



Sassy's News

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Anti-Aging

What are some of the best ways to stop the aging clock? Here are a few ideas and tips to keep you looking and feeling younger, happier, and healthier:

Fight Aging with Beauty Products

Yes, beauty products most certainly help with the anti-aging process. The first one, the most obvious, and yet the most overlooked product is sunscreen. Use this generously! Look for skin creams, lotions, even leave-in hair conditioners that offer SPF protection. The more you protect your skin from the sun, the younger you will look. Remember the days when women protected their milk-white complexion with umbrellas? They were certainly on to something!

You're doing all the right things in terms of taking care of your skin, keeping your hair well styled, conditioned, and colored. All these steps

Fight Aging with Good Hair Care:

More women dye their hair today than 30 years ago. The reason is clearly evident when you look at photos of people 30 and 50 years ago, and you look at the grandmas of today. Today's women look younger, healthier, more energetic, in fact they seem to glow. Why? Because they continue to get their hair professionally styled and colored. This does wonders for your self-esteem, and it takes years, sometimes even **decades** off your age. When you're looking to find ways to save, look elsewhere in your budget. Hair styling and coloring make a huge difference in how you look and feel as you age.

Does what I eat make a difference?

Yes, what you eat can have a very definite effect on how you age. Eat air-popped popcorn or other whole grains like brown rice and oatmeal. These cut your production of C-reactive protein that increases the aging process by 38%! These foods also help keep you trim and healthy. Eat artichoke hearts to reduce plaque buildup in your arteries, reversing aging of your liver, the main detoxifying organ of your body. Add berries to your diet, any kind...blueberries, blackberries, strawberries...these have 12 times more antioxidants than other fruits, age-defying compounds that love you!

Are you ready for swim suit season?
**Save BIG and get a package of 6 slimming body wraps
today for only \$300.**
((\$150. Savings)

"What you have to do and the way you have to do it are incredibly simple. Whether you are willing to do it is another matter.."

~Peter F. Drucker

Arbor Day

National Arbor Day is the last Friday in April, but most states have a separate day set aside for Arbor Day based on the best tree planting time for their specific climates.

J. Sterling Morton and his wife left Detroit and settled in the Nebraska Territory in 1854. Both of them were lovers of nature, and within a short period of time their homestead was surrounded by trees, shrubs, and flowers. As a journalist, Morton was in the unique position of being able to share his passion for nature and trees with the people who read the paper he edited.

His fellow pioneers also missed the trees of their youth. Even more critical was the need to establish windbreaks to keep precious topsoil in place, for fuel, for building materials, and for shade during the hot, intense summers.

Morton advocated not only the practice of individuals planting trees on their properties. He also advocated civic organizations and groups to do the same. As his fame grew, he soon became secretary of the Nebraska Territory, which gave him yet another platform to promote his ideas. On January 4, 1872, Morton proposed the first tree-planting holiday, thereafter known as **Arbor Day**. The date was set for April 10, 1872 and more than one million trees were planted in Nebraska on that first Arbor Day.

Nebraska's Governor Robert W. Furnas proclaimed Arbor Day an official holiday, and in 1885 it became a permanent holiday, celebrated on April 22. This was Morton's birthday, a most suitable birthday gift for this ecologist.



April Events

April 1 – April Fool's Day

April 15 –Income Taxes Due

April 17 – Palm Sunday

April 19 - Passover

April 24 – Easter

April 27 – Administrative Professional's Day

April – Cancer Control Month



Pretty for Prom Package

10% off your choice of any 2 or more of the following:

Updo, Makeup, Full Set of Acrylic Nails, Pedicure **OR:**

Buy 1 Updo Get 1 at 50% off when you bring a friend

PLUS you can get 10% off any 2 or more of the following per person

Makeup, Full Set of Acrylic Nails, Pedicure

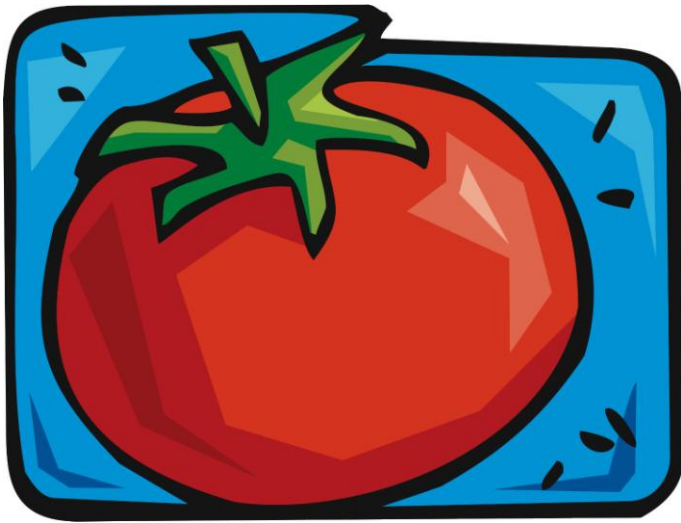
EAT BETTER – FIND A CSA

January's resolutions seem to be made long ago...as if in a dream. However, because most people are hoping to eat better, lose weight, and overall become healthier, perhaps it is time for you to discover a Community Supported Agriculture farm where you can purchase a "share".

