

## Bed and Breakfast

Contributed by Marlene Alexander  
Wednesday, 09 April 2008

[www.dollarstorestyle.com](http://www.dollarstorestyle.com)

If the last time Mom had breakfast in bed was when she was in the hospital after giving birth, it's time to reconnect with a Mother's Day tradition.

Use a tray and dishes you already have on hand or start from scratch at the dollar store and include a small token of appreciation as well. Here are three themed suggestions. Pick one you think will make your mom smile and add your own personal touches like Mom's favorite mug and a particular breakfast she likes.

We're using a sturdy plastic tray covered with a cloth placemat for a traditional take on breakfast-in-bed. Add a couple of colorful pieces of dishware, a pretty paper napkin and a picture frame and you have a nice idea for a child to serve to Mom. The napkins come in packages of 20 for a buck and everything else is a dollar per piece. If you were to buy everything pictured here at the dollar store, the total cost would be under \$10.00.

A blue fabric placemat on the same tray is the setting for this more formal breakfast tray. We've used a champagne glass for the orange juice and a fabric napkin, which comes in a package of two for a dollar. To make the tassel napkin ring simply fold a tassel tie in half (they come in packages of four for a dollar) and tie a knot about three inches from the loop end to shorten it. Then simply place it around the napkin and feed the tassels through the loop. Everything else here is a dollar apiece with the exception of the fabric flowers (\$2.00 for two bunches), which we would encourage you to replace with the real thing.

Maybe Mom's the outdoorsy type. Delight her with a "picnic" breakfast complete with melamine dishes and plastic cutlery and goblet. Wrap the tray in a blanket to mimic the way you would eat on a grassy patch in the park. This 40 x 30 inch thin blanket is perfect for our purposes. Just fold it in half before using it as a placemat and let the rest spread out around the tray when you deliver it to Mom. We've added a pretty tulip candle in its original packaging and set in a hurricane vase as a small gift for Mom. Each piece on this tray was a dollar with the exception of the paper napkin, of course, and the cutlery, which is sold in packages of 18 pieces for a dollar.

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# Technology

Contributed by Staff reviews  
Thursday, 10 April 2008

This issue of Sensible Life recommends [www.veracity.net](http://www.veracity.net) to readers. Veracity Technologies is an excellent source for finding the best technology to meet your business and personal needs. There is a wealth of information on this site, as well as a blog for the most up to date information, and be sure to check out the online bookstore under Shop Veracity. The bookstore not only focuses on books, but also on software and cool gadgets. Visit [www.veracity.net](http://www.veracity.net) today and check it out for yourself!

## REXINTO ON HIATAS IN ITALY

Contributed by Rexinto the Dino with Sandy Cable  
Saturday, 12 April 2008

This issue, Rexinto is traveling and will soon share photos of his travels as well as safety tips for vacationing abroad. Keep checking back, In the meantime, check out his personal page at <http://www.myspace.com/rexinto>.

## Is Traveling With Your Pet Safe for the Animal?

Contributed by Gracie Dane  
Wednesday, 09 April 2008

Sensible Life has provided readers with some great ideas for travel, and this issue, we want to focus on planning your trip &ndash;particularly with respect to handling the care of your pets while you're away.

For purposes of this article, dogs and cats are the primary focus, as they are the most common pets that need daily care.

To many of us, our pets are our children, and while we would normally take our children on the family vacation with us, this is not always wise to do with your pet. If your vacation is pet focused, that's one thing, but if you're planning to get out and see the sights while your furry four-legged baby hangs out in the hotel room, that's a whole other story.

Each year, travelers search for pet friendly accommodations, but often fail to read the terms and conditions for bringing an animal along. It's unfortunate, but once checked into the hotel, customers are advised of the rules concerning their pet and find they must be supervised at all times, meaning, for example, that a dog must not even be left alone when crated.

I've heard numerous tales of vacationers having to cancel tours and entertainment plans at the last minute because of this situation, and not even being able to go out and enjoy a nice dinner. What's more, tempers flare over these rules, and many don't understand they exist not only to protect the hotel from liability, but also the pet from harm. Think about it. Taking an animal out of its home and normal routine is bound to cause anxiety. This can lead to chewing anything and everything in the room, including wiring and other things that can be harmful, and some will even chew and lick their own bodies, creating hot spots that need treatment to heal.

