

Creative Living

with Sheryl Borden
6500 Series



Home, Hearth & Health - II



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Home, Hearth & Health

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, "Cold & Flu Season Tips" is in Section I on page 3, whereas "We're All Different But We're All Kitty Cats" is in Section II on page 14.

INTRODUCING THE NEW CHILDREN'S BOOK SERIES

WE'RE ALL DIFFERENT BUT WE'RE ALL KITTY CATS

The Bully & The Wonder Cat

"My name is Carlos and I have no fur."

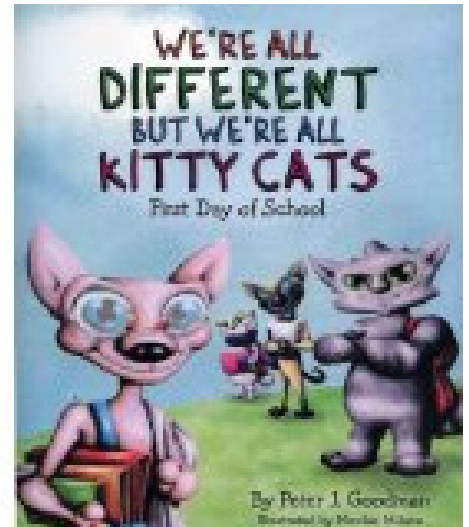
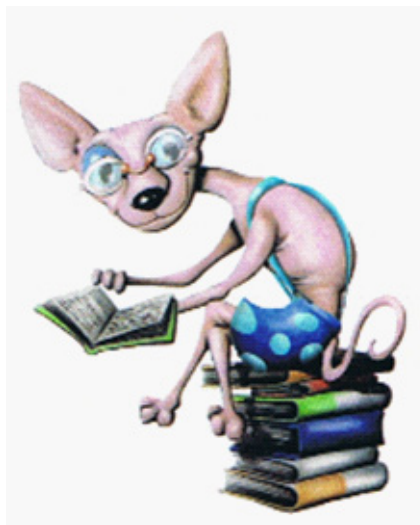
A kitty cat with no fur? How strange thought the other cats, laughing and giggling at Carlos. Hurt and embarrassed in front of the class, he sits down at his desk and begins to cry.

After class, Vinny, the school bully, picks on Carlos. When two of their classmates witness this event, they stand up for Carlos. With the support of his mother and teacher, Carlos finds something on the inside that makes him just as unique as he is on the outside. And as he gains confidence, he also gains friends.

As the story unfolds, the reader will see how Carlos deals with and overcomes his insecurity and ultimately triumphs in the end.

Set in schoolroom situations that every child will recognize, a gaggle of feline friends shows the way to respect and friendship as Carlos the hairless cat faces the challenge of being different.

The first in a series that brings adults and children together to discuss important social issues, the book includes discussion prompts and fun facts for parents to facilitate engagement and learning at storytime. A charming story told in brightly-written prose with popping illustrations, children will be entertained as they discover with Carlos and his schoolmates that what matters most is that we are all different, and this means we all share something in common.



About the author

Peter J. Goodman is a multi-media children's author. His Kitty Cats book series brings adults and kids together to discuss important social issues from early childhood. The series encourages discussion and dialogue through thought provoking narratives. Peter's first book, Win-Win Career Negotiations, was published by Penguin Books in 2002, and he has been featured in the Wall Street Journal, the Washington Post, the Chicago Tribune, and Publishers Weekly. He currently resides in Washington, DC.

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Let's Go! is helping kids and families eat healthy and be active. We understand it's important to have a consistent message about healthy habits where you live, learn, work and play. So we partner with teachers, doctors, child care providers, and community organizations to help share the same four healthy habits of "5 2 1 0" everyday:

- 5 – fruits and veggies
- 2 – hours or less of recreational screen time*
- 1 – hour or more of physical activity
- 0 – sugary drinks, more water and low-fat milk

* Keep TV/computer out of bedroom. No screen time under the age of 2

5210 Goes to School

Why Schools?

