

SpectraLight Photography & Design

news among friends

“A Little Letter To Keep In Touch...”

Official
Photographer
For



Get 10% OFF Senior Portrait Sessions done in
September!

Call now — (440) 235-3450

See Our Autumn Family Portrait Special
by-the-waterfalls in Olmsted Falls on page 2.

Some of the proceeds will benefit children
with facial deformities.

We're booking fast with only a few dates left!

September, 2005
Olmsted Falls, Ohio

Words of Wisdom

“Gratitude unlocks the fullness of life. It
turns what we have into enough,
and more.”

Melody Beattle

“When you come to the edge of all the
light you have, and must take a step into
the darkness of the unknown, believe that
one of two things will happen. Either there
will be something solid for you to stand on
— or you will be taught how to fly.”

Patrick Overton

“Let no one come to you without leaving
better or happier.”

Mother Teresa

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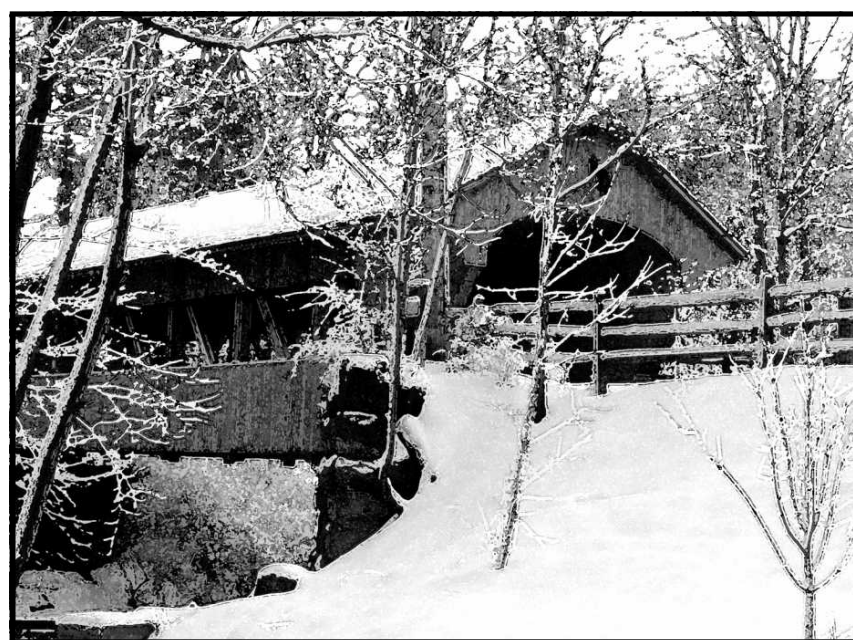
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A FREE Gift Awaits Our Clients at Falls Day-In-The-Park

Mark your calendar for Sunday, October 2nd from 1- 4 p.m. for a relaxing afternoon at East River Park in Olmsted Falls. The annual Falls-Day-In-The Park features hand-made crafts by local artists, FREE cider, donuts and home-made chili by the Olmsted Falls Kiwanis Club, FREE hot dogs from the Donauschwaben German-American Cultural Center, FREE door prize drawing for gifts from area merchants and more. The Olmsted Falls High School Band caps off the event with a 3:30 p.m. performance.



FREE GIFT - To acknowledge our clients' past patronage, please stop by our booth for a FREE pack of SpectraColour note cards (\$6.95 value). You'll receive four cards and envelopes of Olmsted Falls scenes like the

covered bridge, gazebo, waterfalls and more. Just call (440) 235-3450 or e-mail us at info@spectralight.com to let us know if you'll be attending. If you can't, you can pick-up your free note cards at our studio. Just call to let us know when you'd like to come. **IMPORTANT:** You must redeem the coupon on page four when you pick-up your cards. To see samples of other scenes, visit www.spectralight.com/art

Thank You! Thank You!

We're so thankful to have so many people choose us as their photographer because they talked to friends like you...but they rarely say who referred them to us.

We really... really... really want to thank you for sending your friends and family to our studio by treating you to a FREE dinner for two at the popular Tony K's Restaurant in Berea (\$25.00 value)...AND giving you \$25.00 in FREE portraits from your next family portrait session. We're so thankful for your support and are so disappointed when we don't know who to thank.

