CYBERBREAK

November 16, 2007

Get educated with help from the

Employee Educational Assistance Reimbursement Program!

Application Deadline for Spring 2008:

Friday, November 30th

For more information and the application form, please go to: http://www.swlaw.edu/staffedassistance

Recycling

Southwestern's waste management company sorts and recycles items at the company's Material Recovery Facility (MRF).

Thanksgiving Holiday Hours

Wed. Nov. 21st

Offices:	9am – 4pm
Library:	7am – 8pm
Tea Room:	7am – 3pm

Holiday Travel Flying Tips

Long flight? Whether you love or hate to fly, long flights are always difficult on the body. For this holiday season, try using these tips in flight, to keep you feeling in top shape!

Seat Exercises:

1) Ankle Circles – Draw circles with your toes for 15 seconds in both directions.
2) Arm Curls – With arms on chair rests, bent at a 90-degree angle, raise hand to your chest and back down. Alternate between hands.
3) Overhead stretch – Raise both hands over your head. Use one hand to grab the wrist (of the other hand) and pull gently to one side. Hold for 15 seconds and repeat.

For these and more flight exercises, please go to: http://www.dvt.net/docs/pdf/InFlightFitness.pdf

WHO SAID IT?

"Let the future tell the truth, and evaluate each one according to his work and accomplishments. The present is theirs; the future, for which i have really worked, is mine."

a) Albert Einstein
b) Nikola Tesla
c) Leonardo Da Vinci
d) Stephen Hawking

Last Week's Answer: Mark Twain

We want *YOUR* input, ideas, and thoughts! Email breakthrough@swlaw.edu.

Send your CyberBreak thoughts, ideas, or suggestions to Johanna at jgan@swlaw.edu by next Wednesday.