

Excerpts from:

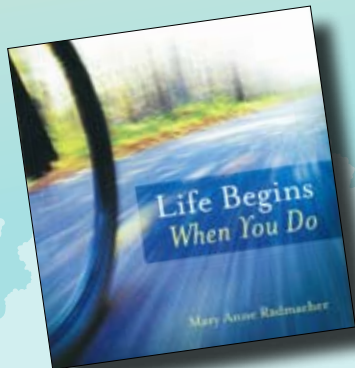
Life Begins When You Do

by Mary Anne Radmacher

Live with intention.

*Investigate and define your purpose,
your "must."*

Your purpose, that thing that among the many to-dos of your days, is what you must do. Embrace the truth of your purpose each minute of your precious life... for how very true it is that life begins when you do.



Hardbound book available at
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Piña Colada Fruit Salad

Give friends a taste of the tropics on warm summer days with this refreshing fruit blend. For a little extra punch, you might add a splash of coconut rum.

* Prep/Total Time: 15 min.

* Yield: 9 Servings

Ingredients

- * 1-1/2 cups green grapes
- * 1-1/2 cups seedless red grapes
- * 1-1/2 cups fresh blueberries
- * 1-1/2 cups halved fresh strawberries
- * 1 can (8 ounces) pineapple chunks, drained
- * 1/2 cup fresh raspberries
- * 1 can (10 oz.) frozen non-alcoholic pina colada mix, thawed
- * 1/2 cup sugar
- * 1/2 cup pineapple-orange juice
- * 1/8 teaspoon almond extract
- * 1/8 teaspoon coconut extract



Directions

In a serving bowl, combine the first six ingredients. In a small bowl, whisk the pina colada mix, sugar, juice and extracts until sugar is dissolved. Pour over fruit; toss to coat. Chill until serving. Yield: 9 servings.

Nutritional Facts 3/4 cup equals 196 calories, 2 g fat (1 g saturated fat), 0 cholesterol, 12 mg sodium, 46 g carbohydrate, 2 g fiber, 1 g protein.



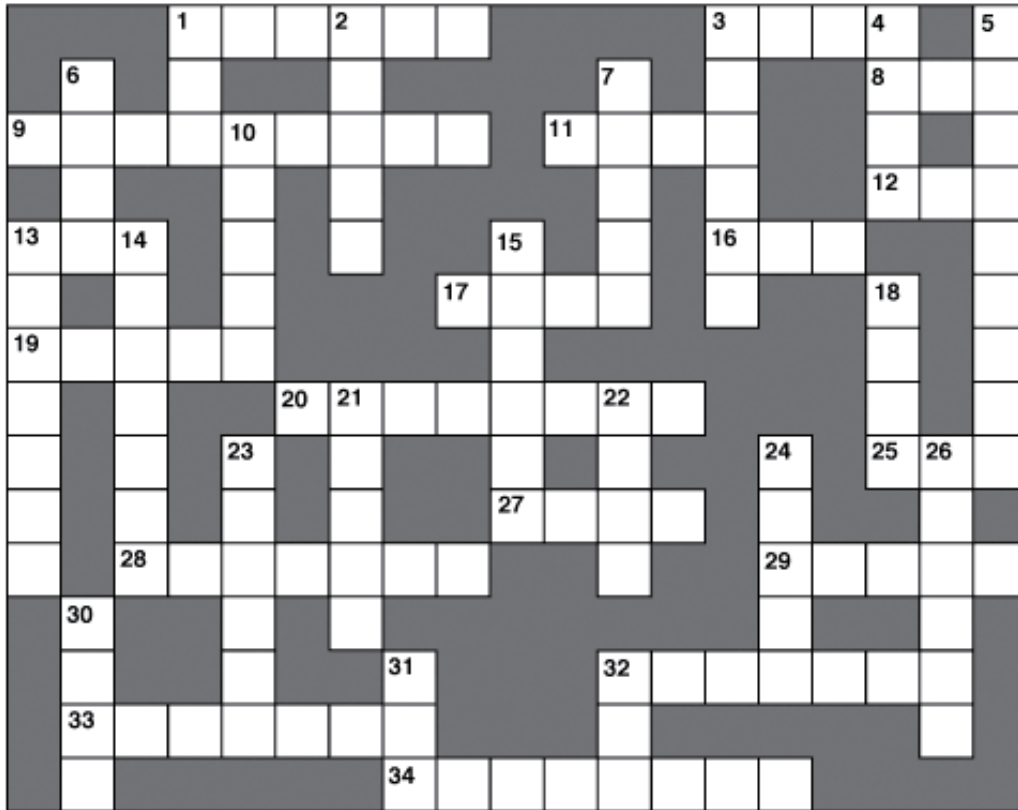
CUSTOM INVITATIONS

Weddings
Baby & Bridal Showers
Family Reunions
Summer Parties

CUSTOM GRADUATION

Invitations
Party Cards
Thank You's
Gift Ideas

SUMMER CROSSWORD



ACROSS

1. Light rain
3. String _____
8. Single
9. Jumping & hopping game
11. Summer month
12. Have lunch
13. Very warm
16. City home for wild animals
17. Summer month
19. Sandy spot
20. Water sport
25. Used to pave roads
27. Relax
28. Step back
29. Very humid weather
32. Warm weather foot wear
33. _____ storm
34. Thrilling

DOWN

1. Short form of sister
2. Time piece
3. Cool wind
4. Musical symbol
5. Summer month
6. Go it alone
7. Weather word
10. Capture
13. Leisure activities
14. Follows a car
15. June 21
18. Always do your _____
21. Pools are full of this
22. Birds home
23. Suntan _____
24. Hot & _____
26. Summer month
30. Better _____ than never
31. _____ you sleeping?
32. Take a seat

