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Rocks and Sand

A philosophy professor stood before his class with some items in front of him.

When class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The students laughed. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognize that this is your life. The rocks are the important things - your family, your partner, your health, your children - anything that is so important to you that if it were lost, you would be nearly destroyed."

"The pebbles are the other things that matter like your job, your house, your car."

"The sand is everything else. The small stuff. If you put the sand into the jar first, there is no room for the pebbles or the rocks."

"The same goes for your life. If you spend all your energy and time on the small stuff, you will never have room for the things that are important to you."

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal."

"Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."

Author Unknown

At the end of your life, you will never regret not having passed one more test, not winning one more verdict, or not closing one more deal. You will regret time not spent with a husband, a friend, a child or a parent.

-- Barbara Bush



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

Use What You've Got

Almost all of us have a bottle tucked away in our bathroom somewhere—rubbing alcohol. In addition to using it to sterilize cuts, it can also:

- Remove sticky substances from your hands. When hands are sticky, pour on some alcohol and rub them together. This may take a couple of washes, but it works!
- Take the itch out of mosquito bites. It's much cheaper than expensive creams and effectively dries out the bite to stop the itch.
- Remove price stickers. Apply a generous amount of alcohol, allow to soak for a short time and then easily rub off.
- Sanitize your cell phone and computer mouse. Don't forget about all of those other hard surfaces! Just wipe them down with an alcohol-moistened cloth and get rid of germs.
- Dry out bottles and vases. Alcohol evaporates quickly and without streaking. Rinse inside tight spaces with a little alcohol to prevent mildew.

Who's Got the Button?

Grab those spare buttons! Cut a 6-inch piece of 1 1/4 inch elastic and stitch together the ends to form a circle. Then sew those buttons on to create festive napkin rings to spruce up your table. Group buttons according to color for seasonal themes (such as browns for fall or greens for spring).

You can also use spare buttons to add a special touch to scrapbook pages and homemade cards. Big buttons are a great focal accent.



I'm not afraid
of storms,
for I'm learning
to sail my ship.
-- Louisa May
Alcott

"Hand"y Tip

Everyone knows that the price of food and fuel creep up every day. Families are left trying to cut expenses to afford every day items. Don't let the economic squeeze deprive you of being pampered! One great way on cutting back on "luxury" expenses is to forgo the nail salon and give yourself a manicure and pedicure at home. There are great products on the market that give you a spa-quality feel in the comfort of your own home (and pocketbook!)



Try the Show of Hands Set to magnify your manicure and the Margarita Set (left) to perfect your pedicure! Get the set at the new low price of \$56.00!

Love Your Laundry

Detergents and fabric softeners leave residue on your clothes. To keep your clothes in top shape, try adding 1/2 c. distilled vinegar to the last rinse. (Not for dry-clean only fabrics.) This also helps to reduce lint buildup and pet hair from clinging to your fabrics.

Olympic Mascots

Who are the Olympic mascots in Beijing this summer? The same colors as those found in the five Olympic rings, "The Friendlies" serve as the official mascots of the Beijing 2008 Olympic Games. Their purpose is to bring a message of friendship and peace — and China's blessings — to children worldwide.

They are, from left - Beibei the fish, Jingjing the panda, Huanhuan the Olympic flame, Yingying the Tibetan antelope, and Nini the swallow.



Front and Center

Nip clutter in the bud. Deal with items such as loose change, keys, mail, etc. right at the front door. Consider a console or nearby shelf on the wall on which to place things neatly and out of the way. And, don't forget to sort mail immediately, tossing anything you'd consider junk (though that doesn't include bills). Sort through this every six months.



Beauty Buzz

Making the Grade...

School days are here again. Indulge your senses with the NEW **Apothecary collections** and put your best face forward with NEW **Regeneration Platinum Plus products**. Add a splash of our NEW fall **Blissful Color Collection** and you're on your way to the head of the class!

