

## Fashion

### Modern Engagement Rings are the New Classics



(NewsUSA) – Once upon

a time, many people proposed to their significant other with grandma's engagement ring. There's something to be said for family tradition. However, whether or not you inherit a piece of heirloom jewelry, there's something unique and personal about a modern, hand-made, custom engagement ring.

"Bold and beautiful; modern and contemporary," says the website of award-winning jewelry designer Cornelis Hollander.

The Scottsdale, Arizona-based company has four decades of awards and testimonials for its dramatic engagement ring designs.

"Our diamond rings are exceptional because they are made uniquely for the wearer, making them exclusive, memorable, and personal. Your ring is the ultimate storyteller of your style and commitment," according to Cornelis Hollander's son, Walter Hollander, who inherited the company from his father.

The modern classics of Cornelis Hollander include styles for every taste, for example:

– Strong but sweet: The Burcht setting features an arc of pave diamonds that sits beneath a precious metal bridge holding a stunning center stone.

– Clean and classic: The Een is a best-seller with its clean setting and timeless appeal.

Four elongated prongs showcase a center stone, with two additional diamonds on each side, plus a row of bead-set diamonds along the band.

– Ultra modern and edgy: The Kader pushes the envelope of boldness in jewelry, perfect for those who embrace the unexpected.

The ring features a thick channel that holds an off-center stone in a way that maximizes its brilliance.

– Perfect fit: The Zwaar is “our boldest and most beautiful setting,” according to the company website.

The square design can accommodate most gemstone shapes, and a center stone between two walls that allows the matching wedding band to slide through the middle for a unique piece that catches eyes and turns heads.

In addition, if you want to design your own original modern engagement ring, the Cornelis Hollander team can help turn your vision into a reality.

Any Cornelis Hollander designs can feature moissanite or diamond as the center stone. The company remains in the hands of the Hollander family, and all designs are manufactured by skilled craftsmen in their Scottsdale, Arizona, studio.

Visit [cornelishollander.com](http://cornelishollander.com) for more details and to explore a unique collection of handcrafted diamond ring designs.

**With All Eyes on Our Eyes, Targeted Wrinkle Solutions in Demand**



(NewsUSA) – A

combination of stress, lack of sleep, and increased time squinting at screens as a result of the ongoing coronavirus pandemic means that our eyes are working harder than ever.

Although there is cause for optimism, video meetings and face masks will likely be with us for some time. That means that all eyes are on our eyes and the wrinkles surrounding them, especially that stubborn spot between the brows, where vertical wrinkles known as “elevens” develop over time. These wrinkles can be some of the most challenging to address, and many eye-care products don’t do the job.

“Wrinkles in the eye area are a concern for many of our patients, especially now that everyone is paying more attention to each other’s eyes for communication while wearing masks and attending video meetings,” says Dr. Melissa Kanchanapoomi Levin, board-certified New York dermatologist and founder of Entiere Dermatology.

“The eye area can be difficult to treat, but the right products and sun protection can make a difference,” Dr. Levin says.

An upgraded eye-care product from StriVectin is specifically formulated not only to improve the appearance of stubborn elevens, but also crow’s feet and under-eye- lines and puffiness.

The new Intensive Eye Concentrate for Wrinkles PLUS has demonstrated visible improvement in wrinkles and skin puffiness around the eye area, starting in just five days. The cream also includes ingredients to help reduce the appearance of dark circles.

Key ingredients include a patented form of niacin known as NIA-114 that has been shown to strengthen the skin barrier, plus horse chestnut flower extract to target skin collagen and reduce the appearance of wrinkles. The skin around the eye area is uniquely delicate compared to other parts of the face, so a cream designed specifically for this area can have a noticeable impact on appearance.

In addition, arctic marine ferment, sourced from the Arctic Ocean, promotes hydration and helps neutralize the visible effects of blue light exposure to skin — a valid concern given how much time people are spending in front of their screens due to the pandemic.

The cream is fragrance-free, ophthalmologist-tested, and non-milia inducing, and is designed for use on clean skin in the morning and evening.

StriVectin® Intensive Eye Concentrate for Wrinkles PLUS is available at department stores, specialty stores, Ulta, and StriVectin.com

For more information about the cream and other StriVectin products, visit [strivectin.com](https://www.strivectin.com).