Additionally, if pets are allowed to run loose, or remain unattended, there's a chance of the animal escaping when housekeeping arrives to clean the room and leave fresh towels. Normal people would consider such circumstances occurring, and secure the animal accordingly, but there are those from that "other" planet. You know the ones I'm talking about. They believe nothing bad will ever happen to them, so they rarely take precautions and think out the consequences. Then, when things go wrong, they are quick to run to the first attorney that will see them with a laundry list of people who are at fault. Funny, they never place themselves on the list.

Having said that, there are ways to take care of pets while you're gone so they are comfortable, happy, and out of danger as much as any other day of their lives. If you don't have a friend or family member who can house/pet sit for you while you're gone, try a pet resort such as Bluegrass Kennels in Louisville Kentucky. Check out the options your dog, or cat has at this facility at [www.bluegrass-kennels.com](http://www.bluegrass-kennels.com). The boarding fees are very reasonable, and can be made as elaborate as one would like in order to pamper their loved one. No matter what package we purchase, when boarding our Great Danes at this facility, they come home happy, well-fed and cared for pooches.

It's always best to do your homework before leaving your animal at a facility such as this. Always check references, check with your regular vet, and consider checking out the facility beforehand. Perhaps even do a trial visit by taking your pet for the day and see how it adjusts to the environment. Bluegrass is a top notch kennel, always clean and inviting, and they know their business well. I've never had anyone there rush me through any questions I have, and they are always patient and available when I want to check on the girls. These are important things you'll want to look for when boarding your pet.

Sensible Life wishes you, and your pets a happy and safe traveling for 2008.

# Heart Healthy Eating

Contributed by Sensible Life  
Wednesday, 09 April 2008

This issue of Sensible Life, we wanted to focus on a heart healthy menu. Eating right and getting good exercise are essential to longer life, and we want our readers to be around for a long, long time.

Check out some of the menu items below, along with some resource information for your own meal ideas.

## Breakfast

- Whole grain English muffin, toasted
- Tbsp of all natural peanut butter
- Tbsp of all natural honey

Spread peanut butter and honey on the toasted muffin and enjoy a protein rich way to start your day.

## Lunch

- 1 can of water packed tuna
- 1 boiled egg
- 1 medium to large dill pickle, diced
- 1 Tbsp fat free Miracle Whip
- 1 Tbsp of all natural honey

Drain water off the tuna. Using a fork, mash the boiled egg into fine pieces, then mix in the tuna. Add the remaining ingredients and mix well. Chill overnight and serve wrapped in large lettuce leafs, in a cored tomato, or on whole grain bread.

## Dinner for two

- 2 large chicken breasts, thawed
- 1 small jar of mild salsa
- Pampered Chef Southwestern Seasoning
- Three bundles of broccoli florets

Pre-heat oven to 350 degrees. Coat baking dish with spray-on olive oil and place the chicken breast inside. Sprinkle each with the Southwestern Seasoning, and pour on the salsa, generously coating each chicken breast. Bake for 45 minutes, or until done.

While the chicken is baking, boil the broccoli florets until tender. Test by inserting a fork into the stem. If the fork inserts easily, the broccoli is done.

## Dessert

- 2 cups of fat-free half and half
- 1 box of sugar-free, instant butterscotch Jello pudding

Combine ingredients, mix well and chill. Serve with Land-o-Lakes sugar free whipped cream

This is just a sample menu of a day of healthy eating, where you won't have to sacrifice taste to get nutritious meals. Sensible Life has put together a list of websites that can be searched for recipes and meals that are heart healthy. You can even sign up to receive daily recipes

<http://www.deliciousdecisions.org/>  
<http://www.mayoclinic.com/health/heart-healthy-recipes/RE00098>  
<http://www.sparkpeople.com/>  
<http://www.drgourmet.com/>  
<http://www.southbeachdiet.com>  
[http://www.nhlbi.nih.gov/health/public/heart/other/ktb\\_recipebk/ktb\\_recipebk.pdf](http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf)

<http://www.nscardiology.com/recipes.htm>

[http://www.goredforwomen.org/heart\\_healthy\\_recipes.aspx](http://www.goredforwomen.org/heart_healthy_recipes.aspx)

## Fun Photos from Kara Hancock



Written by Lisa Greer

Thursday, 10 April 2008

Sensible Life's teen photographer, Kara Hancock, is back with us this issue, providing awesome pictures from our snowstorm here in the Louisville/Southern Indiana area last month.







