

October - November Issue



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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Watch for these symptoms.

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II. Just For Fun

Cell phones dangerous? Watch for these symptoms!

Doctors are calling it “cubital tunnel syndrome,” but it’s more commonly known as “cell phone elbow,” and experts say it’s the second most common nerve compression syndrome in the upper extremities after carpal tunnel syndrome.

Symptoms include tingling, burning, aching, or numbness in the lower half of the arm (the ulnar forearm—the region between elbow and wrist facing away from the body when you bend the arm to touch your shoulder).

The symptoms usually arise after prolonged cell phone use. The easiest way to get rid of it? Switch your cell phone to the other hand, or use a hands-free set. You could also just hang up.



Get ready to exercise!

What you do before you exercise is almost as important as the workout itself. Stretching your muscles before jumping into your exercise routine gets your blood flowing and prevents damage to your muscle tissue.

Here are some simple warmups to practice:

- **Wall push.** Standing next to a wall (about 12 to 18 inches away), lean forward. Keep your heels flat on the floor as you push against the wall for a count of 10 to 20 seconds. Rest, then repeat once or twice.
- **Toe touch.** Rest one leg on a chair. Bend your other leg, then lean forward and try to touch your toes. Hold the position, without bouncing, for 10 to 20 seconds. Repeat with your other hand. Then switch legs and do it again. Perform the entire routine once or twice.
- **Lower back stretch.** Lie down on your back. Lift your knees up to your chest and hold them in place with your arms, feeling the stretch at the bottom of your back. Then relax your legs and take a few deep breaths, and repeat.
- **Side stretch.** Stand with your left arm at your side and the other above your head. Without leaning forward or back, bend to the left and feel the stretch in your right side. Hold for a few moments, then repeat to the other side.

Eat a healthful snack—a simple idea, but what?

You’re hungry. What should you eat? If you’re trying to avoid junk food and excess calories, consider these healthy snack options:

- **Olives.** A snack of five olives has just 45 calories.
- **Hummus and carrots.** Four ounces of hummus and three carrot sticks contain only 80 calories.
- **Pineapples and pistachios.** Mix 1/2-cup of dried pineapple slices with about 25 pistachio nuts. Fruits and nuts are a good source of antioxidants. Also try peanuts and raisins or almonds and dried apricots.
- **Cottage cheese and apples.** Top a sliced apple with about 1/2-cup of low-fat cottage cheese. Benefits: calcium, protein, and fiber.



- **Mini-pizza.** Slice a whole-wheat pita in half. Spread a little tomato sauce, then sprinkle some cheese and vegetables on top. Heat in microwave or toaster oven until cheese melts.
- **Rice cakes.** These can be eaten by themselves or with various low-fat toppings. Look for rice cakes made from whole-grain brown rice.
- **Water.** A tall glass of water is terrific for you. It revitalizes your body while assuaging hunger pangs. And it’s caffeine- and calorie-free.

Drive with care wherever you're going.

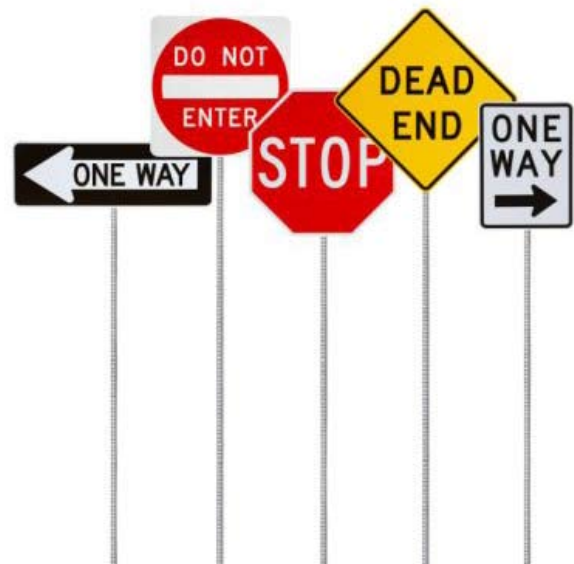
Whether you're just going to the store or driving cross-country, safety behind the wheel is paramount. Avoid becoming a statistic by following these safe-driving tips:

- **Stop signs.** To ensure you come to a full stop and avoid an accident (or a ticket), spell the word S-T-O-P to yourself and feel the car rock backward before stepping on the gas again. Remember to look left, right, and straight ahead before proceeding.
- **Stopping time.** Always make sure you've got enough time to stop your car if the vehicle ahead of you slams on the brakes unexpectedly. To be safe, start counting when the car in front passes a stationary object. If you pass the object before reaching a count of four, you're too close. Slow down. At night, or when the weather is hazardous, increase the count to give yourself enough room.
- **Parked cars.** In the city, be careful when driving past a line of parked cars. Stay toward the center of the road in case someone opens a door without warning. (But be aware of oncoming traffic?)
- **Armrests.** Don't use the armrest while driving. Your arms need to be free and ready to turn the wheel in case of an emergency.
- **Lights.** Check regularly to make sure they're clean and clear so oncoming drivers and pedestrians can see you in low visibility. If your car has a center-mounted brake light in the rear window, be sure that's clear when wiping off snow, ice, or mud. Switch your headlights on any time visibility may be even slightly impaired.
- **Steering wheel.** Keep your hands at the 10 o'clock and 2 o'clock positions while driving, or the 9 and 3 positions. This gives you maximum control over your steering.

