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August • 2024

**Issue 6
48th Year**

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Duke Vallary

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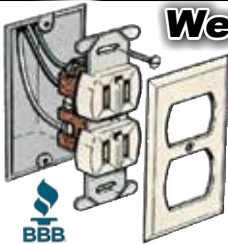
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AUGUST CALENDAR



Get Ready for Kindergarten Month. To support a happy entry into kindergarten for the almost 2 million children in the United States who will be attending. Tips are available for a smooth transition. Registration for the 2024-2025 school year begins in March 2024.

Happiness Happens Month. Aug. 1–31. Sponsored by the Secret Society of Happy People, it is to encourage people to express happiness and discourage parade raining. For more information, browse www.sohp.com.

National Immunization Awareness Month (NIAM) is an annual observance held in August to remind people that immunization is critical to maintaining health and preventing life-threatening diseases among people of all ages and cultures.

Daily

Rounds Resounding Day is celebrated on **August 1** to remind up-and-coming and existing singers of the musical form of singing in rounds. But what is round singing really? It's the art of singing in a way where three or four voices follow each other, creating a harmonious sound in unison or an octave.



National Mustard Day is celebrated annually on the **first Saturday in August**. This tangy celebration honors mustard, one of America's favorite condiments. Whether you visit the National Mustard Museum or simply enjoy different mustards with your favorite foods, it's a day to savor the versatility of this flavorful topping.

National Dog Day is celebrated on **August 26, 2024**. This special day honors dogs and aims to raise awareness about adopting dogs from rescue centers. Whether big or small, all pups deserve love and attention!

Weekly

Simplify Your Life Week is observed yearly during the first week of August, which this year takes place from August 9 to 17. Although its origins remain unknown, the purpose of this week is abundantly clear: encouraging people to declutter and simplify their lives. It involves getting rid of both physical and psychological clutter that may hinder one from living a peaceful and stress-free life. So, take some time out for yourself, do something you love, and focus on simplifying aspects of your life that could use a little decluttering and refocusing. Learn more <https://nationaltoday.com/simplify-your-life-week/>



Elvis Week. Fans from around the world visit Memphis, Tenn., as Aug. 16 marks the anniversary of Elvis Presley's death (Aug. 16, 1977). For more information, browse www.elvis.com.



To make a good decision, observe the bee



Could you use a little collective wisdom in the workplace? If so, you might want to follow the way bees make their decisions, because according to researchers, they have it all over human beings when it comes to making group decisions.

According to Cornell University biologist Thomas Seely in a Cornell Chronicle Online story by Susan S. Lang, bees build coalitions until a quorum develops. Seely says that humans really could benefit from taking a lesson from the bees when it comes to making decisions because bees rely on disagreement and contest, whereas humans often rely on consensus and compromise.

Here's how a swarm of, say, 10,000 honeybees decide where their next new home is going to be. A few hundred scouts are sent out to look at real estate, and when they find a site they like they do a waggle dance. If they like it a lot, they really get down dancing, which is their way of advertising the site to other scouts. Then the scout will revisit the site frequently and dance the day away. Other scouts select other sites, and advertise those to other uncommitted scouts as well. Bee scouts build up at the best sites quickly, because they grade the level of recruitment, which is directly linked to site quality. Whenever 15 or more scouts have gathered around a particular site, the scouts then signal home to the others to get ready to fly to the new home. Researchers know the bees make excellent decisions because they set up situations that offered choices to the bees, some superior for bees, and others ho-hum. The bees almost always chose the superior sites.

So what should humans take away from the bees? How about this? Frank discussions and disagreements coupled with some friendly competition might just help human committees achieve a little collective intelligence and avoid collective folly, researchers say.

Depends where you're from...

A man became lost in the Sahara desert. He wandered, and wandered, but he could not find his way. After three days, he ran out of water, and he was lying in the sun gasping when he thought he heard a sound. He listened carefully. "Mush! Mush!" he heard.

Not trusting his ears, the man turns his head and hears the words again. "Mush! Mush!"