[Close Window](#)

## Free Poems Online

Contributed by Lisa Greer  
Saturday, 12 April 2008

Sensible Life found the following free poems at [www.freepoemsonline.blogspot.com](http://www.freepoemsonline.blogspot.com) .

Below is just one example of the talent that can be discovered through this site  
(<http://freepoemsonline.blogspot.com/2007/10/poetry-submission-from-parishna.html>)

When we chat

When you're online I feel, Like you're sitting right opposite me.  
I close my eyes and reach out for your hand,  
But all I find is my mouse pad.

And then I type to you, telling you about my day,  
Anxiously awaiting your response as I wish we didn't live so far away.  
But it's amazing what our feelings can do,  
Sometimes I swear I could feel myself right next to you.

Cause when we chat through a cable,  
The feeling is just unbelievable.  
I am as lost as can be in your words,  
And you make me feel like we're in our own perfect world.

When we chat I'm so sure I can hear,  
You calling out for me, my dear.  
And when we both are sitting at our computers with out anything to say,  
I can almost hear you calling out for me, from miles away.

When we chat I'm so sure,  
That I have found what I've been searching for.  
And somehow I know it's true,  
I've found everything I want in you.

- Written By Parishna Ramluckan

## Entitlement? It's all about perspective.

Contributed by Gracie Dane  
Monday, 07 April 2008

I recently read an article by Dan Zak of the Washington Post, 'It's all about us, and we deserve it.'

This piece discusses how the perception of entitlement has migrated into the attitude of society, and refers to us as a society of 'entitled brats', and provides us resources to help us control our 'inner brat'. How nice.

To quote this article, 'In real life, we want what we want and we want it now. We're a highly technical society in a land of plenty. We place a premium on efficiency and convenience.' My response to that? Yes, it's true, and rightfully so.

We're bombarded daily with messages that this company or that company has a new niche in their market designed to provide us better and faster service, better and faster products, and they are better and faster than everyone else. And, why are they doing this for us? Because we are important, and we deserve it. Not only do we deserve it, but there are perks in having the latest and greatest. If we have the best available, we'll be the envy of our friends and family, and that will somehow make us more important. Yeah, that's the reason the company came up with their idea. To benefit us. Never mind that it increases their profits.

While I understand the point of Zak's article, I do feel we are entitled for our expectations to be met to a certain degree. For example, the law states as motorists we are to maintain a proper lookout for the other driver. We have a duty to use caution and abide by the laws governing motorists on our roadways, and to mitigate our damages as much as it is within our control to do so. Wouldn't that be nice. I remember a time when this was the norm, but now I see motorists every day not paying attention, weaving across lanes, excessively exceeding the speed limit, following right on someone's bumper, changing lanes with no signal, cutting people off, not letting motorists from an entrance ramp merge over, and a myriad of other unacceptable behaviors. No wonder people get road rage. Fighting this kind of traffic every day on the commute to work can easily get one's day off to a frustrating start.

I could go on for days about rude motorist examples, but for purposes of this article, enough said. The personal injury attorneys are getting rich off of these inconsiderate drivers, as they are the cause of the majority of accidents.

Let's talk about telecomm providers - from the phone company, to the cable company, to your wireless provider. My best advice to anyone dealing with one of these is to e-mail any questions or issues, so you have the conversation in tangible form. I've lost track of the number of times there was an issue with billing or an invalid charge that I have had to call and get straightened out. There was only one time a company refused to work with me, and I took the issue to the attorney general's office, who stepped in and assisted in resolution. It took a year to get to the same end result I initially contacted the provider about. Did I feel entitled to good service? Yes, I did. The provider made certain promises in its contract when I signed up, so I did expect the level of services promised.

Again, I could provide a plethora of other incidences, but let's move on. Let's talk about restaurant service. Rarely do I ever have a bad experience in a restaurant, and rarely do I ever tip less than 20%, especially if the waiter or waitress keeps my water glass from hitting the empty mark. But, there's one instance I will never forget. I was traveling out of town with my family, and we were at dinner in a nice restaurant. After ordering our drinks, the waitress brings them over to our table and the tray tips a little too much for her to recover, dumping 10 glasses full of water over on my daughter, who was around 15 at the time. We hadn't said a word, as accidents do happen, and this was in no way done on purpose. My daughter and I went to the restroom to get her dried out as much as possible, and when we returned to the table, another waitress comes over and blurts out of the blue, 'Oh come on you all. She's in training, so don't give her a hard time. She didn't mean to do it.' Unbelievable. Most people in our situation would have come unglued on that waitress, but most of us at the table had been in food service at one point in our life, and we understood. We knew she had been embarrassed. Now, did I feel entitled to good service? Yes, I was paying around \$200 for a meal, so yes, I felt entitled to have a peaceful, good quality meal, and not one that included an underserved reprimand from someone who didn't even bother to find out the details of what was going on.

