



MAGIC THAT MEANS BUSINESS



VOLUME 2, ISSUE 1

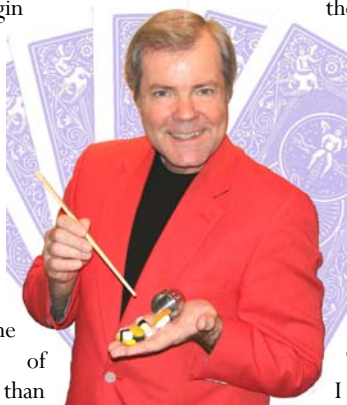
JUNE-JULY, 2009

AND A SIDE OF MAGIC

How was your dinner? I am here to complement your meal with non-fattening side of entertainment." This is how I introduce myself at restaurants as I begin a short set of sleight-of-hand in the restaurant.

People go out to eat to enjoy themselves and what better way to enjoy a meal and the companionship of good friends than with a fun "side" of magic!

Close-up magic at the restaurant table is a fun and personal way to fully enjoy the dining



experience. Magic, comedy and mind reading creates a fun and relaxing atmosphere. The entire table is encouraged to take part or just watch. But in the end, the experience is always memorable.

There are times when there are delays in the kitchen or long waits to be seated. This is where I as an adept restaurant magician make the time disappear in a cloud of fun.

These close-up diversions performed tableside at restaurants

are similar to what I offer corporate clients at cocktail parties, conferences, customer meetings, wedding celebrations, holiday events and any other type of party or gathering you might host.

Performing at restaurants allows me to hone my sleight-of-hand skills by working in new material while entertaining repeat patrons with new, exciting magic. It also provides a public forum for you to see me in action. Then you can see how you and your group will benefit from engaging a professional magician for your next special event.

Come in for a bite of food and a bit of magic. I look forward to fooling you soon!

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TEN PAINLESS WAYS TO LOSE WEIGHT

Pain-free weight loss? Since many of us see losing weight as an endless effort to cram in workouts while doing without our favorite foods, it may seem as if there's nothing painless about it.

The truth is that, while eating healthier and slipping in exercise takes some work, it doesn't require heroic effort. Making just a few simple lifestyle changes can pack a big weight loss punch.

WebMD spoke to weight loss

experts and ordinary people who have figured out relatively painless ways to lose weight or keep it off. Here are their top 10 tips on how to lose weight without trying too hard.

1. Lighten the Foods You Already Love

One of the easiest ways to cut back without feeling denied is to switch to lower-calorie versions of the foods you crave. A pizza tastes just as good with reduced-fat cheese. And when you garnish low-fat crackers or low-fat ice cream

with your favorite toppers, who notices the missing calories?

2. Share and Share Alike

With the massive meals served at so many American restaurants, it's easy to go Dutch - with the dinner plate.

You can share more than just a meal out. Why not double up on a bicycle built for two? Go halves on the cost of a personal trainer? Maybe split a gym membership?

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EASY WEIGHT LOSS TIPS FOR EVERYDAY LIVING (CONTINUED FROM PAGE ONE)



"A lot of eating is psychological,"

Don R. Powell, PhD,
President of the
American Institute for
Preventive Medicine



Scott Wells promises your employees/clients will appreciate the CHANGE from the ordinary meetings

"WONDERFUL!
YOU WERE
MAGIC."

JOAN COLLINS
ACTRESS

3. Forget About Working Out

If the word "exercise" inspires you to creative avoidance, then avoid it. The trick to enjoying a workout is to never call it "working out." So burn calories, invigorate your muscles, and lose weight by beachcombing, shooting hoops, riding bikes, grass-skiing, snow-shoeing, hiking, or playing Frisbee.

4. Add, Don't Subtract

Try *adding* foods to your diet instead of subtracting them. Go for healthy goodies like summer-fresh fruit and garden-crisp veggies. Focus on these delicious additions and you just may find yourself subtracting a junk food standby simply because you're enjoying your new, healthier favorites.

5. Go Walk-About

A GIANT HEALTHY COOKIE

What can be bad about a cookie topped with delicious all natural fruit? Everyone in your home and office will love this easy to make treat with a cup of coffee.

And this recipe can be prepared in traditional red, white and blue fruits for your Independence Day celebration, too.

Ingredients

- * 1 pkg. refrigerated cookie dough
- * 8 oz. pkg. cream cheese
- * 1/2 cup sugar
- * Suggested Fruits (but use whatever you like)
- * 1 can Mandarin Oranges
- * 2 bananas

Walk or ride your bike when and where you can. Instead of driving everywhere, the try shopping on foot, getting in two to seven miles a day.