So we can thank you with these gifts, please write your name on the enclosed “referral cards” and give them to your friends, family and coworkers. (It gives them up to \$100.00 in free gifts at their first visit.)

How To Heal A Broken Heart

Heart ache is caused by immediate loss or tragedy. It creates pain the body and mind. It leaves raw emotions exposed.

Without addressing it, acute grief can become a chronic, persistent heart ache. In his book *Unattended Sorrow: Recovering From Loss and Reviving the Heart* (Rodale), grief counselor Stephen Levine says very few people are not grieving at some level. The loss can be recent, or some time ago.

To begin the healing process, he recommends that you sit quietly, close your eyes, and breathe deeply. As your belly rises, relax your abdominal muscles. Each breath lets out a little pain, a little anger, guilt, fear, or disappointment. Do it each time grief comes over you.

You can say good-bye without ever losing your connection. Wish them

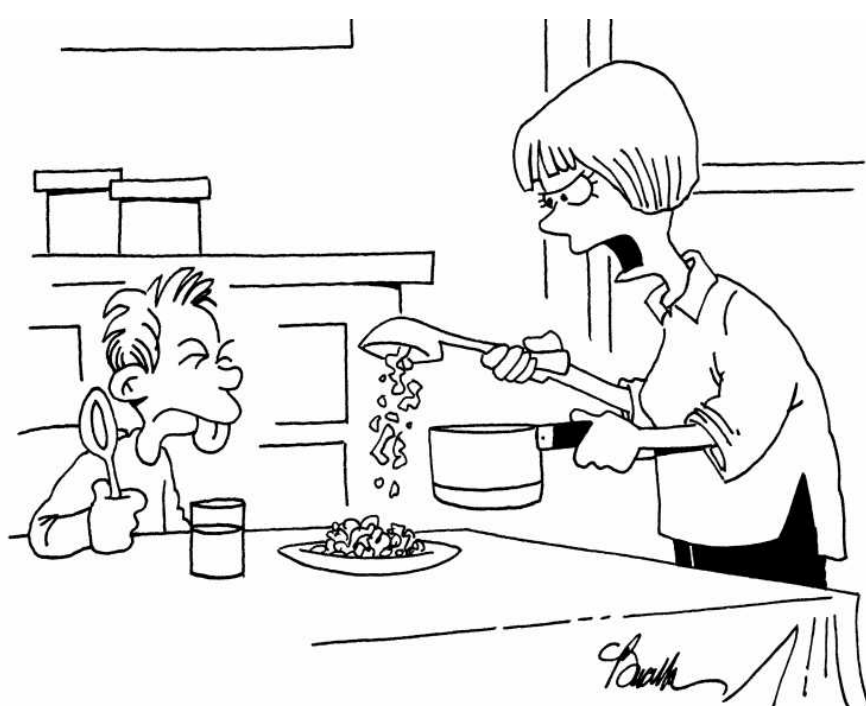
Turn the page... —→

Kid Finders

Water parks and entertainment sites are offering families radio frequency identification (RFI) bracelets that can make finding a wandering child easier. Although the bracelets can sometimes just give the general location of a child, it has proved helpful to frantic parents, experts say.

Who Do You Share Your September Birthday With?

- 1, Gloria Estefan, singer, Cuba, 1957.
- 2, Mark Harmon, actor in "NCIS," Burbank, Calif., 1951.
- 3, Charlie Sheen, "Two & a Half Men," NY, 1965.
- 6, Rosie Perez, movie actress, Brooklyn, NY, 1964.
- 7, Richard Roundtree, "Shaft," New Rochelle, NY, 1942.
- 8, David Arquette, "Scream," Winchester, VA, 1971.
- 9, Hugh Grant, movie actor, England, 1960.
- 10, Jose Feliciano, singer, musician, Puerto Rico, 1945.
- 11, Kristy McNichol, movie actress, Los Angeles, 1962.
- 12, Linda Gray, "Dallas," Santa Monica, Calif., 1941.
- 13, Ben Savage, "Boy Meets World" actor, Chicago, 1980.
- 15, Tommy Lee Jones, many movies, Texas, 1946.
- 16, Marc Anthony, singer, New York, 1969.
- 18, Lance Armstrong, cyclist, Plano, TX, 1971.
- 19, Trisha Yearwood, singer, Monticello, GA, 1964.
- 21, David James Elliot, "JAG" actor, Canada, 1960.
- 23, Bruce Springsteen, singer, Freehold, NJ, 1949.
- 25, Heather Locklear, TV actress, Los Angeles, 1961.
- 28, Gwyneth Paltrow, movie actress, Los Angeles, 1973.
- 29, Bryant Gumbel, TV host, New Orleans, LA, 1948.



