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Grandma's Hands

Author Unknown

Grandma, some ninety plus years, sat feebly on the patio bench. She didn't move, just sat with her head down staring at her hands. When I sat down beside her, she didn't acknowledge my presence and the longer I sat I wondered if she was OK.

Finally, not really wanting to disturb her but wanting to check on her at the same time, I asked her if she was OK. She raised her head and looked at me and smiled. "Yes, I'm fine, thank you for asking," she said in a clear strong voice.

"I didn't mean to disturb you, grandma, but you were just sitting here staring at your hands and I wanted to make sure you were OK," I explained to her.

"Have you ever looked at your hands," she asked. "I mean really looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands. I tried to figure out the point she was making.

Grandma smiled and related this story: "Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life."

"They braced and caught my fall when as a toddler I crashed upon the floor. They put food in my mouth and clothes on my back. They tied my shoes and pulled on my boots. They held my husband and wiped my tears when he went off to war."

"They have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold my newborn son. Decorated with my wedding band they showed the world that I was married and loved someone special. They wrote my letters and trembled and shook when I buried my parents and spouse."

"They have held my children and grandchildren, consoled neighbors, and shook in fists of anger when I didn't understand."

"They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well these hands hold me up and lay me down."

"These hands are the mark of where I've been and the ruggedness of life."

I will never look at my hands the same again.

What is the story of your hands? It is never too late to reach out and touch a life or to better your own.

What a girl wants...what a girl needs...what a girl knows...

I'll Drink to That



Need help thinking straight? Relaxing? A cup of hot milk may help you de-stress. Warming the milk has a calming

effect because it activates tryptophan which cues the brain to go to sleep. Green tea has brain-boosting properties that may help keep your mind razor-sharp. Research done in a recent study in *The American Journal of Clinical Nutrition* determined that seniors that drank at least two cups of green tea daily were half as likely to show signs of cognitive impairment. This was compared to those who drank the tea only three times a week. Coffee, black tea and oolong tea were also studied but found to be less effective in providing a mental boost.

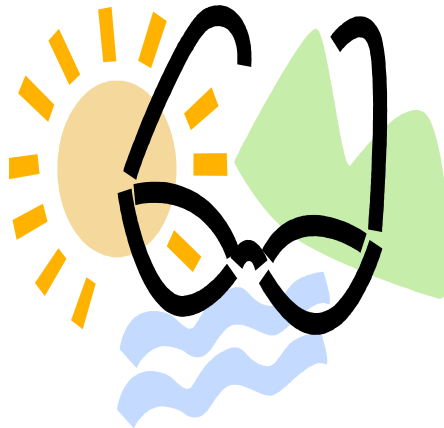
Nail It

Want to get professional results from your at-home manicure or pedicure? Here are some tips from the experts...

- ▶ Before polishing, swab nails with rubbing alcohol for better adherence.
- ▶ Scrub heels with a pumice stone every time you shower to keep them soft.
- ▶ Rub a rich cream onto bare or polished nails twice daily to prevent splitting or breaking.
- ▶ For long-lasting manicures and pedicures, add another topcoat on the third day.



Ask me about incredible products that will maximize your polished look.



Keep Your Cool

Food safety starts in the grocery store, not your kitchen. Add frozen foods, dairy products and meats to your shopping cart last to help maintain proper storage temps. Bag them together and stow them in your back seat (not the trunk). Not going straight home? Take along a cooler to help keep items cold.

How Refreshing!

When preparing lunches for your children (or anyone), try "drinkable" ice packs: Fill a 12-ounce plastic bottle about halfway with drinking water and freeze it overnight, tilting the bottle so the water will freeze at an angle (if you freeze it straight up, the expanded water will make the bottle bulge). The next morning, pack the lunch and add more drinking water to the bottle. Stick it in the lunch box to keep the food cool and it will be melted enough to drink by lunchtime.



Shake Things Up

To keep salt from clogging in the shaker, add 1/2 teaspoon of uncooked rice.



You can't stop the waves, but you can learn how to surf.

~unknown

Say Goodbye to Stale

Rescue stale or soggy chips and crackers: Preheat the oven to 300F. Spread the chips or crackers in a single layer on a baking sheet and bake for about 5 minutes. Allow to cool, then seal in a plastic bag or container.

Picture This

Who doesn't love looking at pictures? Taking them is the easy part! Arranging them into an album often poses to be time-consuming and challenging for busy women on the go. While nothing can replace the charm of a hand-made scrapbook, a quick solution to showcasing your photos is an album created online using your digital pictures. Many websites offer this easy and convenient service. Simply download your pictures from your camera onto your computer and then use the program of your choice to organize them into an album. Easy as 1, 2, 3! Some websites you can try are: www.kodakgallery.com, www.mypublisher.com, www.shutterfly.com



Beauty Buzz

Define Your Beauty

Platinum Regeneration® Line Reversal Wrinkle™ Crème



An emollient skin treatment that visibly reduces the appearance of wrinkles and furrows and expression lines. See results in just 10 minutes that last up to 24 hours. Has been repackaged in easy-to-use jar instead of the pump bottle
Platinum Regeneration® Line Reversal Wrinkle™ Crème

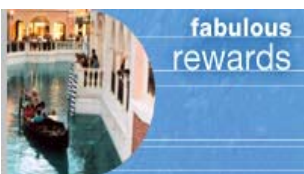
Microderm® Abrasion Set

Safe and effective alternative to traditional microdermabrasion. Resurfaces skin for a reduction in the appearance of lines and wrinkles, a minimized appearance of pores, age spots and acne scars, and a more youthful, radiant glow. Microderm® Abrasion Set Price: \$60.00



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The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.

