

Daily Routine

press the snooze button





SNOOZE...
OR LOSE!

*10 "No-War" Ways
to Improve Your Teen's
Sleep Habits*

HELENE A. EMSELLEM, M.D.
WITH CAROL WHITELEY

YOU SNOOZE
YOU LOSE



Set up/ turn off the alarm



To recharge a cell-phone



To give smb. a ride



To carpool with smb.



It's Cool



To Carpool



To spent time in social nets

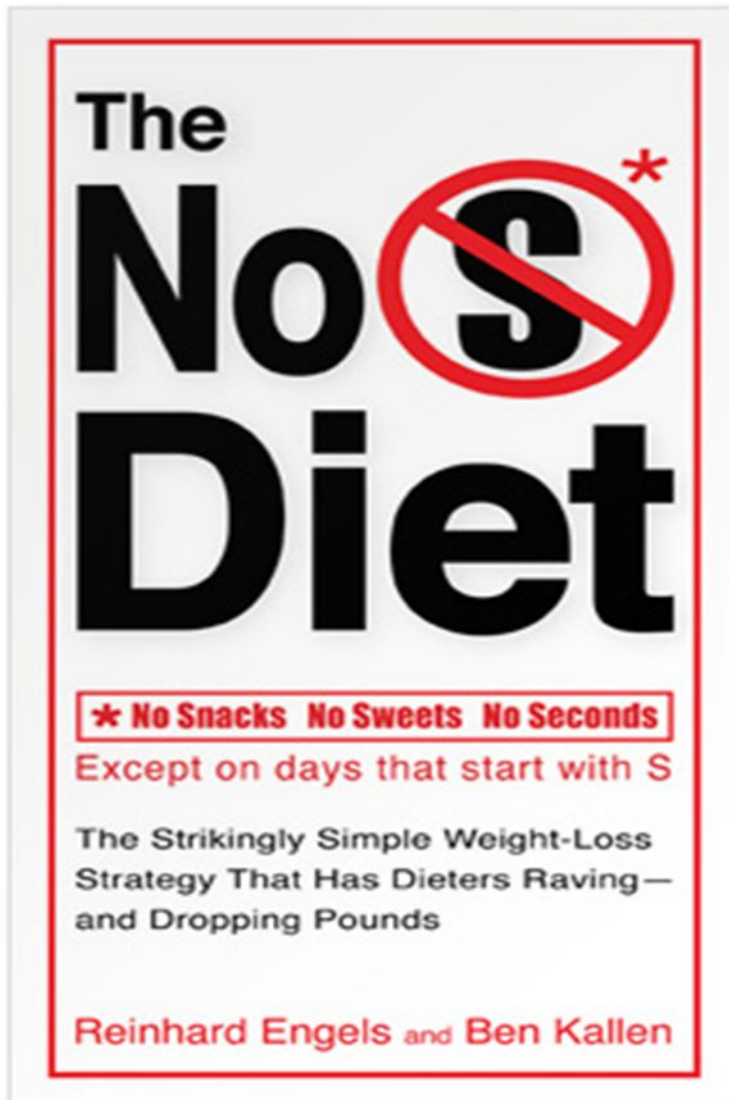


To eat healthy food and avoid junk food





No snacks instead of regular meals



Pet-free and electronics-free sleep



My Studies and Work

To get along with...




To be in good terms with ...



To work around the clock 24/7





The background is light blue with a large, faint watermark of the word 'Harmony'. On the left, there are Roman numerals II, III, IV, and V next to a partial orange clock face. On the right, there is a green clock face showing numbers 7, 8, 9, 10, and 11. In the bottom left, there is a pink clock face showing numbers 1 through 7. The text is centered on the blue background.

*Before Wendy and Billy head down the aisle,
let's help them set their house up in style!*

Please join us for an
Around The Clock Shower

Saturday, June 28th

2:00 p.m - 5:00 p.m.

777 Heavens gates

Given by:

*Toni & Don Rogers
Shirley & Paul Bidlack*

R.S.V.P. 555 - 9876

Registered at: Target & WalMart

***Sample wording
for invitation***

Around the clock bridal shower

At an around-the-clock shower each guest is assigned a time of day to which they will purchase a coordinating gift. You can have multiple guests do the same time for a larger category like dinnertime, etc. Not sure what to get for which hour? Here are some great suggestions:

8 AM – toaster, potholders, tea set, coffee maker

9 AM – towels, bath accessories, bubble bath

10 AM – workout clothes, weights

12 PM – bbq set, dinnerware, games

7 PM – cocktail set, wine, silverware, dinnerware

10 PM – lingerie, bath oils, books

To work overtime





Fantasy Football

To cope with work properly



Marianne Cope, known as the Saint Marianne of Moloka'i, was a German-born American who was a member of the Sisters of Saint Francis of Syracuse, New York. She spent many years caring for the lepers on the island of Moloka'i in Hawai'i.



