

May 2010 | Issue VIII

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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Going shopping? Don't forget your cell phone!

Remember when cell phones were just for calling people? Nowadays we use them for all kinds of activities.

A survey sponsored by Motorola Inc., for example, found that 64 percent of consumers ages 18 to 34 had used their mobile phones as shopping assistants over the previous two weeks.

Shoppers used their phones to compare prices and features, take pictures of products they were deciding to buy, or accessing online coupons.

The survey questioned 4,500 shoppers in 11 countries. Mobile phones are most popular with shoppers in Asia, where 78 percent reported using them; the U.S. and Canada came in last for phone-assisted buying, with only 45.1 percent of consumers relying on them during shopping excursions.

Start saving for retirement now.

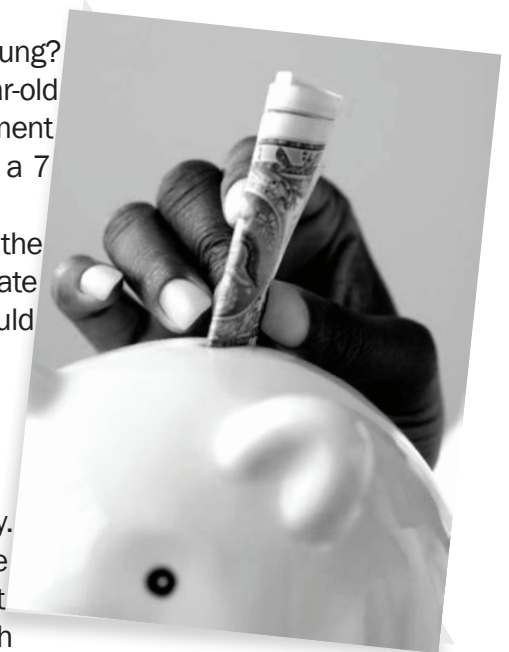
How much money can you lose by not contributing to a 401(k) when you're young? Money magazine senior editor Walter Updegrave did the math: A 34-year-old making \$50,000 who contributes 10 percent of his or her salary to a retirement plan will have about \$680,000 in the plan at retirement time (assuming a 7 percent annual return, and a salary that rises 2.5 percent a year).

But waiting six years to start contributing to a plan would leave the employee with just \$475,000 at retirement age. Workers who procrastinate until they're 45 will have just \$335,000, or less than half what they would have saved by starting at 34.

Maybe this recovery has some teeth.

Like everything else, the value of a tooth fluctuates with the economy. According to Delta Dental of Minnesota, which tracks how much money the Tooth Fairy leaves for children who lose teeth, the under-the-pillow payout is \$2.13 in 2010, up about 13 percent from 2009. The range is wide, with

some kids getting a nickel and others getting \$50 per tooth; the national average is approximately \$2. Although Delta Dental's "Tooth Fairy Index" tends to closely follow the Dow Jones Industrial Index, this year's survey found that 86 percent of parents reported that the economy hasn't affected the Tooth Fairy's payouts in their own households.



How to recognize and treat burn injuries?

Burns can be painful—and serious. It's all a matter of degree. To know how to treat a burn, and when to call a doctor, first learn to distinguish the different types of burns:

- **First degree.** Only the outer layer of skin is damaged. The skin is red, with some swelling and pain. This is the least serious type of burn and can be treated with first aid.
- **Second degree.** The first layer of skin has been burned through, and the layer underneath is red and splotchy. Blisters may develop, along with swelling.
- **Third degree.** The most serious type of burn, affecting all layers of skin and possibly causing permanent damage to tissues and even bones. Skin may appear either charred and black, or white and dry.

For third-degree burns, immediate medical attention is needed. Don't remove burned clothing or soak in water, but cover the area with a cool, wet sterile cloth or bandage. If possible, raise the burned area of the body above the level of the heart.

