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sure and helping reduce the visibility of cellulite and wrinkles. Griggs said, "I want to make the customer happy. I want them to come in, see me smiling, and then they will leave with

a smile. Tanning is about feeling good and I want them to feel good. When customers come into the tanning salon, it's like they are coming into my home and I always want them to feel

welcome and appreciated."

Bringing old school values such as quality service and being friendly ranks very high for Griggs. Having worked in construction for many years, Griggs knows that customer satisfaction is a high priority. He wants the best for his customers and makes the tanning/sauna rooms clean, relaxing, spacious and fun and buys the best equipment. While tanning bulbs normally have a shelf life of 1000 hours, Griggs makes sure to change the bulbs after 750-800 hours to ensure the clients are receiving the best tan possible.

"People appreciate the little things like that," Griggs added. "I've been blessed with awesome clients and I want them to keep coming back and to feel good. I appreciate their business. They are helping me raise my two kids and trying to live the dream. It's very hard at times, but it's worth it."

The hard work has paid off as EarthTone has been named the #1 tanning salon in the state by RTV6. Big plans are coming for Griggs and the salon. He plans to hire a masseuse and wants EarthTone to become a tanning salon and spa.

EarthTone Tanning is located at 6835 E. Southport Rd. in the Franklin Pointe Shops strip mall. Shane can be reached at 317-883-0100 or earthtonetanning@sbcglobal.net. Potential customers are encouraged to visit www.earthtonetanning.com for more information.

FINANCIAL FOCUS:
Edward Jones

Help Yourself Reduce Investment Stress

You probably aren't too worried about it, but April is Stress Awareness Month. Each year, the Health Resource Network sponsors this "month" to inform people about the dangers of stress and to share successful coping strategies. Obviously, it's important to reduce stress in all walks of life — including your investment activities. How can you cut down on the various stresses associated with investing?

Here are a few possible "stress-busters":

- *Know your risk tolerance.* If you're constantly worrying about the value of your investments, your portfolio may simply be too volatile for your individual risk tolerance. Conversely, if you're always feeling that your investments will never provide you with the growth you need to achieve your long-term goals, you might be investing too conservatively.

- *Know what to expect from your investments.* Uncertainty is often a leading cause of stress. So when you purchase investments that are mysterious to you, you shouldn't be surprised if they perform in ways that raise your stress levels. Never invest in something unless you fully understand its characteristics and risk potential.

- *Be prepared for market volatility.* Over the long term, the financial markets have trended upward, though their past performance can't guarantee future results. Yet for periods of months, and even years, these same markets can sputter and decline. So when you invest, be aware of this volatility; if you're prepared for it, you won't be shocked when it happens, and you should be able to better keep stress at bay.

- *Maintain realistic expectations.* If you think your investments are going to earn a very high rate of return, year after year, you are more than likely going to be disappointed — and you could easily get "stressed out." You're much better off, from a stress standpoint, not to expect eye-popping results.

- *Diversify your portfolio.* If you were only to own one asset class, such as growth stocks, and that particular segment took a big hit during a market drop, your whole portfolio could suffer, and it could take years to recover — causing you no end of stress. But if you spread your investment dollars among a range of vehicles — stocks, bonds, government securities and so on — your portfolio has a better chance of weathering the ups and downs of the market. (Keep in mind, though, that while diversification may help you reduce the effects of volatility, it can't prevent losses or guarantee profits.)

- *Think long term.* If you only measure your investment success by short-term results, you can feel frustrated and stressed. But when you stop to consider your objectives, you may find that the most important ones, such as a comfortable retirement, are all long-term in nature. Consequently, it makes more sense to measure the progress you're making with your investments in periods of years, or even decades, rather than days or months. Instead of fretting over your monthly investment statements, compare where you are today versus where you were 10 or 15 years ago. The results may well surprise and help "de-stress" you.

Stress Awareness Month will come and go. But by making the right moves, you can help take some of the stress out of investing for a long time to come.

This article was written by Edward Jones for use by Jake Shore your local Edward Jones Financial Advisor.

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Front row (left to right) Kelly Alford, Susan Hayes, & Rissie Mink. Back row (left to right) Dave George & Randy George.

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Quilt Connection Guild to hold monthly meeting, April 4

The Quilt Connection Guild meets monthly at the Greenwood United Methodist Church which is located at 525 N. Madison Avenue, Greenwood, IN 46142.

On April 4, at 7pm Sherry McConnell will present a program titled "What if I do it this way?" Her program will feature a variety of ways to accomplish similar tasks. Sherry is Vice President on the Board of Directors for The Quilters Hall of Fame. Sherry is also a pattern tester for Quiltsmart.

The Quilt Connection Guild normally meets on the first Thursday of each month 7-9 p.m. at the Greenwood United Methodist Church and our programs feature experienced quilters sharing their knowledge, workshops, sew days where we learn new skills, annual quilt challenges, bees (work on personal or charity projects), an annual auction, and parties in July and December. If you enjoy sewing and have been thinking about making a quilt, please join with us to learn more about this art form.