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Work / Life



NAVIGATOR

There is power in positive expectancy!

More than any other characteristic, quality, or trait of human personality, an attitude of positive expectancy is the companion of success in every achievement, every worthwhile venture, every upward step in human progress.

William James, the founder of American psychology, said: "The one thing that will guarantee the successful conclusion of a doubtful undertaking is faith in the beginning that you can do it."

Gaining the Slight Edge!

The slight edge is enough to enable one person to exceed the achievements of others to an almost unbelievable degree. Yet the difference in skill, ability, and intelligence between winners and losers is almost always very small and insignificant. When two people are approximately equal in all other qualities, an attitude of positive expectancy makes the winning difference in their performance.

- The difference between a .250 and .350 batting average is only one hit every ten times at bat! Yet that difference brings huge rewards!

- A one-stroke advantage in a golf tournament can bring about enormous dividends!

Believe in Yourself!

- When you believe in yourself, others will believe in you.
- They will put their trust in your ideas.
- They will cooperate with you.
- And they will receive the same benefits of this positive expectancy from their own experience.

Believing in yourself and in your work enables you to multiply your efforts and magnify your results.

Develop an Attitude of Positive Expectancy!

An attitude of positive expectancy provides the slight edge not only in athletics but also in every area of your life.

Positive expectancy

- transforms you into a self-starter,
- pushes you to develop your potential,



- inspires you to use your imagination and creativity,
- impels you to take purposeful action,
- produces determination,
- forces you to improve and to change, and
- enables you to gain the slight edge!

With positive expectancy, you can surpass your prior levels of success and often achieve a great deal more than others who lack that essential quality. There is magic in positive expectancy!!!

To gain the slight edge and to become even more like your Creator intended you to be, begin now to adopt these beliefs and make them operative in your life:

1. A no-limitations belief in yourself. You are unique. Your dreams come from the essence of who you really are.
2. A no-limitations belief in the potential of other people.

Helping other people recognize their potential and use it meaningfully provides a rich, fulfilling sense of accomplishment. Always encourage others

and be willing to give them an opportunity to prove what they can be and what they can do. Helping others find their slight edge sharpens your own.

3. A no-limitations belief in potentials and possibilities.

The greatest dreams are yet to be dreamed.

The most constructive concepts are yet to be formulated.

The most successful plans are yet to be drawn!

Positive Expectancy Works!

1. It gives you the power of concentration. By focusing all of your thoughts, plans, and actions on the object of your belief, you 1) define your priorities, 2) block out your obstacles, 3) maintain your enthusiasm, and 4) take responsibility for actions necessary to the achievement of your goal.
2. It activates the law of attraction: like attracts like.
 - You attract positive influences and positive situations.
 - You are drawn to positive results.
3. It works through visualization.
 - You can be only what you visualize yourself being.
 - You can do only what you visualize yourself doing.
 - You can have only what you visualize yourself having.

Develop an attitude of positive expectancy. Mental images act as stimuli to both the conscious and subconscious mind.

When you meet any kind of obstacle or roadblock, try again immediately. Setbacks are supposed to be temporary, they become permanent failures only if you stop trying.

Refuse to let what anyone says, thinks, or does discourage you! Put into action the power of positive expectancy and proceed and persevere!

The slight edge, bolstered by the power of positive expectancy, empowers you to build a storehouse of accomplished goals.

Take time to record your accomplishments in writing. A written record serves as a source of satisfaction, providing a warm glow of achievement that can sustain you through tough times and serve as a wellspring of encouragement to yourself and to others.



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Web Site Picks

Retire Rich, Happy...and SOON!

<http://www.retired.com> is the ultimate lifestyle destination for living the "good life." Find tools to help you retire faster and easier or improve the quality of fun and leisure in your "victory" years. To lure you to visit, Retired.com is giving away five luxury vacations and cruises. You could become a winner just by stopping by and taking a look around.



Inspiration

Integrity

It is not what we eat
But what we digest
That makes us strong;

Not what we gain
But what we save
That makes us rich;

Not what we read
but what we remember
that makes us learned;

and not what we profess
but what we practice
that gives us integrity

—Anonymous

Resources You Can Use

The following are available from the Work/Life Library:

Life Balance by Linda and Richard Eyre

The authors show you how to bring harmony to your everyday life through Priority Balance, Attitude Balance, and Goal Balance.

Soar...If You Dare by James R. Ball

Re-learn how to dream and the Secret Powers for Success you can use to overcome any obstacles in your path.

Humor

Signs Seen Around the World:

Cocktail lounge, Norway: "LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR."

