

ACTion!



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The holiday season is about sharing and giving to others. We sometimes forget how truly blessed we are and how unfortunate circumstances can be for others & many may need help. Call your local social services agency or church for information on a family that may need help for this holiday season. Donate food, clothing, and toys to those in need. Even better, volunteer your time to organizations (Meals on Wheels, Food bank, Soup Kitchen, Habitat for Humanity, etc.). You'll be glad you did!

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BOOST YOUR IMMUNITY

It's that time of year again; the office is abuzz with sniffing, sneezing, coughing and nose blowing and you're just waiting for sickness to strike. With all those germs around, it can be difficult to maintain your health and keep those pesky colds at bay. But have hope- there are many habits you can get yourself into (or out of for that matter) that will help to keep your body in top germ-fighting condition.

One of the most important things you can do for your health is to stay hydrated. Ideally, the amount of water you consume daily should equal 1/2 ounce per pound of your body weight (ex. If you weigh 180 lbs, you should drink 90 oz of water per day). If you indulge in coffee and other caffeinated or sugary beverages, your water intake should be a bit more than the standard. The majority of headaches many experience throughout the year are actually brought on by insufficient hydration, indicating that most people don't ingest enough water. While water brings much needed hydration to the body's cells, it is also the vehicle through which the body rids itself of toxins; making water that much more important to maintaining your health.

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MONTHS

I recently stumbled upon a friend's photograph where, oddly, everyone in the picture (taken at her work) was wearing fake mustaches. Curious. Was it Halloween? A party theme of some sort? Why would they all be wearing mustaches?? So I asked. The answer was quite simple, it was November and that is "National Mustache Month." Of course!! How could I have missed it?!

As humorous as this story may sound, it prompted me to research how many other "months" would be celebrated throughout the year. I was not prepared for the sheer volume of information I found. There is literally something for everyone to get into by the month, week or even day.

For example, you could start off the new year in January celebrating "Financial Awareness Month". Not a bad idea as we resolve to keep New Year's Resolutions! Or maybe possibly have a "National Popcorn Day" at work towards

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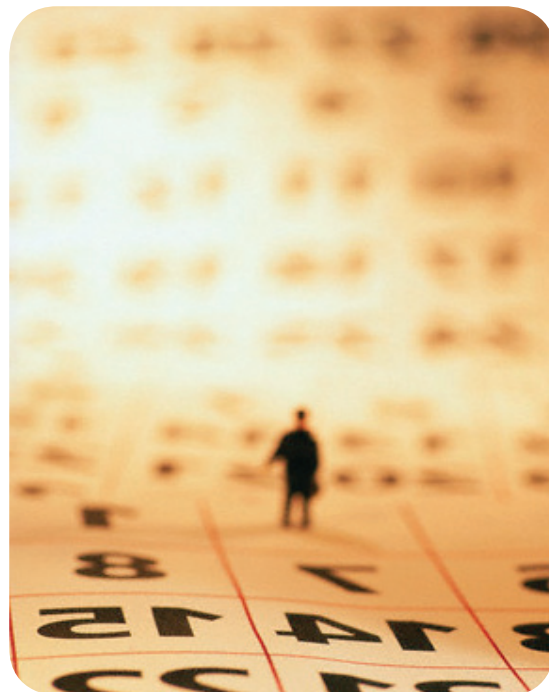
IMMUNITY...continued from page 1

The foods you consume day to day also have a tremendous impact on your body's defenses. The old adage "an apple a day keeps the doctor away" has some truth to it; make sure your diet is balanced. Essential vitamins and minerals are key to making sure your natural defense are working to the fullest potential.

Adequate sleep is vital to your health, especially during the winter months. Besides providing your body with its necessary rest, sleep is also attributed to balanced hormone levels and strong adrenal glands, which are needed to give your body energy to function and to fight infection. Keep in mind, some people require more sleep in the winter than the rest of the year, if your body is telling you to rest, do it. If you're feeling sluggish on the weekends, or even the evenings, 20-30 minute naps won't hurt. If you feel the first signs of a cold coming on, go to bed early or get some extra sleep on the weekends. It could mean the difference between fending off or succumbing to the virus.

