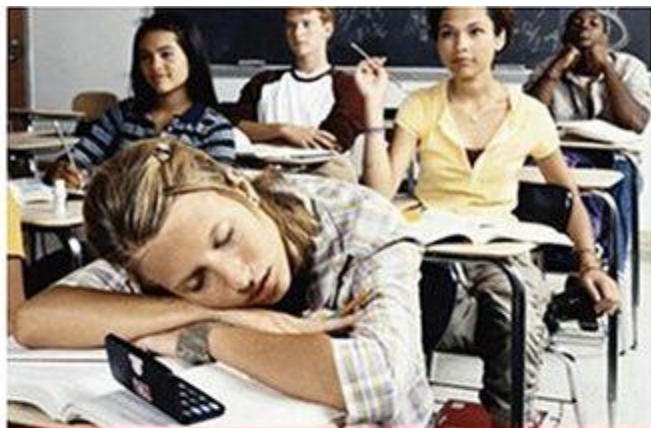


# Daily Routine

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

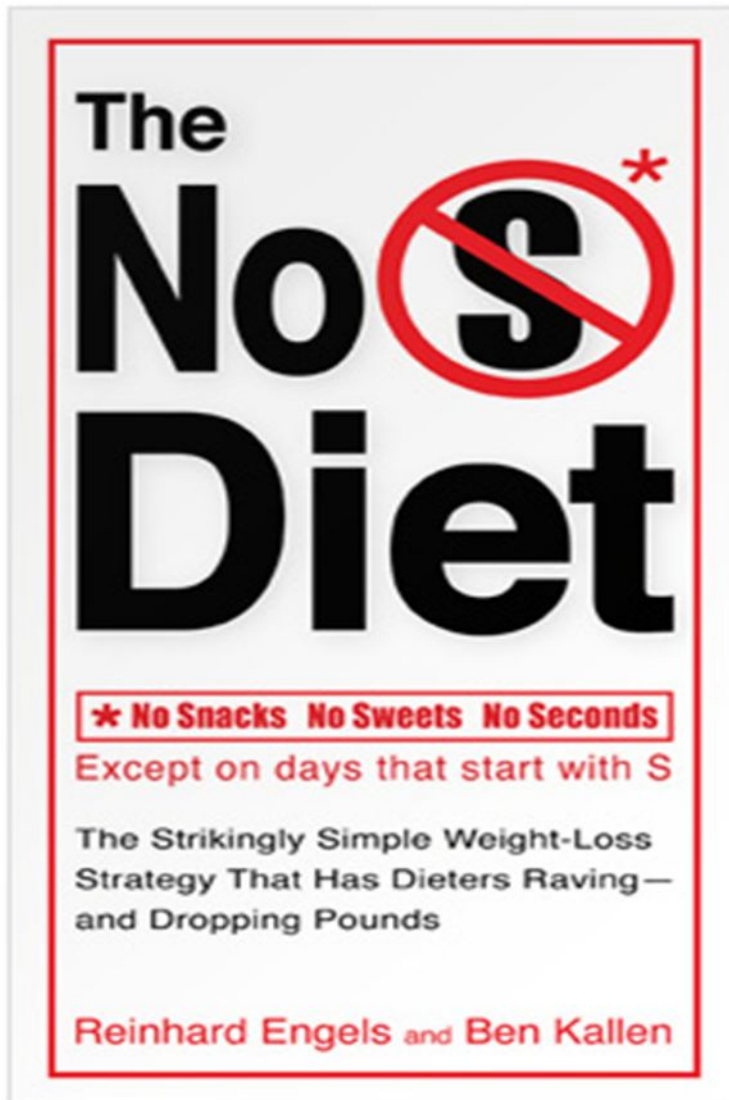


**To eat healthy food and avoid junk food**





# 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 is a partial view of an orange clock face with Roman numerals II, III, IV, and V. On the right, there is a partial view of a green clock face with numbers 7, 8, 9, 10, and 11. In the bottom left, there is a pink clock face with 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