On the flip side, I think there are certain places none of us expect to receive even as much as mediocre service, such as with the bureau of motor vehicles and other government entities. When you go to one of these places, expect to stand in line for hours, and never have all the stuff you need. There will always be something, and if you do have everything, they'll make up another document, or proof of identity that you need to drive all the way home and get, and bring back to them. If, by some chance, you do get in and out in 10 minutes, accomplishing the task you set out to do, then great. You'll feel on top of the world.

Otherwise, follow my simple rule, so as to minimize your anger and frustration. It's much easier to follow than the relaxation technique in the Washington Post article, and is much more immediate. Here you go. This advice is for free:

Go into the situation with no expectation of people being decent, normal, and courteous, and more often than not, you won't be disappointed, and thus you will not be so easily angered and frustrated.

## Defamation of Character Explained.

Contributed by Lisa Greer  
Monday, 07 April 2008

The tales being spread far and wide during the political campaigns have never served to sway me one way, or the other with respect to a candidate.

I always hate to see the mud slinging in catty, derogatory advertisements, but nonetheless, 2008 has proven no different than any other election. As such, I was prompted into discussing the topic of defamation.

Defamation is oral or written words about an individual that are false, misleading and have a negative impact on reputation, causing loss of relationships, damage to career, or loss of business.

Slander is the oral form of defamation, and libel is written form. In a defamation claim, it is important to make the distinction and understand the origination of the defamatory words. For example, if the defamation occurs in a public forum such as a live event or a newscast, and the words are spoken, on the surface this would appear to be slander. In reality, if a speech or script has been written for a news anchor, emcee, or other speaker, the defamation would actually be libel, since the words originated in written form. In such cases, the speech, or script, can serve as a form of evidence.

Defamation is a tricky area of the law and many factors come into play when determining if you have sufficient evidence to make a claim. In order to prove someone has defamed you, you must show that the statements made about you were false.

For example, if you are attending your son's basketball game, and the coach makes you so mad that you actually hit him. The next day the story appears in the newspapers and on the 6:00 news, but this is not defamatory. The event actually happened and the facts portrayed are true. But, if you were simply yelling and it's reported that you hit the coach, that has the potential to be defamatory.

Using this same example, let's say that someone else hits the coach, a referee and two opposing players, and a newspaper article named you as the attacker. You notify the newspaper of their mistake, but they never retract or correct it. As a result, your boss has pegged you as a loose cannon, postpones your pending promotion and orders to you to take an anger management course. In addition, the parents of a little league team you coach have decided your temper could pose a risk to the children and they replace you with someone they believe is calmer, and the church where you have been an elder for years has asked you to step down until you learn to control your actions. This would be a libelous situation that has not only affected your income, but has also affected your reputation and status in the community. In this situation, the newspaper should have taken measures to protect you from such actions by correcting the mistake. Since they did not, punitive damages (a monetary amount that serves to punish the offender) could be assessed on top of your actual damages.

Opinions are treated differently than statements of fact. For example, the news reporter in the basketball game scenario could have seen you yelling at the coach from the stands and made the statement that you appeared to be angry enough to hit someone. The insertion of the word "appeared" indicates that the reporter is simply stating opinion. While a reader may form a similar opinion based on the reporter's opinion, such a statement wouldn't be considered defamatory, even though it may have been somewhat damaging.

If you believe you are the victim of defamation of character by slander or libel so disparaging that your reputation has been adversely affected, you may want to seek the advice of an attorney. Your claim may have merit, particularly if it is affecting your career, your business, or your status in the community.

Note: The information contained in this section is not to be construed as legal advice, but rather an overview of defamation claims. This information has been approved by an attorney licensed in the states of Indiana and Kentucky.

## Concrete Molding & Staining

Contributed by Sensible Life  
Saturday, 12 April 2008

Sensible Life has discovered the beauty of what can be done with concrete now, and would like to share some websites with you.

