

March, 2013

# *Put Old on Hold*

## *e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

- ☐ *Revisiting My To-Do List*
- ☐ *My Parents' Marriage*
- ☐ *Watch Out For This Retirement Blunder*
- ☐ *Learn the ABCs of Blood Clots*
- ☐ *Do What You Enjoy*
- ☐ *Botox For Over-active Bladder?*
- ☐ *Poll: How ambitious is your spouse?*

*(Open the ink to participate)*



# What's Inside

**Revisiting My To-do List- 3**

Mary Lloyd

**Watch Out for This Retirement Blunder - 5**

Henry Montag

**Learn the ABCs of Blood Clots - 7**

John Paul Ouvrier

**Do What You Enjoy – 9**

Lura Zerick

***Alabama Living* Reprint: Lura Zerica—11**

**Botox for Over Active Bladder? - 12**

Michael E. Platt, M.D.

**Letter From Cuba- 13**

Barbara E. Joe

**My Parents' Marriage - 15**

Patricia Bubash

**When Asking WHY Is Not a Good Idea - 17**

Joyce Shafer

**Help to Live and Feel Better - 19**

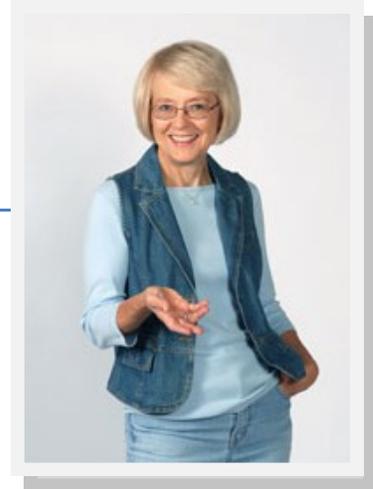


Editor: Barbara Morris, R.Ph. P.O. Box 937, Escondido, CA 92033-0937 Contact: Office1(at)Cox(dot)net. Copyright © Barbara Morris, R.Ph. 2012. All rights reserved. Contact us for permission to reprint articles. Thank you for respecting our copyright and that of contributors.

Please forward this magazine to friends and ask them to [subscribe](#)

# Revisiting My To-Do List

---



By Mary Lloyd

Are you playing fair with your To Do list? I've been abusing mine for about a decade now and didn't even know it. I tell myself that I'm a slave to it--I did finally see the light about the lunacy of "getting it all done at all costs" a while back. But I've just discovered I'm still approaching that To Do list the wrong way.

I've been using it as a daily confirmation that I have worth as a person—salvation via getting a lot done. And the painful truth is that this is just another perfectionist strategy—a way to avoid the pain of being deemed not good enough in someone else's eyes by completing task after task after task, day after day after day.



*To let go of perfectionism, you have to stop worrying about what other people will think. I thought I had accomplished that--and in many ways I have. But I still worship at the altar of "getting things done." The wrongheadedness of this finally became clear to me courtesy of Brené Brown's **The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are**. The gifts she discusses aren't consolation prizes. Imperfection is actually a whole lot better way to live than all the perfectionist striving I've been guilty of over the years, including my worth-through-productivity mania.*

Brown knows my game. She too was devastated when she learned that a stiff dose of work ethic wasn't a particularly evolved approach to life. She refers to herself as "a recovering perfectionist and aspiring good-enoughist." She's also a social scientist who's been doing qualitative research on shame for much of her career. That's right—perfectionism is a facet of *shame*. I've been driving 90 miles an hour down that dead end for decades!

The news was a shock, but also a big relief. I've been frustrated for months about how little I get accomplished these days compared to three or four years ago. I used to write a long list of chores for the next day every night, and then, bright and early the next day, I would get going on those things—roaring through them like I was on a mission to save the world. Much of the time, nobody but me had decided they needed to be done. In the vast majority of cases, if I

*(Continued on page 4)*

(Continued from page 3)

didn't get them done, nothing bad was going to happen. But getting through that list made me feel like a superstar. I was *effective*.

