



"I Guarantee You'll Have Friends & Family Say I Love Your Home."

Issue 1
January 2010

Inside This Issue

New Years Resolutions—Are They Worth the Time? . . . Page 1

Debunking Snowboarding Myths . . . Page 2

Celebrity Buzz . . . Page 2

Mount Everest Trivia . . . Page 2

Did You Know . . . Page 3

Recipe of the Month . . . Page 3

Tip of the Month . . . Pg 4

GABRIEL FURNITURE

Value For Life!

Giving You Helpful Advice and Fun Tips Designed to Make Your Life Easier and Help You Shine in Front of Your Friends and Family.

New Years Resolutions—Are They Worth the Time?

Welcome to 2010. At the turn of a new year, many of us think back to the 365 days that we have lived in 2009 and decide to be better, do things differently, or tackle things we have left undone. It's a time for renewal and for new promises.

Most of us start out strong. Research says that up to 45% of adults make resolutions each new year. With many of us, there are recurring themes underpinning our resolutions, like exercising more, losing those extra pounds we've been carrying around for the last couple of years, or trying to quit smoking. Other common resolutions are about managing money better or getting out of debt. These are all worthwhile things that would give us a better quality of life. They would help us enjoy the world around us and the people that we love.

It is no surprise to most of us that resolutions begin strong and wane over time. While 45% of adults make resolutions each year, only 75% of these resolutions make it through the first week. After six months, only 46% of those original resolutions are still moving towards their initial goals.

Anyone who has tried to keep a goal over a long period of time can understand the temptation to quit when the going gets tough. Or when the enthusiasm runs dry. When roughly half of us stay committed to our resolutions is it a waste of time to set them in the first place?

While it is true that over half of the people who make new years resolutions will break them, research suggests that making those resolutions is indeed useful. People who make resolutions are 10 times more likely to attain a goal and make a change than those who don't make any resolutions. If you feel the need to change this year, regardless of your past track record with accomplishing new years resolutions, set a goal and make it happen.

Celebrity Buzz

America's fascination with celebrity breakups and hookups are akin to how the British worship the Queen and her family. In 2009, America witnessed the collapse of the following high profile celebrity relationships:

- Kristen Stewart broke up with Michael Angarano on May 4th.
- Robin Wright Penn broke up with Sean Penn on April 24th.
- Rihanna Fenty broke up with Chris Brown on March 17th.
- Mel Gibson broke up with Robyn Moore on April 12th.

Mount Everest Trivia

1. Mount Everest is located in
 - A. Nepal
 - B. Tibet
 - C. Both countries
2. Which of the following did not make an ascent?
 - A. 13-year-old girl
 - B. 64-year-old man
 - C. A legally blind man
3. What is responsible for the highest amount of deaths on the mountain?
 - A. Avalanches
 - B. Freezing to death
 - C. Falling into a crevasse
4. True or False: You cannot make an oxygenless ascent up the mountain.

Answer Key: 1) c: the summit ridge separates Nepal from Tibet; 2) a; 3) a; 4) False

Debunking Snowboarding Myths

Overnight the skies have opened up and dumped another 10 inches in your driveway. If you're depressed about this and thinking only about shoveling snow, then you're not alone. If you're elated about this new snowfall, you must be a thinking about hitting the slopes and enjoying that fresh powder.

Over the years certain myths have surfaced about snowboarding. These myths are continuing to throw their weight around mainly because the media keeps championing their cause and the snowboarding/skiing industry does little to dispel or address them.

Some of these myths are that:

- Snowboarders are more likely to become injured or to cause injuries to other skiers.
- Helmets will save your life.
- Deaths on the slopes have increased.

Snowboarders have a 40% lower death rate than skiers. In fact, it is snowboarders who are more likely to get hit by an out of control skier—not the other way around. When snowboarders fall, the snowboard acts as an anchor; when riders hit the ground, they stay put and don't slide. When skiers fall, they tend to skid and slide. In truth, skiers are three to four times more likely than a snowboarder to hit another person or a stationary object.