6. Tune In, Tone Up

The American Heart Association (AHA) recommends 15 minutes of daily toning while you tune in to your favorite TV shows. There are lots of ways to do this such as dancing to the music when you tune in to programs like *American Idol* or do triceps dips from the edge of the couch.

7. Skip a Meal (Out):

It's so tempting to grab a restaurant meal for lunch. But if the maître d' knows your name, you may be packing on more pounds than you realize. If you can't say no to every business lunch, try saying yes to wiser choices, like grilled chicken, roasted summer

vegetables, or an appetizer as an entree.

8. Size Matters

Eating less without feeling denied is as close as your dinnerware. While a small portion served on a large plate can leave you craving more, a smaller plate gives the visual cue that you already *have* more.

9. Get Involved

When your weight loss efforts lead to boredom or too much self-focus, get occupied with something else.

10. Lose It Today, Keep It Off Tomorrow

Finally, be patient. While cultivating *that* virtue isn't exactly painless, it may help to know that keeping weight off can be easier than taking it off.

Excerpted from WebMD.com
By Wendy C. Fries

- * 1 pt. strawberries
- * 3 key limes

Suggested fruits for the **Fourth of July:**

- * Strawberries (red)
- * Bananas (white)
- * Blueberries (blue)

Lightly grease cookie sheet. Roll cookie dough out in pizza map 1 in. from edges or slice dough into small cookies and push together with your fingers 1 in. from the edge.

Bake at 375° for 10-12 minutes. Let cool.

Blend cream cheese and sugar together. Spread over the cookie. Add the fruit in a circular pattern around the cookie working from the outside in concentric circles. Slice and serve.



From the kitchen of Kathy Wells

OTC ATTENDANCE STRONG IN TOUGH YEAR

Despite the global economic recession and the looming fears of the H1N1 (swine flue) virus, the 2009 Offshore Technology Conference (OTC) was another success this year.

Over 67,000 energy professionals from more than 120 countries convened in Houston for a four day conference. The OTC is the world's largest offshore resources industry event. Although attendance was down from last year, the 2009 exhibition was the second largest in OTC's 40 year history. The exhibit hall at Reliant Park has over 557,000 square

feet of exhibition area that was filled to capacity by 2,500 companies from 38 countries.

Scott Wells aided NATCO again this year by attracting traffic to its exhibit booth using magic as the medium while informing the registrants about NATCO's services and products. Hundreds of professionals were entertained and informed as they laughed and learned at the NATCO booth. This year NATCO featured working models of some of their separators so engineers and operational personnel could put their hands and minds around a replica of the real deal.

"This year's attendance levels underscores that in a downturn, energy professionals come to the OTC to learn about technologies and innovative approaches to reduce their costs and improve performance," said Don Vardeman, 2009 OTC Chairman.

Visitors at the NATCO booth got more than they bargained for with a double shot of education and entertainment. NATCO knows that the two can go hand in hand in learning and in sales.



"OTC is known for presenting new and proven technologies and for sharing lessons learned on global projects."
Don Vandeman, 2009
OTC Chairman

DON'T MAKE A BIG DEAL OF IT

Are you sick of posting URLs (Uniform Resource Locator) in e-mails only to have it break when sent causing the recipient to have to cut and paste it back together? Then you've come to the right place.

You will never again have to worry about that again if you create a short URL using TinyURL.com. This is a service that provides short aliases for redirection of long cumbersome web

addresses.

The TinyURL homepage includes a form that's used to submit a long URL for shorting. For each URL entered, the server adds a new alias to its database and returns a short URL in the following page.

Basically the short URL forwards users to the long URL and avoids drop out of characters when copying a link address. Short URL aliases are seen as useful

because they're easier to write down, remember or pass around, are less error-prone to write, and also fit where space is limited such as in e-mail signatures.

Bigger is not necessarily better when it comes to website address.

MAKE SHORT
ORDER OF A
LENGTHY WEBSITE
LINK



MAGIC GIGGLES

Office Pranks for the Summer

I take no responsibility for the outcome of any of these. You're on your own. I don't endorse any of you actually doing these things but it's funny thinking about doing these office "planks" to that special someone in the office.

1. Go into MS Word or similar program on co-worker's computer, and add an entry to the AutoCorrect feature. This is a very simple prank that will send the novice user into frenzy. Configure the AutoCorrect option to replace the word "the" with the phrase "You're an idiot." They will usually panic and start scanning for viruses.



