



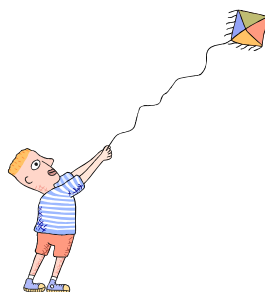
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JULY, 2010

## Fun in the Sun!

It's Summer! Time to enjoy your share of fun in the sun. Looking for activities to make the best of the season? Enjoy a few of these summer experiences and drink in some summer-spectacular-fun...

- Walk around the lakes
- Take a trip to the zoo with the kids
- Schedule an evening at an outdoor concert
- Fly a kite
- Bike around local neighborhoods, lakes or trails
- Play a round of disc golf
- Visit the elderly in a nearby nursing home (bring cheerful balloons or flowers and distribute them)
- Take a day trip to your favorite beach
- Invite friends to a picnic or host a barbeque
- Go camping (even in the back yard)
- Have fun hiking with friends or family
- Enjoy tailgating and afternoon or evening of baseball fun
- Spend time digging in your garden, planning and planting
- Gather a few friends and shoot hoops at a neighborhood park or court



- Dig for night crawlers and go fishing
- Plan an afternoon at the arboretum
- Rent a canoe, paddleboat or kayak and enjoy a water excursion
- Plan an outing to the Science Museum or Omni Theatre
- Putt Putt here we come, miniature golf, fun for the entire family
- Go bird watching at a favorite park or preserve
- Schedule time and a beautiful location to take in a serene sunrise or a captivating sunset
- Enjoy a few sets of tennis with a friend
- Meet friends or family for lunch at a local restaurant—one with patio dining
- Practice your golf swing and drive at a local driving range
- Go inline skating with friends
- Enjoy a round of golf with friends or family
- Host a summer party with games and competitive events
- Plan a day at the local water park or theme park and bring the kids

Write a list of your own summer activities and put a date behind them so you won't miss a single moment of summer fun.

**Your Name/Business Name**

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## Are You Seeing Red?

The color red is associated with mistakes and failures, experts say. And now researchers at the University of Rochester and University of Munich say that the color red can affect how people perform on tests. The study, which was published in the *Journal of Experimental Psychology*, found that people's associations with colors are so strong and deep that people are predisposed to certain reactions when they see that color.

Red has been traditionally associated with errors in schoolwork. Therefore, says Andrew Elliot, lead author and professor of psychology at the University of Rochester, when people see even a flash of red before being tested, they associate the color with mistakes and failure, and in turn perform poorly on the test.



The researchers say the study shows that care must be taken when it comes to color and achievement, and that color can act as an environmental cue that influences behavior.

## Surrounded With Beauty!

Beautiful things all around, make us feel wonderful. A fresh bouquet of flowers, beautiful art, a fragrant burning candle, a favorite expression or quote framed on the wall, a decorative bowl of fresh fruit, furnishings that we love, fluffy quilts, our loveable furry friends, a clean and uncluttered home, favorite photos, or a decorative urn filled with dried flowers.



Imagine the countless ways you can enhance your space with little things that are beautiful to you. If you have things in your home that no longer inspire you or fit you, let them go, move them on, donate or sell them. Choose to surround yourself with all of your favorite things, from smallest to greatest and then take heed of these great gifts of happy expression!

## June Trivia Answer

**Question:** Who invented Lincoln Logs and in what year were they introduced?



**Answer:** Lincoln Logs were invented in 1916, by John L. Wright, a son of the notable architect Frank Lloyd Wright.

Congratulations to Winner's Name for the correct answer. Winner's Name receives a \$25 Gift Certificate from the business of his/her choice.

*Good Luck with this month's Trivia!*

## Points to Ponder

- ~ What if there were no hypothetical questions?
- ~ If a parsley farmer is sued, can they garnish his wages?
- ~ Is there another word for "synonym?"
- ~ Where do forest rangers go to "get away from it all"?
- ~ What do you do when you see an endangered animal eating an endangered plant?
- ~ Why do they put Braille on drive-through ATM machines?
- ~ How do they get deer to cross the road only at those yellow road signs?
- ~ What was the best thing before sliced bread?
- ~ If you ate both pasta and antipasto, would you still be hungry?
- ~ If you try to fail, and succeed, which have you done?
- ~ Why is there an expiration date on sour cream?



# Tell a Good Story!

Stories are one of the most powerful ways to communicate ideas. And there are some people who are naturally good storytellers. But just about anybody can benefit by knowing how to set up a good story. Here are some pointers from Doug Stevenson's Story Theater International Web site, [www.storytheater.net](http://www.storytheater.net):



When you begin a story you need to set the scene. Stevenson says to consider using the five senses to get the reader into the place where your story kicks off. Then you can begin your journey, introducing characters as they naturally occur in the narrative.

Great stories almost always include an obstacle and the telling of how that obstacle was overcome. According to Stevenson, this is where real teaching occurs, by breaking the story down so the reader or listener knows exactly what you did to succeed. Then wrap it up, make your point, try to help the audience relate it to their lives, and give it a pithy ending.

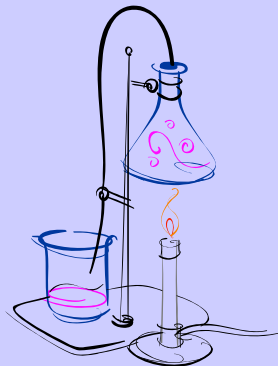
## July Trivia

**Question:** *What is the most abundant element in the universe?*

*Please call or e-mail your answer. Winner will be selected by random drawing and receive a \$25 gift certificate to the business of his/her choice.*

Tel: 555.1234567

E-mail: [your-e-mail@isp.com](mailto:your-e-mail@isp.com)



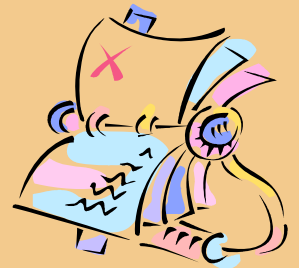
# Remembering Names

Do you have trouble remembering names when you meet people for business or for social occasions? If you do, you might want to try the following techniques to aid your memory.

**Focus.** You want to send a positive message to the person you are meeting. Pay attention to your posture. Are you leaning in? Are you telling the person that this moment is important to you and that s/he has your undivided attention?

**Ask.** Repeat the name back to the person you're meeting. Ask if you're saying it right. This action makes you an active participant in the meeting and shows you're paying attention.

**Spell.** Make sure you know the spelling of the person's name. It will help cement it in your mind. And once you've repeated the name and the spelling in your mind, try to associate it with another name or object. For example, think of a celebrity or athlete's name to help you remember it.



**Use it.** Once you've clarified everything, it's very helpful to introduce your new acquaintance to someone else. This step makes you say the name out loud and fixes it in your memory.

*Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.*

*—Mark Twain*

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City, State, Zip

Postal  
Indicia  
here (if  
available)



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Fax: 555.123.7654

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