not funded through the government and depend solely on the communities we serve. Distributing the free Homeless Voice newspaper has been our way over the last ten years to collect donations while providing a job and money to the transients of South Florida. By not accepting government funding we are able to accept people of every age, race, criminal and mental background with no limitations on how long they can stay or how much we can help them.

It is very important for us to bring the news to you as well so we can reduce the number of homeless people in the community. The more people who read our newspaper, the more we can educate and then help fix the problem of homelessness.

However we are in serious danger of losing that freedom. More and more cities are taking our vending rights away while sending more people to our shelters. Our supplies are running low and our bills are piling up.

If you have received this free issue in your mailbox, thank you for taking the time to read about us and the people who live here. We are a full service shelter and offer three meals a day, a bed to sleep in and the opportunity for counseling and assistance in applying for benefits and jobs. We offer much more and when the opportunity allows we often provide emergency assistance and aid in the surrounding area. We are in desperate need of people who can donate every month.

We love visitors to come by and see what we are all about. Please see below on ways to donate, thank you!

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- * Free food
- * Live music from Curbstone
- * Miami Heat Dancers
- * Dolphin Cheerleaders
- * 50/50 Raffle
- * And so much more!!!

Visit: www.HVoice.org/5k to register & for more info!



Prayer for Religious Liberty

O GOD OUR CREATOR,
from your provident hand we have received our right to life, liberty and the pursuit of happiness. You have called us as your people and given us the right and the duty to worship you, the only true God, and your Son, Jesus Christ. Through the power and working of your Holy Spirit, you call us to live out our faith in the midst of the world, bringing the light and the saving truth of the Gospel to every corner of society. We ask you to bless us in our vigilance for the gift of religious liberty. Give us the strength of mind and heart to readily defend our freedoms when they are threatened; give us courage in making our voices heard on behalf of the rights of your Church and the freedom of conscience of all people of faith. Grant, we pray, O heavenly Father, a clear and united voice to all your sons and daughters gathered in your Church in this decisive hour in the history of our nation, so that, with every trial withstood and every danger overcome — for the sake of our children, our grandchildren, and all who come after us — this great land will always be “one nation, under God, indivisible, with liberty and justice for all.” We ask this through Christ our Lord. Amen.

On Spirituality...Springtime

Springtime, beautiful, lovely springtime. Here in South Florida it is not always so easy to notice the changing of the seasons, but in many parts of the country the changes are drastic and spectacular. In colder winter climates the foliage disappears for many months and all is brown and grey. Then springtime, slowly at first, just a shoot, a bud, a robin, then with more force and speed the colors of the season's first flowers, daffodils, crocus and tulips. Yellows and reds, blues, purple, green. It lifts our spirits to new heights, we feel the goodness of new life. New life rising up out of the ground, such an Easter event. The new life of the risen Christ conquering death for all time. Life still has its brown and grey days but they always hold the promise of the new life of eternal springtime. Wishing you a blessed and peace filled Easter,



Deacon Bob

"Care to Help the Homeless?"

Does your store, office, or place of business want to say, "Care to Help the Homeless?" We would like to offer you the chance to put our bucket and papers in your place of business so you can collect funds for us and then once every ten days we will be by to pick up the funds. This is to help us stay in business as the cites such as Miramar and Pembroke Pines make laws that no longer allow our paper to be sold on the streets. Please show your support in Helping the Homeless and "host" one of our buckets! Call 954-920-1277 for your bucket today!





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Do You or Someone You Know suffer from any of the following diseases?

COPD or Schizophrenia

If so, you may qualify to participate in a clinical trial.

Medical & Biological

Benefits Include:

- ✓ Free doctor visit
- ✓ Get paid to see Dr.
- ✓ Free medicine



6 Rutgers: Flowers Improve Emotional Health



Aboutflowers.com

With today's high-tech and fast-paced lifestyle taking its daily toll on our lives, experts advise exercise and other personal lifestyle changes to relieve stress. According to behavioral research conducted at Rutgers, The State University of New Jersey, nature provides us with a simple way to improve emotional health - flowers. The presence of flowers triggers happy emotions, heightens feelings of life satisfaction and affects social behavior in a positive manner far beyond what is normally believed.

