

January Events 2021

January 1st	New Year's Day
January 4th	Trivia Day
January 8th	Bubble Bath Day
January 15th	National Bagel Day
January 18th	Martin Luther King, Jr. Day
January 21st	National Hugging Day
January 24th	Compliment Day
January 28th	Fun At Work Day



Four Tips For Staying Healthy These Days

An apple a day may keep the doctor away, as the old saying goes, but that's not all you need to stay healthy. *The Guardian* shares this advice from some general practitioners on how to live a healthy lifestyle:

- **Avoid processed food.** Frozen meals may be convenient, but they're not especially good for you. Although these foods have plenty of additives and chemicals for color and flavor, you're better off cooking for yourself.
- **Exercise.** You've heard this before, but it bears repeating: Exercising five times a week for 30–40 minutes is good for your health and soul. If you can't get to the gym, at least exercise at home or take long walks outside to get your blood pumping.
- **Take an aspirin a day.** This is excellent advice for people over 65 who are at risk of cardiovascular disease. A daily aspirin can prevent heart attacks and strokes by thinning the blood, which reduces blood pressure and the chance of coagulation or clotting.
- **Reduce stress.** Practice meditation and mindfulness to reduce stress in your life. Stress can cause skin diseases and autoimmune diseases, and contribute to the risk of heart attacks and strokes. Try deep breathing while clearing your mind of all extraneous thoughts and worries. Yoga can help too.

Crops On Mars Will Face Challenges

Future Martian colonists may have a tough time growing crops to eat, the Science News website warns. Experiments in Martian farming suggest that it will be more complicated than planting potatoes in local soil and fertilizing it with human waste, as the Andy Weir novel and Matt Damon movie *The Martian* hypothesizes.

Scientists recently tried planting lettuce and a weed, *Arabidopsis thaliana*, in three kinds of Martian-type dirt. Two types were made from material from Hawaii or the Mojave Desert that resemble the kind of dirt found on Mars, and the third was created from volcanic rock, clays, salts and other chemicals observed by NASA's Curiosity rover.

The lettuce and the weed both grew in the natural Martian-like soils under controlled lighting and temperature conditions when fertilized with a cocktail of nitrogen, potassium, calcium and other nutrients, but failed in the artificial dirt. The reason: Terran soil contains microbes and organic material that helps plants grow, but the dirt of Mars is composed of crushed rock and nothing more, meaning that potential Martian colonists will have to put a lot of work into transforming it into the type of soil that will sustain plant growth.



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Brett Myers, Kimberly Cambra, Ashley Grose, Russell Reader, Dan Pietrzykoski, Aman Patel, Chris Chichilitti, & Kendrick Carter.

Protect Kids' Backs From Heavy Backpacks

When your children head back to school, chances are they'll be carrying lots of books and school supplies in backpacks. You don't want them to injure their backs with a too-heavy load. The Literacy Site offers this advice on keeping your school-age kids safe at any age:

- ▶ **Purchase a lightweight bag.** Experts say that the unloaded bag should be less than 10% of your child's body weight. Rolling backpacks are an option, but they can pose a tripping hazard.
- ▶ **Choose the right size.** Whatever your child's age, the backpack shouldn't hang more than four inches below his or her waist, and shouldn't be wider than your child's torso.
- ▶ **Use both straps.** Some kids will hang their backpack over just one shoulder, but this can cause back pain and bad posture. Children should use both shoulder straps and also fasten chest and waist straps to distribute weight. Make sure to adjust straps to fit snugly without being too tight.
- ▶ **Do a regular cleanup.** Have your child go through his or her backpack once a week to remove unnecessary items—graded tests, books they don't need, etc.—to eliminate excess weight.
- ▶ **Pack bags properly.** Many bags come with pockets for smaller items like pens, glue, and other accessories, which allows you to distribute weight evenly. Place heavy books at the back, closest to the child's body.



Make Your Mark As A Remote Worker

Working remotely means less personal contact with co-workers and managers. That can make it hard to get noticed and make an impact on your organization. Follow these suggestions from the Enterprisers Project website for building influence as a remote employee:

- ✓ **Volunteer.** When managers are launching a new project or initiative, volunteer to help. Showing that you're willing to stretch yourself and learn new skills can earn you a reputation for teamwork. In your organization are working on. Understanding their goals can give you an opportunity to support them and show your commitment to their own objectives.
- ✓ **Be easy to reach.** Respond to emails promptly. Always be available to talk, either on the phone or via Zoom or other virtual channels. This shows you're responsive and eager to help.
- ✓ **Focus on cross-functional relationships.** Don't just talk to people in your department. Reach out to co-workers on other teams to find out what they're up to and how you can contribute.
- ✓ **Learn colleagues' goals.** Find out what other people in your organization are working on. Understanding their goals can give you an opportunity to support them and show your commitment to their own objectives.
- ✓ **Offer to help.** Always be willing and available to assist your colleagues. Ask what you can do for them. They'll notice and appreciate your helpfulness, and you'll be known as someone people can rely on.
- ✓ **Watch the big picture.** Be sure you understand your organization's overall goals and objectives. Ask questions and make suggestions that show you're totally on board with what top management wants to accomplish.
- ✓ **Don't overload yourself.** All this willingness to help can easily lead to burnout if you take on too much. Pay attention to your own inner resources so you don't stretch yourself too thin.



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2021 Happy New Year

"Be of Good Cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find joy in overcoming obstacles. Remember .no effort that we make to attain something beautiful is ever lost."

- Helen Keller

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-Kevin

Home Repairs: Don't Procrastinate On These

Maintaining your abode can be costly, but putting off a needed repair can be even more expensive in the long run. Here are a few problems that should be nipped in the bud:

- ➔ **Water leaks.** Any water leak can cause severe damage over time: dry rot, mold, termite infestation, etc.
- ➔ **Dim lights.** If your lights flicker or dim when you open the fridge or use the microwave, it could be due to bad wiring or an overload of appliances on one circuit. Your best bet is to have an electrician update your wiring.
- ➔ **Air conditioning.** Make sure your filters are clean and in good repair. Dirty or missing filters can lead to fire or an air conditioner breakdown. An inexpensive filter can preserve a costly AC system.



What If?

What if.. all this time, all this struggle, has been leading you to a beautiful chapter in your life?

What if.. everything does work out, even if it doesn't seem like it right now?

What if.. who I become is who I needed all along?

What if.. all of this hard work leads to amazing things?

What if.. you replaced negativity with optimism?

Would your thoughts and behavior change too?

I believe so.

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What's The Answer?



How Can You Make Your Mark As A Remote Worker?

Can You Protect Your Kids' Backs From Heavy Backpacks?

Will They Ever Be Able To Grow Crops On Mars?

What Are Four Tips For Staying Healthy?



***The Answers To These And
Many More Questions Are Inside***

