

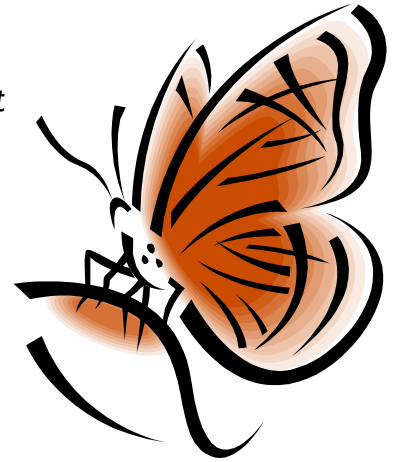
- A 'logic'al solution— page 3!
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## The Cocoon

*A man found a cocoon of a butterfly, and he brought it home. One day, a small opening appeared in the cocoon.*

*He sat and watched the cocoon for several hours as the butterfly struggled to force its body through that little hole. Then it seemed to stop making progress. It appeared as if the butterfly had gotten as far as it could, and it could go no further.*



*The man decided to help the butterfly in its struggle. He took a pair of scissors and snipped off the remaining bit of the cocoon... and the butterfly emerged easily.*

*As the butterfly emerged, the man was surprised. It had a swollen body and small, shriveled wings. He continued to watch the butterfly expecting that, at any moment, the wings would dry out, enlarge, and expand to support the swollen body. He knew that in time the body would contract, and the butterfly would be able to fly... but neither happened!*

*In fact, the butterfly would spend the rest of its life crawling around with a swollen body and shriveled wings.*

*What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle were required for the butterfly to be able to fly. The butterfly must push its way through the tiny opening to force the fluid from its body into its wings. Only by struggling through the opening can the butterfly's wings be ready for flight once it emerges from the cocoon.*

*Sometimes struggles are exactly what we need in our life. If we were to go through life without any obstacles, it would cripple us. We would not be as strong as what we could have been... and we could never fly!*

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

## Be Prepared

No one likes to think about bad things happening to themselves or their families. When facing reality, we realize that things beyond our control do happen. Why not make tough situations easier by being prepared? Here are some tips to help ease the stress of a theft, fire or natural disaster crisis... Create a home inventory!

A home inventory is a list of your possessions from every room in your home and their value. In cases of emergency, you'll have an easier time validating your claim to your insurance company.

Create your inventory in one of three ways (choose which you think you'd be able to accomplish and update easiest):

1) In a notebook with pictures—go room by room listing items and taking photos. 2) With a video camera—walk through each room and verbally catalog it's contents 3) On a computer—there is software available for purchase through Quicken or for free through the Information Institute

Whichever method you choose, be sure to document makes, models and serial numbers of all appliances and equipment. Make a copy and keep it in a safe deposit box outside of your home. You can also give a copy to a friend who lives in a different area. In addition, you can also keep copies of insurance policies, birth certificates, shot records, titles and deeds in the safe deposit box and in a place where you can grab and run.

For more information, visit [www.realsimple.com](http://www.realsimple.com) Life Skills section.



## Welcome Wagon

Greet new families in your neighborhood with a simple gift bag. Cookies, muffins, cocoa mix or coffee are always sure to please a family. Try including menus from local restaurants. This will allow them to learn about the neighborhood before they have the chance to explore themselves. This is an extremely great idea for families with children!

## Chalk it Up

During humid months, try hanging white chalk in your closet to keep clothes fresh and dry. Bundle 8 to 10 pieces together and tie with a ribbon. The chalk helps to absorb moisture.

## Go Green!

Sure you've heard of recycling—paper, plastic, glass... Don't forget about other items that can actually be hazardous to you, your family and the environment. Rechargeable batteries, cell phones and printer cartridges are a few items on this list. Not sure where to take them? Take them to an electronics store where they can be safely discarded. To recycle cell phones in bulk try [www.fundingfactory.com](http://www.fundingfactory.com)

Never give up,  
for that is just the  
place and time that  
the tide will turn.

Harriet Beecher Stowe

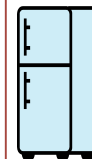
## Can It!

Fresh isn't ALWAYS best when it comes to produce according to Christine Bruhn, Ph.D. and director of the Center for Consumer Research at the University of California, Davis. Canned tomatoes provide more lycopene due to their breakdown during the canning process. This makes the antioxidant easier to absorb. (Just be sure to watch the sodium content.) Canned cherries also provide more antioxidants—as long as you're using the juice, too. Try adding a few tablespoons with a vinaigrette or to pork for a marinade.



## Smooth as a Baby's...

When cleaning your stainless steel appliances, try using baby oil. Use a small amount on a napkin and wipe the fingerprints away. It can also take off the glue from the tape that was used in shipping. The Sear's appliance department uses this trick!





## Beauty Buzz

### A 'logic'al solution



#### Skinlogics Corticure Comfort Lotion

Corticure Comfort Lotion with Chamomile contains hydrocortisone to help relieve temporary skin disorders and pain and itching fast. Naturally soothes, and protects skin.  
On sale this month for only \$15.00

#### Skinlogics Lip Apeel and Lip Balm

Lip Apeel and Lip Balm have a new look!  
Same great product. Same great results. But a whole new look that's so appealing!

