

Living Graciously™



Volume 4, Issue 3

Fall, 2008

EDITOR'S GREETING

Dear Readers,

Summer is nearing an end and soon harvest season will be in full swing. Look for ways you can still grab a piece of summer without leaving the Tri-States in this issue.

Farmers' Markets are brimming with fresh fruits and vegetables. *Deborah Lee* hopes you've nurtured yourselves with garden bounties this summer and has a way to maintain healthy eating into fall and winter.

Grilling sauces and rubs from *Quincy Steamboat Company* can help you create an adventure in your own backyard or on an afternoon tea picnic with locally grown foods as suggested by *Susan Asher of Thyme-Out Tea Parties*. Reflexology by the hands of *Melissa Hamilton* is a treat for our feet, while *Jan Barrett of Redbud Yoga* shares insight into the magic Iyengar yoga can have on our bodies.

Granite Bank Gallery offers a look behind the palettes of two Quincy artists and *Carol McCabe of Simplify: The Art of Living Organized* advises organizing your household records before it's too late.

We are pleased to announce that Sally Haerr of Taylor, Mo. is the recipient of our second annual *Living Graciously* Woman of the Year Award. Sally volunteers in the Tea Room at Blessing Hospital, has helped families in News Orleans rebuild their homes devastated by Hurricane Katrina and this year opened her own home as a place to rest and eat for levee workers fighting the Mississippi River floodwaters.

Kay Whitfield
Editor/Publisher

The *magic* of Iyengar yoga

Several students at *Redbud Yoga* come with their spouses. One such woman came to a Senior Class with a report from her vacation.

"I got out of the car and went walking down the street, expecting my husband to be right behind me. Pretty soon I noticed he was not! I turned around and he was all bent over – his back was out of whack from sitting in that rental car for hours. I told him to go back to the motel and put his legs up the wall. He grumbled around, but when we got back to the room, he did it. It took away all of his pain!"

The husband, not to be outdone, added, "I didn't know if it would really work or not. But what did I have to lose? After I did the pose, I was a happy camper!"

I always am delighted when I hear such stories from my students, and when I, too, experience discomfort dissolving during or after an Iyengar yoga pose.

What's the magic?

The "*magic*" of Iyengar yoga is multi-fold, with regular practice as its core principle. "Stand erect or you cave in the very Self," says master teacher B.K.S. Iyengar.

This principle of standing tall, aligning bones and thus muscles, tendons, ligaments and organs, is one of Iyengar's unique contributions to the world of yoga and optimal health. Notice the alignment principles at work in the photographs of Adho Mukha Svanasana (odd-ho mook-uh schwa-nah-sah-nah), Downward Facing Dog pose. Notice also another of Iyengar's unique contributions to yoga: the use of props (e.g., ropes).

For students with back pain, tight hamstrings, anxiety or high blood pressure, allowing the rope to help "hold" the pose brings significant relief.

Redbud Yoga will offer two new courses: **Back Basics** and **Neck and Shoulder Basics**. Each of these **four-week sessions** will give stu-



Downward Facing Dog Pose strengthens and lengthens ankle and leg muscles that support the pelvis and spine. The rope support aligns the hips and sacrum. Broadening the chest opens the abdominal organs as they move nearer the spine. This pose also tones and aligns the bladder and uterus, helping reduce menopausal hot flashes. It softens stiffness in shoulder joints. Relaxing the head in this position slows the heart rate and quiets the mind.

dents instruction in alignment and the correct use of props, including those available at home such as walls and doorknobs. Students will learn basic poses that they will be asked to do at home between classes.

Back Basics will be held **5:30-7 p.m., Wednesdays, Sept. 3-24**. The cost of the class, which requires an assessment before the first class, is \$100. **Neck and Shoulder Basics** will follow, again **5:30-7 p.m., Wednesdays, Oct. 1-22**. The cost is \$100 for the four classes, and

See Iyengar, Page 2

Iyengar, continued from Page 1

pre-class assessment.

Whether listening to messages from your back or shoulders... intending to alleviate stress... or aiming to achieve optimal health, come experience Iyengar yoga. Fall classes begin Sept. 5. ...Connect to the quiet.

