

October 16, 2011

HAPPY BOSS'S DAY

FREIDA!

Dear Freida:

*Being the one in charge is definitely hard  
And is sometimes thankless.*

*Hence this poem from those  
who work with you who wish to say*

*Thank You, Freida, on Boss's Day!*

*This Day is Special and it's just for you  
To tell you much we appreciate you!*

*We cannot tell how happy we are  
To have the Boss the way you are.  
We have someone who listens to us,  
We have someone to guide us through.  
The problems could have never been simple  
If you had not given us confidence to fight them through.*



*You have accepted us the way we are,  
You have made us perform and make that mark!  
The job of success has always prevailed  
Because any failure distinctively got nailed.*

*We are a team and we love to perform,  
We like to take a storm by its horns.*

*This Day is Special and it's just for you  
To tell how much we appreciate you!*



**SW ORLANDO**  
**From Jodi:**

*Good morning, all!*

*Well, August 18th we had the Open House  
for the Fisher Rushmer Law Firm, and then  
on September 8th we had the Open House  
for Morgan & Morgan.*

*Both times the food was catered by  
Incredibly Edible here in Orlando. The food  
was well received by all.*

*We received a lot of comments from  
secretaries about how classy the decorating  
here was and how nice of an office we have.*

*We are getting more bookings from  
Morgan & Morgan from the Open House.*

## METHODS OF COPING WITH STRESS

BY LYNN EDINOFF, MSW

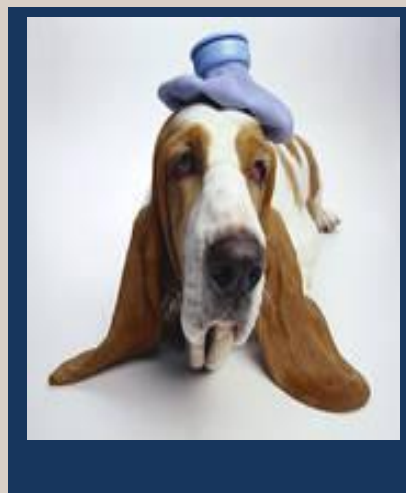
**1. THERE ARE SIGNS** you may be under too much stress. Listen to your body! When you are under stress emotionally, you may have physical symptoms. Pay attention to them.

Some Signs and symptoms can be:

- Heart palpitations or racing heart
- Migraine headaches, tension headaches
- Muscle spasms
- Flushing, perspiring
- Cold hands and feet
- Hyperventilation, shallow breathing
- Apathy, depression, withdrawal from life
- Loss of appetite or increased appetite
- Binging on food, alcohol, or other drugs
- Irritability, being angry all the time

**2. TECHNIQUES AND IDEAS** we can all put into practice to reduce the ways in which stress affects us both emotionally and physically:

- Take regular vacations, and go away!
- Do Not skip coffee and lunch breaks.
- Have interests and hobbies outside of work.
- Yes, regular physical exercise is a must.
- Express your emotions, negative & positive.
- Learn to cry. It releases toxins.
- Allow yourself to get angry and constructively release this anger. Take it out on a pillow!
- Have support: fellow employees, friends...
- Learn to set limits!!!!
- Know when you should say "No."
- Listen to your body! Everyone is different.
- Accept and love yourself - no matter what!



SHE'S THERE SOMEWHERE! - FIND  
YOUR INNER LITTLE GIRL AGAIN  
and ENJOY LIFE!



## **IT IS OFFICIALLY AUTUMN!**

And as if on cue,  
cooler weather has arrived in Florida.

Celebrate the break from the  
heat and humidity of the Florida summer  
by taking to the streets in Winter Park for the  
**Annual Autumn Art Festival!**

### **Winter Park – October 8 & 9, 2011**

In its 38<sup>th</sup> year, the Winter Park Autumn Art Festival features musical entertainment, food, and children's activities, along with over 100 of Florida's finest artists. All this combines for a weekend of family fun. There is a children's hands-on art workshop both days.

Held at Central Park, located along Park Avenue in Downtown Winter Park.

Hours are from 9 a.m. to 5 p.m. with free admission.

Only great minds can read this.

**TEST YOURSELF!**

fi yuo cna raed tihs, yuo hvae a gaert  
mniid, too.

Cna yuo raed tihs? Olny 55 plepoe  
out of 100 can.

i cdnuolt blveiee taht I cluod aulacly  
uesdnatnrd waht I was rdanieg. The  
phaonmneal pweor of the hmuan  
mniid, aoccdrnig to a rscheearch at  
Cmabrigde Uinervtisy, it dseno't  
mtaetr in waht oerdr the ltteres in a  
wrod are, the olny iproamtnt tihng is  
taht the frsit and lsat ltteer be in the  
rghit pclae. The rset can be a taotl  
mses and you can sitll raed it  
whotuit a pboerlm. Tihs is bcuseae  
the huamn mniid deos not raed ervey  
lteter by istlef, but the wrod as a  
wlohe. Azanmig huh?

Yaeh, and I awlyas tghuhot slpeling  
was ipmorantt!

### The Old Courthouse Bartow



## IS THIS COURTHOUSE TRULY HAUNTED?

The Old Courthouse was built in 1909. A previous courthouse was built on the same plot of land in 1883, but was demolished. It is the third building to serve as a courthouse in the area.

There are many ghost stories for this location. Some of the most common ones include hearing screams of pain coming from one of the four basements. It is said that a worker was killed there from an explosion.

Feelings of sadness have been felt by many when on the second floor area, as well as seeing the apparitions of two men, said to be the bodies of the Mann brothers, who were lynched by a mob for committing murder. Their bodies were displayed in this area after they were killed.

On the third floor and near the second floor bathrooms, an apparition of a lady in white has been seen. Who she is, however, remains a mystery.

The other most common report is of a room on the first floor that contains ancient Indian artifacts, strange things are said to happen in this room, from footsteps, to objects being moved and malfunctioning electrical equipment that was thought to be working perfectly.

## HAVE A HAPPY & SAFE HALLOWEEN!

### Toasted Pumpkin Seeds Recipe

#### INGREDIENTS

One medium sized pumpkin  
Salt  
Olive oil

#### METHOD

- 1** Preheat oven to 400°F. Cut open the pumpkin and use a strong metal spoon to scoop out the insides. Separate the seeds from the stringy core. Rinse the seeds.
- 2** In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a half tablespoon of salt for every cup of water (more if you like your seeds saltier). Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain.
- 3** Spread about a tablespoon of olive oil over the bottom of a roasting pan. Spread the seeds out over the roasting pan, all in one layer. Bake on the top rack until the seeds begin to brown, 10-20 minutes. When browned to your satisfaction, remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating. Either crack to remove the inner seed (a lot of work and, in my opinion, unnecessary) or eat whole.

