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The Piano Story

A mother wished to encourage her small girl's interest in the piano and so she took her to a local concert featuring an excellent pianist. In the entrance foyer the mother met an old friend and the two stopped to talk. The little girl was keen to see inside the hall and so she wandered off, unnoticed by her mother.

The girl's mother became concerned when she entered the hall and could see no sign of her daughter. Staff were notified and an announcement was made asking the audience to look out for the little lost girl. With the concert due to start, the little girl had still not been found.

In preparation for the pianist's entrance, the curtains drew aside, to reveal the little girl sitting at the great piano, focused in concentration, quietly picking out the notes of 'Twinkle Twinkle Little Star'.

The audience's amusement turned to curiosity when the pianist entered the stage, walked up to the little girl, and said "Keep playing."

The pianist sat down beside her, listened for a few seconds, and whispered some more words of encouragement. He then began quietly to play a bass accompaniment, and then a few bars later reached around the little girl to add more accompaniment. At the end of the impromptu performance the audience applauded loudly as the pianist took the little girl back to her seat to be reunited with her mother. The experience was inspirational for everyone, not least the small girl.

It takes just a few moments to make somebody's day, to help someone with their own personal aims and dreams - especially someone who looks up to you for encouragement and support.



Author Unknown

Debbie wants to share...

...a Cuppa Tea



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

Brushing Up on Bone Health



Your next trip to the dentist could reveal whether your bones are weakening. A recent study found that dental x-rays can identify osteoporosis risk just as well as traditional bone scans. Paula Jones, D.D.S. & president elect of the Academy of General Dentistry recommends asking your dentist to compare this year's x-ray with one from 10 years ago. Changes in density and the height of the bone around the teeth are signs of bone loss that can possibly be seen.

Getting to the Root of the Problem

No time for a color touch-up for your roots? Salon experts suggest this... Before bedtime, rub a color-depositing shampoo into your roots and blow dry the area. Wash and style as usual in the morning. The unprocessed hair (root) will be stained with pigment to help it blend in.

Free Fitness Help

Want to get started slimming off those souvenir pounds that you picked up on vacation? Visit www.choosetomove.org to sign up for the American Heart Associations free 12-week motivational program. You will receive weekly emails with easy exercises and healthy recipes. If it's free, what do you have to lose, but inches?



"It takes a noble man to plant a seed for a tree that will some day give shade to people he may never meet."

David Trueblood

Scent-sational!



Sniffing certain odors can help you concentrate, perk up or de-stress. Why? According to Alan Hirsch, M.D., founder of the Smell & Taste Treatment and Research Foundation in Chicago, it's because the part of the brain that regulates smell is connected with the control center of emotional behavior. Try one of these fragrant solutions if you want to:

- ▶ perk up - peppermint
- ▶ relax - vanilla
- ▶ banish a headache - green apple
- ▶ lose weight - banana
- ▶ concentrate - flowers

Weather on Demand

Need a quick weather forecast? Type "weather" & a zip code in a Google search. You get the current weather conditions including the temp without the commercials. If you don't know the zip just use the city and state.

Snack Attack

When your stomach is empty, it secretes a hormone called ghrelin. That signals your brain that you need food. Calm cravings with 6 walnuts or 12 almonds. These nuts have just enough healthy fat to turn off the hunger signal!

Flower Power

Floral stylist Livia Cetti has a few tips for how to make bold and beautiful floral arrangements simple!

- ▶ Snip each stem so that the flower heights will be a few inches higher than the rim and vary lengths of stems.
- ▶ Strip bottom leaves before arranging flowers.
- ▶ Use sharp clippers to cut a diagonal angle just before placing stems in clean room-temperature water.
- ▶ Check small containers frequently and add water as needed.
- ▶ Bouquets stay fresh longer in cooler rooms. Never place fresh cut flowers in direct sunlight.

CAUSES OF PROCRASTINATION

Lack of Vision can contribute to lack of energy or confusion. Once you "see" what you want, you GET the energy to achieve it. Be specific. Consider making drawings or collecting pictures to literally create a VISION. This will also be helpful to explain your vision to professionals or family members who may be involved. Be able to communicate what you want to yourself and others.

