

## A Salute To The Fourth Of July

On 1776, the Continental Congress adopted the Declaration of Independence, initiating 200+ years of annual fireworks, outdoor concerts, and picnics. Still, there may be a few things you don't know about our most patriotic holiday:

- ★ The resolution to dissolve ties with Great Britain was actually introduced on June 7 and approved by 12 of the 13 colonies on July 2. New York voted aye a week later.
- ★ It was August before most of the 56 signers managed to affix their signatures to the document. One, Thomas McKean, didn't sign until 1781.
- ★ The Fourth of July is one of only four holidays still observed in the U.S. on the proper calendar day. The others are Halloween, Christmas, and New Year's Day.

## Mystery In The Sky

Astronomers are trying to explain the source of a mysterious X-ray burst from a small galaxy approximately 10.7 billion light-years from Earth. According to the Scientific American website, NASA's Chandra X-ray Observatory detected burst in October 2014. The X-ray flash grew 1,000 times brighter in the course of a few hours, then faded in about a day.

Possible theories include a gamma ray burst from the collapse of a massive star (or a collision between two neutron stars) and a white dwarf star being swallowed by a black hole.

## July Events

July 1st	Canada Day
July 4th	Independence Day
July 9th	National Sugar Cookie Day
July 14th	Shark Awareness Day
July 20th	National Lollipop Day
July 23rd	National Hot Dog Day
July 28th	National Milk Chocolate Day
July 31st	National Mutt Day



## The Evolution Of Independence Day

If Americans have one holiday in common, it's the Fourth of July. How long have we officially been celebrating independence from Great Britain? Here's a timeline:

- \* July 4, 1776. Members of the Second Continental Congress meet in Philadelphia and adopt the final draft of the Declaration of Independence.
- \* July 4, 1777. To commemorate the first anniversary of the signing, Philadelphians light candles and set off firecrackers. Yet with no sure outcome in the war for independence, celebrations are kept to a minimum.
- \* July 4, 1778. On the second anniversary of the signing, Gen. George Washington issues his troops a double ration of rum and orders a Fourth of July artillery salute.
- \* 1781. Massachusetts carries out the first official state celebration of the Fourth of July.
- \* 1801. The White House hosts its first public Fourth of July reception.
- \* 1870. Congress establishes the Fourth of July as an unpaid holiday for federal employees and the District of Columbia.
- \* 1938. Congress establishes the Fourth of July as a paid holiday for federal employees.
- \* 1941. Congress expands the 1938 law to include the District of Columbia.

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## ***Bumblebees Leave 'Footprint' To Mark Flowers***

Bumblebees may be smarter than you think. According to the LiveScience website, scientists at the University of Bristol have discovered that bumblebees mark the flowers they feed from with "smelly footprints" so they can distinguish between flowers that have been visited by members of their nests and those fed on by strangers. This also allows them to ignore flowers whose food is gone and identify better sources of nutrients.

In one experiment, researchers trained bees to discriminate between flowers marked by their nest mates and those scented by bees from a different nest. In a second experiment, bees were seen learning that flowers with footprints from their nest mates were more rewarding than those marked with their own scent.

In addition, the scientists discovered that bumblebees can tell the difference between their own footprints and those of their nest mates.

## ***The Power Of Short Words***

Mark Twain once told the story of a Missouri farmer who ran five times for the state legislature without winning. He practiced his campaign talks every day while milking his cow. He filled his speeches with wordy expressions, referring to himself as "my humble aspirant" and his audiences as "my enlightened constituents." He talked of "obtaining a mandate" for his "legislative mission."

Then one day the cow kicked him in the teeth. With his front teeth knocked out, the farmer could speak only words of one syllable. The result? He won his next election and got re-elected many times after that.

## ***Fight The Causes Of Mid-Afternoon Slump***

Many people experience it, that sudden, unexplained feeling of fatigue that hits you somewhere between lunch and the end of the workday. You can't focus, your eyes grow weary, and you wish you could just curl up for a quick nap. Here are some explanations for that loss of energy, and what you can do about it:

- **Dieting.** Dieting can cause afternoon fatigue, especially if you're trying to cut too many calories too fast. That slows down your metabolism and can make you feel sluggish. Solution: Multiply your weight by 10; this is a healthy number of calories to maintain your energy each day.
- **Sugar and caffeine.** Sugar and caffeine are stimulants, but the boost they give you is only temporary. Once that's gone, you'll feel more tired than before you consumed them. Solution: Drink a large glass of water in the afternoon and stretch out a bit. If you're hungry, eat some fruit. The natural sugars will give you energy without the drain.
- **Alcohol.** Alcohol causes sleep problems; if you've had too much to drink the night before, you'll feel the effects the next day. Solution: Have a glass of wine early in the evening or none at all.
- **Cheese, turkey, and milk.** These can all make you sleepy about an hour or two after you eat them. The amino acid in these foods acts like a natural sedative. Solution: Eat these foods at night; they'll help you sleep when you really want it.