The man confused, pulls himself up on his elbows and looks up, and what does he see, but an Eskimo wrapped in fur on a dog sled coming toward him. The man rubbed his eyes, supposing he was having a hallucination from the lack of water and the overdose of sun. But when he's done rubbing his eyes and looks again, sure enough, right before him stands an Eskimo.

The man excited now, jumps up and says to the Eskimo. "Thank God! Thank God! I've been out here in the sun for three days. And I am so lost! The Eskimo looks at the man and says, "YOU'RE lost!" — As retold from the Basic Jokes Web site



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Carol Zapiecki, Clearwater, FL



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SCAM ALERT

Romance Scams

www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes

Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim.

The scammer's intention is to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

Tips for Avoiding Romance Scams:

- **Be careful what you post** and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.
- **Research the person's photo and profile** using online searches to see if the **image, name, or details have been used elsewhere.**
- Go slowly and ask lots of questions.
- Beware if the individual **seems too perfect** or quickly asks you to leave a dating service or social media site to communicate directly.
- Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual **promises to meet in person** but then **always comes up with an excuse why he or she can't.** If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- **Never send money to anyone you have only communicated with online or by phone.**

ReportFraud.ftc.gov

**Report Imposter Scams Online to
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Memo: From the Accounting Department

It has recently come to the attention of the Accounting Department that people are not giving accurate accounting sheets of how they are spending their time during the workday.



In order to correct this, the accounting department has come up with new codes to help you more accurately account for what you are actually doing. These all come under the major heading of “Unproductive time,” and have been assigned three digit numbers all in the 800 range. Here are the new categories. Please make sure you report accurately what it is you are being paid for.

Thank you,
The Accounting Department

Code: 800s “Unproductive Time”

800: Talking to co-workers about how bombed you got over the weekend.

801: Talking to co-workers about other co-workers.

802: Talking about your sex life to other co-workers.

803: Talking about how much you hate your supervisor to other co-workers.

804: Talking to your supervisor about how much you hate your co-workers.

805: Looking up where you might want to eat lunch on the Internet.

806: Sending e-mails to friends and giving them advice about their work problems.

807: Thinking about all the work you have to do.

808: Calling your friends and telling them about all the work you have to do.

809: Complaining about all the work you have to do.

810: Getting a cup of coffee from a shop 7 blocks away, instead of in the employee kitchen.

As retold from AhaJokes.com

What I really hate about my cubicle...

- The overwhelming feeling that someone is watching me from above, and if I just choose the right button, a piece of cheese will be released down a chute.
- Being told by the boss to “Think outside of the box.”
- Hearing my “neighbor” spend a half hour on the phone telling her best friend that she can’t stand the jerk on the other side of her cube wall.
- That there’s no door to slam when I get mad and quit.

As retold from CorporateDump.com



Buy something used; leave a little for your retirement

“Everything is used the day after you buy it.” Those are the simple words that Richard Carlson writes in *Don’t Worry, Make Money* and says that you should keep in mind before you make a purchase. There is, Carlson says, something special about buying something new. But, he cautions, you often pay a huge price for the item. And remember, the day after you bring it home, it loses a great deal of value in the world. It’s now used.



Carlson urges readers to consider buying something used instead of new, so that they’re not saddled with big bills and left wanting for money for retirement funds. Do you really need to buy a brand new car? Do you really need that expensive new coat? Are there used options that could serve you just as well and leave you with a little cash to perhaps invest in your future? You might be surprised how much money can be saved this way. Carlson urges you to consider making this decision over and over and observing how it affects your financial health.

Money management

Money management involves overseeing and planning the use of financial resources to achieve long-term stability. Here are some practical steps to help you master your finances:



Take Inventory of Your Finances:

Reflect on your current financial situation. Are you consistently overspending? Do you have enough savings for unexpected expenses? Be honest with yourself about your weaknesses and areas for improvement.

