



# Jewels from the Nile

She may live in Albuquerque now, but Mina Hassan was born in Egypt, and it's there that she finds the unique beads and handmade gold and silver for her jewelry designs.

"We try to incorporate the Egyptian and Mediterranean influences and Arabic writing," she says.

Hassan—who owns Minu Jewels with her mother, Mimi—inscribes each design with meaningful sentiments, such as "peace and prosperity" and "live long and with happiness in your life."

In addition to the earrings, necklaces, bracelets and more sold on Minu Jewels' site ([www.minujewels.com](http://www.minujewels.com)) and at various boutiques, Hassan can custom-make a piece for you, using the exotic ingredients from Egypt. —KG

# Swim For It

You already know that taking a dip lowers your body temperature, making you nice and cool. But did you know that swimming for 20 to 30 minutes burns as many calories as a 20- to 30-minute run? Additionally, studies have shown that the benefits of swimming for exercise include lowered blood pressure and improved blood cholesterol—new research shows that swimming may even help slow the aging process. Don't have a pool? Get in the swim at one near you: [www.cabq.gov/recreation](http://www.cabq.gov/recreation).

## THUMBS UP THUMBS DOWN



### SUSAN ROMINGER

Race Chair, Komen CNM  
Race for the Cure

**GO:** Quilting. That's my relaxation. A friend and I decided to make our daughters quilts for their graduation presents out of their soccer jerseys. I've made a ton of quilts since.

**NO:** I won't swim far out into the ocean. My family loves to the ocean, but I'll only walk in up to my knees.