

Another YOUR OFFICE NEWSLETTER

Always Free

A Hand-Crafted Publication



**Letter
from the
Editor**

Hi! Thank you for reading my publication. This is the first issue! The purpose of this newsletter is to have fun, brighten your day, get you to laugh, give you useful information, something for nothing, inform you about things/stores/events that you might never hear of and of course, anything you might find interesting. So, let me know what you would like. *Thanks!*

Office POLITICS

This will be an ongoing series about the issues and problems with office politics. Look for a new installment every issue.

All Human behavior is an attempt to solve a problem,” is a line from Michael Crichton’s novel, “Disclosure.” You may have seen the movie version starring Michael Douglas.

Of course it was written to provide maximum drama for entertainment value, but it also illustrates the basic dynamics we sometimes go through at the office. Someone doesn’t like you, sees you as a threat or tries to use you as a

scapegoat or fallguy ... for whatever reason.



Gossip usually gets a bad rap and for good reason, especially if it’s the bad kind. But we all do it. Scientists studying human communication found that an astounding amount of talk (almost 70%) was about other people, “gossip.” The remaining % was facts, updates and general information. The scientists study-
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After Work

The problem with going out after work of course, is that your tired from doing a whole days work!

What is called for is a place that is friendly, has good service, and a seat waiting for you.

Look no further ... that place is The Independence Brew Pub. It has the longest bar in Philadelphia and they brew their own beer.

They also have a special at the bar menu that is available from 4-7

pm Monday through Friday where everything is priced at only \$3.

Lots of choices abound but I went for the Bar Burger. It was cooked just the way I asked for it, served on a Kaiser Roll and artfully presented with a side of fries, lettuce, tomato and a pickle speared on the top of the burger. The fries are done with the skin on

Other choices they have are the Shrimp Cocktail, the Crab Imperial, and about 6 other choices done very well and tasty.

As for the beer ... delicious! I usually go for the darker beers, like their Oatmeal Stout, but with the heat we have had this summer, I chose to go with the Red instead. Let me tell you, the first one went down very smooth. And during Happy Hour, the beers are also only \$3.

In this reviewers opinion, this is one of the best deals in the city, especially when you consider that for only \$6 you can get a lite dinner and a pint of Philadelphia's best brewed beer.

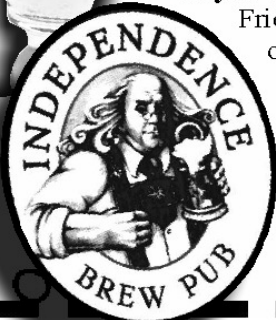
It can be a little hard to find the place but it is located right next to the Reading Terminal Market, specifically on the 1100 block of Filbert St. Look for the signs, your thirst will be quenched!

Give us a try today!

Only \$3

During Happy Hour, between 4pm and 7pm, Monday through Friday, we have a special at the bar for **only \$3**...Bar burger with Fries, crab imperial or a huge shrimp

cocktail & a lot more. All of it delicious! Tell 'em Chris sent you...



Independence Brew Pub

1150 Filbert St., Phila. 215-922-4292 FAX 215-940-0870
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Lunch Time Review

You only have maybe an hour for lunch. Where should you go? Well, there are lots of choices it seems.

If you are near the 1300 block of Walnut, give VIP Market a try. What I really like about the place is that it is lunch buffet style. You can get as little or as much as you want, all by the pound.

I usually get the salmon with a little salad, some green beans with garlic sauce, a touch of pickled ginger on the side and a taste of their vegetable lasagna. All this for only around \$3. They provide water free of charge, which I prefer anyway.

They also have a fine array of dishes for vegetarians.

Speaking of diets... another reason I enjoy VIP is that if you are following the Atkins diet, you will have no problems eating at this place. Often they have a tray of roast pork or teriaki chicken. When you couple one of those and put it with the garlic string

beans and accompany it with a nice little salad topped off with some blue cheese dressing, you have a meal that is tasty and satisfying as well.

In the future, we will also review the lunch trucks that cover every

corner. Also, if you have a place you think is great, let us know and we'll cover it.

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And that is what marketing is all about; people talking about your business!