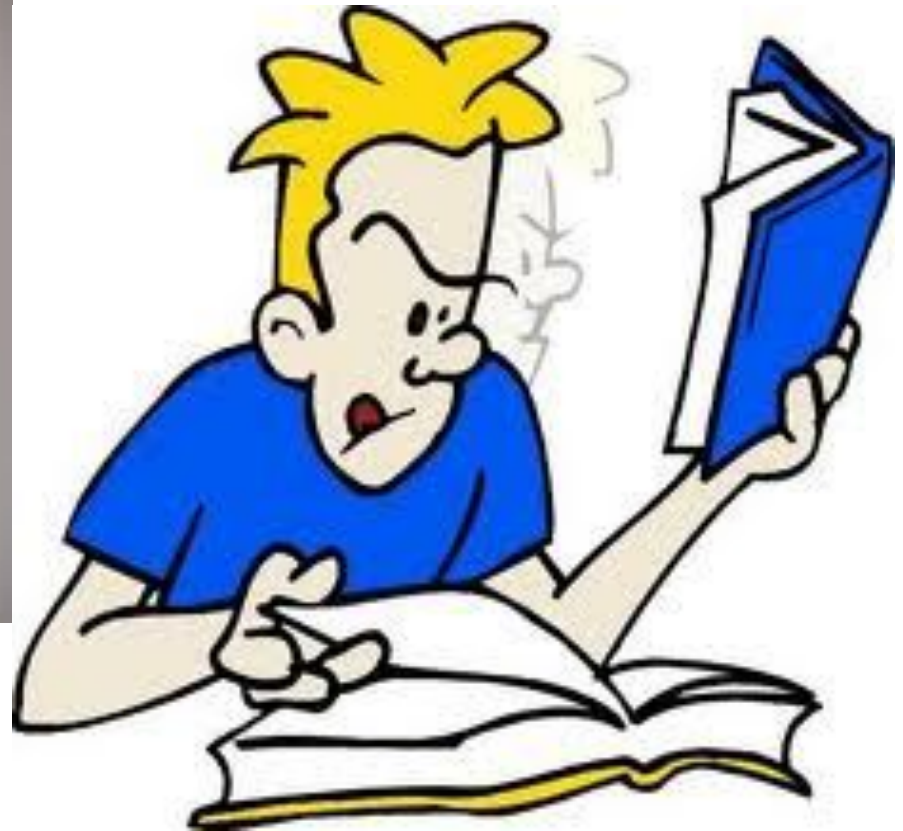
To spend time productively



To set a goal and have a break after it



To use most alert time for studying



Proverbs and Sayings

Once in a blue moon

Blue
Moon?



A Blue Moon? Really?

The moon can sometimes appear reddish, especially during eclipses. But what we call a "blue moon" has nothing to do with its color. Normally there are 12 fully lit, or **full**, moons per year. A **season** of three months should therefore contain three full moons.

No. Not Really

Below: August 2012, a month with two full moons

August 2012

S	M	T	W	T	F	S
			☉	☉	☉	☾
☾	☾	☾	☾	☾	☾	☾
☾	☾	☾	☾	☾	☾	☾
☾	☾	☾	☾	☾	☾	☾
☾	☾	☾	☾	☾	☾	

On occasions where there are four full moons in a season instead of three, the third of the full moons is traditionally called a "blue" moon.

