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The Color of Friendship

Once upon a time the colors of the world started to quarrel. All claimed that they were the best. The most important. The most useful. The favorite.

Green said, "Clearly I am the most important. I am the sign of life and of hope. I was chosen for grass, trees and leaves. Without me, all animals would die. Look over the countryside and you will see that I am in the majority."

Blue interrupted, "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, you would all be nothing."

Yellow chuckled, "You are all so serious. I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun."

Orange started next to blow her trumpet. "I am the color of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes, and papayas. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

Red could stand it no longer. He shouted out, "I am the ruler of all of you. I am blood - life's blood! I am the color of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the color of passion and of love, the red rose, the poinsettia and the poppy."

Purple rose up to his full height. He was very tall and spoke with great pomp: "I am the color of royalty and power. Kings, chiefs, and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me! They listen and obey."

Finally Indigo spoke, much more quietly than all the others, but with just as much determination. "Think of me. I am the color of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

And so the colors went on boasting, each convinced of his or her own superiority. Their quarreling became louder and louder. Suddenly there was a startling flash of bright lightning. Thunder rolled and boomed. Rain started to pour down relentlessly. The colors crouched down in fear, drawing close to one another for comfort.

In the midst of the clamor, rain began to speak, "You foolish colors, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me."

Doing as they were told, the colors united and joined hands forming a beautiful arc in the sky.

Author Unknown



Candi wants to share...

...a Cuppa Tea



May this new year bring you more love, memories and friendships to celebrate than the last!

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

Office Space

Make order in your office a priority this coming year. These simple pointers will get you started off on the right foot:

- Free up work space by removing all non-essential items from your desk. Hang pictures on the wall or place knickknacks on a shelf.
- Keep only a small amount of office supplies at your desk. Overstock should be stored in a supply closet. To avoid frequent trips to the supply closet, try using a small storage bin under your desk to hold excess materials.
- Place the telephone in a place opposite your writing hand. You'll be able to answer the phone and take notes without getting tangled in the cord.



I can do no great things, only small things with great love.

-- Mother Teresa

Helping Hand

Make a commitment to lend a helping hand this year, and involve your friends and family! Set aside a time, weekly, monthly or quarterly to become active in a volunteering program. Check local listings or local churches for ways you and your family can help. You may find that you'll get as much of a lift as those you choose to assist!



Amazing Apple

The health benefits of apples cannot be denied. Available year-round, the apple is a great staple of a healthy diet. And, they're great for dipping in fruit platters. How can you keep them from turning brown? Try rubbing them with lemon juice or soaking them in lemon-lime flavored soda for a few minutes.

Stay Sharp

Keep your kitchen knives sharper by chopping and slicing on wooden board rather than glass or plastic. Not only does the wood keep from blunting the knife, but you don't have to worry about small pieces of the board chipping into your food.

Stick to It

After cooking pasta in boiling water, drain and then cover in cold water to prevent clumping and sticking.

Grimy Grout

Clean nasty grout with a paste of baking soda and peroxide. Apply it to your grout with a toothbrush. And allow it to sit for one hour before removing. After cleaning with the paste, add an extra punch of clean by using the toothbrush to scrub in bleach.



Pet Peeve

Have a pet that sheds everywhere? Control pet hair indoors quickly and easily! Put a regular rubber glove on your hand, wet it and then run your hand over anything that has pet hair on it. The hair will cling to the glove, all you have to do is rinse and repeat until all the hair is gone.

Safety First

Use the new year as a time to replace all batteries in your smoke detectors and to test them to ensure that they're working. These simple steps can help protect your home and family in the event of a fire.

Sunny Side Up

Sun screen may be one of the most important agents to protect your skin from premature aging and from cancers caused by sun exposure. No matter what season, applying sun screen every day is vital to preserving the natural beauty of your skin. There are several types available, catering to facial use, use in the water or while playing sports. If you have skin that is easily irritated, be sure to check the type you're using won't clog pores or is specifically designed for sensitive skin.



NEW! Show of Hands® Cuticle Buffing Creme

Banish unsightly cuticle tears and hangnails in minutes. Cuticles are softened and removed leaving smooth shiny results.



Beauty Buzz

A New Year, A New You!

Make this the year that you focus on the foundation... Your regular skin care regimen. This process can be simple and quick but the results will speak volumes! Here are a few basic tools to help you get headed in the right direction.



