

TANK TIMES

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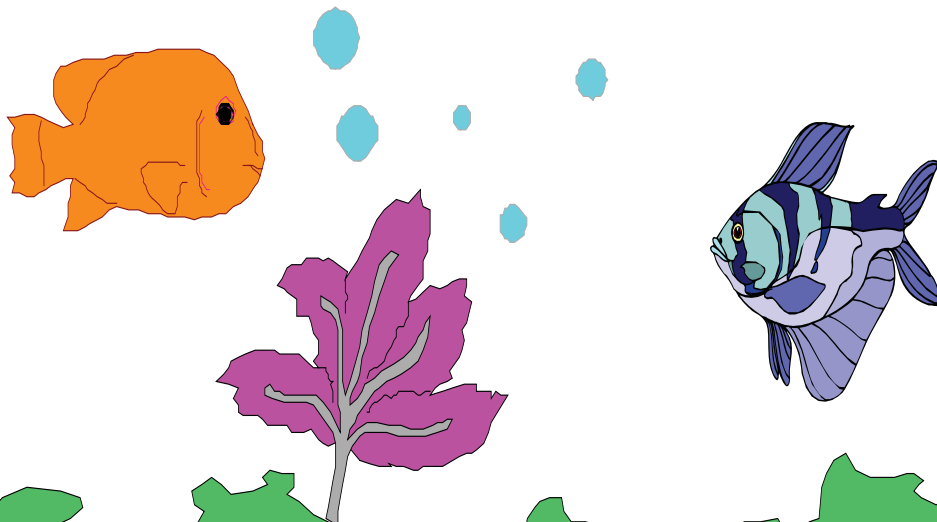
Volume 4.1

April 2009

UP YOUR LAUGH QUOTIENT

- L - Laugh Long and Loud. A robust rib-rattler improves not only your mood, but also your health. Laughing helps you stay alert, makes it easier to cope and lets you maintain your sanity.
- A - Admit you're human and laugh at yourself. People who have mastered Living 101 take their work seriously, but not themselves. Knowing the difference gives you the keys to the kingdom.
- U - Up your laugh quotient. Nothing may be more important to your health and happiness. The average American laughs 15 times daily. Get a mega dose of Vitamin L every day.
- G - Generate mirth wherever you go. Good humor is the best business and social lubricant. Make it your mission to elicit as many smiles as you can each day.
- H - Help yourself succeed without stressing out. Humor is nature's antidote for tension. It's fast, it's fun, and it's free. No other stress buster can make this claim!
- T - Take your funny bone to work. Instigate laughter on the job. Treating coworkers with respect and a sense of mirth does miracles for teamwork and trust.
- E - Embrace the notion that humor is NOT incompatible with dignity and stature. Humor is the hole that lets the hot air out of a stuffed shirt.
- R - Remember that laughter and longevity go hand in hand. A buoyant outlook may be more important than oat bran and pushups, and it's easier to take.

Source: larrywilde.com



Quote:

"Some things have to be believed to be seen."

Ralph Hodgson

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Q AND A ON FIRE EXTINGUISHERS

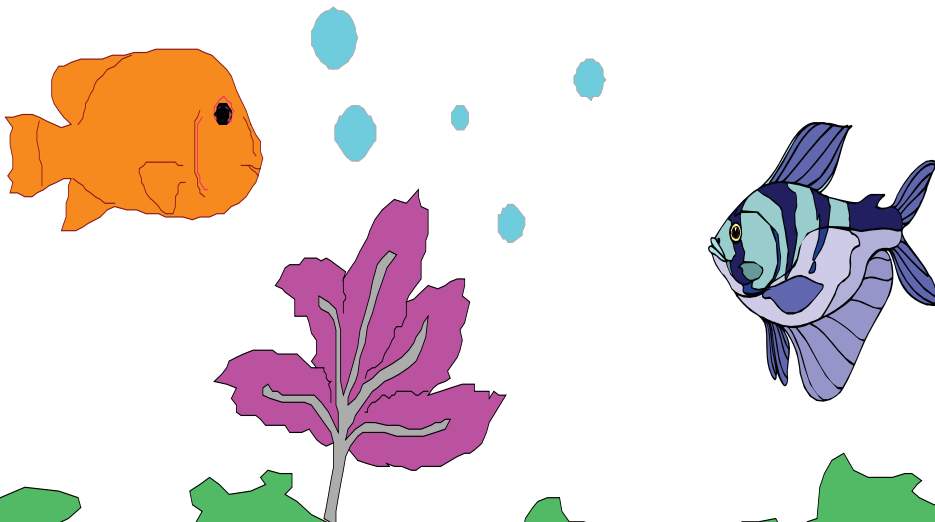
- Q. Can a fire extinguisher be stored in a car?
A. It can if the usual car temperature doesn't exceed the UL Rating listed in the owner's manual (usually -40 to 120 degrees F).
- Q. Where can I get my rechargeable fire extinguisher recharged?
A. Once a year, it should be serviced by a certified fire equipment dealer - check your local yellow pages under "Fire Extinguishers."
- Q. How do I clean up the extinguisher agent after using a fire extinguisher?
A. Sweep/vacuum up as much of the powder as possible then use a damp cloth to wipe up the remaining residue.
- Q. The gauge on my extinguisher is in the red - what should I do?
A. Disposable fire extinguishers should be replaced or if still under warranty, returned for warranty service.
Rechargeable fire extinguishers may be taken to a local fire extinguisher service business to be recharged and serviced if necessary.
- Q. My fire extinguisher appears to be almost empty - will it still work?
A. As long as the the guage's needle is in the green, the fire extinguisher is fully pressurized.

