

CROSSWINDS OCHRONICLEO

August · 2023

Issue 6 47th Year

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On finding perfection

wo men met on an airplane and began to talk. They asked each other the usual questions, and it came to be disclosed that one of the men was married and the other man was not. After a while the married man asked, "Why is it that you never married?"



The single man looked pensive then said, "Well, I think I just never met the right woman, you know."

"Oh, come on, man," the married man replied, "surely you've met at least one girl during your lifetime that you wanted to marry."

The single man once again thought about the man's statement, "Well, yes, that's true," he said. "There was one girl ... once. The perfect girl. Actually, she was the only perfect girl I have ever met. Everything she did was absolutely right on. She really was the perfect girl for me."

"Well, why on Earth didn't you marry her?" the married gent asked?

"She was looking for the perfect man," the other replied. — adapted from www.OneSmartClick.com

On giving sage advice

n extremely famous writer came to deliver a lecture to a group of students who, it was known, were absolutely determined to pursue their own literary careers.

The esteemed lecturer walked to the front of the room, gazed out at the ambitious

faces in the audience and asked: "How many of you really want to be writers?"

Every student in the audience raised his or her hand. The lecturer calmly looked around the room and then said, "In that case, I won't be needing these." He returned his notes for his talk to his coat pocket in a sweeping motion. He looked up and said, "The best advice I can give you is to go home and write."

And with that the esteemed writer left the room. —adapted from the Speaker's Sourcebook II: Quotes, Stories, and Anecdotes for Every Occasion by Glenn Van Ekeren

An honest man

incinnati Red's closer Danny Graves lost his wallet recently during a trip to the West Coast for a game. Graves just assumed his wallet was gone forever. The wallet contained about \$1,400, credit cards and Grave's driver's license.

Graves didn't know it, but he had lost his wallet on the bus that took the Reds to the airport. Lucky for Graves, the man who cleaned that bus was an honest man. The man didn't just return the wallet to Graves, he went to a lot of trouble to make sure the ball player got everything back safely. The bus cleaner took the cash in and exchanged it for traveler's checks so that it wouldn't get stolen in the mail. The man also overnighted the wallet to Graves. And what did this honest man want in return?

He sent his name and address and asked for an autograph for his father. —adapted from The Rugged Elegance Inspirational Network Web site



Ready, set - get your energy flowing

If you feel sapped of all life, maybe you need to reenergize.

Your energy is the essence of who you are. The ancients who studied energy did not see it as something expendable that you run out of but rather say it as a force that can become block.



you run out of, but rather saw it as a force that can become blocked. You can unblock your energy by making some healthy and balanced changes in your life. Here are some suggestions on how to get your energy going:

- Take a shower—and contrast the temps. That means after your regular warm shower, turn the knob to dispense water as cold as you can bear for 30 seconds. Switch it back and forth two or three times. Make sure the water hits your chest, back and back of the neck.
- Skip the coffee and start out with something that will truly perk you up. Pour hot water into a cup, add the juice of one-quarter to one-half lemon and shake in a pinch of cayenne. The sour taste of the lemon releases bile and stimulates digestive juices. Cayenne stimulates gastric acids in the stomach and raises metabolism. It gets everything started.
- Thump yourself. It will invigorate you, so give it a try. Gently pound the insides and outsides of your arms and legs with loosely closed fists. Then try it out on your solar plexus, lower back and neck and your abdomen. It will increase your circulation and make you feel good.
- Exercise. Get your heart moving. It will trigger the release of chemicals in the brain that will make you feel good.
- Eat your breakfast. And continue eating small meals throughout the day, so you don't hit that wall in the afternoon.
- Stretch your bod. When you're feeling washed out, try some stretching exercises to re-energize.
- Go ahead—sparkle. Turn the volume up on whatever it is you do best. Try throwing in that extra oomph. Don't act like some lunatic or a phony. Just try being more upbeat than you usually are. Pay attention to how people respond.
- Seek out those who are energetic. Good energy after all is contagious.
- Break free of your rut. Let your energy be free and see where it takes you. Go to a new restaurant. Listen to music you've never heard before.
- Put your personal stamp on everything you do. Living creatively does not necessarily mean you turn out amazing works of art. It does mean that you bring your uniqueness to everything you do, though. Dare to live an inspired life.
 - adapted from body+soul

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in life you will have been all of these.

