

Time Will Tell - excerpt



Trivia quiz: It's Time You Knew

1. Although its origins are more complicated, today a blue moon refers to a second full moon in a single solar calendar month. It's unusual enough to make "once in a blue moon" mean a long time, but not really *that* rare. How often does it happen on average?

- a. About once a year ____
- b. About once every two or three years ____



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2. Stopwatches first became popular about 1855 when there was keen interest in what sport?

a. Boxing ____

b. Horseracing ____



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3. The term “moveable feast” means

a. A holiday that is not fixed by a specific, unchanging date (like Easter or Yom Kippur) ____

b. A festival that generally takes place outdoors. (It's related to “al fresco, i.e., dining outdoors) ____



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4. Clocks run in the direction we consider clockwise because They mimic the pattern of sun on a sundial (If sundials had first developed in the Southern Hemisphere today's clocks might be programmed counter-clockwise.) ____
They follow the same direction that right-handed people (i.e., most people) use in drawing a circle. ____

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5. Grandfather clocks are named
- a. After a popular song from the late 1800s ____
 - b. After the founder of a popular clock manufacturing firm (“We call that style a ‘grandfather clock’ after Grandpa Waterbury.”) ____



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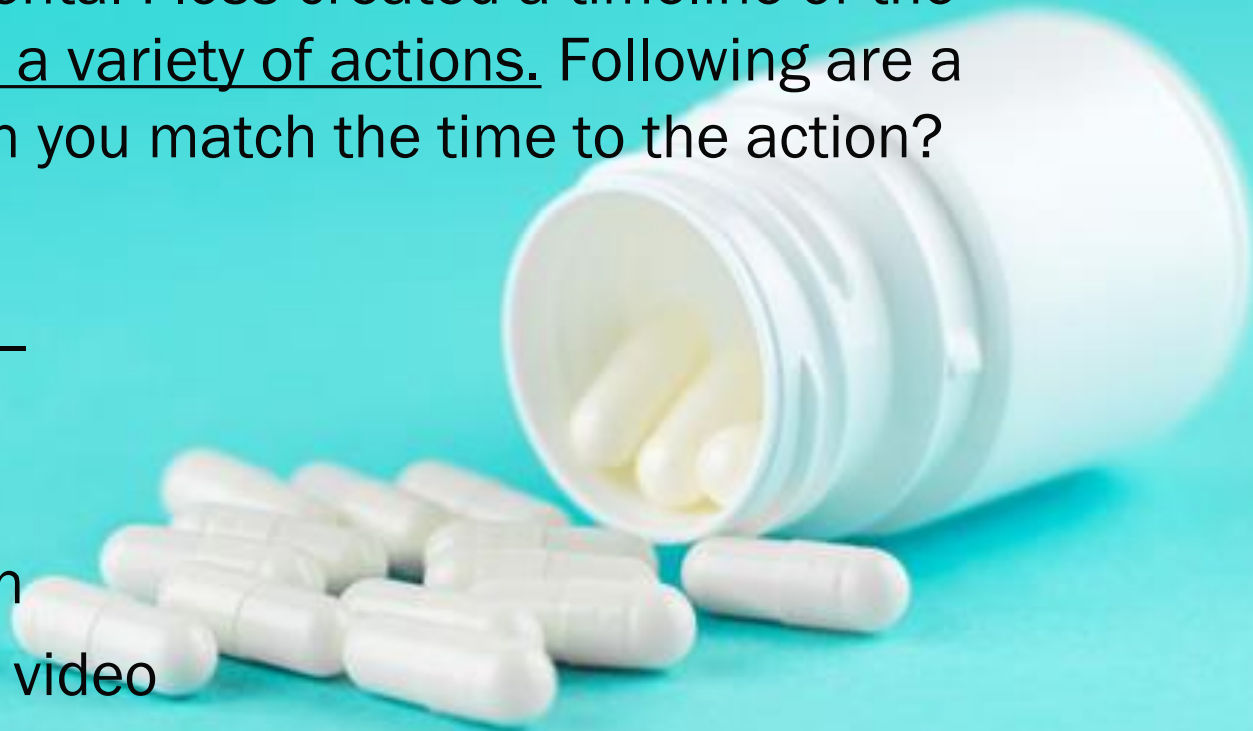
The magazine Mental Floss created a timeline of the best time to take a variety of actions. Following are a few excerpts. Can you match the time to the action?