2. Take clear tape and tape the underside of the mouse. Make sure you take the sticky end of the tape and apply it to the bottom of the mouse so it locks the ball in place. Alternately, cover the light under the mouse by taping over it with a piece of paper. The victim will most likely check the connections in the back, reinstall drivers, reboot, etc. before they realize what has happened.

3. Another gem is to do a "Print Screen" of the user's desktop, and then paste the image from the clipboard to a photo program, and save the image as a bitmap. Then, set the 'snapshot' of their desktop as the actual desktop wallpaper. The user will see their desktop as always, but everything on it will appear to be frozen when they try to click on it, sending them into a rebooting and virus scanning fit.

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DO YOU HAVE AN
UPCOMING EVENT?

CONTACT S&K WELLS
ENTERPRISES TODAY!

INTERESTED IN LEARNING SOME
MAGIC FOR YOUR BUSINESS
LUNCH AND DINNER MEETINGS?
VISIT WWW.SCOTTWELLS.NET

MAGI-CALENDAR

June 4, 2009: Tokyohanas Grill & Sushi Bar, 3239 Southwest Freeway, Houston, TX

June 18, 2009: Tokyohanas Grill & Sushi Bar, 3239 Southwest Freeway, Houston, TX

June 30 - July 4, 2009: International Brotherhood of Magicians, annual convention in Nashville, TN

July 16, 2009: Tokyohanas Grill & Sushi Bar, 3239 Southwest Freeway, Houston, TX

July 30, 2009: Tokyohanas Grill & Sushi Bar, 3239 Southwest Freeway, Houston, TX

NOTE: Public Performances subject to change. Private / Corporate engagements are not all listed.

Contact S&K Wells Enterprises today to make sure your event is on the calendar!

♣ Stand-Up Comedy Magic Show ♥ Trade Show Exhibit Booth ♠ Hospitality Suite ♦
♣ Strolling Magic ♥ Magical Master of Ceremonies ♠ Weddings ♦

MATCH, SET AND GAME

Here is a great icebreaker that might be better played using business cards rather than playing cards.

EFFECT: Five playing cards are torn in half to make ten half cards [FIG. 1]. The spectator assists you in a spelling game using the half cards to represent letters. Although they have complete control of every move, the half cards always manage to find their other halves!

WHAT YOU NEED: Five old playing (or business) cards. I've used Ace to 5 to make the explanation easier to follow, but the effect is better

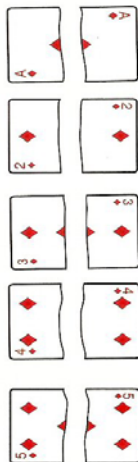


Fig. 1

if you use five random cards. Tear them neatly across their centers.



Fig. 2

SECRET: From the starting point [FIG. 1], gather up the left-hand pieces, then the right. Put one pile on top of the other. It is important that the running order of the five halves is the same. So from the top you should now have A, 2, 3, 4, 5, A, 2, 3, 4, 5.

With the pile of half cards held face down, deal off five cards from the top onto a pile on the table. This reverses their order. Place the remaining five half cards to the left of this pile [FIG. 2].

"This trick is called 'Last two cards match.' We're doing to spell out the name of the trick 'LAST TWO CARDS MATCH' using a piece of half card to represent each letter, and YOU have to tell me which half cards

to use. Which pile shall I pick up?"

They point to a pile. Pick it up. "The first word is 'LAST', that's 'L'...Transfer one card from the top to the bottom of the five you are holding.

"The next letter is 'A'. Shall I continue with this pile or use the other pile?"

Do exactly as they ask. If they want you to use the other pile, put down the pile you're holding and transfer one card from the top to the bottom of the other pile. Give them the choice of piles for "S" and "T".

After the letter "T" has been spelled, take one card from the top of each pile and place them together aside.

Continue to spell out the words TWO CARDS MATCH in the same way -remembering to place a pair of cards aside as each word is completed.

You will be left with two half cards. "What is the name of the trick?"

"Last two cards match."

Turn your two halves face up. They are a perfect match!

The spectator thinks the trick is over, but you have an extra surprise for them! Turn over the other four pairs of cards.

They all match, too! [FIG. 3]

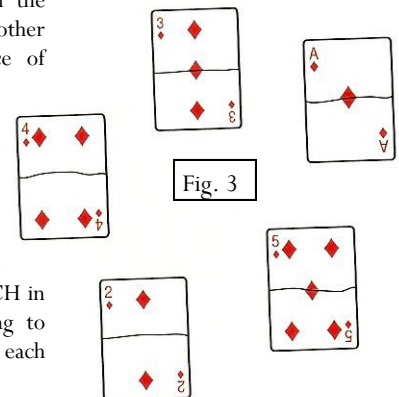


Fig. 3