Remind everyone to exercise caution!

"Safety is no accident" is such a well-known safety slogan that it's become a cliché. If you're looking for newer, fresher reminders for employees, co-workers, and loved ones, check out this list:

- Work safely today and every day
- Think safety—it couldn't hurt
- If it's predictable it's preventable
- Safety is free
- Make safety a reality
- Safety is our goal—what's yours?
- Tomorrow—Your reward for working safely today
- The safe way is the only way
- Famous last words: "Hey, wanna see something cool?"
- Safety has no timeout
- Safety isn't just a slogan, it's a way of life
- Invest in tomorrow. Practice safety today



Stamp out foot problems!

Take special care to protect your feet at work. An injured foot, or any foot-related problem, can cause discomfort, pain, and fatigue—and when you're tired, you're more prone to accidents. So take these "safety steps" toward healthy feet:

- **Know the hazards.** Different workspaces have different hazards. Make sure you know where the danger zones are—from cords that run across the office floor to other objects you could trip over.
- **Use shock-absorbing insoles.** This is especially important if you do a lot of walking or standing on hard floors at work.
- **Wear the right shoes.** When it comes to feet, choose comfort over fashion. Safe shoes have an inner side that's straight from the heel to the end of the big toe. They should grip the heel firmly, allow you to move your toes, and have a low, wide-based heel.
- **Buy with care.** At the store, measure both your feet, as they're frequently different sizes. Get shoes that fit the larger foot. Try on and buy shoes late in the afternoon when your feet will be their largest, especially if you've stood on or walked on them throughout the day. And buy a shoe that really fits—don't assume a tight shoe will stretch in time.

'Tell me a story': Tips for storytellers with a purpose!

A picture may be worth a thousand words, but a good, simple story in your presentations and speeches is frequently better than a lengthy explanation of the point you're trying to make. To tell stories that people will listen to and remember, follow these guidelines:

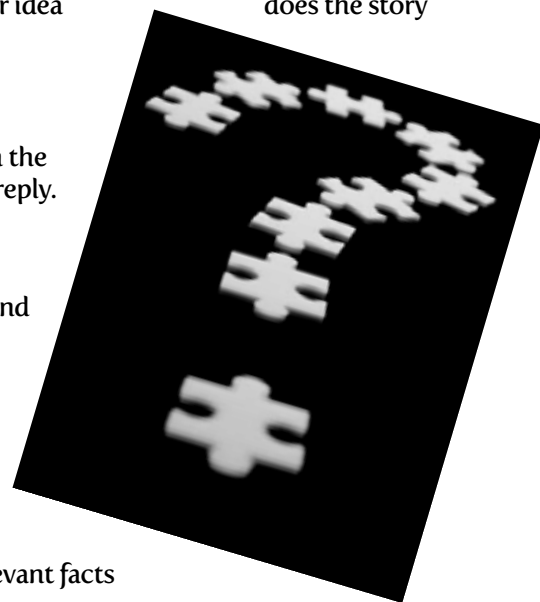
- **Keep it brief.** Your story should make a point, but it should never distract listeners from the point of your speech. Don't let it drag on and on. Practice it until you can tell it without any wasted words.
- **Use specifics.** Don't say, "A man walked into a restaurant." Tell your audience what kind of restaurant it was—ideally one they're all familiar with: a diner, a fancy French bistro, or a McDonald's.
- **Act it out.** Don't recite the narrative in a monotone. Change your voice when different characters speak, and turn your face in different directions for each character. (When speaking Joe's lines, always look to the left; when Ellen speaks, look to the right.) If a character coughs or sneezes, do the same. It adds life to the scene inside the listeners' minds.
- **Don't make yourself the hero.** You'll sound as if you're bragging if the story tells how you solved the problem and saved the day. Even if that's what happened, give credit to others and take a self-deprecating approach to your own actions: "When none of my brilliant ideas worked, I finally decided to ask my father for advice."
- **Split up the story.** One way to build anticipation is to start your story, then go on to deliver the rest of your speech, or a segment of it. Wait until you're close to the end to give the conclusion. Just don't wait so long that your audience has forgotten the buildup.
- **Know the elements.** Good, memorable stories are all constructed around the same basic elements: people, a problem or situation, motivations (why did the problem need to be solved), what the people involved did, why they did it, and what the result was. You also need an overall theme: What value or idea does the story communicate?



Top techniques for answering questions.

