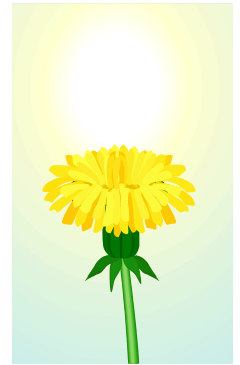


- Fall in Love — page 3!
- Don't Forget — page 2!
- Bang for the Buck — page 4!



## Lessons From A Dandelion

*I recall as a young child bringing bouquets of brilliant yellow flowers to my mother. It didn't matter that the stems felt sticky or that both my parents cursed the presence of these flowers in the lawn. I thought they were beautiful!*



*And there were so many of them! We spent hours picking the flowers and then popping the blossoms off with a snap of our fingers. But the supply of dandelions never ran out. My father or brothers would chop off all the heads with the lawn mower at least once a week, but that didn't stop these hardy wonders.*

*And for those flowers that escaped the honor of being hand-delivered to my mother or the sharp blades of the lawn mower, there was another level of existence.*

*The soft, round puffs of a dandelion gone to seed caused endless giggles and squeals of delight as we unwittingly spread this flower across the yard.*

*As I worked in my garden last week, pulling unwanted weeds out of the space that would become a haven for tomatoes, corn, peas and sunflowers, I again marveled at the flower that some call a weed. And I thought, "If only I had the staying power of a dandelion."*

*If only I could stretch my roots so deep and straight that something tugging on my stem couldn't separate me completely from the source that feeds me life. If only I could come back to face the world with a bright, sunny face after someone has run me over with a lawnmower or worse, purposely attacked me in an attempt to destroy me. If only my foliage was a nutritious source of vitamins that help others grow. If only I could spread love and encouragement as freely and fully as this flower spreads seeds of itself.*

*I hope you and I can be different. I hope that we can stretch our roots deep enough that the strongest poison can't reach our souls. I hope that we can overcome the poisons of anger, fear, hate, criticism and competitiveness. I hope that we can see flowers in a world that sees weeds.*

Jill wants to share...

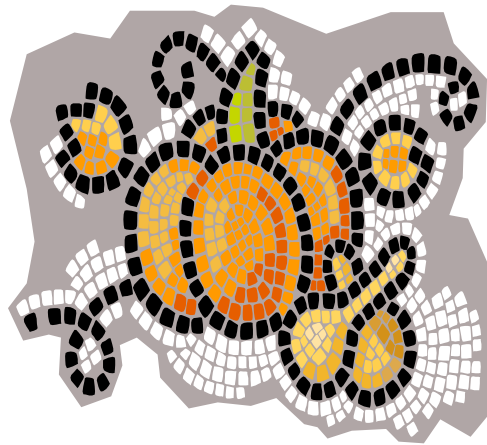
...a Cuppa Tea

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

## Feeling Blue?



Recent information from the National Health and Nutrition Examination Survey revealed something that thin women have in common: They eat lots of purple and blue fruit. Increase your fruit intake of these slimming shades by snacking on raisins, grapes and blueberries.



Even if you are on the right track, you will get run over if you just sit there.

Will Rogers

## Dirty Little Secret

Cold and flu season is just around the corner. In your office, at home and certainly out in public places, bacteria and viruses are lurking in places that you can't avoid. From the phone, door knobs, computer keyboards and the mouse, to copy and fax machines—no place is "safe!" Use disinfectant wipes on these surfaces and be sure to wash your hands often! In a pinch, try using a liquid or gel hand sanitizer.

## Gone to Pieces

Don't waste your money on bubble wrap and packing peanuts again! When you need to mail a fragile package run newspaper (or junk mail) through a shredder and use it instead.

## Lawn and Order

If your grass is cut the same way each week, the blades won't grow vertically. Instead, vary the pattern and don't pick up the clippings. They'll decompose and fertilize the lawn.



## Freshening Up—Outdoors

Do you have metal outdoor furniture that's looking a little rusty? Revive it! First, use a wire brush to clean off any loose rust or paint. Starting at the top, wipe it clean. Apply a paint designed to withstand and treat rust (ex. Krylon or Kilz), repeating coats until it has a shiny finish.

## Crazy About Cola?

Attention soda drinkers. To keep your smile sparkling, root beer is your best bet. Compared with other sodas, it contains fewer of the acids that harm your teeth. Diet colas are your second-best bet with less sugar than regular soft drinks. What's the worst thing you can drink? Clear soda! The main ingredient in clear soda is citric acid, which is tougher on tooth enamel than the phosphoric acid in brown colas.

