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Tea Break

Recognising how hard people work, LOC8 wants to provide some business free, easy reading for that all important Tea-Break moment. We hope you enjoy this production and find it interesting.

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Tea time! It's good for you.

Drinking three cups of tea a day can have important health benefits, according to doctors and researchers. Among its potential advantages, tea may help in these areas:

- **Cancer.** Tea, especially the green variety, has been shown in some studies to be linked to a decreased risk of breast cancer, as well as prostate and other cancers. It seems to stimulate the production of certain enzymes that detoxify carcinogens and reduce inflammation.
- **Obesity.** Some studies with animals have suggested that green tea and oolong tea may contribute to better weight management. The caffeine in tea might boost the body's metabolism and help the body burn off calories from fat.
- **Brain activity.** Green tea (again!) may help prevent cognitive impairment among older people, as suggested by some epidemiological studies.
- **Heart disease.** Antioxidants in tea can help the body better regulate its insulin production, which can aid in preventing diabetes and heart disease. In addition, tea can reduce risk factors such as high blood pressure and high cholesterol.

Cutting back on caffeine? Don't go cold turkey.

That cup of coffee may help you get going in the morning, but skipping it may lead to problems more serious than drowsiness. Scientists say that about half of the 80 percent to 90 percent of Americans who drink caffeinated drinks every day may experience some symptoms of withdrawal if they stop suddenly, including headaches, irritability, depression, and anxiety. The best way to cut down is gradually—drink a half cup instead of a full one, for example, and introduce decaffeinate substitutes over time to take the place of coffee, tea, or caffeinated soft drinks.

Your mother was right: Eat your broccoli!

A scientific study has found that eating 2 ounces of broccoli sprouts a day can protect the stomach against a bacterium that's linked to stomach cancer, as well as to ulcers and gastritis. The bacterium is called *H. pylori*, and the sprouts supply a biochemical called sulforaphane, which can stimulate a body's protective enzymes. Researchers point out that they don't have absolute proof that broccoli sprouts cure gastrointestinal diseases, or prevent stomach cancer—but eating more vegetables in general can't hurt.



How to shop so you don't drop?

Shopping can be good for your health, if you choose the right foods to buy. Here's a checklist of what to put in your cart:



- **Fiber.**
Look for whole-grain breads and cereals, as well as dried beans and brown rice.
- **Green vegetables.**
The darker the better. Deeper greens signify a higher concentration of vitamins A, C, and E, along with folic acid, calcium, and other important nutrients.
- **Frozen produce.**
Check the label carefully. Some frozen fruits and vegetables contain as many nutrients as the fresh variety, especially produce that has been sitting out for a few days.
- **Pasta.**
This can give you a good dose of protein, iron, and B vitamins.

Stay safe when lightning threatens.

Lightning kills an average of 62 people per year, according to the National Weather Service. Thunderstorms can strike year round, so it pays to know how to protect yourself and your family from injury and death from lightning. Here's what to keep in mind:

- **Proximity.** When you see lightning, start counting until you hear the thunder. Calculate the distance to the site of the lightning strike at 5 seconds per mile. The farther away from lightning, the safer you are.
- **Shelter.** A large enclosed building is the safest refuge. Stay away from windows and metal appliances—lightning can flow through metal and jump to the nearest person. If driving, stay in your car and keep the windows closed.
- **Safety outside.** If you can't get to shelter, stay low, but don't lie on the ground. Avoid tall trees. Discard anything metal that you may be carrying. If in a group of people, don't huddle together. If you feel your skin tingle, or your hair standing on end (signs of an impending lightning strike), crouch as low as you can without touching the ground any more than you have to.
- **Emergency care.** Call for medical assistance as quickly as possible if someone is struck by lightning. If the victim is unconscious, apply CPR; he or she may appear to be dead, but CPR can revive the person if applied immediately.



Tactics for women to fend off an attacker:

Too often, women are targets for would-be predators. You and your loved ones can avoid the threat of assault by learning how to take care of yourself—and, if need be, defend yourself against an attacker. Remember these strategies:

- **Don't run blindly.** You have a split second to decide whether to fight or flee. Don't run unless there's safety nearby—a crowd of people or someone who can help you. Otherwise, chances are good the pursuer will catch up to you and you'll lose your advantage.
- **Attract attention.** An attacker may tell you to remain quiet or he'll hurt you. But a scream or a honk on your horn will make it more difficult for him to do what he wants without getting caught. Honking your horn or shouting "Fire!" is sure to draw unwanted attention and likely to make your enemy flee.
- **Fight with your whole body.** Use your elbows, knees, and head in addition to your hands and feet. Don't punch—use your hands to grab, twist, and inflict pain on your attacker. Instead of kicking at his groin, which may cause you to lose balance, use your knees, or your hands, to attack this sensitive area.
- **Attack the right areas.** Target the attacker's eyes, throat, and groin. These are the points where you can do the most damage and disable your opponent regardless of your size or physical strength.

Be ready for any (minor) medical emergency!

You never know when you'll need first aid. Accidents happen, and though you can't predict them, you can be ready. Here's what to keep in a well-stocked first aid kit:



- Adhesive bandages (at least 25, different sizes and shapes)
- Antibiotic ointment
- Antiseptic wipes
- Aspirin, acetaminophen, ibuprofen
- Sterile gauze pads (different sizes)
- Non-latex gloves
- Scissors
- Oral thermometer
- Burn ointment
- Eyewash solution
- Tweezers
- Safety pins
- Ice pack/heating pack
- First-aid instruction booklet

Have a happy “family” at work?

Your co-workers aren't your family, but the same rules that ensure a warm relationship with family members can apply to the workplace.

