



# MOTHER WIT



## Live, Love, Laugh, Learn, Lighten Up



**F**riday, August 21st we took my daughter, Aundrea, back to school for her sophomore year at the University of Missouri-Columbia. I promised her that I wouldn't cry this year like I did last year and surprisingly I kept my promise. It was actually a day or two later that I wandered into her room and realized that my "baby girl" was now a young lady. I tried to figure out where the time had gone and why it continues to move soooo fast. For whatever reason the fact that she is now a sophomore in college and my son, Jared, is now in the 7th grade made me begin to take stock of my life, one more time.

As I began my self-evaluation (you have those too don't you?) I came across an author, Ariane de Bonvoisin, on the Internet who talks about her 5 L's: Live, Love, Laugh, Learn, Lighten Up. These 5 L's gave me a great place to start and it has been a lot of fun and quite exciting to determine if any or all of the 5 L's have played a part in my day.

Did I just barely make it through the day ,or did I enjoy the day? Did I show love to the people in my life? How often did I laugh? Did I learn anything new? Did I take myself or a particular situation too serious?

Do yourself a favor, take a moment and examine your day. Did you *Live, Love, Laugh, Learn, and Lighten Up?*

**Diamonds  
are nice, but the best  
thing you can have in life  
are  
Girlfriends!!**

Be generous  
with your hugs  
today!!!

### CELEBRATE THE DAYS

**SEPTEMBER 2009**

Better Breakfast Month · National Women's Friendship Month · National 5-a-Day Week 9/6-12  
National Flower Week 9/13-19

Grandparents Day 9/13 · National Good Neighbor Day 9/27

## In the Spotlight

Name: **Mary Colleen**

Birthdate: **October**

Current Residence: **Illinois**

Family Includes: **Husband, 3 Sons**

Favorite Color: **Green**

Favorite Room in Your House:  
**Bedroom**

Favorite Ice Cream Flavor: **Caramel  
Caribou**

Favorite Breakfast Food: **Fruit Pie  
with a wedge of cheese**

Would You Rather Eat Fruit of Vegetables: **Fruit**

Would you prefer to view a sunrise or a sunset: **Sunset**

You're going on vacation, what foreign country would you like to visit:  
**New Foundland, Canada**

Favorite Holiday: **Thanksgiving. All about gratitude and being together, not so much hype and gifts.**

Which would you prefer to be a part of-a rock band or an orchestra: **Been part of an orchestra, now I'd want to be a rock star**

Would you rather swim in an ocean or a pool: **Ocean**

You have \$500 in cash to spend, what would be the first thing you would buy: **Flowers for me and dinner for my family**

Favorite Magazine: **Real Simple**

Favorite Flower: **Lily**

Favorite Childhood Cartoon:  
**Warner Brothers-Bugs Bunny**

# MOVE

Your address, your body, your bookshelf. Shake out anything in your life that's rusty, stiff, or stuck and get it into motion.

Take a walk, take a hike, take a step away from stagnating jobs, relationships, and life patterns. Move closer to people who meet you with authenticity and who nourish your wildest dreams. Move away from everybody else. You don't have to move mountains; shifting a single pebble can work wonders. Make your move-*any move*-now. If you wait until you have more money, more security, more grace, more anything, you'll never move anywhere at all.

365 Words of Well-Being for Women by Rachel Snyder

**G**irlfriends understand the healing properties of laughter, chocolate, and a good, long shopping trip.

national • women's



friendship • month

*Celebrate the Month!!*

- ◆ **Reconnect** with a childhood friend with whom you've lost contact.
- ◆ **Plan** a girls night out.
- ◆ **Start** a book club with close girlfriends.
- ◆ **Visit** the websites:  
[www.womensfriendshipmonth.com](http://www.womensfriendshipmonth.com)  
[www.girlfriendology.com/](http://www.girlfriendology.com/)
- ◆ **Read:** Girlfriend Connections-Moments of Laughter by Bonnie Jensen
- ◆ Are you a good friend? Take the quizzes at :  
[www.friendship-quiz.com/](http://www.friendship-quiz.com/)  
[www.funquizcards.com/quiz/friendship/](http://www.funquizcards.com/quiz/friendship/)

## Kid's Corner



### Knowing Your Kids 101

*Every Mom should ask:*

- ◆ What makes my child smile/laugh?
- ◆ What activities give my child energy?
- ◆ What activities wear my child out?
- ◆ If my child could pick one activity for me to do with him/her, what would it be?
- ◆ Other than going to school or sleeping, what does my child spend the most time doing each week?
- ◆ What does my child want to be when he/she grows up?
- ◆ Who is my child's best friend and/or closest friends?
- ◆ What is my child's favorite food?
- ◆ What subject does my child excel in?

### Minding Her Business

A look at Moms who run their own businesses.



**Rollins Palumbo Creative ([www.rollinspalumbo.com](http://www.rollinspalumbo.com))**, located in Tinley Park, Illinois, was started in October 1993 by Rebecca Palumbo.

**MW:** What service/product does Rollins Palumbo Creative provide?

**Rebecca:** I work with companies who are alarmed about insufficient growth, frustrated with the return on their marketing investment, scared of advertising costs and panicked by all the media choices. I help them by providing effective, thoughtful marketing strategies, beautiful, appropriate design, and creative, innovative advertising that draws positive attention, builds their brand and drives sales.

**MW:** Who would benefit from using the services of Rollins Palumbo Creative?

**Rebecca:** Businesses that are just starting out, businesses that want to grow, businesses looking to rebrand or revise their sales materials, businesses that want to improve and enlarge their market.

**Rebecca's Advice:** Do something you love with passion and focus. Don't judge success by a bank balance, but by a life balance.

GOD is at  
work in ways  
you cannot  
see.  
Trust Him

Live,  
Love,  
Laugh.  
Learn,  
Lighten Up



- ◆ Be a good friend
- ◆ Buy yourself some flowers
- ◆ Eat a healthy breakfast every morning
- ◆ See if you can answer the questions in Kid's Corner.