No matter if you want to do an entire floor of your home in concrete stain and glaze, or simply make an art piece, or even a unique stepping stone to give someone as a housewarming gift, these sites are sure to get your creative juices flowing. After that, search the internet for more ideas, or check on how-to books at your local library.

Concrete Stain, paints and glazes can be found in the paint section of your local Home Depot, or Lowes. Be sure to check all in your area. Some carry more variety than others. Additional options would be to look at a local craft shop or garden center for concrete, molds and color, and of course, options abound on the internet as well.

### Concrete Staining

<http://www.concretenetwork.com/staining-concrete/>

### Mosaic Concrete Art

[http://www.hgtv.com/hgtv/crafting/article/0,,HGTV\\_3352\\_1398616,00.html](http://www.hgtv.com/hgtv/crafting/article/0,,HGTV_3352_1398616,00.html)

### Stepping Stones

<http://familycrafts.about.com/cs/steppingstones/a/040201b2.htm>

### Mud Art

<http://www.mudart.com/>

## Building Your Tool Inventory

Contributed by Lisa Greer  
Wednesday, 09 April 2008

Sometimes making a change as simple as a new lighting fixture and a fresh coat of paint can give a room a new look, but you may be thinking "been there, done that- what's next?"

How about doing something more extensive? With the right tools, making over rooms and furniture can be a breeze, but what about the cost of building your tool inventory? One simple drill can cost \$40, and a reciprocating saw even more than that, so you may be wondering if it's worth the expense.

If you're not using tools on a daily basis for commercial purposes, one of the best places to purchase tools is a Harbor Freight store. Watch the sales and you can get great deals on automotive, carpentry, and tools for any occasion, as well as finding landscaping items and outdoor furniture to enhance the exterior of your home. If you can't find a store in your area, take a look at their website, and especially the hot deals section.

[www.harborfreight.com](http://www.harborfreight.com)

We already had an air compressor, and through Harbor Freight, my husband has been able to build his tool inventory pretty economically. These are good, sturdy tools, and he has not paid over \$35 for any one item. Most are around \$10-\$20, such as his air impact wrench, and his nail/staple gun.

These tools came in handy when we remodeled our coffee table. We have this great coffee table that we purchased years ago. It has gone through our children growing up, and it started to look like a piece of furniture that had been weathering the elements in a coastal environment for the last 50 years. We tried finding a replacement, but nothing could come close. Then, we searched for an oversized foot stool to put in front of our sectional arrangement, but again no luck with finding just the right fit, so we decided to put those tools we'd collected to good use. We decided to cover our coffee table with foam and fabric on top to make a combination coffee table/footstool, and then added a wooden tray to hold drinks. The result? Fabulous. The cost? Less than \$40. We found a great remnant of sturdy material at a fabric shop for \$9.00. We then used the bi-weekly 40% off coupon at Hobby Lobby ([www.hobbylobby.com](http://www.hobbylobby.com)) to purchase a foam cushion for an end price of \$17, and then purchased some quarter round from a local hardware store for just a few dollars.

By having the right tools, we remodeled this table in just a few hours, and the compliments on our unique piece of furniture have been endless. Next project - installing outdoor fencing. Hmm...I'll need to make a list of tools we'll need, then head to Harbor Freight!

# The Evolution of Attitude

Contributed by Lisa Greer  
Monday, 07 April 2008

"He'll do just about anything for a laugh"; "She doesn't take anything from anyone"; "She can cut you to the bone just with words, if you cross her path"; "No one intimidates him";

These are statements that so many people like to hear about themselves now. Once upon a time, statements like these carried an undesirable social stigma. Now, such comments are the epitome of coolness. Is it any wonder that we've become a society that does all, sees all and demands all, irrespective of the consequences.

"I'm a Type A personality" ([http://en.wikipedia.org/wiki/Type\\_A\\_personality](http://en.wikipedia.org/wiki/Type_A_personality)). This is another statement I have heard over, and over, and over again. Okay, so you're a bully with an attitude. At least you're not a depressed doormat like a Type B, right?

Over the course of my 45 years on this earth, I've seen a lot of change in attitudes, and the shifting of power from parents setting an example to raise productive, intelligent children that strive to do the right thing and treat others with respect, to children being in charge, spoiled, lazy and intimidating their parents into believing any challenge to their pre-adulthood authority somehow makes the parent unworthy of their child's love.