With first-degree burns, or second-degree burns that don't cover more than 3 inches of skin, hold the burned area under cool—but not cold—running water for about 15 minutes. Wrap the wound in a loose dressing of sterile gauze, keeping

air and pressure off the burn. Don't break any blisters that form. The patient can take over-the-counter medications such as aspirin, ibuprofen, or acetaminophen for pain.

Don't quit when you're quitting cigarettes.

Mark Twain supposedly said: "Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times." But for most people, really giving up cigarettes is the most difficult challenge of their lives.

If you're looking for help on your quest to become smoke-free, consider these suggestions:

- Set a date. Don't just decide to stop smoking on a whim. Set a firm date so you can prepare yourself mentally and start tapering off, if that's your approach.
- Know why you're quitting. Some people write their own personal mission statements, citing health benefits, their family, and other compelling reasons to quit. Whether this is your style or not, be clear in your mind about why ending your cigarette habit is important to you.
- Get support. Many people can't quit smoking alone. Whether you join a support group or just seek counsel from your family and physician, enlist people to help you keep your commitment strong.
- Exercise. You'll relieve stress and help your body recover from years of tobacco use. Start out slowly, and check with your doctor.
- Drink lots of water. Water can help flush nicotine and other chemicals from your system and can satisfy your craving for something to put in your mouth.
- Do what works. Some people try burying all their cigarettes so they have to put a major effort into getting a smoke, or chewing dog biscuits when they feel like a cigarette. Don't go overboard, but find a solution that works for you.





Ergonomics advice.

The Occupational Safety and Health Administration requires companies to protect employees from repetitive-stress and back injuries, but workers should also do their part. Here are some ways to stay safe:

- 1. Analyze your workplace.** Make or ask for changes that will help reduce injuries at your workstation.
- 2. Take preventive care.** You know the drill—maintain good posture, don't twist or lift improperly, take breaks, vary your tasks. It's as much your responsibility to prevent injuries as it is your employer's.
- 3. Exercise.** If your company provides free gym memberships, massages, and other healthful perks, take advantage of them. The less stress, the less likely you'll be injured.
- 4. Assess your work habits.** Look for ways to improve your work habits, and solicit help from the company to help you make positive changes.

What to do if your car suddenly accelerates?

A Toyota recall early this year brought renewed attention to a dangerous problem: sudden, uncontrolled acceleration while driving. Whatever its cause, drivers need to know how to bring their car to a safe stop if the gas pedal sticks. Here's some advice:

- Don't panic. Remaining calm will help you cope with the situation more effectively.
- Press the brake firmly. Use both feet if necessary. Don't pump your brakes.
- Shift into neutral. Make sure you know how to quickly get to the neutral gear in your car.
- Turn off the ignition. As soon as you've stopped, turn off your vehicle's engine.



How well do you juggle? Stay sane when multitasking.

Like it or not, multitasking seems to be the wave of the future. Technology, along with staffing cutbacks, is making it possible—and necessary—for all of us to do more than one job at a time. Instead of fighting it, remember that flexibility and higher productivity usually increase your employability. When multitasking, remember this basic advice:

- **Get clear objectives.** Ask your manager how your different tasks will be measured. Find out what your deadlines are. Juggling too many projects indefinitely can lead to confusion and burnout.
- **Focus on your core competency.** Multitasking may require you to learn new skills. Challenge is good, but don't lose track of what you already do best. Exercising your established skills will help you maintain self-confidence and minimize stress.
- **Don't overdo it.** If you stretch yourself too thin with too many different tasks, you'll wear yourself out physically and mentally. Be aware of your limits, and apply some balance to stay sane.

Encourage your superiors to take you seriously.

Both men and women new to management may face difficulty being taken seriously by older, more experienced professionals. Here is some advice to make sure your ideas and instructions receive the attention they deserve:

- 1. Present your ideas confidently.** Don't let too much uncertainty creep into your language when describing a new idea. If you speak and act as though you're sure your idea is great, others are more likely to follow suit.
- 2. Use declarative statements, not questions.** Instead of, "Do you think we should . . ." speak in an assertive manner: "I think we should . . ." You'll inspire greater respect and confidence.
- 3. Don't waste time.** Get to the point of what you're trying to say. Fill in the details after your colleagues understand your main contention. Don't spend too much time explaining the problem or elaborating on your solution. Keep your comments brief and to the point.