Every one wants more business is like saying farmers want rain. But have you ever met a farmer that could make it rain? Of course not, but they hire people who can find water for them.

Business people often are too busy just running their business to spend all the time it requires to find new business. Not to mention that knowing how to get business is often a very different skill than running a business.

Nonetheless, there are many, many ways that you can increase the exposure of your business for little money.

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LINU BOUTIQUE

There is only one place I would ever buy hand made actual linen ... Linu Boutique on Pine Street.

They also carry many different objec d'art. Items like amber jewelry from the shores of the Baltic sea, handcrafted pottery ware ... things that you simply can't find anywhere else.

Linu is located at 1036 Pine Street on Antique row, near the corner of 11th and Pine.

The owner, Karina, is ever helpful and if the interior of the store is a guide, she has a designers eye for selecting only the best



Once you have a linen article, with good care it can last a



Linen is the fabric of luxury for excellence. It is 20% more absorbent than cotton, making for a very cool sleep in the summer. It's expense comes from the fact that it has to be harvested by hand and so does the rest of the process.

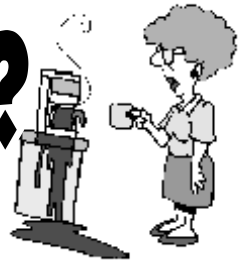
lifetime. The fibers are known to last and last because of their strength. For example, the wrappings of Egypt's pharaohs were made of linen.

And you can get almost anything made out of linen! The hand towels seem to be a great application of linen's unique properties. Bed sheets, napkins, table runners and her selection of hand made linen scarfs are very unique.

Stop in today and see all the unique things she has to offer your discerning eye.

www.LinuBoutique.com

COFFEE ♦♦ Regular or Decaf?



My brother and I are on the porch one morning having a cup of coffee and smoking a cigarette (he has since quit). It's raining. A man jogs by. My brother and I look at each other. "He's probably adding a good 10 years to his life," my brother says. Not impressed, I reply, "Yeah, but he's gonna spend it jogging in the rain!"

Fraps, cappuccinos. I still like the classic, though; black with two Sweet and Low, every morning.

It's a ritual for sure, but one I look forward to.

A modest calculation reveals over 4000 ways to get your coffee fix. "Red Eye," is a real jolt, that's a cup of coffee with a shot of

espresso. Of course, there are an unlimited number of combinations when you include flavors. Seems that hazelnut and French vanilla are everywhere!

I love coffee and a person should have at least 1 vice. Why not one that is enjoyable every morning?

Health reports suggest that 2 cups a day is in no way harmful to your health. On the other hand, Dr. Pericone (as seen on PBS) is quite adamant that you should drink no coffee. His logic is that it aggravates your blood sugar level, that it is inflammatory. Dr. Atkins agrees.

Levels of caffeine are still detectable in your blood stream 12 hours later. So, even if you have only 1 cup of coffee at 8 am, by 8 pm it's still floating around your system.

Given my daily routine, I want that caffeine still floating around. You know how it is, you get that buzz going and it's like your brain starts firing on all cylinders. You are here, right now. Good Morning sunshine!

Maybe I am a little biased in favor of coffee. After all, I used to work at Starbucks. I've tried them all; mocha,

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Cont'd from pg. 1

ing this started with the assumption that most people were sharing information and that "gossip" would comprise only a minor fraction. Just the opposite of what they assumed to be true.

of like high school in certain respects.

This writer does not subscribe to the idea that you have to confront the gossip, at least at first. That

fires and watching who gets burned!

A good book on the subject is "The 48 Laws of Power." This is the kind of book you have to thoroughly read to get your education, but you will learn all about how people use power and gossip to their ends and sometimes not

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may not "solve the problem." Try to figure out, first,

What does this mean for the "Office Space?"

No matter what you do or don't do, they will talk about you. Guaranteed.

So, what do you do if you don't like what's being said about you? That depends on how much authority you have, where you fit in the power structure where you work and your natural skills at navigating the social terrain, kind

if it is true this person is working against you. Second, figure out why this person is doing it. For example, you may realize this person doesn't care about you, particularly; they just enjoy lighting



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- Discount Shopping
- After Work!
- Business Spotlight

...and more!

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