

Upcoming Events

Go to www.ascenseurgirls.com for upcoming classes and events.

Did you know?

It takes 6 seconds to make a first impression?



What kind of first impression do you make when you meet someone for the first time?

What kind of impression do you make on your teacher?

You can check your impression by looking in the mirror each day before you leave the house, to see what others see when they see you.

Fashion Tip of the Month!

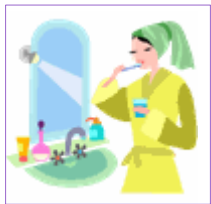
How to Iron Clothes



1. Pick up the garment and look at the little tag on the collar inside the clothing. It should say if it can be ironed and also tell you what setting to use on the iron.
2. Set the iron on the right setting. Wait until it heats up. Many irons have a little light will light up to show the iron is heating up, which then goes out when the iron has reached the right temperature.
3. Put the piece of clothing on the ironing board. Put it wrong side out and back-to-front.
4. Start ironing. Begin at the big areas and finish with the corners.
5. Turn it over and do the front. This will ensure that the front is immaculate and any creases you accidentally create are ironed to the back, where it matters less.
6. Pull the garment the right side out when you're finished and it's ready to wear!

Warnings

1. Don't let the iron sit on a spot for a long time, that will probably burn a very ugly iron shape onto your clothes.
2. Don't touch the bottom part of the iron, it's hot.
3. Don't make grilled cheese sandwiches with your iron. Or iron your hair - it ruins it!
4. Empty the water out of the iron when done. Leaving water in the iron for extended periods of time can cause rust to form inside. That rusty water can shoot out with the steam next time.



Tip of the Month Steps to a healthy smile!

- Visit your dentist regularly for preventative checkups and cleanings.
- Floss your teeth once everyday. Dental floss reaches many areas that your toothbrush can't.
- It's important to eat a well-balanced diet and avoid excessive snacking between meals - especially sticky, sweet things like candy.
- Keep an eye on your gums for signs of gum disease. Puffy, red or tender gums, gums that bleed or persistent bad breath are signs that you need to see your dentist right away.
- Brush your teeth carefully at least once a day. Remember, a thorough job takes 2 ½ to 3 minutes.

Ascenseur Girls Challenge:

See if you can answer these questions correctly.

1. *What side of the plate does the napkin go?*
2. *What is hors d'oeuvre (or durv)?*
3. *What do you say should you "burp" at the table?*
4. *Is it good to gossip about someone?*
Yes or No

If you have an idea for the newsletter please send to melissa@ascenseurconsulting.com or call 315-749-4056