**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.





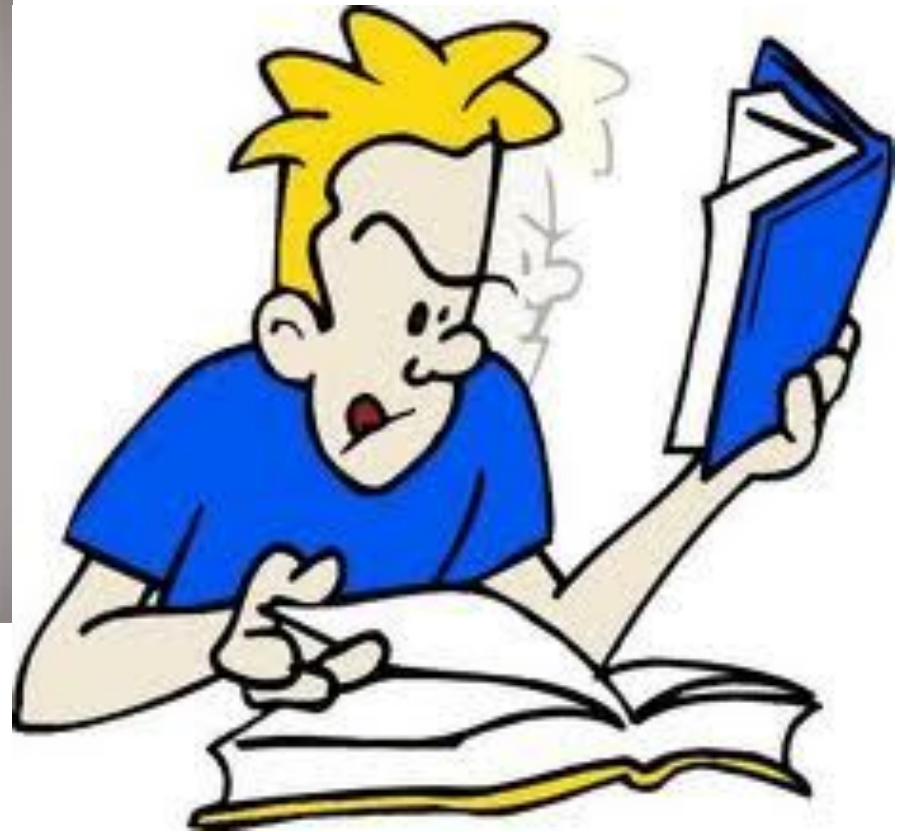


**To set a goal and have a break after it**





# 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.

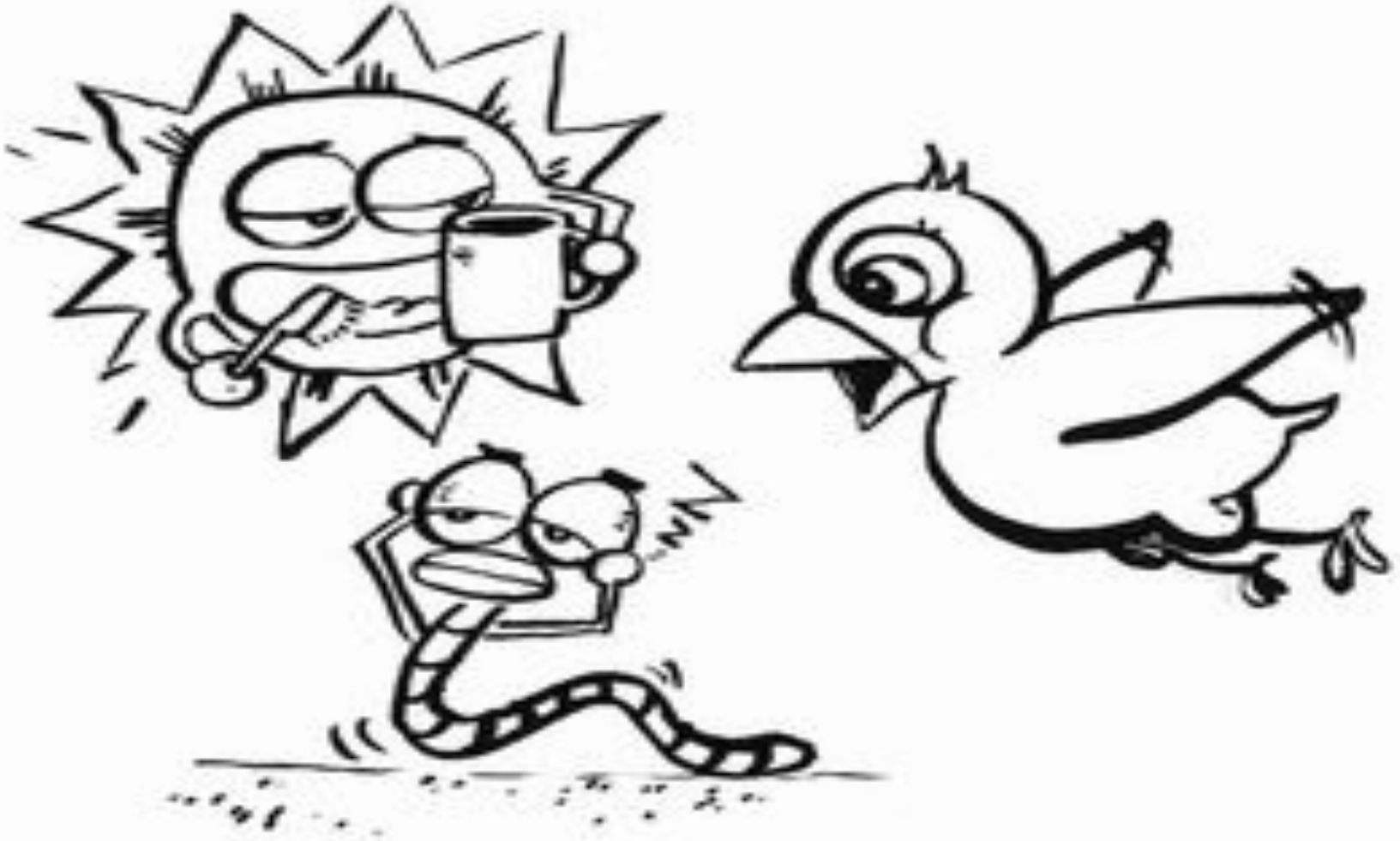
Occasionally two full moons will fall within the same month. Some people call the second full moon a blue moon but this is not the term's original meaning.



# 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

Early to  , early to rise, makes a   
 ,  and  .  
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