At a Budapest zoo: "PLEASE DO NOT FEED THE ANIMALS. IF YOU HAVE ANY SUITABLE FOOD, GIVE IT TO THE GUARD ON DUTY."

Doctor's office, Rome: "SPECIALIST IN WOMEN AND OTHER DISEASES."

Hotel, Acapulco: "THE MANAGER HAS PERSONALLY PASSED ALL THE WATER SERVED HERE."

Information booklet about using a hotel air conditioner, Japan: "COOLES AND HEATES: IF YOU WANT JUST CONDITION OF WARM AIR IN YOUR ROOM, PLEASE CONTROL YOURSELF."

Car rental brochure, Tokyo: "WHEN PASSENGER OF FOOT HEAVE IN SIGHT, TOOTLE THE HORN. TRUMPET HIM MELODIOSLY AT FIRST, BUT IF HE STILL OBSTACLES YOUR PASSAGE THEN TOOTLE HIM WITH VIGOR."

In a Nairobi restaurant: "CUSTOMERS WHO FIND OUR WAITRESSES RUDE OUGHT TO SEE THE MANAGER."

On the grounds of a private school: "NO TRESPASSING WITHOUT PERMISSION."

On an Athi River highway: "TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE."

On a poster at Kencom: "ARE YOU AN ADULT THAT CANNOT READ? IF SO, WE CAN HELP."

In a City restaurant: "OPEN SEVEN DAYS A WEEK AND WEEKENDS."

On one of the Mathare buildings: "MENTAL HEALTH PREVENTION CENTRE."

A sign seen on an automatic restroom hand dryer: "DO NOT ACTIVATE WITH WET HANDS."

In a cemetery: "PERSONS ARE PROHIBITED FROM PICKING FLOWERS FROM ANY BUT THEIR OWN GRAVES."

Tokyo hotel's rules and regulations: "GUESTS ARE REQUESTED NOT TO SMOKE OR DO OTHER DISGUSTING BEHAVIOURS IN BED."

On the menu of a Swiss restaurant: OUR WINES LEAVE YOU NOTHING TO HOPE FOR."

Hotel room notice, Chiang-Mai, Thailand: "PLEASE DO NOT BRING SOLICITORS INTO YOUR ROOM."

Hotel brochure, Italy: "THIS HOTEL IS RENOWNED FOR ITS PEACE AND SOLITUDE. IN FACT, CROWDS FROM ALL OVER THE WORLD FLOCK HERE TO ENJOY ITS SOLITUDE."

Health

Foot Care

Disease, years of wear and tear, ill-fitting or poorly designed shoes, poor circulation to the feet, or improperly trimmed toenails cause many common foot problems.

To prevent foot problems, check your feet regularly—or have them checked by a member of the family—and practice good foot hygiene. Podiatrists and primary care physicians (internists and family practitioners) are qualified to treat most foot problems; sometimes the special skills of an orthopedic surgeon or dermatologist are needed.



Preventing Foot Trouble

Improving the circulation of blood to the feet can help prevent problems. Exposure to cold temperatures or water, pressure from shoes, long periods of sitting, or smoking can reduce blood flow to the feet. Even sitting with your legs crossed or wearing tight, elastic garters or socks can affect circulation. On the other hand, raising the feet, standing up and stretching, walking, and other forms of exercise promote good circulation. Gentle massage and warm foot baths can also help increase circulation to the feet.



Wearing comfortable shoes that fit well can prevent many foot ailments. Foot width may increase with age. Always have your feet measured before buying shoes. The upper part of the shoes should be made of a soft, flexible material to match the shape of your foot. Shoes made of leather can reduce the possibility of skin irritations. Soles should provide solid footing and not be slippery. Thick soles lessen pressure when walking on hard surfaces. Low-heeled shoes are more comfortable, safer, and less damaging than high-heeled shoes.

Common Foot Problems

Fungal and bacterial conditions—including athlete's foot—occur because the feet are usually enclosed in a dark, damp, warm environment. These infections cause redness, blisters, peeling, and itching. If not treated promptly, an infection may become chronic and difficult to cure. To prevent these conditions, keep the feet—especially the area between the toes—clean and dry and expose the feet to air whenever possible. If you are prone to fungal infections, you may want to dust your feet daily with a fungicidal powder.

Dry skin can cause itching and burning feet. Use mild soap sparingly and a body lotion on your legs and feet every day. The best moisturizers contain petroleum jelly or lanolin. Be cautious about adding oils to bath water since they can make the feet and bathtub very slippery.

Corns and calluses are caused by the friction and pressure of bony areas rubbing against shoes. A podiatrist or a physician can determine the cause of this condition and can suggest treatment, which may include getting better-fitting shoes or special pads. Over-the-counter medicines contain acids that destroy the tissue but do not treat the cause. These medicines can sometimes reduce the need for surgery. Treating corns or calluses yourself may be harmful, especially if you have diabetes or poor circulation.