## Engagement Ring Styles to Suit Any Holiday Wishlist



([NewsUSA](#)) – Life and love go on, and couples are getting engaged and getting married, even through the unprecedented coronavirus pandemic. Winter holidays remain a popular time for engagements, and couples still want to make the most of this special time with one-of-a-kind engagement rings.

Are you getting engaged this holiday season? Thinking about it? Check out these four hot designs from award-winning jeweler Cornelis Hollander for your holiday wish list.

- Strong but sweet: The Burcht setting, the top left photo, features an arc of pave diamonds that sits beneath a precious metal bridge holding a stunning center stone.
- Dramatically different: The Modus setting, featured in the bottom right corner, redefines diamond engagement rings with a center stone held by four elongated prongs above a glittering diamond bar that touches the finger and curves upward.
- Sensuously sophisticated: The Spiral setting in the bottom left corner, showcases a center stone in a diamond-studded channel that appears to curve around the finger.
- Two become one: The Lus, in the top right corner, is an exceptional design that stands alone or serves as the combination engagement and wedding ring, with the appearance of two rings — a bridge of pave diamonds crossing the finger diagonally, with a center diamond floating above it.

Want to design your own ring? The Cornelis Hollander team works with customers from start to finish to make your wish come true. In addition, the team at Cornelis Hollander can work with couples to repurpose an existing engagement ring into a unique and updated piece that lets them honor the original item while making it their own. Any Cornelis Hollander designs can feature moissanite or diamond as the center stone.

“Whether transforming heirloom pieces into something new, upgrading to something more impressive, or finding that first heart-stopping ring, we are honored to help you bring your vision to life,” according to Walter Hollander, who inherited the company from his father. “Your ring is the ultimate storyteller of your style and commitment.”

Cornelis Hollander, a native of the Netherlands, refined his jewelry design skills at the Vrije Academie in Den Haag, Holland. He eventually settled in Arizona, and his unique and award-winning designs for diamond engagement rings and other custom jewelry combine classic training and modern innovation. The company remains in the hands of the Hollander family, and all designs are manufactured by skilled craftsmen in the Scottsdale, Arizona, studio.

Visit [cornelishollander.com](https://cornelishollander.com) for more details and to explore a unique collection of handcrafted contemporary and their beloved diamond ring designs.

## How to Smooth ‘Crepey’ Skin on Arms and Legs



(NewsUSA) – Managing the effects of skin aging includes tackling the common complaint of skin crepiness. Crepiness refers to a sagging appearance caused in part by lack of moisture in the skin; women are especially affected by skin crepiness on the upper arms and above the knees.



“Crepiness is a concern we address with many of our patients,” says Dr. Melissa Kanchanapoomi Levin, board-certified New York dermatologist and founder of Entiere Dermatology. Proper exfoliation is key to improving the appearance of skin crepiness, and exfoliation also prepares the skin to receive the maximum benefits from moisturization.

“Exfoliation loosens and removes the top layers of dull dead skin cells and improves the skin’s appearance,” Dr. Levin says.

“Formulas that contain exfoliating acids, such as glycolic acid and lactic acid in combination with moisturizing ingredients, can be helpful. Since sun damage is the most common cause of crepey skin, wearing daily sunscreen and keeping the skin moisturized is a must,” she emphasizes.

To help combat crepiness and foster a smoother, more youthful appearance, look for products that go beyond simply moisturizing, such as the Crepe Control line from StriVectin. The two-step skin care protocol includes Crepe Control Exfoliating Body Scrub and Crepe Control Tightening Body Cream.

– Smooth it Out. Crepe Control Exfoliating Body Scrub combines physical exfoliants such as rice powder with lactic and glycolic acids to help dissolve dead skin cells, promote skin brightening, and restore a softer appearance to the skin.

– Firm it Up. Crepe Control Tightening Body Cream is designed to improve the appearance of crepey skin and reduce the appearance of aging and environmental damage.

The cream includes not only murumuru seed butter as a key moisturizing ingredient, but also tripeptides to improve skin elasticity; caffeine and jojoba seed extract to facilitate firmer skin; and turmeric root extract to promote skin brightness and tone.