6. 8:30 a.m. ____

7. 10:00 a.m. ____

8. 1:00 p.m. ____

- a. Take an aspirin
- b. Watch a funny video
- c. Make a decision



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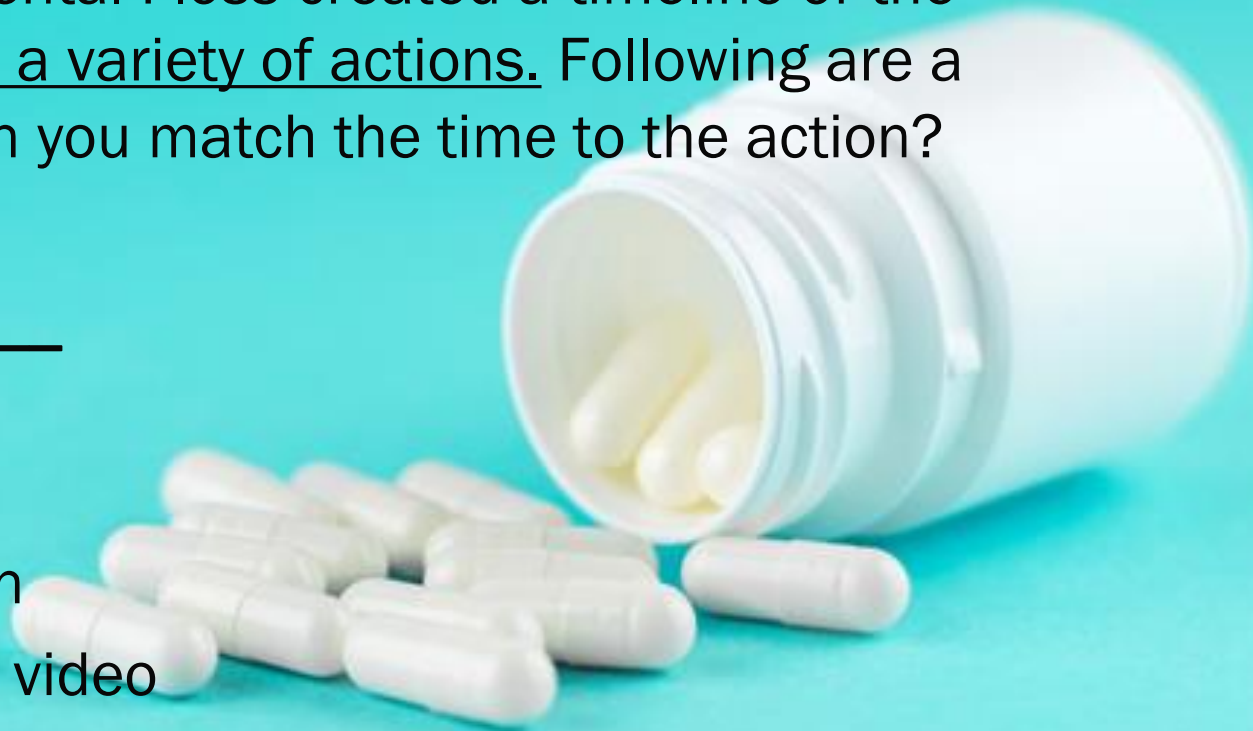
7. 10:00 a.m. a

