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January 2008

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2008 Kick-Off Letter from Kevin Connell

President & CEO of Accu-Screen, Inc.



Best Wishes to you as you start this New Year of 2008, I sincerely hope that you are successful in reaching all of the goals that you have set for yourselves and your businesses, whether it be a personal resolution to lose weight, quit smoking, or take up a new hobby, or a business goal to recruit, hire and retain more great employees, or to play a key part in growing your company's business. I wish you the best of success in all of your endeavors.

During the past few weeks, I have spoken to many of you and appreciate all of your suggestions and feedback on how we can deliver even greater value to you in our services. A couple of things stand out, one being that some of you are not fully aware of all of the services that we have to offer you, as well as the technology that we have to deliver it to

you. So over the next few weeks, we will be making a concerted effort to bring you up-to-date on both our services and technology, such as our online ordering system, Accu-Screen Online.

In addition to communicating more with you, I will also be distributing a brief online survey to assist me in delivering more of what you need from us in terms of services and support. One of the questions that you will be asked is what dates work well for you to partake in a very special Client Appreciation Seminar to be held in Tampa, Florida. This seminar will be a full day and is free to all of our clients and will center on the latest in screening and hiring great employees.

Stay tuned to next month's newsletter where I also have more great news to share with you regarding a special Member's Only Membership site. I promise you will be very pleased when you learn about the details of this site. Once again, thank you for being such great clients.

All the best, all the time,

Passion and Spirit of Accu-Screen Star Defies the Odds!

Philadelphia Eagles safety, J. R. Reed, and his Mother, Dottie have both been a part of the Accu-Screen family. J. R. worked for Accu-Screen while he attended the University of South Florida and kicked off his football career, and for as long as he's worn a football uniform, J.R. Reed has been the hunter, not the hunted.

At an every-day 5-11, 202-pounds, Reed somehow plays with a fierceness that won't allow him to back down from anything, including freakish 300-plus pound blockers trying to stomp him.

That's what makes the event nearly costing Reed his pro career so perplexing. And the

miracle he prayed for so consuming.

He's playing football at a high level for the Eagles. He's coming off a rush, having made the tackle of wide receiver David Patten at the one-inch line that kick-started the decisive goal line stand that turned into a 98-yard scoring drive and consequently a 38-23 victory over the New Orleans Saints. All of it was the furthest thing from his mind the Christmas of 2005, when not only was he out of football, but given no chance of returning to football.

"This is the best Christmas present I could ever have, to still be in the NFL against all odds, and proving every doctor in my life wrong," Reed said distinctly measurably and



emotionally after the big win over the Saints. "This is the best present I could ever have." To hear J.R. Reed, it's the only present he ever asked for.

Reed faced everything head on after joining the Eagles as a fourth-round pick out of the University of South Florida in 2004.

The book barely had closed on Reed's promising first season with the Eagles, one in

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Cyber Security - Top Concern



Cyber security must become a top concern for CEOs, around the world. Those who fail to prioritize cyber security leave their companies vulnerable to industrial espionage, as illustrated by the recent cyber attacks on Royal Dutch Shell, Rolls-Royce and other large companies.

Paul Twomey, ICANN President and one of the report's authors, explains: "As enterprise on the Internet has become more so-

phisticated, so have cyber criminals.

The message of this report is clear. Senior government figures and leaders of corporations need to make cyber security a personal priority." The report, titled "Cyber Attack: A Risk Management Primer for CEOs and Directors," describes information security threats and common data security mistakes.

The report also offers suggestions

for controlling cyber security risks, such as developing a wide-ranging information security policy to be carried out by senior management. Conducting an enterprise-wide security audit, regularly testing security measures, and staying up on security best practices are other recommendations.

Keeping New Year Resolutions

Ok – we are in the New Year, 2008 - wahooo!!!!, and of course we all have made our Resolutions. Some of us aimed really high and some of us played it safe. Either way here are some tips to help you stay in the game.

Be Realistic – If you have aimed too high, admit it, don't just quit, compromise with yourself. Its difficult enough for the average person to follow through with one ambitious

resolution. Choose the most pressing issue to resolve and start over. Trying to do everything simultaneously will likely guarantee failure across the board.