Jan Barrett, M.S.,
certified Iyengar yoga instructor,
Redbud Yoga, 640 S. 5th, Quincy, IL.
(217) 779-9642 (YOGA);
e-mail: rdbudyog@adams.net;
web: www.RedbudYoga.com
Member, Quincy Area
Chamber of Commerce &
B.K.S. Iyengar
National Association of the U.S.
JG



jk
CREATIVE
PRINTERS & MAILING

2029 Hollister-Whitney Pkwy
P.O. Box #2 • Quincy, IL 62306
217-222-5145 • Fax: 217-222-5149
www.jkcreative.com

Living Graciously

Kay Whitfield, Editor & Publisher
Published four times a year.

1609 Melrose Drive
Quincy, IL., 62301
(217)224-2664
Email:
living_graciously@hotmail.com
Send address changes to
living_graciously@hotmail.com

simplify. the art of living...

Organized



Organize essential information safely and securely

If you were the victim of a fire, flood or natural disaster, would your important papers be safe? In the aftermath of this summer's flooding, when I ask myself this question, I answer with a confident "yes!" and there is no reason why you can't have that same peace of mind.

It is imperative that you have a specific location for all of your critical records, so they are accessible quickly when you need them. Having researched the subject, and keeping in mind everyone's needs vary a little, I have put together a very comprehensive list of information you need to keep track of. In just a few hours, I can guide you through the process of collecting all of the pertinent information so you don't have to spend time worrying about what you may be missing.

Best of all, I can arrange the information so it is portable! You can take it with you when you travel, put it in your emergency preparedness kit, leave it at home in your bookcase or put it in a safe deposit box or some other secure location!

Were you or someone you know ever the executor of another person's estate? Do you realize the number of hours that could be spent going from one financial institution to another gathering the necessary information and documentation, making countless phone calls to find insurance policies, not knowing if they even exist, or where they may be stored? Wouldn't it be easier if you had all the names and phone numbers of these places recorded in one location? It would be convenient for all of the accounts, cards and policy numbers, passwords and other important information to be together in one spot.

Another question you should ask yourself is, "If a disaster occurred, do I have an up-to-date inventory of my home to adequately process an insurance claim"?

As part of my organizing business, I provide the service of a Home Inventory. I will videotape your entire house, walking room to room with a video camera and

microphone to record the contents of each room, cabinet, closet, garage, attic, basement, collectibles, etc. I will develop a record of the contents of each room, including pertinent information about the electronics, appliances and collectibles. In the event of a fire or theft, your insurance claims can be processed quickly and smoothly with the assistance of a Home Inventory. I advise updating this video inventory yearly.

While on the subject of a house fire, do you and your family (even if it is just you and your spouse) have a meeting place in the event of a fire? Set one up—talk it over. Think of the angst you would go through in a fire if you are in the back yard and your spouse is in the front yard while your house is burning and you don't know if they got out!

Don't put it off—take action today!! Prepare and get organized! Your peace of mind will be your true reward.

The Simplify™ Plan for Securing Important Data covers these topics:

- * Emergency Plan
- * Family Basics
- * Health & Medical
- * Insurance
- * Legal
- * Financial
- * Caregiver
- * Estate Planning

These areas are covered in an easy, no pressure, **CONFIDENTIAL** manner. Simplify™ has nothing to sell. The only motivation is to help get you **organized** and **prepared**.

Carol McCabe,
Professional Organizer
Simplify. The Art of Living
Organized™
(217) 223-7649
www.want2simplify.com

JG

Color Me Original!

behind the palettes of Quincy artists, Theresa Spear and Jean Powers

Color Me Original! It's a play on words, and it's how Jean Powers and Theresa Spear view their art work.

Original art works in vivid colors by Theresa and Jean will be on display and for sale at Granite Bank Gallery, 428 Maine, in September and October.

An Opening Reception will be held 6-8 p.m., Friday, Sept. 12. At 6:30 p.m., Theresa will conduct a gallery talk.

All of Theresa and Jean's art work are one-of-a-kind originals. They spend hours taking photographs, drawing sketches and preparing paper and paints, even before beginning to paint pieces.

Each piece takes days of thought, creativity, color and finishing. **Color Me Original** is what they do with each created piece.

What is involved in the process?

Theresa and Jean will feature some



A black and white rendition of one of Jean Power's original pieces of art work.

of the process as part of their exhibit so

Gallery visitors will see the various stages of development.

