



CORNUCOPIA

Figure of Speech

Here is an explanation behind this common expression: **Red tape.**

For centuries, it was a British custom to seal important documents with red wax and red tape. Cutting through it was the only way to get at the documents and read them.

Long-Term Gains

If you have joint pain in your knees, a small amount of discomfort after exercising now might mean less knee pain later.

Although osteoarthritis knee pain may temporarily increase following exercise, experts say that this pain increase is typically short-lived and that, over time, regular exercise leads to greatly diminished osteoarthritis knee pain. Just remember to stick to low-impact activities, such as walking or swimming, and ask your doctor about acute pain.

Reamage.com

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, Random House

How to Say It



Your beloved enjoys calling you at work "just to hear your voice" and to briefly chat. While you appreciate the sentiment, you are usually busy when the calls

come and feel irritated that your partner expects you to drop everything for a few minutes and talk. You want to tell him/her to ease up on the phone calls but you don't want to hurt their feelings.

Do Say:

• (Blame it on the boss) "Sweetheart, my boss is cracking down on personal phone calls. You'll have to call less often."

• "I love talking with you but I can't do that very well when I'm so busy. How about if I call you once in awhile when I'm free?" (This is a good strategy. If you do the calling, you can call on your terms ["I only have a minute, honey, but I wanted to say hi."]. It also tells your partner that you like hearing his/her voice too.)

Don't Say:

• "I'm not the kind of person who can be hard at work and attentive to the person I love – both at the same time. It's just not a good idea to call me at work."

• "Why are you calling me at work when you have nothing important to say?"

• "I really don't appreciate it when you call me at work."

• "You're embarrassing me."

• "I don't call you at work just to say hi. Why do you always have to call me?"

Dr. Paul Coleman, HOW TO SAY IT FOR COUPLES, Prentice Hall Press

Don't Be Right

Always being right is wrong for your health: 62% of "absolute thinkers" – people with a very high opinion of themselves and a low tolerance for compromise – suffered from high levels of anger and stress, which depressed the functioning of their immune systems.

David Neven, THE 100 SIMPLE SECRETS OF HEALTHY PEOPLE, HarperSanFrancisco