Here are some guidelines for communication and respect that will create a positive atmosphere at work:

- Respect boundaries. Understand that people have their own concepts of personal space and privacy. Just as you wouldn't go into your sister's room without her permission, don't assume you can open someone's desk to look for a pen or a piece of candy. Stay out of your colleagues' personal lives, and don't share too much of your own.
- Keep promises. Family members and co-workers both want to know they can depend on you. Don't make commitments you can't keep. If something prevents you from doing what you've said you will, be honest and explain it at once. And do everything reasonable to live up to the promises you make. You'll build a reputation for trustworthiness that will aid your career.
- Don't waste people's time. We're all busy with our jobs or our chores. Although a certain amount of informal chat helps build and maintain a friendly atmosphere, don't overdo it, and don't let your co-workers waste your time on irrelevant discussions. Keep an eye on your priorities, and other people's, so everyone can concentrate on getting work done.
- Pay attention to people. No one likes to be ignored, whether it's by your father reading the paper while you're trying to talk about your day or by a co-worker checking his or her BlackBerry during a meeting. Give people your full attention when they're speaking to you. Eliminate distractions. This shows you respect their time and intelligence.

Keep office supply costs in line

These days every workplace is looking for ways to save money. Office supplies can be a good place to start. Try some of these strategies for keeping supply costs down:

- Order supplies on a schedule. Post a supply request form, and let people know when you place orders. Ordering just one or two boxes at a time throughout the month will increase your costs.
- Buy generics. Unless there's a clear need for a name-brand item, purchase the generic equivalent instead.
- Keep an eye on supply levels. Don't get caught by a sudden shortage of paper clips. Ask co-workers to let you know when they're taking the last box of something (or put it on the request form) so you don't have to make a last-minute order that costs more.

Overcome your fear of the big boss!



Are you afraid of your boss? If you want to succeed in your organization and career, you should overcome any fear you have as soon as possible. Assuming that your boss isn't a psychopath or a garden-variety bully, here's how to ease your nerves:

- Take the first step. Don't hide from your boss. Look for opportunities to talk and get to know each other informally as well as in work-related settings. The more you get to know each other, the more comfortable you'll feel.
- Be prepared. When you meet one on one, or participate in a meeting, spend some time thinking about what you want to say. What points do you want to make? Do you have all the facts? You'll reduce the chance of embarrassment, and maybe you can impress your boss with your attention to detail.
- Don't suck up. The boss's power may be intimidating, but don't let that rob you of your own opinions. You'll have to choose your battles carefully, but showing your boss you have the integrity to disagree will build his or her respect in your abilities.

Make 'em laugh: A few pointers on telling jokes

A tried and true way to win friends is to make people laugh. A good joke is a good start, but telling a joke well takes skill. You can learn by following this advice:



- Know your joke thoroughly. Memorize your joke so you don't forget important details. Going back in mid-joke ("Oh, I forgot, there's a chicken on the firefighter's head") distracts from your momentum. Rehearse ahead of time if possible. And don't tell a joke you don't understand—if you don't know why the punchline is funny, you're more likely to mangle it.
- Don't oversell it. Resist the temptation to tell people how funny your joke is going to be. They'll expect something fantastic, and anything less will disappoint them. Keep your delivery relaxed and natural to draw them in.
- Easy does it. One technique is to offer the joke casually, as if it's a personal anecdote: "I remember, a few years ago ..." As your audience comes to realize you're actually setting up a joke, they'll nod or smile in recognition, so you've already "warmed them up." If they don't catch on until the punchline, the element of surprise adds to the impact.
- Pace yourself. Don't race to the punchline. It increases the chance you'll leave out an element, and your listeners may have trouble following the story. Get comfortable pausing at times to let the audience visualize what's happening. Just don't drag the joke out too long or the payoff may not live up to the buildup.
- Know your audience. You always want to avoid jokes that are racist, sexist, or otherwise offensive. But even a seemingly harmless joke can fall flat if your listeners don't relate to it. A joke about your business, for example, may have limited appeal to someone who's always worked in a different industry. Look for universal jokes that everyone can appreciate.

Put more power into employee praise

- "You catch more flies with honey than with vinegar" is an old saying but one with a lot of truth.
- When it comes to managing people in the workplace, or just getting along with your friends and your family, praise can be much more powerful than criticism or blame. Here are some simple guidelines:
- Be authentic. Any insincerity will tarnish the effect. Be clear on what actions or behavior you want to spotlight. Know the details. Don't overdo it ("That was the best presentation ever!"). Gee whiz.
- Be specific. People can't repeat the actions you're praising unless they know exactly what you're talking about. You don't have to go into exhaustive detail, but you should briefly explain what you're drawing attention to, and why.
- Be timely. Praise loses its impact if it's not delivered close to the event. Don't save it up for the monthly luncheon. Tell the person what you appreciate right away. And take your time. Don't rush away once you've delivered your message. Let the other person enjoy it for a while.
- Be encouraging. Praise makes people feel good, and it also reinforces behavior. Express your hope that the person will continue doing praiseworthy work. Thank the person for his or her efforts. This helps send the message that you'd like to see the person's performance keep improving along the same lines.

Where to 'send' sweet nothings

- When you decide to declare your true love, make sure you whisper those three magic words in your lover's left ear.
- Researchers have found that we're more likely to remember statements that express emotion if they're spoken into our left ear.
- Why? The left ear is controlled by the right side of the brain, and the right side of the brain is where emotional stimuli are processed.
- So pick your spot before declaring your feelings.

To boldly go . . . without going anywhere!

A space mission to Mars is starting right here on Earth. As reported by The New York Times, a crew of six boarded their vessel in March for the 105-day voyage, during which time they'll breathe recycled air, eat dehydrated food, and have limited contact with anyone outside their spacecraft.



Except they won't leave Earth. Their "ship" is a research center in Moscow, and their journey is actually a test of how well an international crew could cope with the isolation of a real Mars mission. The ultimate test will be a full 520-day simulation of a complete trip to Mars and back. The longest period any human has ever spent in space in 438 days, set by a cosmonaut aboard the Russian space station Mir in 1994-95.