You don't have to be an oracle when it comes to answering people's questions on the job. Just give each inquiry—whether from a boss, co-worker or client—your best reply. Follow these tips to giving your best answer each time:

1. **Understand the question.** Miscommunication often occurs when you don't pay close attention to what is being discussed. Make sure you understand what you're being asked, and clarify the question if you're confused.
2. **Don't babble.** If you know the answer to what is being asked, provide it quickly and succinctly rather than spending a lot of time discussing irrelevant information.
3. **Remember that you're the expert.** Don't be intimidated when a manager who has more responsibilities (but less knowledge of the daily working of your position) asks you a question. Back your answer up with relevant facts and details, written and otherwise.
4. **Keep your opinions to yourself.** If you're asked for a personal viewpoint, give it. Otherwise, stick to the facts. Refrain from adding anecdotal observations to your answer.
5. **Don't wing it.** If you can't immediately answer a question, let the questioner know how soon you can get back to him or her (the sooner the better).
6. **Don't be critical.** Never answer a question with a condescending remark like, "You don't know that?"
7. **Admit when you don't know the answer.** Know when you don't know, but make an extra effort to refer the questioner to sources you know can be of better help.



Shoot for stardom at work!

Being part of a team at the workplace doesn't mean you can't stand out from your peers. To become a star, focus on the process, not the results. Here are some suggestions:

- **Stay on top of your industry.** Spending just 15 to 20 minutes per day doing some research on your business and industry will keep you more up to date than most of your peers.
- **Find out how you can be more valuable.** Ask managers how you can contribute more. You may get a chance to work on innovative projects that help the company achieve its goals.
- **Take up the tough assignments.** Volunteer for jobs others don't want to tackle. Your team peers will appreciate it—and the boss will notice, too.
- **Lend your colleagues a hand.** When others are struggling to get their work done, offer to help them. But don't take on too much; you don't want to get distracted from your own work.
- **Give others credit.** Don't hog the glory. Acknowledge the help you receive from your co-workers, and they'll be more willing to support you in the future.
- **Be patient.** Becoming a star won't happen overnight. If you expect too much too soon, you'll just set yourself up for disappointment. Keep a sense of perspective about getting ahead.

Orient new workers quickly.

Companies today often don't have the time to conduct extensive orientation sessions for new hires. But getting newcomers up to speed quickly is as important as ever. Here are some tips for getting "the new guy" started:

- **Don't overload them.** Start with information that directly affects their current job. Skip the interesting but unnecessary history of the company. Don't explain outbound sales calls, for example, if they're starting with inbound customer calls.
- **Find out what they know.** If they're already familiar with certain functions of the job, don't waste time "teaching" them.
- **Assign one person to take charge of each new employee.** Try not to hand new people off from one supervisor to another. An immediate supervisor or HR person should stay with the new hire throughout the first day and much of the first week.
- **Recognize their accomplishments.** New hires want to know what they need to do, why they need to do it, and—most important—whether or not they're doing it correctly. Make a point of recognizing their improvement, no matter how small, to build confidence.

Guidelines for helping struggling employees

Let's face it: Some employees simply don't realize that they're not doing their jobs well. You've got to tell them the truth without shattering their self-confidence.

Here are some tips:

- **Be prepared for resistance.** Don't be surprised to hear employees overestimate the quality of their work. Illustrate your case with evidence, such as mistakes the employee has made on projects, missed deadlines, and miscommunication.
- **Show them examples of good work.** Establish concrete, clear expectations of the level of quality that you seek in the work that the employee does.
- **Focus on measurable performance.** Set benchmarks that you'd like the employee to achieve by certain deadlines. Come up with a schedule that you both agree on, and make sure you include time for periodic updates that allow both of you the chance to discuss the employee's performance.
- **Offer training.** If you want an employee to improve, make certain that he or she has the means for shaping up. Give them permission to get more training.



How to become more creative on the job?

Businesses don't grow and thrive doing the same thing over and over again. You've got to innovate: Find new ideas for products, services, employee benefits, and the like. Otherwise, you'll stagnate and wither away. Boost your creativity, on your own and in your team, by paying attention to these guidelines:

- **Schedule time for creativity.** Research suggests that we're more creative when our mood is positive. Pay attention to your mood throughout the day and the week (keep a log if that helps), and set aside some time to generate and explore ideas when you're feeling good.
- **Seek diversity.** When brainstorming with others, mix up your team. Include people from departments you don't normally work with. The more variety you've got, the greater range of ideas you'll be able to choose from.
- **Think in metaphors.** Get past the literal. Train yourself to stretch your perceptions of your operations, products, and strategies. How is your organization like a school bake sale, for example? How is cutting back on expenses like going on a diet? You'll see connections and generate ideas that would never have occurred to you.
- **Relax.** Most of us aren't really more creative when we're on a deadline or frightened of failure. Don't put undue pressure on yourself, or your team, when you want fresh ideas. People are more likely to feel creative when they're excited and happy.



Get past the obstacles to imagination when you paint

Just because you're not Picasso doesn't mean you can't find satisfaction and enjoyment in art. A course in drawing or painting can get you started, but when you're searching for ideas or subjects to work on, consider some of these approaches: "The dog was asleep behind the car, and I couldn't back out of the driveway."

