

Horoscope says turning point ahead

Aries (March 21 – April 20) Your desire to seek stability will bring a major turning point in your life. Avoid minor quarrels with family members. Invest a little money for yourself. You worry about a new venture. You are not comfortable being blunt, but once you express yourself clearly, you feel more at ease. Evading issues will only bring them back later. You will learn an important lesson in life. You are likely to hear some happy news. You can make big business deals.

Taurus (April 21 – May 21) Careful planning will bear fruit and you'll be satisfied with financial gains. Desire is an innate inclination, the basis for greater happiness and development if accompanied by higher thoughts. You can wear greens and blues, but light shades will be better for you than others. Your lucky stones are diamonds.

Gemini (May 22 – June 21) Significant changes take place in this week. Your focus has changed and you are more concerned with the present. You will better understand your loved one, besides becoming more tolerant. Express your thoughts and know truth will prevail.

Cancer (June 22 – July 22) This week will be special for your family. Focus on your spouse and children, even to the point of canceling business meetings and travel. You may not have time for more social responsibilities. Your career no longer holds appeal for you. You are ready to try something new.

Leo (July 23 – Aug. 22) Step back and contemplate the serious side of life. Focus on things that need to be sorted out. Find a connection with your spiritual side. You will have commitments to take care of. Reflect on things before you act on them. An ongoing painful saga has come to an end. It's time to take a softer approach in life.

Virgo (Aug. 23 – Sept. 23) This isn't a good time to take risks. Use common sense when making decisions. Ask yourself what goals you truly want to achieve. Take stock of your budget to deal with a recent spell of extravagance. Bring discipline to your life. Tried and tested methods are the course for you. Pay attention to diet and exercise. Be realistic about goals so you have enough time for the really important things.

Libra (Sept. 24 – Oct. 23) You



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• Weekly Horoscope

have faith that you will have the romance you have always dreamt of. The environment you are in now is fun-oriented. Tie up loose ends. Remember, the happiness you find in your relationship and accomplishments will depend on what you share with your partner. Friends will be helpful.

Scorpio (Oct. 24 – Nov. 22) Express your feelings clearly, reflect and meditate until you feel at peace. Conflict is in the air as you stand up for what you want. Expect travel and expanded knowledge. Steer clear of pitfalls and concentrate on your happiness. Things look up for you. Try to channel extra energy.

Sagittarius (Nov. 23 – Dec. 21) You find it easier to identify your purpose in life, with ample time to reflect. The fun you planned is family oriented. Be realistic and take care of personal and business matters you have been postponing for a while.

Capricorn (Dec. 22 – Jan. 20) You are looking for more depth in all pursuits. Draw on your beliefs for strength to get through a difficult phase. Take time to plan and things will work out smoothly. You will be down because of difficulties with friends. Hang out at home instead of socializing. Family pressures and responsibilities increase.

Aquarius (Jan. 21 – Feb. 19) Put things in perspective. An exciting new relationship could begin for you. Your daily routine may need organization. Singles are likely to meet a romantic interest. Take responsibility for mistakes. You put too much of yourself in a relationship. An associate knows how angry you are with a particular individual, and deliberately tries to upset you.

Pisces (Feb. 20 – March 20) Don't plunge into an activity. Stay away from people who could make trouble. Some career choices have to be made before deciding on an opportunity. You tend to blame others, which could work against you. Use common sense to keep on top of things. Your personal life begins to suffer. Work methodically to achieve goals. Know the dynamics of your family. You will get surprises.

Safety group points out dangers of trampolines

If you asked a child what superpower they would like to have, one answer is often the chance to fly. Trampolines attract many kids in their ability to give them the chance to float through the air, even if just for a second. However, a trampoline is not a toy and can be incredibly dangerous.

"While most trampoline injuries are muscle injuries or broken legs, not fatalities, we also see serious head and neck injuries," says Cherie Sage, State Director for Safe Kids Kansas. "A concussion or an upper spine injury can be devastating to a child."

In 2004, approximately 93,000 children ages 14 and under were treated in U.S. emergency rooms for trampoline-related injuries. More than 90 percent of these injuries happened on home trampolines, and Safe Kids joins the American Academy of Pediatrics in recommending that children do not use trampolines at home.

Based on the academy's guidelines, Safe Kids recommends that trampolines be used only as part of a supervised athletic training program such as competitive gymnastics, and not at home, at school or on playgrounds. In addition, the U.S. Consumer Product Safety Commission recommends that no children under 6 years old use a full-size trampoline.

Parents and caregivers are cautioned to look for these features in a supervised trampoline program:

- Make sure there is only one person on the trampoline at a time.
- The frame, springs and floor around the trampoline are appropriately padded and the equipment is inspected frequently.
- Trained spotters are always used and a safety harness or spotting belt is available. Ideally, the trampoline is in a pit so its surface is closer to the ground.
- There is no ladder near the trampoline, where it could be used by unsupervised children to gain access. The trampoline should not be accessible to children when not in use and there is no active adult supervision.
- Jumpers do not attempt stunts or skills beyond their training and demonstrated ability.

Although many trampoline injuries involve aerial stunts, falling onto the ground or floor, or landing on the springs or frame, more than half of trampoline injuries involve colliding with another jumper. "As you add more jumpers on a trampoline, the risk of injury to the participants increases," says Sage. "Even trampoline manufacturers say there shouldn't be more than one person on the trampoline at a time."

For more information about sports and recreation safety, visit www.usa.safekids.org.

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