



BUILDING GOOD DIGESTIVE HEALTH

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[read more...](#)



WHAT'S YOUR CORE SCORE?

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☐ 3 ☐ 4 ☐ 5
☐ 6 ☐ 7 ☐ 8
☐ 9 or more

[NEXT QUESTION](#)

Dried Plums & Digestive Health

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ABOUT THE DIGESTIVE HEALTH ORGANIZATION

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Professional Resources

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Welcome to the EXPO Design Center Online Newsroom!

The EXPO Design Center Online Newsroom is designed to help members of the media get the information they want about the EXPO Design Center quickly and easily. Here you will also find approved photos, the latest articles and news releases, as well as general information about the EXPO Design Center.

If you need help, please [contact us](#) for more information.

LATEST RELEASES AND STORY IDEAS

EXPO Design Center Experts Make Any Room Magnifico With Mediterranean Inspired Décor

02.22.2005 — When decorating with marble columns and statues or smaller accent pieces, blending old world rustic with new age designs embodies the design style known as Mediterranean. Originating in countries north of the Mediterranean Sea, such as Spain, Greece and Italy, the Mediterranean style is often referred to today as Spanish modern. [read more...](#)

Mediterranean Style Makes Grand Entrance at EXPO Design Center

02.03.2005 — EXPO Design Center has just completed a worldwide quest to find products that best embody true Mediterranean style. From exquisite mosaic tile to stunning stone fountains, the best of the Mediterranean is represented. EXPO will unveil these products in stores nationwide during its Home Show by transforming each store into a sleek Mediterranean hide-away. [read more...](#)



Photo Gallery

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About EXPO Design Center®

EXPO Design Center® is an upscale interior design showroom that revolutionizes the way people remodel and decorate their homes. It is a destination for homeowners who want to find products that previously were available only to the design trade and custom builders. Even more, EXPO is a onestop wonderland overflowing with design ideas in 10 showrooms with knowledgeable specialists and installation services to help make dreams come true.

A division of The Home Depot, EXPO Design Center was founded in 1991 and operates 54 locations nationwide. EXPO provides approximately 140-200 employment opportunities per store as well as work for contractors through EXPO Installation Services.

THREE BUSINESSES IN ONE

EXPO offers three businesses under one roof: a store for homeowners and trade customers, a design center and a construction company. From start to finish, EXPO offers expert resources to coordinate and complete a single project or a total remodel.

- **As a store,** EXPO carries the most innovative products for home decorating and remodeling. Each of EXPO's 10 showrooms features unique lifestyle vignettes so that customers can walk from one to the other, visualizing full-room scenes while pulling all of the elements of an interior design project together. Within each of these showrooms, shoppers will find products from topname brands with prices that range from mid-level to extravagant.
- **As a design center,** EXPO offers expert advice as well as professional design services for fullscale projects. Professionals are at the leading edge of today's decorating trends, and many hold ASD and CKD/CBD certifications. Services include one-on-one client assistance as well as inhome consultation and measuring. Associates also can work directly with a customer's interior designer, general contractor or builder.
- **As a construction company,** EXPO provides complete project management and installation services. Qualified, licensed and insured trade professionals are available for complete turnkey home renovations.

TRADE SERVICES OFFICE

Nearly every EXPO market offers at least one Trade Services Office for builders, remodelers, designers and architects. The office includes a dedicated staff to assist trade professionals in the store, as well as sales representatives who can meet at the job site. EXPO provides various services that assist both trade professionals and their clients in product selection and design.

Fact Sheets and Logos are available on the [Press Kit](#) section of the Newsroom.