Get out and exercise! A huge contributor to wintertime illness is the amount of time we spend holed up in close quarters filled with warm dry air (basically germ incubators). Going for a walk outside, having a snowball fight or raking leaves are all activities that can help, rather than hinder your winter health. Exercise in general aids in your circulation, helping to disperse germfighting antibodies where they are needed and the resultant sweat of exercise helps remove toxins from your system (a sauna or steam room can help detoxify your body as well). If you must spend a lot of time cooped up indoors, utilize a humidifier to combat those germ-friendly, warm, dry conditions in the house.

Washing your hands is ALWAYS one of the best precautionary measures you can take in preserving your health. Make a habit of washing your hands before you prepare food, before you eat, after using a restroom, before touching your face, and after spending time in public places. It doesn't need to be anti-microbial or anti-bacterial soap; regular soap and water will serve you just as well. If you're not sure how long to wash, try singing happy birthday twice in your head. Eat healthy, act healthy, and think healthy! Simply maintaining a positive attitude can do wonders for your mental and physical health.



MONTH...continued from page 1

the middle of the month of January. Or perhaps, as the winter ground thaws, we can concentrate in March on "National Music in Our Schools Month". June brings about some quirky ideas with "National Ice Tea Month" as well as "National Bathroom Reading Month". What better way to start the school year in August than with "National Inventors Month" getting those minds working, or "Happiness Happens" month! (That's something to smile about!)

With the holidays right around the corner, it's no surprise that December celebrates "Love Your Neighbor Month," giving you another perfect excuse to throw that holiday party, distribute your favorite homemade cookies, or if the weather should dictate, to help your less mobile neighbors shovel their drive or rake their leaves.

If you're curious like I was, entire calendars full of the bizarre and quirky to the serious can be found almost anywhere. Whatever month it happens to be, I'm sure you will find a theme relating to the entire month, to each week within it or even almost daily! Some of these themes may work well for activities, trivia or perhaps present a chance to be involved in your community and have fun!



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THE PERFECT HOLIDAY FRUIT CAKE RECIPE

INGREDIENTS:

1 C Water
1 C Sugar
4 Large eggs
3 C dried fruit
1 tsp. baking soda
1 tsp. salt
1 C Brown sugar
Lemon juice, nuts
1 FULL bottle of your favorite
whiskey



- Sample the whiskey to check for quality.
- Take out a large bowl.
- Check the whiskey again to be sure that it is of the highest quality.
- Pour 1 level cup and drink. Repeat.
- Turn on the electric mixer; beat 1 C of butter in a large fluffy bowl.
- Add 1 tsp. sugar and beat again.
- Make sure the whiskey is still OK.
- Cry another tup. Turn off the mixer.
- Break two geggs and add to the bowl and chuck in the cup of dried fruit.
- Mix on the burner.
- If the fried fruit gets stuck in the beaters, pry it loose with a screwdriver.
- Sample the whiskey to check for toxisisticity.
- Next, sift 2 cups of salt. Or something. Who cares? Check the whiskey.
- Now sift the lemon juice and strain your nuts.
- Add one tablespoon of sugar or something...whatever you can find.
- Grease the oven. Turn on the cake tin to 350 degrees.
- Don't forget to beat off the turner. Throw the bowl out of the window.
- Check the whiskey again. Go to bed.
- Who the h... likes fruit cake anyway???

CherryRose. "Holiday Fruitcake Recipe-Humorous". *Food Network Humor Forums*. Foodnetworkhumor.com. December 2009. Web. 25 November 2010.

FUN RANDOM FACTS

Each gorrilla's nose print is unique, just like humans with finger prints.

Elvis Presley's natural hair color was actually more of a dirty blonde color. In 1957 he dyed it in an attempt to look more like his idol, Tony Curtis.

President Thomas Jefferson, not one for formal affairs, often greeted dignitaries in his pajamas.