- **Seek inspiration.** Spend some looking at art—paintings, sculpture, drawings—for ideas. Listen to music to stimulate your creative juices.
- **Start small.** If you're hesitant, or blocked, don't tackle a big art project. Start with something small and easy. Work on one section of a painting you're planning, and don't think of the rest of the project. You'll accomplish something concrete, and your success may give you the momentum you need to continue.
- **Switch things around.** If you usually paint or draw horizontally, switch to vertical. Instead of painting what you see, paint what you feel. If you draw with your right hand, try switching to your left. A small change can make a big difference.
- **Work on something else.** If you can't bring yourself to approach the canvas, go off somewhere and sketch something in your house or neighborhood. You'll keep your artistic impulses flowing and may find something to bring back to your work.
- **Try an exercise.** Pick a common saying: "Once in a blue moon," for instance. Draw or paint what the saying means to you. What kind of rare occurrence springs to your mind? How would the world look under blue moonlight? Choose other clichés and catchphrases to illustrate, and you'll keep your perceptions sharper.



Don't let one failure turn you into a failure . . .

If Donald Trump can repeatedly file for bankruptcy and not be considered a failure, no one should claim defeat. Though everyone faces setbacks in life, few of us should really call ourselves “losers.” Part of success is dealing with, and ultimately overcoming, our failures. Keep your confidence and follow this advice:

- **Change your perspective.** Don't think of every unsuccessful attempt as a failure. Few people succeed at everything the first time; most of us attain our goals only through repeated effort. Take the negativity out of failure by viewing it as a learning experience. And do your best to learn everything you can about what happened and why.
- **Try new approaches.** Persistence is important, but repeating the same actions over and over again, hoping that this time you'll succeed, probably won't get you any closer to your objective. Look at your previous unsuccessful efforts and decide what to change. Keep making adjustments, using your experience as a guide.
- **Define the problem better.** Analyze the situation—what you want to achieve, what your strategy is, why it didn't work, and so on. Ask yourself if you're really viewing the problem correctly. If you need money, for example, one option is to increase revenue—but you could also try cutting expenses. Think about what you're really trying to do.
- **Don't be a perfectionist.** You may have an idealized vision of what success will look and feel like. Though that can be motivational, it may not be realistic. Succeeding at one goal won't eliminate all your problems. Be clear on what will satisfy your objectives, and don't obsess about superficial details.
- **Don't label yourself.** You may have failed, but you're not a failure until you stop trying. Think of yourself as someone still striving toward a goal, and you'll be better able to maintain your patience and perseverance for the long haul.



Overcome the power of negative thinking.

“Positive thinking” isn't always easy. Negative thoughts can creep into our mind—and jump out our mouths—when we least expect them. The trick isn't to fight them, but to manage them so they don't paralyze you.

- **Identify the triggers.** When you have a negative thought (“This will never work . . . I'm a total failure”) stop and ask yourself what's bringing it on. You may be tired or stressed out, or you may be affected by someone else's perspective. If you can locate the cause, the thought itself won't have as much power over you.
- **Focus on the now.** You don't have to be a Zen philosopher to realize that worrying about the past or the future isn't very productive. When you start chastising yourself for past mistakes, or seeing disaster around every corner, stop and take a breath and ask yourself what you can do right now to succeed. Giving yourself something to do will distract you from destructive thoughts.
- **Replace the negative.** If you find yourself plagued by a recurrent worry, train yourself to think of something else. Memorize a short poem, phrase, or meditation, and when you catch yourself in a negative thought, say it or think it to yourself. Your conscious mind can concentrate on only one thought at a time, and driving the negativity away will free you up to move forward again.



Rank has its privileges –don't let them go to your head!

Just after Ulysses S. Grant had been named general-in-chief of the armed forces during the Civil War, he and his son traveled to Washington.

They checked into the Willard Hotel upon arrival. The desk clerk didn't recognize Grant and took him for another tired, dusty Union general. He told Grant he could have a small room on the very top floor.

Grant said that would be fine. But when he signed the register: "U. S. Grant and son, Galena, Ill.," the clerk recognized his name. Immediately he told the general that he could stay in the room that Abraham Lincoln had lived in just before his inauguration as president.

With no change in expression, Grant said that would be fine, too. He hadn't let his new rank go to his head.

He was focused on winning the war, not on how good a hotel room he slept in.