Schools reach children during an important period of development, in an environment that can positively influence healthy behaviors. Children spend the majority of their day at school and eat one or more meals, plus snacks during that time. Combine this with educational goals focused on positive physical, social, emotional, and academic development and schools are an ideal location to support increased physical activity and healthy eating. Schools have the opportunity to provide healthier foods in the classroom and cafeteria, and to creatively increase physical activity throughout the entire school day, supporting healthier children now. They also provide a safe environment for children to learn and practice the skills needed to support healthy behaviors for a lifetime!



What We Do

Let's Go!'s 5210 Goes to School program provides participating schools with a toolkit, online resources, and technical assistance to help guide them in successfully supporting increased physical activity and healthy eating for children and youth.

We understand schools have a unique set of challenges – limited hours, core educational objectives, and tight budgets – when it comes to providing key opportunities for healthy eating and physical activity. 5210 Goes to School addresses these challenges by working with school leaders – staff, school health

coordinators, principals, and superintendents – to show them no-cost and low-cost, long lasting ways to incorporate 5210 into existing activities in schools. Through this partnership, Let's Go! reinforces that schools can be leaders for culture change in our communities.

To address the policies, practices, and environments that influence healthy lifestyle behaviors, schools can use our 10 key strategies:

1. Provide healthy choices for snacks and celebrations; limit unhealthy choices.
2. Provide water and low-fat milk; limit or eliminate sugary beverages.
3. Provide non-food rewards.
4. Provide opportunities for children to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that promote healthy eating and active living.
7. Engage community partners to help support and promote healthy eating and active living at your site.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

5210 Goes After School

Why After School?

After school programs have a long history of providing safe and healthy places for diverse groups of children to learn and grow during a critical point in their development. They provide structure, role modeling, knowledge, and motivation, as well as a strong connection to parents and community. After school programs serve youth at a time of day when they are more likely to be inactive and consume less healthy foods. Programs can also serve as a bridge between what children learn at school and the important decisions parents make around physical activity and nutrition at home. This makes after school programs an ideal location to provide and promote opportunities for increased physical activity and healthy eating, and in turn, positively influence children's physical, social, emotional, and academic growth!



What We Do

Let's Go!'s 5210 Goes After School program provides participating sites with a toolkit, online resources, and technical assistance to help guide them in successfully supporting increased physical activity and healthy eating for children and youth.

After school programs come in many different shapes and sizes: there are school based programs, drop-in centers for teens, free-standing organizations like the Boys and Girls Clubs and YMCA's, and more. Each program has its own structure, resources, and location, creating a unique set of challenges for each when it comes to successfully supporting increased physical activity and healthy eating. For this reason, we've designed the 5210 Goes After School program to be flexible, allowing different programs to tailor a plan for success specific to their needs.

To address the policies, practices, and environments that influence healthy lifestyle behaviors, after school programs can use the same **10 key strategies as listed above.**

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NOTES



wai hopeTM
organic skin care

The dirty little secrets the beauty industry doesn't want you to know!

Millions of people purchase and use skin care products on a regular basis. What they don't realize, is that many of those products are comprised of harmful, potentially hazardous chemicals. Some of these ingredients should not be put on the skin, or even come in contact with the body. Ingredients that are also possible endocrine disruptors can contribute to ovarian damage or sperm damage. Little to no endocrine studies have been done on most chemicals used in skin care or hair care.

Ingredients that are used in skin care products come from the chemists with their MSDS sheets (material data safety sheet) as required by OSHA and law. It's frightening to read these sheets and see how many of them say, "wear gloves, use proper ventilation or protect eyes with goggles, wear protective clothing or wear protection from inhaling the chemical," yet chemists are formulating our skin care, eye care products, even children's products using these chemicals. It was this discovery that led to the development of Wai Hope products.

