

Life Notes

Maintain Your Quality of Life Through Balanced Living

Relational Health

Quotes About Mothers

On May 8th, we celebrated Mother's Day. It's great to honor our mothers every day, but especially on Mother's Day. The very first relationship we have when we are born is with our mother. There's nothing like a mother's love. My own mother (now in Heaven) had a great influence in my life. She was always there to encourage me in my endeavors, to pray for me, and to point me to Christ.

It is our hope at Life Notes that you'll appreciate these "Quotes About Mothers" and that you took the time on Mother's Day to honor your own mother.

Phil Meboe, Life Notes

Charlotte Gray:

Becoming a mother makes you the mother of all children. From now on each wounded, abandoned, frightened child is yours. You live in the suffering mothers of every race and creed and weep with them. You long to comfort all who are desolate.

George Eliot:

A mother's yearning feels the presence of the cherished child even in the degraded man.



to have your heart go walking around outside your body.

Aristotle:

Mothers are fonder than fathers of their children because they are more certain they are their own.

Washington Irving:

A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.

Abraham Lincoln:

All that I am or ever hope to be, I owe to my angel Mother.

Henry Ward Beecher:

The mother's heart is the child's schoolroom.

George Washington:

My mother was the most beautiful

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Napoleon Bonaparte:

Let France have good mothers, and she will have good sons.

Elizabeth Barrett Browning:

Women know the way to rear up children (to be just). They know a simple, merry, tender knack of tying sashes, fitting baby-shoes, and stringing pretty words that make no sense. And kissing full sense into empty words.

Elizabeth Stone:

Making the decision to have a child is momentous. It is to decide forever

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Physical Health

The Benefits of Soy

By Michelle Sedlacek,
Gundersen Lutheran Registered Dietitian

Quite a few years ago, I remember my Grandmother Johnson bringing a soybean hot dish to a family get-together. Most of us wrinkled up our nose at the thought of eating soybeans. My grandmother was on the right track because we now know that soy is a healthy food that has a lot to offer as part of a plant-based diet.

Why choose soy? Many foods made from soybeans are high in protein and can be substituted for meats and cheese which are high in saturated fat. Eating 25 grams of soy protein each day may improve heart health. Research also suggests there may be other health benefits of soy, including preventing and treating hypertension, and protecting against cancer and osteoporosis.

There is considerable public and scientific interest in the role of soy foods in the prevention of breast cancer, although scientific support is inconsistent. According to the American Institute of Cancer Research, part of the reason why it is hard to identify soy's influence on cancer risk may be that its benefits depend on when it is consumed. As a precaution, it is recommended by most healthcare providers that women receiving anti-estrogen treatments should avoid very high doses of soy and soy isoflavone that are provided by the concentrated form of soy supplements and soy powders. These items do not contain the same balance of healthy nutrients as the whole soy foods, such as soy milk, edamame, tofu, tempeh or miso.

Soy food can be one part of a healthy plant-based diet. There are many positive

diet changes you can make to prevent many diseases. Here are a few questions to ask yourself:

- Am I at a healthy weight?
- Am I consuming seven to 10 servings of fruits and vegetables daily?

- Are most of the grains I consume whole grains?
- Am I getting enough exercise every week?

If you want to incorporate soy foods into your diet, try one of these tasty recipes.

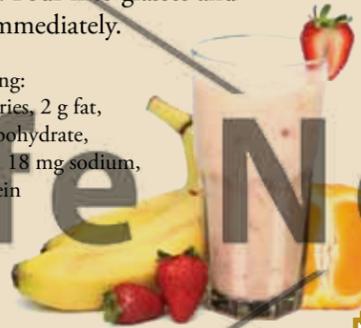
Fruit and Soy Smoothie

Makes about three 1-cup servings

- 1¼ cups calcium-fortified orange juice
- 1 medium banana, peeled and sliced
- 1 cup frozen unsweetened berries
- ½ cup silken tofu
- 2 ice cubes
- 1 Tbsp. sugar, if desired

In a blender container, blend all ingredients until smooth and creamy. Pour into glasses and serve immediately.

