



The Staff Scoop

January 2013

No Meeting in January - Happy New Year!

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Best Wishes for a Happy & Prosperous New Year!



CONTEMPLATING CASH?

We all wish for 2013 to be a prosperous year for others as well as ourselves. While I can't promise you prosperity, I can pass on these little-known facts about your money.

- **The biggest bill.** The highest U.S. denomination was the \$100,000 bill, bearing the likeness of Woodrow Wilson and issued in limited numbers in 1934 for Federal Reserve Bank transactions. The largest bill in public circulation was the \$10,000 bill, bearing the face of Salmon P. Chase.
- **The smallest bill.** Paper money was first introduced in the U.S. during the Civil War to combat a shortage of coins. Bills were printed and distributed in denominations of 20 cents, 25 cents, and 5 cents.
- **Groovy coins.** A dime has 118 grooves along its edge; a quarter has 119. Ridges originally were added to make counterfeiting difficult; today they mainly serve the purpose of helping people with impaired vision to identify coins by touch.
- **Change for a dollar.** There are said to be 293 different combinations of coins capable of making change for one dollar.
- **The weight of wealth.** One million dollars in one-dollar bills would weigh about 2,040 pounds; in 100-dollar bills, that cool million would weigh in at about 20.4 pounds.
- **Old vs. new money.** A dollar bill typically lasts about 18 months in circulation before being "retired." Five-dollar bills endure for about two years. Fifty- and hundred-dollar bills hang on for nine years.

RESOLVED TO TRIM DOWN?

January is when lots of people resolve to start that diet and stick to it this time. Really. It's going to take a certain amount of preparation and willpower, but you can lose those 10 pounds (or 50) if you put your mind to it. To help yourself shed weight, follow some of this advice:

- **Turn off the TV.** Sitting in front of the television when you eat can result in your consuming up to 40 percent more calories than you would otherwise. Even if you're dining alone, eat at the table without distractions.
- **Drink lots of water.** Water fills you up, and it's good for you. If plain water is too blah, try adding a little lemon or lime to give it some flavor. Or mix up a pitcher of herbal iced tea.
- **Add instead of subtracting.** Don't obsess about what you *can't* eat. Rather, work on adding more fruits, vegetables, and other nutritious food to your diet so you'll stay full without consuming calorie- and fat-laden snacks.
- **Limit portion size.** You can still eat most of your favorite foods if you practice a little moderation. Educate yourself on what a real "serving size" is—it's usually smaller than you think. Supplement your main sources with salads, vegetables, fruit, and nuts—all in moderation.
- **Take your time.** Don't rush through your meals. Eating too fast can leave you feeling still hungry when you're finished, tempting you to eat more than you really need. Slow down, set your utensils down between each bite, and enjoy the flavors of what you're eating.

Cheers to a new year and another chance for us to get it right.
~Oprah Winfrey

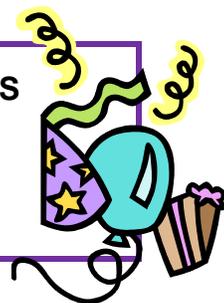
DETERMINED TO ACHIEVE?

You don't have to be a toady to get ahead at work, but staying on your boss's good side is a positive strategy for 2013. Smart employees do their best to steer clear of these management pet peeves:

- **Tardiness/excessive absenteeism.** Managers can't make plans if they don't know when—or if—you're going to show up for work. Do your best to be on time and stay healthy.
- **Procrastination.** Don't waste time. Managers depend on you to get timely results, not make excuses for lateness. If you run into a problem, tell your manager right away so he or she can plan accordingly.
- **Drama.** This can include gossip, turf battles, and constant sniping between employees. Stay focused on getting your job done in a professional manner no matter what personal issues might intrude.
- **Dishonesty.** If a manager can't trust you to tell the truth, your whole working relationship is likely to crash and burn. Tell your boss what's going on, even if it's bad news. A good manager will appreciate your truthfulness.
- **Insubordination.** Few managers will tolerate an employee who openly challenges him or her for very long. Learn the difference between raising issues and making trouble. Even when you disagree with your manager, do it with tact.
- **Negativity.** An employee who's constantly complaining, or always pointing out the down side of every decision, isn't helping his or her boss. You don't have to put on a Pollyanna act, but do your best to be positive about what's happening in your workplace to show your boss that you're a team player.

JANUARY BIRTHDAYS

6 Sunshine Wright
Daniel Scalf
15 Karen Wright



VOWING TO ENJOY LIFE MORE?

We hope that you enjoy the New Year by making time to spend with family and friends, or doing something fun just for you!

Every day at work can't be exciting and action-packed; but even on a blah day, you can add a little razzmatazz to the eight or so hours you spend on the job. Here are a few ideas:

- **Ask someone to lunch.** Instead of chowing down a sandwich at your desk, take a co-worker to lunch. You'll get to know people better and have a more enjoyable break.
- **Try something new.** Volunteer for a task you haven't done before, or trade tasks with a colleague. Shaking up your routine will usually brighten your spirit.
- **Eliminate wasted time.** Look for tasks that don't add up to anything significant and get rid of them. You'll have more energy for tasks that are really important.

Here are a few simple ideas for inexpensive fun outside the workplace:

- Rent a classic movie instead of going out to see a new release.
- Go on a picnic in the park instead of a meal in a restaurant.
- Visit museums on free days. (Most museums and other attractions have them from time to time.)
- Take a bike ride for relaxation and exercise.
- Pick your own fruit in the summer and fall for a fun outing—and to store for later.

Consider these resolutions to help you enjoy life more:

- Set aside at least 15 minutes of quality time for yourself every day.
- Take time to listen to good music.
- Exercise at least three times a week for 30 minutes at a time.
- Learn from your prior stressful experiences and improve your stress-beating skills.
- Read a good book, every month if possible.
- Laugh more, and try to see the funny side of life.
- Find a realistic balance between work and pleasure.
- Celebrate every day!