Wai Hope products do not contain controversial ingredients that are not on the FDA's GRAS List. Some ingredients on this list are still, by Wai Hope standards, not safe and should not be used in any skin care or cosmetic product. Many consumers put their faith in the FDA to help protect them. Problem is, when it comes to cosmetics/beauty they are one of the least regulated products in the market today. We were shocked to learn that many of the chemicals used in skin care/hair care or cosmetics were never studied for endocrine disruptive properties. No one knows how these chemicals affect women's ovaries, uterus, renal glands, thyroid, breasts and male prostate.

There are many potentially harmful ingredients that can be found in a wide range of skin care, even those that claim they are natural or organic. It's important to know your ingredients. Some of the most commonly used harmful chemicals are the parabens, ethanolamines, formaldehydes (BHT, DMDM Hydantoin), sulfates, Butylene Glycol, Hydroquinone.

These ingredients, via transepidermal delivery, enter the bloodstream and can create health problems that range

from respiratory distress to tumors, cancer, hormone imbalances and kidney failure. We ask, "Is beauty worth this price"? We don't think so.

It's different if your immune system is strong and able to fight off some of the potentially harmful effects of these chemicals, but when it's compromised because of illness or taking medications, your skin care should be free of these chemicals. This was the passion that Vincene drew from when formulating Wai Hope Organic Skincare, a line of products, specialized in their formulations to be free of chemicals, that could pose a threat to one's health or interfere with the effectiveness of their medications.

Her product line consists of balanced skin cleansers, a marine based toner and seawater recharging mist. Her line contains moisturizers, masks and serums made with this specialized "freshly brewed concentrated broth" and a unique delivery system that helps skin "re bloom."

The key ingredient that sets Wai Hope apart from other organic skin care lines is the Wai Restructured Water, the specialized "freshly brewed broth" that every product is made with instead of the regular primary ingredient in formulations - water. Some of the most vitamin intensive seaweeds such as the Red Fijian Seaweed, Hijiki, Kombu, Nori, Wakame, Dulse, Sea Lettuce, Padina Pavonica, Atlantic Kelp, Hawaiian and Polynesian Red Marine Algae and Blue Green Algae are a part of this specialized skin replenishing broth.

Wai Hope's mission also focuses on not using ingredients that can assault the environment or ecosystems. For all of these reasons Wai Hope is climbing the ladder in the skin care industry for innovative ingredients and formulas. For more information on Wai Hope products, visit: www.waihope.com

COURTESY: Vincene Parrinello
Wai Hope Organic Skincare
www.waihope.com

Sue Hansen Speaks!

Life Unplugged!

It's a short life - really. Oh I know when you're a kid, it seems like you'll never get to 25, but we do, of course and then before you know it you're old. So this short life begs the question - how do I wish to live my life? What will be my legacy; what will my family remember of me? Personally, I want to be known as the person who could purchase whatever she wanted, but didn't, the person who appreciated life in its simplest form. However, just wanting this doesn't make it so. I embark on this journey because it is worthy, not simple, but worthy.

We live in a wonderful country. One in which we have many freedoms. Financial freedom is alive and well in America - we love to live beyond our means. Our country needs spenders to keep the economy going. We buy houses, then we buy stuff to go into houses, and when our house gets too small to store it all, we rent storage units where we can store more stuff. When stuff begins to rule, we are in trouble.

Did you know that since the 1930's the average house has grown by 1300 square feet, and during the same time frame the average American family has shrunk by one whole person? We used to share one bathroom in a modest size home. Now everyone has their own bedroom, bath, and television. Life indeed was simple then.

Wouldn't life be great if we could unplug. Perhaps we can find other ways to enjoy life. There are lots of benefits of a simple life. If you can reduce your expenses by staying away from malls and the internet, you can achieve financial freedom, and when you are free from debt your choices are many. With little or no debt you can have freedom from being tied to a job you don't love, freedom to be flexible with your schedule, freedom to make choices based on what you want to do, not what you have to do. What a concept, and here's how the idea came to me.



