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alerts a third party before the worst has transpired.

It functions as a watch...but also quietly measures the wearer's biometric readings to determine stress levels and emotion indicators such as heart rate over time, and the like. When biometric readings exceed averages for the individual wearer's medical history, an alert is sent to the

MANAGING THE FEAR OF LONELINESS

Sometime or another we will experience a time when we're alone, and we will probably experience great fear and loneliness. However, we'll need to learn to "cope" (what a word for that experience!). The first step is to become comfortable with yourself and achieve the self-confidence that you will be able to manage being alone. There is nothing wrong with being alone. If being alone bothers you, seeing a counselor can help you with these issues. In the meantime, here is a short list of techniques that a person can use so that the fear of being alone doesn't become a major issue in his or her life.

The first step is to find an activity that you enjoy and where you can meet a lot of people. For

of height, a curviness of the shoulders and back, and a thickened waistline. These changes often make it difficult for those with the disease to find stylish, comfortable and properly fitting clothes.

Every woman has had the experience of trying on several outfits before finding one that fits. For women with osteoporosis, shopping for clothes or getting dressed can be a difficult and frustrating experience. Jackets and blouses pull across the back and shoulders. Collars gape. Skirts do not hang properly. All are effects of the physical consequences of osteoporosis. For some free fashion tips.

Visit: http://www.nof.org/patient/efo/fashion_tips.htm

National Osteoporosis Foundation 1232 22nd Street NW. Washington, DC 20037-1292 Phone: (202) 223-2226

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G. SPECIAL SURFING SITES

HISTORICAL VIDEO

Google announced a pilot program to make holdings of the National Archives available for free, online. This non-exclusive agreement will enable researchers and the general public to access a diverse collection of historic movies, documentaries and other films from the National Archives via <http://video.google.com/>

For the first time, the public will be able to view this collection of rare and unusual films on the Internet. Students and researchers whether in San Francisco or Bangladesh can watch remarkable video such as World War II newsreels and the story of Apollo 11--the historic first landings on the Moon.

Highlights of the pilot project include:

- The earliest film preserved in the National Archives holdings by Thomas Armat, "Carmencita - Spanish Dance," features the famous Spanish Gypsy dancer, 1894;
- A representative selection of U.S. government newsreels, documents World War II, 1941-45;
- A sampling of documentaries produced by NASA on the history of the spaceflight program;
- Motion picture films, primarily from the 1930s, that document the history and establishment of a nationwide system of national and state parks. Included is early footage of modern Native American activities, Boulder Dam, documentation of water and wind erosion, Civilian Conservation Corps workers, and the establishment of the Tennessee Valley Authority. A 1970 film documents the expansion of recreational

programs for inner city youth across the nation.

LEARN ABOUT ELDERCARE ISSUES

A/PACT is a series of 10 articles produced by the Federal Trade Commission in partnership with AARP. The series will introduce you to eldercare issues you may confront, and help you help

com and on their web site at