



Lifestyle Newsletter November 2009

Is It Time For A Family Reunion?

These days, it's a rarity when an extended family resides in a single city. In many families, brothers, sisters, parents, grandparents, aunts, uncles, and cousins live in cities across the country (or even the globe), and don't spend time together day-to-day. Instead, they rely on electronic communications, vacations, weddings, and other events to catch up. If you would like to have everyone together in one place for a short period of time, consider organizing a family reunion.

Planning a reunion is not easy, but it can be rewarding. Whether you invite one branch of your family or everyone in all branches, the effort is likely to take months of preparation and communication. Here are some of the basics of reunion planning:

- **Establish interest.** Send out a group e-mail. Propose your idea for a reunion and offer some specific reunion location ideas. Remember, the choices should suit the budgets of everyone who might want to participate. You could rent houseboats on the Lake of the Ozarks, go on a swamp safari in the Everglades, camp in Glacier or Yosemite, or rent inexpensive rooms at a college dormitory in your home town. Ask those who are interested in attending to select "Reply to All" when indicating which type of reunion most appeals to them. Compromise and consensus-building will be essential to a harmonious reunion.
- **Choose a date, time, and location.** Summer may be an obvious choice, but don't forget that a long weekend may be an option, too. In your initial e-mail, ask family members how long they would like the reunion to last and which time of year would suit them best.
- **Enlist volunteers.** Even if you are organizationally-minded, you do not want to be responsible for everything. Once a date and place have been chosen, ask for volunteers to manage invitations, travel and accommodations, events and activities, food and drink, and keepsakes or t-shirts. The more help you have, the less likely it is that you'll be too busy to enjoy the big event.

- **Plan activities.** If the reunion will span several days, it's a good idea to have planned events, as well as free time. Early on, you may want to have some ice-breaking activities (match baby pictures to adults or have people line up by age, birthday, number of family members, etc.). These can help get everyone talking. If you travel to a vacation spot, set up a tour or two, visit an amusement park, or participate in other local activities.
- **Debrief.** If you plan to make your reunion an annual or semi-annual affair, make sure you discuss what people enjoyed and what they would like to try in the future. Write it all down so you can pass it on to the family member who volunteers to organize the next reunion.

A family reunion is a time to rekindle old relationships and develop new ones with the people with whom you have the most in common – your relatives! If you decide to accept the challenge, keep a journal that can guide future planners. Most of all, once the reunion is underway, savor your time together.

Relish the Holidays

The Thanksgiving holiday often includes a family feast. If you're looking for a way to include the grandchildren with Thanksgiving dinner preparations, try this easy-to-make cranberry relish. The older children can peel and chop. The younger ones can wash berries and push buttons on the food processor (with supervision).

Cranberry Relish

- 1 pound raw cranberries, washed
- 2 tart apples, cored and peeled
- 2 large seedless oranges, peeled and cut into small sections
- 2 cups white sugar (adjust to taste)

Combine fruit in a food processor. Hit pulse repeatedly until you have a fine texture. Add sugar and mix well. Refrigerate until dinner time.

What Do You Know About Water on the Moon?

Did you know that scientists recently discovered water on the moon? It turns out that the moon is wetter than anyone thought, although it's still drier than the Sahara. By some estimates, one ton of moon dirt would yield about 32 ounces of water.

1. What caused scientists to think there was H₂O on the moon?
 - a. The Moon Mineralogy Mapper orbiting the moon on India's Chandrayaan-1 spacecraft picked up wavelengths that are only produced by water.
 - b. Samples collected by Japanese astronauts and analyzed on the International Space Station contained tiny bits of ice.

- c. A Centaur robot developed by NASA collected samples of rock and ice.
 - d. NASA photographs showed deposits in two gullies on the moon that suggest water carried sediment through the gullies thousands of years ago.
2. Why were scientists surprised to find indications of water on the moon?
 - a. The rocks brought to earth by Apollo astronauts were thought to be completely dry.
 - b. There is no apparent source for water on the moon.
 - c. The moon's atmosphere is too thin to prevent water from evaporating.
 - d. There is no life on the moon.
 3. Which of the following statements is true? Water on the moon:
 - a. May be present as ice in shadowed craters which are some of the coldest places in the solar system.
 - b. Looks as though it is most abundant near the poles of the moon.
 - c. May be produced as solar wind hydrogen interacts with rock on the moon's surface.
 - d. All of the above.
 4. How do scientists plan to learn more about water on the moon?
 - a. They plan to use NASA's Lunar Crater Observation and Sensing Satellite to blast a crater in the moon's surface and gather data.
 - b. The next NASA space shuttle will drill for samples and return them to earth.
 - c. The Indian Research Space Organization will send a Moon Surface Robotic Penetrator to gather additional information.
 - d. The ICESat mission will provide data about the moon's ice sheet.

A Really Good Interview

Unfortunately, unemployment is high and it isn't expected to improve until economic recovery is well underway. That makes it important for job seekers to ace each and every interview. Basic interviewing skills haven't changed much over the past couple decades. You still need to be on time, dress appropriately, and be polite. In addition, you should:

- **Be prepared.** Learn as much as you can about the company you're interviewing with, as well as the position you hope to gain. As you prepare, think about the position you are applying for from the employer's point of view. What would make someone a good candidate for the job? You should be able to clearly describe your skills, experiences, and strengths, as well as the reasons they make you perfect for the position.

- **Clean up your online act.** Social networking has become an easy way to stay in touch electronically. It can also provide potential employers with information about your personal life, online behavior, political views, and more. Before you begin interviewing – and as a general rule – be careful about the ways in which you communicate online. Clean up inappropriate information and consider boosting your online presence with recommendations and referrals from colleagues or professors.
- **Avoid obvious mistakes.** Don't chew gum, send or receive text messages, answer your cell phone, engage in nervous behaviors, act arrogantly, be presumptuous, or eat snacks during the interview. Reading through "interview don'ts" online may provide a laugh or two, but you should take the advice to heart.

Remember, no matter how good you are, you will not be a perfect fit everywhere. When you are not invited for a second or third interview, contact your interviewer and ask politely if he or she could provide feedback to help you improve your interviewing skills. Learn from each experience, improve your skills along the way, and keep a positive attitude.

Answers: Water on the Moon

1. **a.** The Moon Mineralogy Mapper orbiting the moon on India's Chandrayaan-1 spacecraft picked up wavelengths that are only produced by water.
2. **a.** The rocks brought to earth by Apollo astronauts were thought to be completely dry.
3. **d.** All of the above.
4. **a.** They plan to use NASA's Lunar Crater Observation and Sensing Satellite to blast a crater in the moon's surface and gather data.

The material above was prepared by PEAK.

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