Per serving:
135 calories, 2 g fat,
27 g carbohydrate,
3 g fiber, 18 mg sodium,
4 g protein



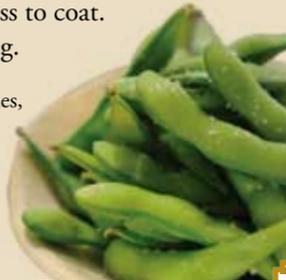
Tomato Edamame Salad

Serves 6

- ½ lb. green beans, trimmed and cut into 1 inch pieces
- 2 cups shelled edamame
- 3 green onions, thinly sliced
- 1 pint grape tomatoes, cut into halves
- ¼ cup chopped fresh basil
- 1 Tbsp. rice vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 tsp. olive oil
- Salt and pepper to taste

Steam green beans and edamame until tender crisp, about 5 minutes. Drain and set aside to cool. In a bowl, combine green onions, tomatoes, basil and cooled edamame and green beans, tossing to mix. In a small bowl, mix together vinegar, lime juice, honey and mustard; whisk in olive oil. Pour dressing over vegetables and toss to coat. Chill until serving.

Per serving: 78 calories,
3 g fat, 5 g protein,
10 g carbohydrate,
4 g fiber



Recipe compliments of Janet Roth, RD

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Financial Health

Sir John Templeton's Wisdom

May 2011 by Life Notes, LLC editorial staff

"Bull-markets are born on pessimism, grow on skepticism, mature on optimism and die on euphoria." – John Templeton



Sir John Templeton was one of the most brilliant investors of all time. His greatest contribution to society was his global, value stock picking process and

his Templeton Foundation.

Templeton almost single-handedly pioneered the discipline of global equity investing. He believes any investor would be foolish to restrict his investments to his home country. Seek out the world's best investments, he advises, wherever they reside.

In the 1950s, for example, he poured shareholders' money into the German and Japanese stock markets. With the wounds of WWII still fresh, investing in Japan was about as popular with Americans then as the idea of funding the Taliban today. But as these battered economies were gradually rebuilt, his investment returns were substantial. Today he still favors the investment outlook for emerging markets, particularly China.

At the height of the Internet bubble, Templeton sold short dozens of young technology companies just before their shares came out of "lock-up," the six-month cooling off period following an IPO. He made over \$80 million in a matter of weeks. He still calls it "the easiest money I ever made."

John Templeton is fond of saying, "Happiness pursued eludes, happiness given returns." Templeton is a great believer that true wealth doesn't come

from making money, but from fulfilling a purpose outside ourselves, whether that's exercising our talents, raising our kids to be happy, productive adults, or contributing to our communities in some meaningful way.

In his book "The Templeton Plan," for instance, Templeton quotes social reformer Henry Ward Beecher, "No man can tell whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He is rich according to what he is, not according to what he has."

Here is Templeton's five-step formula for financial independence, based on almost a century of experience.

1. Take calculated risks. Templeton started off by taking significant risks in his business and investments. He was a serious poker player in college, and in 1939, he borrowed \$10,000 from his boss to bet on 100 stocks listed on the NYSE selling for under a buck. A high percentage of these companies were close to bankruptcy, but Templeton reasoned that they would recover during a wartime economy. (It pays to have a correct "macro" view of the world.) In four years, he sold all the stocks, paid off the debt, and pocketed \$40,000 in profit. He was on his way to success.

2. Save, don't spend. Templeton started out poor, but through the principles of thrift and hard work, he was able to get ahead. When he married, he and his wife set a goal of saving 50% of their income. He avoided consumer debt - in fact, he bought his first home with cash. He would agree with J. Paul Getty, whose motto was, "Make your money first... then think about spending it."

