

ARTISTS HELPING CHILDREN FOUNDATION JUST LAUNCHED

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

ARTISTS HELPING CHILDREN FOUNDATION JUST LAUNCHED

By Rachel Goldstein

ARTISTS HELPING CHILDREN FOUNDATION JUST LAUNCHED by Rachel Goldstein

ARTISTS HELPING CHILDREN FOUNDATION JUST LAUNCHED

By Rachel Goldstein

Remember when you were a kid and you had to go to the hospital? Remember the strange sights, the sounds, unpleasant smells, and strangers entering your hospital room? You had no idea what was happening to you and no one could explain in a way you understood. You waited a lot with nothing to do except worry about what was going to happen next.

Artists Helping Children Foundation (<http://www.artistshelpingchildren.org>) is a non-profit organization dedicated to bringing comfort to children in hospitals, clinics, and shelters by brightening their environment with murals and other art. By painting murals and creating other art for and with the children, we create enriching and happy places to ease the children's fear and pain, to take their minds and their hearts out of the cold and into warm and wonderful places. It is amazing how a piece of paper and crayons can divert his attention away from pain. This is because children respond to and use artwork as tools for coping.

The people who work with Artists Helping Children provide art that brings joy and happiness to the lives of ill, mistreated, and needy children in communities everywhere. Through the generosity of artists, patients and community members, Artists Helping Children helps create murals, pieces of art, and provides arts and crafts supplies for the kids we serve.

HERE ARE A FEW WAYS WE BRING JOY TO ILL AND NEEDY CHILDREN

(1) Professional Muralists – Our muralists change the look of hospitals for the better. A team will visit a site to meet with the facilities' staff. With their help, we plan out a theme, the colors, and images that we will use within the mural. Then, we present sketches of designs appropriate to the space. Once the designs are approved, we begin recruiting volunteers and budgeting for the project.

ARTISTS HELPING CHILDREN FOUNDATION JUST LAUNCHED

(2) Paint–A–Mural Community Events – Community organizations are instrumental in helping us bring beautiful murals in to as many institutions as we can. Paint–a–Mural events are entertaining, stress–relieving, and a great way to bond with your community members. We provide a color–coded canvas with the mural drawn in, almost like a big coloring book. The volunteer's job is to paint, paint, and paint.

(3) Local Stores are Getting Involved – Stores are even getting involved. Some stores have decided to display our pre–drawn canvas murals, cut in to smaller pieces for easier handling. These stores are able to show the local community that their store is a charitable organization and at the same time get eager children into their store to help paint the murals. After completion, we clean up the mural and donate it to an organization of their choice.

(4) Patients Can Join In – Patients enjoy the chance to get out of their rooms and do something uplifting

and entertaining. Their minds are focused on happiness and they forget about their pain, if only for a short while. And even when they can't participate first hand, we try to get them involved in the experience by providing outlets such as coloring and watercolor paint–by–number books that they can enjoy in their beds.

Please visit ArtistsHelpingChildren.org to see more about what we are doing, and how you can help our cause.

Rachel Goldstein is Founder of Artists Helping Children Foundation – ArtistsHelpingChildren.org – A non–profit charity dedicated to bringing comfort to children in hospitals, clinics, and shelters by brightening their environment with murals, artwork, toys, and art supplies.

Beauty Tip: Foundation Secrets For A Flawless Complexion

By Sheila Dicks

1. For a natural look your foundation must match your skin tone. Test foundations along your jawline. You will know the best color because it will disappear into your skin.
2. Spread foundation on your hands and pat it on your face, then smooth out with a sponge making sure not to pull or stretch the skin. Be extra careful in the area around your eyes where the skin is super thin. Don't forget to apply foundation on your eyelids and lips.
3. To make foundation last apply moisturizer first giving the foundation a base. Dry skin will soak up the foundation if not given that base. For oily skin use an oil–free moisturizer and powder foundation
4. On hot days foundation can be difficult to keep looking fresh. Set your foundation in the morning using a loose powder and puff, then do regular touch ups throughout the day.
5. To cover imperfections apply foundation first and then go back and dot on a concealer that

ARTISTS HELPING CHILDREN FOUNDATION JUST LAUNCHED

neutralizes red. For noticeable imperfections like very dark circles and birthmarks use a yellow concealer (available from Mary Kay). Don't use too much powder in problem areas because it will draw attention to it.

6. To avoid a foundation line around the jaw apply foundation as usual then use a little moisturizer in your hand and blend it down your neck.

7. For evening mix some shimmer powder with your powder and put it where you want to attract light such as the bridge of the nose, underneath the brow bone, the temples, cheekbone, chin and shoulders.

8. Always use a foundation with a sunscreen of at least 15 to prevent future sun damage.

9. Change your foundation shade if the color of your skin changes.

10. After you apply foundation go near a window to make sure it looks natural. Natural light is the ultimate test.

Copyright 2004 Sheila Dicks

Sheila Dicks is a wardrobe and image consultant who teaches women how to look slimmer by dressing to suit their body type. Visit her at

to download a copy of her

e-book Image Makeovers and get How to Build a Wardrobe free.

Beauty Tip: Foundation Secrets For A Flawless Complexion

In Paris, Art Is No Longer Abstract For Kids

Awesome Dad's Top Ten Ways To Be The Foundation of Your Family

Foundation Fundamentals

Finding the Right Foundation For Your Skin

Help Your Child Succeed In School

ScrollPops

The Alphabet of Birds

Bread And Biscuit Baker's And Sugar-Boiler's Assistant

Battle At Sea



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!