



We're dedicated to helping you be happy, healthy and successful in your journey of shaping our future!

Monthly Quotes

Happiness

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.” —Helen Keller

Look within

“Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly.” —Joseph Murphy

Funny Bone

A grandmother's prerogative

An elderly retired woman in Florida was sitting by the pool going on and on to anyone who would listen about her two very remarkable grandchildren and all their achievements. Finally, a fellow sunbather wearied of this woman's prattle spoke up.

He politely attempted to keep her quiet for a minute by asking, “Tell me, how old are your grandchildren?”

“The doctor is four and the lawyer is six.”

6 Types of Questions to Ask

Consider the 6 following types of questions that you can ask your co-workers, parents and students to help you get your questions answered as well as encourage good conversation.

- Factual. “What did you have for lunch?” or, “What is 357 times 62?” Some questions have only one correct answer—a truth that can be objectively confirmed.
- Interpretive. “What does that painting look like?” Even if a question has more than one correct answer (“A blue cow,” or “a blue dog”), an interpretive question calls for evidence, some kind of supporting material that others can validate.
- Evaluative. “Do you like eggplant parmigiana?” Questions regarding opinions or beliefs have no correct or incorrect answer, but they can tell you a lot about the other person's point of view.
- Empowering. “What would you do about Sarah's problem?” Sometimes you want to urge someone to action, without directly telling him or her what to do. In these cases, ask questions to show you're interested in the other person's ideas and trust his or her judgment.
- Broad vs. focused. The questions above can be asked in different ways, depending on whether you want a lot of information or a single answer: “How many different animals could that painting look like?” vs. “What specific animal do you see?” Think before you ask, so you don't have to backtrack.
- Follow-up. “What do you mean by that?” or “Can you share more with me about that situation?” This is one of the best questions you can ask in almost any category, because it invites the other person to think more deeply and share more information.



Did you know this about bananas?

Although bananas are a healthy food, anecdotal evidence suggests that eating them attracts mosquitoes. According to some theories, something in the way the body processes banana oil creates a mosquito magnet. Although no studies have been done to confirm the connection, many nutritional experts suggest cutting consumption of bananas in the summer as a way to reduce or avoid mosquito bites.