

## **Elbow Grease**

Have you ever felt frustrated? (Please say yes!) It seems funny to say that my frustration is aimed totally at the computers in my life! At work we are having some technical difficulties, which make it very stressful to meet deadlines.

So I head for home, make myself a cup of tea, sit down at my very own beautiful laptop (I'm hoping flattery will help!) and it, too, betrays me and starts doing all sorts of *kerflooey* (not sure if there is such a word but think it's better than what i really want to say!)

That's it! I've had it! The frustration builds. I hate feeling frustrated.

For me frustration often equals quitting. Throwing in the towel. Lying to myself and saying, "oh, well, I didn't really want to do that, or get that, or be that person's friend anyway". When really what frustration brings with it is some extra work, or as my grandmother used to say, the need for some elbow grease. Most things in life that are worth achieving come with some amount of frustration. Once we achieve them, the abundance of elation and self-satisfaction that accompanies the outcome more than compensates for the stress we had been experiencing.

I think it's good to vent when we're frustrated. And we all have different ways in which we go about the venting process. Some yell. Some exercise. Some cry. Some call a friend. Some write a Shot. And then it's important to find another tactic to reach our goals.

Venting ad infinitum has no purpose other than annoying all of those around us. So when you feel frustration enveloping you, take a moment to search for a tingle starting in the bottom of your spine.

This frustration can be a turning point for you. You can either throw in the towel, deciding you didn't really want it in the first place, or you can take a deep breath, vent a little if you must, and then readjust your game plan because you know deep in your heart when you complete this task, you are going to feel so good.

Whew! That feels better.

~Sharon Lee Riguzzi

## **Chunky Fresh Tomato and Basil Sauce**

**PointsPlus Value ~ 1   Prep time: 10 min   Cook time: 0 min   Other time: 15 min   Serves: 8**

This no-cook tomato topping is quick and easy. It's fantastic with pasta but also delicious on grilled chicken, fish or scrambled eggs. This no-cook tomato topping is quick and easy. It's fantastic with pasta but also delicious on grilled chicken, fish or scrambled eggs

### **Ingredients**

**4 cups fresh tomatoes, Campari, roughly chopped  
1/4 cup basil, cut into ribbons  
3 cloves medium garlic, minced  
1 TBSP balsamic vinegar  
1 1/2 tsp olive oil  
1 tsp table salt  
1/2 tsp black pepper, freshly ground**

**Instructions:**

**In a glass, stainless steel or other non-reactive mixing bowl, mix together all ingredients; let stand at room temperature for 15 minutes. yields about 1/2 cup per serving.**

**Notes:**

**For a rich variation, toss part-skim ricotta cheese into hot, freshly drained pasta before adding the sauce (will affect *PointsPlus* values).**

**Enjoy!!!**