Photos and sketches will be displayed with some finished

paintings to show that the process starts with an idea (the photo), to the created artwork (pencil or pen and ink) and then to the finished painting. They will show how original creations, both sketches and paintings, develop and how they differ. Each piece is unique to itself, its medium and its creator, the artist.

Jean Powers has been studying and painting with watercolors for years. Many of her pieces are in permanent collections in Quincy-area businesses and in homes from Maine to California.

Jean became fascinated with the 'wet-on-wet' process of painting on hot press paper after studying the "Spirit of Spontaneity" with Karlyn Holman in 2007. Jean uses this method to "loosen up," which makes for interesting textures in her pieces with greater freedom of expression.

Theresa Spear believes God's creation is vividly expressed in color, and strives to create art pieces that express her version of what she sees. Nature is the focus of her work.



This is a black and white rendition of an original piece of art by Theresa Spear of her Alaskan Husky, Ajax.

"It is the close-ups that appeal to me," says Theresa. "I want to share the snippets of what I see and love with others. I want to create an art piece and a connection with others."

Theresa creates her batik paintings through a very involved process, painting with hot wax and watercolor paints. It takes hours for one color to dry, and it can't be sealed with wax until it reaches the desired level of intensity... which can take days to accomplish.

"It is not an imitation of life. It is my creation, and I give thanks to God for the ability to create it," says Theresa.

**Granite Bank Gallery
428 Maine, Quincy, IL 62301
(217) 228-2354**

**Hours: 9:30 a.m.-5:30 p.m.,
Monday-Friday; until 3 p.m. Saturday.
GBG and Washington Perk,
members, Quincy Area
Chamber of Commerce.**

LG

INTERESTED IN THE POTENTIAL FOR TAX-FREE RETIREMENT INCOME? LET'S TALK.

Scott T Ruff
Financial Advisor
1933 Jefferson
Quincy, IL 62301
217-223-7314

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Personal, Emotional and Spiritual Growth Through Enhanced Self-Awareness and Mind-Body Synchronization

Michael J. Schneider, Ph.D.
Clinical Psychologist



2272 Chestnut Street
Quincy, IL 62301

Phone & Fax: 217-641-0945
Cell: 217-779-2567
mikejoe@adams.net
www.drmmikeschneider.com

Celebrate! Celebrate! Celebrate!

Quincy Steamboat Company observes 30 years in business

Take charge! Be your best for your family and your employer!

Did you know that only five percent of employees report high levels of energy in the workplace if they consume an unbalanced diet, while 50 percent with ship-shape eating habits have high levels of energy.

Energy is a key factor in productivity. A balanced diet affects more than just energy levels. It's tried and true...eating fruits, veggies and whole grains will make you happier with the boss and yourself.

Summer is a great time to implement a balanced diet into your lifestyle. Farmers' markets abound. Not only are they filled with a vast array of fresh fruits and vegetables, but supporting locally grown is a good way to help the 'green' movement.

To that end, Quincy Steamboat Company is working with the Western Illinois Sustainable Agriculture Society in a celebration of locally grown foods.

Sondra Bartley and Clyde Nall of QSC will share new ways of exploring and serving the cornucopia of fruits and vegetables harvested this season in the Tri-States at a special dinner meeting for members only in August at QSC.

The public will get a chance to partake of similar fare Sept. 27, when Sondra and Clyde will prepare a locally grown food feast at a farm yet to be determined. Watch for details.

And when you can't find what you're looking for at the fresh market, check out the supermarket. The shelves are filled with great produce and prices are somewhat lower in the summer for certain fresh fruits and vegetables.

Our store is filled with gadgets, utensils, serving pieces and linens to make your dining experience not only healthy, but pleasing to the palate and the eye.

Fire up the grill. Each course of the meal can be prepared on the outdoor barbecue grill. Don't limit yourself to hotdogs

and hamburgers. Fruits and veggies are fabulous on the grill and very healthy.

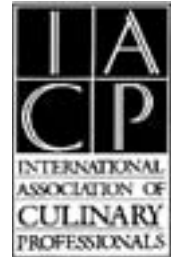
We pride ourselves in offering the best quality products and we love to share our knowledge and recipes. Right now we have a variety of 28 grill sauces, 20 dried grill rubs and 16 dry seasoning blends. It's easy to bring a summer vacation adventure to your backyard or deck.

