

## The Truth About Cats And Dogs

Our pets may be playful and affectionate, but they have their mysterious sides. No one really knows what goes on inside the mind of a dog or a cat, but science has made some pretty good guesses about the causes of animal behavior. From the Live Science website, here are a few explanations:

- ◆ **Why cats hate baths.** Dogs love to swim, but cats hate it. Two possible explanations: A cat's fur takes longer to dry because they can't shake themselves the way dogs can. Also, cats may be uncomfortable without all of their feet on a solid surface.
- ◆ **Why dogs walk in circles.** Before lying down, dogs often walk in circles. Why? Because in prehistoric times, dogs circled to make nests to sleep in and possibly to drive out snakes and other dangers. It also serves to mark the dog's territory.
- ◆ **Why cats bring dead animals home.** Cats will often deliver a dead mouse or bird to their owner's doorstep. Scientists speculate that the behavior evolved from cats bringing food home to teach their newborns how to eat.
- ◆ **Why dogs wag their tails.** Dogs express emotions through the tails, but watch which way they're wagging. A tail wag toward the right indicates positive emotions, but wagging left may suggest negative feelings.



## Hotel Concierges Go Above And Beyond

Hotel concierges have to deal with some pretty unusual situations sometimes. Here are some of their most outlandish stories:

- ★ One guest in a London hotel requested wild goat's milk for his bath. The concierge had to take a cab to Wales (£600) to buy the milk (£50). Then the milk had to be heated for the bath, and the concierge also had to supply 50 bottles of Evian water to wash the milk off after the bath.
- ★ A bride-to-be spilled coffee on her satin wedding dress, and the concierge spent hours washing the stain out and then drying the dress with a hand dryer, consoling the bride all the while.
- ★ One guest asked for 20 pounds of ice to be delivered to his room for his penguins.
- ★ A couple checking into a luxury hotel in New York for their wedding asked for a life-size chocolate statue of themselves.
- ★ A crew of commercial filmmakers asked the concierge to find them a trained monkey for their shoot when the monkey they had originally arranged for didn't show up.

## Quotes

- "Spring is the time of plans and projects." - Leo Tolstoy
- "In the spring, at the end of the day, you should smell like dirt." - Margaret Atwood

## IRISH FACTS



Ireland is the only country in the world that has a musical instrument as its national symbol. The harp appears on Irish euro coins, passports, government documentation, and various other official departments. Although the instrument

itself originated in Mesopotamia, the harp came to symbolize Celtic society and was also adopted as a political symbol.

## March Events

- |            |                      |
|------------|----------------------|
| March 1st  | Ash Wednesday        |
| March 2nd  | World Book Day       |
| March 9th  | Popcorn Lover's Day  |
| March 11th | Johnny Appleseed Day |
| March 14th | Pi Day               |
| March 17th | St. Patrick's Day    |
| March 23rd | National Puppy Day   |
| March 25th | Waffle Day           |



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## ***Try These Strategies When Work Slams You***

You try to strike a healthy balance between your work life and your personal time. But when a new project lands on your desk, or the busy season hits, you may feel helpless and frustrated. Try these techniques to get through the busy times:

- **On again, off again.** Schedule one to three days when you'll plan to work late or come in extra early. Schedule the other days as your normal work hours. This allows you to set realistic goals both at work and at home, like when to say "yes" or "no" to certain projects or activities on any given day. And knowing you have days of reprieve will help you get through the longer days.
- **Marathon and rest.** Sometimes your work may leave you with absolutely no free time. This is when the marathon-rest technique will work best. Commit to working extra long days for several days or even months (if need be). But set a definite date when you'll finish. This lets you focus on getting work done while keeping expectations realistic at home.

## ***Books... Not Going Away***

Since the rise of e-books and e-readers like the Kindle, pessimistic pundits have predicted that the physical book would soon become obsolete. That isn't happening yet, though. A study from the Pew Research Center found that 73 percent of Americans have read at least one book in the last 12 months (unchanged since 2012), and most of them are reading print books: The survey found that 65 percent of Americans picked up a physical book when they read in the past year, far more than those who read at least one e-book (28 percent) or listened to an audiobook (14 percent).