NEW!
Therma del Sol®
Apothecary

Introducing two new Apothecary Collections: **Relax** and **Awaken**. Representing the ultimate in body care, each collection relaxes you, reduces your stress and gives you an overall sense of wellness when applied to the skin.



Regeneration® Platinum Plus Face Serum and Eye Cream

A breakthrough repair product that helps 50+ skin look younger and act younger. Dramatically restores mature skin by giving it back what it's lost over time. Bio-active formulations create stronger, younger-looking, more beautiful skin. Minimizes visible signs of aging, including the appearance of lines, wrinkles, sagging skin, age spots and dark

circles. Custom dual chamber dispenses two separate formulas, never able to be combined into one product, to be delivered to the skin for unparalleled results. The Eye Cream contains all of the revolutionary ingredients as the Face Serum plus an exclusive blend of floral extracts, oils, white tea to nourish and detoxify the delicate eye area and licorice extract for brightening.

NEW!
Blissful
Color Collection



Character may be manifested in the great moments, but it is made in the small ones.

-- Phillips Brooks



August

REASONS TO CELEBRATE!!

- 3 Friendship Day
- 3 International Forgiveness Day
- 3 Sisters' Day
- 6 Wiggle Your Toes Day
- 8 Summer Olympics Opening Games
- 9 Book Lovers' Day
- 10 Lazy Day
- 11 Sons' and Daughters' Day
- 12 Middle Child's Day
- 13 Left Handers' Day
- 15 Relaxation Day
- 19 Aviation Day
- 21 Senior Citizens' Day
- 25 Kiss and Make Up Day
- 27 Global Forgiveness Day
- 28 Race Your Mouse Day
- 30 Toasted Marshmallow Day



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Extra Cash, Anyone?

Believe it or not, the holiday season is rapidly approaching. Have you thought that far ahead? WOW— with living costs rising daily, wouldn't it be nice to have a little extra money? Wouldn't it be even better if you loved what you were doing, worked with amazing women like yourself, set your own hours and determined how much you made?

YES, it's possible. Take control of your finances and your career. Whether you're interested in something part time or ready for a complete job redirection, BeautiControl can be the answer for you! Contact me to hear how I got started, why I love what I do and how you can, too! Join by Sep. 1 for only \$125!!



Simple Chef!

Kid-Friendly Creative Soup

Ingredients:

- 1-2 carrots
- 1 zucchini
- 4 cups low sodium chicken broth
- 1/4 cup shaped pasta (use alphabet, cars or any novelty pasta)
- Dash of sage
- 3/4 cup chopped, cooked chicken
- Salt and pepper to taste

- Let the children help you wash the vegetables softly with a vegetable brush.
- Cut the vegetables into 1/4-inch slices. Using an aspic cutter, cut star shapes out of the slices and set them aside.
- In a medium-sized pot, bring the broth to a simmer over medium heat. Add the carrot stars and simmer for about 20 minutes or until the carrots are tender.
- Add the pasta, zucchini and chicken. Continue cooking the soup for another few minutes, stirring occasionally, just until the pasta is done. Makes 4 servings.

Let your kids find their names or count the number of stars in their soup bowl. The kids will take pleasure in the adventure and fun. You will feel excellent knowing they are enjoying their vegetables!



Money Magic

Pay the Minimum to Avoid Disaster

During these tight financial times, paying less than your required minimum credit card payment is tempting. But, avoid doing this at all costs. Why? It will only be worse next month.

- Paying less than the minimum payment is a violation of your account agreement and the creditor will penalize you with a fee. In addition, your interest rate will increase, probably to the upper 20 to 30% range.
- If your account is close to limit and these charges cause your balance to exceed that limit, you guessed it, you'll be charged another fee.

This makes your minimum payment even harder to meet. So what do you do?

- Consider having a garage sale, selling unneeded items online or to a resale shop.
- You can also ask the creditor about a hardship program, but be prepared to give detailed information and documentation about what you're doing to remedy your financial situation.

Need extra money for bills, vacation, holiday or saving? Ask me how to take control of your career and be your own boss!