Always look your best, whether formal or casual.

For years, dressing for success has meant investing in expensive suits, neckties, accessories, and shoes. Has the shift toward casual dress changed that?

Maybe, but don't jump to conclusions.

When starting a new job, or going to visit another organization, take some time to study the environment: Check out its Web site for photos of employees and executives at work, talk to people who work there, make a quick visit ahead of your appointment, etc.

You'll get a good idea of how employees there really dress and present themselves.

However "casual" the workplace environment is, though, don't let yourself get sloppy. Assemble a wardrobe that's classic, but fashionable.

Keep your working clothes neat and clean; replace any missing buttons, and get rid of anything with stains that won't wash out.

Whether you're in a three-piece suit or slacks and a sweater, you want to present a professional appearance at all times.



Play some music—it's good for you.

Music may have charms to soothe a savage breast, as William Congreve wrote, but can it make us healthier? Maybe—but don't cue the orchestra just yet.

Health.com reports that Dr. Michael Miller, a professor of medicine and director of the Center for Preventive Cardiology at the University of Maryland Medical Center in Baltimore, has observed that listening to "joyful" music can improve a person's blood flow, which may promote vascular health.

Music can also trigger endorphins (or similar compounds) within the brain to release nitric oxide, which makes blood vessels dilate, reduces inflammation, stops platelets from sticking, and may lower cholesterol. Music is also known to relieve stress, which generally results in better health overall.

Proactive may be good, but reactive may be faster.

In old Western movies, the good guy never shoots first. Usually the fellow in the black hat draws his gun—and then gets cut down by a faster shot.

That's the movies. But according to a report on the MSNBC Web site,, scientists think there's some validity to the notion that we react faster than we act.

In a series of experiments (set up as simulated gunfights) testing reaction speed, volunteers tended to move about 10 percent faster—approximately 21 milliseconds—when they were reacting to a partner's movement than when they were initiating an action. Twenty-one milliseconds isn't much, but it may be enough to dodge an oncoming car or a charging lion.

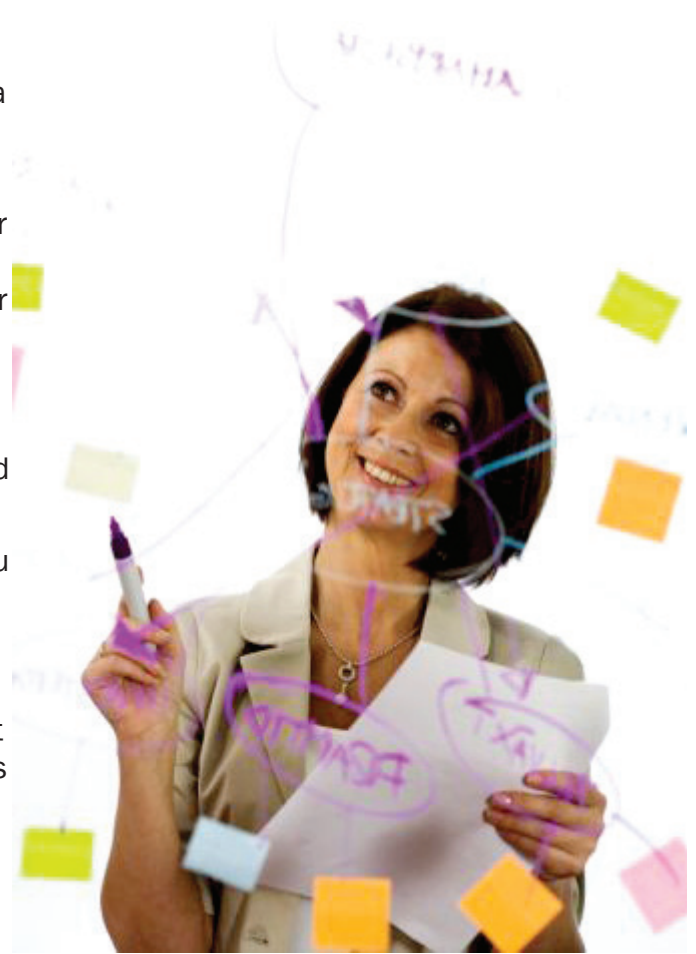
Although the reactive volunteers were faster, they were less accurate than their opponents—meaning that maybe the good guy should have drawn first.



