

QUIZ: SUMMER DATES TO CELEBRATE

Which of the following dates is not an actually observed day in the summer?

JULY 1	Canada Day
JULY 4	Independence Day
JULY 7	Chocolate Day
JULY 9	Sugar Cookie Day
JULY 10	Maritime Fun Day
JULY 13	International Puzzle Day
JULY 18	National Ice Cream Day
JULY 21	Monkey Day
JULY 24	Parents Day
JULY 25	Merry-Go-Round Day
JULY 28	Hamburger Day
AUGUST 2	National Ice Cream Sandwich Day
AUGUST 3	National Watermelon Day
AUGUST 4	Coast Guard Day
AUGUST 7	Sea Serpent Day
AUGUST 10	S'Mores Day
AUGUST 13	International Left-Handers Day
AUGUST 16	Pack Your Mom Lunch Day
AUGUST 19	Potato Day
AUGUST 24	Strange Music Day
AUGUST 31	National Trail Mix Day

FAMOUS LIES

**RICHARD NIXON:** In an unforgettable attempt to vindicate himself of any wrongdoing in the Watergate scandal in 1973, then-President Richard Nixon said, “I am not a crook.”

**BILL CLINTON:** “I did not have sexual relations with that woman,” said then-President Bill Clinton in 1998, attempting to dispel accusations of infidelity with 22-year-old White House intern Monica Lewinsky.

**PETE ROSE:** The man spent 15 years telling everyone and anyone who would listen that yes, he gambled, but he never bet on baseball games. Finally, in his 2004 book “My Prison Without Bars,” Rose admits to having gambled on the sport, though he says he never bet against his own team.

**GEORGE H.W. BUSH:** “Read My Lips, No New Taxes.” That pledge was the centerpiece of Bush’s acceptance address, written by speechwriter Peggy Noonan, for his party’s nomination at the 1988 Republican National Convention. It was a strong, decisive, bold statement, and you don’t need a history degree to see where this is going. As presidents sometimes must, Bush raised taxes. His words were used against him by then-Arkansas Governor Bill Clinton in a devastating attack ad during the 1992 presidential campaign.

**ANDREW JACKSON:** In his 1829 State of the Union address, Jackson claimed that “the Indians in general, receding farther and farther to the west, have retained their savage habits.” This is strange, since Jackson was a well-heeled frontier lawyer, and knew as well as anyone who had constant contact with the Native Americans that the Indians were far from savage.

Source: Huffington Post: “The Most Unforgettable Lies From Prominent Americans”

QUIZ ANSWERS

(SUMMER DATES) Maritime Fun Day is not a celebrated day (yet); & Pack Your Mom Lunch Day is Nov 15

COMMON LIES WE TELL

- It wasn’t me.
- I’m fine.
- You haven’t changed a bit.
- The check is in the mail.
- I never got the message.
- We service what we sell.
- She’s/He’s only a friend.
- I’m on my way.
- Your baby is beautiful.
- That looks great on you!
- Everything is going to be OK.
- One size fits all.
- I can fix that.
- I’m on a diet.

Source: Marcandangel.com, Englishforums.com

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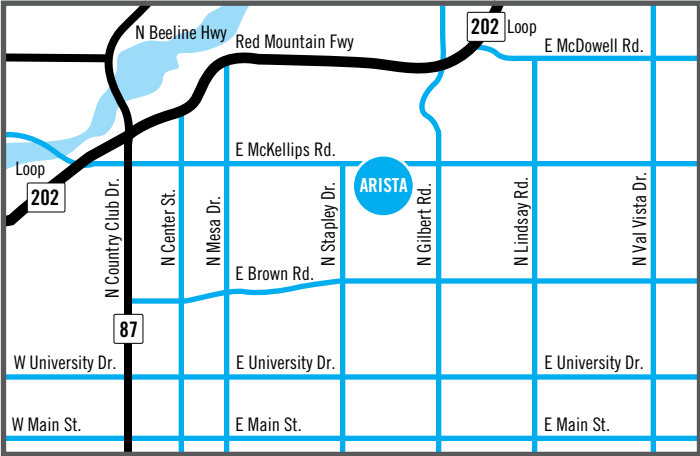
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FOCUS ON THE WHO



FOCUS ON THE WHO

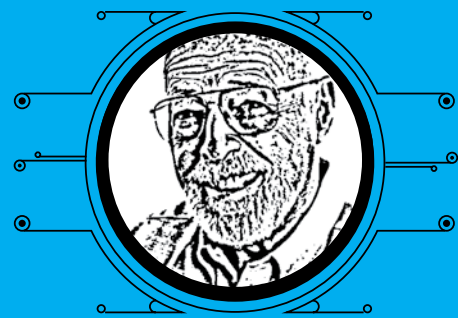
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“I think we all have a desire to do something great with our lives. But, sometimes we reflect on how little progress we’ve made in a certain area and think, “what’s holding me back?” I’ve been thinking about goals I set for myself that I didn’t hit, and I traced that to a few “sweet, little lies.” So, this month I want to focus on three common little lies we tell ourselves that keep us from achieving the things we want most in life.