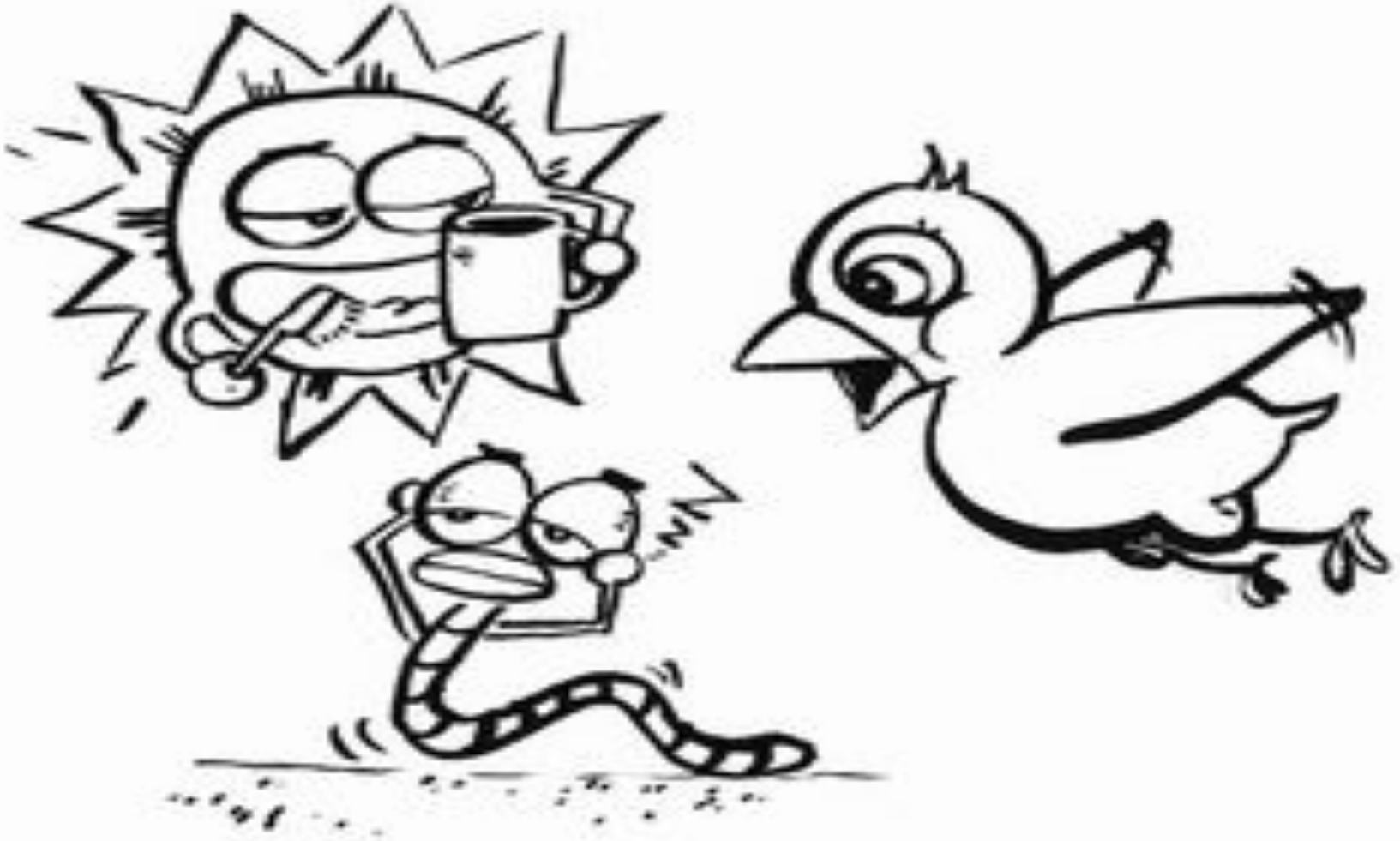
A blue moon happens on average about once in 2.7 years.

Occasionally two full moons will fall within the same month. Some people call the second full moon a blue moon but this is not the term's original meaning.