The scrub is designed for use on wet skin in the shower two to three times a week. And the cream can be used on areas of concern as often as twice a day.

Visit [strivectin.com](http://strivectin.com) for more information about skin care and crepe control products.



## Beauty Product Fans Embrace Power Serums



(NewsUSA) -Anyone shopping for quality, natural skin care has many options, but customized serums are becoming the product of choice for those seeking fast, effective and individualized treatments for a range of skin health and beauty concerns.

The BABOR skin care product line, developed in 1956 in Germany by biochemist Dr. Michael Babor, has an established reputation of science-based skin care. Each item in the company's latest line of Power Serum Ampoules is designed with advanced-strength active ingredients to address specific skin issues quickly and effectively with precision single doses of targeted ingredients.

"At BABOR, our highly innovative active formulations are carefully combined with our exclusive treatment methods to provide outstanding results and a uniquely indulgent experience," according to the company website.

The new DOCTOR BABOR Power Serum Ampoule collection launched in January 2020 and features six products: Ceramides, Ferulic Acid, Growth Factor Concentrate, Hyaluronic Acid, Retinol, and Vitamin C. The collection continues the high standards and precision use of clinical ingredients for individualized skin care.

The Growth Factor serum is of particular interest to individuals seeking treatment for fine lines and wrinkles, as well as maintaining the skin's elasticity and firmness and preserve the cell's optimal metabolic efficiency.

The serum contains two active ingredients, cyclopeptide and oligopeptide, that stimulate the skin's natural growth factors and promote collagen and elastic production.

The Vitamin C serum is targeted to brighten the skin and protect against the development of age-related skin damage. The Hyaluronic Acid serum is formulated to help promote skin hydration, and the Retinol serum focuses on resurfacing, improving skin elasticity and reducing the appearance of pores.

The Ferulic Acid serum promotes skin regeneration and is engineered to support the skin's natural defenses, and the Ceramides serum contains a blend of three skin ceramides that combine with the skin's natural lipids to protect against moisture loss and promote skin barrier repair.

All BABOR products comply with the European Cosmetic Safety Standards. In addition, the Power Serum Ampoules contain no artificial colors, fragrances, sulfates, parabens, phthalates, or gluten.

For more information about precision, targeted skin care and the BABOR skin care product line, visit [BABOR.com](https://www.babor.com).

## Phyto-C Skin Care Serum Helps Restore Damaged Skin



([NewsUSA](#)) – It's common knowledge that excessive skin exposure, not only to the sun but also to environmental pollutants, can promote inflammation and lead to skin damage.

But Phyto-C Skin Care, a scientifically-based skin care company, combines the latest pharmaceutical science with natural antioxidants to develop skin care products that help restore and protect the skin.

Phyto-C Selenium in C Serum is engineered to reduce the appearance of fine lines and wrinkles, promote skin health, and protect the skin against future damage.

The serum includes a blend of clinically-tested antioxidants, notably selenium and vitamin C, both of which have demonstrated skin care benefits.

Selenium works in part by neutralizing free radicals and other compounds that can damage the skin, which can help prevent the development of fine lines and wrinkles. The vitamin C component of the serum helps improve skin discoloration caused by environmental exposure and promotes an even skin tone. Additional key ingredients in the serum include vitamin A to encourage the production of new, healthy skin cells, and vitamin E for its hydrating and antioxidant properties.

In addition to improving the appearance of photodamaged skin, the serum is formulated to help brighten the skin and can be used to treat areas of scarring and stretch marks.

The Selenium in Vitamin C Serum formula is supported by a grant from the National Cancer Institute for the prevention of ultraviolet-induced skin cancer. The product is lightweight and designed for quick and easy skin absorption.

Phyto-C Skin Care was founded by Dr. Mostafa Omar, who pioneered the development of the form of topical vitamin C (L-ascorbic acid) that can be used in skin care products.

“It’s not how many products we’ve sold, it’s how many people we’ve helped,” Dr. Omar says on the company website.

The website also reflects the company’s customer vision “to empower, restore, and instill confidence in all those who have lost it due to their embarrassing skin imperfections.”