Hold a brainstorming session all by yourself.

You can't always call a meeting of your colleagues or employees to brainstorm ideas. Sometimes you've got to generate solutions or options on your own. Here are a few techniques to get your brain into a creative mode:

- **Time machine.** Imagine you're facing the same problem or situation 100 years ago. What would your alternatives look like? Or send yourself 100 years into the future: What tools might be available for your use? Can you create them now?
- **Reversal.** Turn your problem around for a fresh perspective. Think about what a reasonable person would do with the situation, and consider what would happen if you tried the exact opposite.
- **Gap analysis.** Look at where you are and where you want to be. What steps are missing between those two points? Identify what would bridge the gap.
- **Free writing.** Sit down at the computer and start writing about the problem. Don't censor yourself: Put down anything that comes into your mind, regardless of how alien to the topic it seems. After 15 minutes, take a look at what you've written. Much of it may be unusable, but you could find a good idea or two hidden in your words.



Take a quick mental workout.

If your brain needs a little exercise, try stretching it with some of these brain teasers:

1. Can you move one of the numbers in the following equation to make it correct

$$62 - 63 = 1$$

2. What's significant about the numbers in this series?

8 5 4 9 1 7 6 10 3 2 0

3. Fred's mother had three children by three different fathers. One child is named April; another is named May. What's the name of the third child?

Answers:

1. $26 - 63 = 1$ ($2 \times 2 \times 2 \times 2 \times 2 = 64$)
2. They're in alphabetical order.
3. The third child is named Fred.



Succeed by augmenting your vocabulary.

The words you use say a lot about you. A strong vocabulary doesn't depend on your ability to slip words like "obstreperous" or "conterminous" into casual conversation, but simply using language that fully expresses what you're trying to say.

Here are some tips for building a good vocabulary:

- Read widely. The best way to learn new words is to expose yourself to them as much as possible. Don't limit yourself to industry journals and popular novels. Read magazines from outside your industry and books that challenge you with their language.
- Use the dictionary. When you run across an unfamiliar word, look it up promptly. These days you can find the meanings of unfamiliar words easily on the Internet instead of paging through that massive edition of Webster's sitting on your bookshelf.
- Practice new words. Don't just read them silently; speak new words out loud so you're comfortable with them and can pronounce them correctly. Then look for opportunities to use them in conversation—not to draw attention to yourself, but to get into the habit of expanding your vocabulary.
- Play word games. Take the occasional vocabulary quiz; work on crossword puzzles; play Scrabble or Boggle or any other word game you can find. You'll think about words differently and learn new ones as you go.

Successful people who didn't go to college.

A college education is valuable, but it doesn't guarantee success—and it's not the only route to career achievement.

Without taking anything away from the value of higher education, consider the example of these famous "dropouts":

- Mary Kay Ash, founder of Mary Kay Cosmetics Inc. (no college education)
- Richard Branson, owner of the Virgin Brand (dropped out of school at 16)
- Simon Cowell, American Idol host (started out in the mailroom of a music publishing company)
- Barry Diller, chairman and CEO of IAC/InterActiveCorp, which owns Home Shopping Network, Ticketmaster, Match.com, and other companies (dropped out of UCLA after one semester)
- Kirk Kerkorian, real estate investor worth approximately \$16 billion (left school in eighth grade)
- Ralph Lauren, fashion designer (dropped out of business school after two years)
- Rachael Ray, celebrity chef and TV personality (started her career working at Macy's candy counter)

Take the initiative, move up

- The No. 1 attribute that employers look for: initiative. What does "takes initiative" look like? Here are some glimpses:
- Be creative. Consider different ways to approach the work you do. Brainstorm with your team. Always, always be open to new ideas.
- Do the legwork. You want to convince people your idea will work? Hit them with facts. Do your homework. Find supporting research. Talk to co-workers.
- Don't sit on your ideas. Speak up, if you have the idea and the supporting facts to back it up.
- Try, try again. If your one idea didn't get an OK, don't be discouraged. Keep looking for other ideas.