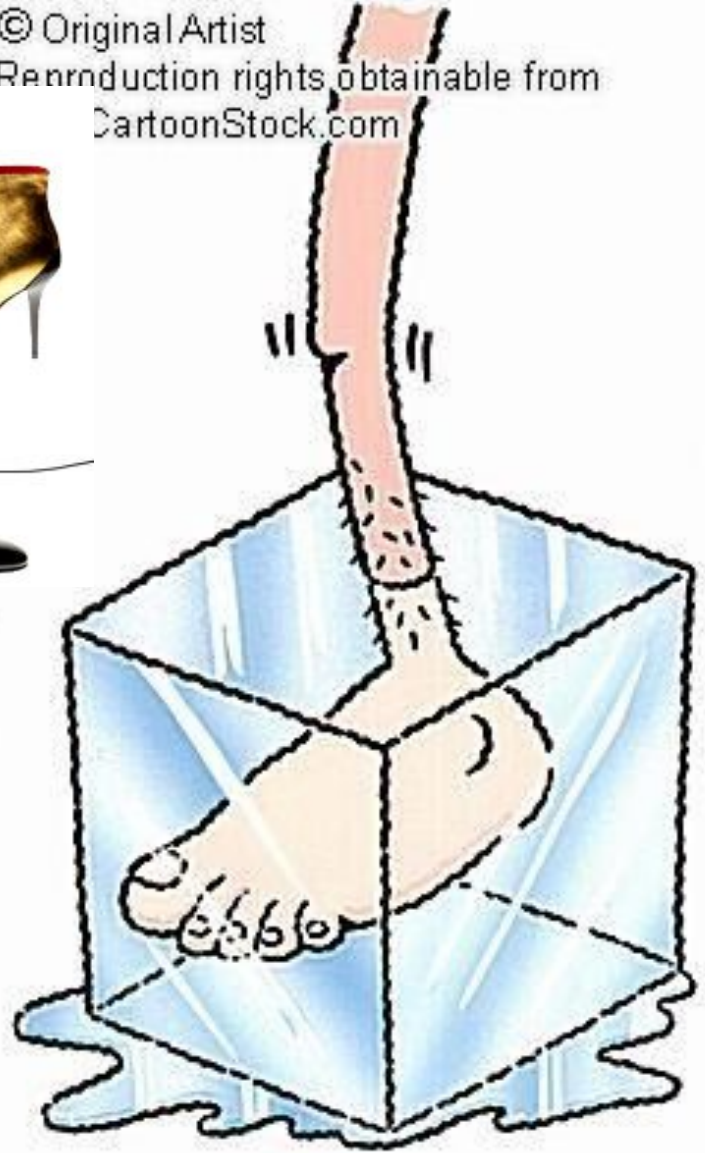


# Cool smb.'s heels

COOL  
YOUR  
HEELS



