

TRIVIA OF THE MONTH

- Under which calendar is New Year's Day Jan. 1?
A. Julian Calendar
B. Gregorian Calendar
C. Jewish Calendar
D. Chinese Calendar
- Rosh Hashanah is the beginning of the new year for what religion?
A. Muslim
B. Christian
C. Buddhist
D. Judaism
- Kwanzaa is a seven-day holiday that begins Dec. 26 and extends through Jan. 1. What does the word mean in Swahili?
A. First fruits
B. First people
C. First days
D. First dance
- What calendar determines the date of the Chinese New Year?
A. Lunar
B. Solar
C. Chinese
D. Zen
- In the Middle Ages most European countries used the Julian calendar, so they observed New Year's Day when?
A. Feb. 14
B. March 25
C. April 1
D. May 21

Source: www.squidoo.com/newyeartriviaquestionsandanswers#module139421111
We would love to hear from you. If you have comments or thoughts about the information in this piece or just want to say "hi," please e-mail feedback@aristamri.com.

DIRECTIONS TO ARISTA

FROM THE NORTH: Take AZ-101 Loop South to 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

FROM THE WEST: Take 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

FROM THE EAST: Take US-60 / Superstition Fwy West. Take exit 182 (Gilbert Rd Exit) and turn RIGHT onto Gilbert Road heading North. Turn LEFT onto McKellips Rd. After 0.8 miles turn LEFT into our parking lot.

FROM THE SOUTH: Take AZ-101 Loop North to 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

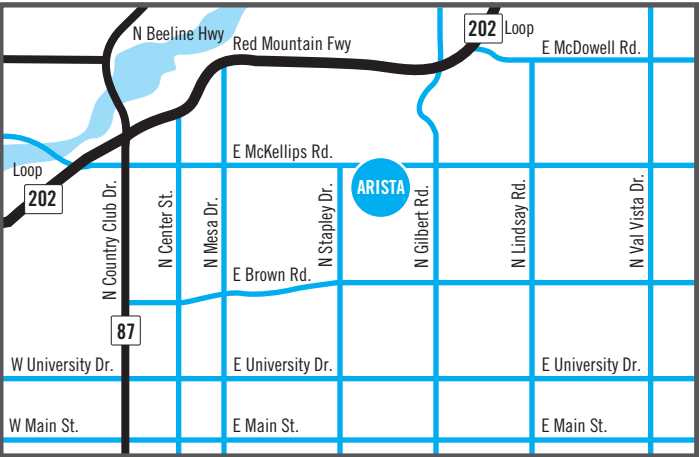
ADDRESS: 1345 E McKellips Road, Suite 103 / Mesa, AZ 85203
Ph 480-644-9878 / **Fx** 480-644-9879

TRIVIA ANSWERS
B 5 D 2 A 4 C 3 A 1

PHOBIAS DEFINED

- Triskadekaphobia:** Fear of the number 13
- Aeronausiphobia:** Fear of airsickness
- Herpetophobia:** Fear of creepy, crawly things
- Cometophobia:** Fear of comets
- Kakorrhaphiophobia:** Fear of defeat
- Nyctophobia:** Fear of dark, or night
- Claustrophobia:** Fear of confined spaces
- Amathophobia:** Fear of dust
- Cryophobia:** Fear of frost, ice or extreme cold
- Phasmophobia:** Fear of ghosts
- Traumatophobia:** Fear of injury
- Mycophobia:** Fear of mushrooms
- Allodoxaphobia:** Fear of opinions
- Metrophobia:** Fear of poetry
- Hypengyophobia:** Fear of responsibility
- Lachanophobia:** Fear of vegetables
- Brontophobia:** Fear of storms, thunder
- Symmetrophobia:** Fear of symmetry
- Bufonophobia:** Fear of toads
- Tyrannophobia:** Fear of tyrants
- Plutophobia:** Fear of wealth
- Automatonophobia:** Fear of wax statues

Source: <http://phobialist.com>



FOCUS ON THE WHO



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THE HANDY DANDY FIELD GUIDE TO FEAR

(AND FEARFUL SITUATIONS)

“My sons love to scare one another. Sometimes I catch them lurking in a corner, waiting for the chance to pounce. They inherited this sickness from me, which I inherited from my mother. One perk of growing up tense around dark corners is that, as an adult, I approach fearful situations with humor. As the New Year arrives and I wonder what is around the corner, I’m grateful for the opportunity to reflect and make resolutions. My personal resolution is to live 2012 with less fear, using the field guide inside along the way.”

