

Dreams Do Come True

Do you have a dream but think you lack the skills to achieve it?

A lack of skills doesn't mean you can't reach for – and achieve – your dream. Look at songwriter Irving Berlin.

Born in 1888 as the youngest of eight children, Berlin's family emigrated from Russia to New York in 1893. His father died when Berlin was eight, and as a young boy Berlin sold newspapers on the street to help support his struggling family. He left home at 14 and began singing in New York saloons for spare change, then went on to work as a singing waiter in Chinatown. With just two years of school and no formal music education, Berlin managed to get work as a lyricist on New York's Tin Pan Alley, the center of the American music publishing industry in the late 19th and early 20th centuries.



Berlin had difficulty writing English and had to pick out his melodies on the piano with one finger, so after he composed a song he'd either sing or play it for an assistant who would

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transcribe it into musical notation. His own system of creating served him well: Seventeen complete musical scores for Broadway shows, musical scores for 18 Hollywood movies, and a total of more than 1,200 songs, 25 of which reached #1 on the popular music charts. In fact, if you've sung *God Bless America* or *White Christmas*, you've sung an Irving Berlin song.

When Berlin died at age 101, his fellow songwriter Jerome Kern said, "Irving Berlin has no *place* in American music. He *is* American music."

Not bad for someone who "lacked the skills" of reading and writing music!

A handwritten signature in black ink that reads "Susan Lipston". The signature is stylized and cursive.

Commonly Confused Contractions

Don't let the misuse of contractions detract from your writing. Here are some commonly confused possessive pronouns and contractions:



Whose: a possessive pronoun. Do you know whose book is missing?

Who's: the contraction of "who is." Who's coming to visit?

Your: a possessive pronoun. This is your life.

You're: the contraction of "you are." You're just in time for dinner.

Its: a possessive pronoun. Put the book on its side.

It's: the contraction of "it is." It's a little confusing.

Their: a possessive pronoun. They took their time.

They're: the contraction of "they are." They're my best students.

How To "Go Green" When You Clean

Are you spending money on household cleaners when you may be able to do the job with items you already have at home and/or are less expensive than what you're currently using?

Using just a few of these ideas can help you save money on cleaning products – and be kinder to the environment, as well. A note of caution: Before using a homemade cleaning formula, test it in a small, hidden area if possible. Also, always keep your homemade formulas well-labeled and out of the reach of children.

Carpet stains: Mix equal parts white vinegar and water in a spray bottle, spray directly on the stain, let sit for several minutes, and clean with a brush or sponge using warm soapy water.

Food containers: To remove odors from plastic food containers, put a crumpled piece of newspaper in the container, seal, and let it sit overnight.

Windows: Combine 1/4 cup white vinegar and one quart warm water, pour into a spray bottle or apply with a sponge, and wipe dry with crumpled newspaper.

Kitchen smells: To get kitchen smells like fish and onion off cutting boards and utensils, wipe them with white vinegar and wash in soapy water.

Kitchen surfaces: Apply baking soda directly with a damp sponge to stove exterior, refrigerator, and similar surfaces.

Marks on walls and painted surfaces: Many ink spots, pencil, crayon or marker spots can be cleaned from painted surfaces using baking soda applied to a damp sponge; rub gently, then wipe and rinse.

Silver: Wash items, then place them on aluminum foil in the bottom of a pot; combine one teaspoon of baking soda, one teaspoon of salt and one quart of hot water, then pour over items and let sit for a few seconds.

Toilet: Mix 1/4 cup baking soda and one cup white vinegar, pour into basin and let it sit for a few minutes; scrub with a brush and rinse.

If “homemade” isn’t your thing, check out the growing number of commercial non-toxic household items – from bathroom cleaners to laundry soap to pest control products – that can help you “go green,” as well.

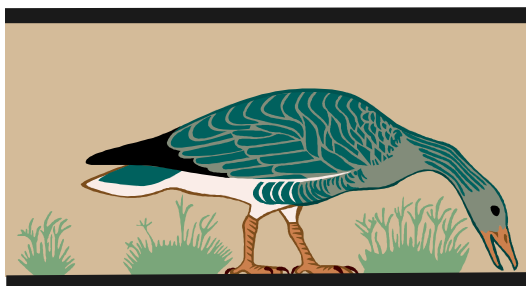
Put Your “Best Fork” Forward

With the amount of business that’s done during a lunch or dinner, it’s important to send the right professional image. Here are some table etiquette guidelines:

1. Stay away from alcohol, at least until the business part of your meeting is over. It also depends on your company’s policy on drinking, so check prior to your meeting.
2. Order last. Always let your guests order their meals first.
3. Hold off on business talk. Wait to bring up business and bring out the paperwork until after the entrée plates have been cleared.
4. Turn off the cell phone. If you’re expecting an urgent call, let your guests know. Otherwise turn it off and put it away.
5. Ask for the check. Let your guests know that the meal is a treat from your company, and when the waiter brings your check, reach for it.