## ***Good Insurance***

A lawyer and an engineer were fishing at an expensive resort in the Caribbean.

The lawyer cast his line. "I only have the money to be here because my house burned down, and everything I owned was destroyed by the fire. Fortunately, the insurance company paid for everything."

"What a coincidence!" The engineer cast his own line. "I'm here because my house and everything else were destroyed in an earthquake, and my insurance company also paid for everything."

The lawyer looked confused. "How did you start an earthquake?"

## ***Reduce Anxiety In Your Children***

Many people think of childhood as an innocent time free of worries, but today's kids face all kinds of stress that parents may not be aware of. To reduce their anxiety levels, follow this advice:

- \* **Limit screen time.** TV and the internet can send lots of disturbing messages to your kids every day. Monitor what they're watching, and enforce a reasonable limit so they're not overwhelmed by negative news.
- \* **Review your schedule regularly.** Children crave predictability and order, and when plans change unexpectedly, they can get stressed out. Meet once a week to go over your schedule so everyone knows what to expect.
- \* **Keep kids busy.** Children won't have time to worry when their minds and bodies are active. Play games, do exercises, take them to the park or a museum—just keep them occupied as much as possible throughout the day.
- \* **Make sure they get enough sleep.** Fatigue exacerbates anxiety, so get children to bed on time and help them get the sleep they need. Start the process early enough that they're relaxed and ready for sleep at bedtime.
- \* **Eat a healthy diet.** Soda and snacks filled with sugar are caffeine can get children (and adults, for that matter) hyped up, making calm thought and relaxation more difficult. Stick to fruits, vegetables, low-fat foods, and drinks that aren't loaded with sugar or stimulants.



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## RAINY DAYS, DRIVING & SAFETY



On rainy days, try to slow down and increase your following distance. Allowing more time to stop quickly will help keep you out of harms way. Be aware on misty days too, even a small amount of water can mix with oil and grease causing slippery conditions. Be sure to check your tires and replace them when needed. Bald tires and speeding is a very dangerous combination.



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- VK

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## Proof

A woman went to a lawyer. "My neighbor owes me \$500, and he won't pay up. What should I do?"

"Do you have an IOU for the money?" the lawyer asked.

"No, it was just a promise."

"Here's what you do," the lawyer said. "Write him a letter asking for the \$5,000 he owes you."

"But he only owes me \$500," the woman said.

"And when he writes you back to say that, you'll have your proof!"

## Do you have cloth seats with stains and water marks?

With Spring around the corner, you might like to try cleaning your cloth interior some nice sunny breezy day with the items below. Roll down your windows to help circulate the air for drying and freshening. It is always a good feeling to have a clean car!

- 1 Cup Distilled Vinegar
- 1 Cup Club Soda
- ½ Cup Blue Dawn Dish Soap
- \*Spray Bottle
- \*Soft Scrub Brush



## Sticking To Values

In 1859 a train crashed near Johnson Creek, Wisconsin, killing 14 people. Two of the victims had recently become policyholders of the newly formed insurance company Northwestern Mutual. Claims for the accident added up \$3,500, but the new organization had only \$2,000 on hand.

They could have denied the claims. Instead, the leaders immediately took out a loan to pay the claims and show their policyholders they were committed to doing the right thing. It's a story that defines Northwestern Mutual's values, and one that its leaders have told employees and customers ever since.



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## What's Inside?

- Proof -
- Sticking To Values -
- Going Above And Beyond -
- March Events -
- Money Saving Offers -
- & Much More!



## *What's The Answer?*

*Why Do Dogs Wag Their Tails?*

*What Can Reduce Anxiety In Children?*

*Why Do Cats Hate Baths?*

*Can Work And Home Have A Healthy Balance?*

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