Source: firstalert.com



Quote:
"Isn't it interesting that
the same people who laugh
at science fiction listen
to weather forecasts and
economists?"

Kelvin Throop III



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Show Your Encouragement

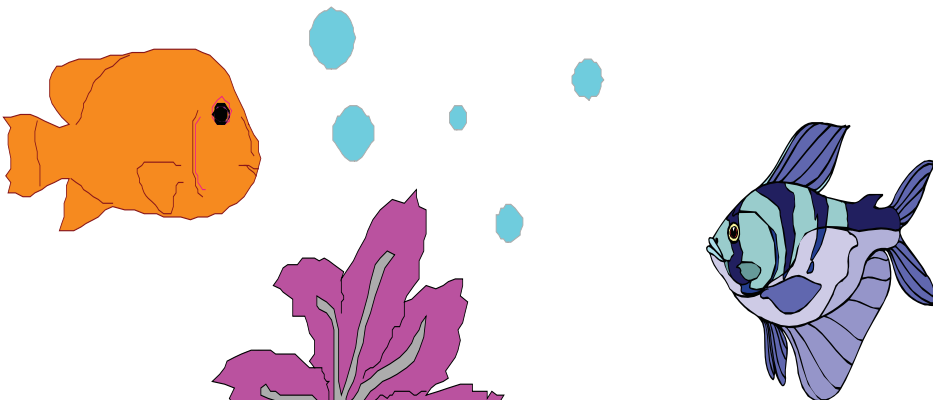
Sports activities can give kids the opportunity to have fun; development sound character, grow self-esteem, confidence, friendships, and trust; and help them learn to accomplish goals. Unfortunately, not all children have a positive experience in youth sports programs because certain behaviors have been found to create a destructive environment for children.

Emotional abuse is perhaps the most difficult abuse to identify and the most common form of maltreatment in youth sports. Examples of emotional abuse include forcing a child to participate in sports; not speaking to a child after he/she plays poorly in a youth sports game or practice; asking a child why he/she played poorly when it meant so much to you; hitting a child when his/her play disappoints you; yelling at a child for not playing well or for losing; or punishing a child for not playing well. Statements such as "You're an embarrassment" are damaging and hurt a young athlete's self-esteem and their value as a human being.

Violence is a learned behavior; our children are often learning violence from the very places they should be learning positive life skills. Abuse will turn a child off to exercise and sports participation and prevent the development of a healthy lifestyle that will promote wellness throughout the child's life.

The most important thing for a child in youth sports is to have fun.

Source: National Youth Sports Safety Foundation, Inc.



Quote:

"Once I make up my mind, I'm full of indecision."

Oscar Levant

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TV TURNOFF WEEK APRIL 20-26

Why turn off the television? Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity. The following are a few facts about TV viewing:

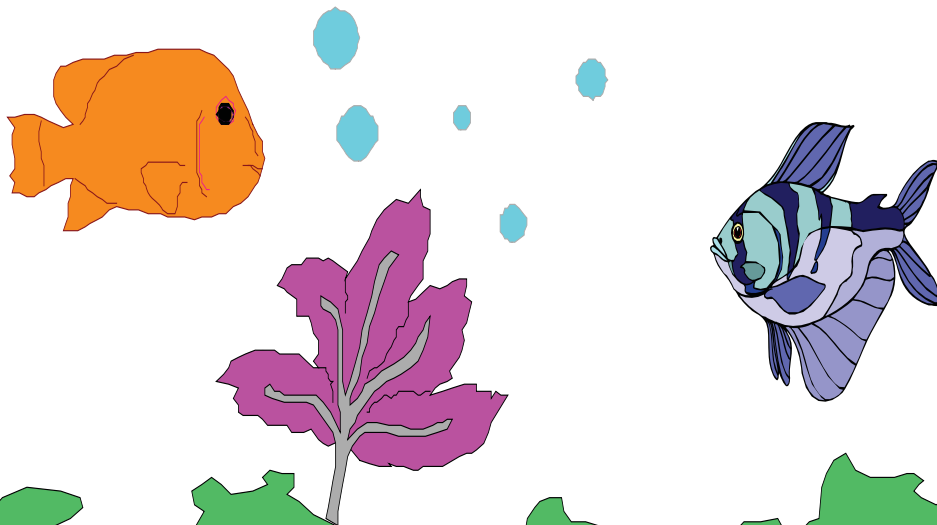
- ✓ On average, children in the U.S. will spend more time in front of the television (1,023 hours) than in school (900) hours.
- ✓ 40% of Americans frequently or always watch television during dinner.
- ✓ The amount of television that the average American watches per day is 4 hours.
- ✓ The number of hours of television viewing recommended by the American Pediatric Association for children two and under is 0.
- ✓ The number of violent acts the average American child sees on TV by age 18 is 200,000.
- ✓ The number of TV commercials viewed by American children in a year is 20,000.
- ✓ 54% of 4-6 year olds who, when asked, would rather watch TV than spend time with their fathers.
- ✓ 41% of U.S. households have 3 or more TV sets.
- ✓ There is a 1 in 12 chance that an American parent requires a child to do their homework before watching TV.

Source: www.tvturnoff.org



Ponderable

If a word is misspelled in the dictionary, how would we ever know?



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