"What's most exciting about this study is that it challenges established scientific beliefs about how people can manage their day-to-day moods in a healthy and natural way," said Jeannette Haviland-Jones, Ph.D., Professor of Psychology at Rutgers and lead researcher on the study.

Research Findings-A team of researchers ex-

plored the link between flowers and life satisfaction in a 10-month study of participants' behavioral and emotional responses to receiving flowers. The results show that flowers are a natural and healthful moderator of moods.

Flowers have an immediate impact on happiness. All study participants expressed "true" or "excited" smiles upon receiving flowers, demonstrating extraordinary delight and gratitude. This reaction was universal, occurring in all age groups.

Flowers have a long-term positive effect on moods. Specifically, study participants reported feeling less depressed, anxious and agitated after receiving flowers, and demonstrated a higher sense of enjoyment and life satisfaction.

Flowers make intimate connections. The presence of flowers led to increased contact with family and friends.

"Common sense tells us that flowers make us happy,"

said Dr. Haviland-Jones. "Now, science shows that not only do flowers make us happier than we know, they have strong positive effects on our emotional well being."

Sharing Space-The study also explored where in their homes people display flowers. The arrangements were placed in areas of the home that are open to visitors - such as foyers, living rooms and dining rooms - suggesting that flowers are a symbol for sharing.

"Flowers bring about positive emotional feelings in those who enter a room," said Dr. Haviland-Jones. "They make the space more welcoming and create a sharing atmosphere."

The results show that flowers are a natural and healthful moderator of moods.

Activist Painting House Like a Gay Rainbow, Across Street From Westboro Baptist Church

Erica K. Landau

According to the Shawnee County code, no permit is required to paint one's property. Still, Jackson expects some ruffled feathers from the city. It's why he's kept the project so quiet for the past year, even during trying times, like the especially egregious announcements from the WBC expressing their intent to protest the funerals of those killed at Sandy Hook Elementary in December.

Jackson had a tough time finding a painting company to do the job. "We had to go through about five local painting companies because they were scared," he relates. "We'd call them, ask,

'Does your company have the ability to do this?' They'd say yes, come by our house. But once they saw the neighborhood, they'd stop answering our phone calls. They would just vanish."

They eventually got one company from an hour away in Kansas City to agree to do it. He's also taken safety precautions, flying in long-time friend and colleague Sean Cononie of Hollywood's Voice Homeless Shelter to do a security breakdown.

"I consulted with him a bit, went over his game plan," said Cononie, who got more directly involved after Westboro Baptist Church announced the Sandy Hook protests. "Where to put security cameras, or where to go if there is gunfire shot toward the house... I'm not so worried about [the Westboro Baptist Church]. They've been pretty peaceful -- not so much with their words [but with their actions]. But you still have other hate groups that may be attracted to Aaron and his group."

In addition, Cononie is helping to raise funds for the antibullying initiative. (Cononie and the shelter were

largely responsible for helping Planting Peace's during its early days and first initiatives in Haiti.) In addition to a personal donation, he, along with about 50 others, has set up a personal fundraiser profile at Planting Peace's crowdrise.com page.

Jackson hopes to raise a million dollars to kickstart the antibullying programs. "Our goal is to create a national antibullying campaign," said Jackson. "We'd like kids to approach us with ideas, and then we'll promote it. They create an equality-type club, and we'll provide resources on the back end."

"We also want to create safe spaces in schools," he continued, naming Safe Space programs as an inspiration. "We want to identify teachers that are LGBTQ-friendly, so kids will know they have someone to talk to, bring in public speakers, support some of the fabulous antibullying initiatives that are already out there."

"Children are killing themselves because they are hearing a message that they are less than," Jackson added. "We want to counter that message. Where better to start it than next door to Westboro Baptist Church?"

