

**ART TO HEART – BY LINDA YEW**

*“Behold the turtle. He makes progress only when he sticks his neck out.”*

— James Bryant Conant

Dear friend, Have you ever thought of trying something new (e.g. an exotic food or learning a new skill, or making a new friend) but felt safer remaining in your comfort zones? If so, you are not alone! Someone gave me some practical advice on stepping out of my comfort zones recently: “Try something you haven’t done three times. Once, to get over the fear of doing it; twice, to learn how to do it; and a third time, to figure out whether you like it or not.” Of course, not all fears can be overcome in three steps. The idea is to not discount your fears as being impossible to overcome and to not give up. You might like to give something scary or new a chance, and step out of your comfort zone today! Warmest regards, — Linda Yew

**MATCH YOUR FEARS**

People all over the world have all sorts of fears, some rather unusual — from Ablutophobia (the fear of taking baths) to Zemmiphobia (the fear of the great mole rat), no kidding. On the right are some fears, both common and uncommon. Match each word in List A to its meaning in List B. See how many you know! The first one has been done for you as an example.

For answers, go to page 23.

**List A**

- Claustrophobia [1]  
 Germophobia [2]  
 Ebuliophobia [3]  
 Nyctophobia [4]  
 Arachnophobia [5]  
 Nomophobia [6]  
 Lachanophobia [7]  
 Omphalophobia [8]  
 Acrophobia [9]  
 Hippopotomonstrosesquipedaliophobia [10]

**List B**

- [a] Fear of germs  
 [b] Fear of long words  
 [c] Fear of being stuck in small spaces  
 [d] Fear of belly buttons  
 [e] Fear of vegetables  
 [f] Fear of bubbles  
 [g] Fear of heights  
 [h] Fear of being without a cellphone  
 [i] Fear of the dark  
 [j] Fear of spiders

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