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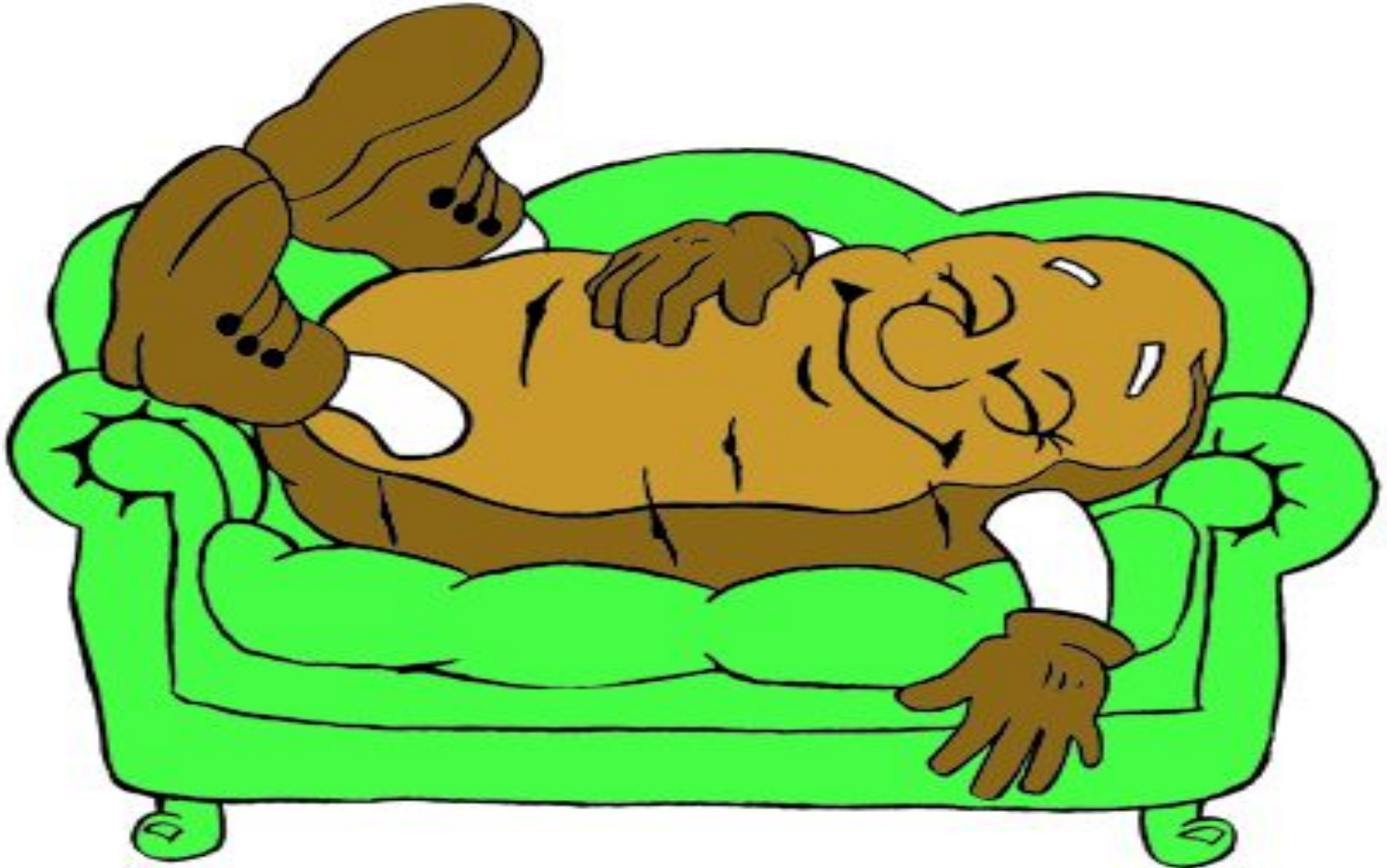


