



can you guess the year?

- Kentucky Fried Chicken officially changes its name to KFC.
- The hit TV series *Beverly Hills 90210* premieres.
- The average cost of a gallon of gas is \$1.12.
- The first website is published, and the number of computers on the Net reaches one million.
- The Super Nintendo gaming system is released in the U.S.
- Patrick Swayze is named the "Sexiest Man Alive" by *People* magazine.
- The airbag is invented to increase safety in vehicles.
- Nicoderm CQ's nicotine patch is approved by the FDA.



Patrick Swayze

- The Minnesota Twins win the World Series against the Atlanta Braves.
- Serial killer Jeffrey Dahmer is arrested in Milwaukee, Wisc.
- Amateur video captures police officers beating motorist Rodney King in Los Angeles, Calif.
- Magic Johnson, Los Angeles Lakers point guard, announces he has HIV, ending his NBA career.

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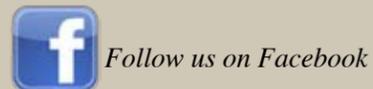
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wise words

"We can judge the heart of a man by his treatment of animals."

— Immanuel Kant



Pet Safety on Valentine's Day

When thinking of your special someone on Valentine's Day, don't forget to consider your furry friends, too. Here are a few pet-related dangers to be aware of on Valentine's Day:

- Consider the flowers. Lilies are extremely toxic to cats and cause fatal kidney failure. Other potentially poisonous flowers include tulips, amaryllis, daisies, chrysanthemums, and baby's breath.
- Keep chocolate away from your pets. Chocolate can be extremely harmful and even fatal to dogs and pet birds. As little as four ounces is enough to kill a 10-pound pet.
- Toss the ribbons, tape, bows, confetti, and balloons. Long stringy items can easily cause a cat to choke or vomit; worse, such things can cause an intestinal perforation.
- Skip the candles. While candles can create a romantic atmosphere, they can singe whiskers or be knocked over, not only burning your pet but also causing a fire in your home.
- Be sure to de-thorn your roses far away from pets so you don't risk

thorns falling to the ground. Biting or stepping on thorns can cause an infection if a puncture occurs.

- Alcoholic beverages are very dangerous for pets. Be sure to empty all alcoholic-beverage containers and glasses and ensure leftover or spilled drinks are kept away from curious pets. It doesn't take more than a tiny bit to bring on vomiting, diarrhea, loss of coordination, breathing difficulties, or coma.
- Macadamia nuts (which are a popular ingredient in chocolate and sweets) can create serious side effects for dogs, such as leg weakness, depression, and tremors.
- Keep sugar-free foods away from your pets. Xylitol (an artificial sweetener found in sugar-free candies and baked goods) is toxic to dogs and can cause liver failure.

If your pet eats something dangerous, be sure to call your veterinarian or Pet Poison Helpline immediately. The sooner the problem is diagnosed, the less expensive and safer it is to treat your pet.



Booklets Tell Your Story Best!

Booklets are a great way to provide a brief overview and pique the interest of readers to learn more about your products or services. They offer a more durable, in-depth, and useful alternative to a conventional brochure. Order your booklets today!

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USS Lexington in Corpus Christi, Texas



Doug Suereth & Scott Gass

If your business is looking for a creative, affordable way to highlight a handful of products or feature your entire inventory, booklets provide valuable information conveniently at your reader's fingertips.

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Affectionately referred to as "the Lex" or "the Blue Ghost," the USS Lexington is a decommissioned aircraft carrier that has been anchored in Corpus Christi Bay since 1992. It now serves as an interactive museum, offering a wealth of learning experiences for all ages on the enormous 16-deck, 33,000-ton World War II- Essex-class aircraft carrier.

Commissioned in 1943, the USS Lexington remains one of the Navy's most decorated vessels. Measuring 880 feet by 196 feet, the Lexington had a crew of more than 1,500 people during World War

II. The Japanese thought the Lexington sunk several times during the war, giving the carrier its "Blue Ghost" nickname.

Over the years, more than 300 men have perished aboard the USS Lexington, resulting in a very large number of reported hauntings from Corpus Christi volunteers and visitors alike.

The ship, the fifth U.S. Navy ship to bear the name, is named in honor of the

Revolutionary War's Battle of Lexington. In 1980, the Lex became the first U.S. Navy carrier to have women stationed aboard; it was also the first carrier in the U.S. fleet to deploy air-to-surface missiles.