## ***Enhance Your Success With Kindness***

Nice people can finish first, insist Lisa Kaplan Thaler and Robin Koval in *The Power of Nice: How to Conquer the Business World with Kindness* (Currency). The book's core tenets remain worthy of consideration. Improve your "NiceQ" with these exercises:

- ❖ Be kind to yourself so it's easier to be nice to others.
- ❖ Share credit and treat everyone with respect instead of "kissing up and kicking down."
- ❖ Say no when necessary, but present it in a positive light. When turning down an assignment, help find someone else who can take it.
- ❖ Plant seeds of kindness by doing five nice things every day that have no quick payoff.

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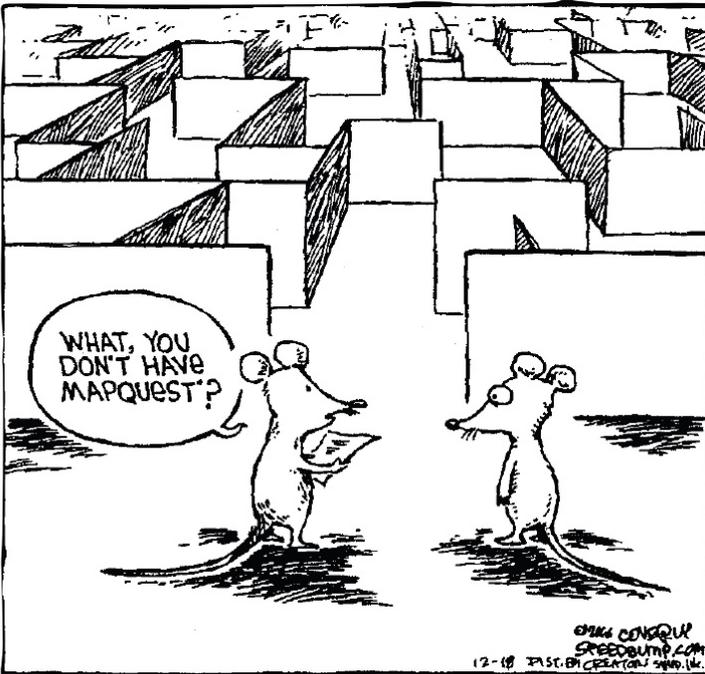
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**The Wrong Answer**

Two applicants, Smith and Jones, applied for work at an organization that had only one open position. The hiring manager sat the two of them side by side to take an aptitude test. When time was up, she found that both applicants missed only one question, the same one. After studying the results, the administrator announced that although both candidates had given the same wrong answer, candidate Smith had won the job.

“Wait a minute,” Jones complained. “How can one wrong answer be better than another?”

“Well,” the manager said, “on the one question you both missed, Mr. Smith wrote, ‘I don’t know this answer.’ You wrote, ‘Neither do I.’”



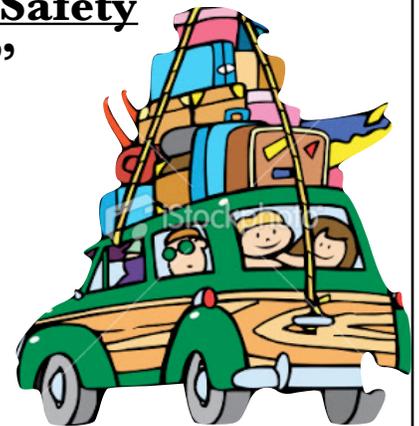
**Deep Subject**

Two passengers on an ocean liner were contemplating the vast sea around them. One of them said, “There sure is a lot of water in the ocean.”

“Yes,” the other passenger replied, “and we’ve only seen the top of it.”

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## *What's The Answer?*



*What's The Power In Short Words?*

*How Can One Answer Be Better Than Another?*

*How Long Have We Be Officially Celebrating Independence Day?*

*How Do Bumblebees Mark Their Flowers?*



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