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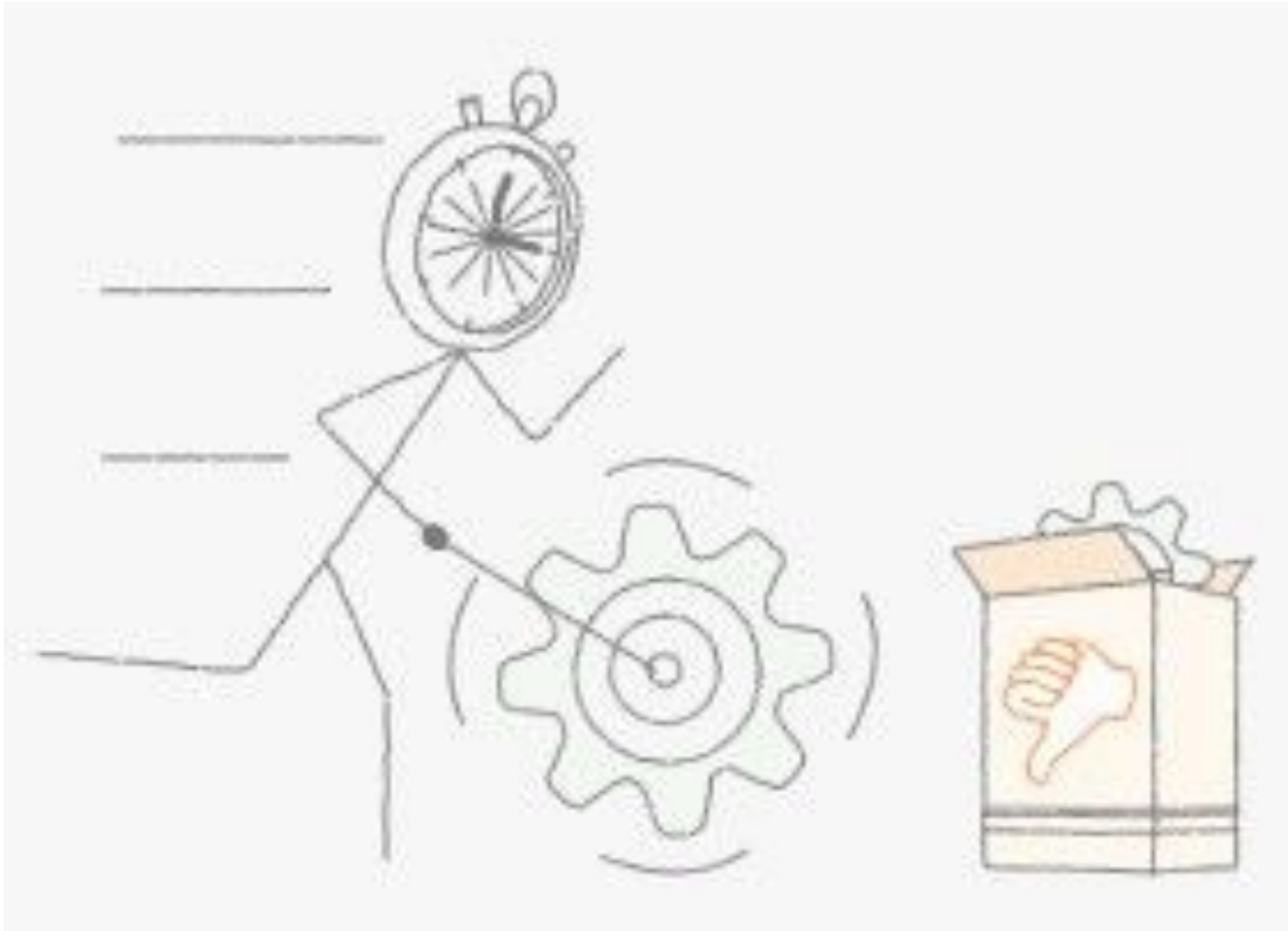




