

...your monthly guide to what's up, and what's worth hearing about!

The Buzz. . .



Inaugural issue - May 2005

Travel Tidbits

I got lucky - I was able to be in New York City during Cristo's famous (maybe that's infamous) 'Gates' exhibition at Central Park on an unusually warm day in February. I strolled with thousands of others under the orange canopies - it was really quite a treat. I don't know if it was worth \$21 million, but it certainly was interesting and a welcome break from my busy travel schedule. On the same trip I was able to meet up with a young friend who goes to Parsons School of Design <<http://www.parsons.edu/events/index.aspx>> and see a student art show! It was a great reminder to me that with just a little bit of effort - perhaps going into a city a couple of hours - or even half a day - early, we can take advantage of special art exhibits or simply browse through a museum. It's easy to fill your time with returning emails, but this is an encouragement for us all to take some time out for us on the road. You might want to check the online version of the Gallery Guide at <<http://www.galleryguide.org/>> to check the art exhibits in cities you will be visiting soon.

- Cynthia Atwood-Steinberg

Listen Up!

Did you know we process about 500 words per minute (thought speed), while the normal speaking rate is about 125-150 words per minute (speech speed). That leaves 350+ wpm of thinking time available to us - no wonder we tune out, our minds wander, and we start thinking of all of those tasks we need to accomplish when we should be listening to something else. Our Listening Laboratory methodology encourages more efficient listening by:

- Introducing ways to use the 'spare' thinking time such as taking notes;
- keeping teams physically involved;
- identifying and determining the relationship between and among main ideas;
- paying attention to non-verbal cues; and
- listening for what is not said by searching for deeper meaning.



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Off the Shelf

From Cynthia – I've been reading *Savage Beauty* by Nancy Mulford, a biography of the life of Pulitzer Prize winning poet Edna St. Vincent Millay - what a wild woman she was. A very intriguing read. Her poetry is quite astounding – I was moved to tears by her first and most famous poem *Renascence*.

From Kelley – I am in the midst of several books, as is typical...two are on gardening, as I attempt to tame my new yard. One that is particularly helpful is specifically focused on trees and shrubs that do well in the Midwest. We seem to have overdone it with Maples here in KC, and are paying the price! Another is a collection of short stories. The coolest story thus far is about a man who comes back to life as a parrot, and is purchased by his wife! It is a "reap what you sow" kind of tale.

From Melissa – I have just finished reading *Branded* about marketing to teens and tweens. I have a love hate relationship with how we American consumers love luxury and at such a young age, too.

From the Heartland

We've heard from many of you that you have enjoyed the chocolate wonders of Kansas City Chocolatier, Christopher Elbow. His truffles are truly special. If you are interested in ordering a box of your own, you may contact him through his website <<http://www.christopherelbowchocolates.com/aboutus.htm>>, or by calling him 816.842.1300. He ships his delights in ice, so there is no worry about melting!