Recently, it's gotten more and more difficult to make myself work on the list each day. More and more often, I don't even write one out the night before. I've been worried that this meant I was losing my grip on my life. I can't even get a simple to-do list done?

After reading what Brene' Brown had to say, the dawn came. A while back I asked the Universe for help to get wiser about doing what really needs to be done. I thought that it was a case of rededicating myself to that daily list. Until I read about her experience, I didn't even realize the resistance to my To Do list mania was the answer to my earlier prayer.

Who says I have to get *anything* done?! Who's keeping count? I've been in an ever-accelerating role as Simon Legree, meanly enslaving myself. That's no better than subjugating someone else.

A few days ago, I turned over a new leaf. Instead of that long To Do list, I jot down what I really do need to remember to do. Then I remind myself that my day is mine to do with as I choose. Yes, I need to honor my commitments, but usually, it doesn't all have to get done "today." And it's okay to change my mind as the day progresses.

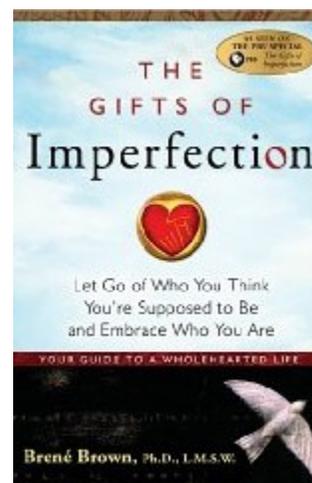
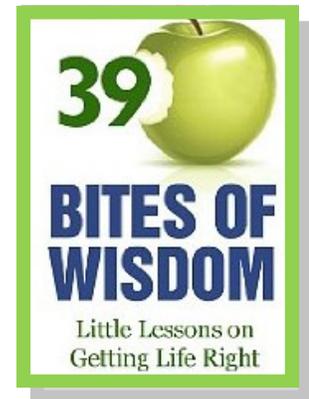
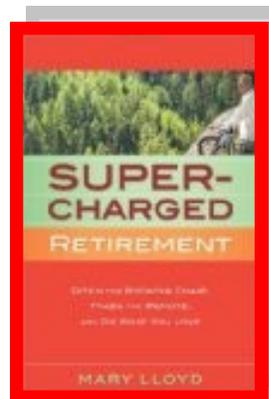
Work is a good piece of life; it's not work that needs to be eliminated here. What I—and maybe you, too—need to stop doing is the frenzied rush through an arbitrary list of tasks that has become the default proof that I (we) deserve to be alive today. I need to erase the notion that work—even meaningless work that doesn't need to be done at all—trumps the less socially acceptable stuff like play and taking a nap.

"To Do" lists are great for remembering what

needs to get done. You do want them in your toolkit. But they aren't inflexible marching orders, and there is no correlation between the length of your list (with everything crossed off) and your value as a person. To be really wise, you need to use a strategy that includes knowing when to ignore them.

\*\*\*\*\*

Mary Lloyd is a speaker and consultant and author of **Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love**. For more, see her website [www.mining-silver.com](http://www.mining-silver.com) and her blog <http://mining-silver.com/retirement-planning/>



# Watch out for this Retirement Blunder

By Henry Montag

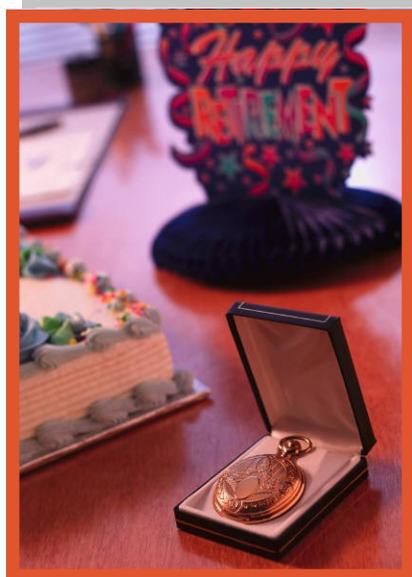
You're excited because today is the day you've been waiting for. You have an appointment with the person in your Human Resources department who will go over your retirement packet containing all of your financial information. You'll see exactly how much money you can expect to get each and every month under certain conditions, once you retire.