Talk about it – Tell everyone you know and try to find a buddy who shares your resolution so the two of you can motivate one another.

Track and Reward Yourself – Set short term and long term goals and reward yourself each

time you reach one.

Stick to it – Experts say it takes about 21 days for a new activity to become a habit, and 6 months for it to become part of your personality.

Don't sweat the setbacks – If your resolution has totally run out of steam by mid February, don't give up. Set a Spring resolution and try again in April.

Legal Terms: What is Pre-Trial Intervention

Typically, a Pre-Trial Intervention Program is a diversion program, which is usually offered to certain offenders who qualify for participation as an alternative to prosecution. Participants receive coordinated assistance in education and vocational referrals, personal and group counseling and referrals to other community agencies appropriate for their needs.

What is the purpose of the Program?

The program is designed to meet the needs of certain nonviolent offenders in an attempt to deter their future criminal or disorderly behavior, to minimize loss to victims of these crimes through payment of restitution by the offender, to serve the courts by reducing the number of less serious cases, permitting more time for the more serious crimes and to protect the community by closely supervising the accused following arrest until final disposition.

Who is eligible for participation?

To be eligible for participation in a Pre-Trial Intervention Program, an individual may need to meet the following criteria, obviously, this may vary from state to state:

Limited to nonviolent crimes

No continuing pattern of criminal behavior

Offenders usually between the ages of 17 and 25

The individual must acknowledge wrongdoing

Restitution when required

Drug related - Drug testing or counseling

The individual must show a good faith willingness to participate in the program.

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 ★ **December's** ★
 ★ **Trivia Game** ★
 ★ **Winners** ★
 ★ were ★
 ★ Tiffany ★
 ★ Edwards, ★
 ★ Administrator ★
 ★ for ★
 ★ Gateway ★
 ★ Technologies ★
 ★ and ★
 ★ Sheryl James, ★
 ★ Human ★
 ★ Resource ★
 ★ Director for ★
 ★ Citrus ★
 ★ Healthcare ★
 ★ named Lou ★
 ★ Holtz as saying ★
 ★ "First we will be ★
 ★ best, ★
 ★ Then we will be ★
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 ★ also accepted ★
 ★ Grant Tinker. ★
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 ★ Our Thanks to ★
 ★ everyone who ★
 ★ played. ★
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Dancing Your Way to Better Health - Mind, Body & Spirit

Tangos, waltzes, sambas, and foxtrots are gliding across America's TV sets on the hit ballroom dance show, *Dancing with the Stars*. Do you tap along with the beat as you watch? Or shimmy during the commercial breaks? This may be one time when health experts won't fret if you follow in the footsteps of prime-time TV. Ballroom dancing could help the mind and body.

Shall We Dance?

You're not likely to practice for hours with a world-class dance partner, as on the show. But you also won't face live national TV and the judges' barbs. Will you get a good workout? What about those two left feet? And how can "twinkle toes" benefit your brain

Is It Exercise?

The TV show's contestants are often winded after their routines. One dancer from last season said he lost 15 pounds. "Once someone gets to the point where they're getting their heart rate up, they're actually getting a terrific workout," says exercise physiologist Catherine Cram, MS, of Comprehensive Fitness Consulting in Middleton, Wis. "Dance is a weight-bearing activity, which builds bones. It's also 'wonderful' for your upper body and strength, says Cram.

Calorie Check

How many calories will you burn? That depends on your body and how vigorously you dance. Dance is a "moderate activity," say the USDA's physical activity guidelines. Adults should get at least 30 minutes of moderate to vigorous activity daily, according to the guidelines. It can be easier to stick to that with fun activities, says Cram.

Muscles Worked

New ballroom dancers may feel muscles they didn't know they had. That often happens with a new activity, says Ken Richards, spokesman for USA Dance, the national governing body of DanceSport -- the competitive version of ballroom dancing. Ballroom dancing often means moving backward, especially for women, says Richards, a professional ballroom dancing veteran.

"If you're dancing the foxtrot, you're taking long, sweeping steps backwards. That's very different than walking forward on a treadmill or taking a jog around the neighborhood," he says. Ballroom dancing works the backs of the thighs and buttock muscles differently from many other types of exercise, says Richards.