Can wearing a helmet save your life? The answer is yes—if you are traveling less than 15 – 12 mph. However, when a person is traveling at 24 – 40 mph, helmets lose their effectiveness. Snowboarders actually have fewer injuries than skiers. Head injuries are small compared to knee or lower leg injuries. Dr. Jasper Shealy, chairman of the department of industrial engineering at Rochester Institute of Technology, pointed out that of the 39 deaths last year, six of them were wearing helmets. "A helmet is not a panacea; it's not a magic bullet," Shealy says.

Regardless of how the media will spin the deaths associated with thrill-seeking activities such as snowboarding, the facts are that ski and snowboard fatalities have remained quite constant for a number of years now. The historic average is about 35 deaths per year. And the overall injury rate has declined by 50% over the past 25 years.

Thought of the Month

“Do what you feel in your heart to be right—for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”

-- Eleanor Roosevelt

Did You Know...

The Leaning Tower of Pisa, located in Pisa, Italy, has never been straight. Construction was halted on the tower right after the foundation was laid in 1173. Some 100 years later, construction resumed. Only later did the engineers realize that the foundation had settled unevenly and that the newly constructed tower was now tilting to the south. During its first years, the tower tilted in different directions, giving it a slightly curved look, similar to a banana. There are 296 steps leading to the top.

Referral Corner

We always love to have new people become part of our inner circle of friends and family. If you know of someone looking to furnish their home, please send them our way.

Simply send them this newsletter, and when they bring it in to the store, we will give them \$50 off of their purchase and then send you a **\$50 Gift Certificate** to Gabriel Furniture.

STOP, SHOP AND SAVE! DURING OUR CLEARANCE

We are a locally owned store. We live here, work here, and shop at stores in our community.

Thank-you for your business!

Joe and Ruby Wells & the employees of Gabriel Furniture.

Recipe of the Month!

Quick Homemade Pepperoni Pita Pizza

Ingredients:

- 1 package shredded cheese
- 1 package turkey pepperoni
- 1 package whole wheat pita bread
- 1 bottle of pizza sauce

Directions:

1. Preheat oven to 400 degrees.
2. Baste the pitas with pizza sauce and cover with a layer of cheese.
3. Top with pepperoni (you can also substitute other toppings or add new toppings) and cover with a sprinkling of cheese.
4. Place pita bread on a cookie sheet and bake in the oven for 12 – 14 minutes.

Tip of the Month: What is an Insurance Score?

We all know what happens when we want to purchase something on credit: we get denied or approved largely because of our credit score, which is a rating of the level of risk that we represent based on past financial behavior (pursuit of new credit, length of credit history, current level of indebtedness, types of credit used, and previous credit performance). When you apply for insurance to cover your car or your house, the same thing happens. Except this time, it's called a credit-based insurance score and it's a rating of the level of insurance risk that you represent. Your insurance score is important because it will determine what programs you will qualify for and at what rate.

An insurance score is not the same as a credit score. For starters, it is not as in-depth and does not show a person's credit accounts. Like your credit score, your insurance score is a number that is based on information in your credit report that can predict whether you're more or less likely to have future claims that will result in losses for the insurance company. The higher the score, the less risk you represent. This will result in lower premiums.

Your insurance score is built on depersonalized data and does not reflect anything personal like race, color or occupation. Insurers use this score along with motor vehicle records (for auto insurance) or history report and property inspections (for property insurance) to make sure you pay the premium rate that most closely corresponds to the risk that you represent.

THANK YOU for reading my **Value For Life!**[®] personal newsletter. We send this to our Inner Circle of Family & Friends. We understand that relationships are important in life. We consider our relationship very important. Our goal is to have your friends and family say they love your home.

COME VISIT OUR STORE(S): Gabriel Furniture
201 E. College Ave.
Appleton, WI 54911

Outlet Center
N245 Stoney Brook Rd.
Appleton, WI 54915

Store Hours

Mon. – Fri. 10:00am to 8:00pm
Sat. 10:00am to 5:00pm
Sun. 11:00am to 5:00pm

Store Hours

Mon. – Fri. 10:00am to 4:00pm

<<Mailing address>>