

Advocacy and Media

Jen Olson & Michael Itti

Communications/Online Hacks @edvoters

**LEAGUE OF
EDUCATION
VOTERS**

The logo for the League of Education Voters is displayed in a white box. It features the text "LEAGUE OF EDUCATION VOTERS" in a bold, sans-serif font. The word "LEAGUE" is in black, while "OF", "EDUCATION", and "VOTERS" are in red. The letter "O" in "EDUCATION" is replaced by a red apple icon, and the letter "O" in "VOTERS" is replaced by a red circle containing a white checkmark.

If you hear nothing else today...

Hear this:

In order to make change, you need numbers.

A crowd.

Of coordinated voices.

It is about the power of many.



I'll say it another way...

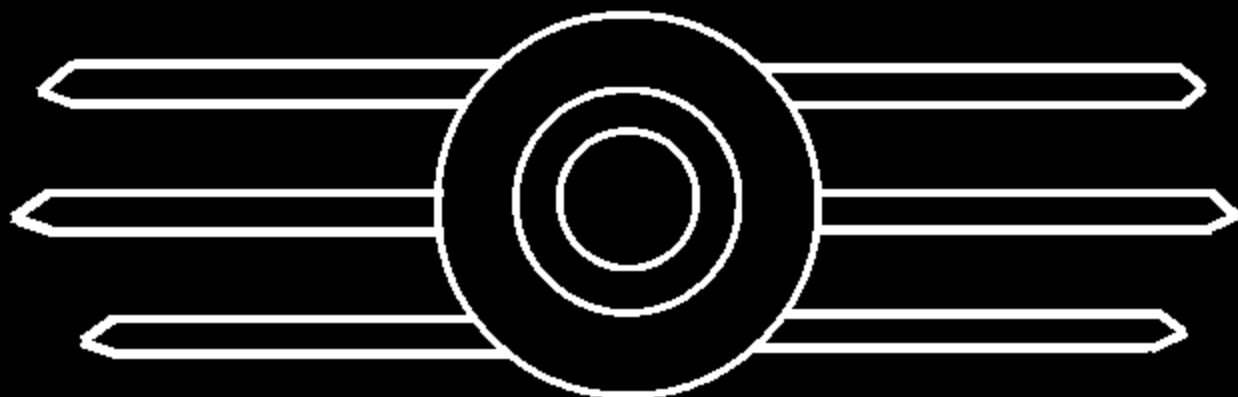
To really be effective,

Gather others around you

Get their contact information


Then use it.





End Transmission

End Transmission



A little messaging music, please...

Don't:

- Don't yell
- Don't make other people wrong
- Don't go on and on and on and...

By all means, do:

- Determine your audience
- Figure out your goals
- Talk from your experience
- Be passionate
- Be clear
- Use your real name



Let's talk about me...me.me.me.me

3 simple ways parents can support their child's success in school and beyond

1ST GENERATION

FROM COLLEGE DEGREE
TO THE AMERICAN DREAM

Your Stories – Page 1

Seattle native's journey in Teach for America

Are we "bad" parents?



Getting the word out...



Letters TO THE Editor

Didn't lose me

I read your Feb. 26 article regarding the ski industry losing women's participation in the sport with interest. I was one of those women until I purchased an innovation that significantly extended my physical ability to enjoy the sport.

The apparatus, called CADS, is the invention of Walter Dandy, a resident of Vail. I'm sure you, being an integral part of Vail, are aware of this unusual yet extremely functional invention that allows both men and women to ski with far less stress on their muscles, joints and skeletal structure.

If not, I urge you to visit the Web site at www.cads.com. I'm not involved with the company other than being grateful for CADS extending my skiing career. Without the use of CADS, I would be unable to handle the stress and associated pain on my knees.

If you have not already done so, you might want to contact Walter to learn more about his invention. It certainly would provide an article of interest to your readers, and, most likely, would help negate the loss of participants of our great sport.

Anita Sanctuary

New lease

I just wanted to mention that I, too, approached my late 40s with much less skiing enthusiasm than my husband. We have always skied Vail, since our 20s,

but as the years progressed, my knees began to tolerate skiing less and less.

As a physical therapist for over 20 years with bad knees (chondromalacia, onset of osteoarthritis and what we call "joint mice"), I was hesitant to join my husband's all-day skiing since only to be in misery at night with swollen, painful knees. When my skiing during the day was interfering with my ability to walk to dinner at night down to Sweet Basil or La Tour, I knew I was in deep trouble. Not even severe knee pain was going to stop me eating!

But it would make me take a second thought about donning my skis the next morning. The only thing that saved me, and gave me back my ability to get back on the slopes with my enthusiastic husband, was finding Walter Dandy from Avon and his CADS system. (I think this stands for Constant Force Articulated Dynamic Struts, which is a mouthful.)

CADS are well described at www.cads.org and are available right there in Vail. In fact, this skiing apparatus biomechanically reduces the pressure on the knee joints and transfers the forces down through your boot, simply by skiing. Walter even fit the CADS system to me at Mid-Vail the first day I met him and skied with me to train me how to use the system to my best advantage.

It is my opinion that with a clever and functional system like CADS, many aging or previous-

ly injured skiers would be back on the slopes much sooner and more often, whether they are male or female. It was pain and swelling that was keeping me in the village. I have heard of other people having great results being able to ski without their hip or back pain thanks to CADS. They are one of those little-known secrets around town that keep us up there skiing while actually reducing harmful forces and pressure to our aging parts.

Sandy Raskin
Colorado Springs

Keeps me going

I am a 61-year-old woman, and I have been skiing for 30 years. Because of many years of tennis and running as well as skiing, I have osteoarthritis and a loss of cartilage in my knees.

For many years, I considered trying CADS but put it off because of the hassle (not my ego). Three years ago, the pain became excruciating when I would hit bumps of any kind, so I bit the bullet and became an instant CADS enthusiast. The hassle is minimal, and the benefits are huge.

I can ski anything on the mountain again without pain. I still do have swelling and don't ski every day, but when it's a GREAT day, powder or sun, I am out there and able to enjoy the beauty of the mountains. My grandchildren are now skiing, and it is wonderful to be on the mountain with them. For us, skiing has always been a great family sport!

Ann Frein

What's on your mind? Share your insight on problems and solutions with the community that meets in the pages of the Vail Daily.



