



# Toilet Talk



## The Cold Shoulder

The average body temperature is 98.6 degrees Fahrenheit. Are you one of the people who never has a temp that high? Don't worry, you are not alone! A study done found people had temperatures ranging from 96 degrees to 99.9 degrees. Many different factors may affect temps such as: time of the day, exercise, age, and where the temp is taken. You don't have to stress if you are not a perfect 98.6! -nytimes

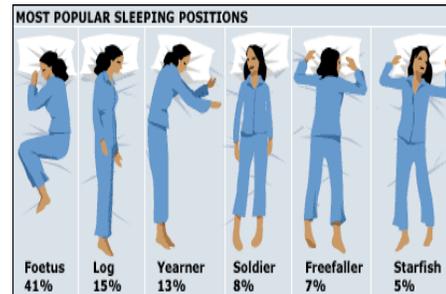
### 7 Ways to Save \$\$\$

1. Roll all spare change.
2. Pay with cash.
3. Make a budget and stick to it.
4. Set up direct deposit and commit to saving a portion of that paycheck.
5. Track every expenditure for one month, you may be surprised to see where that money is going!
6. Pay off, then cut up those credit cards.
7. Try cooking at home more often.

~AARP.org

## Goodnight Sleep Tight!

May is the national month of sleep. There are six positions people usually sleep in. Studies have shown that personalities can be revealed by which position is normal for you. The six types of sleeping positions are: fetus, soldier, log, yearner, freefall and starfish. The fetus (curled up) is the most common way to sleep. These people are said to be tough on the outside, but sensitive at heart. The soldier and starfish arrangements are said to cause people to snore and/or not breathe as well. People who sleep in the soldier pose tend to set high standards for themselves. The starfish position is for people who are ready to listen, those who generally make good friends. The freefall position allows for better digestion. These people tend not to like extreme situations. Log sleepers are easy-going and sociable types. Log sleepers have an open-mind. The study noted people need to get seven to nine hours in order to function at 100%. -bbc



A toothbrush within 6 feet of a toilet can get airborne bacteria from flushing. -healthfacts

## Happiness is Contagious

In a study spanning more than 60 years, using a subsample of 4,700 people, it was found that having social contacts that are happy can increase your chance of happiness by 15%. Meanwhile, each additional happy family member increased your likelihood by 10%, and friends of a friend an average of 6% each. This has been compared to a 1984 study that found that an extra \$5,000 increased a person's happiness by 2%. In that sense, a happy friend is equivalent to about \$20,000!

~Reuters

## READY OR NOT, HERE THEY COME!

Before it's time to pack up and head home for summer, one last hurdle must be jumped. It's Finals Time! Don't plan to sit and stare at notes for hours on end. Try these study strategies instead...

- Repetition- The brain needs an average of 7 times to see information to truly learn it.
- Teach someone the material
- Draw- Make diagrams or mind maps to organize material.

And remember academic support is available in the Success Center located in the Upper Union

-Gearnetcom

**WHOEVER I AM, OR WHATEVER I AM DOING, SOME KIND OF EXCELLENCE IS WITHIN MY REACH.**

— JOHN W. GARDNER

## Inside Story Headline

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to this newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

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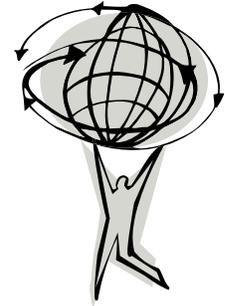
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**Company Name**  
Street Address  
Address 2  
City ST, ZIP Code

**Phone** 555 555 0125  
**Fax** 555 555 0145  
**E-mail** E-mail address

Your business tag line here.

YOUR LOGO  
HERE

**We're on the Web!**  
**Web site address**

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

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## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars

for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.