Take A Gander At This

A sure sign of Fall is the sight and sound of skeins of Canada geese, honking and flying in “V” formations. While one subspecies – the Giant Canada Goose – is relatively non-migratory, others fly south for the winter though they don’t venture as far as Central America. Much of the Canada goose population leaves Canada for the relative warmth of states like Illinois, Missouri, South Dakota, Nebraska, Wisconsin, Minnesota, New York, and Pennsylvania where they can generally find leftover grain in farm fields and unfrozen bodies of water.



One of the best-known birds in North America, Canada (not “Canadian”) geese are found in every contiguous U.S. state and Canadian province at one time of the year or another. Their average life span in the wild is 10 to 25 years, and they mate for life and raise their offspring together. As young birds, geese learn the migration routes from their parents and older birds. They fly in V formations to reduce wind drag, and their hollow bones make them light and capable of soaring at great heights.

Is There A Word For That?

Have you ever turned your car into the last empty space in a full parking lot only to discover a motorcycle in that space? And is there a word for that?

Yes – but the word is a *sniglet*; that is, it's not a *real* word found in the dictionary, but perhaps it should be. You'll find it in the list below, along with some other fun sniglets:

Anticiparcellate (an ti si par' sel ate) – waiting until the mailman is several houses down the street before picking up the mail, so as not to appear too anxious.

Facon (fa' kon) – the fake bacon bits served at cheap salad bars.

Kawashock (kah wah shahk') – pulling into the last remaining parking spot only to discover a motorcycle there.

Mittsquinter (mitt' skwint er) – a ballplayer who looks into his glove after missing the ball, as if, somehow, the cause of the error lies there.

Phonesia (fo nee' zhuh) – the affliction of dialing a phone number and forgetting whom you were calling just as they answer.

Shoefly (shew' fliy) – the aeronautical terminology for a football player who misses the punt and launches his shoe instead.

A Moving Gift

If you want to give friends leaving your area a going-away present, consider a subscription to the local paper. It's not something they'll have to pack, and it will help keep them informed about their old hometown.

For You – Or Someone You Love

Have you stopped feeling like yourself lately? Maybe you feel sad, empty and hopeless but don't know why you can't shake off the feelings. Or you've been feeling anxious, panicked or distressed by troubling thoughts and behaviors, and it's affecting your daily life and others around you. Or you're experiencing changes in sleep or appetite, decreased energy, difficulty concentrating, and no longer enjoying activities you used to take pleasure in. Or perhaps you're worried about someone you love who's experiencing some of this?

These symptoms may be a sign of clinical depression or an anxiety disorder, real conditions that touch *at least one in every five people*.

October 7 is National Depression Screening Day in the U.S. and Canada, a great opportunity to learn about the many support options available including anonymous in-person and online screening. Here are two Web sites to get started: www.mentalhealthscreening.org and www.heretohelp.bc.ca.

Entrepreneurial Exigencies

If you dream of owning your own business, you're not alone. The idea of being your own boss, calling all the shots, and taking control of your destiny is attractive to many people, but desire alone isn't enough. Before you make your first move, be sure you're cut out for the entrepreneurial life. Ask yourself these questions:

Do you have the energy? Running your own business isn't a 9-to-5 job. You need to be in good health, with lots of stamina, to maintain the pace of building a company from the ground up, especially during the early years.

Are you comfortable with risk? Don't invest your life savings unless you're sure you can live with the possibility of losing your nest egg. All entrepreneurs worry about money, but some can be paralyzed by that fear.

Are you passionate about your business? A business that doesn't excite you from the start won't sustain your energy when demands are great and payoffs uncertain. Pick a business that you truly believe in, one you'd be happy to work in regardless of whether you ever get rich.

Is your family on board? Running a business calls for all your concentration, and if your family feels short-changed, the added stress can do you in. Include them in any decision you make so you don't have to worry about problems at home.