Phyto-C products are available in more than 21 countries and are appropriate for all skin types. Each product has undergone testing in clinical studies.

For more information on Phyto-C and skin care, visit [phyto-c.com](http://phyto-c.com).

## Five Facts: Contact Lenses, Glasses & COVID-19



([NewsUSA](#)) – It's a common question: can I wear my contact lenses during the COVID-19 pandemic? New research led by the [Centre for Ocular Research & Education \(CORE\)](#) is helping the billions of people who rely on contact lenses or glasses take care of their eyes, dispelling coronavirus myths. Dr. Lyndon Jones, CORE's director and the world's most-published expert in contact lens research, offers these [valuable tips](#) for healthy vision.

1. You Can Keep Wearing Contact Lenses. There is currently no scientific evidence that contact lens wearers have an increased risk of contracting COVID-19 compared with glasses wearers. As always, you should consult your own eye doctor with any specific questions.
2. Good Hygiene Habits are Critical. Thorough handwashing and drying are essential. Properly wear and care for your contact lenses, making sure you practice good contact-lens-case hygiene. Also, regularly clean your glasses with soap and water. These habits can help you stay healthy and out of your doctor's office or the hospital.
3. Regular Eyeglasses Do Not Provide Protection. There is no scientific evidence to support rumors that everyday glasses offer protection against COVID-19.
4. Keep Unwashed Hands Away from Your Face. Whether you wear contact lenses, glasses or require no vision correction at all, you should avoid touching your nose, mouth and eyes with unwashed hands. This is consistent with World Health Organization and U.S. Centers for Disease Control and Prevention (CDC) recommendations.
5. If You Are Sick, Temporarily Stop Wearing Contact Lenses. If you are ill, temporarily stop wearing your contacts and use your glasses instead. Once you return to full health and have spoken with your eye doctor, you can start again. Make sure to use new contact lenses and a new lens case.

The five facts are now available with other eye- health recommendations at [COVIDEyeFacts.org](#). They are central to a new peer-reviewed paper authored by Dr. Jones and four other prominent eye scientists, published in the research journal *Contact*

Lens & Anterior Eye."Our findings indicate that contact lenses remain a perfectly acceptable form of vision correction during the coronavirus pandemic. People need to remember to practice good hand hygiene and follow appropriate wear-and-care directions, as instructed by their eye doctor," says Dr. Jones. "There has been considerable misinformation circulating about wearing contact lenses and glasses during the COVID-19 pandemic. Our goal is to make sure that science-backed truths are understood and shared, replacing fear with fact." [The U.S. Centers for Disease Control and Prevention has issued guidance](#) on contact lens wear during the COVID-19 pandemic, supporting key findings from the CORE-led research. The CDC also points out that personal eyeglasses and contact lenses do not qualify as personal protective equipment. The Centre for Ocular Research & Education was established in 1988 at the University of Waterloo's School of Optometry & Vision Science in Ontario, Canada. Since then, CORE has been at the heart of many prominent advances in eye health, including medical devices, ocular pharmaceuticals, and digital technologies.

## Arousing Admiration: The Charm of Hummingbirds



([NewsUSA](#)) – Well, actually, it's both ... the charm of hummingbirds is most certainly apropos and "a charm" of hummingbirds is actually factual! Yep, that's right, the collective noun for these unique creatures – just like a gaggle of geese or a flock of birds, is a charm of hummingbirds. Since the definition of the noun 'charm' is "the power of



