



About Your Brain

Your brain controls just about everything in your body. It manages your movement. It is also in charge of your thoughts, memory and dreams. That's a lot of power! Read on to learn more about your body's control center.

- The average adult's brain weighs 3 to 4 pounds – about the same size as a bottle-nosed dolphin's brain. A dog's brain, however, is 19 times smaller. And an elephant's brain is four to five times larger.
- The brain uses 20% of your body's blood flow. To do that, it contains 400 miles of blood vessels.
- The brain is 70% water.
- The brain is almost completely developed by age 11. It continues to develop at a much slower pace until your mid 20s.
- The brain produces 25 watts of power while you're awake. That's enough to power a light bulb!

Protect Your Powerhouse

Take good care of your brain:

- Wear a helmet when you ride a bicycle or skateboard – and when you play contact sports.
- Never dive into unfamiliar waters.
- Get enough sleep.
- Eat healthy foods.
- Exercise your brain by learning new things and trying to remember them.

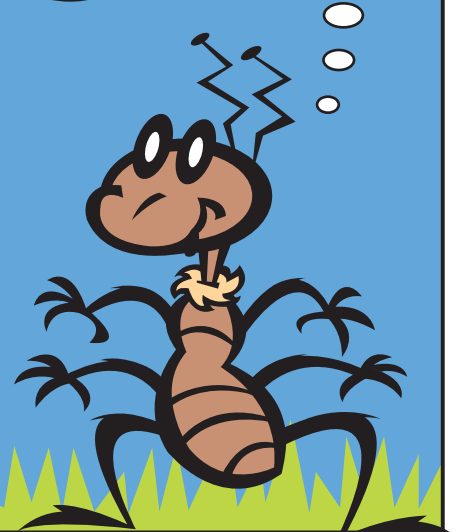
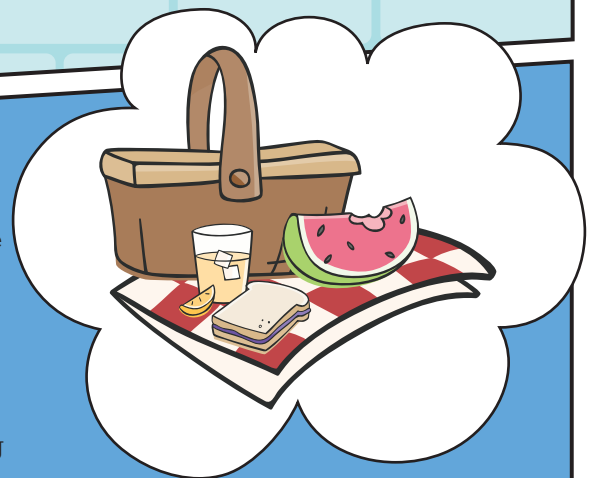
Saving money with us is a great way to use your brain. You can use it to count your deposits, dream about ways to spend your money and calculate how long it will take to meet a goal. Stop in today to get started!



Plan a Picnic!

It's fun to eat outside on a nice, sunny day. Here's what you can do to get ready for a picnic the whole family will enjoy.

- ❑ **Choose foods that stay fresh.** Sandwiches, fresh fruits and veggies are great for a picnic. Don't bring food that's messy or needs to be served warm.
- ❑ **Pack food safely.** Ask a parent about using a picnic basket or cooler. Put everything that needs to stay cold in a cooler with ice or an ice pack. That includes deli meat and cheese, mayonnaise, salads, drinks and anything else that could melt in the sun.
- ❑ **Cut down on waste.** Pack food in reusable containers instead of plastic bags. Bring along washable plastic plates and cups so you'll have less garbage to throw away. Don't forget spoons, forks, napkins and a tablecloth or blanket.
- ❑ **Plan for the weather.** If it's going to rain, have your picnic indoors instead. If it's hot and sunny, bring plenty of water and sunscreen.
- ❑ **Watch out for bugs.** Insects may join your picnic, even if they are not invited! Ask your parents to bring some insect repellent to keep insects from picnicking on you.
- ❑ **Find a fun picnic spot.** Maybe you'll go to the beach or a park, or have a picnic in your own backyard.





You Have the Power

Have you ever thought of becoming a *philanthropist* (fi-LAN-thruh-pist)? That is someone who gives money to charity. You don't have to be powerful, a grown-up or rich to be a philanthropist. All of us have the power to give, and every little bit helps.

If you want to become a philanthropist, try these tips.

Have a special stash.

When you get money, it's smart to divide it into three jars. Jar A is for stuff you're going to buy soon. Jar B is money you want to save for a long time. (This money should also go into your savings account!) Jar C is money you can use to help others.

Research choices. Do you want to help hungry families? Sick people? Animals? The environment? Ask your parents to help you learn more about different charities.

Team up. Tell family members or friends about your favorite charity. They might want to help you raise money or volunteer with you.

Give back. When your birthday or a holiday is coming, you could ask your family to buy you one less present and donate that money to your favorite charity instead.

Remember to keep money you aren't going to donate right away in your savings account. That way it can keep growing!

Youth Trek Open Tournament

Check for the Mini Golf sign-up form inside this issue of *Money Clips*!

It's not too early to sign up for our Saturday, Aug. 6, Youth Trek Open Tournament. It's held at Putt-U – a GREAT mini-golf course in nearby Center Valley on Route 309.

You and a parent or guardian will have a lot of fun at this interesting and challenging course. For only \$6 you get to play golf, get a drink and "Putt Bucks" for food, plus a chance to win some prizes – a really good deal!

Hope to see you in August!



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Solve the Money Mystery!

Aaron, Beth, Chris and Dina just opened their piggy banks. Can you use the clues and chart to find out how much money each child has saved?

- Chris doesn't have any coins.
- Dina has some coins and two \$5 bills.
- Aaron has less money than Dina, but he has more money than Chris.
- Beth has more money than Chris, but she has less money than Aaron.

	\$3.00	\$6.50	\$8.00	\$11.00
Aaron				
Beth				
Chris				
Dina				

Keep putting money in your savings account.
Soon your savings will be off the chart!