

News You Can Use



Ethics Awareness Month. Instituted in 1990 by American University to highlight ethical awareness in the financial services industry. For five questions to help you make better ethical decisions, go to <http://www.theamericancollege.edu/images/ethics/2009ethics->



Workplace Eye Health and Safety Month. An estimated 2,000 workers suffer eye injuries on the job each day, not only robbing many of them of their sight but also costing employers and insurance companies millions of dollars a year. The good news is that 90 percent of all workplace eye injuries are preventable with the use of proper eyewear and safety measures. Go to <http://www.preventblindness.org/> to find out how to help.

Women's History Month American Red Cross Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Read Across America Day</i> <i>Dr. Suess Birthday</i>	3 <i>National Anthem Day</i>	4	5 <i>World Day of Prayer</i>	6
7	8	9	10	11 <i>Johnny Appleseed Day</i>	12	13
14 <i>Daylight Saving Time Begins</i> <i>Girl Scout Sunday</i> <i>Camp Fire Sunday</i> <i>Pi Day</i>	15	16	17 <i>St. Patrick's Day</i>	18	19	20 <i>First Day of Spring</i>
21	22	23	24	25	26	27
28 <i>Palm Sunday</i>	29	30 <i>Passover</i>	31			



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Numbers in the News...

Where women make the most

Washington, D.C., is the best place for working women to earn a living, according to *Forbes* magazine. Based on July 2009 data from the Bureau of Labor Statistics, women working in D.C. make a median salary of \$45,031, the highest in the United States. The rest of *Forbes'* Top Ten list for working women (by median salary):

- Maryland (\$40,248)
- Connecticut (\$40,144)
- Massachusetts (\$39,624)
- California (\$38,376)
- New Jersey (\$37,752)
- Alaska (\$37,388)
- Minnesota (\$37,284)
- Washington (\$36,868)
- Colorado (\$36,036)

Adopted children: Doing just fine, thanks

Adopted children make up about 2 percent of the child population in the United States, or about 1.8 million kids.

According to *Adoption USA: A Chartbook Based on the 2007 National Survey of Adoptive Parents*, published by the Department of Health and Human Services, those kids usually benefit from being adopted: The report describes 85 percent of them as being in "excellent or very good health," with 81 percent of their parents saying their relationships are "very warm and close." Only about 15 percent say the relationship is "more difficult" than they had expected.

Adopted children are also more likely to be read to daily at a young age (68 percent, vs. 48 percent of non-adopted children), more likely to be sung to or told stories on a daily basis (73 percent vs. 39 percent), and participate more in extracurricular school activities (85 percent vs. 81 percent).

Health Watch...

Diabetes: Know what to look for

The American Diabetes Association estimates that about 23.6 million Americans have diabetes, or 7.8 percent of the population. More than a million new cases are diagnosed in people over age 20 each year.

Diabetes prevents your body from regulating the amount of sugar in your blood, usually due to the inability of the pancreas to supply adequate amounts of insulin to your system. Insulin helps your body break down sugars and starches into glucose, which the body needs for fuel.

Left untreated, diabetes can lead to heart disease, kidney disease, blindness, damage to the nervous system, and amputation.

Diabetes is diagnosed as one of three different types. Here's a quick look at each one:

- **Type 1.** Usually diagnosed in childhood, Type 1 diabetes is caused by

the body's inability to produce sufficient insulin. Its symptoms include frequent urination, extreme hunger and thirst, unexplained weight loss, excessive fatigue, and irritability.

- **Type 2.** Sometimes called "adult onset" diabetes, this strikes when the body is unable to metabolize the sugar it produces or if, as in Type 1, the body doesn't manufacture enough insulin. Symptoms include all the conditions of Type 1, along with frequent infections, blurred vision, slow healing of cuts and bruises, tingling or numbness in the hands and feet, and recurring infections of the gum, skin, or bladder.
- **Gestational diabetes.** This occurs in some pregnant women, usually around the 28th week or later. The condition usually goes away after birth, but expectant mothers should

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follow their physician's advice on blood glucose levels carefully to ensure a healthy delivery.



Safety Monitor . . .

Take a nice, safe walk

Walking is good exercise—unless you get hit by a car. The most common accidents between pedestrians and motor vehicles are caused by:

- Darting out in front of a vehicle in the middle of the block.
- Running—not walking—across intersections.
- Vehicles turning without seeing pedestrians in their way.
- Pedestrians crossing multi-lane streets.
- Vehicles backing up.

Stay safe wherever you wander by following these safety practices:

- **Use the walkways.** Stay on the sidewalk and cross at intersection with well-marked crosswalks.

- **Stand out.** Make sure drivers can see you. Don't dash out into traffic suddenly. Wear bright, noticeable colors, especially at night.

- **Follow the rules.** Obey traffic signals. Be aware of stop signs at intersections without traffic lights.

- **Watch out for blind spots.** Big trucks with wide loads may not see you when turning or backing up. Smaller cars, too, can have significant blind spots. Don't assume the driver can see you just because you can see the vehicle.

- **Give cars time to stop.** Don't take chances with moving vehicles. If the driver doesn't see

you right away, or if you stumble, he or she may not be able to stop in time to avoid hitting you.

- **Be careful in parking lots.** The traffic flow in a parking lot may not be obvious to either drivers or pedestrians, and visibility is more limited by the packed cars around you.

- **Walk facing traffic.** If for some reason you must walk along the side of a road without sidewalks, walk *toward* the traffic so you can see and avoid cars better—and vice versa.



Workplace Workshop . . .