— Lloyd Shearer



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Now, that's flattering

The actor, Tony Randall, once recalled walking down Madison Avenue when he spied a very attractive tie in a shop window. Randall went in and immediately the storekeeper recognized him. The shopkeeper was so excited he told Randall that he just had to call his wife while the actor was standing right there because she was never going to believe he was in the store.

The storekeeper proceeded to call his wife and asked Randall to speak to his wife—to

just say anything.

Randall said that he was so flattered that he bought the tie and six shirts, but then realized he did not have enough money to pay for the items.

The actor asked the shopkeeper if he would take a check, and the shopkeeper replied, "Do you have any identification?" — adapted from the Anecdotage Web site

On being consistent

There was a woman who frequently turned up in traffic court to answer routine traffic tickets. Each time she came in over a period of years the judge asked her the same standard questions.

"What is your age?" he asked.

"Thirty," the woman replied.

"Come on now, lady," the judge said, "you've been coming into this courtroom for five years, and you always give me the same age."

"I know," agreed the woman, "but I'm not one of those people who says one thing today and another thing tomorrow." — adapted from Laughs for Teens, compiled by Arthur Liebers

Memo: In our infinite wisdom we have decided ...

If you've ever worked in an office, you've probably had someone in management decide that it would be a good idea for everyone in the office to move to another location or desk. Who knows where this crazy restless exercise originates in the minds of those who order it, but apparently the practice has been around for quite a while. Harold Ross, the famous founder of The New Yorker, was so fond of moving the desks of workers and the partitions in the magazine's offices, that James Thurber hung a sign in the entrance hall that read: "Alterations Going On As Usual During Business." —adapted from Laughter Incorporated, by Bennett Cerf

On progress

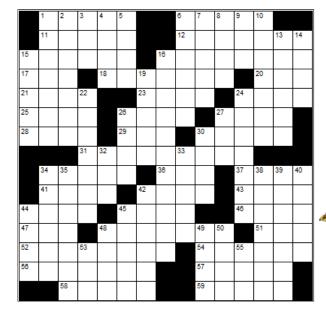
Progress was alright. Only it went on too long.

— James Thurber



ACROSS

- 1. Sink
- 6. Similar
- 11. Battery terminal
- 12. Bring
- 15. Trough
- 16. Whenever
- 17. Lumberjack's tool
- 18. Podium
- 20. D
- 21. Not yours
- 23. Existed
- 24. A group of cattle
- 25. Europe's highest volcano
- 26. Charged particles
- 27. Be suspended from above
- 28. Burn the surface of
- 29. Partially opened flower
- 30. Itinerary
- 31. Paring
- 34. Footwear
- 36. Hebrew liquid measure
- 37. Not his
- 41. Duration
- 42. Alumnus
- 43. Journey
- 44. Disable
- 45. Hurt
- 46. Cassava
- 47. What we breathe
- 48. Plane ticket price
- 51. Tiny circle
- 52. Curved shape
- 54. Not idle
- 56. Perfume
- 57. A frame of iron bars
- 58. Sugary
- 59. Extremely





- 1. Aluminum ore
- 2. Aerial
- 3. Boozer
- 4. Mid-month days
- 5. Adopted son of

Claudius

- 6. Sun-dried bricks
- 7. Tart yellow fruit
- 8. Holly
- 9. Fox baby
- 10. Apparent
- 13. Come forth
- 14. Marsh plant

