

THINGS WE LOVE



Old Navy 100% Cotton Tee

Celebrate Earth Day all season long with this hip hot tee from Old Navy. At only \$14.50, it shows that recycling is hip, chic and cheap, too! Check out Old Navy's line of 100 percent cotton tees with a love-the-planet flair. Broadway Square Mall, \$14.50

The Dinner Garden

As grass roots as it gets, The Dinner Garden, a non-profit organization in San Antonio, provides seeds, gardening supplies, and gardening advice free of charge to all people all over the country, focusing on those in need of establishing food security for their families. The Dinner Garden's mission is for people to plant home, neighborhood, and container gardens so they can use the vegetables they grow for food and income. Now that makes good dinner, social and economic sense! www.dinnergarden.org



Strawberries

We love strawberries! These super fruits are not only delicious and nutritious to eat, but they're good for your skin as well. Simply cut a fresh strawberry in half and rub the cut side on freshly washed skin. Wait a few minutes, then rinse. Strawberries are full of natural alpha hydroxy acids that help remove dead skin cells and clear up blemishes, leaving skin looking and feeling as fresh as a summer day.



East Texas Fresh Farmer's Market

East Texas now has a farmer's market right in its own backyard with produce and products cultivated right in the farmers' backyard. The East Texas Fresh Farmer's Market will run every Saturday, 8 a.m. to noon, through Aug. 11, then re-open for the fall harvest. Pick up a side of organic, grass-fed beef, some organic chives or a stick of all-natural lip balm while listening to a little music on a sunny Texas Saturday. Located at Chimney Rock between Old Bullard Road and South Broadway, across from Lowe's, behind the Brass Lion. www.easttexasfresh.com



Go Gaga Tote

What parent, student or hard working employee hasn't complained about the weight of a diaper bag, backpack or laptop carrier? Go Gaga has an ergo-friendly solution. These stylish, versatile and comfortable bags are designed for real life with a patent-pending ergonomic strap which not only spreads the weight of the bag across your back and shoulders, but also has a sleek style that suits men and women. We're gaga over the practicality of these totes! \$118 to \$128 Nearby at Legacy Books, Plano, www.legacybooksonline.com or <http://www.gogagalife.com>

Living Healthy

- The early bird gets the worm but might not be able to hold onto it, new studies show. A scientist at the University of Liège in Belgium monitored the brain activity of 15 night owls and 16 early birds while they spent two nights in a sleep lab and discovered that early birds lose focus and alertness far faster than the night owl, who enjoys productive endurance. People who keep late hours and feel more alert in the evening may have a natural advantage over those who rise at the crack of dawn and struggle to stay alert and productive in the later hours of the day. That's as good a reason as I've heard for sleeping in.
- It's not a new concept, but a study commissioned by The Wrigley Science Institute confirmed that chewing sugarless gum seemed to

curb sweet and snack cravings while also helping to maintain energy through the entire day and reducing drowsiness after lunch and before afternoon snacks. Go grab some gum!



- Did you know? Most children need their parents to brush and floss their teeth until they are at least five years old – some even longer – for the best protection against early cavities!
- We know breastfeeding is good for baby, but now we know it's good for mom, too. Besides helping you burn calories, a study published in Obstetrics & Gynecology found that women who breastfed their babies for more than a year were around 10 percent less likely to experience a heart attack, stroke, or develop heart disease, compared to those who never breastfed their children. We love that news!