8. 1:00 p.m. b

a. Take an aspirin

b. Watch a funny video

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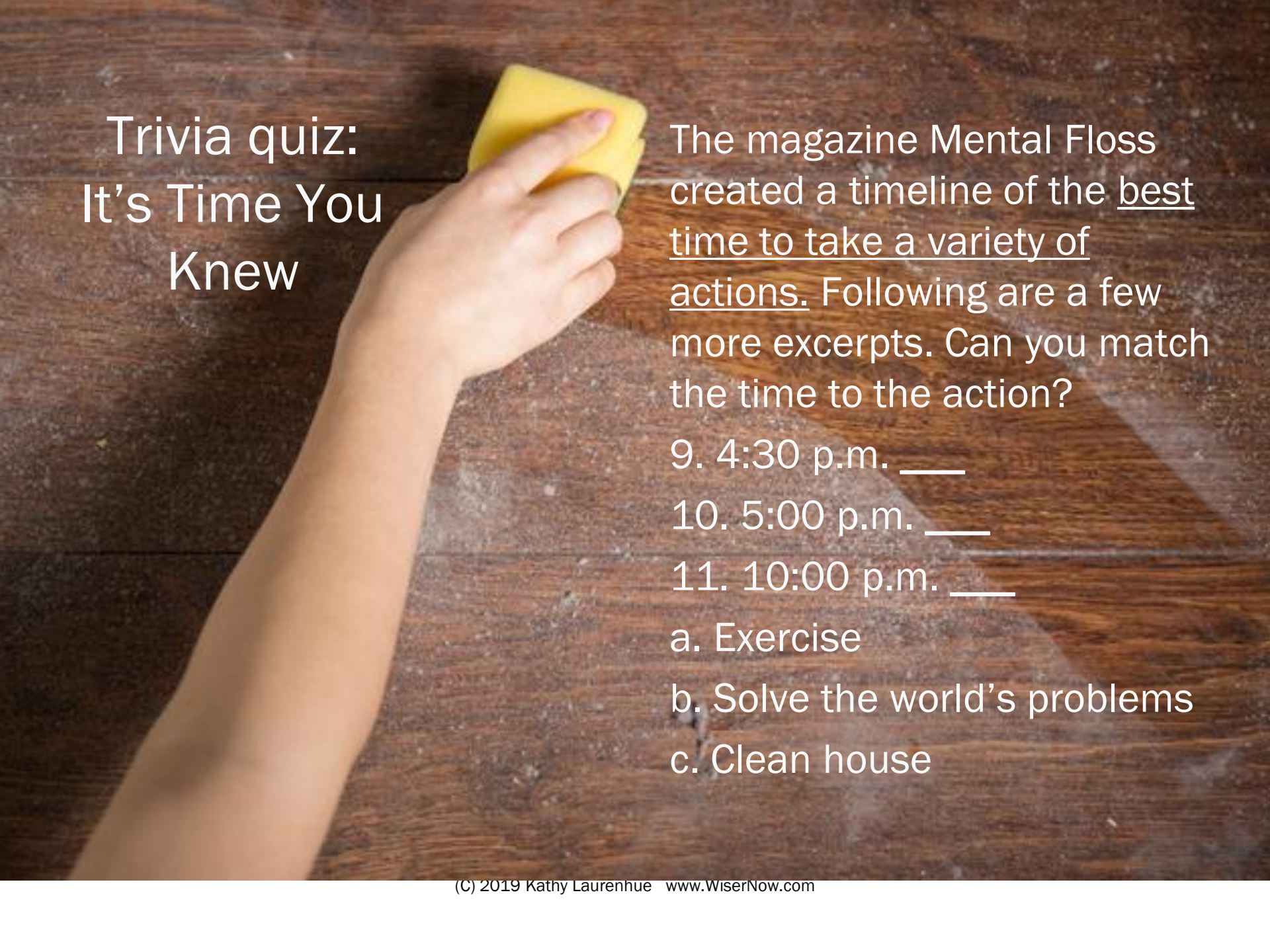


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Here is the reasoning behind the times cited in the article:

- 8:30 a.m. (or right after we wake up) is the best time to make a decision
- 10:00 a.m., being the most common time for both heart attacks and migraines, is the best time to take an aspirin
- 1:00 p.m. is the time when the national mood is at its lowest, so perk yourself up with something funny

A hand holding a yellow sponge is shown cleaning a dark wooden surface. The hand is positioned on the left side of the frame, and the sponge is being used to wipe the wood. The background is a close-up of the wood grain.

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The magazine Mental Floss created a timeline of the best time to take a variety of actions. Following are a few more excerpts. Can you match the time to the action?