Couch potato



# Haste makes waste



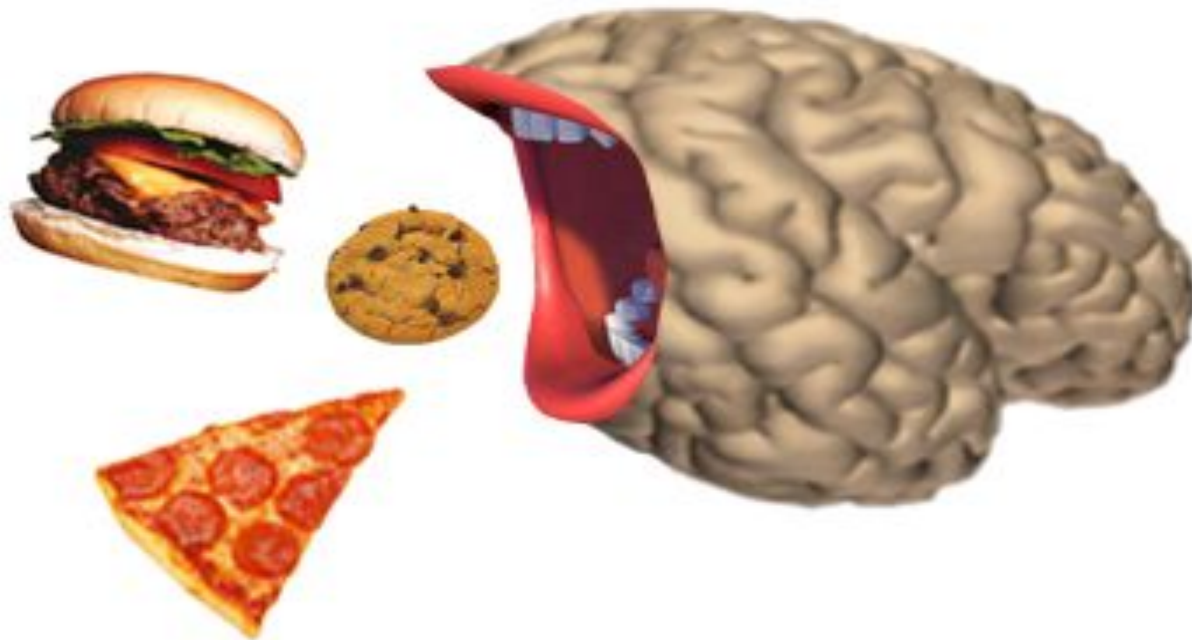
One hour sleep before midnight is worth two after