- 15. Diversions
- 16. Profligate
- 19. Give or take
- 22. An annoyingly catchy tune
- 24. Disdainful
- 26. Nile bird
- 27. Term of endearment
- 30. Peel
- 32. Skirt's edge
- 33. Tropical vine
- 34. Steps

- 35. A female heir
- 38. Having profound
- knowledge
- 39. Recoup
- 40. Glide over ice
- 42. January's birthstone
- 44. Riot spray
- 45. Fragment
- 48. Skin disease
- 49. Tatters
- 50. Beige
- 53. Stitch
- 55. Faucet



August Crossword

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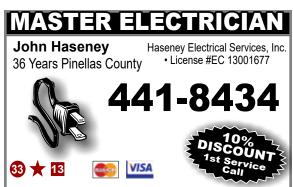


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August Monthly

Black Business Month. Aug. 1–31. To focus on and build awareness of black-owned and operated enterprises. For more information, browse www.springboard.com.



Children's Eye Health and Safety Month. Aug. 1–31. To disperse information about amblyopia, a condition that can affect between 2 percent to 3 percent of children and cause permanent vision loss. For more information, browse www.preventblindness.org.

National Immunization Awareness Month. Aug. 1–31. To develop awareness that immunization is critical to maintaining health and preventing life-threatening diseases among people of all ages and cultures throughout the United States. For more information, browse www.partnersforimmunization.org.

Weekly

implify Your Life Week. Aug. 1–7. A week to encourage people to simplify their lives and reduce clutter, thereby reducing stress and acquiring happier and more peaceful lifestyles. For more information, browse www.friend-shipandgoodwill.org.

World Breastfeeding Week. Aug. 1–7. Breastfeeding advocates, healthcare professionals and social service agencies focus attention on the importance and benefits of breastfeeding. For more information, browse www.lalecheleague.org.

Elvis Week. Aug. 8–16. Each year Elvis fans from around the world visit Memphis as Aug. 16 marks the anniversary of Elvis Presley's death (Aug. 16, 1977) at his beloved home, Graceland Mansion. For more information, browse www.elvis.com.

Daily

Respect for Parents Day. Aug. 1. A day set aside to think of positive things parents contribute to society. For more information, e-mail: marilyn@global.net.

National Night Out. Aug. 1. Designed to heighten crime-prevention awareness and to promote police-community partnerships. For more information, browse www.natw.org.

Work Like a Dog Day. Aug. 5. A celebration during the Dog Days of summer of the professional and personal satisfaction experienced by entrepreneurs and small business owners who work like dogs to achieve success. For more information, browse www.eviltwinproductions.com.

National Mustard Day. Aug. 5. Mustard lovers across the nation pay tribute to the king of condiments by slathering their favorite mustard on hot dogs, pretzels, circus peanuts and all things edible. For more information, browse www.mustardmuseum.com.

Vinyl Record Day. Aug. 12. We all need a reminder some that life is good. Favorite songs can bring back fond memories, and Vinyl Record Day encourages celebrating these music memories with family and friends. For more information, browse www.vinylrecordday.com.



Setting up an atmosphere to nurture your creativity

Being more creative often means adopting a set of values that allows creativity to exist. Here are a few of the values you should honor in yourself if you want to live a more inspired and creative life:



- Retain the spirit of wonderment. Pretend you are a child seeing everything for the first time. Ask questions about things that intrigue you.
- Follow your bliss. As soon as you feel a spark of interest, let yourself go with it. Follow it where it takes you.
- Think courageously. Don't try to be like everyone else. Take your own path through whatever it is you are exploring.
- Take time to ponder. Sit down, relax, have a cup of tea and think things over. That's how people's best ideas usually arise.
 - badapted from "Steps to a creative mind-set," by Ulrich Kraft, in Scientific American Mind

Solving the problems of the universe in your spare time

A lbert Einstein worked a day job — eight hours a day, six days a week as an examiner in the patent office in Bern, Switzerland. He liked having a regular payday, and at night he walked around with friends and talked about physics. So it was in his spare time that Einstein changed the laws of physics. And that's part of why the world still loves him so. Even after he wrote and published four historic papers during his "miracle year," he continued on as an employee at the patent office. And isn't that what we all want, after all, to be recognized for the geniuses that we are, instead of the office kooks we feel like.

