



Why are you wearing "cranky pants" today?

If you can't seem to get yourself out of a bad mood, perhaps you need to perk up your diet. Foods rich in B12 and folic acid can help out your mood. Folic acid is found in beans and greens. B12 is found in meats, fish, poultry, and dairy. Folic acid and B12 have shown to prevent dementias, central nervous system problems, and mood disorders. Fruits and veggies are full of antioxidants. As little as two servings of vegetables and fruits can increase good health by up to 11%. Vitamin D is an important nutrient. It has been shown to improve grumpiness from PMS, seasonal affective disorder, and depression. Lastly, something everyone likes to hear. A little bit of chocolate is good for you! Studies have shown that 1oz. of dark chocolate can be a physical boost. -webmd

"Excellence is not a destination; it is a continuous journey that never ends."

-Brian Tracy

Happy New Year!

On January first, thousands of Americans make New Year's Resolutions. You might be one of these people. Interestingly enough, only 22% of men and 14% of women keep their resolutions. Make a commitment this year to stay dedicated to your pledge to healthiness! Losing weight is the most popular resolution. It is followed by: getting fit, managing debt, saving money, reducing stress, volunteering more, and quitting smoking.

-usa.gov

Wait, Aren't We Facebook Friends?

Recent studies have shown electronic relationships make it easier for people to misrepresent themselves. More time is spent building internet friends than strengthening real life friendships. Complex social emotions need time to process, and the internet provides an easy out to avoiding these emotions. Make sure you really know who your friends are, and spend time with them face to face, not through the internet! -cnnhealth

Is that Spiderman or James Bond?

ACTUALLY, IT'S PARKOUR! NEVER HEARD OF PARKOUR? IN ENGLISH, PARKOUR MEANS THE "ART OF MOVING." IT MAKES YOU FEEL LIKE JAMES BOND ESCAPING FROM A VILLAIN, OR SPIDERMAN SCALING THE WALLS. THE PARTICIPANTS RUN OUTSIDE AND COME UPON OBSTACLES SUCH AS WALLS, BUILDINGS, FIRE HYDRANTS, OR TREES. THE OBSTACLES ARE USED TO PROPEL THE PARTICIPANT TO ANOTHER SPOT. PARKOUR IS A COMBINATION OF SPEED, POWER, AGILITY, BALANCE, AND STRENGTH. IT REQUIRES MENTAL FOCUS, SO THAT INJURIES ARE AVOIDED. IN ORDER TO SAFELY COMPLETE A PARKOUR WORKOUT, ONE MUST BE TRAINED IN PROPER "CRASH TECHNIQUES." A FRENCH PERSONAL TRAINER CREATED THE PRACTICE OF PARKOUR. FIND OUT MORE: PARKOUR-SPOT.COM

Home Care Remedies

Some household items wouldn't be the first thing to pop to our mind when wanting a cure. Check out recent research findings, maybe some of them could help you!

Yogurt: bacteria in yogurt can help eliminate bad breath.

Listerine: wet a cotton ball with Listerine and dab it on blisters three times per day to reduce pain and help the area dry out.

Olive oil: Use it for eczema. Many antioxidants in olive oil help replenish the dry area, and add extra moisture!

Sugar: A curer of hiccups? The sugar is believed to control nerve impulses sent by the diaphragm and cause the spontaneous contractions to stop.

Duct tape: Cover warts with duct tape to get them to disappear. The process takes about two months. Duct tape has an 85% success rate, as compared to 60% for freezing off warts.





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

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 services, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or to 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. So, when you're finished writing your newsletter, convert it to a Web site and post it.

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 services, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or to 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. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Special Interest Story Headline

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.

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in requesting your service.

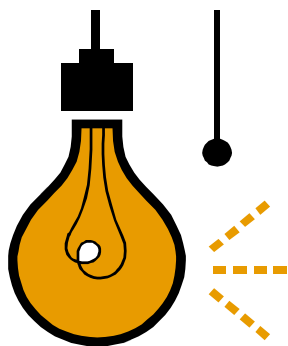
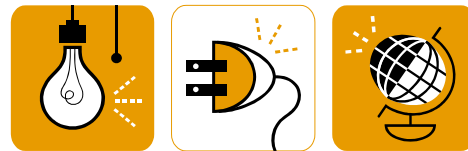
You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can

spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

Your headlines are an important part of the newsletter and should be considered carefully.

In a few words, the headline should accurately represent the contents of the story and draw readers into the story



Inside Story Headline

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.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Selecting pictures or graphics is an important part of adding content.

Inside Story Headline

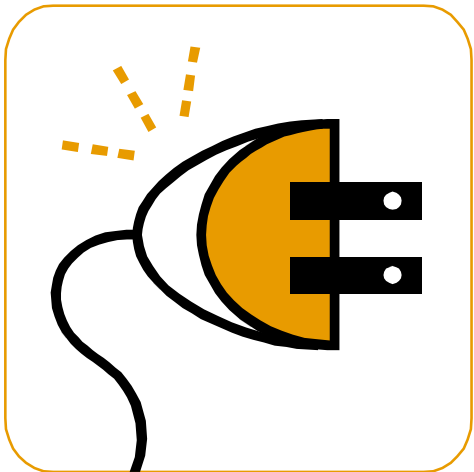


The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the

information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.



Inside Story Headline

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

Your headlines are an important part of the

newsletter and should be considered carefully.

In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your

organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the

information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply

cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your

customers or employees will look forward to its arrival.

Your headlines are an important part of the newsletter and should be considered carefully.



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

Inside Story Headline

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.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated

every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Selecting pictures or graphics is an important part of adding content.



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

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter.

This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists.

You might consider purchasing a mailing list from a company.

Inside Story Headline

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.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you

might comment upon new procedures or vendors needs.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Inside Story Headline

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.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you

might comment upon new procedures or vendors needs.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Inside Story Headline

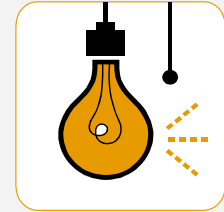
The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the

information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.



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

Inside Story Headline

In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible

headlines include Product Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other

marketing materials, such as press releases and market studies.

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

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the

information it contains, for example, employees or people interested in purchasing a product or requesting your service.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

Company Name
Street Address
Address 2
City, ST ZIP Code

Phone
(503) 555-0125

Fax
(503) 555-0127

E-mail
someone@example.com

Your Tagline here.

Back Page Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product

Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press

releases and market studies.

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.

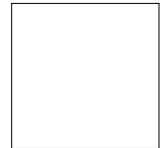
About Our Organization

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft includes thousands of clip art images from which you can choose, and you can import them into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption for the image near the image, too.

COMPANY NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



CUSTOMER NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



We're on the Web!
See us at:
www.contoso.com
