

November 2011

The Vegas Voice



The Voice for your Health, Wealth & Good Times

NEVADA CONSERVATORY THEATRE PRESENTS



Charles Dickens'

A Christmas Carol

See pages 18-19



Hey Vacationers-
Join us at the
Holiday Follies!

See page 26



Judi Moreo

Motivational Tidbits

What Are You Thankful For?

As Thanksgiving is approaching, I am reminded of all that I have to be grateful for. I have truly had a blessed life...a wonderful family, fabulous interesting friends, a great career traveling the world and studying other cultures.

I live in a country where I am free to vote and practice whatever religion I prefer. I can speak out about whatever I choose to speak about.

I truly learned to appreciate all of this when I lived in South Africa during apartheid and witnessed the lack of freedoms and rights of many people. Rights that we Americans often take for granted.

One year when I was in South Africa a friend attempted to make a traditional dinner for me and I so loved her for doing it. I was a long way from home and my family and she made the day really special.



It wasn't anything like what we make, but it was really good. As they don't get turkey in the markets until Christmas, we had Cornish game hens.

Since they don't have real pumpkin like ours, they call their squash "pumpkin" so she made a pumpkin pie from squash and put chocolate sprinkles on top. It certainly had an

unusual flavor.

Another year, I had dinner with some other friends who heated the cranberry sauce and poured it over vanilla ice cream for dessert. That was a real surprise to me, but actually it tasted quite good.

My most memorable Thanksgiving was the year I was speaking in Dubai for the Dubai Chamber of Commerce and my client actually had a turkey

flown in so he and his family could make Thanksgiving dinner for me. They invited all the Americans they knew and we all cooked and enjoyed dinner together.

It's times like these when I realize that people around the world are people who are just like us - who want to have peace, happiness and the love of their families and friends. This year, I am thankful for my health, for overcoming cancer and for still being able to speak, write and touch people's lives in a positive way.

I wish you a wonderful holiday... much health and laughter. I am grateful for you. Thank you for reading my columns and being a part of my life.

Judi Moreo is an author, writer and professional coach who is the President of Turning Point International in Las Vegas. To inquire about her services or books, call (702) 990-3922.



Jan Fair

A Thinkin' Minute

Happy Palindrome Month "Mom" & "Dad"

A palindrome is a word, phrase or number that reads the same forwards and backwards. This month is unusual in that it has many palindrome dates, starting with 11-1-11, which inspired the Mental Minute Lists below. You might want to revisit my *August 2010* column with ideas for working your memory forwards and backwards.

We can also help our brain by walking backwards. I read about this benefit on one of my favorite websites, LIVESTRONG.com, which is for all of us who want to build our own healthy living success story as did Lance Armstrong.

Its focus is on food, fitness and inspiration which are critical components in preventing and fighting cancer and other illnesses as well as building brain power.

This month I'm also recommending tongue twisters. It was at a Toastmasters meeting years ago where I first learned that saying them improves articulation and brain agility. Toastmasters International operates clubs worldwide, helping members learn the art of speaking, listening



and thinking.

Mental Minute Lists: "Palindromes"

Election Day, 11-8-11, is a palindrome. In one minute name other dates in November which read the same forwards and backwards.

Another time, name palindrome words or phrases: "Anna"; "race car"; "A nut for a jar of tuna"...

Tongue Twis- ting' Turkey Time

Say each of the sentences below three times ... as fast as you can. This will exercise your lips, jaw and tongue. It not only sharpens your enunciation but also sharpens your mind.

1. Greedy gray gobblers grabbed Granny's good goose gravy.

2. The sassy, swinging Singer Sisters sang winning thinking, thanking songs.

3. Ten two-toed Tom turkeys trotted to the table but Teresa took taut twine and tied them to two tall trees.

As an extra challenge, make up your own tongue twisters. I would love to see your masterpieces so please email them to me.

A Brain Exercise Exercise: "Walking Backwards"

Some say walking backwards 100 steps is equivalent to 1,000 steps conventional walking because it burns more calories, requires more concentration and activates more neurons in the brain. Of course, always check with your doctor before beginning a new exercise routine.

To perform walking exercises, first walk forwards while turning your head side to side and

then up and down. Change your speed and walk faster and then slower.

Now change directions and walk backwards. This allows your brain to re-program and improve balance.

Always start slow in case you experience vertigo or dizziness. You might want to begin by walking 10 steps forward and then 10 backward; eventually working up to more steps.

If you have access to an elliptical machine which moves in opposite directions, do half of your workout going forward and then switch directions for the second half. Changing directions will also change the emphasis on which muscles are worked the hardest.

All I can say is those women on ABC's "Dancing With The Stars" *have* to be smart! After all they "dance" backwards ... and in high heels.

Jan Fair is an educational consultant and public speaker who has published over 40 books for kids, teachers and parents. Now that she's gotten rid of her kids (they grew up!), she has tried her hand at acting and performing. Check out Jan's blog at www.JanFair.com. She can be reached at jan@janfair.com.