

A king had a great highway built for the people in his kingdom. Upon completion, the king held a contest and invited all who desired to participate. The challenge was to travel the highway the best and the winner would receive a box of gold. On the given day, the people came prepared to be the best traveler. They had fine chariots, fancy clothing and lavish food. Many came equipped to run in order to display their skill. As they arrived at the finish line each complained about a pile of rocks that had blocked their way and delayed their travel. At the end of the day, a dirty weary traveler crossed the finish line and walked to the king. With great respect he handed him a small chest of gold and said, "I stopped to clear a pile of rocks from the road and found this gold. Please have it returned to its owner." The king replied, "You are the owner. You have earned the gold, for you have won my contest." He then taught a good lesson when he said, "He who travels the road best is he who makes the road better for those who will follow."

Memorial Day is set aside to honor those who have lost their lives while serving their country. Use this day to teach children about our military heroes. Here are a few kid-friendly activities:

1. Fly and teach children about the flag. Teach them how to fold it and educate them that the flag is flown at half-mast when our country is in mourning. **2. Visit a cemetery.** Take children to visit the graves of fallen heroes or go to a memorial service. **3. Sing a patriotic song.** Teach children the words and meaning of songs like America the Beautiful or the Star Spangled Banner. **4. Make an easy "American" dessert.** This could be a strawberry and blueberry yogurt parfait. Share it with a veteran or military family. **5. Send a care package to a soldier.** Honor those living heroes who daily risk their lives to protect us. You can connect through AnySoldier.com.

  
Cherish freedoms. Never let the oath our heroes took to defend or the blood they spilt be forgotten. Then, do what they fought for you to do. Spend time with your loved ones, live and love and forever be thankful for those who found joy in serving their country.

From the Book "The Essentials Of Business Etiquette"

Barbara Pachter

Email tips for professionals:

1. Include a clear subject line. People often decide to open an email based on the subject line. **2.** Use a professional email address. You should use your company email address but if you need to use a personal account, it should convey your name. **3.** Think before hitting reply all. Only hit "reply all" if everyone on the list needs to receive the email. **4.** Use professional salutations. Don't use slang expressions. **5.** Be cautious with humor. Humor can easily be misunderstood. **6.** Reply to emails. If an answer is expected, try to reply, even if the email wasn't intended for you. **7.** Proofread every message. Your mistakes won't go unnoticed by the recipients. **8.** Add the email address last. You don't want to accidentally send an email before you have finished writing and proofing it. **9.** Double check that you've selected the correct recipient. It is easy to press the wrong name in your address book. **10.** Remember nothing is confidential so write accordingly. Every electronic message leaves a trail.

A basic email guideline is to assume that others will see what you write, so don't write anything you wouldn't want everyone to see.

Proven Reasons to Eat Dinner as a Family

With busy summer schedules don't forget the importance of eating together. Here are science-based reasons family dinners are important.

- **It builds relationships.** For younger children, daily family meals offer a sense of security and a feeling of belonging. Even teenagers consider talking, catching-up, and spending time together important.
- **It leads to healthier food choices.** When eating as a family, children usually eat more fruits and vegetables and less soda and fried foods. They also get higher amounts of many nutrients, like calcium, iron, and fiber.
- **It leads to better grades.** Teens who have between 5-7 family dinners per week are twice as likely to receive mostly A's and B's.
- **It leads to increased happiness.** A study of 5,000 teenagers revealed that teens eating with their families regularly are more likely to be emotionally strong and have better mental health. They are also more likely to have good manners and communication skills.
- **Kids are healthier.** When families eat together, children are less likely to be overweight because they eat regular, nutritious, home cooked meals. As children help prepare and serve meals, they are developing life skills.
- **It promotes portion control.** On average restaurant meals have as much as 60% more calories than a homemade meal because when portions are larger people consume more food.

Creating a Happy Family

Everyone has ideas on how to create a happy family but a little help is always useful. WebMD gives the following steps:

1. Enjoy each other. A happy family uplifts each other and finds joy in interacting.
2. Swap stories. When everyone gets home and are together, have each other share some thing about their day.
3. Play together. Have one or two nightly family activities. They don't have to be long to unify your family.
4. Put family before friends. When kids get bored, friends can easily become more important than family.
5. Limit activities. Use moderation in activities. Try creating family activities like swimming, bike riding, reading or working on a family project.
6. Build traditions. These can be religious, national or family. This might be as simple as bagels on Saturday mornings.
7. Keep voices down. A home should be a calm setting. Give strict rules, punish when necessary but do not lose control.
8. Communicate. Every family member should feel free to communicate openly.