Explore the flavors of the world and watch for our fall cooking classes.

We have already received dozens of cartons of fall and Christmas merchandise as our cycle continues. We are excited to announce our 30th anniversary celebration in October. QSC opened in 1978.

Today we still welcome folks daily from around the country and the world who remember QSC as one of their favorite stops in Quincy.

Keep in touch with us. We plan to offer many specials, free refreshments, free demonstrations and giveaways as part of our ongoing anniversary celebration.



**Quincy Steamboat Company
invites you to join us in extending
Best Wishes and Congratulations
to the bridal couples who
are currently registered with us.**

Jill Waters & Tom Bower	Sept. 20, 2008
Jaime Friye & Saleem Mamdani	Oct. 4, 2008
Tracy Johnson & David Murphy	Oct. 4, 2008
Courtney Selsor & Jason Mills	Oct. 11, 2008
Lea Schlipman & Joe Klein	Oct. 25, 2008
Lynn Schlephorst & Chad Argabright	Jan. 17, 2009

**Quincy Steamboat Company
833 Kentucky, Quincy, IL 62301
(217) 224-6644
Member, Quincy Area Chamber of
Commerce & the International
Association of Culinary Professionals**

LG

Judy Judy...
Working Hard,
Selling Quincy
by the YARD.

Judy Schonhoff, ABR
217-242-4600

COLDWELL
BANKER

Mays Real Estate, Inc.

ONE ON ONE
Patient Interaction - That's Our Specialty

PTIS

PHYSICAL THERAPY SERVICES, P.C.
Ann Reis, P.T.
Tonya Dooley, P.T.

4531 MAINE, SUITE C • QUINCY, ILLINOIS 62305 • 217-228-2853
FAX 217-228-2868

What's in your picnic basket?

Nestled between the last hot sizzling days of summer and the first hint of fall, are the golden days of September. So, if your summer has flown by without you taking a day off, this is the perfect time to treat yourself.

I suggest you head for the hills, a park or one of your favorite outdoor spaces for a late afternoon tea picnic... a brief escape from the routine and humdrum of the city.

It costs little and causes no travel headaches in packing a tea picnic basket and relaxing in the great outdoors, although you might have to swat a bug or two. One of the great benefits about living here in the Tri-States is that you can easily find a restful shady spot to spread your blanket, sip a cup of hot tea and enjoy the flavors from locally grown meat, vegetables and fruit.

A tea picnic fits in with the summer 2008 buzzword... 'Staycations.'

With the rising prices of gas and airline fares, more people are choosing to explore the locale and enjoy the sight and sounds of their own neighborhood.

Foods served at a tea picnic should be different from the typical afternoon tea menu. A normal Afternoon Tea features scones, finger sandwiches and desserts.

For a picnic, the menu should reflect the outdoor environment. The food should be simple to prepare and transport and have a great taste. While carrying your three-tiered silver stand is an option, you should otherwise be able to fit everything you need into a basket.

Here's what's you might find in my tea basket:

- Earl Grey Tea (hot or cold)
- Grilled pork tenderloin sandwiches

with grilled onions and sweet red peppers, served with a horseradish and garlic spread.

Late summer sizzle salad with apples, pears, blue cheese and walnuts with a light vinaigrette dressing and

Ginger snap cookies

As you can see this is not a typical tea party menu. I created the roast pork recipe for my family taking into consideration it's easy to prepare and transport. I recommend you pair a robust tea with the pork. While I think Earl Grey is an excellent choice, you could be adventurous and try a **smokey** Chinese black tea called Lapsang Sou-chong.

Go ahead, pack your tea picnic basket and let me know how much fun it was.

For serious tea lover, Laurie Charity and I have formed the Tri-State Tea Guild, and let me be the first to invite you to join us. The Guild is designed to be a group of people who not only enjoy drinking tea, but learning all about tea.

We want to educate people about tea so they can develop a deeper enjoyment of this wonderful beverage. We've already had a couple of meetings and have found it to be a fun and easy way to learn about all things related to tea. The Guild will have hour-long monthly tea classes on topics involving our favorite beverage...TEA.