If you're married you'll usually have the following choices:

1. You can get a higher monthly amount guaranteed to you for the rest of your life if you agree to have the payment end upon your life. [Life Only]
2. Or you can take a little less each month and have that benefit paid to your spouse for the rest of their life. [Joint and Survivor ]
3. Or you can have the payment guaranteed at no less than 10 or 20 years. [Period Certain]

You'll then be asked to choose which of the three options you'd like. Regardless of which option you chose you have just purchased a Single Premium Immediate Annuity from an Insurance company with the money that was previously in your retirement account. You'll sign the papers and your first monthly guaranteed payment will start within a few weeks.



Congratulations, you've just made one of the most common retirement mistakes. What you should have done instead is take option 4, usually not mentioned, which is to request a total withdrawal into your own rollover IRA. To do this, you can do the following: call several insurance companies and give them the exact dollar amount in your rollover and ask them for their figure for each of the three above-mentioned options they would pay. Either what you'll find on your own or with the assistance of a qualified CPA or CFP is whether the amount you were given by the Human Resource

*(Continued on page 6)*

## Put Old on Hold e-Magazine / March, 2013

*(Continued from page 5)*

department of your company was in fact the highest payout you could expect from the open marketplace. Often times I find that by competitively shopping a client can save anywhere from 10-12% and that's for every month for the rest of his and his wife's life.

The reason this occurs is in most cases that the person that gave you your information is merely passing on to you what their Human Resource administrators gave them. In all likelihood they are just using the information from the one insurance company they happen to be using, whereas if you're doing it for yourself you'll probably shop with a little more interest than they have, and as a result you'll probably find a far more competitive rate. The prime responsibility of the Human Resource pension administrator is for them to complete their ERISA fiduciary responsibility and to get you off their payroll. It's not their job to get you the best quote, that should be your job.

Competition is a wonderful thing if it's used to your advantage. So realize that it's extremely important that you understand all of your options before you make any decision because when you're dealing with any retirement option within any company once you make a decision its irreversible.

There are several other very effective uses of a single premium immediate annuity such as providing you with a significantly greater net income than say a CD because of its favorable tax treatment. Lastly if combined with a life insurance contract you may find that you are not only able to significantly increase your retirement income but also guarantee a greater amount of principle to your beneficiaries.

The point is that you should consider the various options and alternatives available to you before you make any retirement decisions.

Henry Montag CFP, CLTC

Financial Forums Inc.

[www.financialforumsinc.com](http://www.financialforumsinc.com)

516 640-1315

[www.financialforumsinc.com](http://www.financialforumsinc.com)

[henry@financialforumsinc.com](mailto:henry@financialforumsinc.com)

to learn more about Henry Montag: <http://www.youtube.com/watch?v=yTpACuc33fg>

# Learn the ABC's of Blood Clots and How You Can Save Your Own Life Right Now

By John Paul Ouvrier



May I share some important information that can easily save your life? Let's learn about the ABC's of blood clots.

The ABC in our title stands for Avoiding Blood Clots, and while most of us have heard different things about this subject, most of us don't know what are the most important things we can do each day to prevent blood clots. My goal today will be educate you as to how this works so will want to get on your own ABC routine!

Now before we go any further, let me say that blood clots are a medical condition that **MUST** be addressed with your doctor. This article is going to focus on how you can prevent blood clots from forming unnecessarily due to inactivity. This does not mean I am suggesting that my Wizardly advice solves all blood clot problems, because it does not. Please do not use this information without speaking to your doctor first.

