

Editor's notes:

Mayo Clinic endocrinologist Dr. James Levine thinks "work" and "work-out" shouldn't be mutually exclusive. Levine is pushing a concept he calls "NEAT," for "non-exercise activity thermogenesis": simple, everyday activities like walking at lunch, pacing while you talk on the phone, and getting out of your chair as much as possible to burn off extra calories.

Levine's own office features a treadmill he can walk on while using his computer or telephone. But you don't have to redesign your cubicle: Getting on your feet for a few "walk-and-talk" meetings during the day, taking a brisk 30-minute stroll at lunch, and other easy strategies can burn as many as 500 to 1,000 calories a day. So get moving!

The month of June was named for the Roman goddess Juno, known as the goddess of marriage (among other divine duties). That's probably why June is considered the most popular month for wedding, even though the Hallmark greeting card company notes that most people get married during August (June comes in second).

Here are a few important dates to ponder:

Summer Solstice, June 21 -- The first day of summer and the longest day of the year in the northern hemisphere.

World Juggling Day June 20 -- This day helps to spread the fun of juggling, and to bring together jugglers all over the world. See the International Jugglers' Association: www.juggle.org

Father's Day, June 21 -- The word "father" comes from the Old English word "foeder," and "dad" is believed to be a variation of the Welsh word "tad," which also means "father." According to a survey, 79 percent of kids call the father figure in their lives "dad" or "daddy," 3 percent call them by their first name; 1 percent call them "father."

St. Jean Baptiste Day, June 24 -- In Quebec, this provincial holiday was originally a pagan holiday celebrating the summer solstice in France. In modern times, it has become a symbol of the French-Canadian way of life in Canada. It has been a statutory holiday in Quebec since 1925.

65th Anniversary of D-Day

June 6 is the 65th anniversary of D-Day, the Allied invasion of Europe during World War II that marked the beginning of the end of the Nazi regime. More than 325,000 allied troops from 12 countries crossed the English channel at its widest point in rough weather to attack the German forces. They landed on five beaches along 50 miles of the Normandy coast of France. The Allies deployed 5,000 ships, nearly 11,000 airplanes, and 50,000 military vehicles. The fierce fighting that ensued left more than 10,000 dead and wounded.

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How to get more work done -- today

Do you ever leave work and wonder what you accomplished that day? Lack of productivity has many causes. Here are some that you can easily eliminate:

Lack of priorities -- Your to-do list is useless if you don't know what to do first. Talk with your supervisor to identify what's really important. If you're the person in charge, devote some time to deciding which tasks add the most value to your organization so you don't waste time on nonessentials.

Procrastination -- Time disappears quickly when you put off necessary tasks. Try breaking them down into small segments so they're easier to get started on -- especially for large-scale projects, which can intimidate many people into delaying action. Schedule unpleasant tasks early so you can get them out of the way and focus on other jobs.

Interruptions -- You can't shut yourself off completely from co-workers and your boss, but you can minimize time-wasting interruptions. Close your door or hang a "Do Not Disturb" sign on your cubicle, or wear headphones that block out noise. Let people know you sometimes need to concentrate, but that you're available in case of legitimate emergencies.

Father's Day Note from Helix President Sieg Pedde

I have been a father for nearly seventeen years. Since you are doubtless asking: "So what?", I guess I will have to expound a bit.

I like being a father, mostly. I must admit that being father to a teenage boy can be frustrating at times, but friends who have survived the teenage drama themselves tell me that it is all worth it, eventually. So, I will grit my teeth and carry on.

Maybe my son will reward me for being a good dad in some special way this year, perhaps like the Mother's Day card he gave to my wife two years ago, which said:

I love you, Mom.

Zachary,

... *your greatest achievement.*

In truth, reward enough for me would be if he cleaned his room, finished his overdue history assignment, abstained from video games for a few hours, read a book, ate a vegetable or two, gave me a big hug, and said with all the sincerity he could muster:

"HAPPY FATHER'S DAY!"

Paternally speaking -- A quick quote quiz

Match the quote to the famous TV father who said:

- a) "A man's never wrong doing what he thinks is right."
- b) "When you're married, you'll understand the importance of fresh produce!"
- c) "Why can't you be a normal boy and swallow goldfish?"
- d) "When a man carries a gun all the time, the respect he thinks he's getting might really be fear."
- e) "Some of the greatest lies ever told by your children: 'I forgot,' 'I'll pay you back later,' 'It was like that when I found it.'"
- f) "There is only one thing I want from you: find something you love. Then do it the best you can."
- g) "Come men, let us retire to the living room where we will watch *The Three Stooges* and we shall scratch ourselves."
- h) "A fellow just hates to admit he's wrong. It takes a little courage to do it, and swallowing of pride, but it's one of the paths to wisdom."
- i) "We've got a wonderful bunch of kids, I mean really marvellous. They don't play hooky, they don't lie, they're not fresh. But they just won't stay off of that phone."
- j) "Alcohol, the cause of and solution to all life's problems."

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| 1. Benjamin Sisko (<i>Star Trek: Deep Space Nine</i>) | 2. Heathcliff Huxtable (<i>The Cosby Show</i>) |
| 3. Jim Anderson, Sr. (<i>Father Knows Best</i>) | 4. Ben Cartwright (<i>Bonanza</i>) |
| 5. Homer Simpson (<i>The Simpsons</i>) | 6. Andy Taylor (<i>The Andy Griffith Show</i>) |
| 7. Mike Brady (<i>The Brady Bunch</i>) | 8. Howard Cunningham (<i>Happy Days</i>) |
| 9. Dan Connor (<i>Roseanne</i>) | 10. Tony Soprano (<i>The Sopranos</i>) |

Answers: 1 (f); 2(e); 3(h); 4(a); 5(j); 6(d); 7(i); 8 (c); 9 (g); 10 (b)

Communicate with power, not rancour

Is your communication style passive, aggressive, or assertive? The answer can make a difference in how effectively you get your messages across. Take a look at the scenarios:

1. A group of co-workers is talking loudly near your desk while you try to concentrate on an important task that's due in less than an hour. Do you:

- a) Glare at them without saying anything?
- b) yell at them to shut up?
- c) explain that you're working and ask them to move or lower their voices?

2. Your boss borrows your laptop, but you need it for your own work. Do you:

- a) try to borrow someone else's computer?
- b) confront your boss to point out that you can't get any work done?
- c) tell your boss you need it back for specific tasks that are important to your organization?

3. You manage someone who regularly comes to work late. Do you:

- a) schedule staff meetings first thing in the morning and hope the employee gets the hint?
- b) wait for the employee to walk in so you can criticize him or her in front of the rest of your department?
- c) meet with the employee to explain how tardiness affects co-workers, customers, and the rest of the organization?

In case you haven't guessed, the "a" answers match a passive communication style, and are unlikely to achieve the results you're after. The "b" answers are aggressive -- the other person may do what you want, but he or she will probably resent your attitude. The "c" answers are assertive: straightforward without being confrontational, and more likely to lead to a positive outcome.

Quotable Quotes

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| You don't have to deserve your mother's love. You have to deserve your father's. | -- Robert Frost |
| My father didn't tell me how to live; he lived and let me watch him do it. | -- Clarence Kelland |
| Either write something worth reading or do something worth writing. | -- Benjamin Franklin |
| Indecision may or may not be my problem. | -- Jimmy Buffett |