Maintenance Sets

One size doesn't fit all when it comes to basic skin care sets. So, BeautyControl has designed a skin care regimen for women in all stages of their youth. The 20's Maintenance Set, *Skinlogics®*, the 30's Maintenance Set, *Skinlogics® Gold*, the 40's Maintenance Set, *Skinlogics® Platinum*, and the 50's Maintenance Set, *Skinlogics® Platinum Plus* provide the ultimate skin care products in quick and easy steps. Ask me about the benefits and details for each set and how to order your set today!

Microderm® Abrasion Facial Set

Get smoother-looking skin. Minimize the appearance of pores and skin discolorations. Reduce the appearance of lines and wrinkles. Help your makeup go on easier, wear longer and appear flawless. How? With the Microderm® Abrasion Facial Set. This crème and buffer set gently but deeply exfoliates to reveal radiant and visibly youthful skin.



Regeneration® Tight, Firm & Fill™



Regeneration® Tight, Firm & Fill™ products all contain the same amazing peptide blend to give an immediate dose of high potency peptides to the skin for immediate results. These products are the perfect companions for more youthful looking skin.

Not sure where to start? I can help! I can help you address any special areas of concern to get you on your way to younger more healthy looking skin.

It is more important to know where you are going than to get there quickly.

-- Mabel
Newcomber



January

REASONS TO CELEBRATE!!

- 1 New Year's Day
- 4 Trivia Day
- 6 Cuddle Up Day
- 8 Bubble Bath Day
- 12 National Pharmacists' Day
- 13 International Skeptics' Day
- 14 Dress Up Your Pet Day
- 18 Thesaurus Day
- 19 Martin Luther King Jr.'s Birthday (U.S.)
- 20 Penguin Awareness Day
- 21 Squirrel Appreciation Day
- 23 Measure Your Feet Day
- 24 Compliment Day
- 25 Opposite Day
- 27 Chocolate Cake Day
- 28 Fun at Work Day
- 31 Backward Day



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Joyous January!
Celebrate the new year by pampering yourself! Try a NEW product this month for 10% off!

Book your **“New Year New You”** Health and Spa Seminar and see our new Nutritional products and Spa Line. Plus, you’ll receive \$100.00 in FREE products just for being a host!



Take the Step

Why not take the step to give yourself control over your career? You can set your own hours, determine your own income, meet incredible women and help them look and feel their best along the way. There has never been a better time to begin your career with BeautiControl. You can supplement your existing income, or make a complete career change. Ask me how easy it is to get started and how rewarding your future can be!

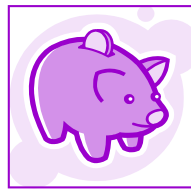


Simple Chef!

Easy Chicken Florentine Bake

- 4 skinless, boneless chicken breast halves
- 1/4 cup butter
- 3 teaspoons minced garlic
- 1 tablespoon lemon juice
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 tablespoon Italian seasoning
- 1/2 cup half-and-half
- 1/2 cup grated Parmesan cheese
- 2 (13.5 ounce) cans spinach, drained
- 4 ounces fresh mushrooms, sliced
- 2/3 cup bacon bits, or crumbled cooked bacon
- 2 cups shredded mozzarella cheese

- Preheat oven to 400°F (200°C).
- Melt the butter in a medium saucepan over medium heat. Stirring constantly, mix in the garlic, lemon juice, cream of mushroom soup, Italian seasoning, half-and-half and Parmesan cheese.
- Arrange the spinach over the bottom of a 9x9 inch baking dish. Cover the spinach with the mushrooms. Pour half the mixture from the saucepan over the mushrooms. Arrange chicken breasts in the dish and cover with the remaining sauce mixture. Sprinkle with bacon bits and top with mozzarella cheese.
- Bake 25 to 30 minutes in the 400° degrees F (200°C) oven, until bubbly and lightly browned. Make sure chicken is done and juices are clear.



Money Magic

Four Financial Resolutions by Quinn Collins

- **Learn from your past.** Consider both good and bad things so you’ll know what to build on and what to avoid.
- **Set ONLY 2 major goals and give each one equal attention.** Changing everything at once is impossible. Take two major goals (like paying off credit card debt and setting up an emergency fund) and then work to break them into pieces that help you specifically outline your plan for success.
- **Break your year into 3-month pieces.** Research shows that if you practice something for 3 straight months, it is likely to become an every-day task. Concentrate on making changes until April, and then worry about the next quarter after that.
- **WRITE IT DOWN!** The 3% of people who write down their goals achieve more than the 97% of those who don’t combined! Don’t just think it, ink it!

2009 promises to be an interesting economical year. There are those who will make the most of the recession, and those who may get buried in its wake. For you, the question should not be "How will I survive?", but "How will I THRIVE?" Let yourself dream about freedom, and then take every step necessary to track it down!