

Helpful Ideas

Give Yourself Less Holiday Stress

(NAPSA)—Some people have found ways to put more joy and less stress into the holiday season.

The key is to start planning early, long before the season starts. Here are some helpful suggestions.

September—Start pulling together your holiday list. Decide at your leisure who gets a card or a gift and avoid the mistakes that can come with rushed decisions.

October—In early Fall start shopping for thoughtful gift ideas and those special cards for close friends and family.

For example, reproductions of unique, original paintings of the Mouth and Foot Painting Artists (MFPA) can be found on holiday cards, a 2016 desk calendar and gift items such as puzzles, books and wrapping paper. The worldwide for-profit organization is owned and run by its disabled artists and enables them to earn their living by selling direct to the public.

One of those talented artists is Chicago-based Mariam Pare. She became a quadriplegic while an art student, when she accidentally took a bullet to the back in gun crossfire at age 20. She then re-taught herself to paint again by holding a brush in her mouth.

Today, her paintings reflect her love of art and the freedom of expression it brings to her life. Her works have been exhibited widely and can be found in numerous private art collections, including the home of Pierce Brosnan, a keen and capable artist



Actor Pierce Brosnan with Mariam Pare and the 'James Bond' portrait she painted of him.

himself. Recently, Pare painted a portrait of the famous movie star and presented it to him at his Malibu house.

September/October 2015—Pare will also be touring North American art venues to conduct painting demonstrations and to share her story with the public. Follow her on line at www.mfpausa.com.

Thanksgiving—When the last of the turkey is gone, it's a good time to start writing holiday cards, ready for posting. The card will likely be on display for a few weeks so make sure the message it sends carries the warmth of the season.

Visit New Web Site

To find out more about Mariam Pare and other MFPA painters, to follow her tour or to buy gifts and artwork online, visit www.mfpausa.com or call (877) MFPA-USA.