"No, it's not leftovers from 'Fear Factor.' Just eat it!"

well on their journey. Integrating grief with love and concern for their well-being helps to clear your path to recovery.

Over time, remember that your relationship with the departed is not over, it is changed. It's OK to keep talking to them, and don't be surprised if you "hear" an answer. Grief is not a rational thing. This silent heart speech may last a lifetime. It soothes us.

In the early days after a loss, Levine says it's important to stop fleeing from your fears and try to understand them. Keeping a grief journal can create a link between your mind and heart. You become more open to guidance as you explore your suffering.

Levine offers this advance reminder: "All that we love will someday turn into dust." Life is not a permanent condition.

Our Autumn Family Portrait Special Will Benefit Children With Facial Deformities

This October, SpectraLight Photography & Design will participate with an elite group of photographers from around the country in a very special family portrait promotion. Throughout October we will celebrate Family Portrait Month, a wonderful opportunity for you to update your family portrait (or portraits of your children), and at the same time help support Operation Smile, which treats children around the world who suffer with cleft lips, cleft palates and other facial deformities.



Photos by Marc Ascher

Along with other members of Professional Photographers of America (PPA), we have pledged to contribute \$25.00 of every qualifying order to PPA Charities, which has chosen Operation Smile as its charitable partner.

What's more, we want you to benefit from this special offer: You will save \$20.00 off each and every 4x5 or larger portrait ordered at your first proof presentation. The more you purchase, the more you'll save!

Photographing the faces of children and their families is our greatest pleasure. That's why we believe so strongly in the work of Operation Smile. Each year this incredible organization of over 10,000 volunteer surgeons, dentists, and specialized health-care professionals, perform surgeries on as many needy children as their funding permits. Because of the medical volunteers, it costs only \$240 to perform a life-changing operation. More than 100,000 children are born with a facial deformity each year in Operation Smile's 23 mission countries.

We also believe that Family Portrait Month is a wonderful way to teach children the value of reaching out to others. Even small children can understand the importance of Operation Smile's work, and they are eager to help these needy children.

We hope you will join with us in helping to make this vital work possible. Don't forget that the holiday season is right around the corner, so there's no better time for a family portrait, which is always appreciated as gifts for family and friends and to send along with holiday greeting cards.

We look forward to creating truly beautiful portraits of your family. Call TODAY to schedule your session before we're booked up...

(440) 235-3450



Please Welcome Our Newest Clients & Friends

I'd like to personally introduce our newest clients and friends.
Many thanks to everyone who thought of us with your referrals!

Wedding Photography:

Becky Fritz and Scott Goldfein

High School Senior Portraits (listed by school):

Olmsted Falls: Jess Nearwood, Kristen Darnell, Mike Skapes, Leah Babal, Justin Coune, Aileen Yenco, Chris Leemars, Samantha Gomez, Rachel Mihalko and Ashley Wilson.

Mid Park: John Roberts, Strongsville: Kim Ferris and Shane Hinde,

Berea: Erika Bohannon, Lutheran West: Katie and Fred Campogni

Family Portraits:

Schafer Family – From Olmsted Falls and cities around the U.S.

Sleep On A Problem, It Really Works

When Gone With the Wind's Scarlett O'Hara said she'd think about this tomorrow, researchers say that was a good plan. They have discovered that a good night's sleep can almost double a person's problem-solving ability.

Scientists at the University of Lubeck in Germany gave test subjects a complicated mathematical problem. Hidden in the problem was a trick that could cut their solving time dramatically. A good night's sleep more than doubled the probability that participants caught on to the trick.

All of the subjects solved the problem. Sleep wasn't absolutely necessary, but it was a big help. Some 23 percent found the trick, but after a good night's sleep, 59 percent found it.

