



Spring Spruce Up

Spring is a great season for home updates. If you're contemplating a color change for a room in your home, painting can effortlessly provide a fresh new ambiance. We've found a selection of top neutral paint colors that work with nearly any home. Hopefully this helped you narrow down your choices! :)



BENJAMIN MOORE
8 POPULAR NEUTRAL COLORS

most popular

Revere Pewter HC-172	Edgcomb Gray HC-173	
Balboa Mist OC-27	Swiss Coffee OC-45	Calm OC-22
Silver Satin OC-26	Gray Owl OC-52	Classic Gray OC-23

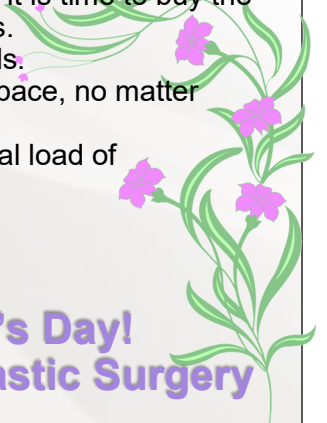
CAROLINE QN DESIGN

Hey Mama. .

In case no one tells you. . .
Thank you for keeping the shopping lists and making sure the pantry's stocked with everyone's favorite snacks.
Thank you for capturing the moments so everyone can relive them again and again.
Thank you for remembering where they left their favorite toy.
Thank you for packing the snacks.
Thank you for making sure the diaper bag is fully stocked.
Thank you for the countless hours you spend researching each and every decision.
Thank you for recognizing when it is time to buy the next size up in clothes and shoes.
Thank you for planning the meals.
Thank you for being their safe space, no matter how exhausted you are.
Thank you for carrying the mental load of motherhood.
I see you.

Source: @_beautifulchaoticlife

Happy Mother's Day!
From St. Charles Plastic Surgery



Talking Shape

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Daughter Talk:

Tossing Caps and Tackling Life: Lessons Learned, Laughs Shared, and the Unwavering Support of Family

As I prepare to toss my cap into the air and bid farewell to my university this May, I'm caught in a whirlwind of emotions - pride in my achievements, nostalgia for the experiences shared with friends, and a touch of apprehension about what lies ahead. Amidst this emotional rollercoaster, there's one thing I'm sure of: I couldn't have made it through without the amazing people who've been by my side every step of the way.

Let's talk about my Dad and his words of wisdom. On the day I left for college, he instilled his mantra of "Work hard for the next four years, and you'll have fun for the next 80." At first, it sounded like your typical dad advice - cheesy, yet oddly profound. It turns out, though, that he was on to something. His words shaped my college experience and my approach to academics, relationships, career, and life. My Dad's philosophy wasn't just about putting in the hours to achieve success; it was about cultivating a mindset of perseverance and dedication that would serve me well beyond the confines of the classroom.

Then there's my siblings - the dynamic duo of support and occasional chaos. First, we have my older sister, the voice of practical reason who knows how to talk me down when I'm freaking out. No one will support you and call you out simultaneously like a sister. And my younger brother (the prince, the favorite), the family math whiz. He proved beneficial by assembling my Ikea furniture and using his math skills to tutor me for my (dreaded) required math core class. Thanks, bro'.

Last but certainly not least, there's my Mom - the queen of unconditional love and support. Seriously, not a day passed without a text or call to vent, share a funny story, or simply hear her voice. I text her so frequently that she assigned me my own notification tone on her phone. Unlike my Dad, she sticks to more traditional mantras, like "this too shall pass," but I leaned on that one plenty, too.

Reflecting on the past four years, I'm reminded of some of my family's invaluable lessons - resilience, determination, not taking yourself too seriously, and the power of pursuing my dreams. Now, equipped with the knowledge and skills I've gained, I step into the real world with confidence and gratitude for their unwavering support. Here's to new beginnings, chasing dreams, and embracing the journey ahead with a heart full of appreciation. Cheers to that!



Dr. Ghaderi and his Dad at graduation



Plastic Surgery Costs

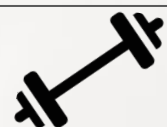
In today's ever-changing world, plastic surgery provides patients with the opportunity to embrace life-altering transformation like never before. While the cost of these procedures may initially seem intimidating, it is crucial to recognize their profound positive impact on self-esteem, confidence, and overall well-being.

When contemplating plastic surgery, it's natural to focus primarily on the financial aspect. Procedure costs can vary significantly based on factors like surgeon expertise, procedure complexity, and location. It is essential to clearly understand all associated fees, including the surgeon's fee, anesthesia costs, and surgical facility charges. For instance, in breast augmentation, variations in implant types (saline or silicone) affect overall costs. Understanding these elements ensures you're well-informed about all the fees.

Beware of unusually low prices, which might later increase, or procedures performed by non-board-certified plastic surgeons or in unaccredited facilities. Conversely, excessively high prices don't always correlate with superior skill or expertise.

While the price tag is undoubtedly a critical consideration, it is essential to recognize that the benefits of plastic surgery extend beyond monetary figures. It is not merely a physical transformation but an emotional journey. Many individuals seek cosmetic procedures to fulfill deeply personal desires for self-improvement and confidence. During consultations, emphasis should be placed on managing expectations, discussing potential body image changes, and understanding the procedure thoroughly. Ultimately, the goal is not just a new appearance but a newfound sense of self that enhances everyday life.

