

JULY 17, 2014

THIS WEEK:

The next regular meeting of the Tri-Valley Executives' Association will be held on **July 24th** at Vic's All-Star Kitchen at 7:00am.

GREETERS will be **Cory Pinter** of Logo Boss and a volunteer.

The SPOTLIGHT will be on **Edward Jones Investments** by **Joey Minahan**, and **Andy Anaya** will SPOTLIGHT **Dr. Endre Selmeczy**

The CLASSIFICATION will be given by Family Law Attorney, **Chris Rugaard**.

10 PRACTICAL WAYS TO HANDLE STRESS

By Margarita Tartakovsky, M.S.

Stress is inevitable. It walks in and out of our lives on a regular basis. And it can easily walk all over us unless we take action. Fortunately, there are many things you can do to minimize and cope with stress. Here are 10 ideas for handling stress without causing more strain and hassle.

1. Figure out where the stress is coming from.
2. Consider what you can control—and work on that.
3. Do what you love.
4. Manage your time well.
5. Create a toolbox of techniques.
6. Pick off the negotiables from your plate.
7. Are you leaving yourself extra vulnerable to stress?
8. Preserve good boundaries.
9. Realize there's a difference between worrying and caring.
10. Embrace mistakes—or at least don't drown in perfectionism.

Read the full story here:

<http://psychcentral.com/blog/archives/2011/07/11/10-practical-ways-to-handle-stress/>

SPOTLIGHT:

BY JOE GOULETTE

Aflac is a 60-year-old Fortune 500 company that provides supplemental/voluntary insurance when a person has an accident, injury or illness. Policyholders can save 40% of the cost by being a part of a group. Dorn Driggs works ideally with companies that have 10-100 employees. Offering the coverage helps give an employer added employee retention and potential employees seem to be drawn to companies that are offering this boost in benefits. To schedule a time for Dorn to talk to you or your employees about Aflac, or to refer someone, call him at 829-9383 dorn_driggs@us.aflac.com.

UPCOMING:

July 31 – **Allen Eddy**, Cal Coast Plumbing

August 7 – **Sheri Facciolla**, Patriot Pest

August 21 – **Jim Pease**, Pease Tax & Accounting

August 28 – **Jim Bowen**, Pleasanton Auto Repair

September 4 – NO MEETING

THE WEEKLY "POT" REPORT:

TVEA's 50/50 raffle has **only 3 marbles left** and is at **\$69.00** with 1 white marble (\$5), 1 blue marble (\$10) and 1 red marble (winner takes all).

MEMBER NEWS:

Big O Tires in Pleasanton is now a Diamond Certified company with a 97% customer rating. Congratulations, Dave!

Our Condolences: For those of you who didn't know, Wayne Yeaw's father passed away just before the 4th of July.