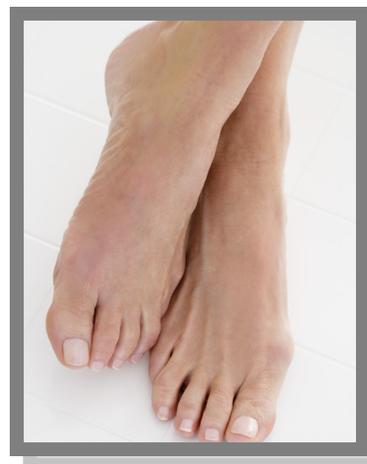
So how can we save our own life and assist ourselves in preventing blood clots, when perhaps our life isn't as active as it was, and perhaps we sit longer than we'd like to admit? We do this first with a bit of education and I'd like to start with an image.

When I was about six years old, my family and I lived on a farm in upstate New York. In this farmhouse, there was an old fashioned water pump in the front yard. Though we had running water, my brothers and I would work this pump delighted in the fact we could get water from it. I'd like to think about your heart as a pump that pumps blood into the body as best it can.

Now here's the rub; the blood that moves or is pumped the fullest and strongest, is the blood closest to the heart. In fact, the farther away we go from the heart, the less movement the blood gets.

So the body has a wonderful mechanism to make sure the blood gets fully pumped and moved around, especially in the lower legs (which are farthest from the heart). When I contract my legs muscles, that squeezing of the muscles is like working that old fashioned pump, I actually

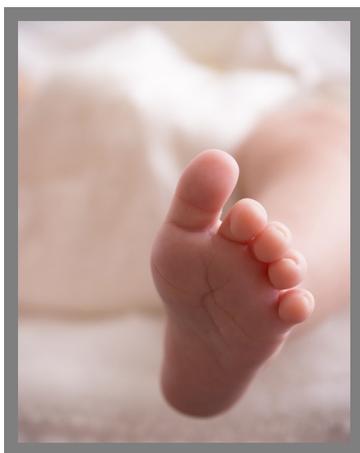
*(Continued on page 8)*



## Put Old on Hold e-Magazine / March, 2013

assist in the movement of blood by moving! Therefore if I don't move, my blood doesn't either...

And while the body is designed to sleep so much per day, which doesn't hurt us, it is NOT designed to sit all day and not move. When the body doesn't move and is in a seated position hour upon hour, not only is our blood flow compromised because we are squashing the pipes (the blood vessels), we are also keeping our blood from moving properly. If your blood has the right combination of gunk in it and you sit too much, you will form a clot, which in turn can kill you. So how do we prevent this? Like my brothers and I used to; play with the pump!



The pump is your legs. When they move, your blood moves. So here are some amazing, life saving movements you can do while seated (do once every 15 minutes if you don't get up):

### Single Leg

**Extension:** Extend your leg out in front of you, squeeze the muscle tight above the knee. Ten times. Switch legs and repeat.

**Toe Pointers:** Extend the leg, and point and flex your foot, tightening up the calf muscle. Ten times. Switch legs and repeat.

**Foot Rolls:** Extend the leg, and roll the foot in circles, ten times in one direction, then ten the other way. Switch legs and repeat. (You may also do all these movements on one leg at a time!)

These simple movements pump the blood and can save your life. For those of you that travel on airplanes you are probably familiar with

the cards in the seat pockets that tell you to get up and move to assist with blood clots as well.

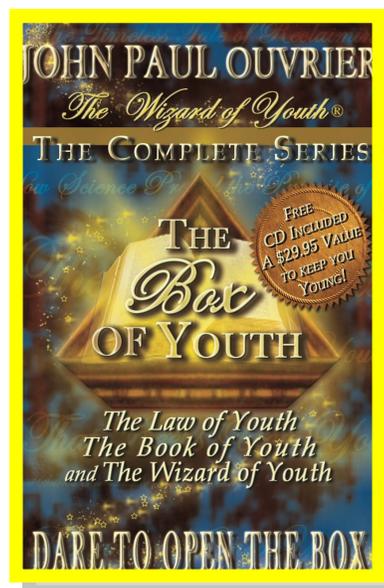
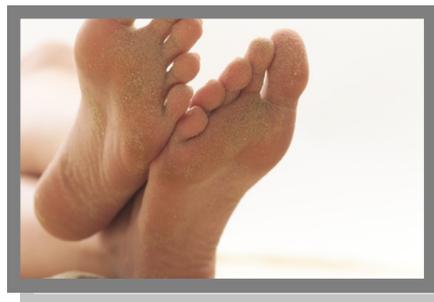
Airlines do this to avoid lawsuits. In my opinion, any long term seated activity has the ability to hurt you as

well- meaning your couches, recliners, desk chairs, the seats in your car, etc. Do you want my advice to save your life? "If you sit, then move!"