The Moscow simulations are intended to test how a long space journey would affect astronauts' metabolism, sleep cycles, immunity, and cardiovascular systems, as well as to study how a cross-cultural, international crew would behave when cooped up on a long-term space mission they can't quickly return from.

Cherish the diversity of nature

New species of animals and plants are discovered every year. The International Institute for Species Exploration (at Arizona State University) recently named the top new species of 2009, as identified by a panel of experts. The list includes:

- The Barbados threadsnake. The world's smallest snake, it measures only about four inches long.
- The Tahina palm. Found in Madagascar, this palm produces a fantastic display of flowers, then collapses and dies—essentially working itself to death.
- Phoebasticus chain. The longest insect in the world, found in Borneo, this creature has a body 14 inches long and an overall length of about 22 inches.
- The ghost slug. Nocturnal and predatory, this ghostly white slug is found in Wales.
- Charrier coffee. The first naturally caffeine-free species of coffee bean comes from Cameroon.

The pen of the future?

Just what you wanted: a pen that never misses a word. The Pulse smartpen from Livescribe doesn't just let you write down notes, it actually records voices with noise-canceling software, lets you play recordings back, a USB connector that allows users to recharge the pen and also transfer notes and audio to their computers. And it also writes! For more information, go to www.livescribe.com



Listening may strengthen musical learning

Simply listening to music can enhance one's musical abilities, suggests research from the University of Amsterdam. Music scientists previously believed that intensive music training was the most dependable route to musical skills (the Expertise hypothesis), but the Amsterdam study found that people without formal training who listened to certain musical idioms were able to perform musical tasks at the same level as other, trained listeners, strengthening what music experts call the Exposure hypothesis. So turn on your iPod and start working on your music career? Maybe.

Chew on this: 'Vanishing' gum in the offing

The world's first biodegradable chewing gum could save the world million of dollars in cleanup costs. Chicza Mayan Rainforest chewing gum, produced from the sap of the chicozapote tree, contains no petrochemicals. It decomposes to dust in just a few weeks, its manufacturers say, meaning no more petrified chewing gum on city streets and beneath movie theater seats. If it catches on, the savings could be enormous: In Great Britain, for example, removing discarded wads of chewing gum adds up to \$22 million a year, according to CNN.

Need innovative employees? Think creatively

Do you need innovative movers and shakers on the job?

Here are some things you can try to encourage employees' creativity and motivate them to share their ideas:

1. **Be positive.** This doesn't mean you'll accept every idea an employee submits, but always reinforce the value of coming up with ideas and innovations. Show that you appreciate the effort it took to come up with the ideas, even if you can't implement them.
2. **Make the process easy.** Creating a lot of hoops, such as asking people to write their ideas on a complicated form, can reduce the number of ideas you get. Stimulate creativity by allowing people to share their ideas their own way.
3. **Respond quickly.** If an idea sits on your desk for a week before you respond, the creative energy behind it will fade away—along with the employee's enthusiasm for it.
4. **Look for ideas out of the loop.** Many inventions come from people outside their field of expertise. Invite ideas from the widest range of experience, job levels, education, social status, age, etc.
5. **Try a change of pace.** If one of your employees works primarily on manufacturing accounts, give him or her a retail account. The different experience can create benefits.
6. **Expect things to happen by chance.** When you create an environment for creativity and innovation, it'll happen. Just give it time.



How to handle requests for new technology

New high-tech gadgets and software are cool, to be sure. But that doesn't mean they'll make workers more productive—no matter what their marketing materials promise. Don't buy in to every request for new technology. Try these two tips to make smarter decisions:

- **Ask employees to justify their requests.** Your sales staff is hankering for wireless Internet connections. If they think it's important to their jobs, let them demonstrate how. Ask how the new technology supports the company's priorities. How will it help accelerate goals?
- **Take it one step at a time.** When staffers ask for a new application or gadget, don't respond with a "yes" or "no" right away. Try granting the request provisionally. For example, if employees want the newest fancy cell phones, create a test group. The group can try out the service, work out any kinks and determine if it's worth the investment before you give the thumbs-up for the entire department.

What does Gen Y want? Are you ready to provide it?

Gen Yers look at employers and think, "I wonder where they might fit in my life story," according to Bruce Tulgan, an expert on intergenerational management. Your challenge is to create a workplace where Gen Y can get started on their ambitions right away.

What to do? Tulgan's book, *Not Everyone Gets a Trophy: How to Manage Generation Y* (Jossey-Bass), provides some ideas. In addition to flexible schedules and the ability to telecommute, Gen Y is looking for performance-based compensation (what results they need to achieve in order to get paid more), access to decision-makers (they don't want to be stuck at the bottom of the ladder), the ability to master marketable skills, and the chance to be creative on the job. Look for ways to give them what they need, and you'll earn their loyalty.

Play these games for better thinking.

Being creative doesn't just happen. Sure, some people seem to be naturally innovative, but most of us can get the creative juices flowing with a little practice. Try these exercises to stimulate your mind:

- **Opposites.** Make a quick list of some common nouns and verbs. One by one, go through the list and as quickly as possible think of three words that mean the opposite. Generating a group of opposites will stretch your mind to think beyond the obvious.
- **Good and bad.** Select an idea—a product, a problem, an issue—and list positive and negative aspects to it. For example: pandemics. Under Positive, you might place “keeps population down” and “forces better disease control measures,” while under Negative, you'd list “causes suffering” and “economic turmoil.” As a next step, think of something that's neither good nor bad, just interesting: A specific disease may arise from an unexpected source, for instance. This teaches you to look at questions from different angles.
- **Letter.** Write a letter describing your day—but without using the words “I,” “me,” “myself,” and so on. You'll get an idea of how to look at the world from alternative viewpoints and take your own agenda out of the picture to see things more clearly.