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Press Kit

FACT SHEETS

 [EXPO Design Center Fact Sheet](#) (PDF, 42 KB)

 [EXPO 18 Stores in One](#) (PDF, 510 KB)

 [Installation Services Fact Sheet](#) (PDF, 100 KB)

 [Trade Services Fact Sheet](#) (PDF, 110 KB)

EXPO DESIGN CENTER LOGOS

 [EXPO Design Center Logo](#) (CMYK EPS, 230 KB)

 [EXPO Design Center Logo](#) (Non-Transparent GIF, 3 KB)

EXPO DESIGN CENTER STOREFRONT

 [EXPO Design Center Storefront](#) (JPG, 1 MB)

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It's **Christmas Day**...and your family will arrive in an hour. The turkey is golden on the outside but frozen on the inside. What do you do? HelpMyTurkey.com to the rescue!



50 WAYS TO SURVIVE YOUR TURKEY

You bought your bird. It's thawed and ready to put in the oven. Now what? And what do you do with the leftovers? Here's some suggestions.



WHAT ABOUT SIDE DISHES?

Stuffing and sides can make or break a meal. Let us help you choose the right one.



TIMING IS EVERYTHING

The potatoes are done, but the turkey still has hours to cook. Timing is critical. Make sure that you serve your entire meal hot and delicious.

QUICK TIPS

Rookie or accomplished home chef, everyone can use some pointers before tackling a holiday meal.

[Next Tip >](#)

TURKEY FACTS

Sure you love to eat it, but what do you really know about your favorite holiday fowl?

[Answer >](#)

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ANOTHER STORY

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Consumers for The New Cingular



About the New Cingular | Consumers for the New Cingular | What Others are Saying

SPEAK OUT!

Speak Out and Sign the Petition!

We've made it easy for you to express your support for The New Cingular. Simply enter your home Zip code here:

Zip Code:

WANT TO BECOME A CINGULAR CUSTOMER?



About the New Cingular

Welcome to NewCingular.com, the web site for consumers who want information about The New Cingular, and for consumers who want to express their support for bringing Cingular and AT&T Wireless together.

Cingular Wireless' agreement to acquire AT&T Wireless would create America's premier wireless provider, The New Cingular.

Before The New Cingular can become a reality, however, the Federal Communications Commission must approve the acquisition. Consumers can play a part in creating The New Cingular by learning more [About the New Cingular](#) and [What Others are Saying](#). Then, consumers can express your support for creating The New Cingular by visiting [Consumers for the New Cingular](#).

Speak Out!

What's New on this Site

- [K. Sue Hoyt, Chair of ComCARE Alliance, believes rapid Commission approval of the merger is in the public interest](#)
- [Tom Altier, Vice President of Highland Cellular, feels the combination of Cingular and AT&T Wireless creates a strong national platform for GSM](#)
- [The President of the South Carolina Farm Bureau anticipates a number of benefits from the combine of these two companies](#)
- [Wayne Berry, CEO of Edge Wireless, believes the merger will strengthen small rural carriers and help deliver better services to Americans](#)



Ketchum Ideas.com
one good idea a day. one valuable month.

A Primer on Mobile Marketing

June 23, 2005

Compiled by Edward H. Ketchum, Vice President, Ketchum Midwest Corporate Practice

Professional writers say "good industry" - law, medicine, and yes, public relations - have their own language, a way of describing what they do. For every doctor's Code Blue EMT, we have our 1000s (video news releases, PRAs (public service announcements) and AMTs (audible media team).

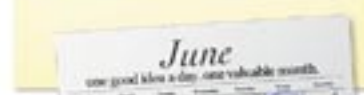
But what happens when technology, language and nomenclature change? Do we always know what we mean, even in our own industry? (For a fascinating blog on this subject, click [here](#).) In developing Ketchum Personalized Media, we realized the answer was, "Probably not." So, here's some information on an emerging communication tool known as "mobile marketing."

[Read the rest of this article >](#)

Just over one state below to one good and future topics, click on past dates to read that date's article.

Headline of the Day: June 3, 2005

Blog - Cause or Cure for Cancer?



