

Random Madness

(That Stuff That Wouldn't Fit Elsewhere)

Athena Word Search

by Jeff

A U T O S L A U P A L L A S
 A T H E N S L A G R E A S E
 C A H W Q K O J L A H E I A
 N C E E O I W A R C R Y A T
 S Z L A N W A N W H G N P E
 M E M V Y I O E O N L O O M
 D L E I H S A H N E L I R Y
 Z H T N Z S B T S V R T O T
 R P D G U T I A H W D C D H
 B U L D O G R E E C E E R C
 L K E G G O Z W S Q N T A A
 E M L A O C H I T O N O U L
 L U H T I R T S P E A R B A
 B S N A K E G D I K U P W N
 B M W V M C N O J G F B O F
 U M M O C H A M N M E Q N X
 B U L L D O G S G O A A S M

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| Aegis | Medusa |
| Arachne | Metis |
| Athena | Pallas |
| Athens | Protection |
| Bulldogs | Shield |
| Chiton | Snake |
| Gorgon | Spear |
| Greece | War |
| Helmet | Wisdom |
| Loom | Weaving |

Color the Goddess

Break out those crayons and have some fun!

Athena and the Owl

See how many added words you can find. We'll publish a list of what we found in the next issue.

Keeping Your Resolutions

It's the time of year when many folks are making New Year's Resolutions, and then breaking them in no time at all. Here are some tips to help make keeping them a little bit easier.

1. Watch the wording. Use the phrase "I will" instead of "I want to". This puts you in control of the resolution.
 2. Be specific. Don't just say "I will lose weight." Instead put a number to it.
 3. Be realistic. Losing 100 lbs. in a year is unrealistic, but 20 isn't. The same for meditation. Don't assume you're going from never meditating, to suddenly meditating every day for ½ hour. Odds are it won't happen.
 4. Go easy. If you forget to meditate on a day you were supposed to, don't let it de-rail your entire effort. Just dust yourself off, remember it's ok not to be perfect, and start fresh the next day.
- Happy New Year!

COMING NEXT ISSUE:

We visit with Isis and Osiris, Think renewal, rebirth, rabbits, eggs, and Maypoles. Think Spring. See you then!