As a matter of fact, Einstein's job at the patent office might have helped him, since if he had been in the academic world his ideas might have been squelched by the professors in power. Would they have listened to a young guy who believed that space and time were not absolute?

His job probably also kept his mind sharp, because he was constantly called upon to evaluate people's inventions. This required him to use his powers of visualization and to use specifications and drawings to test the ideas out.

Einstein wrote: "Working on the final formulation of technological patents was a veritable blessing for me. It enforced many-sided thinking and also provided important stimuli to physical thought." — adapted from "Who knew: Outside player," by Joel Achenbach, in National Geographic

We cannot cure the world of sorrows, but we can choose to live in joy.

— Joseph Campbell

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Why do we call them chairmen anyway?

ver wonder why we use the words chairman, chairwoman or chairperson? The words seem meaningless to us today, but centuries ago they made perfect sense. Back then chairs were still uncommon. They were rare and expensive commodities. People who attended meetings, generally sat on roughly made benches. The person who presided over the meeting was often, out of respect, given a chair to sit in. That made the presiding officer the chairman. And that is what they came to be called—and still are even to this day. — adapted from *That Takes the Cake*, by R. Brasch

Wine industry targeting women's palates

The wine industry is following in the footsteps of the cleaning products industry — trying to lure women into their lair. But if you look at recent studies, it might not take much luring, as it seems that women purchase

77 percent of the wine sold in America and drink 60 percent of it. Cheers to the fairer sex. Nonetheless, the onslaught has begun, and if you look closely in the aisles of your local wine shop you're likely to find wines with names, such as Rose the Riveter, Mad Housewife or Seduction. There's even a low-calorie, low alcohol brand being served up called White Lie Early Season Chardonnay by Berringer Blass Wine Estates. The label of White Lie has the cursive look of a romance novel, and in fact, has a promotion using Jennifer Weiner, a best-selling chick-lit writer. Even the corks get into the action; they carry messages such as "It's my natural color" and "I'll be home by 7." The brand was extensively researched, using, what else — book clubs. Those famous gatherings that usually involve about as much wine as reading. — adapted from "Luring Women With the Chick Lit of Wine," by Patricia Leigh Brown, in *The New York Times*

Are you a chronic collector?

o you have too much useless stuff on your desk? If your work area is messy from hoarding, maybe you can blame it on the primitive part of your brain.



Cows and rats hoard, as well as humans. In fact, about 70 species in all hoard things. Usually it's food, but it can be something totally useless to the hoarder. The act of hoarding involves primitive as well as the higher functions of brain structure. Steven W. Anderson, a neurologist and researcher, recently looked at 86 people who had lesions on various and well-defined areas of the brain. He found that one reason for hoarding was damage to the right mesial frontal region, the very primitive region of the brain that houses the collecting urge lost its guidance. Though the subjects had average intelligence, they would not stop hoarding, even when it caused them serious personal and legal problems. — adapted from "Chronic collectors," by Jonathan Beard, in *Scientific American Mind*



How to overcome insomnia

If you suffer from insomnia, you know how miserable it can be. About half of all Americans report chronic problems sleeping. Here are a few things you can try to get yourself on the way to a perfect night's sleep:



