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Words for Thought:

“Take the first step in faith. You don’t have to see the whole staircase; just take the first step”

-Martin Luther King Jr.

START WITH THE INSIDE

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The Masks We Wear

It’s October! This means cooler weather and the time of year when we dress up in costumes without looking silly. Our daughter was born in late October and so she loves having costume parties for her birthday. This means we have lots of masks and costumes collected from years past. It got me thinking about the changes in seasons of life and the different masks that we as women might wear.

As moms and wives we wear a lot of masks:

- ♥ There’s the carpool mask
- ♥ The nurse mask
- ♥ The chef mask
- ♥ The teacher mask
- ♥ The business mask
- ♥ The volunteer mask
- ♥ The church mask
- ♥ The sexy mask (for the husbands)
- ♥ The community involvement mask ...

and the list goes on and on. How many masks do you wear?



A mask can be good. It helps you focus on the task at hand and you are able to concentrate on being who you need to be for that moment.

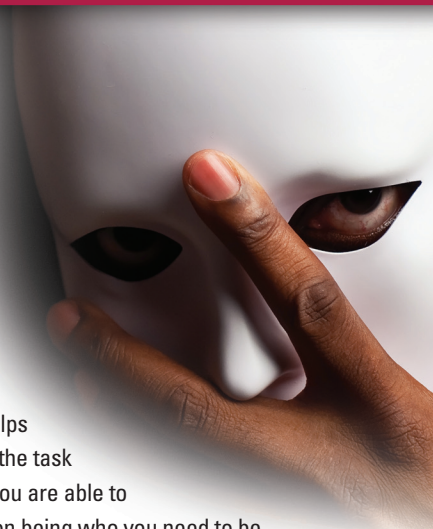
A mask can also be bad. It allows you to hide your real feelings and lets you lose focus on who you really are.

A mom can use one mask more than the others. Some of the masks get so dusty that when they finally get put back on, they are uncomfortable to wear. A mom can wear the business mask too much and neglect her family when they really need her; or the teacher mask for her kids but neglect her husband. It all comes down to priorities. So what are yours?

I used to wear a lot of different masks. When your children are young, there is a tendency to put most of your focus on them. You want them to succeed and to be healthy. You are involved in every aspect of their lives. As they grow, you realize that they don’t need you every hour of every day. You may put on another mask and put all your energies into that task. Sometimes you may get tired of wearing masks and tired of all the roles that you need to play. Do you ever wonder what would happen if you just took off the mask? Just be yourself with no mask at all?

Would you be ridiculed? Would you fail to meet someone’s expectations? Would you care about what people said about you? Maybe, just maybe, you would start doing things well and with the right heart and not just because that’s what you are supposed to do? Freedom from the masks!

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When you take off the mask you find what is truly inside of you. What are your goals and dreams? You can still achieve them running carpool and cooking dinner. Is there something you really want to do for yourself? You can still do it and be there for your kids. You can still do these things and maintain a good relationship with your spouse.

Take what's inside of you and show it off! Don't be afraid of what people are going to say. Take your masks off today and start living your true dreams!

Sandi Porter

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WARNING

Halloween Can Be Dangerous to Your Health!

Candy, candy, candy – is it good for you? NOOO!!!! Will it affect your health? YESSS!!!! Have an occasional treat but remember: once a day is not occasional. Especially the little “snack-size” candy bars. It is the little things that count. Don't let your guard down and think that just one a day is okay. Come November you may find yourself up 5-10 lbs facing Thanksgiving and Christmas. A little advice: Each year I sit down with my kids before Halloween and make a pact with them that I will not eat any candy they collect. We also go over rules regarding what they must discard and set limits on their consumption. Chocolate and candy corn happen to be my weaknesses. If I eat one I eat 100, so I don't even start on these. Know your weaknesses where sugar is concerned and try to avoid pitfalls. Common sense goes a long way.

Have a great healthy October and be **STRONG!**

The Start With The Inside's **Run For The Health Of It Team** is doing well and on their way to running their 1st 5K. I know there are many of you that could not join us for practices, and maybe some of you who were kind of scared, so I wanted to give you another opportunity to sign up for the race, even if you cannot come to practices.

**Sunday, November 8th
Atlantic Station in Atlanta
ZOOMA 5K Race**

Please consider joining us on this day. If you cannot run the whole thing, that's okay! Some reasons you should join us:

- ♥ It will be fun!
- ♥ You will be surrounded by women just like you who will support you through it.
- ♥ You will show yourself that you can do it.
- ♥ You will be supporting St. Judes Children's Research Hospital.

To register go to:
www.active.com/register

Under “Select a Team”, move down until you see “Start With The Inside”. You can use my name Sandi Porter as referral later on in registration. Cost is now \$40.00 for 5K, but if you register under our team, you can use a code ATLCLUB509 at registration and it will give you a \$5.00 discount.

Please let me know if you have any questions and I will be glad to help you! If you are an experienced runner, please consider joining us as well because I could use a couple of “helpers”. Again, even if you cannot run the whole thing, or even part of it, please still consider joining us and making a difference!

RUN FOR THE HEALTH OF IT!

Run Your First 5K with Start With The Inside