



WREEL READERS

WOMEN READING TO ENHANCE AND ENRICH LIVES

WREEL Readers, Inc., P O Box 270216 Tampa, FL 33688
www.wreelreaders.com

October 2008
Volume 4, Issue 5

The Power of a Smile

Like a flower with a pleasant scent, your smile can draw people close enough to see inside you. That is Smile Power. A smile has the power to radiate the qualities that make you beautiful on the inside - kindness, friendship, honesty, respect, patience, and self-control.



Give smiles away like flowers. Let your smile be an invitation for others to get to know the great person behind the smile. Then let people see that your smile does not stop at your mouth. It goes all the way to your heart.

Be like a flower. Let your Smile Power bloom!

Young people are exposed to millions of messages about who they are and how they should relate to others. Many of those messages do little to encourage the development of characteristics such as kindness, courtesy, honesty and self-control. In both words and actions, seek to exemplify Smile Power while encouraging individuals of all ages to do the same.

Enter Smiling

What is the best way to walk into a crowded room by yourself? The answer is simple: take something very important with you - a smile.

Wearing a smile when you are among strangers is the best way to invite them to get to know you. A smile sends a message that you are friendly and easy to like. It tells people that you have a positive outlook and that you are smiling and attractive on the inside. Your face is the first thing people look at when they meet you for the first time, so why not let it advertise what a great person you are. Why not turn on your Smile Power?

The Bible says, "Don't depend on things like fancy hairdos or gold jewelry or expensive clothes to make you look beautiful. Be beautiful in your heart by being gentle and quiet. This kind of beauty will last, and God considers it very special" (1 Peter 3:3-4; Contemporary English Version).

Now let's talk about using Smile Power in a room full of strangers. Do you know how to mingle? It is not that hard, especially if the first thing that people see is a smile on your face. Look around the room until you see a group of people who look interesting - looking for other smiles is a good place to start. When you spot a group of friendly looking people, go up to them and say, "Hi." Then tell them your name. You may want to ask a question, such as, "I'm new to this place. What should I do to be a part of what's happening here?" People love to give advice, so you will give them a chance to be friendly toward you if you ask a question like this.

If you find that this group is unfriendly or does not share your interests, tell them it was nice meeting them and move on. Eventually, you will find people who you want to be around that will welcome you to their group. The secret is letting your Smile Power shine through.

A smile is so powerful, that it can:

- Add years to your life
- Make you a happier person
- Make someone else a happier person
- It's a mood change for the giver and the receiver
- Improves relationships

In business, it sends a great customer service message

Kindness: Your Inner Smile

"Beauty, unaccompanied by virtue, is as a flower without perfume."

-- French Proverb

Virtue is an "old-fashioned" term that means moral excellence or goodness. A virtuous person possesses certain character traits, or values, that society considers worthy of admiration.

Honesty, compassion, courage and kindness are some of the values that make us good in the eyes of others.

Like a flower with a pleasant scent, people who exhibit virtue in their daily lives attract admirers. Their friends and family respect them. Their employer values them and their community embraces them. They make the world a better place. People who are beautiful on the outside may be pleasing to look at, but people with inner beauty leave a sweet fragrance in the lives of everyone they meet. Of all the different values a person can possess, kindness is a special quality



that generates tremendous power. It uplifts heavy hearts, brightens dark situations, heals hurt feelings. Hatred and anger is no match for the power of kindness. Perhaps best of all, every act of kindness gives you a warm glow in your heart that nothing else can match. You are best to yourself when you are good to others.

Being kind does not require much effort. In fact, the smallest acts of kindness often mean the most. Letting someone go ahead of you in line, writing a note to a discouraged friend, offering to do a simple chore for a family member - kindness is a gift of great value that costs you very little.

Remember, kindness is an excellent measure of your smile power.

Give everyone you see a big, friendly, "I like you" smile. You never know, your warm smile just might turn someone's day right around...for the good! □

Adapted from smile power

How to Protect Your Retirement Money

No one wants to hand over their hard-earned money to the IRS if they do not have to. Here are some ways to keep the IRS' hand out of your retirement, according to the Tax Hotline newsletter. Follow these steps to ensure that you keep as much of your retirements funds as possible:

1. Pay attention to when you must begin taking your distributions from your IRA. Usually this means that you will have to start taking the distributions by April 1 after the calendar year that you turn age 70. If you fail to do this, the IRS will take half of the amount you should have taken. That is a big penalty.
2. Do not start taking your distributions too early. If you take money out of your plan before you reach age 59 ½, you will have to pay an extra 10 percent on top of the income tax you will have to pay on that distribution.
3. Do not mistakenly take a distribution. When you leave a job, you are often given the option to receive the balance of your account. Do not do this by mistake you will have to pay a 10 percent penalty on top of the taxes you will owe because it counts as income. You can avoid paying a 10 percent penalty by doing a rollover to another qualified plan (e.g., roll your 401k or 403b distribution to an IRA).
4. Do not forget that you can extend your time for contributing to an IRA. You have until April 15 the following year to make retirement contributions for the previous year. Your retirement plan does have to be set up before the end of the taxable year (e.g., you have until April 15, 2009 to contribute for the 2008 taxable year. However, your retirement account must be set up before December 31, 2008).
5. Generally, for 2008 you can contribute up to \$5,000 to an IRA and if you turn age 50 at any time during 2008, you may be eligible to make catch-up contributions up to \$1,000.