Blessings from the Wizard!

=====

*John Paul Ouvrier, is a fitness trainer who specializes in working with older adults. He is the author of 'The Wizard of Youth' series for adults and children, the creator of 'The Wizard of Youth 4 Kids Board Game' and the Executive Director of Fitness For Charity. His websites are: <http://wizardofyouth.com>. & <http://fitness4charity.org>. He can be reached at [john@wizardofyouth.com](mailto:john@wizardofyouth.com)*



# Do What You Enjoy

By Lura Zerick



I am determined to enjoy a sense of achievement until my last breath! I refuse to simply sit and do nothing or just twiddle my thumbs. It is true that my list of 'friends to call' has gotten much shorter, mainly because many of them have died. I haven't, so therefore I am going to enjoy the days I have left! There are few I can 'do things with', as in have lunch, go shopping, even window shopping. Few are able to go to concerts (yes, I still enjoy music) and besides, there are few with whom I want to spend several hours. Call me picky.



BUT I can be writing a freelance article or working on one of my book manuscripts, whichever one I choose. I can be arranging a speaking date or a book signing. I might even prepare to sing a song or two at one of my events. I don't plan to just roll over and stop my activities until I MUST. I wouldn't last a week, just doing nothing. The more activities I have, the more ZEST I have for life. This gives me something to look forward to doing today, tomorrow or the day after. I NEED that.

Yes, friends are fewer, activities might be more limited as I get older but I'm not finished yet. My grown-up kids have their own lives to live. My grands and great-grands are busy with school and/or their own activities. So what? There are still many things

I can do and I plan to stay active with those things. I won't reach a stopping point until I am unable to do the things that I enjoy, or those things that give a terrific sense of accomplishment.

I READ several hours each day and am grateful that I can. Reading has been a great pleasure since elementary school. I have had many tell me, "I don't have time to read." Take my advice and MAKE time to read! I'm going to read if I have to skip mealtime! We WILL do those things that are so important to us.

*(Continued on page 10)*

(Continued from page 9)

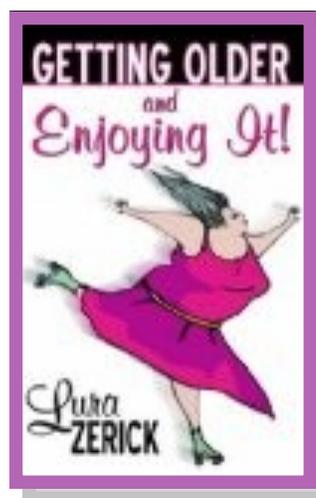
So your favorite thing might not be reading but, whatever it is, I suggest that you enjoy the activity you like best. There are many things that might interest you; find several that you would enjoy and start living your later days with pleasure! You have already learned that life is short – or it might be longer than we expect – I urge you to do the things that you enjoy. Accomplishment can bring a smile to our faces as well as joy to our hearts.

I learned that going back to school can make a huge difference in our lives. Learning new things, or improving old things by going to classes can give us a new sense of gain which can make our lives more exciting! Don't miss an opportunity to make your efforts more rewarding. There can be too many days that seem long, so anything that juices them up is more than welcome!

