

A Message from Marilyn

Welcome to yet another free publication of M. H. West & Co., Inc. to help connect the company with people and organizations around the world. The focus of S⁵ is to Share Simple Stuff with Seniors to Strengthen their Success. Seniors represent an important asset of the community and publishing this newsletter is one way to recognize their many contributions.

Featured topics of S⁵ will include *People & Places, Dressing for Success, Books to Read, Words of Wisdom, Medical News, Classic Humor, Food for Thought, and The Foreign Language Word or Phrase of the Month*. If you have interest in other topics, let me know.

Best wishes and Happy Reading!!!!!!
REMEMBER...Reading is Learning and Learning is for Everyone!!!

PEOPLE....

Clint Eastwood...at 74 still knows his stuff and continues to take home the big ones. He increased his chances for another Oscar by being named the Guild of America's filmmaker of the year for the box office hit, *Million Dollar Baby*. Eastwood remains modest about the recognition for his accomplishments, however. In receiving the Guild Award he indicated, *"This is a surprise. ... I got to say this is a real pleasure. I am as pleased as punch."* He felt that he did little and Hilary Swank and Morgan Freeman did all the work in his latest

film. They are *"fabulous people and all I have to do is just sort of stand there and guide it."*

MANY SUCCESSFUL PEOPLE ARE LIKE EASTWOOD...THEY DON'T NEED TO BE OUT FRONT FOR EVERYTHING. THEY KNOW THAT OTHERS HELPED THEM MAKE IT HAPPEN !!!

PLACES....

MAIN STREET STATION, 1500 East Main Street, Richmond, Virginia, will become another transportation hub to connect riders from Newport News, Virginia to Boston, Massachusetts.

View the beauty of the station and then **BOARD** the train and leave the driving to others so you can reach and enjoy a night on the town or a relaxing vacation in your favorite city or a new city you may wish to visit.

BOOKS TO READ



The African-American Bookshelf: 50 Must Reads. By Clifford Mason (Citadel, \$14.95) Influential works by African-Americans from the Civil War to today. **Source:** February 2, 2005 Issue of Richmond's **STYLE WEEKLY**.

The First Desire. By Nancy Reisman (Pantheon, \$24) A debut novel about the tensions and rivalries within an extended family. **Source:** New York Times, list of *100 Notable Books of the Year* for December 2004.

WORDS OF WISDOM

*Go Ahead, Use Those Family Treasures to Move Ahead**

Many factors shape our behavior as adults. A significant influence in my life has been my family and their shared experience, know-how and tradition. Though they have little monetary value, these treasures are top dollar items to me. Read on for an example of how we can use our family treasures to move ahead.--Marilyn H. West

--**My Mother's Smile** that is forever etched in my memory that gives me comfort and reassurance.

--**My Father's Encouraging Words** advised never to sell yourself short and let others shortchange you.

--**My Grandmother's Common Sense Approach to Life:** Hang in there by doing the very best that you can.

--**My Grandfather's Consistent Story about His Boots-** they shine even when they are in mud.

--**My Aunt's Insistence that Changing One or Two Ingredients** in one favorite recipe will produce another great recipe.

--**My Brother's First Grade Painting of His Friends** showed that everyone is Different, but everyone is holding hands.

BONUS: *We must adjust to changing times and still hold on to unchanging principles.*

**Prepared for Marilyn H. West's Monthly Column in Richmond Woman's Magazine, www.richmondwoman.net*

DRESSING FOR SUCCESS

- Wear clothes that fit.
- Clothes that are too large, add to your size.
- Clothes that are too small show off your size.

MEDICAL NEWS

Two new studies taken together reinforce some time-honored nutritional advice that more fruits and veggies and less red meat create a recipe for good health.

Both studies were published in the latest issue of the Journal of the American Medical Association.

<http://seniorhealth.about.com/>

CLASSIC HUMOR



Everyone wants to be Cary Grant; Even I want to be Cary Grant. --Cary Grant

I saw the play under the worst circumstances: The curtain was up. --George S. Kaufman

FOOD FOR THOUGHT

1. Avoid caffeine and nicotine after lunch to help ensure a peaceful nights rest.
2. Breathe and take time to relax when you feel overwhelmed.
3. Drink plenty of water to prevent dehydration.
4. Make your "To Do List" and plan ahead to prevent unnecessary stress.
5. Eat less daily to offset those extra calories when you indulge.
6. Keep in shape by exercising daily.
7. Commit to caring for others.

THE FOREIGN LANGUAGE WORDS OR PHRASE OF THE MONTH

English/Ingles	Spanish/Espanol
Hello	Hola
Good Bye	Adios
Good Morning	Buenos Dias
Thank You	Gracias