



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.

3. **Health Watch**
Stay safe from heat stroke when hot weather hits.
4. **Safety Monitor**
Don't take chances when fire erupts.
5. **Workplace Workshop**
Watch your language at work.
6. **Science Lab**
Final verdict: An asteroid killed the dinosaurs.
7. **Creativity**
Jump-start your brain with the power of music.
8. **Success**
You're the expert: Position yourself as a reliable source.
9. **Anecdotes**
Turn potential weakness into a strength.
10. **Manager's Mentor**
Four warning signs: How to avoid hiring the wrong candidate.
11. **Family Matters**
Taking on the school bully: What parents can do.
12. **Grinds & Giggles**
Not another dumb blonde joke.
13. **Money Matters**
Puzzled about investments? Join the club (or start one!)
14. **Quotations**
15. **Just For Fun**

Stay safe from heat stroke when hot weather hits.

As temperatures rise in the summer months, so does the risk of heat exhaustion or heat stroke. Both are serious. Heat stroke can be deadly.

Heat exhaustion is more common. It typically strikes when people work or play strenuously in a hot, humid environment, causing them to sweat excessively. With diminished fluids and salts, the body loses its ability to cool itself, resulting in symptoms including dizziness, muscle cramps and pain, headache, nausea, and weakness.

Heat stroke is a life-threatening condition caused when the brain is unable to control the body's cooling system. The rise in internal body temperature can result in damage to the brain and other organs. "Classic" heat stroke can develop over a period of days; "exertional" heat stroke strikes more quickly and primarily affects younger, more active persons.

Symptoms of heat stroke include loss of consciousness, confusion, hallucinations, hyperventilation, and flushed, hot, or dry skin. Seek medical help immediately if you suspect heat stroke.

Even in a case of heat exhaustion, consult with a physician, especially if the person loses consciousness, complains of chest or abdominal pain, has trouble keeping fluids down, or has a temperature of 104° F or higher.

Heat stroke and heat exhaustion can hit anyone, but children and older people tend to be more susceptible, so keep a watch on your family when the weather turns hot.



Hunger pangs vs. snack cravings: What's the difference?

Most of us eat more than we need to. Often it's because we think we're hungry when we're really anxious, depressed, bored, or just tempted by the plate of brownies a co-worker brought in this morning.

Although you shouldn't wait until you're faint with hunger to eat, pay attention to the signals your body is sending you. These are the typical symptoms of real hunger:

- Growling, gurgling, or rumbling in the stomach
- Irritability
- Headache
- Dizziness
- Difficulty concentrating
- Nausea

Not sure whether you're really hungry? Ask yourself if something healthy, like an apple or an orange, would make you feel better.

If not—if you think you really, really need that chocolate chip cookie—then chances are you're having a craving, not a real hunger pang. Exercise your will power until your body needs refueling.

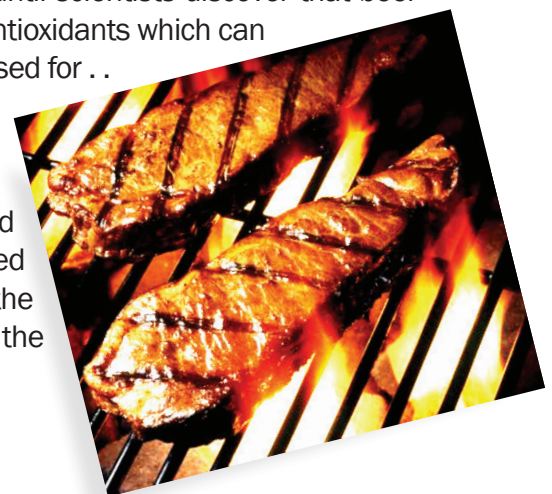
'Eat your barbecue, it's good for you!'

In what may be the best diet-related health news of all time (at least until scientists discover that beer makes you live forever), a study at the University of Ontario has found antioxidants which can boost the body's immune system are present in the herbs and spices used for . . .
. . . barbecue sauce.

The research team analyzed seven different popular sauces and marinades available at supermarkets.

The sauces contained herbs and spices as primary ingredients, and included such varieties and flavors as jerk sauce, garlic and herb, roasted red pepper, sesame ginger teriyaki, and others. Cooking reduces the antioxidant effect by about 50 percent, but even after barbecuing, the sauces still contain "significant" levels of antioxidants.

Fire up the grill and get healthy.



Don't take chances when fire erupts.

Fire is one of the most terrifying emergencies that can strike your home or workplace. If you're prepared, you stand a better chance of fighting it—or escaping unharmed. Your fire extinguisher, charged and ready, can make the difference.