NOTE: When Sean found out that this church was going to protest at the funerals of the Sandy hook school shooting Sean was very upset. He even placed a few calls to the Westboro

Baptist church and tried to plead via their Voice Mail. He thought how could this so called Baptist Church go and protest the funerals of these little ones? How could they be so mean to do that to the parents who just lost their children? For Sean there was no excuse for this church to be so mean. Then he remembered just how they did the same things to the parents who lost their teenager from a hate crime for being gay. Then of course how this church went to the funerals of our fallen soldiers and also protested those funerals. Sean decided to support this project because of his dealing with anti-hate programs throughout the years. To support this project please send in your donations to the below address or go to www.homelessvoice.org Stopping Hate Crimes USA

The National Coalition Against Terrorism, Inc.
Both Divisions of the COSAC Foundation
P.O. Box 292-577
Davie, Florida 33329

Fun Fact: I bet you did not know that the COSAC Foundation has started over 20 not for profits that serve all kind of injustices. We started the above two think tanks to help stop domestic terrorism which is a hate crime. We have done this because people like you buy our paper. So a big thanks for helping to serve the victims of these vicious hate crimes.

Saying Thanks: The Importance of Gratitude

By Janice Kaplan

Can saying thank you make you happier? In a new national survey of more than 2,000 adults conducted for the John Templeton Foundation, 64% of women said that they express gratitude because it makes them feel good. And it's a smart move. Academics studying the subject have found that feeling grateful and expressing it decreases stress, increases happiness, and generally makes people feel better about life.

In fact, the Templeton Foundation—which supports research on questions relating to human purpose—is investing almost \$6 million to fund new research on the practice of gratitude, including its effects of health and child development.

Gratitude, it turns out, functions as "a psychological immune system that bulletproofs you in times of crisis," says Robert Emmons, Ph.D., professor of psychology at the University of California, Davis, and author of the forthcoming *Gratitude Works! A 21-Day Program for Creating Emotional Prosperity*. It's hard to feel fortunate when you lose your job or home or you face a difficult illness, but an ability to refocus can get you through. "Our mind often latches on to what is wrong. There's no need to ignore the negative or say life is perfect," Emmons adds. "But once you have the skill of coping gratefully, you can find a new, redemptive frame of reference."

Gratitude requires work and attention, Emmons acknowledges. "But now that we know its advantages," he says, "we have reasons to encourage it in ourselves." Want to try it yourself? Keep a gratitude journal. People who document what they're thankful for reap a host of health and emotional benefits. Get started with these tips from Emmons, adapted from UC Berkeley's Greater Good website:

1. Commit to Happiness: Journaling is more effective if you first make the conscious decision to become more fulfilled and more grateful, research suggests. "Motivation to become happier plays a role," Emmons explains.

2. Go for Depth Over Breadth: Elaborating in detail about a particular thing for which your grateful—e.g., how thankful you are for your husband's repair of that



broken faucet—carries more benefits than listing many things.

3. Make it Personal: Focus on people you're grateful for, not things. And try subtraction, not just addition: Reflect on what your life would be without certain blessings rather than just tallying up the good stuff.

4. Savor Surprises: Record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude. For inspiration, search for "community gratitude journal" at greatergood.berkeley.edu.

If you received this issue of the Homeless Voice in your mailbox please go to pg 5 We have an Emergency!

BEING HOMELESS

Emotions run deep in a skeptical way,
Finality comes bring fear each day
No place to hide and no place to stay
Shattering a heart in a sadistic cruel way
Stereotypical labels which still remain
People oblivious to the crippling pain
Looking above for a sign or an answer
Nothing is clear just mind numbing cancer
They say that home is where the heart is
But I have no home and my heart is fractured
I wish that I could find a happy medium
To justify this extreme lonely tedium
But I am homeless this fact remains
So I will continue this life in vain

Simon Ewing

February 2013

HomelessVoice.org.uk

Meatless Monday

meatlessmonday.com

There has recently been a movement to go meatless on Mondays. Below are the health and environment perks to taking one day a week and subbing out that meat for grain and plant based foods. Some easy substitutions are pizza or pasta. Meat alternatives have really come a long way and are readily available in most grocery stores. The packages often have a recipe on the back that you can try. If you don't feel like cooking, most restaurants offer a vegetarian menu with choices in an array of cuisines.