Build a Money Management Blueprint:

- **Start with a Budget:** Choose a system that works for you. The 50/30/20 budget plan allocates 50% of your income for needs, 30% for wants, and 20% for savings and debt repayment. You can also explore other budgeting methods or use a free budget app.
- **Track Your Spending:** Monitor your expenses to understand where your money goes. Adjust your spending habits to align with your goals.
- **Find Ways to Save:** As you pay more attention to your finances, you’ll discover opportunities to save.

Remember, taking small steps toward better money management can lead to greater peace of mind and financial security.

On satisfaction

Look at a day when you are supremely satisfied at the end. It’s not a day when you lounge around doing nothing; it’s when you had everything to do, and you’ve done it.

— Margaret Thatcher

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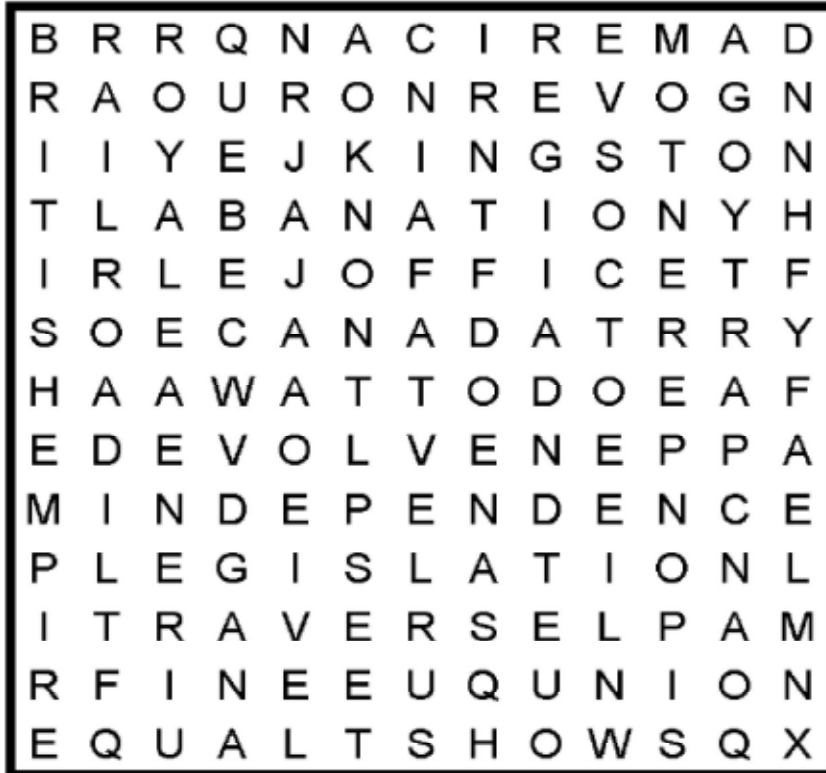
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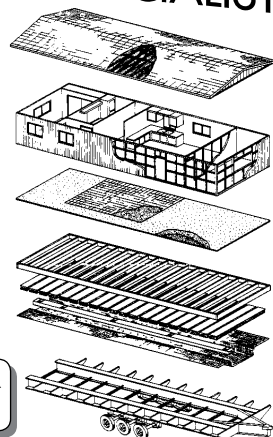
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ALERT

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Tips for Avoiding Facebook Scams

1. **Secure your Facebook account with a strong password and two-factor authentication**

Avoid including your name, phone number, email address or common words. Don't reuse your Facebook password on other services online, and never share your password with others.

2. **Don't accept friend requests from people you don't know**

Scammers may create fake accounts in an attempt to friend and manipulate people.

3. **Watch out for suspicious links and malicious software**

Be careful not to click on suspicious links, open suspicious files or install malicious apps or browser extensions—even if they appear to come from a friend or a company you know.



