

Inspirational Thoughts

*We have two ears and one mouth that we may listen the more and talk the less.

Greek Proverb

*Minds are like parachutes; they only function when fully open.

Sir James Dewar

*Believe only half of what you see and nothing that you hear.

Dinah Mulock Craik

*What lies behind us and what lies before us are small matters compared to what lies within us.

Ralph Waldo Emerson

You cannot kill time without injuring eternity. *H.D. Thoreau*

*Genius is one percent inspiration and ninety-nine percent perspiration. *Thomas Edison*

*Many receive advice, only the wise profit from it. *Syrus*

*Well done is better than well said. *Ben Franklin*

Most of the shadows of life are caused by standing in our own sunshine. *Ralph Waldo Emerson*

*One pound of learning requires ten pounds of common sense to apply it. *Persian Proverb*

*One person with courage makes a majority. *Andrew Jackson*

Is it a Slip or a Sign?

An important date has never slipped my mind until this year. If you're getting older, you might worry whether this could be the beginning of Alzheimer's disease. According to memory experts, it's not time to panic. Most likely, you're suffering from a common condition called age-associated memory impairment or benign forgetfulness.

Contrary to what was once thought senility isn't inevitable. Twenty percent of mature adults experience no discernable trouble in their mental faculties. Age can take a toll. According to the Director of Friends Hospital in Philadelphia, the first sign is slower recall and more difficulty learning new things.

People start to notice the change in their 30's, but it's generally not significant until over 60. And what is normal may surprise you. In a national study on memory loss, nearly half of 45-year olds

surveyed said they had problems recalling names. If you are worried about your memory loss, talk to your primary care physician. S/he may recommend a specialist who can perform a complete evaluation.

The chances are that a person over age 75 doesn't have Alzheimer's or dementia. In these diseases, memory loss usually is accompanied by other problems such as difficulty speaking, disorientation or a sudden inability to perform familiar tasks. Another signpost: over a period of six months the person with dementia or Alzheimer's will show a progressive decline as opposed to the occasional defects of someone with normal memory loss.

Maybe children could keep on the straight and narrow path if they could get information from someone who's been over the route!



Legend of Cherokee Indian...

Do you know the legend of the Cherokee Indian youth's rite of passage? Recently I read it and pass it on to you.

His father takes him into the forest, blindfolds him and leaves him alone. He is required to sit on a stump the whole night and not remove the blindfold until the rays of the morning sun shine through it. He cannot cry out for help to anyone. Once he survives the night, he is a MAN.

He cannot tell the other boys of this experience because each lad must come into manhood on his own. The boy is naturally terrified. He can hear all kinds of noises. Wild beasts must surely be all around him. Maybe even some human might do him harm. The wind blew the grass and earth and shook his stump; but he sat stoically, never removing the blindfold. It would be the only way he could become a man!

Finally, after a horrific night, the sun appeared and he removed his blindfold. It was then that he discovered his father sitting on the stump next to him. He had been at watch the entire night protecting his son from harm.

We, too, are never alone. Even when we don't know it, our Heavenly Father is watching over us, sitting on the stump beside us. When trouble comes, all we have to do is reach out to Him.

Moral of the Story: Just because you can't see God doesn't mean He is not there. "For we walk by faith, not by sight."

2 Corinthians 5:7

Tidbits

*As we get older three things happen. The first; your memory goes, and I can't remember the other two!

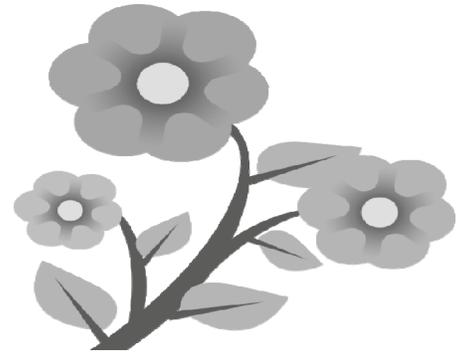
*Attitude is a little thing that makes a big difference. *Churchill*

*Good things are going to happen today!

*Hi! Tell me something good!

*With my luck things are going to work out great!

*Never lose an opportunity of seeing anything that is beautiful; for beauty is God's handwriting—a wayside sacrament. Welcome it in every fair face, in every fair sky, in every fair flower, and thank God for it is a cup of blessing. *Ralph Emerson*



Wit and Wisdom

BEFORE IT'S TOO LATE

If you have a tender message, or a loving word to say. Do not wait until you forget, but whisper it today. The tender word unspoken. The letter never sent. The long forgotten messages. The wealth of love unspent. For these some hearts are breaking. For these some loved ones wait. Show them that you care for them before it is too late.

*Trying to console a little girl whose kitten had been run over, Father Ryan said, "Doesn't it make you feel good that your kitty has gone to be with God?" "Don't be silly, Father," the little girl answered, "What would God do with a dead cat?"

*To grow old is mandatory. To mature is optional.

*If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?

Memorial Day we remember all those who gave their lives for us!