giving delight or arousing admiration," one doesn't need to be a wordsmith to see how right that is. Hummingbirds are charming. And there are over 330 varieties of the species, Trochilidae, which is their biological family name and they're found in the Western Hemisphere. When one sees a hummingbird, it's a stunning, stop-in-your-tracks sight. Their brilliant throat color is actually a result of the iridescence in the arrangement of their feathers, not color pigment. Light level, moisture, angle of viewing and other factors all influence just how bright and colorful their throats may appear. Perhaps you've heard them, too – the name hummingbird comes from the buzzing sound of their fast-flapping wings. Hummers are migrant birds, so although many stay close to the Equator, lots of varieties travel this time of year, so there may be a 'charm' coming to your backyard soon. If you have the desire to see one up close or are curious about how to attract them to your yard, the folks at Cole's Wild Bird Feed Co have got you covered. First, they figured out the engineering of an elegant, deceptively simple, easy-to-use (and easy-to-clean!) feeder. The patented [Hummer High Rise](#) has a clever design that offers a stress-free position for your charming guests to get their fill, a fantastic 360-degree vista, all the while keeping other unwanted creatures at bay. For example there's an ant moat that stops the armies of industrious workers who'd love to get some sweet nectar, from beating a path to the liquid food. The genius is, it's an actual moat, with nothing but H2O keeping the ants at bay, so while it does its job, it doesn't do harm. Nice! A charm magnet. The second definition for the noun 'charm' is a small ornament worn on a necklace or bracelet. Hummingbirds weigh on average the same as a nickel, so while you'll want to wear a replica from the jewelers, Hummers can be your own garden's jewelry all season long. And in return for their arousing your admiration, they'll feed on those annoying garden insects and pests. For their small size, hummers eat a lot. They are voracious eaters, feeding on mosquitos, gnats, spiders, aphids and other six-legged creepy crawlers. But, besides pests for protein, their primary 'food group' is nectar, which they get in by flitting from flower to flower and using their long beaks and equally long tongues to get their fill. All that flitting is exhausting! Since hummingbirds drink up to half their body weight a day of nectar you can help them out by keeping your High Rise fully stocked, for a one-stop fill of their favorite nectar treat. Let's not leave out the definition of the verb, "charm," which is to "delight greatly." If you want these Disney-esque caricatures to delight you on a regular basis with their wonder – and bring their distinctive song to your yard – there is something you can buy: the creme-de la creme of what these charmers crave: [Nature's Garden from Cole's](#). By identifying and harnessing the nutrients of the hummer's favorite wildflowers, and tapping their vast store of wild bird knowhow, Cole's has created the next-best-thing to actual flower nectar – a proprietary formula that's far and away a cut above your 'garden-variety' sugar water. Nature's Garden is a healthy, all-natural alternative to homemade syrup, no mixing and no boiling required. It comes in an eco-friendly soft pouch; just shake and pour. You'll be delighted with how easy it is to keep your hummer feeder filled and overjoyed at seeing hummers frequent your yard. Your neighborhood hummingbirds will love it, so they'll keep coming back. A brief postscript: a natural predator to the hummingbird is the praying



mantis. Despite their equally small size and saintly appearance, they feed on our fascinating feathered friends and are a real threat (and a protected species), so if you find a mantis hanging around your High Rise, take care to evict it gently, to a lower piece of real estate and keep hummers safe. For more product information, [watch this](#).

## Taking Time to Reflect on The Needs of The Family Caregiver



(NewsUSA) – As loved

ones begin to age, many will take on the honorable role of becoming a caregiver. However, caring for an older adult can be time-consuming, reducing the ability to address your own needs. In fact, Home Instead Senior Care found that 63 percent of family caregivers said caring for their aging loved ones made it more difficult to care for themselves. With this in mind, Home Instead encourages caregivers to take a minute to recognize and embrace their own feelings and needs. It can be difficult to watch your aging parent or loved one go through the trials of getting older without it taking a toll on your own health. It's natural to feel anxious, guilty or sad as a family caregiver. In fact, 53 percent of family caregivers admit to feelings of major depression. That is why it's critical to find a balance between your caregiving responsibilities and your personal needs. When you're on a plane, flight attendants always emphasize that, in the case of an emergency, adults should secure their own oxygen masks before helping children. This is because the adult won't be able to help if they do not have the strength themselves. Taking care of an older adult is similar: it's not selfish to take care of yourself first so you are well enough to take care of them. If you or someone you know is feeling the pressure of being a family caregiver, here are some tips from Lakelyn Hogan, Home Instead Senior Care gerontologist and caregiver advocate, to help overcome the feelings that can get in the way of enjoying time spent with family.\* **Identify and accept feelings of guilt.** Recognize that feelings of guilt are common – so common, in fact, that 85 percent of caregivers have reported such feelings have taken a toll on their mental