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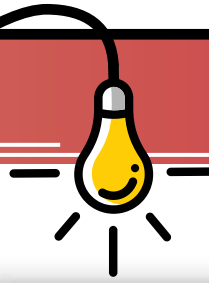
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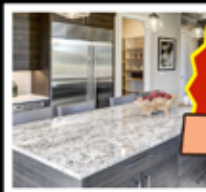
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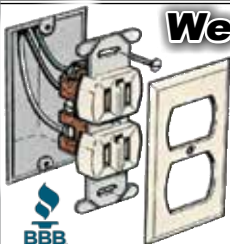
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4	5	
11	12	
18	19	
25	26	

Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

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Some folks are willing to suffer more just to get the bad experience over with

If you've ever really dreaded something, you know the anticipation of something unpleasant is usually far worse than the actual experience. For instance, some people experience dread about having simple dental or medical procedures performed, even though once they're actually undergoing the experience, they find out it's usually not as bad as they imagined it would be.

A team of Emory University Scientists decided they wanted to understand how people make decisions when the outcomes are known to be unpleasant by using functional magnetic resonance imaging. The results appeared in a recent issue of the journal Science.

The study used an MRI scanner to look at the brains of participants while a series of low voltage shocks was delivered to one of their feet. The intensity of shock and the time delays were varied and each participant underwent a series of 96 shocks. Before each shock, the participant was told how painful the shock would be (as a percent of their threshold) and how long they would have to wait for the shock. Then they were given the opportunity to choose different intensity-delay combinations. The degree of willingness to take a stronger shock sooner was indicative of the dread the participant experienced.

There were 32 participants in the study, and while most of them preferred to speed up the waiting period and were considered mild "dreaders," 28 percent of them dreaded the upcoming shock so much that they were willing to take more pain so they wouldn't have to wait. These participants were deemed extreme dreaders.

The accompanying brain scans showed that mild dreaders and extreme dreaders had different patterns of brain activity. Extreme dreaders had more activity in the attention based parts of the pain matrix — and the activity was seen much earlier when compared to mild dreaders.

Neuroscientist Gregory Berns, the lead researcher of the study, says that dread is not quite the same as fear or anxiety. The key finding, he said, was that extreme dreaders devoted more attention to the part of the body where the shock was expected. This is good news for dreaders, because it means that diverting attention to something else can dissipate the experience of dread. Dr. Berns' advice if you're dreading something: watch a movie, meditate, play a sport, do something to shift attention and see if it helps. Or, as many wise people in the past have recommended: Get your mind on something else.



On cats

When my cats aren't happy, I'm not happy. Not because I care about their mood but because I know they're just sitting there thinking up ways to get even.

— ***Penny Ward Moser***

On foolishness

You will do foolish things, but do them with enthusiasm.

— ***Colette***



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Quotable Humor



On beauty

I'm tired of all this nonsense about beauty being only skin-deep. That's deep enough. What do you want— an adorable pancreas?

— **Jean Kerr**

On the perfect husband

An archaeologist is the best husband a woman can have; the older she gets the more interested he is in her.

— **Agatha Christie**

On cynicism

The power of accurate observation is commonly called cynicism by those who have not got it.

— **George Bernard Shaw**

How poor were you?

We were so poor my daddy unplugged the clocks when we went to bed.

— **Chris Rock**

A winning workout

I have a punishing workout regimen. Every day I do three minutes on a treadmill, then I lie down, drink a glass of vodka and smoke a cigarette.

— **Anthony Hopkins**

On praise

Having the critics praise you is like having the hangman say you've got a pretty neck.

— **Eli Wallach**

When mental problems pay

The Doc told me I had a dual personality. Then he lays an \$82 bill on me, so I give him 41 bucks and say, "Get the other 41 bucks from the other guy."

— **Jerry Lewis**

On madness

When we remember that we are all mad, the mysteries disappear and life stands explained.

— **Mark Twain**

On humility

What the world needs is more geniuses with humility, there are so few of us left.