Make a positive impression at work

Job security depends on doing your job well, but it's also about being the kind of employee people want to work with. Little things go a long way in making a



good impression on your boss and co-workers. Cultivate these habits to show you're good to have around:

- **Keep your desk neat.** Cut back on the clutter. Tidiness conveys that you're organized and have things under control.
- **Set a good example.** Find out what kind of behavior your managers and colleagues expect, and do your best to practice it.
- **Be sincere and generous with compliments.** People like to be told you appreciate them—bosses and friends alike.
- **Do your homework before meet-**

ings. Know what's on the agenda, and bone up on the information that may be covered.

- **Return phone calls and e-mails promptly.** It makes co-workers and customers feel valued.
- **Be on time.** Don't make other people wait for you. It makes them suspect that you feel your time is more important than theirs.
- **Wash the dishes.** If your company has a shared kitchen, don't be "above" doing the dishes, making more coffee, and such.

Science Lab . . .

No mermaids or jackalopes, but some strange real-life critters

Dr. Doolittle's two-headed antelope, the pushmi-pullyu, is one of the most amazing fictional animals in literature. Nature has produced some unusual creatures in real life, many of them now extinct. Here's a quick snapshot of some of them:

- **Quagga.** This half-zebra, half-horse lived in southern Africa until the last one died in captivity in 1883. It had zebra-like stripes on the front of its body, which faded in mid-torso; its rear end was brown.
- **Steller's sea cow.** Discovered in the 1700s by a naturalist named Georg Steller, this sea creature could grow

up to 25 feet in length; it weighed more than three tons. Build like an oversize seal, the sea cow had two thick forelegs and a wide tail that resembled a whale's. Though considered extinct, reports of animals matching the description still emanate from Greenland and the Bering Sea.

Irish Elk. Also called the Giant Deer, this animal stood about 7 feet tall at the shoulder and had antlers up to 12 feet wide, weighing approximately 90 pounds. It stomped around Eurasia about 7,700 years ago.



St. Patrick's Day . . .

St. Patrick: the myth and the man

For some, St. Patrick's Day (March 17) is a reason to wear green, go to a parade, and drink more Irish whiskey than usual. But just who was this St. Patrick fellow?

The most common belief is that he drove the snakes out of Ireland. Ireland probably never had snakes, though, and the myth may refer to Patrick's efforts to stamp out the serpent imagery used by the Druids. He also may have used the three-leafed shamrock to illustrate the concept of the Holy Trinity to the people he was trying to convert to Christianity as a missionary in Ireland during the fifth century.

Historians agree that Patrick was born in Roman-occupied Britain, the son of a Christian deacon. At age 16 he was captured and taken to Ireland, where he was a slave for six years. During this time, his Christian faith

strengthened, and one day he heard a voice (according to a letter he wrote about his early life) promising he would soon return home. Shortly afterward he escaped, found his way to a ship, and went back to his family.

An angel appeared to him in a dream, he later wrote, telling him to return to Ireland as a missionary. After a long period of religious training, Patrick went back to the land where he had been a slave to convert the Irish and to minister to those Christians living there.

March 17 is believed to be the date of his death. Although never formally canonized, Patrick came to be considered a saint, and March 17 was celebrated as a religious holiday until 1903, when it became a public holiday in Ireland by an act of the British Parliament.

Anecdotes . . .

Lifetime debts repaid in full

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog.

He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy whom Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer.

At that moment, the farmer's own son came to the door of the family hovel. "Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me take him and give him a good education. If the lad is anything like his father, he'll grow to be a man you can be proud of."

And that he did.

In time, Farmer Fleming's son graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of penicillin.

Years afterward, the nobleman's son was stricken with pneumonia. What saved him? Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son's name? Sir Winston Churchill.

Family Matters . . .

Prepare now for those 'tough talks' with your kids

Parents need to discuss lots of tough issues with their children: relationships, alcohol, sexuality, drugs, and other topics that may make you feel uncomfortable. The best way to prepare is to keep the lines of communication open and flourishing all the time. Follow these guiding principles:

- **Maintain an open environment.** Let your children know that you're interested in what they're doing, that you care about what they're thinking, and that you're available to listen to them when they want to talk.
- **Give them your undivided attention.** If you're watching TV or doing

the dishes when your child approaches you, drop everything to listen. Give the child one-on-one attention to show you value what he or she has to say.

- **Be proactive.** Don't wait for kids to bring up sensitive issues. Start the conversation for them when you think they're ready for information about the issues they're facing. Children need to hear from their parents first.
- **Respect their intelligence.** Don't condescend. They probably know more than you expect. Even if they

For Renoir, paint trumped pain

Although Henri Matisse was nearly 28 years younger than Auguste Renoir, the two great artists were dear friends and frequent companions.

When Renoir was confined to his home during the last decade of his life, Matisse visited him daily. Renoir, almost paralyzed by arthritis, continued to paint in spite of his infirmities.

One day as Matisse watched the elder painter working in his studio, fighting torturous pain with each brush stroke, he blurted out: "Auguste, why do you continue to paint when you are in such agony?"

Renoir answered simply: "The beauty remains; the pain passes."

And so, almost to his dying day, Renoir put paint to canvas.

One of his most famous paintings, "The Bathers," was completed just two years before his passing, 14 years after he was stricken by the disabling disease.

don't, they'll want to be taken seriously, no matter how old they are.

- **Keep the dialogue going.** Talk often—especially about important topics. One-time explanations or lectures can become highly charged confrontations, or leave you with the mistaken impression that your children now have all the answers they need.
- **Be honest.** Avoid double-talk. Give straightforward, honest answers to their questions. Most children can spot evasions easily, and you'll lose credibility as a result.