Guild members meet at 10 a.m., the third Friday of each month at the Curtis Creek Retirement Center, 823 S. 36th, Quincy, across from Knights of Columbus.

Membership is \$5. Bring your favorite tea cup and teabag of loose tea so we can enjoy a cup of tea together afterwards.



Reservations are required, so e-mail Susan at asherte@yahoo.com or call (217) 885-3049.

Future topics include children's tea parties, the health benefits of tea, blend your own tea, cooking with tea, the history of tea, how to host an Afternoon Tea, Tea with the Lincolns, Tea in World History, Tea Accouterments and Simple Tea Party Etiquette.

Thyme-out Tea Parties has been serving the Tri-States and offering tea party seminars for more than five years. It's a great way for you, your business, church group or club to delight in tea... just as past presidents did.

A standard tea party includes an elegant three-course tea luncheon of gourmet teas, homemade scones, finger sandwiches and desserts on location. China, silverware and linen napkins are supplied. *When calling to schedule your tea party, mention this newsletter and get a free gift.*

Susan Asher, Thyme-Out Tea Parties
(217) 885-3049;

www.thymeoutteaparties.com

**Thyme-Out Tea Parties, member,
Quincy Area Chamber of Commerce.**

LG



Thyme-out Tea Parties

*bringing the charm, hospitality, and
romance of an English tea to your home...*

www.thymeoutteaparties.com
(217) 885-3049; e-mail asherte@yahoo.com
© 2008 Thyme-out Tea Parties

We offer Tea Parties and More...

Elegant tea parties in your home. You invite the guests and we'll do the rest!

Gift certificates

Special menu and price for church and club teas

Guest speaker

Consultation for your tea party fund-raiser

High quality flavored loose teas



Treat Your Feet... good health will follow!

Reflexology is the very best **TREAT**ment for your feet, hands and ears!

Reflexology is the science and art of stimulating specific reflex points and thereby bringing the whole body into balance (homeostasis).

Think of your feet, hands and ears as each being a miniature of your whole body. There are 26 bones, 33 joints and 102 ligaments in one foot. Each of these bones, joints and ligaments is a reflex point, corresponding to the organs, glands and systems of the your whole body.

Reflexology is not a foot massage. Massage is the palpitation of soft tissue and muscle. *Reflexology* is the stimulation of nerve pathways.

Susan Watson, an Internationally Trained Board Certified Reflexologist, writes, "a good foot massage will relax the body; however, the thumb-and finger-walking techniques used in *Reflexology* involves a direct application to the sensory nerves."

Further, during a *Reflexology* treatment, "sensory nerves carry information to the brain, while motor nerves carry information to the body, resulting in the release of essential chemicals the body utilizes for health and well-being. The techniques and specific procedures of *Reflexology* are as complex and wonderful as massage, yet they are entirely different."

There are numerous benefits of *Reflexology*, many of which work together in mutual support of overall wellness.



Reflexology's benefits include, but are not limited to:

- *Reduces stress, anxiety and tension
- *Reduces pain
- *Helps arthritis
- *Reduces drug dependency
- *Improves sleep patterns
- *Cleanses the body of toxins
- *Encourages the body to heal faster
- *Improves headaches
- *Detoxification
- *Relieves allergy symptoms
- *and much, much more.....

Reflexology is also beneficial in the treatment of several conditions and diseases such as *Plantar Fasciitis, Carpal Tunnel Syndrome, dementia, Alzheimer's and constipation.*

People of all ages, from infants to the elderly and everyone in between, enjoy the benefits of *Reflexology.*

A 60-minute *Reflexology* session begins with a health history and thorough assessment of the feet. This assures that

the proper course of treatment will follow.

Reflexology should not be performed if you have these conditions: Deep Vein Thrombosis, Compartment Syndrome, Athlete's Foot, open sores or in the first trimester of pregnancy.

Reflexology as a healing art has been practiced for at least 4,500 years, as evidenced by a tomb painting at Saqqara, Egypt. It was also documented as being practiced by Chinese, Incas, Hebrews, Mayans and North American Indians.

In North America in the 1930s, Eunice Ingham revitalized the art and has been named the "Modern Mother of Reflexology."

In order to become a certified reflexologist, I have completed 300 accredited hours of intensive study under Susan Watson.