— **Oscar Levant**

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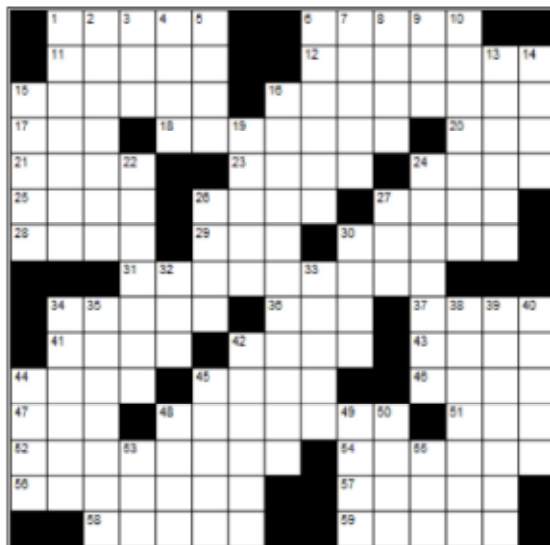


16



ACROSS

1. Support
5. Open window problem
11. Happen again
12. Back up
15. Anagram of "Stared"
16. Realm
17. What we breathe
18. Progestin or androgen
20. Partially opened flower
21. Wingless bloodsucking insect
23. Absorbed
24. Rump
25. Custard dessert
26. Occupied
27. Rational
28. Abominable Snowman
29. Play a role
30. Took a chance
31. Rigid disciplinarians
34. Winter accessory
36. Cygnet's father
37. Female chickens
41. Healthy
42. Verruca
43. Dwarf buffalo
44. Chats
45. Kiln-dried barley
46. Rules and regulations
47. American Dental Association
48. Hotel gofer
51. Fraternity letter
52. In a dazed manner
54. Received
56. Term of endearment
57. Not upper
58. Delicacy
59. Wear away



DOWN

1. Tactile alphabet
2. Withdrawal
3. Air hero
4. Junkyard dogs
5. Once, long ago
6. Sagging
7. Send, as payment
8. Ardent
9. Bog
10. Champion of the people
13. Drunk
14. Stops
15. Goofy
16. In a forceful or urgent manner
19. Belch
22. Beasts
24. Parade V.I.P.
26. Vomit
27. Seated oneself
30. Amount owed
32. Form of "to be"
33. Not south
34. An unilluminated area
35. Floorshow
38. Decreed
39. Not anywhere
40. Antelope of India
42. Billfold
44. Handguns
45. Mass communication industry
48. Chomp
49. Look at flirtatiously
50. Impoverished
53. Each
55. One plus one



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Microexpressions linked to emotions people may be trying to hide

One of the world's foremost experts on facial expressions and how they relate to deceit says he first began to develop deceit identification skills when he was a bouncer in a Buffalo, N.Y., bar. Mark Frank, an associate communications professor at the University of Buffalo, a social psychologist and revolutionary researcher says he taught himself to spot behavior that indicated patrons were underage, packing lead or looking for a fight. He says he developed a sixth sense that helped him identify when people were trying to get away with something.



Frank's work now indicates that, when people are being deceptive, they expose themselves by a series of microexpressions of the facial muscles in conjunction with other behavioral cues. Frank says he wants to make it clear that these expressions by themselves or even in a series mean nothing and are not a sweeping indictment of anyone, but only have meaning in context with other cues.

However, J.J. Newberry, who was formerly a senior special agent with the federal bureau of Alcohol, Tobacco and Firearms, says that Frank's methods are "uncanny." In fact, his methods are considered so effective and accurate that he has been called upon by judges, the office of Homeland Security and even Scotland Yard to assist in investigations.

Frank's mentor was Paul Ekman, known as the world's foremost expert in reading facial expressions. Ekman did research on expressions and found that there were facial expressions linked to emotions that were identical from culture to culture. He established a numbering system for each of the movements that created facial expressions, for instance, 1 is left and right eyebrows up, 2 is the eyebrows pulled together, and so forth. Frank took this work, which identified movement associated with the 44 human facial muscles and linked them to things like fear, distress and deception. He developed computer programs that took Ekman's numbering and made it instantly accessible. What used to take three hours of painstaking stop, rewind, start video viewing to assess one minute of facial movement could now be done almost instantly. "What we have done is quantify it, automate it, prove its effectiveness and teach it very effectively," Frank says.