Procrastination is a thief of time



The early bird catches the worm





The early bird
ate too many worms
and died

Save \$200



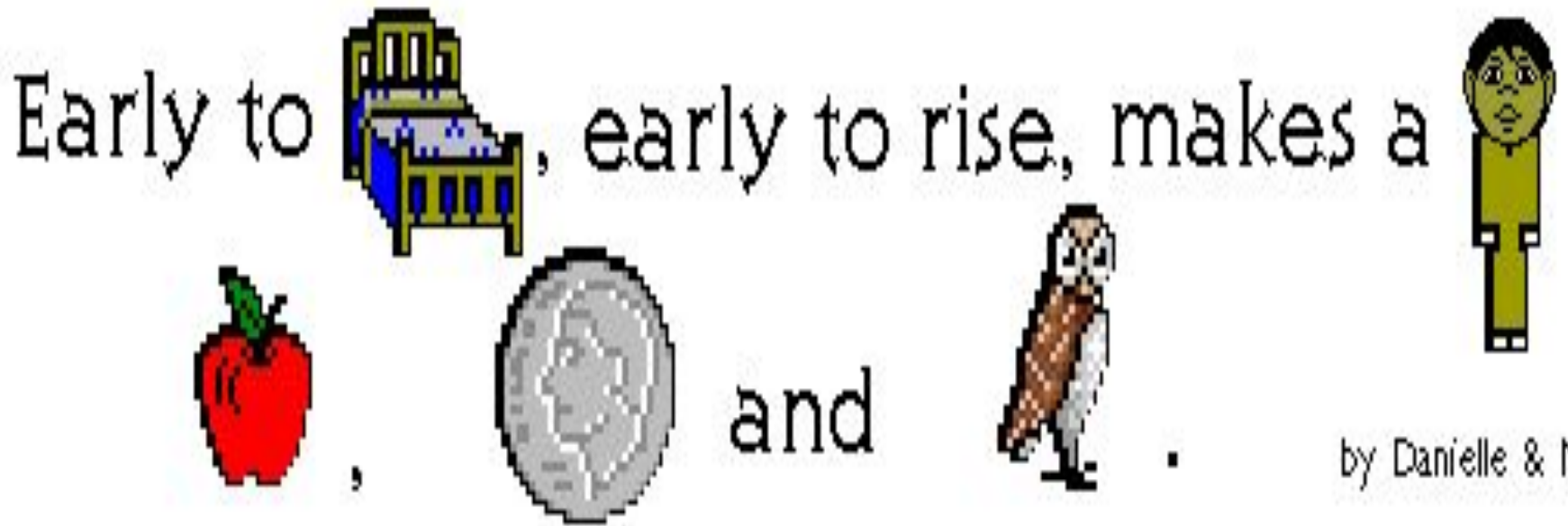
**Early Bird
SPECIAL**

**EARLY BIRD
SPECIAL**

20% OFF

All Meals First Hour of Dinner 4-5pm Mon - Sat

Early to bed, early to rise make a man
healthy, wealthy and wise



by Danielle & Maggie

**Early to Bed, early to rise-
Get to school so you can Be Wise.**



NO Excuses
Go to School

Early To Bed, Early To Rise



Sounds Suspicious To Me.