Source: General Dentistry

## Very Veggie!

Everyone knows that eating fresh fruits and vegetables benefits your health. A recent British study found that a Mediterranean diet filled with fruits, vegetables and nuts (especially oranges, red grapes and tomatoes) reduced allergy symptoms (watery eyes and runny nose) in kids.. It also helped protect against asthma and skin allergies in 7- to 18-year-olds.

## Don't Forget...

October is Breast Cancer Awareness Month. Do you have your mammogram annually? To sign up for a mammogram reminder or send one to someone else go to [www.cancer.org/breastcancer](http://www.cancer.org/breastcancer) and click on the link "mammogram reminder." It sends an email message each year reminding users to "Please, schedule your mammogram today." Every woman deserves a mammogram every year. Share this with the women you care about in your life!



## Water World

Want to do your part to help the environment AND save yourself some money? Avoid lengthy showers. Soap up and rinse off fast (5 minutes or less) and save more than 4,200 gallons of water a year!



## Beauty Buzz

Fall in love with something new...

### Falling

#### The Fragrance of Love

##### Falling for Him™

He'll be irresistible in this fresh, masculine scent with hints of cedar and patchouli, topped off with a touch of lemon, mandarin and basil.



##### Falling for Her™

A heavenly marriage of fresh, earthy cypress and moss...succulent cranberry and mandarin...all embraced by a whisper of violet and jasmine.

### Regeneration® Skin Renewing Lotion for 20's skin

Start now to stop visible signs of aging early!

Visibly improves appearance of skin tone, texture, elasticity, clarity and brightness.

Inhibits signs of premature aging. Reduces appearance of sun damage and skin discolorations for a more even skin tone.



### Lip Balm

A treat for dry lips! Improves hydration leaving lips softer and smoother.

On sale this month only for \$7.50!

### The Holiday Season is Just Around the Corner...

Why wait until the last minute to do your holiday shopping this year? Start NOW from the comfort of your own home! Ask me about great gift ideas for everyone on your gift list—I've got great ideas. We can even work on making a gift basket! Contact me today to get started—and finished!

The minute you settle for less than you deserve, you get even less than you settled for.

Maureen Dowd



## October

### REASONS

### TO CELEBRATE!!

- 1 World Vegetarian Day
- 1 Labor Day (Australia)
- 5 Do Something Nice Day
- 5 World Teachers' Day
- 6 International Frugal Fun Day
- 7 World Smile Day
- 8 Thanksgiving Day (Canada)
- 8 Columbus Day (United States)
- 9 Fire Prevention Day
- 12 World Egg Day
- 16 Bosses' Day
- 19 Evaluate Your Life Day
- 22 Labor Day (New Zealand)
- 24 United Nations Day
- 27 Make a Difference Day
- 27 National Tell A Story Day (Europe)
- 28 Childrens' Day (New Zealand)
- 30 Mischief Night
- 31 Halloween



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### Ooh! October!

Receive **FREE**  
Lash and Lid  
Bath with any  
\$50 purchase!



**Become a BeautiControl team member in October for only \$125!! (Regular \$250)**

Get everything you need to start your rewarding career where you are your own boss!

I love what I do and you can, too. Contact me today to get started!



## Simple Chef!

### Easy Balsamic Chicken

#### Ingredients:

- 2 Tbs. balsamic vinegar
- 1 1/2 tsp. oil from sun-dried tomatoes
- 1 Tbs. sun-dried tomatoes, chopped
- 1/4 tsp. black pepper
- 1 clove garlic, minced
- 4 cups boiled chicken breast, shredded
- 1 medium tomato, chopped
- 1/2 cup asiago cheese, grated
- 1/4 cup fresh basil, chopped
- Baby spinach or mixed greens



- In a small bowl, stir together vinegar, oil, sun-dried tomatoes, pepper and garlic.
- In a large bowl, combine remainder of ingredients.
- Pour dressing from small bowl over chicken mixture and mix well.
- Serve over a bed of fresh baby spinach or mixed greens as a salad or stuff into pita pockets.



## Money Magic

### Bang for the Buck

Dollar stores are popping up faster than you can say "Show me the money!" To really save big, you need to shop smart..

- Time your trip wisely—plan to go soon after merchandise arrives so you can have the best selection.
- Maintain your standards—don't buy something just because it's cheap. It's not a bargain if you don't need it!
- Try house brands—private or generic label goods have improved in recent years.
- Share the wealth—vary which stores you shop. Each store has a supplier so they carry different types of merchandise.
- Purchase out-of-season—start holiday shopping in summer! Be willing to buy-and-hold for a while.
- Stock up on gifts—buy all year for holidays and birthdays. Survey your stash regularly so you know what you've got.
- Comparison shop—sometimes there is a price difference, even in dollar stores.

By Allison Winn Scotch