



# CORNUCOPIA

## A Stitch in Time...

A first grade teacher collected old, well known proverbs. She gave each child in her class the first half of a proverb, and had them come up with the rest.

As you shall make your bed, so shall you.....*mess it up.*

Better be safe than.....*punch a 5th grader.*

Strike while the.....*bug is close.*

It's always darkest before.....*daylight savings time.*

You can lead a horse to water but.....*how?*

Don't bite the hand that.....*looks dirty.*

A miss is as good as a.....*Mr.*

You can't teach an old dog new.....*math.*

If you lie down with the dogs, you'll.....*stink in the morning.*

The pen is mightier than the.....*pigs.*

An idle mind is.....*the best way to relax.*

Where there's smoke, there's.....*pollution.*

Happy the bride who.....*gets all the presents.*

A penny saved is.....*not much.*

Two's company, three's.....*the musketeers.*

Laugh and the whole world laughs with you, cry and.....*you have to blow your nose.*

Children should be seen and not.....*spanked or grounded.*

When the blind leadeth the blind.....*get out of the way.*

*From the internet*

## Don't Forget...

- To ensure family success, put your spouse first.
- Beware of the tyranny of the urgent. Make time for the really important.
  - One spouse cannot hold the family together. Both spouses must play an active and equal role.
  - Husband or wife, your career should never come ahead of people close to you.
  - No one can fill a parent's shoes at home.
  - All you have to invest is your time. With apologies to Grantland Rice:
 

When the Great Scorer comes  
to tally up your life,  
one of His first questions:  
"Was there time for kids and wife?"
- When choosing priorities, there are four basic disciplines: delaying gratification, accepting responsibility, dedicating yourself to the truth, and becoming balanced.

*Dr. Kevin Leman, KEEPING YOUR FAMILY TOGETHER WHEN THE WORLD IS FALLING APART, Focus on the Family*

## De-Stress Throughout Your Day!

- In the morning, before you get overwhelmed by everything you have to do, **focus on a single task long enough to complete it.** The sense of accomplishment will keep you going and make you feel more positive.
- If the noise in your office around mid-day is making you crazy, find a quiet place, even if it's the mailroom. **Research shows that people who work in noisy environments have more stress and are more apt to give up on problems or in tough situations.** So find a peaceful spot if only for your lunch-hour.
  - **At the end of the day, get in your play-time mode.** Write down what you need to accomplish the next day and then leave your work behind. Don't bring your laptop home and switch off your cell phone.
  - **When you get home, a great way to de-stress is to spend time with a furry friend.** Research from the University of Buffalo says spending time with an animal can be more restorative than talking through problems with humans.
  - **Then before you go to bed, don't think about all the stuff that's waiting for you at work.** Instead, go into denial. Studies show that thinking back on a stressful day or anticipating stress can raise your blood pressure significantly. So take a hot bath, read a funny book. Then get eight hours of sleep to prepare you for tomorrow.

*John Tesh Radio Show*