Appointment time-savers

- You got places to go and people to see. And you can't afford to hang around waiting for an appointment to show up. Here are some tips for saving time:
- Confirm your appointments the day before. Let people know you're conscientious; they'll likely follow suit.
- Don't arrive too early. More than 10 minutes early is wasting time.
- Bring some work with you. If you must wait, it cuts down the wasted time if you bring something else you can work on in the meantime.
- Set the appointment for an odd time. Instead of 8 or 8:30, try 8:15 or 8:45. People will most likely do their best to make it on the dot.

Do you recognize the people who help you?

During the Vietnam War, Navy pilot Charles Plumb was shot down and held prisoner for six years in a Vietnamese prison. Today, as a motivational speaker, he often tells the story of one man he met years later at a restaurant.

“I know you!” the man said, walking up as Plumb and his wife were sitting down to dinner. “You used to fly jet fighters off the Kitty Hawk during Vietnam.”

Plumb didn’t recognize him. “How did you know that?” he asked.

“I used to pack your parachute,” the man said.

Plumb still didn’t recognize the man, but he thanked him. “If that chute hadn’t worked when I got shot down,” he said, “I wouldn’t be alive today.”

But that night Plumb couldn’t sleep. “I kept wondering what he might have looked like in a Navy uniform: a white hat, a bib in the back, and bell-bottom trousers. I wondered how many times I might have seen him and not even said, ‘Good morning, how are you?’ or anything because, you see, I was a fighter pilot and he was just a sailor.”

At this point in his lectures, Plumb asks his audience, “Who’s packing your parachute?”

Who provides you with what you need to survive every day? Do you recognize them? Do you thank them enough?

Plumb’s message: Start paying attention to the people who “pack your parachute” today.

Identify a problem—and then solve it!

People don’t usually buy products or services—they buy solutions to problems. Successful people specialize in finding problems to solve, and then solving them.

For example, sales guru Brian Tracy tells the story of the time he took his car in for a routine tune-up. The mechanic said that his car needed new tires, new brakes, a wheel alignment, and some other fixes, adding up to about \$3,000.

Tracy rationalized that the repair work was less than the cost of a new car. Then the dealership’s sales manager pointed out that at the turn of the model year—in 60 days—the car’s value would drop about \$2,000. Keeping the car and paying for the repairs would cost Tracy \$5,000 of the vehicle’s value.

Up until this point Tracy had been happy with his paid-off car. Now he had a problem that he wanted solved. The sales manager offered to take the car as a down payment on a new auto.

In the space of a few minutes, Tracy had gone from having no problems with his car, through having a big problem, and then solving the problem to his satisfaction. That’s the kind of smart problem-solving that leads to success in any industry.

The Buffett formula for investment success

Billionaire Warren Buffett, called the “oracle of Omaha” for his homespun business wisdom, once explained his investment strategy by citing the moral of a famous tale by Aesop: A bird in the hand is worth two in the bush. When deciding whether to invest in the “two in the bush,” ask questions:

- How certain are you that the birds are really hiding in the bush?
- When do you expect them to come out?
- How valuable do you expect them to be then?

Buffett advises people to use this formula to rate the attractiveness of every investment decision they make. As one of the world’s richest people, Buffett must know what he’s talking about.

Make sure the latest management trend will work for you.