Ants only see in red.

All of today's domesticated hamsters originated from the same litter, found in the wild (for the last time) by Aaron Abrahams in Syria in 1930.

If all ocean water's were to slowly and steadily rise, Florida would be the first US state to be completely submerged.

In the mid 1500's, European doctors recommended smoking as a treatment for bad breath and cancer.

The word "vodka" comes from the Russian word for water, "voda".

UPCOMING COURSES/SCHEDULE

Classes in Blue marked with a * are online.
Classes in Red are Red Hat offerings.

	START DATE	END DATE	PRICE
DECEMBER 2010			
*Oracle 10g Release 2 Discoverer Desktop for End Users	12/6	12/7	\$1,049
Oracle 11g SQL Express Introduction	12/6	12/8	\$1,499
PERL Programming	12/6	12/10	\$2,199
Introduction to Java and Enterprise Java using Jbuilder	12/6	12/10	\$2,199
*Oracle 10g Release 2 Discoverer- Administration	12/8	12/9	\$1,049
Oracle 11g PL/SQL Introduction	12/9	12/10	\$1,049
*Oracle 10g PL/SQL Introduction	12/13	12/14	\$1,049
*Oracle 11g PL/SQL Introduction	12/13	12/14	\$1,049
Red Hat RH199 RHCSA Rapid Track Course	12/13	12/16	\$3,000
Red Hat RH200 RHCSA Rapid Track Course with Exam	12/13	12/17	\$3,200
Oracle 11g SQL & PL/SQL Express Introduction	12/13	12/17	\$2,199
BEA WebLogic Portal Development	12/13	12/17	\$2,199
WebSphere Portal Development	12/13	12/17	\$2,199
*Oracle 10g PL/SQL Intermediate	12/15	12/17	\$1,499
*Oracle 11g PL/SQL Intermediate	12/15	12/17	\$1,499
Red Hat EX200 Red Hat Certified System Administrator Exam	12/17	12/17	\$400
JANUARY 2011			
*Oracle 10g Release 2 Discoverer Plus	1/3	1/4	\$1,049
Red Hat RH254 Red Hat System Administration III	1/3	1/6	\$2,400
Red Hat RH255 Red Hat System Admin III RHCSA/RHCE Exams	1/3	1/7	\$2,800
*Oracle 10g Troubleshooting/Maintenance for Administrators	1/3	1/7	\$2,199
*Oracle 11g Troubleshooting/Maintenance for Administrators	1/3	1/7	\$2,199
*Oracle 10g Release 2 Discoverer- Administration	1/5	1/6	\$1,049
Red Hat EX300 Red Hat Certified Engineer Exam	1/7	1/7	\$400
Red Hat EX200 Red Hat Certified System Administrator Exam	1/7	1/7	\$400
Oracle 10g SQL for Business & Data Analysts	1/10	1/12	\$1,499
Oracle 11g SQL for Business & Data Analysts	1/10	1/12	\$1,499
*Oracle 10g SQL for Business & Data Analysts	1/10	1/12	\$1,499
*Oracle 11g SQL for Business & Data Analysts	1/10	1/12	\$1,499
J2EE Development using Spring, Struts, Java Server Faces (JSF)	1/10	1/14	\$2,199
JBoss Application Server Administration	1/10	1/14	\$2,199
PERL Programming	1/10	1/14	\$2,199
*Oracle 10g Release 2 Discoverer Desktop for End Users	1/13	1/14	\$1,049
UNIX Introduction to Commands	1/18	1/21	\$1,849
Oracle 10g SQL Tuning for Developers	1/18	1/20	\$1,499
*Oracle 10g SQL Tuning for Developers	1/18	1/20	\$1,499
Oracle 11g SQL Tuning for Developers	1/18	1/20	\$1,499
*Oracle 11g SQL Tuning for Developers	1/18	1/20	\$1,499
Red Hat RH299 RHCE Rapid Track Course	1/24	1/27	\$3,200