The most important question is: Should you try to put out the fire yourself with your extinguisher, or run? This checklist can help you make the right decision, if you do it quickly:

- Is the building being evacuated? Has the fire department been called?
- Is the fire small and contained to one specific area?
- Do you have a clear exit behind you?
- Can you stay close to the floor to avoid smoke?
- Have you read your fire extinguisher's instructions, and do you know how to use it properly?

If you can quickly answer all these questions "yes," then use the PASS method to put out the fire:

- P: Pull the pin of the fire extinguisher out.
- A: Aim for the base of the fire, not the flames.
- S: Squeeze the lever below the handle to discharge the extinguishing agent.
- S: Sweep the nozzle of the extinguisher from side to side as you walk slowly and carefully toward the fire.

In addition, remember these tips:

- **Know what you're fighting.** If you know what's causing the fire, you can make a better decision about fighting it or leaving. You don't want to confront toxic smoke or something that might explode.
- **Watch your back.** Always look for a safe escape route that's behind you, away from the fire, in case your efforts are ineffective.
- **Listen to your instincts.** Don't be a hero. If something doesn't feel right, leave immediately and let the professionals handle the emergency.

Be smart when driving with your smart phone.

A recent CareerBuilder survey found that 54 percent of people check their smart phones while driving. In a University of Utah study of driving and talking on the phone, only 2.5 percent of test subjects were able to do both safely. For the other 97.5 percent, the ability to hit the brakes quickly was slowed by 20 percent, and the tendency to drive too slowly to keep up with traffic rose by 30 percent. CareerBuilder.com offers these tips:

- Turn off your phone when driving. Talking on the phone or texting at the wheel is illegal in many states, as well as dangerous to you, your passengers, and other drivers. Pull over if you need to talk.
- Set priorities. Part of the problem comes from the current trend toward being accessible outside the workplace. Discuss the situation with your employer (and your family) so everyone understands that you can't always be connected.
- Have a backup. If you anticipate being needed outside the office, leave an out-of-office message on your voicemail, and provide contact information for colleagues who can assist callers in your absence. That way, urgent calls can be taken care of even if you don't answer the phone.

Recalling history's biggest product recalls.

Product recalls are a fact of life these days, but they're far from new. In addition to Toyota and the Infantino baby sling, here are some of the biggest product recalls in U.S. history:

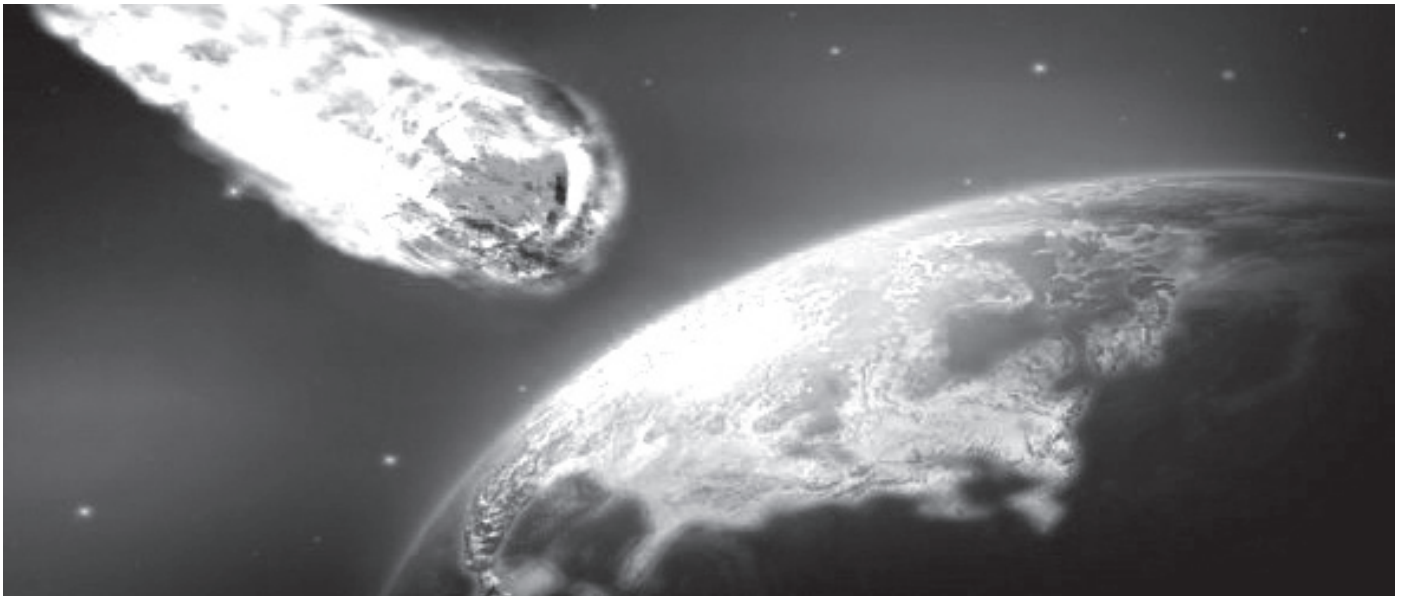
- **Cribs.** In 2009, about 1 million drop-side cribs were recalled because of risk of suffocation to infants.
- **Window blinds.** Nearly 50 million roll-up blinds and Roman-style shades were recalled in 2009 after reports that young children had been killed by dangling cords.
- **Easy-Bake Ovens.** This 2007 recall of close to 1 million toy ovens was prompted by 249 reports of children getting fingers or hands trapped in openings, and 77 reports of burns.
- **Thomas & Friends wooden railway toys.** Over 1.5 million units were recalled in 2007 after they were discovered to have paint containing lead.
- **Ford Pinto.** After discovery of design flaws that made the car vulnerable to fires and explosions, Ford recalled 1.5 million vehicles in 1978.



