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Talking Points



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"I've learned that even when I have pain, I don't have to be one. I've learned that when I harbor bitterness, happiness docks elsewhere. I've learned that I still have a lot to learn."

*~~Maya Angelou 1928-2014
Poet, Author
Civil Rights Activist*

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Are you a Dog or Cat Person?

"DOG PEOPLE VS. CAT PEOPLE"

"Dog people' and 'Cat people' have long viewed each other with some suspicion, and a new study shows that the two camps really do tend to have different personalities, LiveScience.com reports. Dog owners tend to be more outgoing, energetic, & self-confident, researchers found. The feline-inclined, on the other hand, tend to be more introverted and neurotic, and are 30% more likely to live alone. But the average cat owner is also smarter and more sensitive than the average dog owner.

The results are based on a survey of 600 college students, 60% of whom characterized themselves as dog people, and 11 % as cat people; the rest professed love for both, or neither. Researchers suspect that the personality differences stem from people choosing pets based on the kind of experiences they expect the animals to provide. 'It makes sense that a dog person is going to be more lively, because they're going to want to be out there, outside, talking to people, bringing their dog,' says Carroll University researcher Denise Guastello. People who prefer to be indoors, and are cautious of others, are more likely to choose a cat."

~~Health & Science The Week June 2014

FMLA Coverage: To be eligible for FMLA coverage, employees must have logged at least how many hours with that employer in the previous 12 months? Answer: 1,250 hours.

~~HR Specialist-Employment Law June 2014

Blood....What about it?

- The average adult has about 4.7 to 5 liters of blood OR about 5 quarts of blood.
- In an average healthy adult, the volume of blood is about one-eleventh of the body weight.
- The heart pumps all the blood in the body each minute when the body is at rest.
- In humans, blood is the fluid that transports nutrients and oxygen to every cell in the body.
- Blood also transports wastes away from cells.
- Blood keeps our body temperature steady by carrying excess heat from regions of the body to the skin where it can be dissipated.
- Blood also fights infection and carries chemicals that regulate many body functions.
- People who live at high altitudes, where the air contains less oxygen, may have up to 1.9 liters more blood than people who live in low altitude regions. The extra blood delivers additional oxygen to body cells. One of the reasons athletes train in high altitude areas.

~~The Physics Factbook 1998

Mary Jane's pick of best books to read this summer:

First Pick: Long Walk To Freedom, the Autobiography of Nelson Mandela
Born: July 18, 1918 Mvezo, South Africa
Died: December 5, 2013 Houghton Estate, South Africa

Second pick: The Valley of Amazement, by Amy Tan. Fiction.

Third pick: Out of My Life and Thought: An Autobiography, by Albert Schweitzer, M.D. "European pioneer of medical service in Africa"
"Music scholar, philosopher, lover of all animals".....