***Early to Bed,
Early to Rise,
I Need Coffee
to Open My Eyes!***

Actions speak louder than words



All work and no play makes Jack a dull boy

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• Jack is insufferable

Play

• Jack is dull

Work

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JHAGY

Better late than never

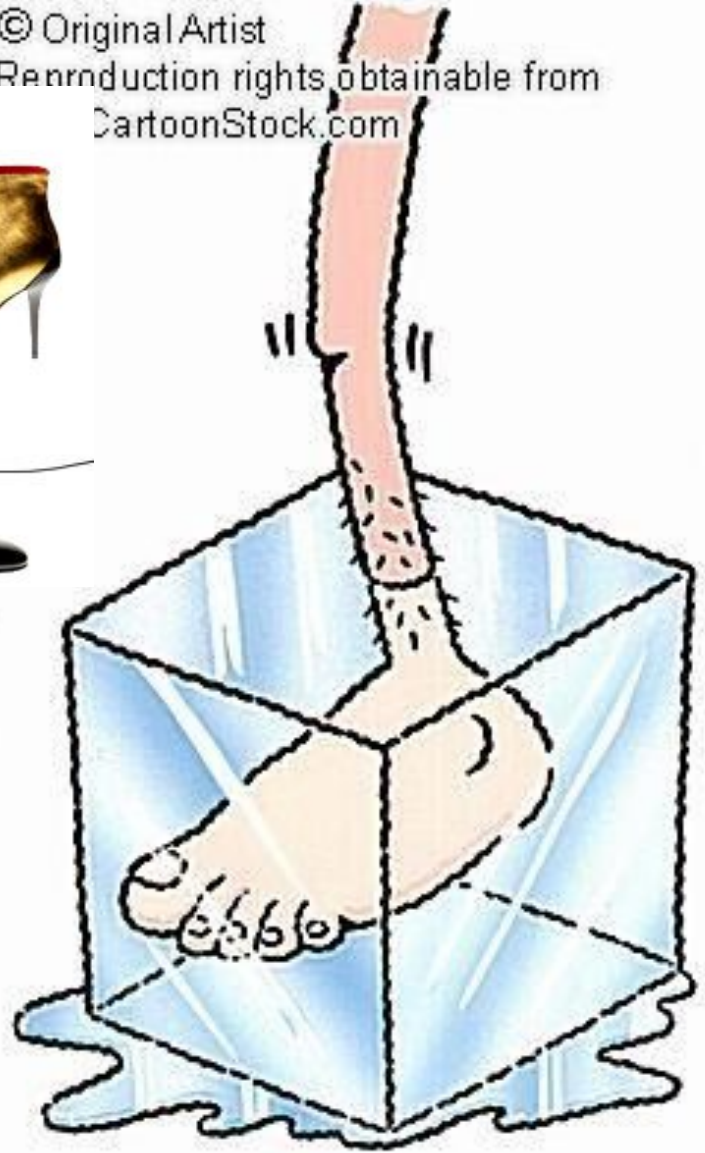


Cool smb.'s heels

COOL
YOUR
HEELS



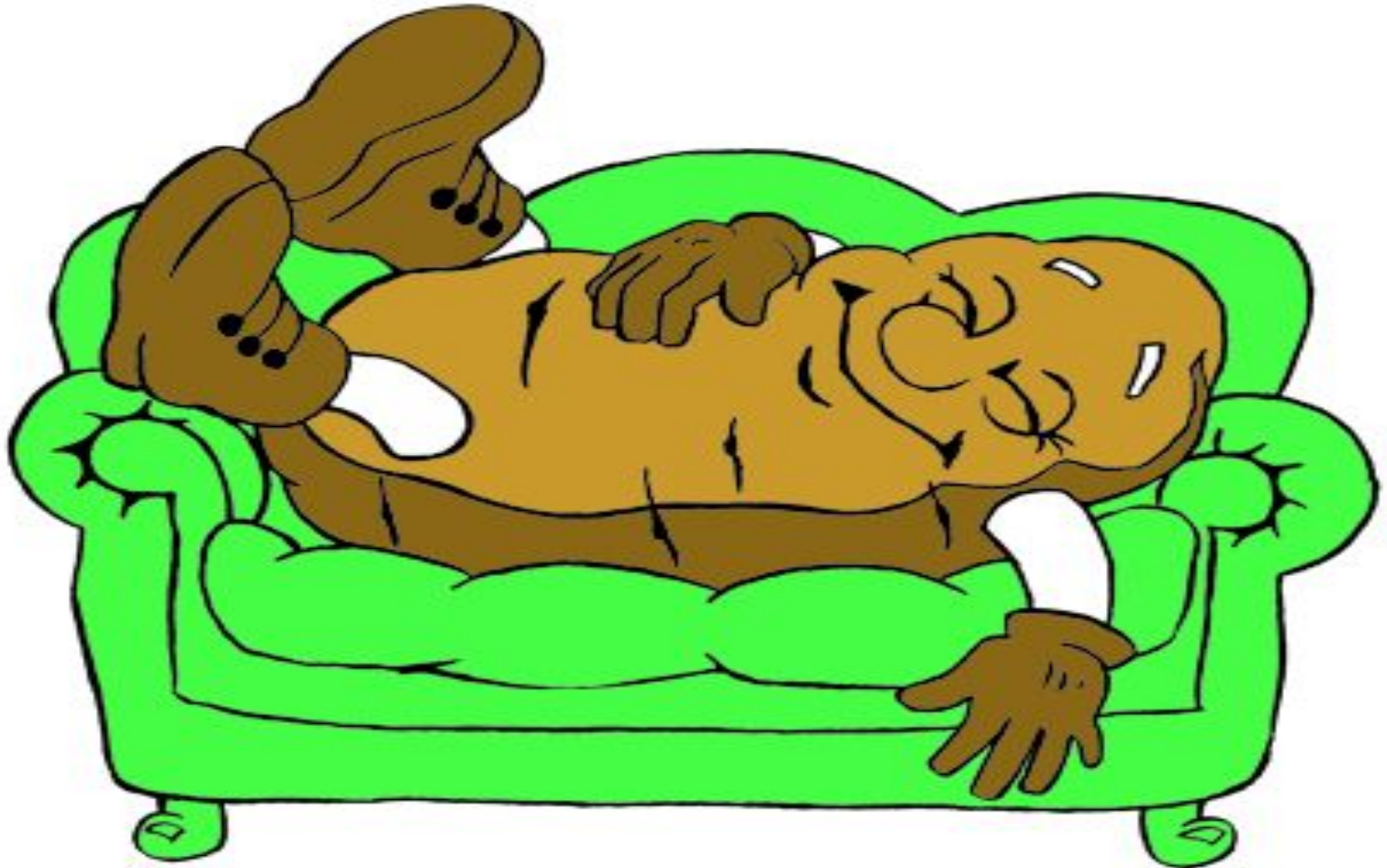
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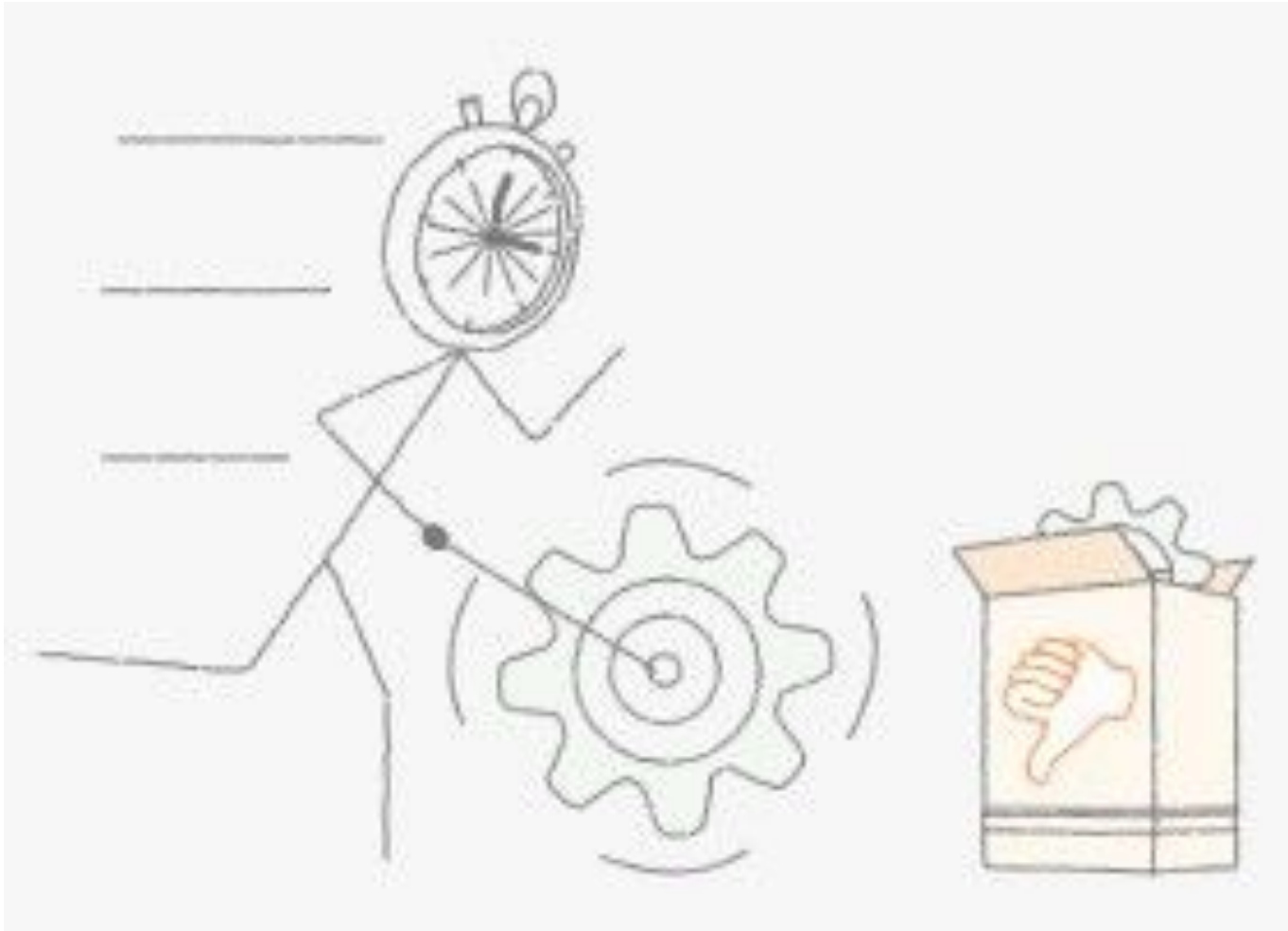
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Couch potato