Turn problems inside out when seeking solutions.

Some problems require fresh, innovative thinking. One way to search for creative solutions is to remember the acronym SCAMPER:

- **Substitute.** Replace an element that's part of the problem. Use a different material, ingredient, or person and see what happens.
- **Combine.** Put elements together. If you can't decide whether to use salt or pepper in a recipe, try both.
- **Adapt.** Look outside the problem for someone you can use to address it. Velcro was invented by someone who looked closely at how burrs stuck to clothing and adapted the principle.
- **Minimize or maximize.** Make something smaller or larger. Instead of targeting the mass market with a new product, for example, maybe you can find a small niche to sell it to. Conversely, maybe a specialized tool has wider potential.
- **Put things to a different purpose.** Look for a different application. Instead of an entrée, maybe what you've cooked could be an appetizer or dessert.
- **Eliminate.** Look for elements you don't need. Often we include steps in a process out of habit, for example, whether they still serve the original purpose or not.
- **Rearrange.** Put the elements in a different order or reverse them completely. You spot what's missing more easily in a new arrangement.

Bring passion back into your life.

Have you lost the fire and passion that fueled when you first began your career? Here's how to regain your enthusiasm and start moving forward again:

- **Compare and contrast.** Start with this simple sentence and fill in the blanks: “In my life, I was...and now I...” You'll find the answers to be very enlightening, whatever they are.
- **Reflect on the past.** Draw up a timeline from the very beginning of your childhood and figure out when you were happiest and what got you the most down. It leads to a better understanding of yourself.
- **Find your guideposts.** List five or six principles that guide you in life, and decide whether they are values you truly live by or ideas you merely talk about.
- **Fantasize.** Try writing a page or two on what you would like to do with the rest of your life. Or list things you would like to do before you die. Don't worry about practicalities or priorities. Just create that dream list.
- **Make it real.** Record your thoughts, feelings, and hopes on a tape recorder. Or tell them to a trusted friend. That way, there's somebody to witness it and hear you out, and you'll feel responsible for making some changes.

Try these techniques when learning new skills.

The cliché is wrong: You can teach an old dog new tricks, if the old dog (that means you) is willing to make an effort. Whether you're trying to improve your tennis game or learn piano, keep these tips in mind to get the most out of your training or instruction:

- Find the right teacher. Get recommendations. Make sure you find a teacher who can help you at your present level and who can commit the time and energy to teach you more.
- Answer the teacher's questions completely and truthfully. To assess your strengths and weaknesses, teachers often ask for background information. Don't exaggerate your experience or expertise. Honest answers will help your teacher offer personalized instruction.
- Share your goals. Let your instructor/trainer know exactly what you want to get out of your studies. You both need to be on the same page. If your teacher has a different agenda, you'll have to reassess.
- Go deep. Don't settle for learning superficial skills. To make your efforts worthwhile, commit to learning as much as you can about the area you're studying. For example, almost every field has its own vocabulary. If you don't understand a particular term, ask.
- Expect success. Although improvement lies largely in your hands, you should be able to tell whether or not the teacher is doing all she can to help you improve. If it's not happening, talk it over with your teacher, and be ready to move on to another instructor if necessary.

Don't let stress stand in the way of success!



Stress is a fact of life. How you handle it, though, is up to you.

Here are a few tips for keeping stress and anxiety under control in turbulent times:

- Focus on right now. Worries about the past or the future can undermine your attempt to accomplish anything in the present. When you feel yourself growing anxious, concentrate on what you can do right now, and do it.
- Identify your fears. Sort out your feeling so you know exactly what you're worried about. Overcoming a vague dread is difficult, but once you've got a specific target, you'll be able to find ways to deal with your fear directly.

Look for positive energy. Don't hang out with people whose anger or depression spills over onto you—find friends who support you and offer encouragement. Watch hopeful movies, listen to upbeat music. The more positive energy in your life, the better you'll be able to keep stress at bay.

Do these factors add up to billions?

Are you destined to become a billionaire? Forbes magazine conducted an informal, unscientific analysis of its list of self-made billionaires and noted a few common denominators:

- Math skills. A lot of the world's wealthiest people show a high aptitude for math. Many of their parents had math-related careers such as engineering or accounting.
- Birth date. More billionaires were born in the fall than in any other season. September was the most common month of birth for the 380 self-made American billionaires who appeared on the Forbes list in the past three years. What does this mean? Nobody knows. Maybe it's the magic of mistletoe.
- College. Higher education isn't necessarily a requirement for vast wealth. Of the 292 Horatio Algiers on Forbes' most recent list, 20 percent either didn't complete college or never bothered with it in the first place.
- Failure. Forbes notes that several of the billionaires on its list failed to score on their first attempt. Some of their first attempts at business were disastrous—but they learned from their failures and now view them as a necessary step to their eventual success.

Mistakes don't matter in the long run.

As a student, Isaac Asimov had a literature professor who once lectured on the limitations of knowledge. As Asimov writes in his book, *The Relativity of Wrong*, his prof said that in every century people thought they'd discovered how the universe worked, and they'd always been proven wrong. Thus, he argued, anything we say now about the nature of the universe must also be wrong.

Asimov's response? "When people thought the Earth was flat, they were wrong," he told the professor. "When people thought the Earth was spherical they were wrong. [Earth actually bulges at the equator.] But if you think that thinking the Earth is spherical is just as wrong as thinking the Earth is flat, then your view is wronger than both of them put together."

Humans make mistakes, but that doesn't mean the truth is always beyond our reach.



Truly earning your stripes.

One reason Peter I became known as one of Russia's greatest leaders probably stems from his drive to earn respect the hard way. As a boy, he enlisted in a regiment as a drummer, the lowest position available. He refused to accept any military rank he hadn't earned honestly.