Watch your language at work.

You can damage your career by saying the wrong thing to your boss. No, not, “You’re an idiot,” or, “Do I look like I care?” Career adviser Karen Burns warns employees to avoid these all-too-common statements:

- **“That’s not my job.”** Don’t limit yourself to what’s in your job description. Be willing to take on any role the boss asks you to (assuming it’s legal and ethical, of course). You can ask your boss why he or she is assigning the task to you, but you’ll improve your career prospects by accepting whatever assignment is thrown your way.
- **“It’s not my problem.”** Don’t let the boss think you don’t care what happens to the company you work for. Take responsibility for fixing things so your manager can rely on you no matter what.
- **“It’s not my fault.”** Ducking responsibility only makes you look and sound untrustworthy. Don’t waste your time—and your boss’s time—on assigning blame for whatever problems the company faces. Focus on finding solutions.
- **“I can’t do that—it’s impossible.”** Insisting your boss is asking for the impossible won’t endear you to management. You want your boss to believe you can do whatever’s required. Analyze the “impossible” task and identify the real problem or goal; then concentrate on overcoming the obstacles.



Final verdict: An asteroid killed the dinosaurs.

The asteroid that killed the dinosaurs 65 million years ago crashed into Earth at 20 times the speed of a bullet, creating a destructive force a billion times more powerful than the Hiroshima atom bomb.

That's the latest conclusion from a review of the evidence exploring the cause of the Cretaceous-Tertiary (KT) extinction, which enabled mammals to evolve into the dominant life form on our planet.

The asteroid was about 15 kilometers wide (nine miles), and fell into the Mexican region of Chicxulub. The impact would have sparked fires on a huge scale, as well as earthquakes, continental landslides, and tsunamis, while blasting enough material into the atmosphere to cut off sunlight and set off a global winter that existing species couldn't survive.

Yahoo News reports that some scientists had speculated that the KT extinction was caused by a series of volcanic eruptions over 1.5 million years in the region of the world that is now India, but the scientific review found that the mass extinction occurred too rapidly to be explained by long-term volcanic activity.



Don't try forcing yourself to sleep.

The harder you try to fall asleep, the more elusive dreamland becomes. That's the finding of a 1996 study in the journal, *Behavior Research and Therapy*.

In an experiment, 100 college students were split into two groups. One group was told to fall asleep as quickly as possible; the other was instructed to go to sleep whenever they could.

The "fall asleep quickly" group took longer to drift off than their counterparts. The scientists theorize that trying to fall asleep creates a sense of frustration that drives sleep away. Insomniacs who constantly monitor their state of consciousness will wake themselves up time and time again, creating a self-fulfilling situation.

Jump-start your brain with the power of music.

You can't summon inspiration with a flick of the radio dial, or a tap on your iPod. But music can set the stage for creativity. Certain types of sounds can stimulate alpha waves in your brain, which normally occur when you're close to sleep. The relaxed sensations created by alpha waves can lower your mental barriers and help you see new connections and possibilities.

Experiment with using music to spur your creative juices by remembering these guidelines:

- Don't play music nonstop. It may distract you when you need to focus your attention on details. You may also train yourself to tune it out. Use music when you need a boost. The best time is usually the mid-afternoon, to get through the post-lunch energy slump.
- Choose the right music. What's right? That depends on your own tastes, but many creative types find that classical music of the baroque style relaxes their mind and makes them more receptive to new ideas.
- Keep your balance. You need a variety of fast-paced and slower music, or your brain will get tired quickly. Choose music you're familiar with, so you can pay attention to it without being unable to do other things. It should be rhythmical but not too repetitive, so your mind can wander freely.
- Be patient. Just turning on a song won't instantly turn you into a genius. Feed your mind in other ways, with art, games, and sufficient rest so you're ready and able to be creative when the time is right.