In addition to featuring many aircraft, a museum, and breathtaking views of Corpus Christi Bay, the ship also includes the Mess Deck Café, virtual battle stations, and a flight simulator, in addition to naval exhibits and artifacts.

The Corpus Christi area is a great place for a midwinter getaway, with lots for the whole family to

see and do. The Port of Corpus Christi is the fifth largest in the U.S.

Even though the USS Lexington has retired, its legend and spirit will continue to live in the hearts of all those that visit and hear the story of this National Historic Landmark of epic proportions.

For more information about this area, visit <http://www.ussexington.com/>.



{ wellness }

Healthy Heart Tips

Since February is Heart Disease Awareness Month, here are a few ways to get a healthier heart simply by leading a healthier life:

- Know your numbers and how they compare to a healthy range, including good and bad cholesterol, triglycerides, blood pressure, weight, and BMI (body mass index).
- Get more sleep. People who sleep less than seven hours a night often have higher blood pressure and higher levels of stress hormones.
- Eat plenty of vegetables, fruits, whole grains, and fiber; eat fish at least twice a week.
- Exercise with a friend to not only benefit you physically, but also socially.
- Limit how much saturated fat, trans fat, and cholesterol you eat. Only 30% of your daily calories should come from fat, with very little of that from saturated fats.
- Reduce your blood pressure by reducing your salt.
- Increase your intake of omega-3 fatty acids, which can easily be done by eating a handful of walnuts before and after meals. Walnuts also make you feel full faster.
- De-clutter your life by leaving stress at the office and unplugging from your computer, email, smartphone, etc. for an hour or more in the evenings.

{ terrific trivia }

1. What is the only continent without a desert?
2. What is the drink du jour of the Kentucky Derby?
3. Are there more red or white stripes on an American flag?



1. Europe
2. Mint julep
3. Red, 7 to 6

{ top 10 list }



Top 10 Fastest in the Sea

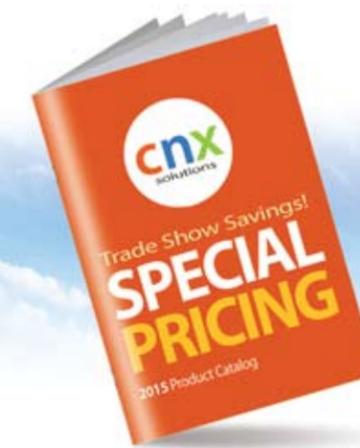
1. Black Marlin	80 mph
2. Sailfish	68.3 mph
3. Mako Shark	59 mph
4. Wahoo	48.5 mph
5. Bluefin Tuna	43.5 mph
6. Great Blue Shark	42.9 mph
7. Bonefish	39.8 mph
8. Swordfish	39.8 mph
9. Great White Shark	35 mph
10. Killer Whale	34.8 mph

Source: Top 10 of Everything 2015

{ ben's friends }



- You have to expect things of yourself before you can do them.
- It's not what you look at that matters, it's what you see.
- You can do anything, but not everything.
- The time you enjoy wasting is not wasted time.



Little Booklet, Big Results!

When it comes to booklets, the uses are endless. Here are a few popular types of booklets your business might consider:

• **Resource guides.** Include useful industry websites, publications, or tips and tricks.

• **Welcome packets.** Create a welcome booklet that includes contact details, success stories from other members or customers, historic information or a timeline, a list of FAQs, locations, and business hours.

• **Mini product catalogs.** Provide an overview of your products with links for more information.

• **Product manuals.** Include instructions, warranty information, replacement details, contact information, etc. This can be a valuable addition to any purchase.

• **Event booklets.** Promote events, seminars, and celebrations with information on keynote speakers, workshops, schedule of events, or maps.

• **Sports booklets.** Create a program with game schedules, player stats and photos, and sports-related articles.

• **Presentation booklets.** Organize marketing materials in a booklet format to reinforce your message and keep key information front-of-mind.

• **Payment booklets.** Offer a subtle yet convenient way to remind recipients about regular upcoming payment deadlines.

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Green Shopping Tips

- Buy quality instead of quantity. Cheap can be appealing, but the items rarely last as long, causing you to purchase items again and create more waste.
- Choose durable products, such as rechargeable batteries, reusable plastic mugs for beverages, etc.
- Look for the Energy Star logo when buying electronics.
- Shop in bulk to avoid excess packaging and having more to throw away, or look for packaging that can be reused or recycled.
- Consider buying gently used items at secondhand or thrift stores.
- Bring your own reusable shopping bags. Keep a bag of bags in your car so they are ready to use.
- Before replacing items, check to see if they are repairable.