

Home News of the Triangle

News To Help You Save Time And Money

Fall 2016

It's Your Choice

Jerry was the kind of guy who was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

As a restaurant manager he told his waiters, "You have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood."

One day Jerry did something you are never supposed to do in the restaurant business: He left the back door open. He was held up at gunpoint by armed robbers, and while trying to open the safe, his hand slipped. The robbers panicked and shot him multiple times. Luckily, Jerry was found and rushed to the local trauma center.



After 18 hours of surgery and weeks of care, Jerry was released from the hospital.

Later someone asked if he had been scared. Jerry said, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room, and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I needed to take action."

Win A Prize!

Check Out Quiz Question on Page 2

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"What could you do?" the friend asked.

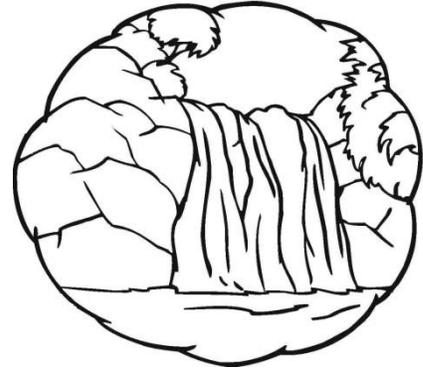
"There was a nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything. 'Yes,' I replied faintly. The doctors and nurses stopped working as they waited for my reply. 'Bullets!' I said. Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

~ Adapted from a story by Francie Baltazar-Schwartz

Amy Shair

A Bridge To Success

In the 19th century, engineers doubted they'd ever be able to build a bridge across Niagara Falls. The problem: They couldn't see any way to get a line from one side of the great gorge to the other. No boat could cross the river without being pulled over the powerful falls. The other common method, shooting a line from one shore to the other with a bow and arrow, was impossible because the gap was too wide.



An engineer named Charles Ellet had an idea: He sponsored a kite-flying contest. The prize was \$5 to whoever could maneuver a kite across the gorge and lower it to a height where someone on the other side could grab the string and use it to secure a line that joined the two sides. With that line in place, he could begin building the bridge.

Great ideas connect dreams with achievement—and often do so with simple tools.

Fall Quiz Question

Question: Why did the phlebotomist go to art school?

The first person to call in with the right answer will win a prize!

Call Amy at 919-469-6539 with your quiz answer.

NOTE: It usually takes 2 days for the winning answer – don't hesitate to try!

Slowing Alzheimer's

Scientists searching for causes of and cures for Alzheimer's disease may have discovered a source of protection. A Scandinavian study followed of 271 people ages 65-79 for seven years. They periodically tested blood levels for a marker of vitamin B12, as well as an amino acid called homocysteine.

At the beginning of the study, none of the participants showed signs of dementia. Over the following seven years, 17 participants were diagnosed with Alzheimer's. The researchers found that study subjects who with more homocysteine had a 16% higher risk of developing the disease, while those with more of the B12 marker (which is associated with lower levels of homocysteine) had a 2% reduced risk of Alzheimer's.

The indications seem to support the use of vitamin B12 in slowing the onset of Alzheimer's. Vitamin B12 can be found in eggs, fish, poultry, and other meats, and is best consumed through a balanced diet, not vitamin supplements.

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The Job You Save May Be Your Own

Your organization may not be able to avoid business downturns, but you can cut your chances of becoming a casualty. Here's how to enhance your job security:

- **Know your organization's mission.** Understanding how you fit into your organization's goals is crucial to making your own job "mission critical." Work on tasks and projects that your organization can't survive without.
- **Be hard to replace.** Find out what skills are common in the workforce market and which ones are valued and rare. Keep your training up to date so the organization doesn't have to look elsewhere for cutting-edge talent.
- **Ramp up your performance.** Take on more projects, beat your deadlines, increase your results. Organizations weed out poor performers when they need to cut costs, not top-level contributors.

**Need an HVAC
check-up before
cold weather?**



**Call John Powell
919-796-3684**

How Fast Can I Learn?

A martial arts student went to a teacher and declared he wanted to learn as fast as possible. He asked the teacher how long it would take. The teacher replied: "Ten years."

The student, a bit impatient and not satisfied with the answer said, "But I want to master it faster than that. I will work very hard, practice 10 or more hours a day, if necessary. How long would it then take?" The teacher replied: "Twenty years."

The student bowed and said, "Then let's go at your pace, master."

Timely Gardening Tips

- Fall is a good time to plant and transplant evergreen trees and shrubs. Be certain to allow space for maturity.
TIP: Fertilizing trees in late October will encourage vigorous spring growth
- It is always the right time to prune out deadwood or diseased wood from shrubs, roses, shade trees. Never cut beyond the bark ridge to ensure quick healing.
- Prevent many of next year's insect and disease problems by thoroughly cleaning debris out of the garden. Pull out all annuals that have completed their life cycle. Cut away all tops of perennials.
- Bring houseplants indoors when temperatures dip below 50°F. Give them a good bath in soapy water or spray with Safer soap.

"The miracle of the seed and the soil is not available by affirmation; it is only available by labor." – Jim Rohn

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The NC State Fair is
coming up soon!

It's less than a month away,
October 13-23!

Go to the Fair website for more information and
to buy advance admission & ride tickets:

<http://www.ncstatefair.org/2016/index.htm>



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