It started with children. Not mine because I don't have any. My niece and nephew were insistent that I come to visit them in Arkansas. One of the big selling points to this trip was that evidently there was a bamboo forest in the back yard and to hear the kids tell it, this bamboo forest spanned great distances and was the "go to" spot in their back yard. You could run through the forest, you could hide in the forest; you could really experience a great many adventures in the bamboo forest. So of course, I set my sites on the famed forest. Upon my arrival, I get the grand tour of the forest. The striking thing to me was that my definition of forest and theirs differed...greatly. This was nothing more than a few trees grouped together.

But to them, this was the best thing ever, and it was indeed a forest, something to be very excited about. This difference in interpretation got me thinking of how great it was to see their excitement and joy at something so simple. Not to disappoint, I of course, began to run through the "forest" shouting and laughing right along with them. Kids know how to enjoy simple things.

Now, there's nothing wrong with stuff, I like stuff. But sometimes the "stuff" gets in the way of the more important things that can guide our lives. So how do we simplify even just a bit and keep it all in balance?

Here are just a few suggestions to begin the process of becoming unplugged.

1. Make sure you are centered in your adulthood, that you know what is most important to you, what matters most.
2. Make sure your purchases are things you really need. Sometimes the act of purchasing in and of itself is the activity we enjoy, not the having. Ask yourself before buying, "Is this something I want or something I need?"
3. When you are planning your vacation, try not to over complicate it. If your kids are young instead of planning an elaborate European excursion, go get an empty refrigerator box and put it in the back yard. Drape a blanket over some chairs and get under it. This is classically known as a card board box vacation. Doesn't cost a thing. Get out and enjoy it with the kids. Set up a tent in the back yard and pretty soon, you'll be having a great time.
4. Ignore your neighbors as they talk about their new boat, new bikes, and new stuff. This behavior is contagious. Pretty soon you'll find yourself thinking, hmmm we NEED that too. NO you don't. Focus back on #1
5. Buy good quality when you can, then your things will last forever.
6. Save as much money as you can. It doesn't matter what you make, what matters is what you keep. When you have financial freedom you have the power to choose your own path.
7. Keep your cellphone usage in perspective. Your phone is not a vital organ. Take some time away from the phone and really connect with someone.

Live With Passion

What a busy life we all lead. Often we're so busy we don't have time to evaluate whether or not we're headed in the right direction. We get one attempt at life as we know it, so why do we approach it with such a casual attitude? It must be that we are all reacting to a world that overwhelms us. How can we begin to discover our passion when we can barely get the kids to school, keep up with birthday cards, stay in touch with family, clean the house and find a great job?

It's certainly not easy to find what you're passionate about. Here's what I mean by passion: what is so interesting to you that you will work tirelessly to sell it, push it forward, and convince others of its worth. In other words, what would matter so much to you that you would stay up late, get up early, work every minute on because you loved it so much? This is passion.



Finding your passion makes your commitment to your work effortless: it excites you, it motivates you, and it's like a breath of fresh air.

So how do you get there? Some people arrive there naturally, or it's like a revelation. Most people need a bit of a road map. It's not magic so you will need to do some work yourself.

My recommendation is to first spend some time alone and think about who you are, what you find compelling in life, what your beliefs are, what you value most. In our society it is difficult to find quiet time to think, so you need to carve some alone time out of your schedule. Go sit on a rock, drive a car, or go to your favorite place so you can think. Make lists of what is most important to you. What kind of job is my dream job, what would I do voraciously even if I wasn't making any money at it. Once you get clear on this first step, you will have a better idea of your direction.

Now the fun, trial and error part. When you are in pursuit of finding what your passion is, you must try everything. How will you know what your passion is unless you expand your horizons and embark on new endeavors? Always be looking for new things to learn. Even in your current job, look for ways to solve problems, come up with a new strategy, look at old processes with new eyes and try something no one has tried before. You may stumble upon something you excel at, that you absolutely love. As you discover these talents and passions, you might find ways in which to make this new found skill your life's work. Who knows!