For additional information, please contact [Lisa Ketchum](#) at 312.228.6733

KetchumIdeas.com - a service of Ketchum MidWest's corporate practice - introduces organizations to a wealth of insights about the growing market of emerging media tools - from Weblogs, or blogs, and podcasts to mobile marketing and Search Engine Optimization. The month of articles reflects the discipline that Ketchum places in keeping its clients updated on today's ever-changing technologies and how they affect organizations' communications programs and strategies.

Compare to Britney Jennings from Capital, Va., who is the second woman of an 8th grad. We appreciate your feedback and look forward to your suggestions.

Send us your ideas today for a chance to [win an iPad trial](#)!

Click here to listen to a live Ketchum Midwest podcast interview featuring David Ketchum, Associate Director of Ketchum's Technology Practice in San Francisco, to learn more about publishing in the business world.

Plan4YourHealth

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Life Stages: →

Pick the life stage that best describes your current situation and view health and financial planning information targeted to your needs.

■ Job Changers ↓

This is a Short descriptive area for the Job Changers Section

Please click here for more

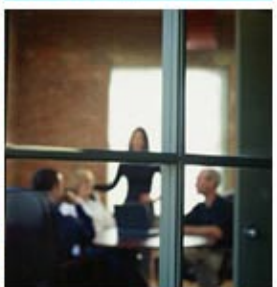
■ Newly Married ↓



■ Parents ↓



■ Starting Over ↓



Wednesday Edition | week of September 24th 2004

9.24.04



Spokesperson Name

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∴ Life Stage Links ∴

→ How Much Are Your Benefits Worth?

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→ Newlyweds: Maximize your health benefits

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→ Baby On Board: Critical Benefits Decisions

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Giving Your Health Benefits a Checkup

Your Health & Your Finances: What You Need To Know If You're Considering a New Job

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Other P4YH.com Feature Stories:

- [After a Layoff: Critical Health Benefit Decisions](#)
- [Checklist to Rank Your Benefit Priorities](#)
- [Making The Most of the Interview Process](#)
- [Tying the Knot: What Not to Forget About Health Benefits](#)

Other Features ∴ →

- **My Health Wizard:** What health benefits are most important to you?
- **ToDo4You Feature**
- **Switching Jobs:** Picking the best offer
- **Going to the Chapel?** Five tips for benefits for both
- **Baby-proofing Your Healthcare Benefits**

Tools ∴ →

Benefits Calculator

1. Tell us about yourself

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2. Enter Your Age

Select One ▼

Lorem ipsum dolor sit amor huevos rancheros.

3. Please check One of these Boxes

- ☐ Check Box One
- ☐ Check Box Two
- ☐ Check Box Three

Step 1 of 3

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spokesperson | todo4you | my health wizard

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Giving Your Health Benefits a Checkup

Your Health & Your Finances: What You Need To Know If You're Considering a New Job

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- [Getting Back on Track: Making Decisions for Your Health Plan](#)

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- **Giving Your Health Benefits a Check-Up**
- **How Much Are Your Benefits Worth?**
- **Switching Jobs: Picking the Best Offer - Tips You Can Use**
- **After a Layoff: Critical Health Care Decisions**
- **Checklist to Rank Your Benefit Priorities**
- **Making the Most of the Interview Process**

Tools :.

Benefits Calculator

- 1. Tell us about yourself**

Lorem ipsum dolor sit amor huevos rancheros.
- 2. Enter Your Age**
Select One ▼
Lorem ipsum dolor sit amor huevos rancheros.
- 3. Please Check One of these Boxes**
 - ☐ Check Box One
 - ☐ Check Box Two
 - ☐ Check Box Three

Step 1 of 3

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PlanforYourHealth

A public education program from:



Your best online source for health benefits knowledge.

June Edition | Last Updated June 20, 2005

Life Events:

Pick the life event that best describes your current situation and view health and financial planning information targeted to your needs.

Career



Marriage



Family



Living Single



Plan for Your Health News Features

Are you an expectant parent in Philadelphia? Register for the "Bringin'

Test Your Benefits IQ

Which of the following is NOT a type of health insurance plan?