health.\* **Find support.** Go to supportive family and friends to talk about your emotions. There are also many types of professional support groups available. Discussing your emotions is not a sign of weakness; it's a sign of self-care and awareness. According to a 2015 study by the National Alliance for Caregiving and AARP, approximately 34.2 million Americans had provided unpaid care to an adult 50 or older in the last year, making it likely that someone else you know is going through the same things you are.\* **Be kind to yourself.** Remember that you are doing the best you can and be proud of that. For humans, guilt is a natural emotion that can make it harder to see the bigger picture. Like clouds on a rainy day, the feelings you are experiencing will pass.\* **Create an action plan.** Take a moment to reflect on why you might be having feelings of guilt. Is caregiving preventing you from doing something you want to do or coming between you and something you value? Create a plan and set a realistic goal for yourself to accomplish these things and relieve yourself of some of your guilt.\* **Make time for yourself.** While caregiving can be time-consuming, you should never lose sight of what makes you, you. Carve out time to take a long walk, meet with a friend for coffee, or cross off steps in your action plan. In the long run, having just 30 minutes a day to yourself will benefit your physical and mental health. Remember, you are not in this alone. Try to set aside time for yourself and lean on others for support. For additional caregiving tips and resources, visit [www.caregiverstress.com](http://www.caregiverstress.com) or, contact your local Home Instead Senior Care office or [www.homeinstead.com](http://www.homeinstead.com).

## Energy-Based Devices Are The New Face of Beauty



(NewsUSA) – Beauty, like

health, goes beyond the visible surface. While many of us manage our wellness via diet, exercise and check-ups, we don't apply the same 360-degree approach to our beauty regimen. It's possibly due to lack of viable options. Neauvia International Group recognizes this incongruity and aims to transform the way we practice beauty and solve skin care challenges by extending its premium energy-based devices into the United

States. In the hands of trained medical aesthetics professionals, Neauvia devices leverage sophisticated technology such as thermo-lifting and water peeling to deeply target your areas of concern. With years in the global skin care market, [Neauvia's approach](#) pairs this advanced technology with specially formulated skin care for remarkable results. "Over a decade of Neauvia's international skin care success has taught us that a single product does not meet the overall demands of and desired outcomes for patients or providers," says Sean Wilson, President of newly launched Neauvia North America. Best-in-class treatments do, however. They also require training and certification. So, take time to research your local plastic surgeons, dermatologists, aestheticians and med spas because they offer you access to these revolutionary non-invasive treatments that are not available for home use, and to professionals qualified to use them. They'll work with you to customize an optimal treatment plan to achieve your desired results. Often, using multiple technologies per session yields a marked difference. The [Zaffiro treatment](#) combines thermo-lift technology with the gentle exfoliation of water-resurfacing and specific solutions for your skin type and desired results. It delivers lifted, tightened and hydrated skin with less visible lines and wrinkles. Energy-based devices strengthen and surpass home treatments. Let's say you love the fresh feeling and smooth, even texture of your skin after you do an at-home face scrub. Try adding a water-peeling facial like the Zaffiro treatment once a month for more deeply cleansed and revitalized skin. Treatments can rejuvenate beyond your face and neck. Zaffiro's thermo-lift technology gradually heats the deep layers of the skin, stimulating collagen and prompting lifting and tightening effects. It can be applied to tighten the décolleté and upper arm skin, give the tummy and derriere a firm appearance and even help tighten up post-pregnancy belly skin. Innovative energy-based devices can yield beautiful effects by working with the body's natural functions in a way that is safe, reliable, and non-invasive. They're less costly and require little to no downtime. This makes them an excellent way to fine tune your appearance and delay signs of aging without a lengthy recovery time. In fact, many of these innovative treatments provide results when done over a lunch hour! Dr. Joshua Weitz, MD, CEO of Dermatology Associates of Rochester sees them growing in appeal and use. "The non-invasive market is the future, and I anticipate Neauvia will be a guiding light in providing exceptional solutions," Weitz says. A well-rounded skin routine ensures that your actions – daily, monthly, over time – compound for outstanding outcomes. Incorporating treatments using [Neauvia energy-based devices](#) is simple yet addresses the complexity of your skin and helps attain your best overall skin health and appearance. To learn more and connect: [Instagram](#), [Facebook](#), [Twitter](#), [YouTube](#), [LinkedIn](#).

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