Red Hat RH300 Red Hat Certified Engineer (RHCE) Exam	1/24	1/27	\$400
Introduction to Java and Enterprise Java using Jbuilder	1/24	1/28	\$2,199
Introduction to Java and J2EE	1/24	1/28	\$2,199
Oracle 10g Foundations: SQL & SQL *Plus	1/24	1/28	\$2,199
Oracle 11g Foundations: SQL & SQL *Plus	1/24	1/28	\$2,199
*Oracle 10g Foundations: SQL & SQL *Plus	1/24	1/28	\$2,199
*Oracle 11g Foundations: SQL & SQL *Plus	1/24	1/28	\$2,199
Oracle 10g PL/SQL Introduction	1/31	2/1	\$1,049
Oracle 11g PL/SQL Introduction	1/31	2/1	\$1,049
*Oracle 10g PL/SQL Introduction	1/31	2/1	\$1,049
*Oracle 11g PL/SQL Introduction	1/31	2/1	\$1,049
Introduction to Java/Enterprise Java using ORACLE's JDeveloper	1/31	2/4	\$2,199
Oracle 10g SQL & PL/SQL Express Introduction	1/31	2/4	\$2,199
Oracle 11g SQL & PL/SQL Express Introduction	1/31	2/4	\$2,199
FEBRUARY 2011			
Oracle 10g PL/SQL Intermediate	2/2	2/4	\$1,499
Oracle 11g PL/SQL Intermediate	2/2	2/4	\$1,499
*Oracle 10g PL/SQL Intermediate	2/2	2/4	\$1,499
*Oracle 11g PL/SQL Intermediate	2/2	2/4	\$1,499
Oracle 10g PL/SQL Foundations	2/7	2/11	\$2,199
Oracle 11g PL/SQL Foundations	2/7	2/11	\$2,199
Javascript Programming Essentials	2/7	2/11	\$2,199
Oracle 10g Database Administration I	2/7	2/11	\$2,199
*Oracle 10g Database Administration I	2/7	2/11	\$2,199
*Oracle 11g Database Administration I	2/7	2/11	\$2,199
Web Services Development using Eclipse	2/14	2/18	\$2,199
BEA WebLogic Portal Development	2/14	2/18	\$2,199
Oracle 10g Database Administration II	2/14	2/18	\$2,199
*Oracle 10g Database Administration II	2/14	2/18	\$2,199
*Oracle 11g Database Administration II	2/14	2/18	\$2,199
*Oracle 10g Foundations: SQL & SQL *Plus	2/21	2/25	\$2,199
*Oracle 11g Foundations: SQL & SQL *Plus	2/21	2/25	\$2,199
UNIX/Linux Introduction	2/22	2/25	\$1,849
UNIX/Linux Shell Scripting	2/22	2/25	\$1,849
UNIX Introduction to Commands	2/22	2/25	\$1,849
*Oracle 10g Release 2 Discoverer Plus	2/22	2/23	\$1,049
Oracle 10g Release 2 Discoverer Plus	2/22	2/23	\$1,049
*Oracle 10g Release 2 Discoverer- Administration	2/24	2/25	\$1,049
Oracle 10g Release 2 Discoverer- Administration	2/24	2/25	\$1,049
*Oracle 10g Troubleshooting and Maintenance for Administrators	2/28	3/3	\$2,199
*Oracle 11g Troubleshooting and Maintenance for Administrators	2/28	3/3	\$2,199
WebSphere Business Modeler for Business Process Management	2/28	3/4	\$2,199
WebSphere Portal Development	2/28	3/4	\$2,199
Oracle 11g Database Administration I	2/28	3/4	\$2,199
*Oracle 11g Database Administration I	2/28	3/4	\$2,199

Scheduling News

YEAR END SPECIAL!

Pay full price for ANY ACT Oracle class between now and December 31 and receive the latest generation Amazon Kindle for FREE!

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*Registration must be made through ACT. Offer applies to ACT's Richmond Facility.

Limit One Special Per Customer. Specials may not be combined.



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