If you look around, you'll find enough management ideas, systems, and paradigms to make your head spin. Some of them are worth testing out, but many won't work with your particular organization or industry. To sort them out, keep in mind the following suggestions:

- **Do some research.** A management idea you read about in *The Wall Street Journal* has you all excited. Don't even think about putting into practice until you've researched the idea thoroughly. Read as much about the subject as you can. Grab every book, magazine, and study you can get your hands on. Get as solid a grasp on the idea as possible.
- **Make sure it will have measurable results.** Know exactly why you think the idea should be implemented and how you think it can contribute. Also, know how to measure its value and whether it is creating the intended changes and results. This means being able to evaluate empirical data measuring productivity and effectiveness.
- **Follow it through.** Once you implement a new management idea, be prepared to stick with it even if it seems it's not working right away. Change takes time. If you're not getting results, reexamine your own assumptions about the idea, and be sure you're implementing it correctly.

Be glad you don't manage these folks.

Nobody's perfect . . . but some of your employees are far, far from it. A survey by the Princeton, N.J.-based leadership development firm Caliper uncovered these stories of some of the worst employees ever:

- After one week on the job, a worker asked for a week off to go to Florida. When the request was turned down, he called in sick for the following week . . . and returned to work with a suntan.
- A new hire was discovered on his second day of work sound asleep—in the CEO's office.
- An administrative assistant who worked in a two-person office would put up a sign saying, "Closed" and leave whenever her boss stepped away.
- An employee didn't show up for work, so the manager called him at home. The wife answered, told the manager her husband was at work, and gave him a work phone number. The employee had started a new job.

Are you a manager or a leader?

Managers and leaders are both responsible for motivating and guiding other people. The difference is a question of perspective. Here's a look at some distinguishing factors that separate management from leadership:

- Managers set standards for performance; a leader sets a benchmark for excellence.
- Managers want employee compliance; leaders seek employees' commitment.
- Managers have subordinates over whom they have formal authority; leaders have followers who are inspired to perform at their best.
- Managers try to avoid risks or minimize them; a leader looks for opportunities.
- Managers enforce rules and policies; leaders challenge red tape and bureaucracy when necessary.
- Managers depend on their position to control employees; a leader builds a relationship based on trust.

Get feedback from your employees

It's part of your job to give feedback to your employees. But good bosses know they need constant and constructive feedback, too. Here's how to make sure you're getting the feedback that will make you a better manager:

1. Ask for it. Few people automatically provide feedback. Because you're the boss, your underlings are even less likely to speak up voluntarily; they may be intimidated or don't want to ruffle any feathers. Set up a meeting with them, and let them know what you want.
2. Make sure you ask the right people the right questions. Be specific about the feedback you want. Make sure your request for information and feedback is focused. The responses will be more valuable.
3. Probe for specifics. Sometimes the feedback needs elaboration. Don't hesitate to probe deeper. You need to fully understand what is being said to put it to use effectively.

Teach your children to be safe at any age.

Parents worry about their children; it's a fact of life. Teaching them to be safe as they grow and explore is one of your most important jobs. But with so many potential threats to worry about, the task can seem overwhelming.

Here are a few basics to concentrate on:

- **Discuss safety calmly.** You want your children to be careful, not terrified. When you talk about safety matters, emphasize that your main concern is their welfare. Listen to their concerns, and answer their questions as clearly and honestly as you can.
- **Highlight important information.** Be sure your younger children know their home phone number and address, as well as contact information for another relative or trusted adult.
- **Don't just talk about strangers.** Attacks or abductions by total strangers are (thankfully) very rare. Let children know they should tell you anytime they're made uncomfortable by someone's behavior, even if they know the person well.
- **Play "what if?"** Rules and advice can be too abstract for young minds to understand. Make it real by asking children what they would do in certain situations: If a stranger tried to get them into a car, for example, or if they got lost in a shopping mall.
- **Discuss body issues.** Let your children know that no one should be allowed to touch them in personal areas. Teach them what areas you're talking about, with the proper names, so they can tell you accurately if something happens.

Face up to your teen's problems with acne.