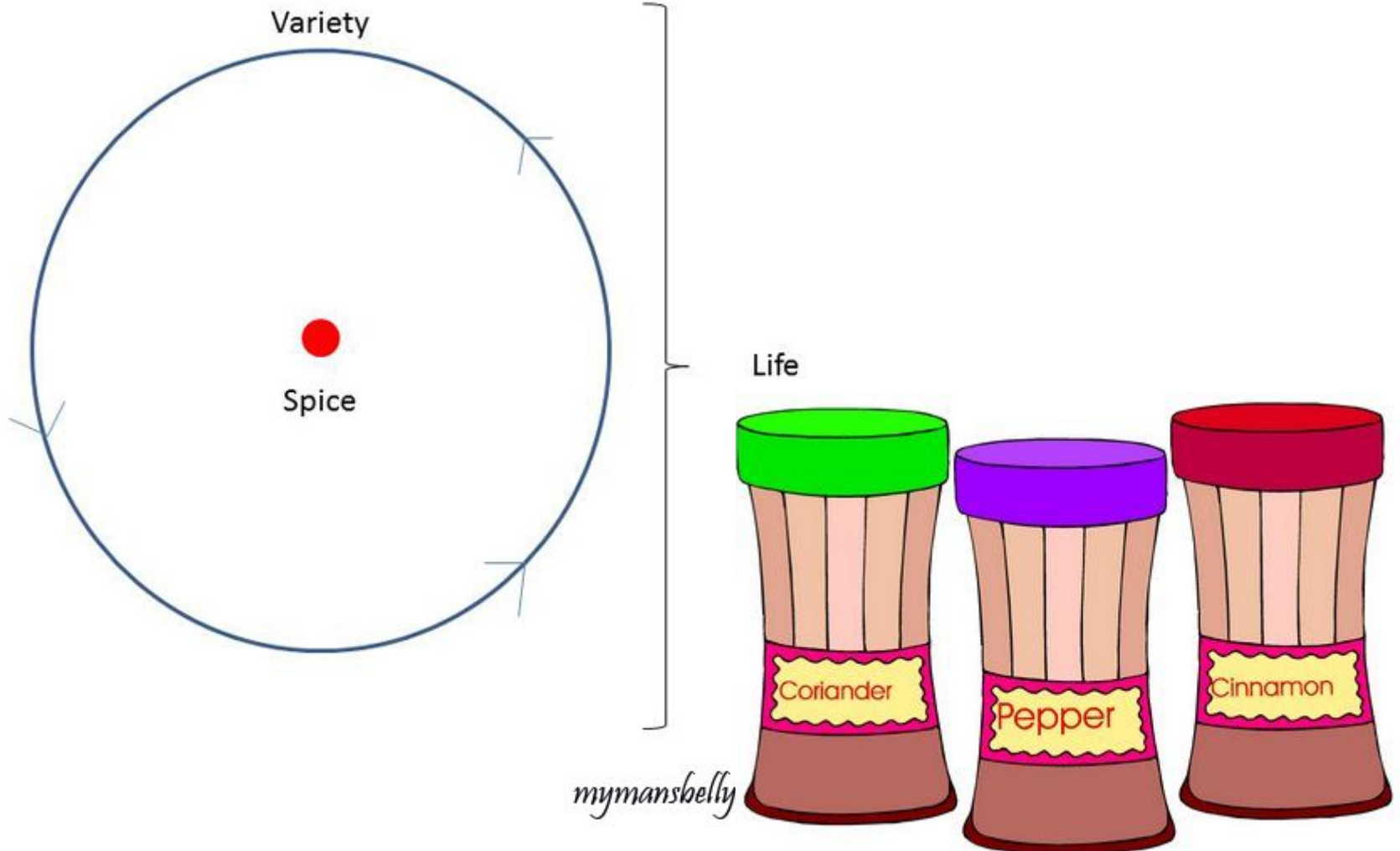
# Food for thought



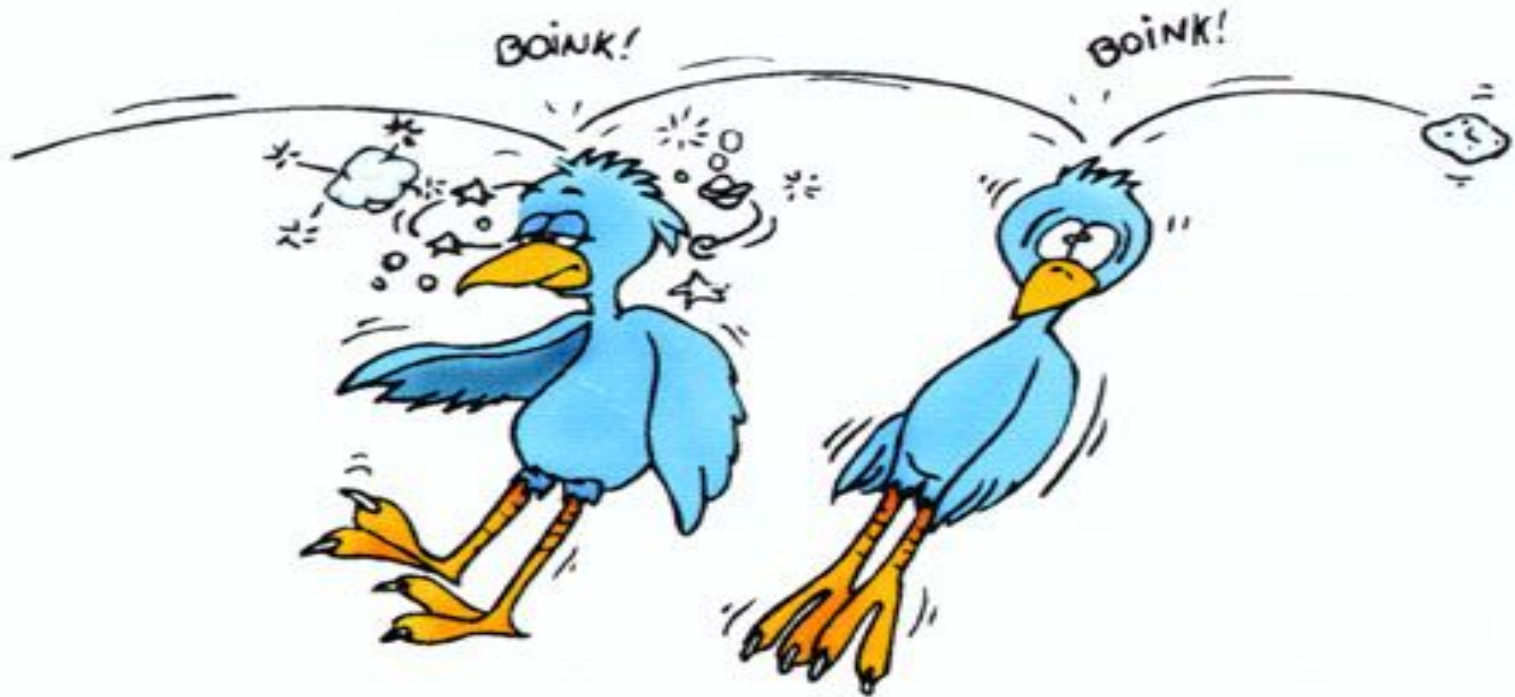
It's easier said than done

**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

