

Sharpen Your Brain

by Valerie Reiss

When my high school bio teacher grimly pronounced that once you destroy a brain cell, it's gone for good, half the class freaked out, trading "I know what you smoked last night!" looks. But these days, the idea that you're born with a finite number of neurons is as outdated as the acid-washed jeans we all wore to class.

In recent years, revolutionary noggin-scanning technologies such as functional magnetic resonance imaging (fMRI) have allowed researchers to observe living brains at work, and they've found that your three-pound blob is a dynamic organ that changes more often than the cast lineup of *SNL*. In the past decade, plasticity--the theory that the brain changes and grows throughout our lives, creates new cells, and even repairs itself after trauma and illness--has become the hot topic around neurobiology labs.

Every time you move or think, neural connections are made, reinforced, or lost. The average brain cell makes about 10,000 connections with other cells. But to keep 'em firing, you have to abide by a crucial neuro motto: "Use it or lose it." Brain researchers know that just about everything you do--or don't do, for that matter--contributes to your brain's well-being (or its descent into decrepitude). And they've discovered a number of ways you can help fire up mission control ...

Find out how to sharpen your brain at www.womenshealthmag.com/health/sharpen-your-brain

Job Coach

If you're doing it right, **networking** isn't something that takes lots of extra time in your life. It easily blends into your life, and your approach to life ...

Visit www.careerjournal.com/jobhunting/networking/20050622-capell.html for some helpful networking tips.

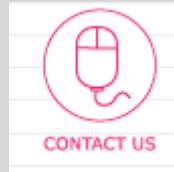
Momentum Resources Update

Momentum is Heading North

Due to popular demand and success in the Richmond market, we are opening a Momentum Resources office in Northern Virginia. We will expand our services with the same passion and energy that we have for Richmond. So pass it on, Momentum Resources is heading north!

Submit a Referral. Earn Cash.

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Momentum Resources
5807 Patterson Avenue
Richmond, VA 23226
804.288.5627
info@mom-entum.com

Coffee Break

Join us for a coffee break **Wednesday, January 23th** from **9am-11am** at the Shops at 5807.

Topic: Refreshing your Interviewing Skills.

Please **RSVP** no later than **January 18th** to info@mom-entum.com.



SUBMIT
A REFERRAL

Do you know of a smart company who could use great people from Momentum Resources? If so, please provide us with their contact information. We will provide the company information about Momentum Resources and our unbelievable talent. If your referral results in a Momentum Resources placement, you'll get \$500 from us!*

Please visit www.mom-entum.com/referral.html to submit your referral. We certainly appreciate you passing the word on about Momentum.

*Offer not valid if company is an existing Momentum Resources client. Momentum Resources engagement with company must reach \$5,000 in sales before referral bonus is paid.

Recruiting News



CANDIDATE
APPLY NOW

CPA Candidates are Still in Hot Demand: With the upcoming tax season fast approaching, we're continue to look for some super-talented, experienced CPAs (and other financially-minded folks) who are looking for part-time, flexible work. Some of these positions are seasonal and others are permanent part-time positions. Are you ready for a great part time role? Contact us at www.mom-entum.com/prof_getstarted.html.

Not a CPA? Contact us at info@mom-entum.com to learn more about other opportunities.

Good Stuff To Know

Get Cozi in 2008!

Cozi is a new (free) software product that you might want to check out as you get on track for the new year. It lets you organize and share your family's calendar, makes shopping easier, has a great screen saver that reminds you of upcoming appointments, and also includes an easy way to broadcast messages to the whole family.

Now, you can make sure the kids are picked up on time, the dog gets to the vet, groceries are bought, homework is completed, and some quality time with family is not just "wishful thinking." Check it out at www.cozi.com!

New Resource— Richmondmom.com

Check out this new web resource for Richmond Moms. Whether your building your business, growing your existing one, or want to maximize your mom potential ... check out this website for resources for YOU and the kids in your life. Visit www.richmondmom.com.

To remove your name from our mailing list, please email info@mom-entum.com.

Questions or comments? Email us at info@mom-entum.com or call us at 804.288.5627.