9. 4:30 p.m. ____

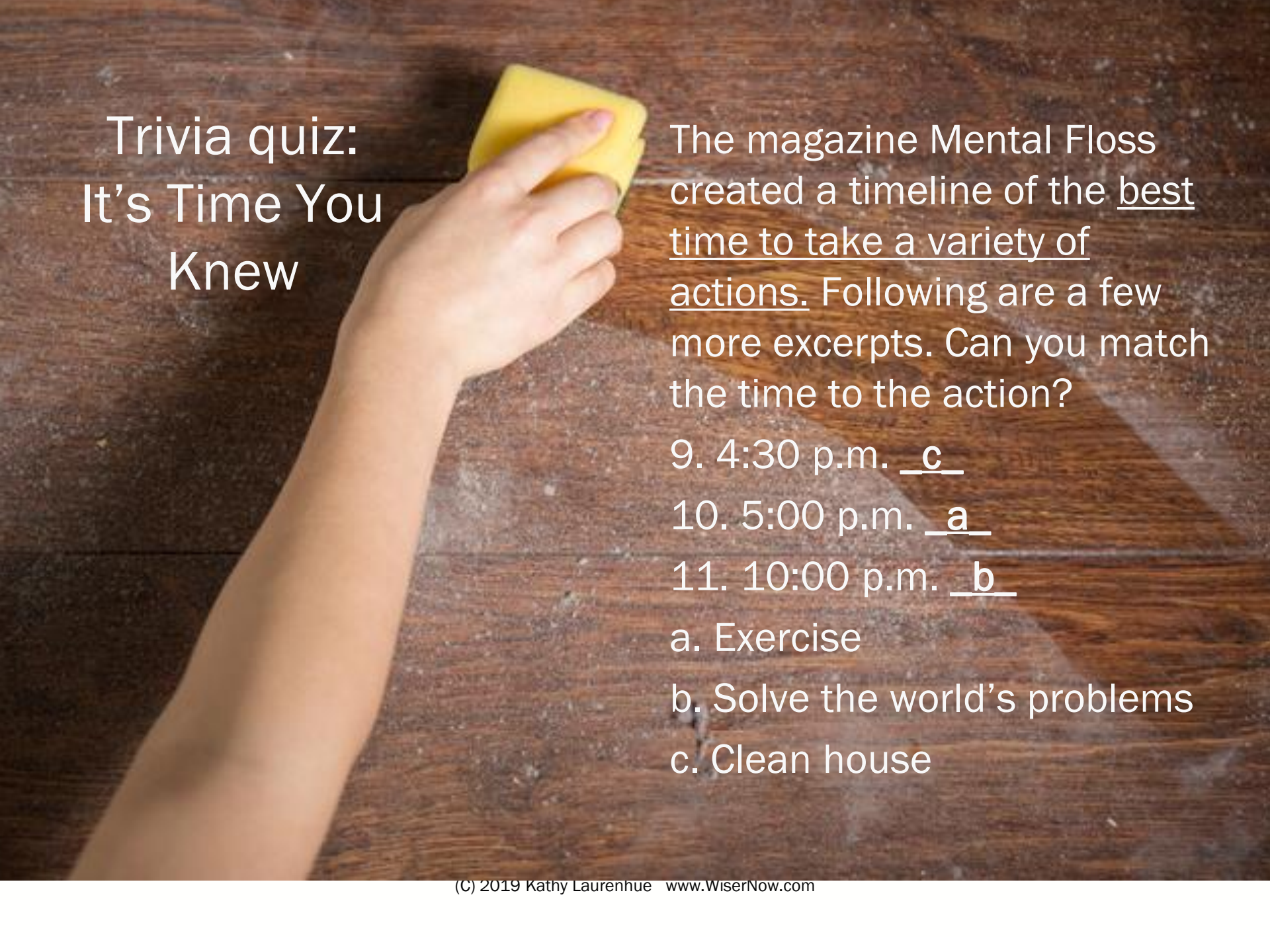
10. 5:00 p.m. ____

11. 10:00 p.m. ____

a. Exercise

b. Solve the world's problems

c. Clean house

A close-up photograph of a person's hand holding a bright yellow sponge, scrubbing a dark brown wooden surface. The hand is positioned on the left side of the frame, and the sponge is being used to clean the wood grain. The background is a blurred wooden surface.

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Here is the reasoning behind the times

- 4:30 p.m. is when our hand-eye coordination is highest, so clean the house (or shoot some hoops?)
- 5:00 p.m. is the best time for exercise because the next hour is when our body temperature is highest, increasing our stamina and strength.
- 10:00 p.m. is good for creative thinking because we do our best abstract thinking when we are tired and just let our minds wander.