This "share" will bring a bag or box of freshly picked organic produce from your local farmers. This is an excellent way to keep money in your community, to eat healthier, to reduce your carbon footprint by reducing shipping fees. In addition, you might even get to know your neighbor!

Community supported agriculture is healthy both for you and your family physical. It is also healthy for your community because you will be shopping local!

Go to www.localharvest.org to find a CSA nearest you. You will also find restaurants and stores that use local produce. This is a great way to keep your money working in your community.



"The only limits to our realizations of tomorrow will be our doubts of today"

~Franklin D. Roosevelt

Side-Stitch Workout Pain

I've had it, and you probably have too...that sharp, sharp pain in your left side when you're running or walking. Did you know that this isn't caused by the exercise itself, but by the way you breathe!

Notice how you breathe the next time you're working out. Chances are, you exhale when your right foot hits the ground. We do this unconsciously, having developed an exercise rhythm. Unfortunately, this forces the diaphragm up and pulls your liver downward. This is what causes you pain. The fix? Exhale when your left foot hits the ground. Try it next time!



Time to Plant!

Nothing cures the doldrums of winter better than planting spring flowers and vegetables. It might not be time to put them in the ground of your garden just yet, (everyone has a different last freeze date) so make sure you know which plants can tolerate cold weather. Pansies are my very favorite plants to put outdoors early because they can take a bit of cold, even snow, and will thrive with their cheerful faces and bright colors.

The rest of your plants should be seeded indoors or in a greenhouse (if you have one). An excellent place to seed plants is on top of the refrigerator or freezer because this is a warm environment. However, check them daily because there is usually not enough light up there, and once they sprout, they need to be moved to get better light.

Try some heirloom tomatoes this year!

Heal Yor Winter Hair

Healium Hair Product

10% OFF

*Heal your hair with our new product line,
which promotes shine, strength and condition*

EASTER OBSERVANCE HISTORY

Prior to AD325, churches in different regions celebrated Easter on different dates, not always on Sundays. The Council of Nicea (AD 325) clarified this a bit by stating that Easter would be celebrated on Sundays. Still a number of methods were used until a method defined by Dionysius Exiguus was adopted in about AD 532. This was not widely accepted until it was described and defended by the Venerable Bede in his *De temporum ratione* (AD 725).

Aloisius Lilius (d. 1576) devised the system that would become the basis of the Gregorian Calendar, as well as the tables that would be used to determine the date of Easter. Christoph Clavius modified the tables slightly, and was one of the prime defenders of the Gregorian calendar. The tables used to determine the date of Easter (in the West) since AD 1583 are these modified tables of Clavius. All algorithms for calculating the date of Easter since then are based on these tables.

Easter is the Sunday after the Paschal Full Moon. The Paschal Full Moon may occur from March 21 through April 18, inclusive. Thus the date of Easter is from March 22 through April 25, inclusive. The date of the Paschal full moon is determined from tables, and it may differ from the date of the the actual full moon by up to two days. This definition, along with tables, etc. may be found in `The Explanatory Supplement to the Astronomical Ephemeris and American Ephemeris and Nautical Almanac`. This definition that uses tables instead of actual observations of the full moon is useful and necessary since the the full moon may occur on different (local, not UT) dates depending where you are in the world. If the date of Easter was based on local observations, then it would be possible for different parts of the world to celebrate Easter on different dates in the same year.

To further confuse the issue, many countries did not start using the Gregorian calendar in October 1582, so Easter in those countries was celebrated at times different than is listed here UNTIL they began using the Gregorian calendar. And some countries that switched to the Gregorian calendar used a different definition of Easter for some time (parts of Germany and Sweden used tables based on the observations of Tycho Brahe to determine Easter for many years after the Gregorian calendar was adopted in those locations).

An interesting upshot of the algorithm is that the cycle of Easter dates (in the Gregorian Calendar) repeats every 5,700,000 years - and no sooner!