

Barnyard CENTS



DIGITAL FEDERAL CREDIT UNION

SUMMER 2010

It's summer art contest time!
See back for details →

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 largest part of the brain is called the cerebrum. It controls your thinking, memory, and voluntary muscles (like those in your arms and legs).
- The cerebrum contains two halves. The left half controls the right side of the body. The right half controls the left side of the body.
- 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 play contact sports or ride a bicycle or skateboard.
- 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 at DCU 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!

Sources: Kidshealth.org;
U.S. Geological Survey;
Neuroscience for Kids,
faculty.washington.edu/
chudler/neurok.html.

Visit *Barnyard Cents*
online for more fun
contests, events,
and activities at
barnyardcents.org.

Attention Parents

IS YOUR CONTACT INFORMATION WITH US UP TO DATE?

Don't let your child miss out on an issue of **Barnyard Cents**! Make sure your family's contact information is current. Log in to PC Branch today and confirm that your contact information is correct or make changes. Questions? Call DCU's Information Center at **508.263.6700** or **800.328.8797**.



HOW CAN YOU MAKE MONEY THIS SUMMER?

Summer is a great time to learn job skills and earn money. You may have a lemonade stand in your yard, walk your neighbors' dogs, or do extra chores around the house. Draw a picture of how you can make money this summer on an 8.5" x 11" sheet of paper. Send your picture to DCU by Sept. 1, and you'll be entered to win our summer art contest.

If you're chosen as one of our 12 winners,* we'll show your drawing on our web site at dcu.org.

There will be one 1st prize, one 2nd prize, and one Honorable Mention winner from each of these age groups:

- 6 and under
- 7 and 8
- 9 and 10
- 11 and 12

If you're a 1st place winner, we'll deposit \$15 into your DCU Savings Account. If your drawing wins

2nd place, we'll deposit \$10, and if you win an Honorable Mention, you'll receive \$5.

Send your artwork – plus your name, age, address, and member number – to us by Sept. 1. We'll choose the winners and post them on our web site by Sept. 24. You must be a DCU Barnyard Cents member to enter. Ask your parents to send your drawing to:

Digital Federal Credit Union
 Attn: Marketing – Summer Art Contest
 220 Donald Lynch Boulevard
 Marlborough, MA 01752-9130

Or bring your artwork to any DCU branch.

* DCU volunteers' and employees' children are not eligible to win. Child must be a DCU Barnyard Cents member 12 or under to win. No purchase necessary. The judges' decisions are final. By entering, winners and their parents or legal guardians agree to have the child's name published in any DCU publication, including DCU's web site.



Don't forget to include this information on the back of the drawing:

Name
 Age
 Address
 Member Number

Summer Fun Checklist 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. You may even want an umbrella for shade.
- **Watch out for bugs.** Insects may join your picnic, even if they are not invited! Ask a parent to bring bug spray along.
- **Find a fun picnic spot.** Maybe you'll go to the beach or a park, or have a picnic in your own backyard.



SAVE YOUR PENNIES

Rather than eating "out" at a restaurant, you can save money by eating outdoors with your family. Can you think of more money-saving ideas? The more money you save, the more you'll have to deposit in your DCU Savings Account!



BANKING – THE DCU WAY

Visit Barnyard Cents online for more fun contests, events, and activities at barnyardcents.org.

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Have you had a good experience with DCU that you want to share with others? Ask your parents to help you send us an email at dcu@dcu.org or mail us at DCU, PO Box 9130, Marlborough, MA 01752-9130, Attn: Marketing Dept.

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