

July 1, 2013
God Bless America

Woman's World

More
for your
money!
\$1.79

the self-control vitamin that
**CUTS CRAVINGS
IN HALF!**

America's *hottest*—and *easiest*—diet!

BE A SIZE SLIMMER

by July 4!

**KISS ANXIETY
GOODBYE!**

"Natural Xanax" at your
health-food store!

END INSOMNIA
Just by changing your *light bulb*!

**SUPERMARKET
CURE!** This common fruit
reduces cancer risk 50%!

SAVE MORE MONEY!
by watching the *clock*!

Diet just two days a week
as the plan reboots
your body chemistry to
**SHUT DOWN
FAT-STORAGE
HORMONES!**

Happy July 4th!



Star-
spangled
treats!



Flags inside
and out!

SUMMER-FUN MANICURE Bonus!

Feel happy
every time you
look at your
fingertips!



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July 1, 2013

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FEEL INSPIRED!

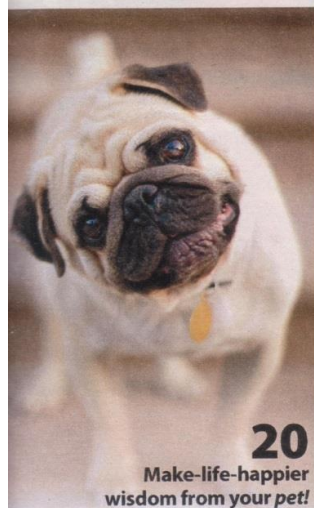
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Treat yourself to
gourmet ice-cream
sandwiches!

"Summer afternoon-summer afternoon: to me those have always been the two most beautiful words in the English language."

— Henry James, *A Backward Glance*



We'd love to hear from you!

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“I know what a precious gift hope is!”

When a friend or family member is sick, we often wonder, What can I do to make them feel better? Jamie Holmes knows from personal experience that there's one thing everyone dealing with an illness or injury needs: something to smile about!

Jamie Holmes lay in her hospital bed, her mind reeling with worry. In the morning, she was having spinal fusion surgery. At just 15, Jamie had already undergone almost two dozen operations. But for some reason, this one terrified the White Oak, Pennsylvania, teen.

Maybe it was because she was getting older and better understood the risks. Jamie couldn't stop thinking about all the “what ifs.”

Just then, she heard laughter and, as if on cue, her parents and a group of friends burst into her room.

“For you!” they sang, releasing a cluster of brightly colored balloons.

And, suddenly, Jamie felt her mouth curl into a smile and the fear that had threatened to overwhelm her drifted away...

The magic of a smile

Born with BVATER syndrome, a rare disorder that causes abnormalities of the vertebrae, lower intestine, trachea, esophagus and kidneys, Jamie could've lived her whole life afraid.

“But no matter how sick or frightened I was, my family and friends would make me feel so special and loved that I instantly felt better,” Jamie says.

So from the time she was a little girl, when she'd see another girl or boy in the pediatric ward looking

scared or sad, Jamie would pop into their room and give them one of her balloons or flowers. And, like magic, their tear-streaked faces would light up.

As she grew to be a teen, Jamie continued playing goodwill ambassador, often pushing her own pain aside to make another child smile.

“You're amazing!” her parents marveled, awed by her compassion.

Still, they were surprised when, after graduating from high school in 2005, Jamie actually created her own Make-A-Wish type organization, Jamie's Dream Team (JamiesDreamTeam.org).

As word spread, donations poured in, and soon she was ready to make her first wish come true.

Mallory Oross was just five when she was diagnosed with neuroblastoma. She'd undergone numerous surgeries and radiation treatments, as well as a bone marrow transplant.