Health Benefits

LIMIT CANCER RISK: Hundreds of studies suggest that diets high in fruits and vegetables may reduce cancer risk. Both red and processed meat consumption are associated with colon cancer.

REDUCE HEART DISEASE: Recent data from a Harvard University study found that replacing saturated fat-rich foods (for example, meat and full fat dairy) with foods that are rich in polyunsaturated fat (for example, vegetable oils, nuts and seeds) reduces the risk of heart disease by 19%.

FIGHT DIABETES: Research suggests that higher consumption of red and processed meat increase the risk of type 2 diabetes.

CURB OBESITY: People on low-meat or vegetarian diets have significantly lower body weights and body mass indices. A recent study from Imperial College London also found that reducing overall meat consumption can prevent long-term weight gain.

LIVE LONGER: Red and processed meat consumption is associated with increases in total mortality, cancer mortality and cardiovascular disease mortality.

IMPROVE YOUR DIET: Consuming beans or peas results in higher intakes of fiber, protein, folate, zinc, iron and magnesium with lower intakes of saturated fat and total fat.

Environmental Benefits

REDUCE YOUR CARBON FOOTPRINT. The United Nations' Food and Agriculture Organization estimates the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that are accelerating climate change worldwide . . . far more

than transportation. And annual worldwide demand for meat continues to grow. Reining in meat consumption once a week can help slow this trend.

MINIMIZE WATER USAGE. The water needs of livestock are tremendous, far above those of vegetables or grains. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef. Soy tofu produced in California requires 220 gallons of water per pound.

HELP REDUCE FOSSIL FUEL DEPENDENCE. On average, about 40 calories of fossil fuel energy go into every calorie of feed lot beef in the U.S. Compare this to the 2.2 calories of fossil fuel energy needed to produce one calorie of plant-based protein. Moderating meat consumption is a great way to cut fossil fuel demand.

Sweet Potato Burritos

This burrito might surprise you with its sweetness, but the onion and garlic powders offer a savory balance to the cinnamon. Using whole wheat tortillas can complete the wrap the healthy way by keeping you fuller, longer. This recipe comes to us from Lindsay of The Happy Herbivore.

Serves 4

4-6 soft taco shells, tortillas or wraps
1 medium sweet potato, boiled until tender and drained
1 cup brown rice or quinoa, cooked to desired tenderness
10 oz frozen spinach
1 cup black beans
½ teaspoon cinnamon
¼ teaspoon cumin
¼ teaspoon onion powder
¼ teaspoon garlic powder
hot sauce, to taste

Cook spinach according to package directions, pressing out any excess water once the spinach is fully cooked.

Put the spinach in a bowl, sprinkle with garlic powder and salt and set aside.

Sprinkle cumin, onion powder and garlic powder over black beans, stirring to evenly coat beans with spices and set aside.
Peel cooked sweet potato and mash with a potato masher or fork. Sprinkle with cinnamon and stir to combine.

Combine sweet potato, spinach, grains and black beans in a large bowl, stirring to evenly combine, and scoop mixture into the center of the wrap. Drizzle with hot sauce to taste.



Nutrition Information

Sweet Potato Burritos
Servings per Recipe: 4
Amount per Serving
Calories: 500 (less if using whole wheat wrap)
Calories from Fat: 68
Total Fat: 7.7g
Saturated Fat: 1.9g
Sodium: 524mg
Potassium: 771mg
Total Carbohydrates: 92.3g
Dietary Fiber: 11.1g
Protein: 17g
Sugars: 3.9g

15 Ways to Save More This Month

Parenting.com

A child costs the average family more than \$15,000 per year. Before you freak, read these simple ways to slash your expenses.

Buy unisex clothing. If you plan to have more than one child, stay away from stereotypical pink or blue outfits, suggests Jonathan Pond, author of *Grow Your Money*. Many T-shirts, shorts, and pants can be worn by both boys and girls through preschool, so it makes financial sense to maximize your hand-me-down potential.