Call it a dry run.

Who stays drier—the guy who runs for shelter from a rainstorm or the guy who walks there? Two meteorologists at the National Climatic Data Center in Asheville, N.C., once conducted a study to get the answer.

Each donned identical cotton sweatsuits and caps, and stepped into a downpour. One walked a 100-meter track at a 3 mph pace. The other ran it at 9 mph. When they finished, they weighed their clothing and found that the walker had absorbed half a pound of water. The runner soaked up one-third of a pound.

Conclusion: A person who walks through the rain will get 30 to 50 percent wetter than someone who runs through it.

Seek alternatives to brainstorming when you need a range of ideas.

Everyone knows that brainstorming is the best way to generate ideas in a group, right? Actually, some recent research suggests that might not always be the case.

In experiments conducted by researchers at Texas A&M University, participants were found to produce fewer ideas when they were part of a brainstorming session than they did when working individually—a difference of 44 percent in some cases.

When working separately, participants also generated a wider variety of ideas.

In addition, the researchers found that people in brainstorming meetings have a tendency to quickly conform to the first few ideas they're exposed to, thus leading to a narrower range of options overall.

The researchers were careful to point out that they're not advocating for the complete elimination of brainstorming sessions. But in situations where you need the widest variety of ideas possible, you might get better results letting people work separately before sharing their ideas with the group.

On the other hand, when you want to explore a limited number of options in depth, interaction during a traditional brainstorming meeting is probably your best bet.

You're the expert: Position yourself as a reliable source.

People respond to authority. You'll be able to persuade them more easily if you can position yourself as an expert in your field or industry. Here are some tips for establishing your credentials:

- Cite the experts yourself. Show people you've done your homework. Quote authoritative sources of information that they already trust, and you'll build your reputation as a reliable resource.
- Highlight your qualifications. Don't beat people over the head with your degrees and accomplishments, but do look for ways to remind them of your expertise and knowledge. "When I was managing a marketing department at XYZ Company," is one way to establish your experience, for example.
- Get testimonials. Nothing enhances your credibility like recognition from other experts. Ask others to share their experience working with you. Their words will support your image.
- Dress appropriately. You don't have to wear a three-piece suit for every meeting, but pay attention to your appearance. Does it send the right message—that you're someone people can depend on?

How to get what you want.

You're ultimately responsible for your own success, in your career and in your personal life. Take charge of your future by implementing these action steps:

- **Take a stand.** Identify your vision and purpose in life. What excites you? What do you want to learn? What do you love to do? Answering questions like these is a start on determining what you want to accomplish in life.
- **Differentiate yourself.** In 15 words or less, define what makes you unique in your marketplace and industry. Invest some time in crafting a statement that grabs your attention. Just keeping it in your mind will build your confidence. Using it to introduce yourself will tell influential people what you can do.
- **Build your power.** Don't bully or abuse people, but learn how to exercise and control your ability to persuade the people whose support you need. Focus on what you can do for them: the benefits they'll receive by helping you achieve your goals. (Hint: It's frequently based on your willingness to help other people achieve their own goals.)
- **Listen.** Ask for feedback from people who are in a position to evaluate your performance. Take their words seriously. You don't have to do everything they suggest, of course, but an objective point of view can help you find weak spots and strengths you didn't know about.

Key questions to gauge your commitment to goals

You may have big goals, but do you have the passion to bring them to life? Success usually requires a road map, a strategy, but it also calls for an overwhelming drive.

- Harvard Business School's Rosabeth Moss Kanter suggests testing yourself with these questions:
- Do you feel strongly about the importance of your goal—why it's necessary to achieve?
- Does your idea match your values and beliefs?
- Is this something you've dreamed about for a long time?
- Is your goal vital to the future of people you care about?
- Does your goal get you excited when you think about it and share it with others?
- Is it realistic? Are you sincerely convinced that your goal can be achieved?
- Are you willing to put your credibility on the line for it?
- Can you make your goal the primary focus of your activities?
- Are you willing to devote your personal time—evenings, weekends, vacations—to bring your goal to reality?
- Will you be able to reject criticism and negativity?
- Are you committed to the long term as you work toward your goal?



Turn potential weakness into a strength.

Sometimes your biggest weakness can become your greatest strength. Take, for example, the story of one 10-year-old boy who decided to study judo after losing his left arm in a car accident.