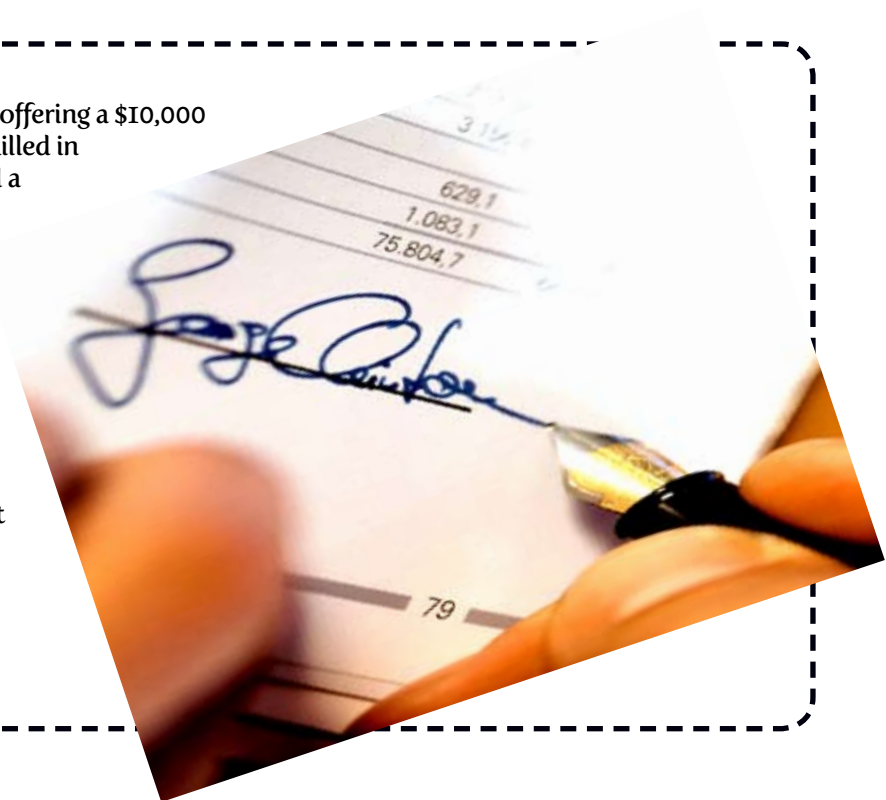


Make it personal.

During World War II, the U.S. government began offering a \$10,000 (36,731 AED) life insurance policy to any soldier killed in combat. In one unit, a young lieutenant delivered a polished presentation on the details of the plan. No one signed up. Then an older sergeant quietly asked the lieutenant if he could talk to the troops.

"Men," he said, "if you get this life insurance and you get killed, the government is going to send your family \$10,000. If you don't get this insurance and you get killed, the government isn't going to send your family anything. So who do you think they're going to send up to the front lines—the ones who'll cost \$10,000 when they're killed, or the ones who won't cost anything?"

All the soldiers immediately signed up.



Murphy was an optimist.

Here are some laws that seem to govern everything that could possibly go wrong in life:

- Any technical problem can be solved if you have enough time and money. Corollary: You never have enough time or money.
- When you ask your husband to pick up five items at the grocery store, and then you add one more as an afterthought, he will forget at least two of the first five.
- Most pay raises are just large enough to raise your taxes and just small enough to have no effect on your take-home pay.
- Food that starts out hard will soften when it gets stale. Food that starts out soft will harden when it gets stale.
- The candy bar you bought to eat on the way home from the store is always hidden at the bottom of the grocery bag.
- When you work late, no one will notice. When you leave work five minutes early, you will always meet your boss in the elevator.



'Put your money where my mouth is...'

At church one beautiful Sunday morning, the minister stepped to the pulpit to begin his sermon.

"My friends, let me just say that I've got three different sermons today I could deliver. The \$100 sermon lasts about 15 minutes. I've got a \$50 sermon that runs half an hour.

"The \$10 goes on for a full hour.

"Now let's pass the collection plate to see which one I should deliver."

What money can't buy?

A very rich investor was bragging to a well-off author at a cocktail party: "You know, I made more money on one investment last month than you've made with all your best-sellers. I'll probably make more money this year than you'll make in your entire life. What do you think of that?"

The author replied, "That may be true, but I have one thing you'll never have."

"What's that?"

"Enough."



Don't dump your dollars (dirhams?) at the pump.

Saving on gasoline helps the environment as well as your own personal bottom line. To minimize the amount of money you pay at the pump, follow these guidelines:

- **Tune up your car.** Service your vehicle regularly so it runs as efficiently as possible. Look for worn sparkplugs and clogged air filters, keep your tires properly inflated, and be sure you're using the right grade of oil for your engine. All these things can improve your car's performance and mileage.
- **Get a windshield shade.** Blocking the hot sun in the summer will keep your car's interior cooler and reduce your air conditioning needs.
- **Fill up carefully.** Don't overfill your tank and allow gas to slosh out. Tighten the gas cap so fuel can't evaporate through any gaps.
- **Brake with care.** Try to avoid slamming on your brakes. Once in motion, a car doesn't burn as much gasoline as it needs to accelerate, so braking unnecessarily can waste gas when you need to accelerate again. Keep a safe distance between cars, and be alert for anything that might cause you to slow down so you can brake early.
- **Buy the right gas.** Check your owner's manual for the correct octane level. Filling the tank with a higher octane doesn't usually improve performance, and it generally costs more.



Travel destinations: The world's most expensive cities. . .

Whether you're traveling on business or for pleasure, you should know how much you'll pay.

Mercer's annual "Worldwide Cost of Living Survey 2009—City Ranking," ranks the most expensive cities in the world.

The top 10?