Indeed, plastic surgery represents a financial investment, but its actual value lies in the sense of empowerment and self-assurance it can provide. The rewards of plastic surgery go beyond the improved physical appearance, with potential positive impacts in various areas of life. From career advancements to enriched personal relationships, the newfound self-confidence derived from cosmetic procedures can lead to wonderful transformations. By viewing plastic surgery costs as an investment in self-improvement and overall well-being, one can appreciate how the benefits make it a profitable investment in yourself.



Benefits of Strength Training

Maintaining overall health is important. As we age, the decline in muscle mass can increase the risk of bone loss and fractures. Consistent strength training can lessen the likelihood of health issues in later years. While there are many benefits of strength training, here are a few worth noting:

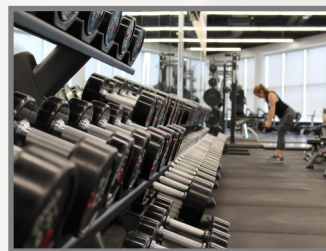
1. Muscle Strength

Strength training helps muscles grow. Muscles can grow back even stronger with proper nutrition and dedication.



2. Improve Cardiovascular Health

Did you know the heart is a muscle? It also needs exercise! Your heart and lungs can get stronger by strength training.



3. Reduce Body Fat

Strength training helps the body burn more calories during and after your work out which enables the body to burn more calories throughout the day. Also, muscle tissue is more metabolically active than fatty tissue so someone with more muscle would have a higher metabolic rate.

For more benefits, check out: <https://www.forbes.com/health/fitness/benefits-of-strength-training/>

Trend Alert

SOURDOUGH BREAD

If you are on social media, you have probably seen multiple accounts post about making sourdough bread from scratch at home. What's the deal? Sourdough has many incredible benefits, and making it at home minimizes the process that takes out a lot of nutrients that a natural sourdough has. Here are a few benefits for sourdough bread:

1. It's Good For Your Gut

The fermentation process to make sourdough bread provides great pre-biotics and probiotics properties, essential for good gut health.

2. Can Keep Blood Sugars in Healthy Range

Fermentation helps keep sourdough bread with a lower glycemic index than white flour or whole wheat bread. (Glycemic index refers to how much your blood glucose rises two hours after consuming a food.)



3. It's Rewarding To Make

Nothing is more rewarding than making bread from scratch. The time and effort it takes to make it adds to the enjoyment of that first bite, which is a warm, crispy bite made by you.

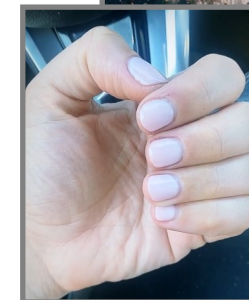
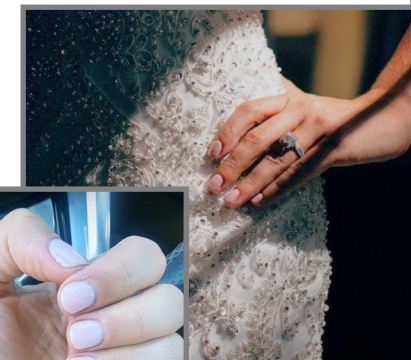
A Classic Nail Polish Combo

Having a clean manicure is the perfect accessory to any outfit. I love having my nails polished, but I dread going to the salon to get them done. I have to come up with what color I want on my nails. This decision is so stressful for me! I have a neutral go-to color combo, and it is such a classic when the decision-making is too much.

I ask the nail tech for one coat of OPI's Funny Bunny and two coats of OPI's Bubble Bath.

It is the best neutral white with a hint of blush. It goes with everything! I used this combination on my wedding day. I hope I helped you other ladies not be as stressed about picking a color at your nail appointment. :)

- xoxo, Gabrielle



Let's Talk "Girl Math"

Have you seen the recent trend on social media referring to "Girl Math?" The videos rapidly multiplied (get it?), with women joking about having various spending rules. They aren't meant to make mathematical sense but be a joke about how silly yet practical it sounds.

- ◆ Adding more to your online cart so you can meet the free shipping requirement
- ◆ Returning an item to the store a couple weeks later and considering that as "making money"
- ◆ Returning something for \$100, purchasing something for \$90, so you really only spent \$10
- ◆ Taking the purchase on a higher ticket item, like a purse, and dividing it by the number of times you will use it to arrive at a use/per time cost.

But we decided to flip that trend on its head and talk about real "girl math" and share some names of a few women who have used their math skills in ways we see and use every day.

- ◆ **Ingrid Daubechies:** This Belgian-born mathematician has had a significant impact on the field of applied mathematics, leading to advancements with digital cameras, smartphones, and medical imaging devices.
- ◆ **Judy Faulkner:** Ever log into your medical account through Epic? Judy Faulkner is the founder and CEO of Epic, a healthcare software system. She started with just \$70,000 and turned it into a net worth of 7.2 billion dollars, making her one of the top self-made wealthiest women in the U.S. She has pledged 99% of her assets to charity when she passes.
- ◆ **Elizabeth Smith Friedman:** Largely unknown and unrecognized for decades, she was a pioneering cryptanalyst known for her groundbreaking code-breaking work during World War I and II. She also spent time locally, in Geneva, working with Colonel Fabyan. She made significant contributions to military code-breaking efforts.