So what has brought about this evolution of attitudes? Who knows for sure. There are many theories out there, and I have my own observations that lead me to believe it's a combination of the marketing world, and the world of psychology. Think about how closely entwined these two worlds are, and here's why I believe that the misuse of the tools in these two worlds have led to many of the problems in society today.

During my mother's youth, white males were in charge of the home, the business world and the church. As the women's movement matured, and women strived for equality, the whole dynamics of the family changed, and it was no longer the "little woman" and her brood succumbing to the husband's authority. Women began to discover their worth; their potential; and they began to discover their ability to positively impact the world outside of the shadow of their husband.

During my youth, my parents shared the responsibilities equally, and my mother and father both always worked. We never lacked for clothes, food, and most of all, love, and we respected each other. They provided good role models and set the stage for my sister and I to realize hard work and doing the right thing paid off. We developed good morals and good work ethics, and as a result, we gained the respect of employers, co-workers, friends and acquaintances and built good, healthy, lasting relationships with others.

But, like anything else, there's always someone wanting to take a good thing and exploit it, use it, exaggerate it, make tons of money off of it, and push it to the limits until the essence of why it came to be in the first place becomes so lost, it will likely never be found again. Psychological studies were being done, and women were being encouraged to "empower" themselves. Therapy sessions were being conducted, books were being written, movies made, and women were being told they deserve more, and more, and more. The problem is, nothing was heavily targeted toward men to help them understand women, and how to appreciate them more and embrace their importance in this world, so men became frustrated and women became angry.

Targeting women became a hot market in the advertising world, and although women were infiltrating men's clubs and groups, they began to form their own clubs that absolutely prohibited men from joining. This, too, became a hot market, and seeing the good things that resulted from women being in charge of their lives, more studies were conducted. Women were then encouraged to seek themselves, and do what makes them happy, regardless of how it affected anyone else.

Now that opportunities for women abound in this world, and they have gained the independence needed to be everything they desire to be, the marketing has shifted to self. Self awareness, self-indulgence, self-importance, and a take-what-you-want-no-matter-who-it-hurts attitude. After all, you deserve it. You've worked hard for it, right? We began to see slogans like, "Indulge yourself"; and "If it feels good, do it";, and that attitude set the stage for the next generation. The "all about me" generation.

The self movement became evident in television shows, and divorce and blended families became the norm, along with parents and step-parents being at odds with each other, using children as pawns to gain leverage. Children were learning they had conflicting rules between mom's home and dad's home, and they learned to use this weak link in the chain to pit one parent against the other using guilt. In turn, parents handled this by buying them things, and giving them their own home within the home. By this, I mean setting up their bedrooms with a television, iPod, computer, cell phone, mini fridge, sofa and all the comforts that would encourage them to never come out of their room to interact with the family. And with a broken family, why would they want to?

Prime example -I know of one particular instance where a child, since he was 13 years old, has had his own apartment, complete with a game room, in the lower level of his mom and step-dad's house. He has never been taught the value of working and earning his own money, and when he turned 16, they gave him a BMW convertible. Not a new one, granted, but still. Raising children in this manner is almost the equivalent of wanting the family dog to be quiet while you're watching a television show, so you give the dog a treat of chew bones to keep it distracted and out of your way.

As the trend continued, people were still unhappy with the choices they had made in life, so they began to search for complete happiness. But, they first had to get to the root of why they were unhappy, so into counseling they would go, delving into the history of their lives to find that traumatic event that caused them to make the choices they made. After all, it's not their fault they made choices they weren't happy with. Someone else had to be the blame. Either their parents, their friends, an old flame &ndash;it was their fault. Talk shows and reality shows began depicting these in vivid theatrics. People learned that they could blame someone else for all the bad in their life, and they no longer had to take responsibility for their own actions. How liberating. And now, a whole new target group to market and exploit has erupted. As a result, we're being bombarded with reality shows featuring people at their best and people at their worst. There's a reality show for just about everyone now, from Cops and Judge Judy, to Nanny 911, Survivor and the Biggest Loser, and I don't see this market slowing down at all.

In many of these shows, I've seen whiners and complainers who fail to take responsibility for their own actions, and they're being told that's okay. Just once, I'd like to see counselors and reality shows who tell people they are in charge of their own lives, and if they make a bad decision, make another decision to learn from that bad and move on. Dwelling on it only causes pain and anger. But, alas, there's probably no money in that, so why bother, right?