The boy began lessons with an old judo master. The boy was doing well, so he couldn't understand why, after three months of training, the master was concentrating so much on one single move.

"Sensei," the boy finally said, "shouldn't I be learning more moves?"

"This is the most important move you'll ever need to know," the sensei replied.

The boy didn't understand, but he trusted his teacher and kept training.

Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first three matches and went to the finals.

This time, his opponent was bigger, stronger, and more experienced.

For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a timeout. He was about to stop the match when the sensei intervened.

"No," the sensei insisted, "let him continue."

When the match resumed, his opponent made a critical mistake: He dropped his guard. Instantly, the boy used his practiced move to pin him. The boy had won the match and the tournament.

On the way home, the boy and sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was on his mind.

"Sensei, how did I win the tournament with that one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only defense for that move is for your opponent to grip your left arm."

An amazing deduction? Elementary, dear Watson

Sir Arthur Conan Doyle, creator of the fictional detective Sherlock Holmes, is said to have enjoyed telling a story about what happened to him at a railway station. Stepping into a cab, he dropped his suitcase onto the seat next to him and sat down, but before he could tell the driver his destination, the cabby asked, "Where would you like to go, Mr. Doyle?"

Surprised, Doyle asked whether he'd ever met the driver before.

"No, sir," said the driver. "I don't believe so."

"Then how do you know my name?"

The driver replied, "This morning's paper had a story about your being on vacation in Marseilles. This is the taxi stand where people who return from Marseilles always come to. Your skin color tells me you have been on vacation. The ink spot on your right index finger suggests to me that you are a writer. Your clothing is very English, and not French. Adding up all those pieces of information, I deduce that you are Sir Arthur Conan Doyle."

Doyle was amazed at the driver's deductive abilities.

"That, and your name is on your suitcase."

What dogs know about life

Dogs may be smarter than we think. Here are some secrets of contented living that most dogs follow—and more humans need to:

- Never pass up the chance to go for a ride.
- Always greet your loved ones enthusiastically, even if they've been gone for only five minutes.
- Sometimes obedience is the best strategy.
- Carve out your niche—and let others know when they've invaded your space.
- Find time to run, chase things, and play every day.
- Eat with gusto!
- Be dependably loyal no matter what.
- Take frequent naps.
- Take time to stretch before getting up from your naps.
- Don't bite when a growl will send the message.
- When someone's having a bad day, stay close, be quiet, and nuzzle them now and then.
- When it's hot, drink a lot of water and sleep in the shade.
- Enjoy long, rambling walks.
- Don't take scoldings personally—you'll forget them soon enough.
- When you're happy, show it.





Four warning signs: How to avoid hiring the wrong candidate?

It's not easy to determine whether a job candidate will fit into your company culture. But there are some universal signs that indicate an applicant may be wrong for your business:

- 1. Takes credit for team efforts.** Candidates who share the credit for their accomplishments are more likely to be team players. Beware of people who claim to have cut costs for an entire department single-handedly.
- 2. Criticizes former bosses, co-workers, or competitors.** Not only is this behavior in poor taste, it also shows that the candidate doesn't take responsibility for creating positive relationships.
- 3. Focuses on the next job.** Interest in career development is fine, but watch out for candidates who ignore the realities of the job you're actually trying to fill right now. Employees who are constantly looking to move up may put their energy into pursuing a promotion instead of handling their current job.
- 4. Displays excessive interest in job perks.** Vacation time, sick time, and other perks are important issues, but they shouldn't be the first and only issues a candidate asks about.

Taking on the school bully: What parents can do?

Bullying can be a serious problem for children. But often it's not obvious to their parents, and even when it becomes clear, stopping it isn't easy.

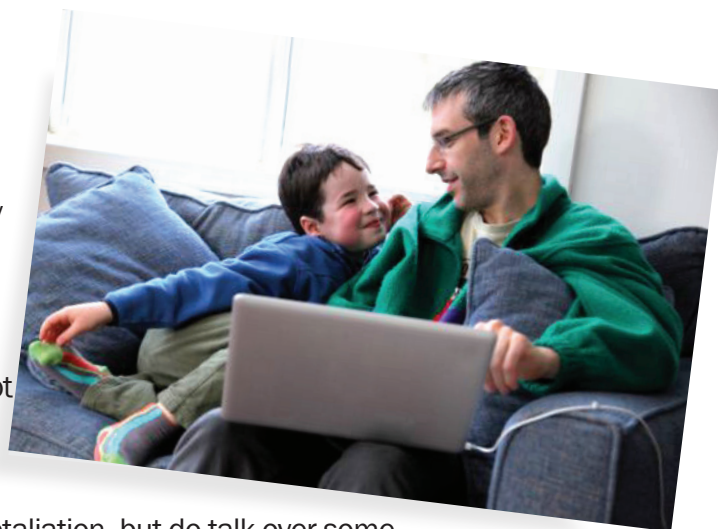
Here's what to look for, and what to do about it:

