

Remember this July 4th

Independence Day is one of the best American holidays, both for what we celebrate and what we wish to remember. It's easy, however, to take liberty for granted and to misconstrue just how difficult it was to gain our freedom so many years ago. The Revolutionary War was long and costly—arguably the second-longest conflict in American history. The 50,000 or so casualties on the American side are roughly equal in number to the total dead and wounded in Afghanistan.

This was a time when there were fewer than three million people were living in the former British colonies.

This 4th of July, take a few moments to reflect on why we celebrate as well. Here are some of the best things said about freedom to get you thinking.

*It is by the goodness of God that in our country we have those three unspeakably precious things: freedom of speech, freedom of conscience, and the prudence never to practice either of them. **Mark Twain**

*The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion. **Albert Camus**

*If the freedom of speech is taken away then dumb and silent we

may be led, like sheep to the slaughter. **George Washington**

*Liberty has never come from the government. Liberty has always come from the subjects of it. The history of liberty is a history of resistance. **Woodrow Wilson**

*I do not agree with what you have to say, but I'll defend to the death your right to say it. **Voltaire**

*We look forward to a world founded upon four essential human freedoms. The first is freedom of speech and expression—everywhere in the world. The second is freedom of every person to worship God in his own way. The third is freedom from want—which, translated into world terms, means economic understandings which will secure to every nation a healthy peacetime life for its inhabitants. The fourth is freedom from fear—which, translated into world terms, means a world-wide reduction of armaments to such a point and in such a thorough fashion that no nation will be in a position to commit an act of physical aggression a neighbor. **Franklin Roosevelt**



Quotable

*We are free only if we face the challenge of freedom, do the work of freedom, fight the fight of freedom and die for freedom.

Charles G Adams

*Jesus preached more and taught more about helping the poor and the sick and the hungry than he did about heaven and hell. Shouldn't that tell is something?

John Grisham

*If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him/her?

1 John 3:17

*The best way to enhance freedom in other lands is to demonstrate here that our democratic system is worthy of emulation.

Jimmy Carter

*The whole point of Freedom-of-Speech is supporting the right of others to say things you find personally offensive.

Johnathan Lockwood Huie

*To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

Nelson Mandela

*Those who deny freedom to others deserve it not for themselves.

Abraham Lincoln

Editor
Jane Zoltek, ssj-tosf

Exercise: The fountain of

Maybe you've heard the saying "exercise can keep you young!" Moderate exercise may or may not keep you alive longer, but it certainly can keep you younger longer.

A controversy about the value of moderate exercise has erupted with the publication of a Harvard study that found that only strenuous exercise was associated with a significantly lower death rate in middle-aged and older people.

Lost in the turmoil were the results of a different study at NASA's Johnson Space Center and the Institute for Aerobics Research in Dallas which showed that something less than strenuous activity kept older people from suffering many of the adverse effects of aging.

Looking at aerobic capacity—how well the heart and lungs supply oxygen to the muscles—the study of 1,500 NASA workers found that half of the supposedly age-related decline in that factor was due to a lack of physical activity and an increase in body fat. Indeed, older people who were lean and physically active had a greater aerobic capacity than overweight, inactive young people.

If you sit on your duff and gain fat, you'll lose nearly half your aerobic capacity by age 70. Moderate exercise can cut that loss in half.

What is moderate exercise? Something as simple as a brisk 30-minute walk three times a week. And despite the Harvard study, many experts on aging believe that such a regimen can reduce the death rate. The bottom line seems to be: Some exercise is better than no exercise, and more is better than less.

There's much less controversy about the value of including fruits and vegetables in one's diet, and a new report from the long-running Framingham study has reinforced that advice. (This information came from Dr. Michael Freedom.)

July Tidbits

*This is my wish for you: **Comfort** on difficult days, **Smiles** when sadness intrudes, **Rainbows** to follow the clouds, **Laughter** to kiss your lips, **Sunsets** to warm your heart, **Hugs** when spirits sag, **Beauty** for your eyes to see, **Friendships** to brighten your being, **Faith** so that you can believe, **Confidence** for when you doubt, **Courage** to know yourself, **Patience** to accept the truth, **Love** to complete your life.

Anonymous

*Lord, grant comfort, joy and health to those I call friend, to those I call enemy, and to those I have cursed by my indifference.

Jonathan Lockood Huie

*Calm provides clarity. Pause to consider the gifts you have been given, the difference you have made and the direction in which you are headed. *Anonymous*

*Forgiveness is unlocking the door to set someone free and realizing you were the prisoner! *Max Lucado*

*Resentment is a Prison. It is not easy to forgive, but make the effort again and again. Nothing else you can ever do in life will repay you as richly as forgiving and loving those you have called enemy. *Jonathan L Huie*