- Tokyo
- Osaka, Japan
- Moscow
- Geneva, Switzerland
- Hong Kong
- Zurich, Switzerland
- Copenhagen, Denmark
- New York City
- Beijing
- Singapore

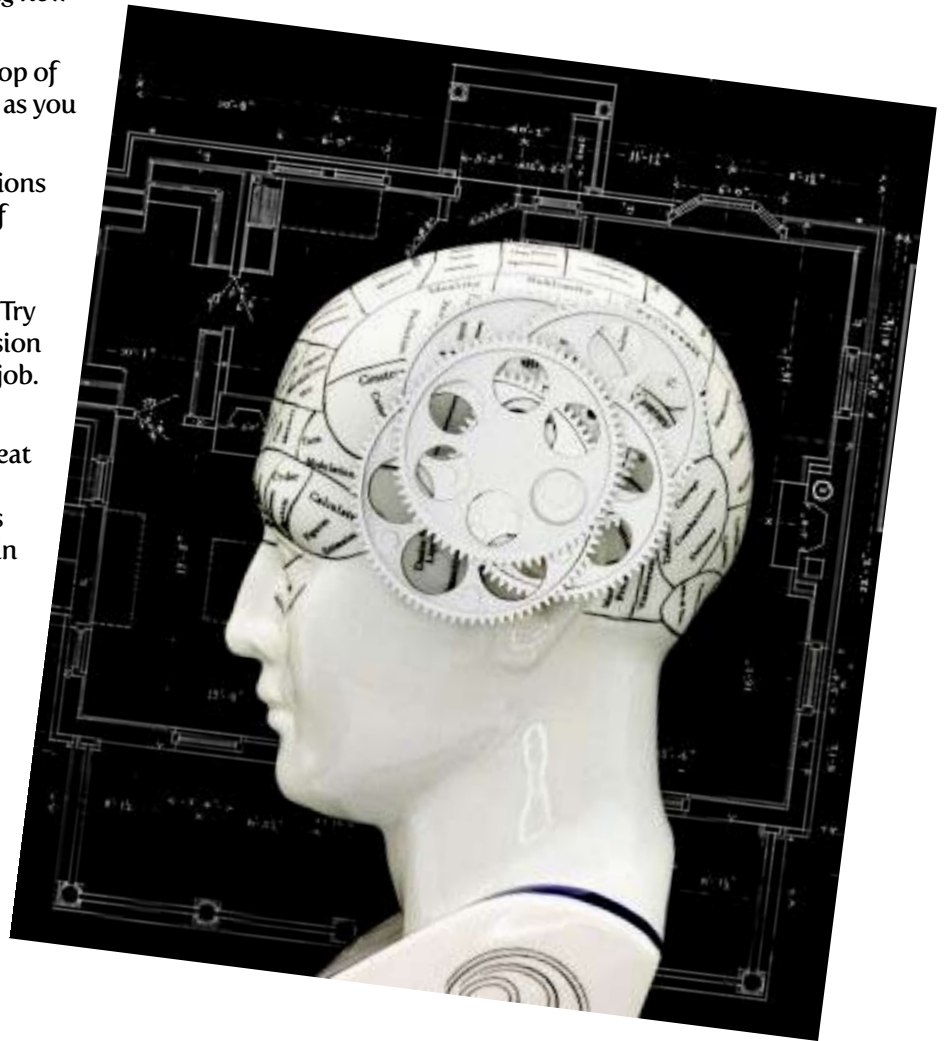


Sharpen your mind to learn better...

As we grow older, learning and remembering new information can grow more difficult.

But here are some tips to help you stay on top of the knowledge game and keep you learning as you age:

- **Focus on concentrating.** Distractions are the bane of any learning attempt. If you're attending a seminar or training session, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- **Say it out loud.** Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your eyes and your ears are delivering information to your brain.
- **Tame frustration.** If you're getting frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a break.



People are lonely because they build walls instead of bridges.
—J. F. Newton

If you think it's expensive to hire a professional to do the job,
wait until you hire an amateur.
—Red Adair

People who are often in a hurry imagine they are energetic,
when in most cases they are simply inefficient.
—Sydney J. Harris

You only have to do a very few things right in your life so
long as you don't do too many things wrong.
—Warren Buffett

Where I was born and where and how I have lived are
unimportant. It is what I have done with where I have been
that should be of interest.
—Georgia O'Keeffe

Whoever is winning at the moment will always seem to be
invincible.
—George Orwell

One of the most lasting pleasures you can experience is the
feeling that comes over you when you genuinely forgive an
enemy—whether he knows it or not.
—O. A. Battista

The battle is all over except the shouting when one
knows what is wanted and has made up his mind to get it,
whatever the price may be.
—Napoleon Hill

Great things are not done by impulse but by a
series of small things brought together.
—Vincent Van Gogh

If you have knowledge, let others light their candles
in it.
—Margaret Fuller

Flaming enthusiasm, backed by horse sense and persistence,
is the quality that most frequently makes for success.
—Dale Carnegie

To be yourself in a world that is constantly trying to make
you something else is the greatest accomplishment.
—Ralph Waldo Emerson

If men can run the world, why can't they stop wearing neckties? How intelligent is it to start the day by tying a little noose around your neck?

—Linda Ellerbee

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

—Charlotte Bronte

Trouble is a part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough.