On balance

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

— ***Euripides***

So divinely is the world organized that every one of us, in our place and time, is in balance with everything else.

— ***Johann Wolfgang von Goethe***



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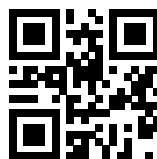


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- The scammer might tell you it's **important to keep it secret**. They don't want you talking to other family members and friends and realizing it's a scam.
- The scammers will **play with your emotions**. They're counting on you to act quickly to help your family or friend. And they're counting on you to pay without stopping to check out whether there's really an emergency. If you get a call like this, you can be sure this is a scam.

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Example of a Family Emergency Scam Call

Hi Grandpa, it's me.



Sebastian? Is that you?



Yes, it's me, Sebastian. Grandpa, I'm in trouble, and I need money for bail.

What happened?

Please don't tell Mom or Dad. I'll get in so much trouble.

Please help me!

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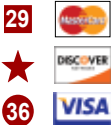
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Everything she needed to know, she learned on a potato farm

Linda Sanford grew up on a potato farm on Long Island. She says that growing up on the farm gave her a strong work ethic that she values tremendously today. According to a story on Newsday.com, Sanford said everyone in the family worked on the farm. “We all worked,” she said. “We were moving irrigation pipes or picking vegetables, or helping to plant, or we were driving trucks and tractors. You rolled up your sleeves and you got the job done.”



Eventually, Sanford found herself working and earning about \$300 a week in a job in the typewriter division of a Lexington, Ky., business.

Sanford later landed IBM’s top sales post. She was the first woman to ever fill this job. She sold computer equipment around the world and oversaw a 17,000-person unit. She flew overseas for business meetings on a regular basis. Sanford was vice president of IBM’s internal On Demand Transformation and Information Technology initiative before her retirement in 2014.

Sanford says when she starts feeling down or overwhelmed she remembers the farm and what her parents and grandparents told her repeatedly: “If you work hard and do what you need to do, good things will happen.”

Teamwork from the birds

Teamwork might seem like a complicated subject, but to some creatures it comes naturally as a way to survive and to expend the least amount of energy, according to a BBCNews Online story.



For instance, in France at the Centre National de la Recherche Scientifique in Villiers en Bois, scientists taped heart monitors to great white pelicans. These birds had been trained to fly behind a light aircraft and a boat, and a team was able to observe them during their flight. Pelicans, it is known, fly in “squadron” formation, or in a “V,” and they flap in time with their leader. Scientists, now able to observe and gather data from the heart monitors found that the birds’ heartbeats were lower when they flew in formation than when they flew solo. This was because they were able to benefit from each other’s air streams. They were also able to glide more. Animals of all types evolve certain behaviors because it helps them to migrate, feed or survive more easily. The entire group benefits because less energy is required to perform the great task at hand. Working together, the birds were able to accomplish their migratory goals by expending less energy and being able to fly farther than when they are alone. It seems that there is a lesson here, and it’s not for the birds.

On mistakes

When you make a mistake, don’t look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.

— Hugh White

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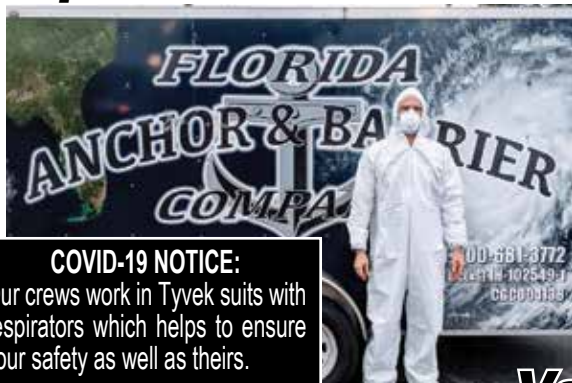
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