

Editor's notes:

In what may be the best diet-related health news of all time (at least until scientists discover that beer makes you live forever), a study has found antioxidants which can boost the body's immune system are present in the herbs and spices used for barbecue sauce.

The research team analyzed seven different popular sauces and marinades available at supermarkets.

The sauces contained herbs and spices as primary ingredients, and included such varieties and flavours as jerk sauce, garlic and herb, roasted red pepper, sesame ginger teriyaki, and others. Cooking reduces the antioxidant effect by about 50 percent, but even after barbecuing, the sauces still contain "significant" levels of antioxidants.

So, fire up the grill and get healthy.

* * * * *

July marks the start of summer holidays for schoolkids across Canada. If you're looking to travel across the country with your family during these months, consider attending some of these popular events:

Canada Day, July 1 -- This holiday commemorates the British North America Act which united the Canadian provinces into one nation in 1867. The word Canada comes from "kanatas," the Indian word for "settlements."

Calgary Stampede, July 8 - 17 : It is reputed to have the world's richest rodeo purse. The Stampede has been held annually since 1912. It features a daily rodeo, chuck wagon races and stage show.

Klondike Days, Edmonton, Alberta, July 22 - 31: Recently renamed Capital EX, this festival celebrates Canada's pioneer days. The festival features parades, gold panning and the World Championship Sourdough Raft Race.

Big Valley Jamboree, July 14 - 17: Canada's largest country music festival has been held in Craven, Saskatchewan since 1983.

Just for Laughs, July 5 - 30 : This will be the 29th year of the live comedy festival in Montreal.

Mahone Bay Pirate Festival and Regatta, Nova Scotia July 29 - 31: The festival, originally called Wooden Boat Festival, celebrates the region's historic relationship with the sea. Classic boats, pirate artifacts, marauding buccaneers, musicians and competitive sailing events will entertain and delight.

What Dogs know about life

Dogs may be smarter than we think. Here are some secrets of contented living that most dogs follow -- and more humans need to:

- Never pass up the chance to go for a ride.
- Always greet your loved ones enthusiastically, even if they've been gone for only five minutes.
- Sometimes obedience is the best strategy.
- Carve out your niche -- and let others know when they've invaded your space.
- Find time to run, chase things, and play every day.
- Eat with gusto!
- Be dependably loyal no matter what.
- Take frequent naps.
- Take time to stretch before getting up from your naps.
- Don't bite when a growl will send the message.
- When someone's having a bad day, stay close, be quiet, and nuzzle them now and then.
- When it's hot, drink a lot of water and sleep in the shade.
- Enjoy long, rambling walks.
- Don't take scoldings personally -- you'll forget them soon enough.
- When you're happy, show it .~~

Putting Feng Shui to Work

Feng shui is the ancient Chinese art of placement. Here are some items for your office or work space that feng shui practitioners recommend:

- Aquarium, table fountain, or photo of flowing water near the entrance -- to bring more business and revenue.
- Metal safe -- to represent financial security.
- Floor or table lamps -- to provide supplemental light and bring relief for your eyes and mind.

Quotable Quotes

However beautiful the strategy, you should occasionally look at the results. -- *Winston Churchill*

Each day we make deposits in the memory banks of our children. -- *Charles Swindoll*

The man who strikes first admits that his ideas have given out. -- *Chinese proverb*

Jump-start your brain with the power of music

You can't summon inspiration with a flick of the radio dial, or a tap on your iPod. But music can set the stage for creativity. Some sounds stimulate alpha waves in your brain, which normally occur when you're close to sleep. The relaxed sensations created by alpha waves can lower your mental barriers and help you see new connections and possibilities.

Experiment with using music to spur your creative juices by remembering these guidelines:

- Don't play music nonstop. It may distract you when you need to focus your attention on details. You may also train yourself to tune it out. Use music when you need a boost. The best time is usually the mid-afternoon, to get through the post-lunch energy slump.

- Choose the right music. What's right? That depends on your own tastes, but many creative types find that classical music of the baroque style relaxes their mind and makes them more receptive to new ideas.

- Keep your balance. You need a variety of fast-paced and slower music, or your brain will get tired quickly. Choose music you're familiar with, so you can pay attention to it without being unable to do other things. It should be rhythmical but not too repetitive, so your mind can wander freely.

- Be patient. Just turning on a song won't instantly turn you into a genius. Feed your mind in other ways, with art, games, and sufficient rest so you're ready and able to be creative when the time is right.

Maintain your energy level to stay on the fast track

People who succeed usually have lots of energy. They're hardworking, focused, and willing to put in whatever effort is necessary to achieve their goals. But maintaining a high energy level all day every day can be difficult. Here's how to keep going without resorting to pills or other dangerous options:

Wear bright colours. Projecting a positive, energetic attitude through your wardrobe can bring out enthusiasm and good spirits in others. A positive response from people around you will stimulate your own motivation.

Eat a power snack. A little chocolate can give you a slight endorphin buzz, along with a mild jolt of caffeine. When your energy flags in the afternoon, a modest snack of mixed nuts, dried fruits, granola, and/or some yogurt can rejuvenate you better than a calorie-filled candy bar.

Stand on tiptoe. One good stretch when you're feeling tired is rolling up and down on your tiptoes a few times. This can get your circulatory system moving, sending oxygen and glucose through your body for a burst of energy.

Smell some citrus. Citrus scents like lemon, grapefruit, and lime can enhance your alertness.

Drink some water. Dehydration can sap your energy, so make sure you get plenty of water throughout the day. And when you feel tired, splash a little cold water on your face to wake yourself up.

Change your socks. This is an offbeat little tip, but it sounds like it might work: About halfway through your day, take a little time to put on a fresh pair of socks. Experts say that it can make you feel refreshed and ready to tackle the rest of your day, especially if you spend a lot of time on your feet.

Resolving Disputes

Patti Fralix, author of *How to Thrive in Spite of Mess, Stress and Less*, concedes that it may be awkward to confront an annoying co-worker, but says it's better than going directly to the boss. "Do not report another's behaviour to the manager unless and until you have spoken to the person and given him or her the chance to correct the problem. Have the guts to face people directly and not go around them to the manager."

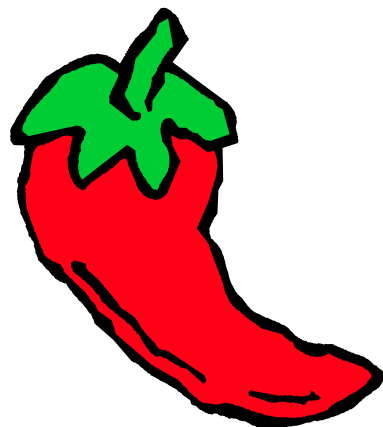
What every staffer must know

The CEO addressed a group of newly hired employees. "There are two things we take very seriously around here," he said. "One is cleanliness. How many of you wiped your feet on the mat outside before you came in to work today?"

Almost every hand went up.

"Good," said the boss. "That brings me to the other thing that's important in this company. Honesty. There is no mat outside."

Helix Courier Limited



Spice up your package!
Put a Helix waybill on it!



453-0501