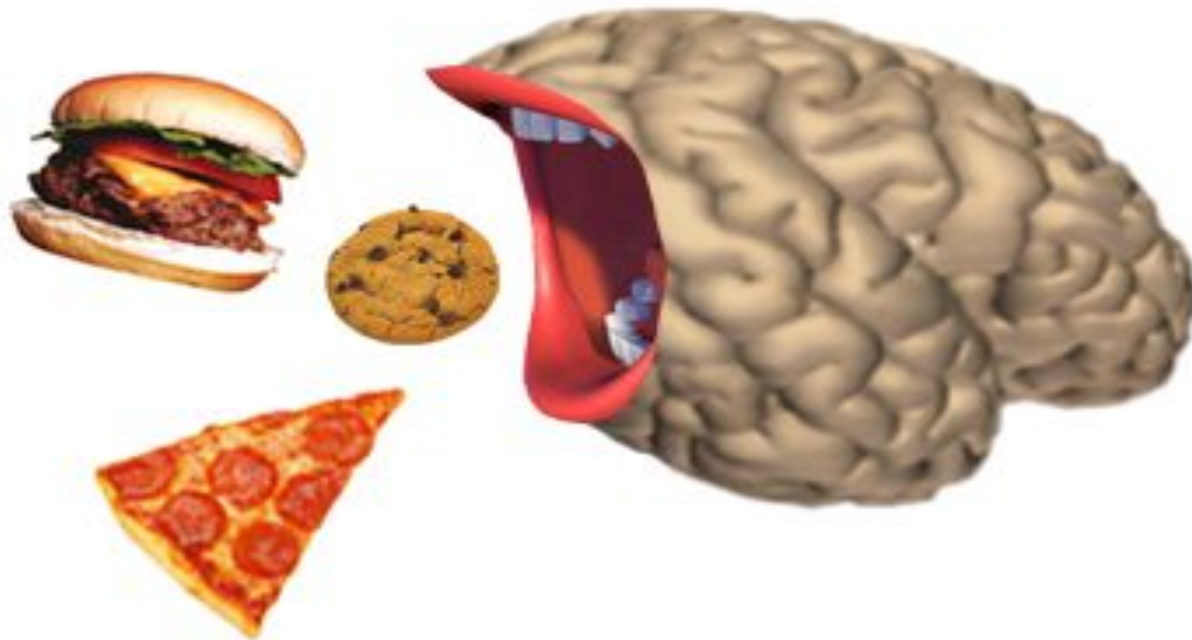
Haste makes waste



One hour sleep before midnight is
worth two after



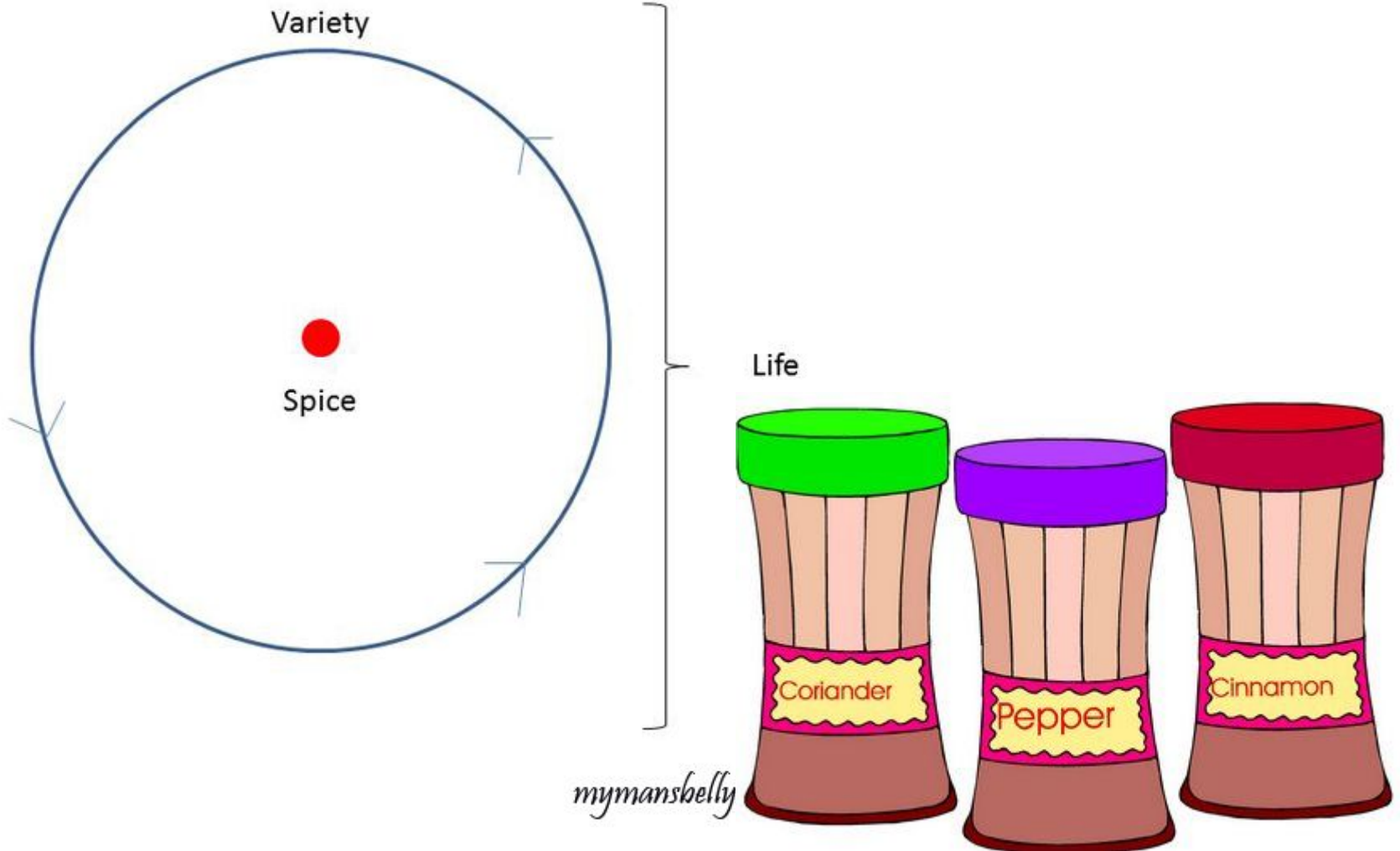
Food for thought



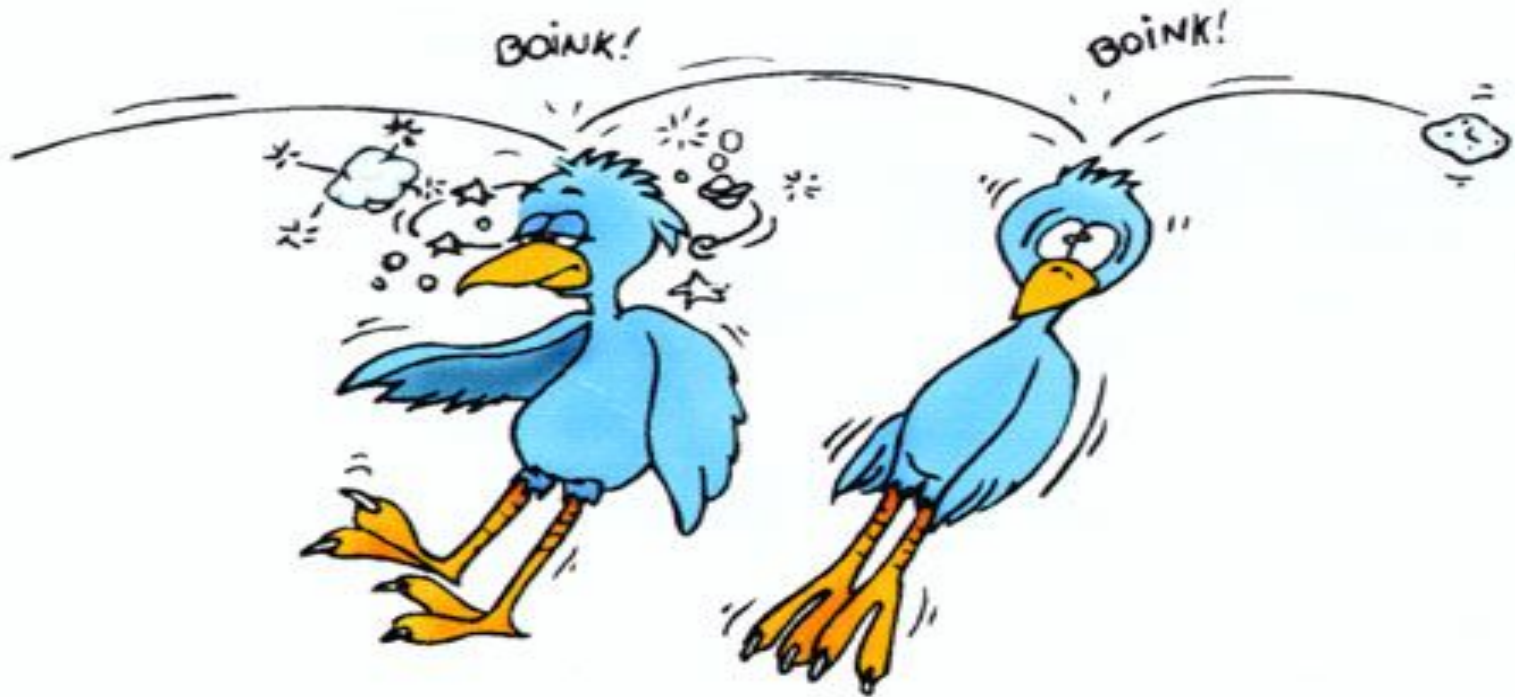
It's easier said than done

THIS IS YOUR LIFE.
DO WHAT YOU LOVE,
AND DO IT OFTEN.
IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
LIFE IS SIMPLE. WHEN YOU EAT, APPRECIATE
EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN; GETTING LOST WILL
HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM

Variety is the spice of life



Kill two birds with one stone



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Practice makes perfect



Life is hectic nowadays



Little strokes fell great oaks