Have a teen or preteen who's dealing with acne problems? They may feel embarrassed, self-conscious, and full of adolescent angst at this troublesome condition.

Here are some dos and don'ts to remember when helping your children cope:

- Don't just brush off their concerns. Resist the tendency to say that it doesn't matter or that it will just go away eventually. It's insensitive and doesn't acknowledge their very real feelings.
- Do share some of your own experiences. Demonstrate your empathy by recounting a time you felt unattractive or embarrassed when you were his age.
- Do point out that many of their friends have the same problem.
- Do explain that acne problems are normal and not permanent.
- Do emphasize that eating right, drinking water, and keeping clean will help.





A cold lesson.

A family owned a parrot that had picked up some naughty words and squawked them at the top of its voice. Nothing seemed to shut it up.

One day the minister was due to visit the home. The mother, in a panic, stuck the parrot in the freezer (after making sure to adjust the temperature so it wouldn't freeze). After the minister left, she went to let it out.

When she opened the door, the parrot hopped out. "Learned my lesson," it squawked. "No more cursing." "Thank goodness," said the mother.

The parrot cocked its head. "One question?"

Puzzled, the woman said, "Go ahead."

The parrot leaned its head forward, gestured toward the freezer, and whispered, "What did the chicken do?"

Cinematic lessons about conflicts and other difficulties.

The movies have so much to teach us.

Here are a few important life lessons they offer:

- If you have a prolonged physical fight with another person that ends without one of you killing the other, you'll become best friends.
- If your current problem revolves around an elderly scientist, he or she will invariably have a beautiful daughter who will fall in love with you.
- If you shoot people, they will die instantly. If someone shoots you, you'll suffer a flesh wound.
- If you grunt in pain while a beautiful woman is treating your flesh wound, she will fall in love with you.
- If you compete in a game or sport against a world champion, you will win despite your lack of training. He or she will then try to kill you.
- No matter what your problem is, it's somebody else's fault.

What to look for when buying a diamond?

Diamonds are forever, but deciding which one to buy shouldn't take quite that long. Before spending your money, educate yourself on these factors that affect a diamond's price:

- **Shape.** Diamonds can be cut into a wide variety of shapes: round, pear, heart, oval, and some with names like "princess" and "marquise." Round diamonds are the most popular and tend to be the most expensive. To save money, consider a pear shape or a princess cut (square).
- **Clarity.** Diamonds are graded on minute imperfections within the stone, imperfections that usually can't be seen with the naked eye. A diamond that's "flawless" won't look very different from one with a lower grade, but it will cost significantly more.
- **Color.** The most valuable diamonds are colorless and appear white. Lower-grade stones have a pale yellow tint. Most people can't distinguish among the different color grades, so you can get one that's almost colorless for less money.
- **Carat.** This refers to the diamond's weight, which isn't necessarily related to its size (and shouldn't be confused with "karat," which measures the purity of gold). Diamond prices jump significantly at half- and full-carat weights—a one-carat diamond may well be more than twice the price of a half-carat stone. A ring with three smaller diamonds will cost less than a ring with a single one-carat stone.

Saving money: a smart habit

Saving money, especially these days, can seem impossible. The secret is starting small and staying the course.

Don't try to save too much all at once. Set a goal of saving just 5 percent of your income every month. Give yourself a regular reminder, perhaps by sending yourself an e-mail every payday; studies suggest people save more consistently if they're reminded on a regular basis.

As time goes on, increase the amount you save. If you're careful and committed, you can probably get up to 10–15 percent, which, over time, can add up to quite a lot of money.

For some people, romance has no budget

Money is no object where true love is concerned, right?

At the famous Algonquin Hotel in New York, would-be bridegrooms with money to burn can pop the question with the help of a \$10,000 "Proposal Martini."

Prepared with Grey Goose vodka and served in a crystal glass on a silver platter by a waiter in white gloves, the martini includes a custom engagement ring waiting at the bottom of the glass. Très romantique!