NOTES

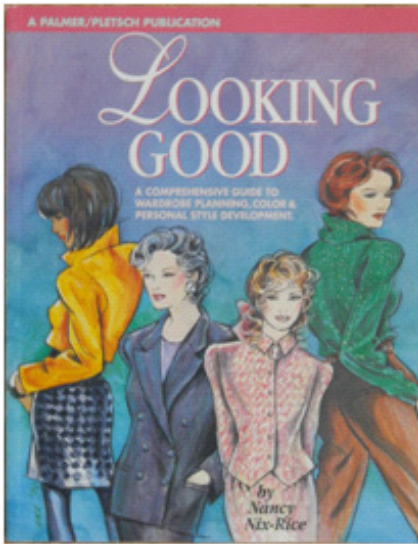
On this journey of course you encounter obstacles. That is the way life works. The best laid plans can be easily thwarted by life itself. There's no sense in getting too upset about these impositions, and you can let them permanently waylay your journey - you must find ways to work through them, work around them or just knock them out the way. Sometimes these obstacles simply delay the achievement of the goal. No big deal, you have time to get to your destination. Sometimes the obstacle is you.

As humans we seek to find the comfort zone. We like to feel secure; we like to know what is expected. We're actually pretty resistant to change. We fear it, we loathe it, and we avoid it. But if we want to achieve more and grow more then we actually need to move from comfort to discomfort. Facing our fears is a good way to begin this transition.

And, of course, along the journey we will hit bumps in the road. Finding your passion may take a while, and you might find yourself frustrated and ready to quit. Don't. You need to persevere. If you really want to find your passion, and you've done all the work to get to this point, quitting is not an option. I find that having a sense of humor is the best way to make it through the tough times. You may be thinking, "But this isn't funny". I know you've worked hard and things keep getting in the way - no worries. It will happen for you as long as you believe it will. Having a sense of humor makes the journey so much sweeter.

To book Sue for your next meeting, retreat, or event call 970.252.0800 or email her at: sue@suehansen-speaks.com

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Does your closet need some help? Are you constantly saying “I never have anything to wear.” It doesn’t have to be like that!

But it’s not just about a fancy new closet system. It’s also about the right

contents – the clothes you’ll love to wear every day.

First take everything out. Get rid of things that aren’t your clothes and accessories. (i.e. a tennis racquet, Christmas decorations...) Now while it’s empty, paint it a light-bright color. Consider a double-hanging rod extender. Amp up the lighting.

Put the clothes on a hanging rod. Then start eliminating pieces that obviously don’t work – ragged, stained, sizes you’ll never be again, uncomfortable – those are the easy ones.

Next eliminate things that aren’t your best colors. Consider dyeing .. Now the sorting gets trickier. Don’t eliminate an item just because you haven’t worn it. It might just be an orphan that needs a coordinate or two. Or it might need a simple – or not so simple – alteration to turn it into a favorite. Consider these situations:

- Maybe you have a good 80’s jacket with giant shoulder pads – a tailor can remove them, reshape the shoulder and insert a contemporary pad. Is the jacket worth the cost of the re-make?
- Change buttons to repeat your hair color down in the garment



Eliminate unnecessary buttons

Flattering Fixes
Eliminate Excess



Controlling Closet Chaos

Returning clothes to closet – buy good hangers. Hang EVERYTHING. Hang each item separately to let you see mix/match options more easily.

Organizing Tips: Hang Everything



Now arrange “keepers” in categories – Hang bottoms on top – counter-intuitive, but the narrower garments avoid shadowing the things hanging below them.

Within categories, arrange by color.

Organize by Category & Color



Not just clothes – accessories too. The more things are visible, the more you’ll wear them.

- Necklaces on cup hooks ... rainbow order of course.
- Also belts, camisoles, nighties ...
- Pins and broaches on wide ribbon
- Earrings in pill boxes
- Pashminas on clip-style pant hangers
- Smaller scarves on plastic scarf organizers.
- Shoes in boxes with pictures on the front
- Hoseiry and undies in decorative boxes

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