Warning signs

- Decline in school performance
- Reluctance to go to school
- Unexplained bruises or torn clothing
- Difficulty sleeping
- Complaints of headaches, stomach aches, or other physical problems
- Excessive moodiness or depression
- Lack of friends or social activities

What to do

- **First, talk to your child.** Maintain open lines of communication by asking what happened at school that day and showing interest in his or her activities. Encourage your child to open up when something seems wrong. Listen attentively, and don't downplay real concerns. Ask for details—what happened, who was involved, who else saw it, and so on.
- **Talk to the school.** Contact your child's teacher and principal if bullying is going on. Because much bullying takes place out of adults' sight, they may not know what's happening. Explain the situation and ask for their help. In many cases they'll be able to help resolve things.
- **Teach children how to respond.** Don't suggest retaliation, but do talk over some coping strategies, such as telling the bully, "I don't like this," and walking away. Role-play some of the most common scenarios with your child to help him or her get comfortable with the response. Do what you can to boost your child's self-confidence.



Don't split up over the split-shift blues.

In today's tumultuous economy, in which many people feel lucky to have any job at all, partners who work different schedules are more common than ever. And that puts additional stress on a relationship.

How can you stay connected with your spouse and your family when you're working different shifts? Here are some suggestions:

- **Schedule time for yourselves.** Set aside an hour or two a week just to talk. Make this together time for just the two of you a priority, and schedule it as often as you need to.
- **Keep it fun.** When you and your spouse are together, don't just talk about bills and problems. Make room for some relaxation and fun.
- **Leave notes.** If you know you won't be seeing each other, leave notes. Say something meaningful, like "I love you," not just a list of things that need to get done.
- **Put your relationship first.** Keeping your job is important, but don't let it take over your life. Remember that your life and your family deserve priority.



Not another dumb blonde joke.

An attractive blonde woman found herself sitting next to a talkative lawyer on an airplane. The lawyer, figuring he could have some fun, pestered her to play a game: Every time she asked a question he couldn't answer, the lawyer would give her \$5, and vice versa. When she wasn't interested, he offered to give her \$50 for every question he couldn't answer.

Finally she agreed.

The lawyer asked, "What's the distance from Earth to the planet Jupiter?"

"No idea." The blonde immediately handed him \$5 and asked, "What goes up a hill with three legs and comes back down the hill with four legs?"

The lawyer spent two hours racking his brain for the answer.

Finally, as the plane was beginning its descent, he said, "All right, I give up." He gave the blonde woman \$50 and asked, "So what goes up a hill with three legs and comes back down the hill with four legs?"

"No idea." And the blonde handed him \$5.

Signs of the times

Does your signage really communicate the message you want? The Huffington Post Web site recently shared photos of some signs that said more (or less) than their owners intended:

- "Psychic Fair cancelled due to unforeseen circumstances"
- "Execution chamber closed for safety reasons"
- "Don't drink and drive"
- "Illiterate? Call 1-800-555-1212"
- "Need assistance accessing our Internet? Please visit Starbucks.com/wifi"

The secret life of cats.

Ever wonder what your cat is thinking? Maybe it's something like this . . .

- "I could have sworn I heard a can opener."
- "What's with that irritating noise humans make with their mouths?"
- "Why doesn't the government do something about dogs?"
- "No, really, that's a can opener."
- "How come they make tuna-flavored cat food and chicken-flavored cat food, but no mouse-flavored cat food?"
- "This looks like a good spot for a nap."
- "If there is a God, how can He allow neutering?"
- "Without cats, humans would never have had any reason to invent sofas."
- "I think I'll be finicky this time just to let them know who's boss."

Missed connections

A business traveler got on a train in Chicago. He told the conductor, "I have to get off this train in Dayton but I'm afraid I'll fall asleep and miss my stop. Here's 10 dollars—please be sure to wake me up when we get to Dayton."

The conductor smiled and accepted the money.

A few hours later the businessman woke up and looked out the window to see a sign that said, "Columbus—Next Stop."

Realizing he'd missed his stop, he called the conductor and started yelling: "I told you to wake me up! Why did you let me miss my stop?"

A few rows away a woman asked her husband, "What's that man yelling about?"

"I don't know," the husband replied, "but he's almost as mad as that guy they put off the train in Dayton."