I hope you enjoy this piece and I want to encourage you to live the life you are meant to live.”

– Martin J. Farrell, Arista Medical Imaging



# DR. MARTIN

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## Straight & True

**W**e often justify our actions, making ourselves feel good about the choices we make, even if they're negligent, mean or foolish. We tell ourselves little lies every day like "I'll do it tomorrow," when we know we probably won't.

The effect of telling ourselves these untruths: it's like your conscience is taking a candy break. They're no good for you. The little lies we tell ourselves justify half-baked choices and silly, even destructive, behavior. Do any of the following scenarios sound familiar? ➤

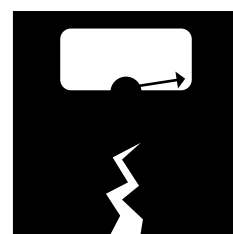


It's 6:00 a.m. Your alarm clock is ringing. The gym is open. Yesterday, your plan was to work out and then go to work. But you're so tired. You think, "I'll work out tomorrow."

### WHAT DO YOU DO?

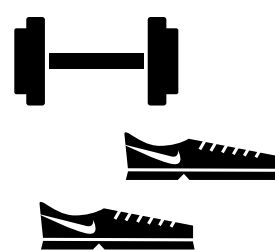


So tired...

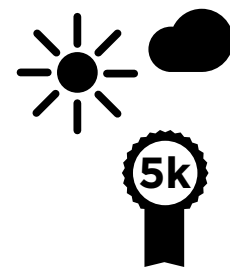


Oh, the weight of heavy decisions...

Or



Endorphins, oxygen, sweat: all good!



I feel great, and I'm reaching my goal!

Whether it's getting up early to work out, starting a diet or getting a project done, all of us struggle with putting off our goals. But, great things happen when we're able to consistently do what we know needs to be done. If you can follow through on the little stuff, you'll eventually achieve the great things you're meant to do.



It's almost midnight. You're taking a break from dancing—whew! A couple of your friends are reaching for cigarettes. You were quitting, but you bought a pack for "Just this once."

### WHAT DO YOU DO?

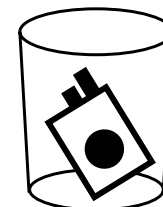


I'm not smoking the whole pack...just one cigarette.



...cough...cough...cough...

Or



I am in control. I'm throwing out that pack right now.



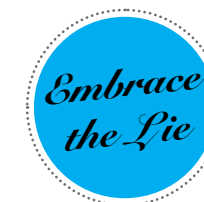
No regrets, just loving and living.

We've all been here. Faced with a temptation we know we shouldn't entertain, that little whisper "just this once" can push us over the line. Once we've crossed that line, guilt sets in. It's a test of will and an opportunity for us to grow stronger in an area of weakness. If this little lie presents itself, the best thing to do is run.



You're at the BMW dealership. You've taken the Z3 test drive and it's your dream car. Financial reality is far from your mind. You're thinking, "I deserve this."

### WHAT DO YOU DO?

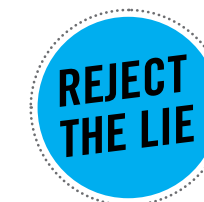


I feel so good in this car!

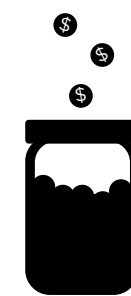


Good feeling...gone.

Or



The van cramps my style, but it gets us around.



Being responsible adds up. I'm feeling better already.

Who doesn't want nice things? We all do. When the nice things we want are beyond our budget, sometimes we justify the purchase with the thought, "I deserve this." That sweet little lie has led many people into damaging financial situations. Bottom line is this: live within your means and you'll come out ahead.

Issues don't go away, no matter what we tell ourselves. When we dive into the difficult stuff and don't try to get around it, we become better people—at work, in our personal lives, and in our relationships. At Arista, we strive to avoid putting things off or justifying poor choices in our work. We work on this consistently. Rely on us to be accountable for our work.