One of BeautiControl's most popular spa products – Lip Apeel® is now being offered in new packaging. The seal on this excellent lip treatment is now tighter to better protect the product from drying elements.

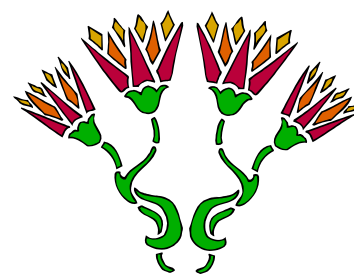
*Lip Apeel*, a dual-action system, removes lip color build-up, helps minimize the appearance of lines and helps prevent chapped lips. Everything you want from a great lip treatment! And there's more. Each Lip Apeel contains Lip Balm to improve hydration, leaving lips softer and smoother.

*Lip Balm* improves hydration, leaving lips soft and smooth.



How wonderful it is  
that nobody need  
wait a single  
moment before  
starting to improve  
the world.

Anne Frank



July

### REASONS

### TO CELEBRATE!!

- 1 Canada Day/Dominion Day
- 1 International Joke Day
- 3 Stay Out of the Sun Day
- 4 Independence Day (U.S.)
- 6 National Kissing Day (England)
- 7 Chocolate Day
- 11 Cheer Up the Lonely Day
- 12 Pecan Pie Day
- 12 Battle of Boyne Day (England)
- 14 Bastille Day
- 15 Tapioca Pudding Day
- 17 Peach Ice Cream Day
- 22 Parent's Day
- 22 Hammock Day—Relax and Enjoy!
- 25 Culinaricians Day
- 30 Father-In-Law's Day

A Spa Escape is 1 hour of relaxation & pampering where you and 6-8 of your friends receive a series of BeautiControl mini spa-quality treatments such as a sea salt scrub hand treatment, deep moisturizing foot treatment, lip exfoliation, refreshing eye pads and relaxation treatment.

Call or email me to book your choice of BeautiControl "Spas" today and pamper yourself with:

- ▶ Herbal Warming Neck Wrap at your Spa
- ▶ Your Skin Care Maintenance Set for 1/2 Price!
- ▶ Earn FREE BeautiControl products





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Shop Online:

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Website:

[www.YourSpaBoutique.com](http://www.YourSpaBoutique.com)

Jazzy July!

Jazz up the month of July with a new product for yourself!

Not sure what to choose? I've got great ideas!



#### July Special:

FREE travel size skin care set (\$15 value) with any \$25 purchase. Request order be filled by consultant to receive this offer.

## Host a Spa ESCAPE -

relax, have fun and receive these rewards:

- 50% off your spa-quality skin care maintenance set
- Exclusive scented spa neckwrap to enjoy and it's yours to keep
- Up to 20% of your Spa ESCAPE sales in free product
- 1/2 price items
- July hostesses also receive a full-sized Extreme Repair Hand Creme

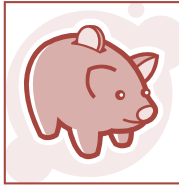


### Simple Chef!

Picnic Pasta Salad

- 12oz tri-color spiral pasta
- 10oz refrigerated tricolor tortellini
- 7oz. marinated artichoke hearts, undrained
- 1/2 lb. fresh broccoli florets
- 12oz. Provolone cheese, cubed
- 12oz. hard salami, cubed
- 1 medium green pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 can (15oz.) garbanzo beans or chickpeas, rinsed and drained
- 2 cans (2.25oz each) sliced olives, drained
- 1 medium red onion, chopped
- 4 garlic cloves, minced
- 2 envelopes dry Italian salad dressing mix
- ▶ Cook spiral pasta and tortellini according to package directions. Drain and rinse in cold water. Place in large bowl; add remaining ingredients, except for dry Italian dressing.
- ▶ Prepare salad dressing according to package instructions. Pour over salad and toss to coat. Can be served immediately or refrigerated.

Yields 14-16 servings



### Money Magic

The First Thing to Do... by Kathy Squires

You've just realized that your wallet is gone! What do you do now (besides panic)? These steps will help you minimize the potential problems that you may encounter...

- ▶ **First: Close any financial accounts** — credit cards, bank or brokerage accounts — represented in your wallet, says Claudia Bourne Farrell, a spokesperson for the Federal Trade Commission. The longer you wait, the more financial liability you will face if they are used fraudulently.
- ▶ **Then: Contact one of the three consumer-reporting agencies** (Equifax, [www.equifax.com](http://www.equifax.com); Experian, [www.experian.com](http://www.experian.com); and TransUnion, [www.transunion.com](http://www.transunion.com)) to have a fraud alert placed on your credit report. (One is required to share info with the others) And ask your local department of motor vehicles or another government-ID-issuing agency to flag your file so that if anyone else tries to get a replacement license or ID in your name (after you have), the agency will know it is fraud. Finally — since even items that may seem unimportant, like a gym or work ID, can be used for identity theft — notify all the organizations you're connected with and tell them you lost your cards.