Warts are skin growths caused by viruses. They are sometimes painful and if untreated, may spread. Since over-the-counter preparations rarely cure warts, get professional care. A doctor can apply medicines, burn or freeze the wart off, or remove the wart surgically.

Bunions develop when big toe joints are out of line and become swollen and tender. Bunions may be caused by poor-fitting shoes that press on a deformity or an inherited weakness in the foot. If a bunion is not severe, wearing shoes cut wide at the instep and toes may provide relief. Protective pads can also cushion the painful area. Bunions can be treated by applying or injecting certain drugs, using whirlpool baths, or sometimes having surgery.

Ingrown toenails occur when a piece of the nail breaks the skin. This is usually caused by improperly trimmed nails. Ingrown toenails are especially common in the large toes. A podiatrist or doctor can remove the part of the nail that is cutting into the skin. This will allow the area to heal. Ingrown toenails can usually be avoided by cutting the toenail straight across and level with the top of the toe.

Hammertoe is caused by shortening the tendons that control toe movements. The toe knuckle is usually enlarged, drawing the toe back. Over time, the joint enlarges and stiffens as it rubs against shoes. Your balance may be affected. Hammertoe is treated by wearing shoes and stockings with plenty of toe room. In advanced cases, surgery may be recommended.

Spurs are calcium growths that develop on bones of the feet. They are caused by muscle strain in the feet and are irritated by standing for long periods of time, wearing badly fitting shoes, or being overweight. Sometimes they are completely painless, but at other times the pain can be severe. Treatments for spurs include using proper foot support, heel pads, heel cups, or other recommendations by a podiatrist or surgeon.

For more information on foot care, write to either of the following:

American Podiatric Medical Association
9312 Old Georgetown Road
Bethesda, MD 20814

American Orthopedic Foot and Ankle Society
222 South Prospect
Park Ridge, IL 60068

Food Tip

When you're preparing a special meal that calls for cooked shrimp, you don't want the odor in your house to announce the menu to your guests. When boiling shrimp, add fresh celery leaves to the water to eliminate the fishy odor, and create, instead, a pleasant aroma.

(Source: Hosting without Hassle by Daisy King)

Fitness Tip

Energy Bars: Not as Healthy as You Might Think

With the summer athletics season in full swing, a University of South Florida dietitian says sports enthusiasts often get better energy and nutrition from munching a handful of dried fruit or a peanut butter sandwich before exercising than from so-called energy bars. Cynthia Sass explains that many energy bars are missing essential nutrients, while substances they do contain may not be cleared with the U.S. Food and Drug Administration. A common ingredient is ephedra, a stimulant that Sass says can increase blood pressure and heart rate beyond safe levels. The FDA has

recently warned against ephedra use, citing a link to "as many as 800 cases of medical problems and a dozen deaths," says Sass. And unless you do marathons or other intensive sports, she adds, the high calories and simple carbohydrates typical of many bars don't provide the kind of energy you need. Better and easy-to-grab sources include apples, yogurt or a dollop of peanut butter on whole-wheat bread.

Home Tips

Great Ideas

Flies or bees bothering you? Spray them with hairspray and they will take a quick dive.

Opening a sealed envelope—Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed.

Use an empty toilet paper roll to store appliance cords. It keeps them neat, and you can write on the roll what appliance it belongs to.

To thaw icy door steps in freezing temperatures, mix warm water with Dawn dishwashing liquid. Pour mixture all over the steps. They won't refreeze.

A damp rag dipped in baking soda takes crayon marks off walls.

Rubbing alcohol on a paper towel removes permanent marker on appliances/counter tops (like store receipt BLUE!).

Sharpen scissors by cutting S.O.S Pads in half. You also end up with twice the number of pads.



Use a nutcracker to twist the lid off a jar.

A little peroxide on a cloth wipes drops of blood off clothes.

Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't

wash windows on a sunny day. They will dry too quickly and will probably streak.

Spray a bit of perfume on the lightbulb in any room to create a lovely light scent in each room when the light is turned on.

Place fabric softener sheets in dresser drawers and clothes will smell freshly washed for weeks to come. You can also do this with towels and linens.

Candles will last a lot longer if placed in the freezer for at least 3 hours prior to burning.

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new!

Address Questions and Comments to:

Evelin Saxinger, Work/Life Program Manager, esaxinge@hq.nasa.gov or 358-1311

An online version of this newsletter may be found at <http://www.hq.nasa.gov/office/codec/cc/navig-5.pdf>