Decide what you value such as:

- ▶ Office-functionality, areas needed, comfort, inspiration, traps
- ▶ Downsizing-simplified living, ease of maintenance, health, comfort

Fear of failure that you won't be successful in creating your desired results may stop you in your tracks. The best solution for this lack of confidence may be to get good professional help! It can be cheaper in the long run because you avoid doing, redoing and FRUSTRATION. I offer FREE assessments to discuss your vision and see if we are a good "fit" to solve your situation.

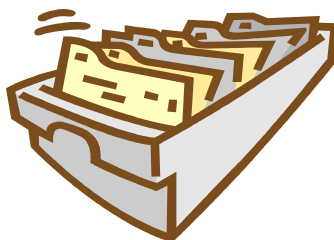
You could fear success! "If I get organized I'd have to be perfect, productive, and successful." Give yourself permission to get to whatever level of organization that is needed. I offer several organizing "packages" so you can decide which will work best for your situation.

Planning small, Step by step "bites" will help you avoid feeling overwhelmed. Your task may be too large to even visualize much less plan. Set times and dates to work on your goals. "Someday" is not a day of the week.

If you repeatedly set a date and don't follow thru consider: Your vision may not be completely satisfying (redefine it), the job is still too large (subdivide it), not something YOU should personally do (delegate it), maybe not worth doing at all (eliminate it).

Are you holding back because of money constraints? Research and plan for the expenses involved.

Get focus! Work from a project list or structured program...like the Organizing Without Agonizing workbook offers.



*I'm not afraid
of storms,
for I'm learning
to sail my ship.*

*~Louisa May
Alcott*



September

REASONS

TO CELEBRATE!!

- 1 Classical Music Month
- 3 Labor Day (United States, Canada)
- 5 Be Late for Something Day
- 5 Cheese Pizza Day
- 6 Read a Book Day
- 8 International Literacy Day
- 9 Grandparents' Day
- 13 Positive Thinking Day
- 16 Independence Day (Mexico)
- 17 Working Parents' Day
- 19 International Talk Like a Pirate Day
- 21 International Peace Day
- 22 Elephant Appreciation Day
- 22 Oktoberfest begins
- 23 Checkers Day
- 27 Crush a Can Day
- 28 Ask a Stupid Question Day



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It's Time!

I am now booking speaking appointments for clubs and organizations for the upcoming fall and winter. I have several presentations to choose from depending on the amount of time desired for my presentation.



Simple Chef!

Baked Spinach and Penne Pasta

Ingredients:

- 1 lb. penne pasta
 - 26 oz. jar marinara sauce
 - 10 oz. frozen chopped spinach, thawed
 - salt and pepper to taste
 - 12 oz. sour cream
 - 1 cup mozzarella cheese
 - 1/4 cup chopped fresh basil
 - 1 clove garlic, minced
 - 1 teaspoon Italian seasoning
 - 1/2 cup to 3/4 cup grated cheese (romano, asiago, or parmigiano reggiano)
- ▶ Cook pasta according to package directions and drain well.
 - ▶ Combine marinara sauce, spinach, salt and pepper in large pot and heat for 10 minutes. Stir in pasta.
 - ▶ Mix sour cream, mozzarella cheese, basil, garlic and seasoning in a small bowl.
 - ▶ Spread half of pasta mix in greased 9x13 pan. Spread sour cream mixture over pasta in pan and add remaining pasta to complete a third layer. Sprinkle grated cheese evenly over top.
 - ▶ Bake for 25 minutes at 350°. Let stand 10 minutes. Serve.



Money Magic

Savvy Financial Solutions

*Paying bills on time avoids many problems: late payment fees, a rise in interest rates, phone calls from collectors... **So you've messed up? It happens!** Scott Bilker, DebtSmart.com offers a few tips on how to appeal a fine when accidents occur.*

- ▶ Call and ask for a one-time waiver. Most banks will honor this request if you ask nicely!
- ▶ Briefly explain how the error occurred and how you will avoid it in the future. Bring up your good customer history.
- ▶ If you're not getting anywhere with the person who handles your call, politely ask to be transferred to a supervisor. They may be more willing and able to override the fee.
- ▶ As a last resort, threaten to cancel your account if they can't help you. "It runs \$300 in marketing to get one profitable customer, so they don't want to lose you."
- ▶ Constantly running short on cash? Ask me how you can increase your income doing what I do part-time!