

### CELEBRATING MOTHERS

The Buenos Aires Community Center celebrated Mother's Day with a picnic at a local park. Everyone was transported early in the morning to enjoy a day of celebration. The weather was great as clouds hovered over the park. Live music was performed by Mr. Chapa, a participant of the Buenos Aires Community Center. Old time songs were played while everyone joined in the singing and some even got up to dance. Afterwards, the mom's enjoyed a moment of a "childhood" tradition by hitting a candy filled piñata. Everyone took turns hitting the cake shaped piñata while the rest of the participants cheered them on. After many hits, Oralia Cavazos made the winning hit and the piñata came tumbling



down. The participants also enjoyed a raffle of many great gifts. Many were winners! After all the dancing, hitting the piñata and raffle were done, everyone sat down to enjoy a home-cooked delicious brisket with ranch style beans and center-made potatoes salad. Everyone ate to their heart's content. Once everyone finished their meal, a slice of a delicious cake was enjoyed. Each mom was given a beautiful hand-held fan along with a small coin purse. Seeing the smiles on everyone's faces makes these events worthwhile. Thank you to everyone who made this event possible.

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##### In this issue:

Mother's Day Celebration	1
Beauty Make-over	1
Quote of the Month	2
Healthy Tip	2

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##### Special points of interest:

- \* Everyone enjoys a day at the Park
- \* Mothers are treated to a make-over
- \* Mother's Day Quote
- \* Tips on how you can learn to love yourself

### BEAUTY MAKE-OVER

Thanks to the Texas A&M



Colonias Program and the Buenos Aires Community Center staff all the ladies got treated to a beauty make-over a few days before Mother's Day. The ladies were taken to the Laredo Beauty College to receive a mini make-over. They were treated to wash, cut and

style. Once the ladies arrived to the Center with their new hairdos, they were treated to a delicious cake. It's a beautiful thing to be treated to something special. As moms, we always think of ourselves last, but today they were first. It was a nice treat for them..

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## QUOTE OF THE MONTH

*Mothers hold their children's hands for a  
short while, but their hearts forever*

AUTHOR UNKNOWN

### TIPS FOR LOVING YOURSELF

Here are ten things you can do that teaches you to love yourself:

1. Make a list of the ten things you like about yourself.
2. Treat yourself the way you would treat a friend or a loved one.
3. Wrap your arms around yourself and tell yourself out loud "I love you".
4. Close your eyes, visualize yourself as a small child and hug this child close to you as you tell him or her how much they are loved and how special they are.
5. Forgive yourself for all you "perceive" you have done wrong.
6. Take yourself on a date. A movie, a drive, the museum, the beach, wherever you have wanted to go.
7. Buy yourself a gift, wrap it up and put it away for a month and then "surprise yourself" with it.
8. Write yourself a love letter.
9. Do something that is nurturing and comforting to you.
10. Ask yourself what YOU can do to make yourself feel loved. Write it out on a piece of paper with your dominant hand and answer with your non-dominant hand. This shifts you from left to right brain.

Bottom line is if you don't think you are worth loving, who can love you? You need to love yourself first before you can truly receive and enjoy love from someone else.

Source: [www.ezinearticles.com](http://www.ezinearticles.com)

