



# MOTHER WIT

## Has Sacrifice and Hard Work Paid Off?

### MOM'S ROCK!



My 18 year old daughter went off to college back in August and I was like every mother who finally realizes that the cute little bundle of joy who we held in our arms some 18 years ago was preparing to take the first step into "adulthood" and go off to college.

I must admit that I was a bit concerned because I wasn't going to be around to make sure that she would get up in time for class, eat healthy meals each day, study hard, make the "right" friends and overall good choices and remember all of the values and morals that we had tried to instill in her over the past 18 years.

I was so excited about Aundrea coming home for the holidays, and I was delighted to see the responsible young woman she had become. She kept assuring us that she was doing well in school, but of course we were waiting to see the grades for ourselves and sure enough she made the Deans list!!!!

For some reason, I hadn't put up our Christmas tree and while I knew that my son was a bit disappointed, I figured it was 2 days before Christmas, so it really didn't make sense to put it up at this point. Imagine my delight and surprise when I got up one morning, went downstairs and saw that sometime during the

night or wee hours of the morning, my daughter had put the tree up.

It was such a thoughtful gesture on her part that clearly made her younger brother very happy.

Isn't this what we all wish for as mothers, that our hard work and sacrifices will result in our children growing up and becoming thoughtful, productive members of society?

Beautifully wrapped gifts are great, but this expression of thoughtfulness, consideration and love from my 18 year old daughter was one of the best gifts I have ever received.

#### CELEBRATE THE DAYS-MARCH 2009

- National Women's History Month
- American Chocolate Week (March 15-21)
- National Clutter Awareness Week (March 22-28)
- World Poetry Day (March 21)
- National Teenager's Day (March 21)
- Make Your Own Holiday (March 26)

#### Feedback

\*E-mail me your thoughts :

- Three words or a phrase that describes your motherhood experience.

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## In the Spotlight

**Name:** Tracy

**Family Includes:** Husband,  
1 Son, 2 Daughters

**Lives in:** Illinois

**Favorite Color:** Brown

**Favorite Dessert:** Baked Apple  
Dumplin from Cracker Barrel and  
anything with brown sugar, cinna-  
mon, and butter!!

**Favorite Room in Your House:** "My  
kitchen"

**Which would you choose to be on:**  
**American Idol, Dancing with the  
Stars or Deal or No Deal:** "Deal or  
No Deal"

**You're on a "date" with your hus-  
band, Lavezz, where would you  
choose to go:** Fancy restaurant for a  
romantic dinner or Picnic in the  
**Park:** Fancy restaurant for a roman-  
tic dinner

**Foreign country you would like to  
visit:** The Netherlands

**Hobby:** Scrapbooking

**If you had the choice, which would  
you choose- Lead singer in an all  
female group or a Conductor in an  
orchestra:** Conductor in an Orches-  
tra

**You're going on vacation how would  
you like to travel:** Airplane, Car,  
**Train, Ship:** Airplane

**Which would you like to be a part of:**  
**The View's Hot Topic segment or  
Oprah's Friday Live Show:** Oprah's  
Friday Live Show (Loves the O, I  
would get put out of The View for  
trying to get at Elizabeth)

# B A L A N C E

When you find yourself teetering too far in one direction, bring some balance back into your life. Balance your work time with playtime. Balance your social butterflying with quiet, uninterrupted periods of solitude. If you've been giving too much, let everyone know that you're ready to receive. Balance your diet. Too much of any one thing-no matter how good-can never be good. If you've been running around at breakneck speed, slow down before an accident or injury does it for you. If you've been sitting in front of a screen (any screen) for too long, get up from your chair and dance or walk or swim or stretch. When you feel that you've been balancing too many things for too long, put some down. Do it slowly and mindfully, so you don't lose your balance while you do.

365 Words of Well-Being for Women  
Rachel Snyder

A father found his 4- year - old daughter outside brush- ing their dog's teeth, using his toothbrush.

"What are you doing with my toothbrush?" the father said in alarm.

"I'm cleaning Rocket's teeth," the daughter answered sweetly. "But don't worry, Dad. I'll rinse it out when I'm done just like I always do."

"Traveling light means trust- ing God with the burdens you were never intended to bear."

**It's a new month, make it your goal to travel light.**



### 4 Things to Smile About in 2009

- \* Laughter being the best medicine
- \* Leisurely bubble baths
- \* Someone calling and invit- ing you to lunch
- \* Crockpots

### BRIGHT IDEAS! GREAT IDEAS! GRAND IDEAS!

- Make a list of 3 things that you are going to do for yourself this month.
- Ignore your negative thoughts.
- Buy some fresh flowers and put them in the room where you spend most of your time.