Puzzled about investments? Join the club (or start one!)

An investment club can be a good place to learn the intricacies of stocks, bonds, and mutual funds: Members contribute a set amount of money each month for the club to invest.

Profits and dividends are reinvested until the group reaches a specific financial goal.

If you don't know of one to join, you can start your own. Here are basic guidelines:

- **Structure.** Most clubs form as partnerships rather than corporations. Partnerships steer clear of paperwork, are easier to maintain, and often minimize taxes. Consult an attorney to make sure everything's on the level.
- **Meetings.** Set a specific time and place for regular meetings—weekly, monthly, quarterly, etc. Because the club is a learning environment, always have an agenda, portfolio review, stock analyses, and recommendations. Vote for stock choices.
- **Rules.** Document the club's procedures and policies. What will you invest in? What's the maximum contribution any member can make? How do you join or leave the club?
- **Responsibilities.** You'll have to elect officers and assign responsibilities for each position. Not everyone can be an officer, but you're looking for full member participation, so it's important that every member be assigned some kind of responsibility.
- **Tax-ID number.** It's important to name your club and get a federal ID number from the U.S. Treasury. Open a bank checking account under the club's name.
- **Brokers.** Depending on your investment objectives, you'll need to decide whether you want a broker. Choose one that best suits your needs, be they full service or discount.
- **Study.** Again, one of the primary functions of an investment club is to help everyone learn about the principles of good investing. For instance, set up a program in which each member has to investigate and analyze a company stock. Another way to increase learning value is to host speakers on various investment subjects or go on field trips.

What price art? Plenty

What makes one painting worth millions of dollars and another one less than the cost of its canvas and paint? No one knows, but that doesn't stop people from paying huge sums of money for art.

Here's a list of some of the world's most valuable paintings and what they've sold for:

- No. 5, Jackson Pollack, \$140 million in 2006
- Woman III, Willem de Kooning, \$137.5 million in 2006
- Adele Bloch-Bauer 1, Gustav Klimt, \$135 million in 2006
- Garçon a la Pipe, Pablo Picasso, \$104 million in 2004
- Dora Maar with Cat, Picasso, \$95.2 million in 2006
- Portrait of Dr. Gachet, Vincent van Gogh, \$82.5 million in 1990
- Le Bassin aux Nymphes, Claude Monet, \$80 million in 2008
- Bal du Moulin de la Galette, Pierre-Auguste Renoir, \$78 million in 1990
- Massacre of the Innocents, Peter Paul Rubens, \$76.7 million in 2002
- Portrait de l'Artiste sans Barbe, van Gogh, \$71.5 million in 1998

How to protect yourself from an 'identity' crisis

Anyone can be the target of identity theft. To safeguard your money and your credit rating, take these common-sense precautions:

- Never give out personal information via phone or e-mail to people you don't know.
- Do your homework on how online sites like PayPal and eBay work before you use them.
- Be skeptical of "business" e-mails with incorrect grammar and spelling errors.
- Don't cash or deposit checks from people or businesses you don't know.
- If an offer seems too good to be true, it probably is.
- Monitor your credit card and bank accounts even if you don't use them very often.
- If you do become an identity theft victim, cancel your credit cards, call your bank or financial institution, and file a police report.

A good decision is based on knowledge and not on numbers.
—Plato

Numbers are intellectual witnesses that belong only to mankind.
—Honore de Balzac

In mathematics you don't understand things. You just get used to them.
—John Von Neumann

As I see it, every day you do one of two things: build health or produce disease in yourself.
—Adelle Davis

If it came in a bottle, everybody would have a great body.
—Cher

Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense.
—Henry Miller

Early and provident fear is the mother of safety.
—Edmund Burke

To keep oneself safe does not mean to bury oneself.
—Seneca

Our insignificance is often the cause of our safety.
—Aesop

The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.
—Helen Keller

To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.
—John Dewey

Going to work for a large company is like getting on a train. Are you going sixty miles an hour or is the train going sixty miles an hour and you're just sitting still?
—J. Paul Getty

Science is not only compatible with spirituality; it is a profound source of spirituality.
—Carl Sagan

All science is either physics or stamp collecting.
—Ernest Rutherford

Scientists are the easiest to fool. They think in straight, predictable, directable, and therefore misdirectable, lines.
—James P. Hogan

Creativity is so delicate a flower that praise tends to make it bloom while discouragement often nips it at the bud.
—Alex Osborn

The “silly question” is the first intimation of some totally new development.
—Alfred North Whitehead

Every child is an artist. The problem is how to remain an artist once he grows up.
—Pablo Picasso