Core Experience

The legs and arms often do the flashy dance moves. But they're sunk without a strong body core. The "core" muscles -- the abs and back -- are also used in Pilates, says Janice Byer. A lifelong dancer, Byer is group exercise director of The Courthouse Athletic Club in Oakland, Calif. Byer and her husband (whom she met through dancing) are avid swing dancers.

Brain Teaser

Dance can challenge your mind as well as your muscles. At least one observational study has shown sharper minds with ballroom dancing. The study appeared in *The New England Journal of Medicine* two years ago. Joe Verghese, MD, and colleagues studied 469 people who were at least 75 years old. At the study's start, they answered surveys about mental and physical activities, like doing crossword puzzles or dancing. Back then, none had dementia. Five years later, 124 had dementia. Frequent

dancers had a reduced risk of dementia compared with those who rarely or never danced. Of 11 physical activities considered, only dancing was tied to a lower dementia risk, Verghese tells WebMD. Most dancers did ballroom dancing, says Verghese. He's an assistant neurology professor at Albert Einstein College of Medicine in New York.

The Dancing Brain

How might ballroom dancing help the brain? Verghese outlines three possibilities:

Increased blood flow to the brain from the physical exercise.

Less stress, depression, and loneliness from dancing's social aspect.

Mental challenges (memorizing steps, working with your partner). "Dance, in many ways, is a complex activity. It's not just purely physical," says Verghese.

Check Your Ego at the Door

Here's some advice for beginners from New York dance therapist Jane Wilson Cathcart:

Look for a good teacher who emphasizes what you can do, not your limits.

Don't be a perfectionist about it.

Don't worry about your size.

Get into the music, as well as the movement.

Dance is for everyone.

"New skills can bring confidence at parties and social events. Dancers usually head to the dance floor feeling good about themselves without a martini's encouragement, Richards jokes. "The hardest step is the first one over the threshold of the studio entrance."



Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

Carl Sandburg

Game Time: Our Errors = Your Fortune

Our October Newsletter was sent out to you folks with 2 grammar and spelling errors. Go to our website at www.AccuScreen.com/default.asp?pg=past-newsletters and find them. Be the first to find them all and win a \$20.00 gift card to *Amazon.com*.

Send your answers to resources@accuscreen.com.
Answers will appear in February Newsletter.....



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The Dancing Brain.....

Increased blood flow to the brain from the physical exercise.

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Mental challenges (memorizing steps, working with your partner)

How can a guy who instinctively chases down opponents, who earlier this season hit significantly larger Patriots receiver Randy Moss so hard the NFL's most prolific touchdown maker didn't catch a pass the rest of the game, find himself running away from a barking dog, of all things? Eagles fans know the story. Tangled trying to leap the fence, Reed fell backward, catching his left leg in the links. The peroneal nerve behind the knee ripped apart and with it, the thrill of a season with 15 victories. The miracle Reed prayed for was not a bolt of lightning, or a parting of the seas. It wasn't biblical as much as spiritual.

After a year without football, Reed bumped into an orthopedist who concocted a brace to stabilize the foot so he could play basketball. Hoops turned into weightlifting, then touch football and another shot with the Eagles in 2006.

Reed, who turns 26 next month,

for being mature beyond his years and is trying to squeeze every last drop of passion out of his job.

Reed replaced his team mate free safety Brian Dawkins who was exited with a sprained foot in the second quarter against the Saints. Inspired by the heroism the Eagles' offense marched the length of the field to essentially put the game away.

Last game of the Season, the Eagle beat the Buffalo Bills and became undefeated (8-8) for the Season.

"I don't know which receiver it was," Reed said. "I just didn't let him get in the end zone. That was the most important thing. Stop him on that one and our goal line will come in and take care of the job."

"It's about time something goes our way," Reed said. "We lost about what; six, seven games just by three points or less? We're finally at the end of the season



starting to come together. It's too late for the playoffs. But it's good for us going into the next season."

Looking into a TV camera, Reed told Channel 6 reporter Gary Papa, another tremendous profile in courage, he wanted to tell people in the Philadelphia area, "Merry Christmas, we won that for you."

When asked how he felt about doing so, you could feel the emotion and the passion in his words. "Definitely," Reed said. "And I've got a long way to go. A long way to go. I'm a backup now, but hopefully, in the future something good will come."