– Martin J. Farrell, *Arista Medical Imaging*

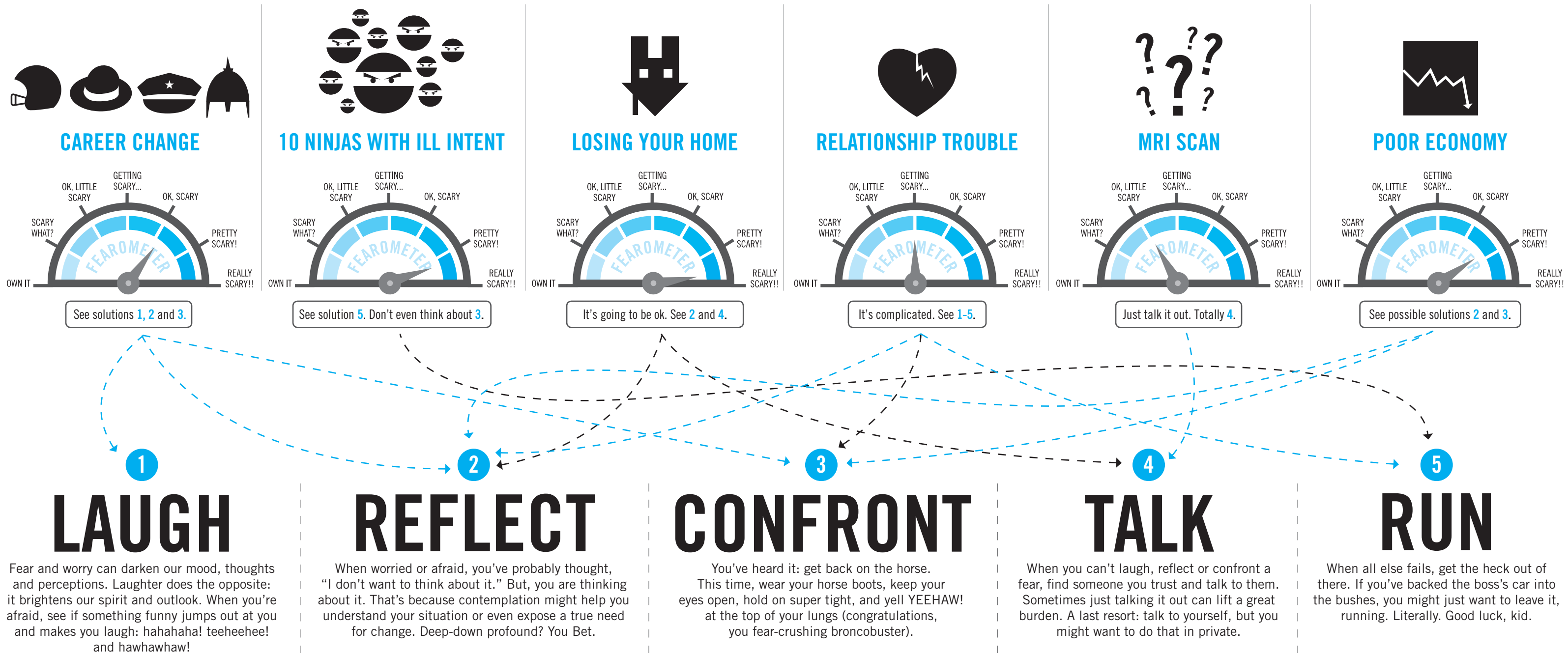
LAUGH, REFLECT, CONFRONT, TALK OR RUN? - SEE INSIDE

www.aristamri.com

SAY GOODBYE TO FEAR IN THE NEW YEAR

For many people, 2011 was a hard year. People were **1) AFRAID OF LOSING THEIR JOBS OR HOMES**, or **2) WORRIED ABOUT THE ECONOMY IN GENERAL**. Our usual fears can be overwhelming enough: fears about relationships, fears of natural disasters or simple fear of failure can be paralyzing. In health care we see fear firsthand every day; patients afraid for their health, or afraid of making wrong choices in regards to their health. The wonderful thing about the New Year is that it gives us time to stop, evaluate, consider our choices anew, and hopefully alleviate some of our fears. Fear isn't necessarily a bad or a good thing; it's how we react to fear that results in positive or negative consequences. One reaction could save you, while another could stall you, or harm you.

THIS FIELD GUIDE WILL HELP YOU CONSIDER A RANGE OF FEARFUL SITUATIONS AND POSSIBLE SOLUTIONS.



At Arista we deal with anxious patients on a daily basis, which is why this topic is close to our hearts. We listen. We understand our patients and know how to make them comfortable. So, our advice is this: if you fear unemployment, another turn for the worse in the economy, a shaky relationship, or a health issue, this is the time to laugh, reflect, confront or talk about it. Or, in the worst case, just run and run fast.