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JUNE 2016



# CLUE U.I.N.

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## SHOPLIFTERS *and Scholars*



I'll always remember the first time I got into serious trouble. I was just beginning the ninth grade, so I was entering high school as a freshman and trying to discover where I fit in socially with my peers. I had already started hanging out with some pretty questionable characters back in the seventh and eighth grades (and when I say questionable, I just mean that they were experimenting with stuff they really shouldn't have been - your classic bad influence), and let's just say I wasn't starting the year on the best foot.

In Park City, high school came with greater responsibility and more freedom. One of the most exciting new freedoms we got to enjoy as freshmen was less supervision, especially at lunchtime. Instead of staying in the cafeteria for your lunch break, students could leave campus and go elsewhere to get their meals. So with a newly found sense of adventure (and mischief), my friends and I would meet up at lunch and walk to the 7-Eleven down the street from the school.

On one such day I found myself in the candy aisle of the store, staring at a pack of Jolly Ranchers. I'm not sure what came over me that day, but I looked to the right, to the left, and I picked up the candy and slid it into my pocket. In an attempt to look less guilty, I walked around the store for a few minutes, pretending to be interested in buying something. Suddenly, a lady came up

behind me. "You need to put that candy back," she said in front of everyone.

I felt the blood run to my face. Still hoping for a miracle, I gave her the classic "What are you talking about?" line, which (of course) fell on deaf ears. She let me know that she had seen everything from the drinks section, and asked me again to take the candy out of my pocket. I did. They let me know that they'd have to call the police, and soon the cops showed up with their lights on. Before I knew it, I was handcuffed and being taken to my mother's workplace. Two police officers escorted me in, and my mom was informed that I'd been caught shoplifting.

As you can imagine, that was not a fun night at home. My parents knew something had to change. As a punishment, my mom and dad decided that for the rest of the school year I wouldn't be allowed to leave campus for lunch. Instead, I'd have to go back to the cafeteria each day and have lunch with the not-so-popular kids.

I didn't realize it at the time, but that was one of the most important crossroads of my life. I had to choose whether to rebel against my parents' authority — as some of my friends had done — or to "join the tribe" and follow the path that had been laid out for me.

It was difficult giving up my freedom that year, but that's what I did. I straightened up. From then on, I started to care about school and my grades improved. I became more interested in athletics and found that I could actually excel in sports if I put my mind to it.

This particular story is one that I've relayed to my sons, Seth and Cole, many times. In fact, whenever we go skiing in Park City, they remind me that I'm the reason there are cameras up in the 7-Eleven! I think they understand the bigger lesson, though, which is that we may make mistakes, but it's how we learn from them that makes us who we are.

*- Justin*



with a lot more meat and made a giant hamburger. He put the huge cheeseburger between two small buns and presented it to his mom. He was very proud of it, and she thought it was sweet of him to make it.

He has big plans for other meals he is going to make, and I am sure he will insist I run him to the store for supplies.

Wal-Mart to get supplies for his latest idea. I end up following him around Wal-Mart, listening to his running commentary about why he really needs this and that. It has become a joke in our family that if he does not ask me for something, my other two kids will chime in and ask me for him. I always tell him he is going to make a great salesman.

Back in May, Seth knew exactly what he wanted to make his mom for Mother's Day — The Ultimate Gigantic Cheeseburger. We left the store with a giant tube of ground beef and other supplies for the cheeseburger. He made and cooked a small hamburger and then covered it

Going to the grocery store with Seth, or to any store for that matter, is an adventure and a challenge. I find myself having to repeat the word "no" over and over again and trying to stay strong against a very persistent 12-year old.

No matter where we go, he can always find something he "needs." My wife is much better about resisting his asking. I eventually cave and give in to his requests. Which is why, whenever I say I need to go to the store for anything, he jumps at the chance to come with me.

Most evenings after dinner, he convinces me to take him to

## Sethscapades



# Resources for a Safer Summer

Summer is the season of fun and adventure, but with all the excitement over our favorite outdoor activities comes the potential for increased bumps and bruises — sometimes even serious injuries. Without proper training and knowledge, outdoor sports activities can be dangerous. A little education can go a long way in keeping you and the kiddos safe. Here are some resources to help you stay on top of summer safety skills:

## THE AMERICAN RED CROSS

Taking the kids swimming this summer? Prepare for potential dangers through one of many American Red Cross programs. The organization offers classes for personal safety and swimmers of all ages, as well as excellent CPR and lifeguard training. These courses play into the Red Cross' mission that, while you're learning, you should also be providing compassionate care to those in need. Their health and safety certification programs are some of the most widely accepted by organizations throughout the U.S. Visit [www.redcross.org/ux/take-a-class](http://www.redcross.org/ux/take-a-class) to find a certification program near you. The Red Cross also offers numerous articles on different safety topics.

