

## **February...the most boring month of the year.**

I took a small survey and found that February is regarded as one of the most boring months of the entire year. Perhaps some of you agree. In February things have finally settled down after the holidays, spring is still too far off to get excited about, and hibernation seems like a viable option some days! So what shall we do with February? Well here are some quirky ways, as found in the Chases Calendar of Events book, to celebrate February.

Did you know that February is **Bake for Family Fun Month**? Now I know this particular event may sound messy, but just think of the possibilities. Whatever the age of your children or grandchildren, spend an afternoon with them making Rice Krispies Treats. It isn't as messy as baking cookies (actually it is not baking at all but...) and can be equally as much fun to decorate. You can create crazy faces, or soccer/footballs, or just use your cookie cutters to create shapes. Then sit down, relax and enjoy the snacks with your kids. Let them control the conversation and you will be delighted by the things they want to talk about. Check out some clever decorating ideas on the Rice Krispies site at [www.ricekrispies.com](http://www.ricekrispies.com)

International **Boost Self-Esteem Month** more up your alley? Well who couldn't use a little self-esteem boost. We are all wonderful, powerful, educated, beautiful (inside & out) women, but sometimes we need to remind ourselves of that. These three women have some great ideas; Kim Brittingham, author of "Read My Hips," says: *Stop comparing yourself to other women.* "Focus on being the best YOU can be. Trying to live up to or exceed someone else's personal best is a losing game to begin with. We're too unique; our paths to happiness, health and success will vary as much as our DNA. Besides, that kind of competitive comparison is a wasteful distraction. Keep your eye on the prize — your own, not someone else's."

Mary Jones, host of The Mary Jones Show, says: *Act confidently.* "Research has proven that if you act confidently — even if you're not feeling it — you will soon *feel more* confident. Your mind will begin to feel the way your body is acting."

Debbie Mandel, author of "Addicted to Stress," says: *Find your passion.* "Women follow an endless to-do list, depleting themselves to prove their self-worth. When a woman discovers her passion, what makes her heart sing; she delights in her uniqueness and knows how she differs from others. She values herself, her time and energy. Stress erodes identity, however, tapping into creativity revives the hidden girl within who had dreams and was spontaneous and natural."

How about **Spunky Old Broad Month**? Now there's one I can wrap my arms around! Dr. Gayle Carson's friends and colleagues call her the *Spunky Old Broad* because she is 72 years old, extremely energetic and loving every minute of it. "**I love my life** -- despite 12 surgeries, the loss of my husband and son, breast cancer three times, and the daily pain I have. The reality is, I'm getting such a kick out of life, I don't even think about these things unless someone else brings them up. People always see me with a smile, having positive thoughts and getting true joy from living, so the "Spunky Old Broad" was born about five years ago. Since then I get a lot of people saying to me -- "Well, it's easy for you?" Hello?? --- I don't think so. 12 surgeries, 3 bouts of breast cancer, etc., etc. -- I wouldn't call that easy. But, here's the key --- **loving life has become a habit for me... and, it can become a habit for you.** Let's take a page out of Dr Carson's play book and become our own *Spunky Old Broad*!!

Of course there is the ever popular **Hula in a Coola Day**. It is a day for those longing to escape the winter doldrums to laugh at the cold with a luau party. Put away your winter coats; get out your shorts and flip-flops, and say, "Aloha! If you are looking for ideas for how to decorate for this impromptu event, check out Impact Thrift face book page for "partyscape" ideas including a luau party.

If you just need to escape from the kids, spouse, work or whatever, you could always celebrate the **Solo Diners Eat Out Week** celebrated February 1-7. Treat yourself to a meal in a restaurant—all by yourself. Settle in at a communal table, nab a stool at a counter or opt for a select table for one. Revel in a meal entirely of hors d'oeuvres or even desserts; no one needs to know! It's your choice during this special week.

And if all else fails, you could always clean out those closets you have been meaning to get to and donate all of your gently-used, unneeded items to Impact Thrift Stores. Impact Thrift will even pick up your larger items for free. As always, you will receive a tax deductible receipt and the great feeling that you are helping local charities. Find more information at [www.impactthrift.org](http://www.impactthrift.org) or on facebook.

*A shameless plug, I know. I just couldn't help myself!!*

However you decide to spend the month of February, just remember *this too shall pass!*