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

Practicing, "Bringing Generations Together"

By Don Schmitz

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Sharing ourselves with younger generations keeps us young.

Childtrends reports 47% of all grandparents provide child care assistance with young grandchildren living nearby and a growing number of grandfathers are getting involved as well. I found this fact rather surprising, a higher number of grandparents who are employed and live close to their grandchildren provide child care than those who are retired. Childtrends also reported that approximately 1 in 5 grandparents are being paid for their help.

What do all these information mean? Families need the assistance of family and close friends and we can all benefit from time together. More than one of our friends who are grandparents have made the decision that they want to live close to their grandchildren, sold their houses and moved closer to their families. Another couple reported taking their son and five other young adults to the Boundary Waters. Most of these teenage children had never been fishing or had the experience of eating fresh fish over the open fire.

This past month, I enjoyed the opportunity of getting together with two of my son's, two of my brothers, four of my cousins, my father and friends on a trip to Lake Milac, MN. We spent the day on a launch, caught two fish and had a wonderful time catching up on life experiences. Summer is not over. There is still time for you to "Bring Generations Together." Make plans now! If you have read or personally experienced the benefits of spending time with children, we would love to hear your story.

Don Schmitz is a popular speaker and writer on parenting and grandparenting. He is the author of *The New Face of Grandparenting ...Why Parents Need Their Own Parents* and founder of Grandkidsandme, which includes: Grandparent Camps and Grandkid Days. Don holds graduate degrees in Education, Administration, Human Development and father to three sons and seven grandchildren. Contact Don@grandkidsandme.com.

Practicing The Guitar – Are You Kidding Yourself?

By Sandy Knoll

Practicing, "Bringing Generations Together"

Practicing the guitar is no different than doing anything else to improve other aspects of your life. For example, if you're an athlete do you improve your endurance by driving your car? No, you do it by running or some other form of exercise that builds muscle and cardio vascular endurance.

So it is with the guitar. Be sure that when you sit down to practice that you practice. Avoid the temptation to kid yourself by saying that you were practicing by just holding your guitar or by just playing some familiar tune or chord.

If you really want to improve your level of skill, play some new, challenging selections. Or, use your time to work on some exercises your instructor has given you, even if it's working on basic guitar scales and chords. This will truly build your skill when it's time to learn a new tune.

When practicing, avoid distractions such as TV, phone, food and friends. Select a place and time to practice when you won't be disturbed. Ask your family or friends to respect this time and to not disturb you until you have finished.

Be sure that what you are working on is correct. If you have an instructor, ask him or her to critique your practice techniques. If you don't use an instructor, be sure to read any reference materials you have to be sure that what you are practicing is being done right. Practice may make perfect, but perfect practice definitely makes perfect.

Before each practice session, spend a few minutes to decide what you want and need to work on. If you have a plan and work your plan, you stand a much better chance of improving your skills quickly. Just sitting down and making some sounds because you're not sure what to do is just a waste of time.

Remember, you want to learn to play the guitar. So, work on the things that will get you to that point quickly. And, even if you are an accomplished guitar player, you can still improve. That improvement can only come by using good practicing techniques.

Sandy Knoll, the author, loves all kinds of music but has a particular affinity for the guitar. Her website, [is a source for great information on guitars. Please visit her site at](#)
[often for great information.](#)



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