Be stroller-smart. Why drop \$800 on a fancy ride when you can pick up a good one for \$200? "It's not like a designer model has antilock brakes or air bags," says Alan Fields, coauthor of *Baby Bargains*.

Avoid pricey hotels. For your family vacay, rent a house instead of a hotel room. You'll save a bundle and get a kitchen to trim restaurant bills. Try craigslist.com, vrbo.com, or homeaway.com for listings.

Turn your home into a preschool. Many pre-K programs now accept 2-year-olds. But holding off for a year or two will save you thousands in tuition fees. "You can easily create a stimulating environment at home and provide lots of opportunities for playdates with friends to help prepare children for kindergarten," says Barbara Willer, spokeswoman for the National Association for the Education of Young Children.

Cut your kids' hair. A salon visit can set you back \$25 or more, but you can easily trim your child's locks yourself. You need a spray bottle, sharp scissors or clippers, and a comb to clear loose hairs from the face and neck. For step-by-step directions, go to parents.com/haircut.

Shift your hours.

For two-income families, paying for day care or a babysitter probably takes the single biggest chunk out

of your budget. Instead, see whether your employers allow for flexible hours. Some couples eliminate child-care expenses by arranging for one spouse to work evenings while the other toils during the day.

Pick "pre-owned" clothing and gear. Shopping clearance racks can save money, but you'll need to guess what your child's size will be by next season. A better bet: Look for bargains at consignment stores and garage sales, host a clothing-swap party, or trade with moms across the country via thredup.com (you send items that no longer fit in exchange for ones you want) or swapmamas.com (the site lets you give, receive, or both). Just don't buy or donate a used car seat or crib, as these may not meet current safety standards.

Breastfeed. Mother's milk isn't just better for your baby. It's a lot cheaper than formula too. Nursing a child isn't exactly free, of course: You'll probably need two nursing bras, breast pads, and a breast pump (a good electric model starts at \$200). But you'll still save around \$100 per month in the end.

Be a mom of the cloth. If you won't do it to limit landfill trash, switch to cotton diapers to preserve your bottom line. You can buy two dozen cloth ones with six covers for about \$100 (organic fabrics and designer covers will run about three times that amount). Advocates estimate that washing them yourself will cost another \$450 (for detergent and utilities), but you'll still likely save more than 50 percent compared with disposables. Plus, you can reuse them on your next child.

Make your baby food by hand. Tired of paying \$1 a jar for mashed carrots? Get the Sunbeam 2 Quart Food Mill (\$25 at amazon.com) and puree fruits or veggies yourself. Your baby can eat most of what you do, as long as you wait four to six months to start her on solids.

Know the first rule of baby shopping. Buy big-ticket nursery items, such as a crib, a dresser, or a rocker, at a general-purpose or discount furniture store, not at one that sells gear for little ones exclusively. You'll often save 20 to 30 percent by doing so, according to Fields.

Brush away dental bills. A single filling costs up to \$300, ac-

*Brush away dental bills.
A single filling costs up
to \$300*



ording to Beverly A. Largent, D.M.D., past president of the American Academy of Pediatric Dentistry. But you can help prevent cavities by brushing your child's teeth twice a day until she has the dexterity to do it on her own, usually around age 7. Begin flossing as soon as her teeth touch. And book your first dentist visit before she turns 1. (Have her come back twice yearly after that.)

Give meaningful gifts.

When your friend has a baby, get her something she can really use: a home-cooked meal. Deliver a pan of lasagna and a salad to her door one night. You can also offer to babysit so she can catch a movie. She'll love you for it -- and you'll love saving money on a present.

Buy in bulk. Reduce your disposable diaper bills by purchasing mega-size packages at warehouse clubs or at amazon.com (which has free shipping and one- or two-day delivery when you join Amazon Mom).

Find free entertainment. Forget pricey kids' classes; visit a police or fire station. Libraries and bookstores have regular story hours. Many parks host fairs and concerts, and some museums have only a suggested donation. Don't feel bad about paying next to nothing for a visit. You've got kids; they'll understand.

