



During the period of August 4th – 6th, 2017, Florida sales tax will not be collected on clothing, footwear, and certain accessories selling for \$60 or less per item and on certain school supplies selling for \$15 or less per item. Personal computers and certain computer related accessories selling for \$750 or less will also be tax free during this period. Shop 'til you drop!

Get More Done at Work

Focus on one task at a time - When your attention is divided, you lose time on both tasks. Multi-tasking has been proven to decrease productivity.

Track your time—Logging how you spend your time can make you more mindful about what you're doing during the day.

Take breaks—When you feel your attention span shortening, grab a cup of coffee or go for a walk. Your ability to jump back into the task will be much greater.

Play some music—According to a recent study, people are more accurate and faster at their jobs while listening to music.

Schedule Email Checks—It can take up to 20 minutes to get your focus back after an interruption. Try setting specific times each day to check emails as opposed to looking every time your inbox dings.

**"YOU
ARE ONLY
CONFINED
BY THE WALLS
YOU BUILD
YOURSELF"**



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August NEWSLETTER

4 Lessons From the Longest-Running Study on Happiness

A study that was recently published has tracked the lives of 724 men for 78 years, one of the longest studies of adult life ever done. Investigators surveyed the group every two years about their physical and mental health, their professional lives, their friendships, their marriages, and also subjected them to periodic in-person interviews, medical exams, blood tests and brain scans. There are many lessons to be learned from the findings of the study, but below are four major things we can take away from the research.

A happy childhood has lasting effects - Having warm relationships with parents in childhood was a good predictor you'll have better relationships with those closest to you when you're an adult. That happiness had the power to extend across decades to predict more secure relationships that people had with their spouses, as well as better physical health in adulthood all the way into old age.

People with difficult childhoods can make up for them in midlife – People that grew up in environments with broken families, or financial instability, were unhappier than those with fortunate childhoods. The unhappy adults, however, were able to become happier by taking an interest in establishing and guiding the next generation, whether that was through raising their own children, or mentoring other younger adults.

Learning how to cope well with stress is extremely important – Adaptive coping techniques include sublimation, altruism and suppression. Maladaptive coping strategies are denial, acting out and projection. Researchers found those that engaged in adaptive coping methods had better relationships with others, were healthier and their brains stayed sharper longer.

The quality of your relationships with others is key - Looking back on their lives, people most often reported their time spent with others as most meaningful, and the part of their lives of which they were the proudest. Spending time with other people made study subjects happier on a day-to-day basis, and in particular, time with a partner or spouse seemed to buffer them against the mood dips that come with aging's physical pains and illnesses.

[Source](#)

NEW FORM I-9 NOW AVAILABLE

The newest version of the Form I-9 was published by U.S. Citizenship and Immigration Services (USCIS) July 17. The form, used by HR to verify employment eligibility, will be mandatory beginning Sept. 18. Employers will be able to use this revised version or continue using Form I-9 with a revision date of 11/14/16 through Sept. 17. On Sept. 18, employers must use the revised form with a revision date of 07/17/17 N.

STEAK & MUSHROOM KABOBS

Marinade Ingredients:

- | 1/4 cup olive oil 16-20 oz. Top Sirloin or New York Strip
- | 1/4 cup white wine vinegar 8 oz mushrooms
- | 1 T Worcestershire sauce
- | 1 tsp. garlic powder
- | 1/2 tsp. salt
- | black pepper to taste



- | Cut steak into pieces about 1 1/2 inches square. Whisk together the olive oil, white wine vinegar, Worcestershire sauce, garlic powder, salt, and lots of black pepper to make the marinade. Put steak pieces into large Ziploc bag, pour in the marinade mixture, and refrigerate for 1 hour. After an hour add mushrooms to marinating steak and marinate one hour more. Preheat grill to high. Thread steak and mushrooms on skewers & grill to desired temperature; about 3-4 minutes per side for medium rare.
- | Let meat rest a minute or two before you take it off the skewers. Serve hot and enjoy!