Halloween Dos And Don'ts

Halloween is an exciting time of year for kids, and to help ensure they have also have a safe time, here are some Halloween dos and don'ts from the American Academy of Pediatrics (AAP):

Do plan costumes that are bright and reflective. Make sure that shoes fit well and costumes are short enough to prevent tripping, entanglement or contact with flame.

Do consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.

Do remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.

Don't allow young children to go trick-or-treating without a parent or responsible adult.

Don't go to a home if the porch light isn't on, and never go into a home or car for a treat.

Don't let children sample their treats until you've inspected them and thrown away any spoiled, unwrapped or suspicious items.

WELCOME NEW CLIENTS

Here are some of the new clients who became members of our "Family" this past month. I'd like to welcome you and wish you all the best!

We love giving recognition to our new friends and our wonderful existing clients who are kind enough to introduce their friends and relatives to us.





Should You Wash Stuffed Animals?

Stuffed animals are a comfort to small children, but pediatricians say that these much-loved toys are magnets for germs. Stuffed animals that are played with regularly should be washed once a week. To guard against damage, pop them into a pillow case knotted shut and wash and dry normally. Pediatricians also recommend that parents keep children from bringing stuffed toys to doctors' offices or day care centers.

Say That Again?

Tourists, apparently, ask some truly oddball questions. Here's a selected sample of wacky queries compiled by the travel industry association:

How come all the war battles were fought in national parks?
Is that the same moon we see in Vermont?
Are the Amish in season?
If it rains will the fireworks be held inside?
When do the caribou turn into moose?

A Sweet Story



The Halloween treat candy corn was invented in the 1880s by George Renninger, an employee of the Wunderle Candy Co. of Philadelphia. Making the candy was labor-intensive, as each color of the mixture had to be poured separately into kernel-shaped molds, but the unusual confection was a big hit. The Goelitz Confectionery Co. began making candy corn in 1898 and today, as the Jelly Belly Candy Co., is still using the same recipe to do so. In the early 1900s when so many Americans were farming, the corn-shaped candy was especially popular – so much so that confectioners tried making candy in other vegetable shapes, including turnips. Candy manufacturers sell more than 35 million pounds of candy corn (about 9 billion kernels!) a year, with Halloween accounting for 75 percent of annual sales.

How To Deal With A Reprimand

Freda Hansburg, co-author of *Working PeopleSmart: Six Strategies for Success*, acknowledges that receiving a reprimand from your manager can be disconcerting and upsetting. But she says you should react positively and try to get as much feedback as possible so you can do a better job in the future. “You need to stay calm, not go into a panic or defensive mode. Make it an opportunity to get as much information as you can

from your manager about what's expected from you and where you're not measuring up," she says. "Get some concrete examples of when you weren't on target, so you're really clear on what changes you need to make."

After the talk, make a plan to improve your performance and schedule a series of follow-up meetings with your manager to make sure that you're on the right track. "The bottom line is that the more we have feedback in relationships, the better position we're in to really know how we're doing."

Thankful Thoughts

Canada's Thanksgiving is Monday, October 11, and here are some quotes to honor the day:

When asked if my cup is half-full or half-empty, my only response is that I am thankful I have a cup. – *Sam Lefkowitz*

Nothing purchased can come close to the renewed sense of gratitude for having family and friends. – *Courtland Milloy*

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow. – *Edward Sandford Martin*

Reflect upon your present blessings, of which every man has many – not on your past misfortunes, of which all men have some. – *Charles Dickens*



Client Of The Month

Congratulations to our Client Of The Month, [Barb and Stan Johnson](#) from Tampa.

As always, the Client Of The Month receives a free dinner for two at the Old Mill Restaurant and may bring, as our guests, a couple of their choice.

Call me to find out how you can become Client Of The Month!

Stand up, on this Thanksgiving Day, stand upon your feet. Believe in man. Soberly and with clear eyes, believe in your own time and place. There is not, and there never has been a better time, or a better place to live in. – *Phillips Brooks*

The biggest room in the world is the room for improvement.
– Unknown

Education is when you read the fine print. Experience is what you get if you don't.
– Pete Seeger

People who are often in a hurry imagine they are energetic, when in most cases they are simply inefficient.

– Sydney J. Harris

October Quiz Question

What edible comes in hedgehog, pom pom, oyster and wood ear varieties??

Everyone emails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$25.00 gift certificate.

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