Certification is not necessary to practice *Reflexology* in the state of Illinois at this time, but I believe the hundreds of extra hours training and testing under strict supervision result in the best possible treatments.

Hand, feet or ear sessions are available. **Call for your appointment Today!**

MLH Wellness Spa
Melissa L. Hamilton,
Licensed Massage Therapist, Esthetician &
Certified Reflexologist
1341 Broadway St., Quincy, IL 62301
(217) 641-2041
www.mlhwellnessspa.com
Member, Quincy Area
Chamber of Commerce.

LG



Washington Perk

Featuring fresh baked pastries daily. Serving an eclectic mix of lunch items including salads, soups, sandwiches and our signature Paninis, toasty hot off the grill.

See us for information about your special occasion events.

428 Maine
Quincy, Illinois 62301
224-2233 (CAFE)
Hours:
Mon-Fri. 7 a.m.-5 p.m.
Saturday 7 a.m.-3 p.m.
Open Sunday thru
Memorial Day 8 a.m.-3 p.m.

What's iMportant to you?

Financial freedom
and peace of mind.



Stop in and visit us today!
M Mercantile
TRUST & SAVINGS BANK
A MERCANTILE BANK OF IND. AFFILIATE
mercantilebk.com • 217-223-7300



Nurturing ourselves

introduced hundreds of people to the product and cannot begin to express how satisfying it has been to touch the lives of so many people in dramatically positive ways.

In the 15 years, **Juice Plus+** has become *the top selling supplement in the world, sold in more than 35 countries.*

It is not a vitamin pill. **Juice Plus+** is a propriety blend of 17 fruits and vegetables. All the produce in **Juice Plus+** is picked ripe, juiced within 24 hours, dehydrated and encapsulated.

When a fruit or vegetable is picked ripe, it has the maximum nutrients. Quick drying at the correct temperature allows those nutrients to be kept, while shipping and storing fresh produce does not.

Juice Plus+ is recommended by tens of thousands of medical doctors, chiropractors and dietitians, as well as personal trainers and physical therapists, all of whom eat it themselves.

Why has this product become so successful? Results, plus strong medical research. More than 12 independent clinical studies have been conducted by leading university and hospital-based investigators. Research on **Juice Plus+** shows remarkable improvement in immune health, reversal of disease damage within the DNA, diabetes, prenatal problems in pregnant women and heart disease.

All of the peer-reviewed studies have been published in leading professional journals. Ten more major studies are underway in facilities such as Yale University and the M.D. Anderson Cancer Institute. To read these studies go to my website: www.HealthUnlimitedPlus.com.

While you're there, be sure to review the Children's Health Study. This study is based on results from more than 200,000 participants - 100,000 adults and 100,000 children, ages 6-18.

Participants reported more than 90 percent positive benefit of some kind within a few months of taking the product, including fewer missed days of school and fewer doctor visits due to illness. Your child can take the product **FREE** and be a part of the study.

I value Juice Plus+ because of what it has done for my health and because I have seen improved health in hundreds of people with whom I have worked, especially my family and friends.

So what about you?

There is no easier way for you to nurture yourself. By eating four capsules of **Juice Plus+** a day, you get 56 pounds of dried fruits and vegetables a week! That is more than 200 pounds a month! There is no way you or I can eat that much broccoli and cherries.

Juice Plus+ is shipped to your door in a four-month supply. That is 800 pounds of dried produce that weighs five pounds! This is an effective way of saving fossil fuel and shipping costs. I support it completely. **Juice Plus+** is healthy for you and healthy for the globe.

You can order **Juice Plus+** through my website, or contact me for details.

Deborah Lee has worked in the field of natural health for more than 25 years and continues to work for environmental health: personal, community and global. Contact her at: dlee@adams.net or go to her website: www.HealthUnlimitedPlus.com. *LG*

What have you done to nurture yourself this summer vacation season?

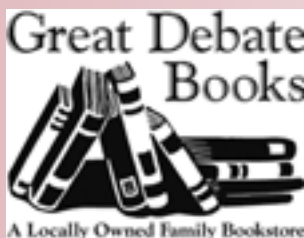
As an avid gardener, I love that summer is a great time to get the recommended 9-12 daily servings of fresh fruits and vegetables. My garden in June brimmed with lettuce, snow peas and spinach. July was cucumber, broccoli, cabbage, peppers, potatoes, onions and lots of squash. August through October brings more of the same, plus tomatoes, eggplant and fruit. I am abundantly nurtured.