~Vince Lombardi



August

REASONS

TO CELEBRATE!!

- 5 Friendship Day
- 5 International Forgiveness Day
- 6 Wiggle Your Toes Day
- 6 Summer Bank Holiday (Australia)
- 6 Civic or Provincial Holiday (Canada)
- 9 Book Lover's Day
- 10 Lazy Day
- 11 Son and Daughter's Day
- 13 Left Hander's Day
- 15 Relaxation Day
- 18 Bad Poetry Day
- 19 Aviation Day
- 21 Senior Citizen's Day
- 25 Kiss and Make Up Day
- 27 Just Because Day
- 27 Bank Holiday (England)
- 29 More Herbs, Less Salt Day



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Awesome August

Back to School
Sales Tax Holiday -
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tax on all August
orders.



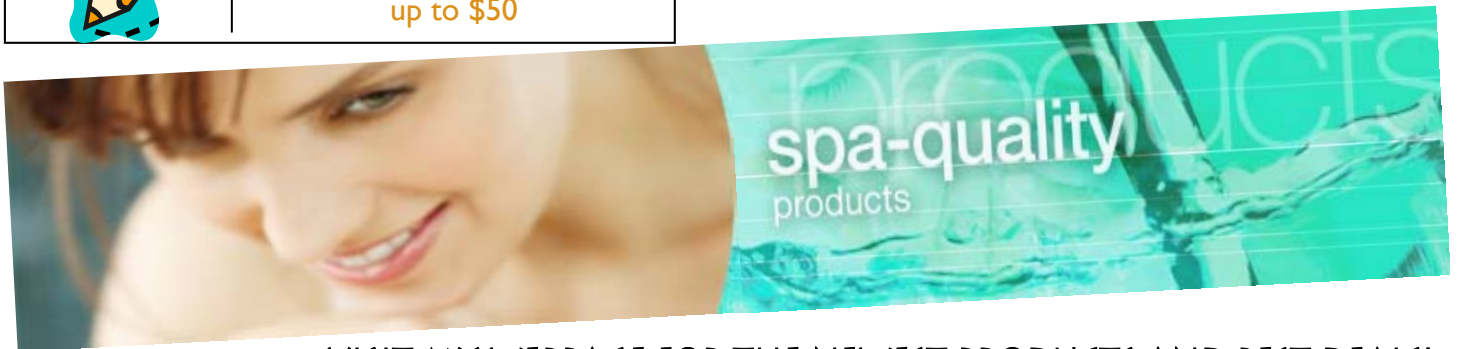
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Simple Chef!

Creamy Berry Pie

Ingredients:

1 pkg. unflavored gelatin	6 oz. raspberries
3 Tablespoons water	1 cup blueberries
8 oz. cream cheese, softened	1 cup strawberries, hulled and quartered
8 oz. sour cream	1/2 oz. white chocolate
1/3 c. sugar	1/2 teaspoon vegetable oil
1 t. vanilla extract	
1/4 cup strawberry jelly	9 oz. graham cracker pie crust

- ▶ In a small microwaveable bowl, sprinkle gelatin over water and let stand 3 minutes. In a large bowl, combine cream cheese, sour cream, sugar and vanilla. Beat with electric mixer until smooth.
- ▶ Heat gelatin mixture for 15 to 30 seconds and then stir until smooth. With mixer running, add gelatin to cream cheese mixture and beat until smooth. Add to pie crust, smooth top and cover with plastic wrap. Chill 3 hours or over night.
- ▶ Prior to serving, melt jelly in microwave and toss with berries. Add berries to top of pie. Melt chocolate and oil in microwave and drizzle over berries.



Money Magic

Savvy Financial Solutions

Everybody wants to get away. Each year, 65 million of us take off for someplace other than home. Adventure, vacation, even business travel gets us away from the predictability of daily life. Here's what you can do to get the most out of these trips:

- ▶ Get frequent flyer miles anyway you can. From credit cards to phone bills, there's several ways you can collect these.
- ▶ When purchasing a vacation package, be sure you are very clear about what the package includes.
- ▶ Try to travel before or after peak seasons. You can usually save up to 50 percent.
- ▶ The best way to spend money in a foreign country is to charge it. You get the best exchange rate -- the so called bank wholesale rate -- and a record of your expenses.
- ▶ If you conduct business while you travel, ask your tax advisor about deductible expenses!

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