When it was his turn for guard duty, he served it. When he was ordered to dig a ditch, he dug it. He slept in the same tents and ate the same food as the other soldiers.

Unlike other men who used their privileged backgrounds to receive preferential treatment, Peter accepted promotions to higher ranks only when he believed he deserved them. It was his belief in himself that got him to the top and eventually won him history's moniker Peter the Great.

When 'doing your best' isn't the point.

Business consultant Tom Peters learned a very important lesson while serving as a Navy SeaBee in Vietnam. As he writes in his blog, one time he was sent back to headquarters for a short meeting with the commandant of the Marine Corps, Gen. Chapman, who was a friend of Peters' family.

Peters showed up in Chapman's office straight from the helicopter, covered with mud from the field where he was building a camp for an Army Special Forces team. Chapman and Peters spoke briefly, and as he dismissed Peters, Chapman asked, almost as an afterthought, "Tom, are you taking care of your men?" Peters led a detachment of 20 sailors.

"I'm doing my best, sir," he answered. He felt chilled to the bone as Chapman's face darkened, and he remembers the general's words to this day.

"Mr. Peters, General Walt and I and General Buse are not interested in whether or not you are 'doing your best,'" Chapman said. "We simply expect you to get the job done—and to take care of your sailors. Period. That will be all, Lieutenant."

It was a powerful message: Don't settle for "doing your best." A leader's responsibility is to accomplish his or her task—no excuses.

Believe in your future

When writer, actor, and political commentator Ben Stein arrived in Los Angeles as a young man to become a screenwriter, he very much wanted to buy a Mercedes 450 SLC. But even used, the Mercedes was far more than he could afford on his entry-level salary. When he explained this to the salesman at Mercedes-Benz of Beverly Hills, the salesman replied, "Don't you believe in your own future?"

It was the right question. Stein bought the car.

You know you're grown up when . . .

You're not a kid anymore. Here's the proof:

- Your refrigerator has more food than beer in it.
- 6 a.m. is when you get up, not when you go to bed.
- You hear your favorite song . . . on the elevator.
- You make plans to watch the Weather Channel.
- A clean sweater and jeans is no longer considered "dressing up."
- You have no idea how late the pizza place delivers.
- Your older relatives feel comfortable telling dirty jokes around you.
- You feed your dog Science Diet instead of cold pizza.
- A \$7 bottle of wine is no longer "the good stuff."

Talk about bait-and-switch

A little girl walked into her Sunday school class half an hour late. When the teacher asked why she was so tardy, the young girl replied, "I wanted to go fishing with my Daddy, but he said I had to come to Sunday school."

Pleased with the father's spiritual dedication, the teacher asked, "And did he tell you why he wanted you to come here?"
"He said he didn't have enough bait for the two of us."

From his lips . . .

Because it was a busy day in Heaven, St. Peter was interviewing recent arrivals three at a time. After making sure the latest trio was worthy of entering Heaven, St. Peter asked, "Now, what would you like the pastor to say at your funeral?"

The first man said, "I want him to say that I was a wonderful father and a loving husband who never, ever cheated on his wife."

The second man answered, "Have him say that I was the most honest businessman in the world and that I absolutely did not embezzle all that money from my company before I died."

The third person, a woman, thought for a moment, and then replied, "I want him to say, 'Oh, my God, call a paramedic! She's still breathing!'"

Dough!

Two muffins are in an oven.

One muffin says to the other, "It's pretty hot in here."

The second muffin replies, "Holy cow! A talking muffin!"

Philosophy funnies

The philosopher Rene Descartes has finished his meal at a café.

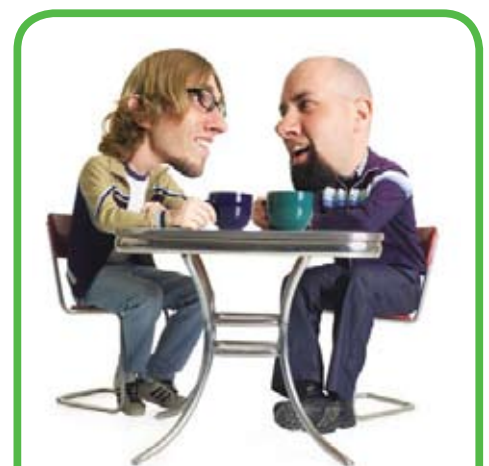
The waiter asks, "Would you like some dessert?"

Descartes says, "I think not."

And—poof!—Descartes vanishes.

Q. What did the Zen master say to the hot dog vendor?

A. Make me one with everything.



Intelligence test.

Two men were sitting at the bar discussing their pets.

The first one said, "My dog is so smart he can count to ten!"

"So? My dog can play checkers!"

"Wow . . . that's really smart."

The second man shrugged. "Not so much. I can beat him most of the time."



Online shopping: Not just for kids anymore...

Apparel retailers may be missing an important market if they think that only younger women buy clothing online. According to research by the NPD Group and the Consumer Tracking Service, the truth is that 65 percent of clothing purchased online is sold to women over 35, and women ages 55 to 64 represent the fastest-growing segment of customers. They spent more than \$1.6 billion online for clothing in the 12 months from March 2008 to March 2009, an 11 percent increase over the previous year. Women ages 45 to 54 spent more money during that time period (more than \$1.9 billion), but their sales dropped 3.7 percent from the preceding 12 months.

Half a buck is much, much better than none

The Bureau of Engraving and Printing, which prints U.S. dollars, has an interesting (and possibly unique) policy, Craig Carman writes in his book *Biography of the Dollar: How the Mighty Buck Conquered the World and Why It's Now Under Siege* (Random House). It will refund damaged currency as long as at least 51 percent of the bill is intact and the currency is determined to be genuine. Once, a man sent the Bureau's Mutilated Currency Division the remains of some money that his angry wife had run through a paper shredder. A specialist spent two months sorting the strips of paper, but in the end the Bureau sent the man a check for \$30,000.