3. Shop for value investments. Templeton follows the fundamental "bargain-

hunting" approach to investing. "The long-range view requires patience." His Templeton Growth Fund, which he ran for 50 years before turning it over to the Franklin Group, held stocks for an average six to seven years. He always searched for companies around the world that offered low prices and an excellent long-term outlook. "It's not easy," he states, "but if you're going to buy the best bargains, look in more than one industry, and look in more than one nation."

4. Take advantage of international free markets. Templeton believes a "free enterprise" approach is mandatory when investing overseas. "Avoid investing in those countries with a high level of socialism or government regulation of business," he says. "Business growth depends on a strong free-enterprise system." He told me that he is a follower of free-market economists Ludwig von Mises, Friedrich Hayek and Milton Friedman. "Governments should stop interfering with what people want to do."

5. Minimize your taxes. In the 1960s, Templeton made a controversial decision. He decided to renounce his U.S. citizenship and move to the Bahamas, where there is no income tax or investment tax. He became a British citizen, and now a Bahamian citizen, and lives tax-free (the Bahamas gets its revenue from high import duties and corporate/trust fees).

Interestingly, his investment record improved markedly after he stopped worrying about the tax consequences of his investment decisions. As a result of tax-free compounding, Templeton was worth several billion dollars when he passed away last year, and was one of the wealthiest men alive.

Sources: templeton.org and sirjohn templeton.org

Spiritual Health

Turning Fire Into Life: A Lesson from the Jack Pine

By Michael Smalley

I was camping many years ago as a small child, and took a nature class from a park ranger. We went on a beautiful and adventurous hike through the woods, examining all types of birds, rocks, rodents, and plants. A memorable highlight was learning about the Jack pine, a type of tree whose seeds can only be released by the intense heat and devastation of a forest fire! As the rest of the woodland wilts and burns around it, the mighty Jack pine actually blossoms! Though the outside is badly injured, and much of its former life is laid to rest, the act of succumbing to its death, actually gives opportunity for future life to continue. From the decay and trauma comes a birth of potential and vibrance. I can't help but relate the tree's resilience and fortitude to the inner workings of the human heart. In my nearly 26 years of existence, I have seen my fair share of fire; initially, mercilessly threatening to destroy every trace of hope, joy, and vitality. But just when it looks like the damage is

beyond repair, when life can no longer continue on my own accord, and death is certain; my God in Heaven, creator of my heart and soul, orchestrator of the past, present, and future, not only restores, but actually creates fresh life in the process! As I watch my former life; a forest built



upon routine, control, and towering branches of so called success, collapse so easily against the flames of heart ache, disappointment, and questioning, the Lord is able to release my heart to seed into beautiful stalks of wisdom, character, and strength. Although we as humans naturally try to avoid pain at all costs; it is the vehicle that often produces the most worthwhile development. So, I urge you, as fire threatens, and heat begins to singe,

allow the flames of trial, unavoidable circumstance, indiscretion, and mistakes, form the soil for hope and renewal. Embrace the fatality of former things, burned through the blessed flames, and claim the victory of power and control given by the grace and favor of God. For, it is when death eludes the state of self, that the Lord can then create an entirely new life. So, let Him take the dross of sorrow and the mire of mistakes, and fertilize your soul to form deep roots, capable of maturing and restoring in ways far more capable of your divine purpose!

I urge you to view the mistakes and trials of the past as stepping stones for growth. Let the past stay there, but let your future brim with freshness and vibrance, as the fires around you become the very mechanism of life!

By Michael Smalley on April 12, 2007.

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Mothers: Continued from Front

woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.

James Russell Lowell:

That best academy, a mother's knee.

Exodus 20:12

"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you."

Isaiah 66:13

"As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem."

2 Timothy 1:5

"I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."

1 Thessalonians 2:7

"As apostles of Christ we could have been a burden to you, but we were gentle among you, like a mother caring for her little children."

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