Some couples eliminate
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Point That Finger Somewhere Else

Joel John Roberts

I've sat in so many community meetings discussing homelessness—something that many describe as a nuisance, or worse—that I sometimes feel like I'm in a marathon that never ends. I'm running toward an elusive finish line: The day no American has to resort to living on our streets.

I've written numerous times about how, often, people and groups point fingers at each other instead of working together. Those blaming fingers shoot rapid-fire accusations like social assault weapons.

"Those homeless agencies in my neighborhood are attracting more homeless people!"

"I am going to go out of business because all of the panhandlers scaring away my customers!"

"Those lazy homeless people just need to get jobs."

"My councilmember cares more about helping that homeless program than helping the people who live in the neighborhood."

"My property values are going down because the tent city near my house is messing up our neighborhood."

It sometimes sounds like a group of teenagers who refuse to admit their own faults.

What is wrong with society when, confronted with a significant moral issue, we spend our energy blaming others instead of resolving the problem?

Is our struggling economy the culprit? There just

isn't enough money to spend on helping people who live on our streets. We can barely fund our police officers and firefighters. Teachers are being laid off and city workers are being furloughed. Maybe it's easier to blame others than to figure out how to fund more housing....

Of course, our blame game could be a result of entrenched political bias. Some people think that people are homeless because of something they've done. They're all lazy or addicted to drugs. Other people think that homeless people are the victims. The economy has put them in a tight spot, they don't have enough family support, and they lack a society that will help them.

Should homeless individuals pull themselves up by the bootstraps? Or should we carry them until they can stand on their own? Depending on our perspectives, we certainly know where to point our fingers.

Maybe our society keeps arguing about homelessness, and blaming others, because we are frustrated.

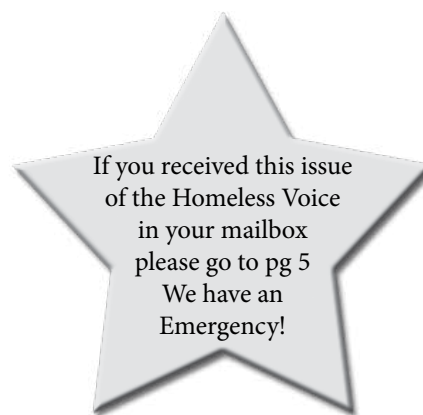
Helping a broken, hurting, or sick person is not simple. I wish we could press a button and their problems would just go away. I wish we could just call 911 and

have an emergency service worker take each homeless individual to a new apartment.

Resolving homelessness is not that simple, and it is frustrating.

But imagine being on the other side. Living on the streets while dreaming of being in your own home. Watching passers-by shoot indignant glares in your direction because they think you're lazy.

Maybe people who are homeless should be pointing their fingers at us.



Bitter Melon Could Hinder Survival Of Pancreatic Cancer Cells, Study Suggests

Huffingtonpost.com

A fruit commonly consumed in Asian countries could also play an important role in fighting cancer, according to a new study in mice.

Researchers from the University of Colorado Cancer Center found that the juice of the bitter melon -- a green squash-shaped produce with a bumpy skin -- could stop pancreatic cancer cells from metabolizing glucose. This is important because cancer cells need this energy in order to survive -- and blocking off their glucose supply kills them.

"It's a very exciting finding," study researcher Rajesh Agarwal, Ph.D., who is the co-program leader of Cancer Prevention and Control at the university, said in a statement. "Many researchers are engineering new drugs to target cancer cells' ability to supply themselves with energy, and here we have a naturally-occurring compound that may do just that."

Researchers tested bitter melon juice's effects on pancreatic cancer cells in mice, and found that the mice that were given the juice had a 60 percent lower risk of developing pancreatic cancer compared with control mice.

The new findings are published in the journal *Carcinogenesis*.

In 2010, researchers from Saint Louis University found that bitter melon extract could stop breast cancer cells from proliferating in a lab setting.

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