'Do you have change for a guarani?'

The United States spends dollars; Most European nations use the euro. What do some of the other countries around the world call their money? Here's a snapshot:

Brazil	: real
Croatia	: kuna
Czech Republic	: koruna
Hungary	: forint
Lithuania	: litas
Paraguay	: guarani
Peru	: nuevo sol
Romania	: leu
Ukraine	: hryvnia



Labor Day: What's it all about?

Labor Day is more than one last chance to fire up the grill before the end of summer. It's a yearly celebration of the American worker, a tribute to labor's contribution to the economic and social well-being of the United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Some say the idea of Labor Day originated in 1882 with Peter J. McGuire, a co-founder of the American Federation of Labor. Others claim that a machinist named Matthew Maguire proposed the celebration while serving as secretary of the Central Labor Union in New York. There's little dispute that the first Labor Day parade was held on September 5, 1882, when 10,000 workers in New York City marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to recognize Labor Day officially was Oregon, in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.

Stop working, and watch videos! It'll make you a better employee

Checking your Facebook profile and the latest YouTube video at work may mean you're a more productive employee, according to research from the University of Melbourne. The study of 300 moderate Internet users (less than 20 percent of their work day) found that employees who surf the Web for personal reasons at work (about 70 percent) were about 9 percent more productive than employees who didn't. The most popular breaks: shopping-related browsing, reading the news online, and watching videos. The researchers theorize that short-term Web surfing allows employees to get a bit of mental rest that results in higher concentration and productivity overall.

But will people be stuffed in the cargo hold?

It's been a long time coming, especially if your name is Spot or Fluffy, but the first pets-only airline began services this summer. As reported in the Los Angeles News, Pet Airways, based in Florida, flies its "pawsengers" between Los Angeles, Denver, Chicago, New York City, and Washington D.C. for a base rate of \$150. The airline maintains a fleet of 20 planes, and pets will travel in their main cabin with a flight attendant to take care of them. ("Milk, catnip, or squeeze toy?") Owners can track their beloved pet's flight status so they can arrive on time for pickup at the pet's destination.

Even a spell-checker may have trouble with these

If you still remember the word you won the sixth-grade spelling bee with, you'll probably be intrigued and challenged by this list of words that have won the National Spelling Bee throughout the years:

1925: gladiolus

1979: maculature

1934: deteriorating

1988: elegiacal

1947: chlorophyll

1995: xanthosis

1951: insouciant

2005: appoggiatura

1962: esquamulose

A world of outrageous travel requests

Travel is an adventure. And sometimes it's an adventure for the agent who books your vacation plans.

Here are some of the more outlandish requests travel agents have had to deal with, from Travel & Leisure magazine:

- Transport a bag of blood to South Africa, in case the passenger needed a transfusion. (In the end, the traveler opted against the additional expense of equipment rental.)
- Reserve a cabin on a cruise near the elevator, so the traveler could easily find her way back to her room after drinking too much.
- Arrange a Vegas wedding performed by an Elvis impersonator dressed as a rabbi.
- Book a room in Orlando, Fla., with a view of the ocean (highly unlikely, as Orlando is 40 miles from the Atlantic coast).
- Provide air conditioning for a camping trip in the Sahara Desert in August. (The solution required a massive generator from Casablanca.)



“Fortunately analysis is not the only way to resolve inner conflicts. Life itself still remains a very effective therapist.”
—Karen Horney—

“Every man dies. Not every man really lives.”
—William Wallace—

“Only those who will risk going too far can possibly find out how far one can go.”
—T.S. Eliot—

“So don’t follow the money. Follow the excitement. The people inventing the future are doing so just because it’s fun.”
—Tim O’Reilly, publisher—

“All life is an experiment. The more experiments you make, the better.”
—Ralph Waldo Emerson—

“Don’t go around saying the world owes you a living. The world owes you nothing. It was here first.”
—Mark Twain—

“Simplicity is the final achievement. After one has played a vast quantity of notes and more notes, it is simplicity that emerges as the crowning reward of art.”
—Frederic Chopin—

“Believe that life is worth living, and your belief will help create the fact.”
—William James—

“But now I have come to believe that the whole world is an enigma, a harmless enigma that is made terrible by our own mad attempt to interpret it as though it had an underlying truth.”
—Umberto Eco—

“Everything has been figured out, except how to live.”
—Jean-Paul Sartre—

“I think I’ve discovered the secret of life -- you just hang around until you get used to it.”
—Charles M. Schulz—

“Any idiot can face a crisis – it’s day-to-day living that wears you out.”

—Anton Chekhov—

“A man who dares to waste one hour of time has not discovered the value of life.”

—Charles Darwin—

“People often say that motivation doesn’t last. Well, neither does bathing—that’s why we recommend it daily”.

—Zig Ziglar—

“When you play music you discover a part of yourself that you never knew existed.”

—Bill Evans—

“In bed, my real love has always been the sleep that rescued me by allowing me to dream.”

—Luigi Pirandello—

“To play without passion is inexcusable!”

—Ludwig van Beethoven—

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

—Buddha—

“The moment of victory is much too short to live for that and nothing else.”

—Martina Navratilova—

“If you don’t go after what you want, you’ll never have it. If you don’t ask, the answer is always no. If you don’t step forward, you’re always in the same place.”

—Nora Roberts—

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.

—John Burroughs—

“You tried your best and you failed miserably. The lesson is “never try.”

—Homer Simpson—

“God writes a lot of comedy. . . . The trouble is, He’s stuck with so many bad actors who don’t know how to play funny.”

—Garrison Keillor—

“I love life, because what more is there?”

—Anthony Hopkins—

“We know nothing about motivation. All we can do is write books about it.”

—Peter Drucker—

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

—Martin Luther King Jr.—

“Believe that life is worth living, and your belief will help create the fact.”

