

## Mother's Day Gift of Love



Gift ideas for Mother's Day are in the minds of many people and children, as the Mother's Day approaches each year. The majority of us probably considers buying something special, some kind of a material gift for a mother so she can feel the love and care that she deserves. However, what makes a mother (and a father) especially loved and cared is more than a material *gift on Mother's day*, but a sincere love, appreciation and a sense of closeness.

Call your mother. Give her the gift of time. Being more creative, loving and more personal would make the best gift of love that you could give to your mother.

The best presents are the ones that demonstrate how much you care. Give appreciation where appreciation is due and do it more often than one day a year, but for now - let's take advantage of the day to honor all of our mothers.

"The lullaby is the spell whereby the mother attempts to transform herself back from an ogre to a saint."

— JAMES FENTON

"Mother's love is peace. It need not be acquired, it need not be deserved."

— ERICH FROMM

"There is only one pretty child in the world, and every mother has it."

— CHINESE PROVERB

## Signs You Shouldn't Ignore

1. Mysterious changes. Physical symptoms that should be discussed with your physician include continued, unexplained weight loss; persistent or unusual headaches; a sore that won't heal; a change in the color or size of a mole; or a lump or thickening in the breast.
2. Bleeding. Rectal bleeding, blood in the urine, or blood when you vomit or cough can be signs of something simple, but they can also signal something more serious.
3. Blues you can't beat. If, for a period of two weeks or more, you feel sad or irritable and have lost interest in activities that once gave you pleasure, you may be suffering from depression. Although serious, it is highly treatable, so speak to your doctor without delay.

While it's natural to hope something will just go away, early detection of what could possible be a serious problem can save your life.

—TOP HEALTH

## Cinco de Mayo

In 1862, the French army began its advance. Under General Ignacio Zaragoza, 5,000 ill-equipped Mestizo and Zapotec Indians defeated the French army in what came to be known as the "Batalla de Puebla" on the fifth of May.

In the United States, the "Batalla de Puebla" came to be known as simply "5 de Mayo" and unfortunately, many people wrongly equate it with Mexican Independence which was on September 16, 1810, nearly a fifty year difference. Over the years Cinco de Mayo has become very commercialized and many people see this holiday as a time for fun and dance. Oddly enough, Cinco de Mayo has become more of Mexican American holiday than a Mexican one. Cinco de Mayo is celebrated on a much larger scale here in the United States than it is in Mexico. It is remembered by Mexican Americans as a striking example of determination, courage and ingenuity against overwhelming odds. People of Mexican descent in the United States celebrate this significant day by having parades, mariachi music, folklorico dancing and other types of festive activities.

—ABOUT.COM



## Guns and Your Family

### *Gun safety is important*

We have all heard stories about children who are accidentally killed by guns at home or at friends' homes. These tragedies can be prevented if a few simple safety rules are followed.

Most parents know that electric outlets should be covered and that cleaning agents and other poisons should be kept away from children. However, more children younger than 10 years are killed by guns than by poison or electrocution. Gunshot wounds are second only to car accidents as a cause of fatal injury in children. This means that gun safety in your home is as important as using car seats and seat belts in your car.

### **What you can do to protect your family from gun injury**

If there is a gun in your home, it must be kept out of reach of your children and their friends. The gun must also be kept safe from family members who are depressed, who are abusive to others or who are abusing drugs (including alcohol), or who have Alzheimer's disease.

Children are naturally curious and like to explore. If there is a gun in your home, keep it unloaded and locked away, separate from the bullets, with the key available only to responsible adults. Teach your children what to do if they find a gun, even if they are not sure whether it is real or a toy. Teach them to remember these words: Stop! Don't touch! Go away! Tell an adult!

Before your child visits the home of a friend or a baby sitter, ask the parents at that home whether they have a gun in the house and, if so, whether the gun is unloaded and locked away.

Teenagers often act without thinking first. When teenagers are angry or depressed, they are more likely to kill themselves or harm themselves if they can easily get a gun. It's best not to have a gun in your home at all if someone who lives there is depressed, thinking of suicide or troubled.

### **Other way you can keep violence out of family life.**

Children learn how to behave by watching and doing what the adults around them do. It's best for the parents to talk peacefully in the home, to resolve problems with discussion instead of anger or physical violence and to treat all people with respect.

Parents who want to raise peaceful children may also choose not to allow their children to watch violent TV shows, play video games that involve one player hurting another or play with toys that are pretend weapons.

—FAMILYDOCTOR.ORG

**National Child Safety Council: 800 327-5107**

**Adolescent Violence Prevention Resource Center: 800 225-4276**

## How to Get That Second Wind

Feeling run-down? You'll turn up the energy in five minutes if you...

**REFUEL.** Snack on fiber-rich munchies such as dried apricots, celery sticks, an apple or a few pistachio nuts. Benefit: The fiber helps control the release of glucose (a sugar) into your bloodstream and may prevent energy dips.

**BREATH DEEPLY.** Every 1-2 hours, spend 5 minutes inhaling and exhaling deeply. It will help you feel calmer and more mentally focused, with renewed energy.

### **TAKE A VISUAL VACATION.**

close your eyes and mentally escape by imagining a peaceful scene on a island, in a meadow or by the ocean. "Seeing" yourself relaxed can be rejuvenating.



### **SNAP OUT**

**OF IT.** Splash cold water on your face or pop a breath mint \_ mint flavors are stimulating.

### **TAKE A "GOOD NEWS" INVENTORY.**

At the end of the day, write down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night's sleep...and energize yourself for tomorrow.

—TOP HEALTH