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The Mental Floss article on the best time for activities was reprinted in Reader's Digest and can be found here:

<http://www.rd.com/slideshows/perfect-timing-how-to-make-the-most-of-the-day/>

Do you agree with the suggested times? Why or Why not?



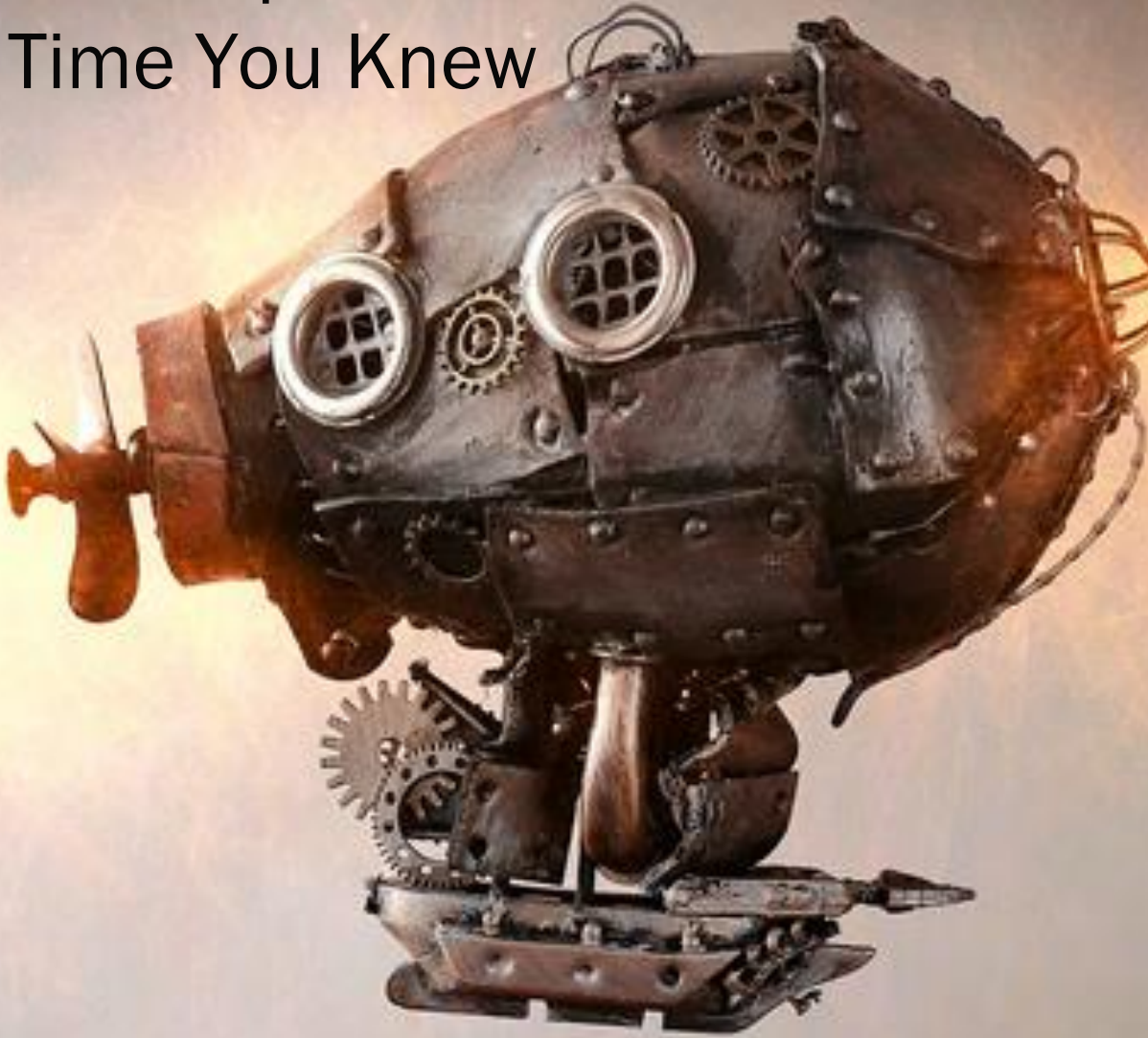
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12. Although H.G. Wells' 1895 novel *The Time Machine* began the popularization of the idea of traveling forward or backward through time, the idea had existed in myths for thousands of years.