—William James—

Sudoku!

Sudoku is very simple to learn, it needs no calculations, and provides an amazing variety of logic situations. All that's required is brain power and concentration. Try this month our easy level. Enjoy!

			8	5				
	6				7		4	
3			6		1	5		2
9	8		1					4
7		4	9	3	6	1		8
1					8		6	9
4		3	7		2			6
	1		4				7	
				8	9			

Word Search

SUMMER!

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

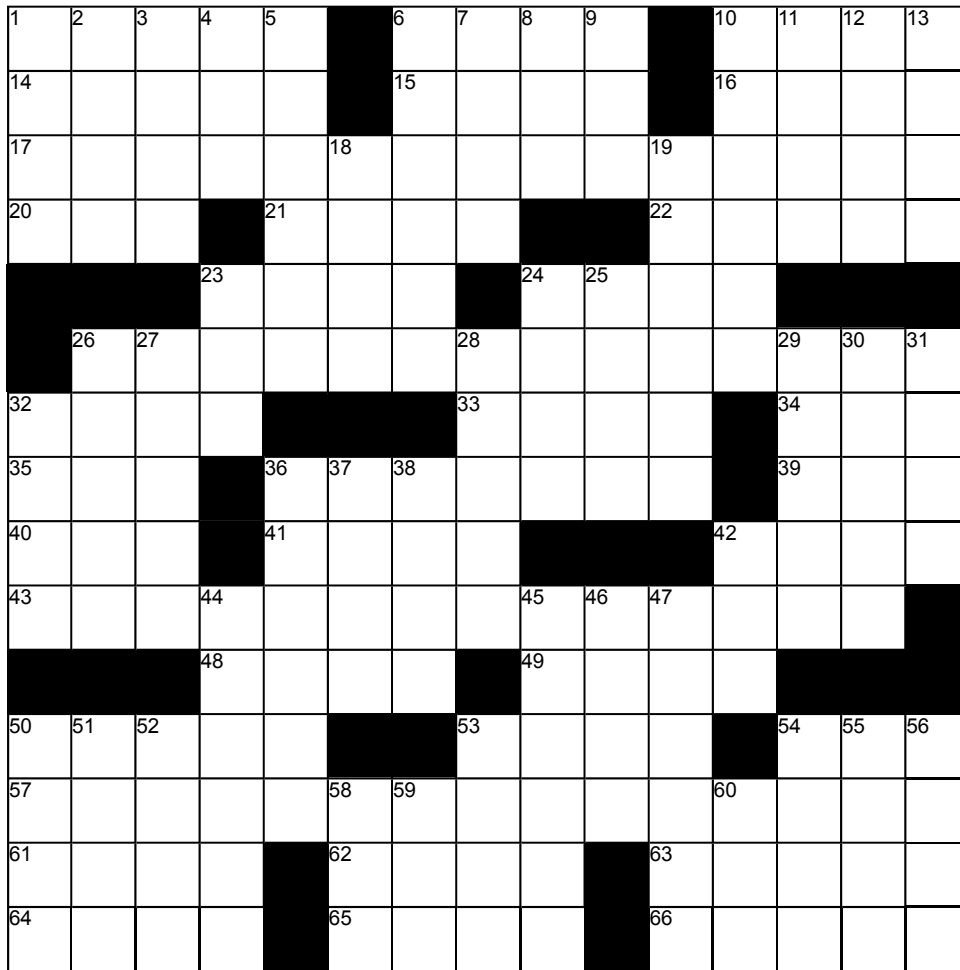


ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING
FISHING
FLIES
FLOWERS
WATER FIGHTS

GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM
JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
WATERMELON

SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS
SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
UV RAYS
WASPS

Crosswords Puzzle



ACROSS

- 1. Rot-resistant wood
- 6. 'You ___?' (Lurch's query)
- 10. Plow the field
- 14. 'I'll make you red in the face'
- 15. '___ Cowgirls Get the Blues'
- 16. Chamber music instrument
- 17. State after being coldcocked (and a clue to this puzzle's theme)
- 20. Came across
- 21. Black-and-white divers
- 22. Vetoes
- 23. BB's and bullets
- 24. Hooligan
- 26: Hazarding a guess: doughy metaphysician?
- 32. Assured of success
- 33. Sentry's shout
- 34. Pigeon patter
- 35. Historical period
- 36. When your prince will come
- 39. Quaint lodging
- 40. Generation separator
- 41. Browning of pages of verse, for example

- 42. Sawbucks
- 43. Between Earth and Venus, e.g.
- 48. Grocery shopper's reference
- 49. Bum soother
- 50. Go along
- 53. Name on the marquee
- 54. Pooh's middle name?
- 57. Cunctation
- 61. Shaker contents
- 62. 'Flee, fly!'
- 63. Sharpened
- 64. Spots
- 65. Stitched
- 66. Grape centers