- ☐ Health Maintenance Organization (HMO)
- ☐ Point of Service (POS)
- ☐ Traditional or Indemnity Health
- ☐ Health Services Selection (HSS)

[NEXT ▶](#)

Term of the Week

Family and Medical Leave Act

A law that requires your employer to give you up to 12 work weeks of unpaid leave per year.

[Go to Glossary >>](#)

About:

- About Plan for Your Health
- Glossary
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Budgets, Benefits and...Your Baby?

The "Two Bs" of Bringing Home Baby

From selecting the safest car seat to picking the perfect name, having a baby means making important decisions — especially about your financial future. One of the best ways to protect your health and your wallet is to plan for, understand and make full use of your family's health benefits.



[read more >>](#)

Parental Peace of Mind:

Finding the Perfect Pediatrician for Your New Addition



With a new child on the way, you may not be getting much sleep. The excitement of the new addition, along with the natural worries about your baby's health and well-being can keep you tossing and turning. There is no doubt preparing for a new child can be stressful. The good news is, finding the right pediatrician can help put your mind at ease.

[read more >>](#)

Other Features:

- Health Insurance 101
A Cheat Sheet for College Graduates and Their Parents
- Consumer-Directed Health Plans At-A-Glance

Tools:

■ Your Health Benefits Priorities

Health Expense Calculator

Many people are surprised at how health care expenses can add up in a year. This tool can help you estimate your annual health care costs.

Answer the six simple questions (the tool will expand after you hit the "next" button) and view an estimate of the costs you'd pay without health benefits.

1

Please select the number of family members you'd like to estimate for:

1

[NEXT ▶](#)

Baby Expense Calculator

This tool will help you figure out how much you should budget to cover pregnancy and new baby expenses for the first year and show how health insurance can help.

1

Most pregnant women will visit the doctor's office 12 times over the course of their pregnancy. You had or expect to have:

- ☐ Less than 12
- ☐ About 12
- ☐ 13-15
- ☐ 16 or more

[NEXT ▶](#)

Life Events :

Career



Marriage



Family



Living Single

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Getting Back on Track

Making Decisions on Your Health Plan

According to leading financial expert and author, [Neale Godfrey](#), 85% of women make their financial decisions in times of crisis. Significant life changes like a separation or divorce typically bring about a period of personal and financial reassessment. Protecting your health insurance is an important part of any financial plan.

All too often, divorce can result in the loss of health insurance. Because women more frequently depend on their spouses for coverage, they are usually at a higher risk for losing health insurance. In times of transition, reviewing your coverage needs is essential. According to a *Plan for Your Health* survey of women ages 24-44, recently separated, divorced or widowed women actually spent less time reviewing their health plan options than other women. Only 8% of women experiencing this type of life change in the past year said they spent two or more hours researching health plans.

Here are some tips on ways to consider your choices:

- Whether or not you choose to continue on your ex-spouse's plan, it is important to have medical coverage in place quickly, without interruption.
- Many divorced parents list their children as dependents on each individual plan, one plan serving as "primary" and the other as "secondary." Primary pays the cost of the claims first; secondary takes care of the remaining costs.
 - If your children are covered through both of your group plans (not always the best idea because of the double cost), primary coverage is through the spouse with the earliest birthday, or a group plan takes precedence over an individual plan.
 - Getting a Qualified Medical Child Support Order can help you deal directly with the insurance plan for claims instead of through your spouse.



RELATED CONTENT:

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Harvard School of Public Health:

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MedlinePlus, Health Insurance:

[MedlinePlus, Health Insurance](#)

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- [Getting Back on Track: Making Decisions on Your Health Plan](#)
- [Empty Nesters: Taking a Second Look at Your Benefits Plan](#)
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Tools:

- [Your Health Benefits Priorities](#)

Understanding the BENEFITS of HEALTH



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Want to know more about [Wellness & Disease Prevention](#)?

About VNIS

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Other VNIS Highlights

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Wellness & Disease Prevention

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Downloadable Resources

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