Doctors at the Salk Institute in La Jolla, Calif., say sleep is a series of repeated cycles of pruning and strengthening brain connections. This allows you to learn new things without forgetting old ones. Apparently, it's better to be unconscious while that's going on.

Other scientists think the brain just needs to shut down for eight hours or so every night.

What Others Are Saying...

Dear Mark - Thank you for your hard work to make String and Band Camps 2005 such a success. You played a vital role in making these camps a wonderful experience for all involved. Camps of this magnitude can not happen without the coordinated efforts of many talented individuals. Thank you for being one of these people that has truly made a difference.

Bryan Bowser, Administrative Director - Baldwin College Wallace Conservatory of Music



Baldwin-Wallace Middle School Band Camp Group Conducted by Kevin Gulden

Cereal Savings, Good Health

If your kids love sugary cereals but you don't like the sugar or the cost, here's an idea. According to Cheapskate Monthly, if you buy one box of sugared cereal and one box of a cheaper, unsugared store brand, or bagged variety, then mix them together in a plastic storage container, kids won't notice, especially small kids.

They get half as much sugar and you save some money.

Tires Get Expiration Date

Studies by Ford Motor Co. show that tires degrade over time even when they are not being used. They urge drivers to replace tires every six years.

For most drivers, the problem never comes up. Passenger car tires last an average of 44,000 miles and are usually replaced before six years.

Ford is supported by Safety Research & Strategies, Inc., an auto safety research firm. They have collected a list of 70 accidents involving older tires, which resulted in 52 deaths and 50 serious injuries.

DaimlerChrysler AG has been telling drivers that tires last only six years and last year included such a warning with their 2005 models.

Deluxe Chicken Breasts

With school back in session, the whole family is sure to come home hungry. Here's a main dish that's sure to please.

Ingredients:

2 whole chicken breasts, skinned and boned
2 egg yolks plus 2 Tbsp. Water
1/2 cup all-purpose flour
dash of salt
dash of pepper
dash of paprika
1/4 cup bread crumbs
3 Tbsp. Parmesan cheese
2 Tbsp. Butter or margarine

Cheese Sauce:

2 Tbsp. Butter or margarine
2 Tbsp. All-purpose flour
1 cup milk
1 Tbsp. Parmesan cheese
3/4 cup grated cheddar cheese

Place chicken breasts between pieces of waxed paper. Flatten slightly with meat mallet. Cut chicken pieces in half. Whisk egg yolks with the water. Combine flour, salt, pepper, paprika, breadcrumbs, and Parmesan cheese. Dip chicken breasts in egg yolks. Roll in flour-crumbs mixture. In heated skillet with melted butter, brown chicken breasts on both sides. Place in shallow baking dish. Bake at 350 degrees for about 20 minutes. In the meantime, prepare the cheese sauce. Melt butter in a saucepan. Stir in flour. Slowly add the milk and cook, stirring until sauce thickens. Add Parmesan and Cheddar cheese. Mix well. Transfer chicken to hot serving dish. Pour sauce over chicken.

Courtesy of Deb Crussel, Lafayette, IN

Drivers Riskiest Distraction

Though safety concerns have caused several states and local jurisdictions to ban drivers from using hand-held cell phones, about 40% of cell phone use still takes place while driving.

In a year-long study by the Virginia Tech Transportation Institute and the National Highway Traffic Safety Administration, drivers were videotaped for 43,000 hours.

Researchers concluded that drivers involved in crashes, near crashes, and incidents were far more likely to be using their wireless device as any other single distracting activity.

The next-biggest distraction came from passenger-related issues including talking to a fellow passenger and placating children in rear seats.

Disposable Video Cameras

CVS, one of the leaders in disposable digital cameras, is marketing a disposable video camera. For \$30, users can buy a pocket size one-time use camcorder that even has a tiny screen. It can capture 20 minutes of action. When you are finished with your filming, you simply turn it into CVS and they convert it to a DVD. The camcorder also records sound.