- Set your body clock. It will take about two weeks to do this. Set a time for bed and awakening that work with your lifestyle. You'll also want to make sure that you're allowing yourself enough time for sleep. Then stick to your routine. Don't take naps during the day.
- Prepare yourself, so that you can sleep deeply. That means stay away from caffeine and nicotine for at least six hours before you plan to sleep. You will also want to avoid alcohol and marijuana, or other recreational drugs, at least six hours before you sleep. They can predispose you to anxiety or depression— and that can turn into a sleep problem. You might also want to try a snack of bananas and warm milk. Both are high in tryptophan, which can help you get to sleep. Avoid fluid intake, so you won't be awakened by the need to go to the bathroom. Exercise regularly (five times a week), and you'll be surprised at how much your sleep will improve.
- Stretch and meditate. Doing this just before bedtime will relax you.
- Avoid the television and computer for one hour before you sleep. These light sources can
 encourage your body to stay alert. And they can also keep you thinking, which can interfere with sleep.
- Make your bedroom perfect for sleeping. Make it dark, and make it quiet. And make your bed comfortable and cozy. Keep the temperature setting at whatever works for you.
 —adapted from Utne magazine

Is organic milk really better for you?

Does "organic" milk really have more nutrients than non-organic milk? The Danish Institute of Agricultural Research suggests that it does. Researchers found that organic milk from pasture-fed cows has significantly higher levels of antioxidants, omega-3 fatty acids, beta carotene and Vitamin E. It may all go back to what our mothers pounded into our heads: You are what you eat. Organic, pasture-fed cows eat lots of grass and clover. Non-organic cows are sometimes fed genetically modi¬fied feed, plastic pellets, manure and urea. — adapted from "Got organic milk?" by Alexis Adams in Natural Home & Garden

On how to live
Live as if your were to die tomorrow. Learn as if you were to live forever.

— Mahatma Gandhi

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So, you're finally going to get that promotion ...

nce, a long time ago, an editor on an exotic adventure was captured by cannibals.

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"Unhand me!" he cried out indignantly. "I am an editor, and I demand immunity of the press!"

"Most interesting," the cannibal chief, who had graduated from Columbia years before, but had fled society to find the meaning of life, said. "Are you a senior editor or a regular editor?" the chief demanded to know.

The man hung his head in shame and admitted to the cannibal chief that he was, indeed, only a mere editor.

"Well, you can consider this your lucky day. And let me be the first to congratulate you on your impending promotion," the chief said warmly. "After dinner tonight you'll be editorin-chief." — adapted from *Laughter Incorporated* by Bennett Cerf

Future fame and paying bills

crafty journalism student was short on cash and unable to pay his rent, trying to talk his landlord into being patient.

"You know, in a few years time, people will make it a point to walk by this building and point to my window and say 'Jackson, the famous writer, once lived there."

The landlord drew his eyebrows into a scathing look and said: "If I don't get the rent tonight, they'll be able to say that tomorrow." — adapted from *Laughs for Teens*

Two philosophers go for a walk...

id you hear the story about the two philosophers, Goethe and Kant?



Kant was confused about something important and so the two famed philosophers took a walk in the woods.

Later, Kant was asked if taking a walk in the woods with Goethe helped. Kant answered, "Definitely, yes. I'm still confused, but at a much higher level." — adapted from the Tully Communications Web site

Education

Education is when you read the fine print. Experience is what you get if you don't.

— Pete Seeger

Sleeping

People who say they sleep like babies usually don't have them.

— Leo J. Burke





Never underestimate 'just a few.' Buzzed driving is drunk driving.





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-Monthly Media Staff



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Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher 29@gmail.com

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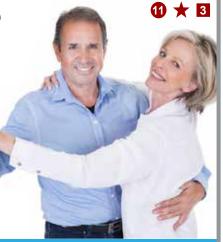
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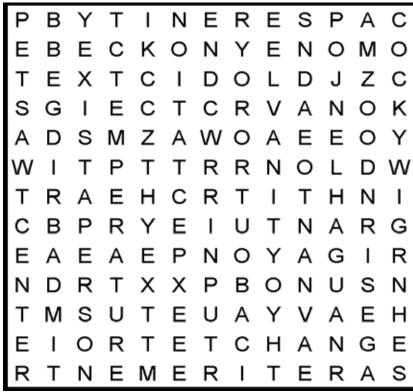
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