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**Impair Healthy Healing In People Over The Age Of 30!**

**Burn Your Own Path**

**By Tamara Jong**

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On September 22nd, 1904, Ellen Church was born and history changed. Her career path would steer her twenty-six years later, May 15th, 1930, into the Airline industry. Before that eventful day, people were reluctant to fly and felt that air travel was unsafe. Enter Ellen Church; a registered nurse with the love of flying. Originally vying for a pilot position, she refused to take no for an answer. She convinced Steve Stimpson of Boeing Air Transport to take her on in a newly created position of an Airline Stewardess. No big deal? She was the first Airline Stewardess, ever. Her place was to ease passengers fear by having a nurse by their side. Stimpson agreed to hire eight other nurses and history was made.

Inspiring, bold, proactive and persistent. Ellen Church turned a no into a yes. She made a place for herself in that organization. What was her secret and how does it relate to your job search? A job search is much the same. You need to be different in your approach but be prepared to hear no and have a few doors shut in your face. Learn from that opportunity and come up with a new game plan. She didn't back down, but found another way.

Research. Research. Research.

This cannot be stressed enough. Why would a company want to hire you when you haven't given any thought to it's core values and business? Isn't this what we dislike in Telemarketers who read to us from a script verbatim and expect us to buy into it? Many companies have websites with a plethora of information on what they do, their mission and what their people are like. Check out local papers and the business section. Often there will be name-dropping of important decision making executives. Scan the web for information. You can get a potential foot in the door if you prepare properly.

Don't Be Generic

When applying for a job, if at all possible, get the decision maker's name. Scan the website, attend network functions, find out who's hiring. There are many directories and magazines that run a special feature about who is doing well in the business world. Find out where you fit in and who you're going to

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target. Be specific and relentless. Take the time to address and tailor your cover letter.

Jill Appleton (not her real name) tried this approach and it worked for her. After sending out 100 emails she received the one reply that mattered. There wasn't a career page (Unheard of, you say?) or contact name for employment so she emailed the President and asked if there were any openings for her background. As it turned out, he was thinking about hiring someone in the Marketing department. They set up a meeting and she got the job. Coincidence, luck maybe? Perseverance will get you the job, but being smart and creative will secure it.

Remember Ellen Church? Innovator, Humanitarian, History Maker, War Heroine. Not a bad way to spend your life. What will they say about you?

Email Tamara @

Tamara Jong is the Marketing Professional for [www.canjobs.com](http://www.canjobs.com), a leading Canadian owned and operated on-line recruitment site.

### **Getting The Most From Your Candles**

**By Sharon Jacobsen**

I love burning candles and have them all around the house. Long ones, short ones, fat ones, thin ones, in a plethora of colours. I burn them in the evening when I'm relaxing; I burn them at mealtimes; and I burn them in the bathroom when I'm pampering myself. Any excuse to light a candle really.

But candles don't always fit the holder, and sometimes they burn down too far and the wax gets stuck! It's at times like this that candles aren't quite as much fun!

Here are some candle burning tips I've picked up through the years:

1. Cold candles will burn more slowly. Wrap them in foil or cling-film to prevent the wicks from absorbing moisture then pop them in the fridge for an hour.
2. When burning pillar candles, let them burn long enough each time to create a pool of wax that almost covers the diameter of the candle. This will ensure that the candle burns evenly each time you light it. If it doesn't create a large enough pool you'll end up with a tunnel through the candle and eventually it will either melt through one side or you'll simply not be able to get down far enough to light it. And even if you did, it would give off very little light.
3. Never stand a lit candle in a wind draught as they'll create a larger, more irregular flame and your candle will burn unevenly.
4. Never expose candles to sunlight or indoor spotlights. They will fade the colour and if left for too long, the candles will bend.

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5.If your candle is too narrow to fit snugly into the holder, wrap cooking foil or tissue paper around the bottom of the candle to make the base thicker. Don't worry, the tissue paper won't burn even if you do allow the candle to burn right down into the holder as the melted wax will soak the paper. Having said that, it's never a good idea to allow candles to burn right down; they should be extinguished when they're about 2 inches over the holder.

6.If you've allowed the candle to burn right down and the wax is stuck in the holder, put the holder into the freezer for a couple of hours and the wax should be considerably easier to dig out.

7.If you like votive candles, try buying the type that have metal cases as these are easier to remove from holders after use. If you only have the uncovered type, pour some water into the holder before lighting the candle. Once extinguished and the wax hardened, it should be easier to pop it out of the container.

8.Spilled wax should always be allowed to solidify before being removed. Once hard, cover the area with brown paper and gently press with a warm iron. The wax will be absorbed into the paper.

9.Extinguish candles by pushing the wick into the liquid wax (don't use your fingers - a used matchstick is a good tool for this). Leave it for about a minute then re-center the wick. Using this technique both eliminates smoking from the extinguished wick and covers the wick with a layer of wax making re-lighting easier.

Sharon grew up in East London but moved to Norway at the age of 19, returning to England in 1998. She now lives in Cheshire with her partner and two of her three children. Besides writing, she is currently studying Social Science with The Open University, runs a web site where women in the UK can meet other women for platonic friendship (

), potters in her garden, knits

and reads everything she comes over.

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