True ____ False ____

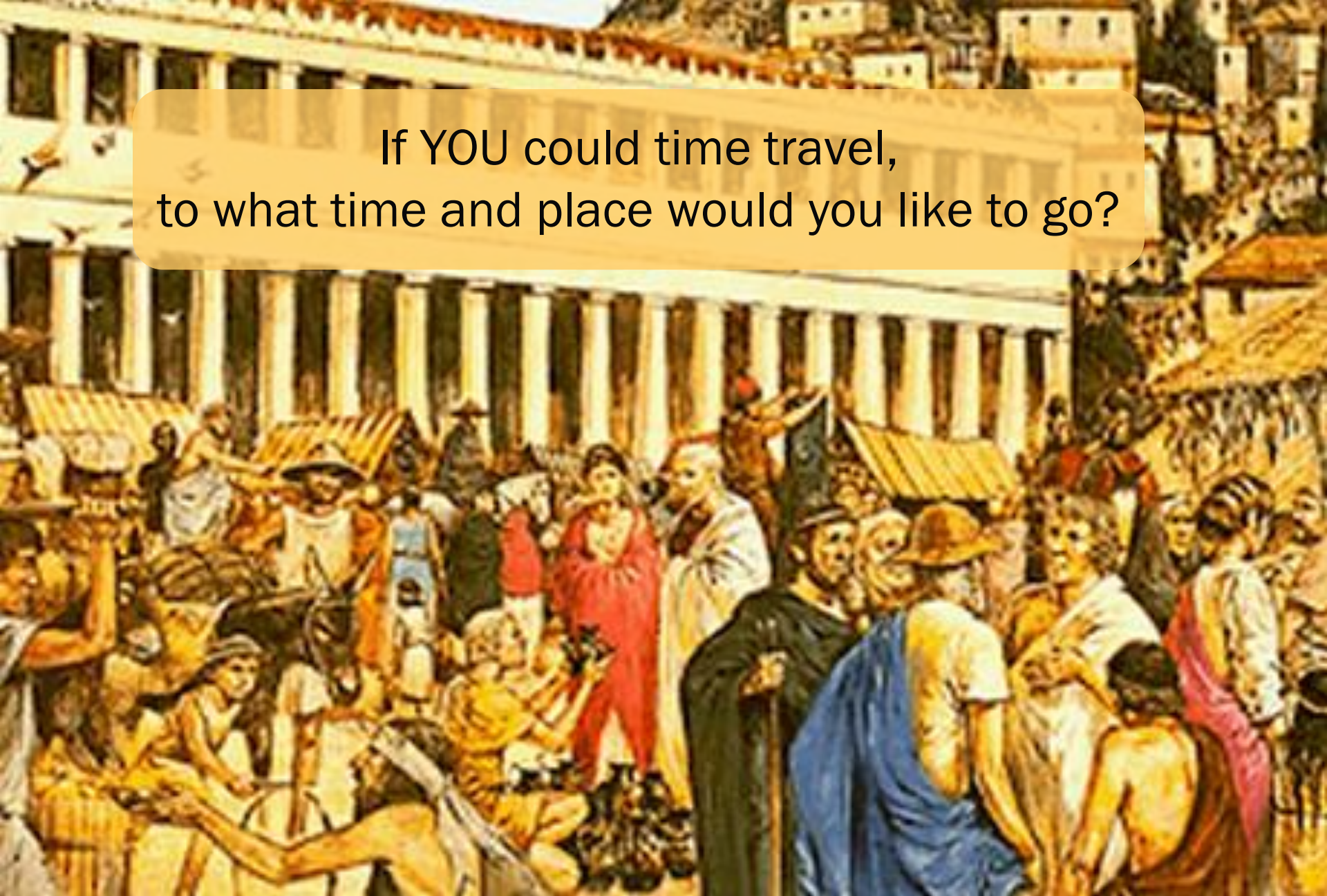
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True X False

If YOU could time travel,
to what time and place would you like to go?



A final thought:

How long a minute is,
depends on which side
of the bathroom door
you're on.

~ Zall's Second Law



I hope this slide show excerpt has helped you make new connections in your brain and delightful connections sharing it with others.

For more information or more slide shows, contact Kathy Laenhue at Kathy@WiserNow.com



And please review www.WiserNow.com and www.CreatingDelight.com