NBCAM








NATIONAL BREAST CANCER
AWARENESS MONTH

October is National Breast Cancer Awareness Month




National Breast Cancer Awareness Month educates women about the importance of early detection. More and more women are getting mammograms to detect breast cancer in its earliest stages. As a result, breast cancer deaths are on the decline.

Many women are affected by breast cancer at some point in their lives, whether you have had it or had a family member or friend who has battled it. Other than skin cancer, breast cancer is the most common cancer in American women and the disease we fear most. However, we need to remember that if breast cancer is found early, it can often be treated successfully. Encourage the women in your life to get mammograms on a regular basis. Many women have overcome breast cancer and are living their lives cancer free!

Early breast cancer does not cause pain. However, when the cancer grows, it can cause changes in your breast that you should watch for:

-  A hard lump, thickening, or hard knot in or near the breast or in your underarm
-  A change in the size or shape of the breast
-  Nipple discharge - clear or bloody that leaks out on its own without the nipple being squeezed
-  Dimpling or puckering of the skin on the breast
-  Itchy, scaly sore or rash on the nipple
-  Ridges or pitting of the breast (the skin looks like an orange skin)
-  Unusual swelling, warmth, or redness that doesn't go away

Different Ways to Find Breast Changes

-  **Get a mammogram** - it is the best way to find out if you have breast cancer. A mammogram is an x-ray picture of the breast. It can find breast cancer that is too small for you or your doctor to feel. **All women starting at age 40 should get a mammogram every one to two years.** Discuss how often you need a mammogram with your doctor. If your mother or sister had breast cancer, be especially proactive about getting a mammogram. Have the mammogram done right after your period because it might be less painful and is more accurate than during your period. If you change mammography facilities or need a second opinion, be sure to get your original mammograms - not copies. Your doctor will need to compare past mammograms with current ones to see if there are any changes.
-  **Get a clinical breast exam** - this is a breast exam done by your doctor or nurse. He or she will check your breasts and underarms for any lumps, nipple discharge, or other changes. The breast exam should be part of a routine checkup.
-  **Get to know your breasts** - some women check their own breasts for changes. If you find a change, it is important to call your doctor or nurse for a visit. Make sure to watch the change you found until you see your healthcare provider.

A breast self-exam and a clinical breast exam are not substitutes for mammograms.

If you do not have health insurance, you may be eligible to receive a low-cost or free mammogram. For information on low- or no cost mammography screening, contact the Centers for Disease Control and Prevention (CDC) at (888) 842-6355.

Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women. Breast cancer is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

In 2004, (the most recent year numbers are available)

- 186,772 women and 1,815 men were diagnosed with breast cancer
- 40,954 women and 362 men died from breast cancer

Chicken Tortilla Soup



Makes 4 servings, about 1 1/3 cups each

Ingredients

- 4 soft corn tortillas, cut into 1-by-2-inch strips
- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, trimmed of fat and diced
- 3 cups frozen bell pepper and onion mix (about 10 ounces)
- 1 tablespoon ground cumin
- 2 14-ounce cans reduced-sodium chicken broth
- 1 15-ounce can diced tomatoes, preferably with green chiles
- ¼ teaspoon freshly ground pepper
- 2 tablespoons lime juice
- ½ cup chopped fresh cilantro
- ¾ cup shredded reduced-fat Cheddar or Monterey Jack cheese

Instructions

1. Preheat oven to 350°F. Spread tortillas in a single layer on a baking sheet. Bake until lightly browned and crisp, 10 to 12 minutes.
2. Meanwhile, heat oil in a Dutch oven over medium-high heat. Add chicken and cook, stirring occasionally, until beginning to brown, 3 to 4 minutes. Transfer to a plate using a slotted spoon. Add pepper-onion mix and cumin to the pot. Cook, stirring occasionally, until the onions are lightly browned, about 4 minutes. Add broth, tomatoes, pepper and lime juice; bring to a simmer and cook, stirring often, until the vegetables are tender, about 3 minutes more. Return the chicken and any accumulated juice to the pot and cook, stirring, until heated through, about 1 minute. Remove from the heat; stir in cilantro. Serve topped with the toasted tortilla strips and cheese.

Tips

Cover and refrigerate, without the tortilla strips, for up to 2 days. Top with toasted tortilla strips just before serving.

Nutrition Information

Per serving: 357 calories; 12 g fat (5 g sat, 4 g mono); 87 mg cholesterol; 24 g carbohydrate; 37 g protein; 4 g fiber; 603 mg sodium.

Nutrition bonus: Selenium (30% daily value), Calcium (20% dv), Vitamin C (15% dv), Zinc (15% dv).

http://eatingwell.com/recipes/tortilla_soup.html

UPCOMING EVENTS

November 8, 2008
WREEL Readers'
Monthly Meeting

November 14 – 16, 2008
Miami Book Fair

January 20 – 25, 2009
Zora Neale Hurston
Festival

March 12 – 15, 2009
Romance Slam Jam

May 16 – 17, 2009
National Black Book
Festival

July 31 – August 2, 2009
National Book Club
Conference



I've traveled the world
twice over,
Met the famous; saints
and sinners,
Poets and artists, kings
and queens,
Old stars and hopeful
beginners,
I've been where no
one's been before,
Learned secrets from
writers and cooks
All with one library
ticket
To the wonderful world
of books.

~ Anonymous ~

Visit
www.wreelreaders.com
for more information