

A STRONG MAKEUP

by Sharon Lee Riguzzi

Disappointments happen every day, and yet some of us don't even take the time to acknowledge them. Weaving throughout our lives, always unwanted, disappointments have worn us down but have always left behind a strong fiber that was necessary in our growth process.

I have always been amazed at people who take on professions where they are guaranteed many disappointments before they might possibly succeed: actors, comedians, politicians, writers. A person dealing with ongoing rejection or ridicule has to have a strong makeup.

Most of our disappointments occur without the whole world noticing, and yet even privately we try to fight back the tears or act as if we didn't want what passed us by anyway.

Life has taught me that even though we might be let down over a particular outcome, it normally is for the best. And yet when someone says that to us, we get annoyed at him or her, especially in our hour of wallowing. Do you ever stop to think, "If this hadn't happened, then I never would have been in the middle of this other place to take on _____?"

Many of us wouldn't have attended the colleges we did, do the work that we do, be married to our spouses, if fate hadn't thrown an earlier disappointment at us.

As we age, we begin to acknowledge that we are not immune to disappointment; putting those times in perspective, we'll be able to move to a better frame of mind more quickly. Isn't having hindsight a great and mature skill?

We all deserve the best of everything. Unfortunately some of us get so discouraged we take refuge in our beds with the covers over our heads, giving up totally on a particular dream. This not only is an unhealthy way of dealing with things; it also enables someone else to grab our brass ring if we are no longer present in the game.

Let's take each disappointment that comes our way as feedback; learn from each experience and then revamp as necessary; not get discouraged, but keep in mind others who faced disappointments in life – Walt Disney, Thomas Edison, and so on (they didn't pull the blanket over their heads!);

Remain open to all possibilities.

This is what makes life exciting.

Buffalo Wings with Blue Cheese Dip

Weight Watchers Recipe

PointsPlus Value = 3

Prep time: 12 min

Cook time: 20 min

Other time: 0 min

Serves: 4

Don't succumb to traditional, artery-clogging wings. Simply bake them in a tangy rub and then dip them in lightened-up dressing.

• [Recipe](#)

Ingredients
1 spray(s) olive oil cooking spray, or enough to coat sheet
12 oz uncooked skinless chicken wing(s) with bone
1 1/4 oz reduced sodium taco seasoning
1/2 cup(s) fat free sour cream
2 Tbsp blue cheese, or gorgonzola, crumbled
2 Tbsp fat free skim milk
4 rib(s) (medium) uncooked celery, cut into 2-inch pieces
Instructions
<ul style="list-style-type: none">• Preheat oven to 400°F. Coat a large baking sheet with cooking spray.• Place chicken wings in a zip-close plastic bag, add taco seasoning, seal bag and shake to coat. Transfer wings to prepared baking sheet and bake until cooked through, about 18 to 20 minutes.• Meanwhile, to prepare dip, whisk together sour cream, cheese and milk.• Serve wings with dip and celery on the side. Yields about 3 wings, 3 tablespoons of dip and 1 celery stalk per serving.