Behind every successful man there’s a lot of unsuccessful years.
—anonymous

It is not a disgrace to fail. Failing is one of the greatest arts in the world.
—Charles F. Kettering

Do not look where you fell but where you slipped.
—proverb

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.
—Vince Lombardi

If you find it in your heart to care for somebody else, you will have succeeded.
—Maya Angelou

Nothing so conclusively proves a man’s ability to lead others as what he does from day to day to lead himself.
—Thomas J. Watson

Somebody once said that in looking for people to hire, you look for three qualities: integrity, intelligence, and energy. But if they don’t have the first, the other two will kill you.
—Warren Buffett

The person who knows “how” will always have a job. The person who knows “why” will always be his boss.
—Diane Ravitch

Bringing up a family should be an adventure, not an anxious discipline in which everybody is constantly graded for performance.
—Milton R. Saperstein

I know why families were created with all their imperfections. They humanize you. They are made to make you forget yourself occasionally, so that the beautiful balance of life is not destroyed.
—Anais Nin

In every conceivable manner, the family is a link to our past, a bridge to our future.
—Alex Haley

You can’t be a real country unless you have a beer and an airline. It helps if you have some kind of a football team, or some nuclear weapons, but at the very least you need a beer.
—Frank Zappa

I try to take one day at a time, but sometimes several days attack me at once.
—anonymous
When money speaks, the truth keeps silent.
—proverb

Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of its filling a vacuum, it makes one.
—Benjamin Franklin

Someday I want to be rich. Some people get so rich they lose all respect for humanity. That's how rich I want to be.
—Rita Rudner

A patriot must always be ready to defend his country against his government.
—Edward Abbey

I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him.
—Abraham Lincoln

What is the essence of America? Finding and maintaining that perfect, delicate balance between freedom “to” and freedom “from.”
—Marilyn vos Savant

Word Search

WINTER

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction. Enjoy the game!



BLIZZARD
BOOTS
CHRISTMAS
COLD
FREEZE
GLOVES

ICE
ICICLES
KNIT CAP
MITTENS
PARKA
SCARF

SKATES
SKIING
SLED
SLEET
SNNOW
TOBOGGAN

Crosswords Puzzle

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
				23				24						
25	26	27	28				29				30	31	32	
33						34				35				
36					37					38				
39					40					41				
42				43					44					
			45					46						
	47	48					49				50	51	52	53
54						55				56				
57						58				59				
60						61				62				

ACROSS

- 1. Diner's offering
- 5. Vision: prefix
- 9. Total
- 14. Willy, e.g.
- 15. ___ Torino (old Ford model)
- 16. Calculate
- 17. Prosperity
- 18. idiot
- 19. Off ___ (not always)
- 20. Places for workers
- 23. Whichever
- 24. Swirl
- 25. Reprimands
- 29. ___ Minor
- 30. Syr.'s neighbor
- 33. Eastern capital
- 34. Vatican VIP
- 35. Relax
- 36. Dangerous game of chance
- 39. Employs

- 40. Provide a place
- 41. Respond to
- 42. Wager
- 43. Seagull harrier
- 44. Available
- 45. Article
- 46. O'Hare abbreviation
- 47. Idolizer
- 54. Noble
- 55. ___ the Great (boy detective)
- 56. As well
- 57. Orange container
- 58. Mad doctor's assistant
- 59. Dips bread, for instance
- 60. Jan or Elizabeth
- 61. Certain wrigglers
- 62. Dirty place

DOWN

- 1. Laugh uproariously
- 2. Zone
- 3. Picket line crosser
- 4. Aura
- 5. Nash and others
- 6. Agent
- 7. Powder source
- 8. Held accountable
- 9. African nation
- 10. Zesty
- 11. Arrogance, slangily
- 12. Selfs
- 13. Stimp's pal
- 21. Spokes, e.g.
- 22. So long to Soulanges
- 25. Privet, e.g.
- 26. Word with effect, often
- 27. Outstart
- 28. Profit killer
- 29. Battery choice, perhaps
- 30. "Whole ___ Love" (Led Zeppelin)
- 31. John
- 32. Mix
- 34. Bad cold
- 35. Walensa
- 37. Off kilter
- 38. Hilo veranda
- 43. Hot, in a way
- 44. Not these
- 45. Steamed
- 46. Bar, legally
- 47. Mister in Munich
- 48. Mild oath
- 49. Riches preceder, maybe
- 50. Bidder's option
- 51. Scheme
- 52. Notice
- 53. Got up
- 54. 'His Master's Voice' comp.

Intermediate Maze

Test your Skills!

Help this little girl find her way through this forest to her buddy, the bunny!

FOREST MAZE