No college degree required for these jobs

You don't necessarily need a college degree to make a decent salary. Although higher education can open doors, CareerBuilder.com has identified some occupations that pay reasonably well without requiring a college diploma:

- **Assembly supervisor.** Duties: supervise workers putting together products with power tools or other dangerous equipment. Average salary: \$59,926.
- **Construction equipment operator.** Duties: operate large tools and equipment for construction projects; inspect equipment for safety and performance issues. Average salary: \$50,783.
- **Electrical repairer.** Duties: disassemble and repair electrical equipment and components. Average salary: \$58,741.
- **Illustrator.** Duties: design images and typefaces for Web sites, print campaigns, video, and more; typically employed by ad agencies, or as a freelancer. Average salary: \$54,995.
- **Locomotive engineer.** Duties: drive trains (electric, diesel-electric or gas-turbine electric) to transport passengers or freight. Average salary: \$70,116.

Torture numbers, and they'll confess to anything.
—Gregg Easterbrook

Do not put your faith in what statistics say until you have carefully considered what
they do not say.
—William W. Watt

One of the most sublime experiences we can ever have is to wake up
feeling healthy after we have been sick.
—Rabbi Harold Kushner

Health is not valued till sickness comes.
—Dr. Thomas Fuller

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy
adult than all the medicine and psychology in the world.
—Paul Dudley White

Safeguards
are often irksome, but sometimes convenient, and if one needs them at all, one is
apt to need them badly.
—Henry Adams

There is always safety in valor.
—Ralph Waldo Emerson

Only in growth, reform, and change, paradoxically enough, is true security to be
found.
—Ann Morrow Lindberg

The experience of the race shows that we get our most important education not
through books but through our work.
—Anna Garlin Spencer

Can anything be sadder than work left unfinished? Yes; work never begun.
—Christina Rossetti

We've arranged a civilization in which most crucial elements profoundly depend on
science and technology.
—Carl Sagan

However far modern science and technics have fallen short of their inherent
possibilities, they have taught mankind at least one lesson: Nothing is impossible.
—Lewis Mumford

Science can amuse and fascinate us all, but it is engineering that changes the world.
—Isaac Asimov

A moment's insight is sometimes worth a life's experience.
—Oliver Wendell Holmes

Imagination grows by exercise and, contrary to common belief, is more powerful in the mature than in the young.
—W. Somerset Maugham

I have learned throughout my life as a composer chiefly through my mistakes and pursuits of false assumptions, not by my exposure to founts of wisdom and knowledge.
—Igor Stravinsky

Only those who dare to fail greatly can ever achieve greatly.
—Robert F. Kennedy

I can't imagine a person becoming a success who doesn't give this game of life everything he's got.
—Walter Cronkite

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

Any idiot can face a crisis—it's day-to-day living that wears you out.
—Anton Chekhov

My father built up his business, and he was by no means a rich man, but he figured out how to work four-and-a-half days a week.
—Tony Shalhoub

I've always found that the speed of the boss is the speed of the team.
—Lee Iacocca

In the past, a leader was a boss. Today's leaders must be partners with their people. They no longer can lead solely based on positional power.
—Ken Blanchard

We were a strange little band of characters trudging through life, sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together.
—Erma Bombeck

When you look at your life, the greatest happinesses are family happinesses.
—Dr. Joyce Brothers

The four building blocks of the universe are fire, water, gravel, and vinyl.
—Dave Barry

The universe is merely a fleeting idea in God's mind—a pretty uncomfortable thought, particularly if you've just made a down payment on a house.
—Woody Allen

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
—Jack Handey

When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous.
—Wayne Dyer

Money won't make you happy, but everybody wants to find out for themselves.
—Zig Ziglar

Money without brains is always dangerous.
—Napoleon Hill

Motherhood has a very humanizing effect. Everything gets reduced to essentials.
—Meryl Streep

Any mother could perform the jobs of several air traffic controllers with ease.
—Lisa Alther

Biology is the least of what makes someone a mother.
—Oprah Winfrey

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