—Dinah Shore

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!

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

Word Search

GEOGRAPHY

Roman Word Search. Please try to find all the 25 words on this board.



AQUEDUCT
ARCH
AUGUSTUS
CAESAR
CHRISTIANITY
CIRCUS
COLOSEUM

Dictator
EMPEROR
EPISTLE
ETRUSCAN
GENSUS
GLADIATOR
HADRIAN

JESUS
MARTYR
MERCENARY
MESSIAH
PATERFAMILIES
PATRICIAN
PLEBEIAN

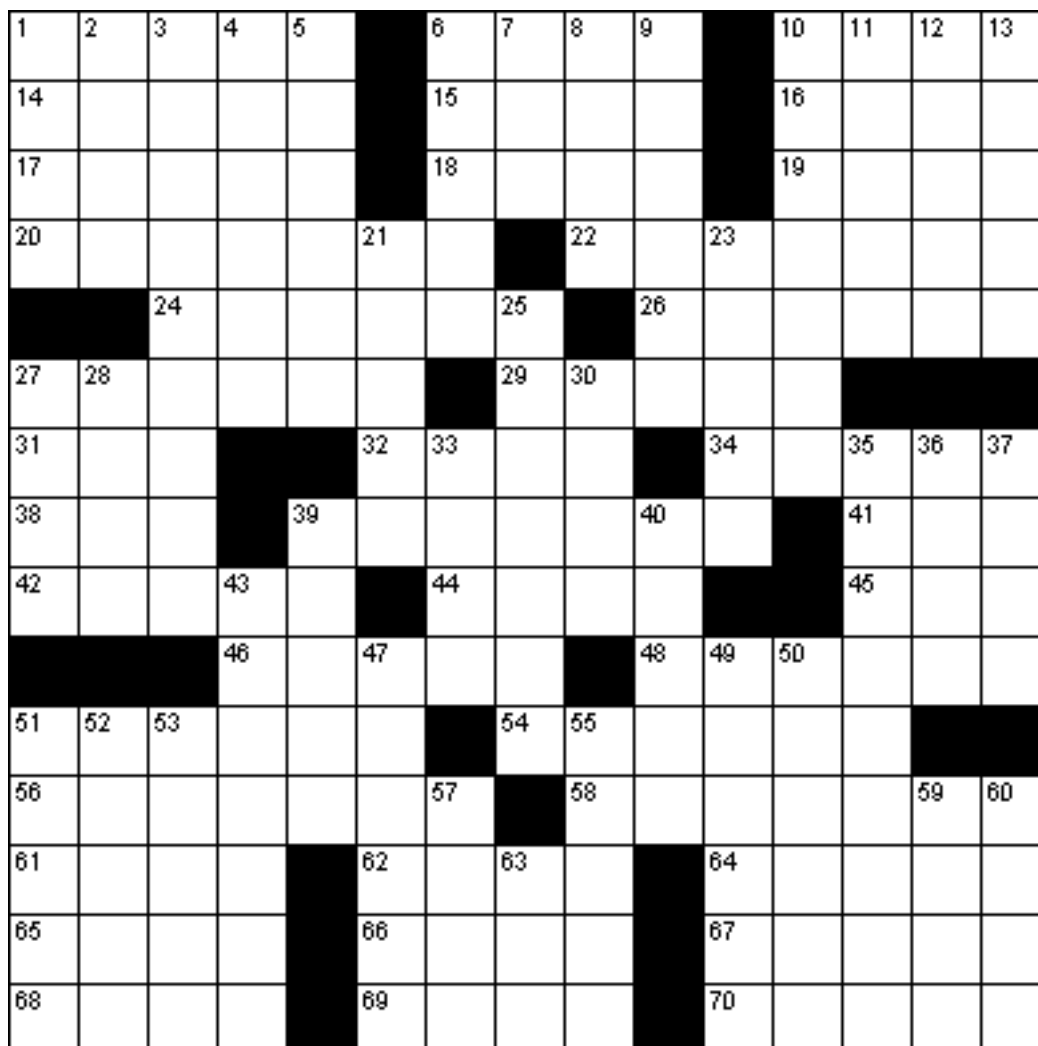
PLEBEIAN
PROVINCE
REPUBLIC
VETTO
VILLA

ACROSS

- 1 More than adequate
 6 Congregation affirmation
 10 It's in a jamb
 14 Knights' quest
 15 California wine valley
 16 Neutral hue
 17 Hair rinse
 18 Faucet flaw
 19 Not very much
 20 Slow movements
 22 Heart-shaped
 24 It picks up readings
 26 German songs
 27 Small flower
 29 Uplift spiritually
 31 Author Deighton
 32 Get a glimpse of
 34 Pace
 38 Uganda's Amin
 39 Yells
 41 Singer/musician Dury
- 42 Chocolate source
 44 Opera set in Egypt
 45 ___ Sutcliffe, early Beatle
 46 "All ___ to Do is Dream"
 48 Trips the light fantastic
 51 Warning, old-style
 54 Swain
 56 Region on the border of India and Pakistan
 58 Fake
 61 Showing a fancy for
 62 Geological periods
 64 Likeness
 65 Tooth's partner
 66 Likable
 67 Rajah's wife
 68 Progenitor
 69 Coin hole
 70 Go in