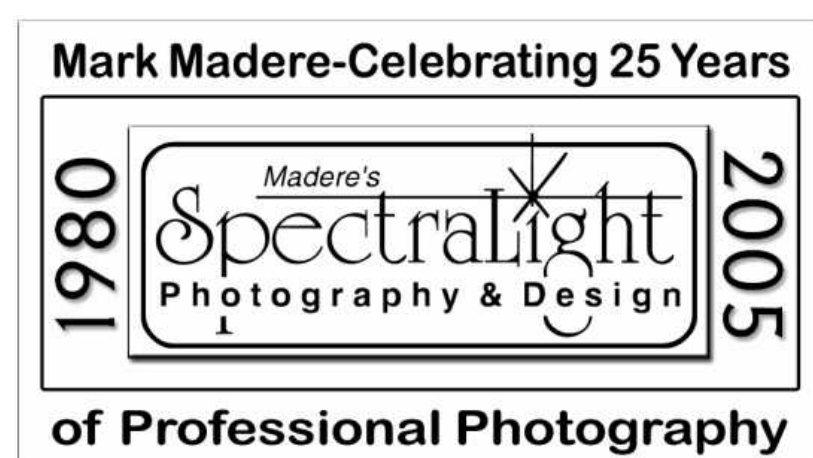
Discounted Gasoline

With such high gas prices, some hotels and resorts are offering their guests special deals. The Cherokee/Great Smokies KOA campground on the south end of the Great Smoky Mountains says it will guarantee gasoline prices of \$1.59 a gallon through October. To qualify, guests have to come from home or another KOA campground.

The Tourism Center in Branson, Mo., gives those booking through the Center a 30-cents-a-gallon break on 20 gallons of gas if they live at least 100 miles away.

Call Us Anytime!

Thinking of having your portrait taken...or just want to say "hello," we love hearing how you're doing.



27058 Sprague Road
Olmsted Falls, OH 44138
(440) 235-3450
info@spectralight.com

Who Wants To Win A \$50 Family Portrait Gift Certificate Or 2 FREE Rounds of Mini Golf at Swings-N-Things?

The first three callers with the correct answer to the following question win a \$50.00 transferable family portrait gift certificate (you can use it yourself or give it to a friend) ... or two FREE rounds of mini golf at Swings-N-Things... your choice.

What kind of tree is mentioned in the lyrics of the Disney song "Colors of the Wind"?

A) Fig B) Sycamore C) Redwood D) Larch

The first THREE to call with the correct answer win! — (440) 235-3450

Congratulations to Michele Terlep, Dani Hovan and Holly Danielson for being the first 3 to call in last month with the correct answer to...Country singer Faith Hill is married to what country signer? A) Alan Jackson, B) Tim McGraw, C) Marty Stuart, D) Randy Travis? The answer is "B," Tim McGraw.

One FREE Pack of Note Cards of Olmsted Scenes

For our clients only - redeem at Falls Day-In-The-Park (see page one for details).

Client Name: _____

E-Mail Address: _____

We used you for a: ☐ Family Portrait ☐ Senior Portrait ☐ Wedding Photos ☐ Other _____

"Count It All In Joy" - Dealing With Life's Trials

A pastor placed this sign on his door: "If you have problems, come in and tell me all about them. If you don't have any problems, come in and tell me how you avoid them."

What do we do when problems come unannounced and with great intensity? James told us to "count it all joy," because trials do not happen without a reason. He said, "The testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete" (James 1:3-4). Armed with this understanding, our prayer changes from asking God "why" to thanking Him for what He is doing.

Having endured many trials and facing a new struggle with cancer, Our Daily Bread author Joanie Yoder shared her thoughts in a letter: "I have relinquished my destiny to God's will. Nothing, praise God, not even cancer, can thwart His will. I may have cancer, but cancer doesn't have me—God alone has me. So in this light, I would value your prayers that Christ may be magnified in my body, whether by life or by death."

Trials are unavoidable and unpredictable, and they come in an unimaginable variety. Knowing that our sovereign God will walk with us and use trials to deepen our maturity, we can count them "all joy." — Albert Lee

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Are You Our "Client of the Month?"

Dear Mark,

Thank you so much for the wonderful portrait of my horse - Connor and me. You were so patient to get just the right shot. Your digital editing made the portrait perfect. Working at a barn and with a horse - I can't imagine how difficult that was but you got the shot of a lifetime. Thanks again!

Kirsten Stark - Olmsted Falls

As our "Client of the Month," Kirsten will receive a \$25 gift certificate to Tony K's Restaurant in Berea.

