MΔY THE FRANKI IN FIVE FUN HOLIDAYS THIS MONTH REMEMBER MOM CINCO DE MAYO The fifth of May You can never repay your mom for all she's done for you over the years, but you can at least tell her that. is not Mexico's Independence This year, make sure she knows you appreciate her Day, but they did win a and notice her efforts. battle on that day, so why PRACTICE HARIT FOUR not celebrate it? After all, it's Think Win/Win. Interacting with other people can a wonderful excuse to eat be a real challenge. As you work, play, and plan tacos and burritos with others, try to keep their desires in mind and 10 MOTHER'S DAY find working solutions that can benefit all parties Find a way to involved. This isn't easy, but with effort it can be thank all the highly rewarding. Make a note in your planner to special women remind you throughout the month. in your life: Mom. DRINK WATER EVERYDAY Grandmas Aunts-Are you drinking enough water? If not, it's time to get creative. start. Water is important to our wellbeing and health. **EAT WHAT YOU WANT DAY** Purchase a new water bottle and keep it full and Chocolate, steak, cheesecake, with you at all times, so it's easier to drink in those doughnuts-go precious drops. ahead and TAKE MORE PICTURES eniov it. It's May is National Photo Month. Now that every iust one day. smartphone comes equipped with a decent digital 25 MEMORIAL DAY camera, there really isn't an excuse for missing a Find wavs photo opportunity. Pictures spark memories and to help create a wonderful record of events. Remember vour children to document the important events in your life. understand the SUMMER ANTICIPATION price of freedom. Visit grave Now is the ideal time to plan your upcoming summer sites, explore family history, vacation. Determine your itinerary now so you can discuss your national history save on reservation fees. visit a war memorial, provide service for a veteran. or visit a veteran's hospital. MY FOCUS FOR THIS MONTH