DOWN

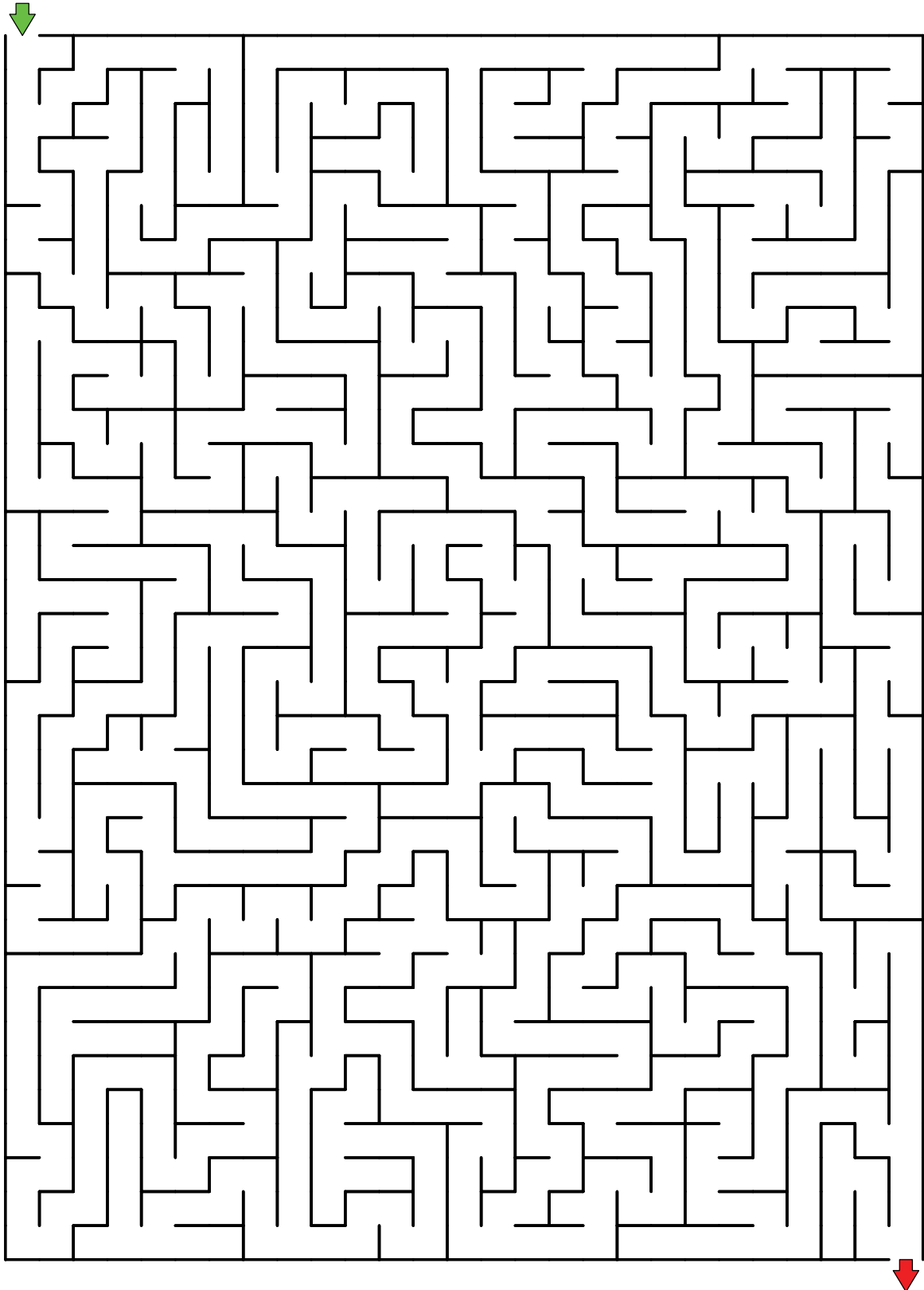
- 1. Jack-in-the-pulpit
- 2. Unaccompanied
- 3. Air carrier
- 4. Teamwork deterrent
- 5. Designate again
- 6. Think, redneck-style
- 7. Dollar competitor
- 8. Opposite of paleo-
- 9. Bearded African grazer
- 10. Firming up
- 11. Alpine climber
- 12. Give the slip to
- 13. Minus
- 18. Akebono's sport
- 19. Like Thurston Howell III
- 23. Tap output
- 24. Egg on
- 25. Earthenware jar
- 26. Baal bondsman?
- 27. Well-versed
- 28. Angle symbol
- 29. Less friendly
- 30. Young man
- 31. A whole lot
- 32. Christmas trio
- 36. More nimble
- 37. 'Clumsy me!'
- 38. Cheesy sandwich
- 42. Menlo Park monogram
- 44. Chooses
- 45. Tribe of Native Americans, e.g.
- 46. Sparkle
- 47. Hebrew scriptures
- 50. Church recess
- 51. It's often touched up
- 52. Butler, for Gable
- 53. Put into the overhead bin
- 54. Spork part
- 55. Broke ground, perhaps
- 56. Budgets make them meet
- 58. Balaam's mount
- 59. '___ Loves You'
- 60. Water temperature 'gauge'

Intermediate Maze

Test your Skills!

How steady is your hand? Let's find out!

Try to reach the goal without touching the walls. Enjoy the game!



Color Matching

A Colorful Test!

Can you match these words and phrases to their “Colorful Definitions?”

- | | | |
|---------------------------------------|--------------------------|---------------------------------|
| 1. Faithful | <input type="checkbox"/> | A) White elephant |
| 2. An award given for excellence | <input type="checkbox"/> | B) Wearing rose-colored glasses |
| 3. Discovered in the act | <input type="checkbox"/> | C) Gold star |
| 4. Jealous | <input type="checkbox"/> | D) In a black mood |
| 5. Flushed with embarrassment | <input type="checkbox"/> | E) Red as a beet |
| 6. Appearing scared | <input type="checkbox"/> | F) A gray area |
| 7. Optimistic viewpoint | <input type="checkbox"/> | G) Talking up a blue streak |
| 8. Having a negative frame of mind | <input type="checkbox"/> | H) In the red |
| 9. Cowardly | <input type="checkbox"/> | I) Caught red handed |
| 10. Owing money | <input type="checkbox"/> | J) True blue |
| 11. Happy | <input type="checkbox"/> | K) Green with envy |
| 12. Chatting excessively | <input type="checkbox"/> | L) Yellow |
| 13. An expensive item of little value | <input type="checkbox"/> | M) White as a sheet |
| 14. Angry | <input type="checkbox"/> | N) In the pink |
| 15. An ambivalent issue | <input type="checkbox"/> | O) Seeing red |

Answer Key:

1J; 2C; 3I; 4K; 5E; 6M; 7B; 8D; 9L; 10H; 11N; 12G; 13A; 14O; 15F