DOWN

- 1 Turkish title
 2 Talking horse on TV
 3 Sony rival
 4 Tarry
 5 Singer/actress Stritch
 6 "___ to bed"
 7 Feb follower
 8 Grand tale
 9 Naples in Naples
 10 Sharpshooter
 11 Group of eight
 12 Speechify
 13 Less polite
 21 Medical prefix
 23 Fissures
 25 Answers
 27 French cop
 28 Mother of Castor and Pollux
- 30 Changed hue
 33 East European
 35 Wrongdoer
 36 Noggin
 37 Burden
 39 Bored exclamation
 40 Sound medium
 43 Pet carrier feature
 47 Somme place
 49 Apparel
 50 Bates of "Psycho"
 51 Actor Claude
 52 Island west of Maui
 53 Out of bed
 55 Not yet hardened
 57 Agitate
 59 1958 Pulitzer author
 60 Lascivious look
 63 Sgt. or cpl.



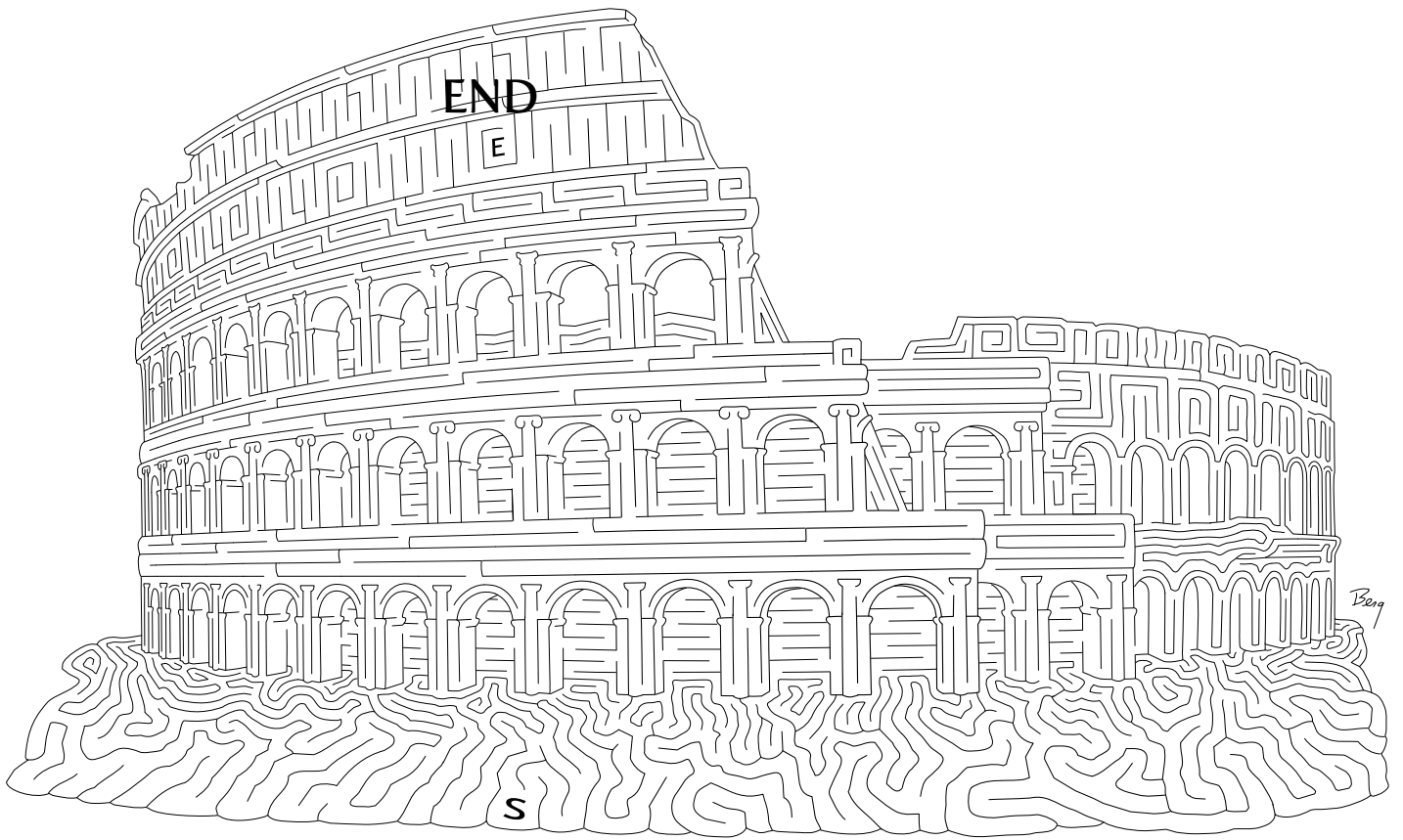
Intermediate Maze

Test your Skills!

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

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

THE COLOSSEUM



START