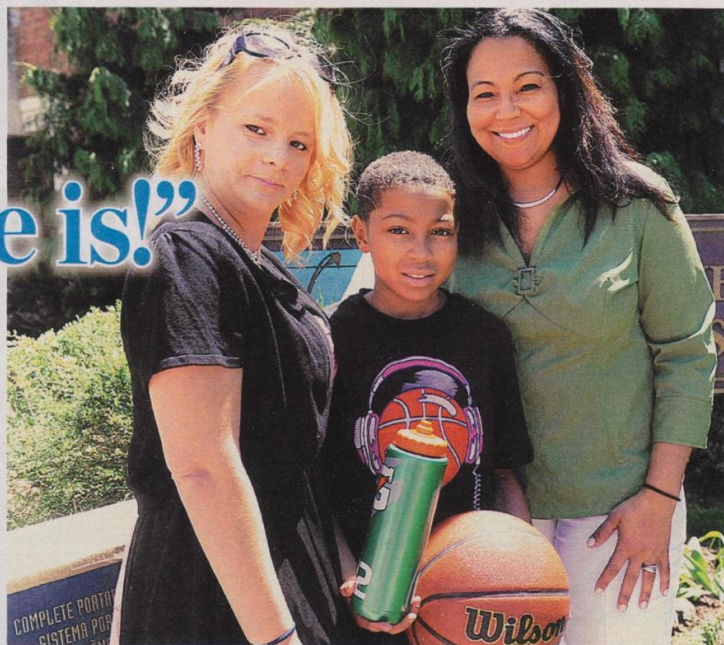
“It would be wonderful if you could give her something to smile about,” Mallory's mom, Kim, told Jamie through grateful tears.

And when she mentioned Mallory's birthday was coming up, Jamie thought, I'll throw her a party!

Jamie pulled out all the stops. She bought Mallory a pink tulle gown and a crown. She even rented a horse-drawn carriage to whisk her to the party!

“The most fantastic, magical things can happen, and it all starts with a wish.”

JIMINY CRICKET



“Helping others is the best medicine,” says Jamie, left, with basketball gift-package recipient Jonathan Williams, born with sickle cell anemia, and his mom.

“Look at me, I'm a princess!” Mallory exclaimed, as her guests burst into applause—and tears.

Tears filled Jamie's eyes, too. She'd not only managed to make a sick little girl happy, but had made her family smile, too.

Spreading joy

In the following months, as she juggled college classes and doctors' appointments, Jamie threw dozens of theme parties, sent kids to theme parks and to meet idols.

Born with a blood vessel disorder that put her at risk of heart failure, 13-year-old Aimee couldn't take part in many activities other teens enjoyed. But when Jamie took her to see Avril Lavigne, she was the envy of all her friends. She even got to go backstage to meet the pop star!

“This was the most exciting day of my life!” Aimee gushed.

Tiffany Weisenburger, 29, was overcome with emotion when Jamie arranged for her to meet her hero: the bone marrow donor who'd saved her life.

Jamie orchestrated many once-in-a-lifetime moments.

Still, there are lots of folks who wish for things that would simply

make their everyday life better.

Noel Eversol, a 26-year-old mom with alopecia, asked for a wig.

One woman battling breast cancer received a used car enabling her to get to treatments.

Jamie's Dream Team has donated iPads to help kids with autism communicate. Given computers to hospitalized children and adults so they could stay connected to the world and loved ones—a gift whose value Jamie knows firsthand.

Over the years, there have been many times when she's played fairy godmother from her own hospital bed.

To date, Jamie and her team of helpers—many of whom have been wish recipients—have made more than 500 dreams come true! Last year, Jamie had an entire house, which had to be gutted due to black mold, renovated for a family with a three-year-old boy living on a ventilator.

“Dreams are what keep us going,” Jamie says. “When one comes true, we're inspired to keep dreaming. So, in essence, we're giving people hope. And believe me, I know what a precious gift hope is!”

—Kathy Fitzpatrick



Why doing good feels good!

Boosting your self-esteem!

A Canadian study found folks who help others—no matter how small their act of kindness—enjoy a boost in morale, which makes them more self-assured!

Making you smile! A

Stanford study found performing a random act of kindness, like treating a co-worker to a coffee, not only improves their mood but yours, too!

Helping others like Jamie does improves your life, too, by...

Zapping stress!

Cheering up a friend by sharing a joke will make you smile, too! A University of Maryland study shows sharing giggles eases stress for you both!

Read or heard a human interest story you think belongs in Woman's World? Send it to us! If you're the first to share it, and we publish it, we'll pay you \$100! E-mail the story with your name, address and phone number to: WWFeatures@BauerPublishing.com. Or mail to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

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