Science reveals that one fresh fruit or vegetable picked ripe, contains some 2,000 plant nutrients that cleanse and nourish our bodies. No synthetic vitamin pill can offer a substitute to the amazing synergy of nature. *Nature is a complete system.*

I eat vegetables from my garden seven months of the year. Year-long, however, I supplement my health with fruits and vegetables in a capsule.

In 1993, I was introduced to **Juice Plus+** and have taken it for 15 years. 15 years! In that time my health has improved dramatically. For 14 years, I have

Now Open in the Maine Center!



Mon-Wed 9-6 • Thurs-Fri 9-7
Sat 9-5

535 Maine Street
(217) 221-9673

www.greatdebatebooks.com

MJT Interiors

Custom Draperies
Blinds • Shades

1641 Gayla Drive
Quincy Illinois 62305

Phone: 217-224-2110

Cell: 217-430-2271

Email: mjterwlp@adams.net

Mary J. Terwelp
Interior Decorator



August

Thursday, Aug. 21, 4-8 p.m. - *"All About Me Thursday"* Back-to-School book giveaway, Granite Bank Gallery, 428 Maine St., Quincy, (217) 228-2354.

Thursday, Aug. 21, 7 p.m., *Carol McCabe of Simplify: The Art of Living Organized* will be speaking at the Hamilton Public Library, Hamilton. The public is invited. (217) 223-7649.

Friday, Aug. 22, 5:30-6:30 p.m., *Fourth Friday: Restorative Yoga* at Redbud Yoga. Fifth and Payson, Quincy, (217) 779-9642 (YOGA).

September

Tuesday, Sept. 2, Fall classes begin at Redbud Yoga, through Oct. 25.

Wednesday, Sept. 3, 5:30-7 p.m., *Lower Back Basics*, Redbud Yoga.

Friday, Sept. 12, 6-8 p.m., *Opening Reception, Color Me Original art exhibit and sale*, Granite Bank Gallery.

Events Calendar

Tuesday, Sept. 16, 6:30 p.m., *Tea Talk by Susan Asher of Thyme-Out Tea Parties*, Quincy Public Library, 6th and Jersey.

Thursday, Sept. 18, 4-8 p.m., *"All About Me Thursday"* - Deck the District, Granite Bank Gallery.

Friday, Sept. 19, 10 a.m., *Tea Guild Class/Meeting, Susan Asher*, Curtis Creek Retirement Center, Quincy.

Friday, Sept. 26, 5:30-6:30 p.m., *Fourth Fridays, Restful Yoga with Jan at Redbud Yoga*.

Saturday, Sept. 27, 6 p.m., *Quincy Steamboat Company* and the University of Illinois Extension Service present *Locally Grown Feast*. Site to be determined.

October

Wednesday, Oct. 1, 5:30-7 p.m., *Neck & Shoulder Basics*, Redbud Yoga.

Saturday, Oct. 4, Customer workshops, Granite Bank Gallery.

Friday, Oct. 17, 6:30 p.m., *Stephen Lee*,

the 'Herbmeister,' cooks a Midwest feast, Quincy Steamboat Company.

Saturday, Oct. 18, 10:30a.m., *Stephen Lee*, 'Herbmeister' cooking demonstration, Quincy Steamboat Company.

Thursday, Oct. 16, 4-8 p.m., *"All About Me Thursday"* Chili Cook-off, Granite Bank Gallery.

Friday, Oct. 19, 10 a.m., *Tea Guild Class/Meeting, Susan Asher*, Curtis Creek Retirement Center.

Tuesday, Oct. 21, 6:30 p.m., *Tea Talk by Susan Asher*, Quincy Public Library, 6th and Jersey.

Friday, Oct. 24, 5:30-6:30 p.m., *Fourth Fridays, Restful Yoga with Jan at Redbud Yoga*.

Saturday, Oct. 25, 10:10 a.m.-12:40 p.m., *Rest & Renew*, Retreat for women, Redbud Yoga.

Monday, Oct. 27, Late fall classes begin at Redbud Yoga, through Dec. 19.