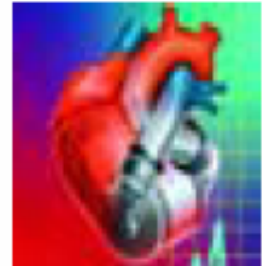


LIVINGWELL

Teresa Griswold



Glad tidings

Last summer, Lisa Smith-Batchen ran 310 miles across Death Valley to raise money for AIDS orphans in Africa through the Religious Teachers Filippini Mission Fund. That's pure inspiration.

But there's more: Accomplishing her dream and journey has raised over \$285,000 – an amount that was “shocking” to her, especially as the donations continue to come.

“I just got an email from a coaching client saying that their family doesn't buy each other Christmas gifts,” Smith-Batchen said. Instead they donate money to their favorite cause, and this year they are giving it to Smith-Batchen's cause.

Sister Mary Beth Lloyd, a dear friend of Smith-Batchen's, sees to it that any funds raised for the Religious Teachers Filippini Mission Fund are used to feed, clothe and educate the children. Because of Smith-Batchen's work and sacrifices, “We will be able to feed the kids for another year and give them even more food than we did last year,” Lloyd said.

To donate or learn more, go to www.lisasmithbatchen.com.

Breathing easier in Wyoming

Tobacco use is the primary leading cause of preventable death in this country, killing more than 440,000 people every year in the United States. That's more than the total killed by AIDS, alcohol, motor vehicles, homicide, illegal drugs and suicide combined, according to the U.S. Centers for Disease Control and Prevention.

That's why the Americans for Non-Smokers Rights, an advocacy organization based in California, is working to promote nonsmoking as the norm, community by community.

Soon, smokefree Laramie and Cheyenne may be joined by another smokefree Wyoming community. On Nov. 14, Evanston town council members voted 5-1 in favor of a smokefree ordinance on the initial reading of the potential law. Following two more readings, the