

FOOD FOR THOUGHT

- 1....."Hypocrisy can afford to be magnificent in its promises, for never intending to go beyond promise, it costs nothing." - [Edmund Burke](#)
- 2....."Inside every cynical person, there is a disappointed idealist." - [George Carlin](#)
- 3....."Denial ain't just a river in Egypt." - [Mark Twain](#)
- 4....."Comedy is acting out optimism." - [Robin Williams](#)
- 5....."I am free of all prejudices. I hate everyone equally." - [W. C. Fields](#)
- 6....."The nearer a man comes to a calm mind, the closer he is to strength." – Marcus Aurelius
- 7....."Vitality shows in not only the ability to persist but the ability to start over." – F. Scott Fitzgerald
- 8....."Things are never so bad they can't be made worse." - [Humphrey Bogart](#)
- 9....."It is by the goodness of God that in our country we have those three unspeakably precious things: freedom of speech, freedom of conscience, and the prudence never to practice either of them." - [Mark Twain](#)
- 10....One man with conviction will overwhelm a hundred who have only opinions." - Winston Churchill
- 11...."We can't help everyone, but everyone can help someone." - [Ronald Reagan](#)
- 12...."History is a set of lies agreed upon." - [Napoleon Bonaparte](#)
- 13...."Coincidence is God's way of remaining anonymous." - [Albert Einstein](#)
- 14...."Optimism is the faith that leads to achievement." – Helen Keller

ARIZONA

- 1.....Arizona has 3,928 mountain peaks and summits..
- 2.....All New England, plus the state of Pennsylvania would fit inside Arizona.
- 3.....Arizona can yield both the highest temperature across the nation and the lowest temperature across the nation in the same day.

- 4.....Arizona has 26 peaks that are more than 10,000 feet in elevation.
- 5.....Yuma, Arizona is the country's highest producer of winter vegetables, especially lettuce.
- 6.....The Five C's of Arizona's economy are: Cattle, Copper, Citrus, Cotton, and Climate.
- 7.....Clark Gable and Carole Lombard, two of the most prominent movie stars of Hollywood's Golden Age, were married on March 18, 1939, in Kingman, Arizona.
- 8.....The world's largest solar telescope is located at Kitt Peak National Observatory in Sells.
- 9.....Billy the Kid killed his first man, Windy Cahill, in Bonita, Arizona.
- 10....Famous labor leader and activist Cesar Chavez was born in Yuma.
- 11....In 1912, President William Howard Taft was ready to make Arizona a state on February 12, but it was Lincoln's birthday. The next day, the 13th, was considered bad luck so they waited until the following day. That's how Arizona became known as the Valentine State.
- 13....Oraibi, a Hopi village located in Navajo County, Arizona, dates back to before A.D. 1200 and is reputed to be the oldest continuously inhabited community in America.
- 14....Rainfall averages for Arizona range from less than three inches in the deserts to more than 30 inches per year in the mountains.
- 15....The hottest temperature recorded in Arizona was 128 degrees at Lake Havasu City on June 29, 1994
- 16....The coldest temperature recorded in Arizona was 40 degrees below zero at Hawley Lake on January 7, 1971.
- 17....A saguaro cactus can store up to nine tons of water.
- 18....Wyatt Earp was neither the town marshal nor the sheriff in Tombstone at the time of the shoot-out at the O.K. Corral. His brother Virgil was the town marshal.
- 19....The negotiations for Geronimo's final surrender took place in Skeleton Canyon, near present day Douglas, Arizona, in 1886.
- 20....Arizona has one of the lowest crime rates in the U.S.A.

STRESS

1....."Stress is like spice — in the right proportion, it enhances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you." - Donald Tubesing, (author)

2....."You don't have to see the whole staircase, just take the first step." - Martin Luther King Jr.

3....."The time to relax is when you don't have time for it." - Sydney J. Harris, (journalist)

4....."Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they've started." - David Allen (productivity consultant)

5....."The greatest weapon against stress is our ability to choose one thought over another."

William James (philosopher)