## SMOKEY BEAR

Summer is the season of camping and making fun memories around the fire. If you plan on playing with fire this summer, keep fire safety skills in mind, first and foremost. The National Park Service reports nearly 90 percent of wildland fires in the U.S. are caused by humans. Smokey Bear has been around since 1944, teaching both adults and kids wildfire prevention. His website, [www.smokeybear.com/campfire-safety.asp](http://www.smokeybear.com/campfire-safety.asp), offers valuable safety tips on making fires responsibly.

## AMERICAN HIKING SOCIETY

Taking a trek into the wild this summer? Hiking is a great way to stay in shape and keep things varied and fun at the same time. Make sure you're prepared for any potential problems ahead of time, especially if your journey is a long one. The American Hiking Society has been around since 1976. Its website, [www.americanhiking.org](http://www.americanhiking.org), is a great resource for tips on preparation, outdoorsmanship, equipment, safety, and trails.

# Manage Your Energy, Not Your Time

## Productive Tips for Managing Your Energy

Time is Money. It's an age-old proverb that drives us to map out and control every moment of our time. However, an overemphasis on paying attention to time may actually prove to be harmful to a productive business day. Teresa M. Amabile, Professor of Business Administration at Harvard Business School, suggests an over-focus on time hinders a person's problem solving ability and their aptitude for thinking up imaginative solutions.

The Harvard Business Review insists that truly productive individuals attempt to manage their energy over the abstract, overwhelming concept of time. Doing so isn't as difficult as it may seem. Here are a few great tips for managing your energy in a way that can become second nature:

### IDENTIFY WHAT GIVES YOU ENERGY

Getting caught up on the latest news, playing with your kids, enjoying a snack — the things that give us energy are the same things we want to sacrifice when we feel like there just isn't enough time. In reality, these are the things we should be falling back on when we start to feel overwhelmed.

### KNOW WHEN YOU NEED A BREAK — AND TAKE ONE!

Ultradian rhythms are the cycles that occur throughout the day in which our bodies move from high energy to complete burnout.

They tend to last from 90 to 120 minutes, and when we start to feel sluggish, we're wired to think the answer is powering through with a cup of coffee. It's not. At the end of 90 to 120 minutes of solid work, it's time to take a break. Do one of those things that give you energy. You'll come back refreshed and ready to dive back in.

### DON'T MULTITASK

The human brain is designed to truly focus on one task at any given time. While you can catch up on Netflix while doing the dishes, trying to finish your tax returns while in a planning meeting with co-workers is a disaster waiting to happen. Give complete attention to one task before moving to another. You'll feel less overwhelmed, you'll finish quicker, and you'll find your work is better than it would have been otherwise.

### STICK TO THE RHYTHM

Once you've started focusing on your energy over your time, don't let yourself fall back into bad habits. Work, relax, work, relax. The longer you stick to a new method, the easier it becomes. Soon you'll find managing your energy is second nature, and your productivity will reap the benefits.



# 3 MYTHS OF THE SHINOBI

## WHY YOU'RE PICTURING NINJAS WRONG

### THEY WERE CALLED NINJAS.

Nope. The stealthy spies we call ninjas are known as shinobi in Japan. The names of the Japanese characters that make up the word sound like "nin-sha." After WWII, Americans used "ninja" because it was easier to pronounce.

### THEY WORE SPECIAL BLACK OUTFITS.

Only in the movies. Part of the shinobi's job was to blend into their surroundings, and assassins aren't much use if everyone can spot them in a crowd. Shinobi would dress like civilians so they could move around unnoticed. This myth comes from when early playwrights needed a thematic method to portray the unseen assassins.

### NUNCHAKUS WERE A WEAPON OF CHOICE.

Maybe for practice. Nunchakus were ineffective against other weapons the shinobi faced. They did use nunchakus as martial arts training weapons, but not for much else. This is another myth you can blame on show business.



## SUDOKU PUZZLE

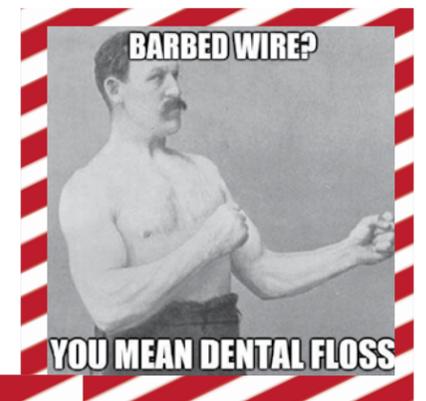
### PUZZLE YOUR BRAIN!

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		4		8	6	3		
	9	8	4		5			
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7		1		9				3
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### Answer Key

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9	4	6	2	1	8	3	5	8
7	2	1	8	4	5	6	3	9
3	9	6	4	7	2	3	5	8
8	1	9	6	4	7	2	3	5
4	6	2	1	6	8	7		
3	9	6	4	7	2	3	5	8
1	7	4	2	1	6	8	7	
6	5	2	8	6	3	5	9	4
8	5	2	1	9	7	4	8	

# Mememes OF THE Month



Summer: the time of year when parents realize just how grossly underpaid teachers actually are.