Don't give up if you are disappointed in the first few things you try. Maybe you didn't find your favorite yet but keep trying! Having something you enjoy doing can make such a difference in your days! You don't believe me? TRY IT!!! #

=====

*Lura Zerick is an 82-year-old great grandmother who enjoys learning new things. Give her an Elvis song with a good beat and watch her go! Her favorite things are reading, listening to music, singing, cooking/baking, birds, and words. She enjoys 12 great grandchildren and 6 great grand children; loves to encourage them to cook, write, and sing, as well as use their other abilities. she can be reached at lzerick22(at)gmail.com*



## Freebies from Joyce Shafer

**Free** to read or download, and yours to give away!

### **You Are More! Empowerment Extra**

(18 thought-provoking articles) at  
[http://www.scribd.com/  
doc/23362264/Joyce-Shafer-You-  
Are-More](http://www.scribd.com/doc/23362264/Joyce-Shafer-You-Are-More)

(copy and paste link in browser)

**Free:** Excellent classic and contemporary empowerment downloads on the **Free Downloads** page, AND get a **free** copy of

**Law of Attraction Alchemy: Change Lead Thoughts into Gold**

when you subscribe (also **free**) at  
[http://  
stateofappreciation.weebly.com](http://stateofappreciation.weebly.com)

## Golden Years

### Local author is on a mission to **Help others**

While many spend their time trying to look and feel younger, local author Lura Zerick is enjoying every minute of her golden years. At 82, she recently published "Getting Older and Enjoying It," which encourages people to enjoy life as they age and not dwell on the past.

"Most people don't want to talk about getting older," says Zerick. "It's as if they think it's a horrible disease! My life is only getting better and better. I wouldn't go back to my 30s and 20s for all the money you could scare up. The decade of my 70s was the best of my life, aside from the birth of my children."

Zerick spends her days in her home, situated on six acres of woods between Geneva and Samson. Every morning she wakes up, exercises and then decides what to write for the day.

"Recently I was in Tampa visiting family when I slipped and fell," says Zerick. "I sat on the tile floor trying to figure out how I was going to get myself up. Finally, I was able to stand. All I could think about was getting to a pad and pencil and writing down all the things I needed to write about in my life. I didn't want to think about a broken hip; I wanted to think about what all I could still accomplish in my life."

After she got up from the floor unharmed, she wrote down more than 80 ideas that morning and she is spending her year living out that promise to herself. "I'm working my way through them," she says. "I write about 500 words for each idea to see if there's really something there. If there is, I keep going." She regularly submits papers to newsletters and blogs. Some are rejected, but some are published. "The worst they can do is say no," she says with a laugh. "And I'll never know if I don't try!"

Born in Florida, Zerick relocated to Alabama years ago with her children. Today she has five children, 12 grandchildren and eight great-grandchildren. She started publishing in 1965, but she had never planned to be a writer. "When I was young I didn't really want a career," she says. "I wanted to be a wonderful wife and mother. I had no other dreams than that."

After her youngest child started school, she decided to go to college. "I was only about a mile away from a junior college so I enrolled," says Zerick. "I had some free time so I got started on a degree in journalism." Later she relocated to Alabama and went back to school. "I loved Alabama. I never wanted to leave, but we had to relocate back to Florida for a little while when Hurricane Eloise destroyed our home. We



Samson resident Lura Zerick poses with her recent book, "Getting Older and Enjoying It." She has authored five books and many articles encouraging the elderly to enjoy their lives and continue to be productive in their later years.

.....  
moved back as soon as we could though."

Today, Zerick has authored five books and is planning more, including the story of her life she has tentatively titled "One Woman, One Well." "I have more ideas to write about than I have time to do it," she says. "I'm going to work while I'm here."

Writing stories isn't all Zerick has done or plans to do. She is also planning on going back to school in the Fall. "I plan on getting a bachelor's degree in Biblical Studies. I have to have a goal, and while I love to write, I also love to learn."

Zerick has also written lyrics for over 70 gospel songs and published two CDs. She has been a professional singer and radio personality. "You could say I've been busy," she says.

But all of her work has the same goal, according to Zerick. "My mission is to encourage others," she says. "Do and be all you can! Don't let age stop you. I believe that each of us has God-given abilities and I want to help people use theirs." ■

# Botox for An Over-active Bladder: Are They Kidding?

By Michael E. Platt, M.D.



It never ceases to amaze me that our medical system absolutely refuses to acknowledge that the most logical approach to treating a problem is to treat the cause of the problem. They have been using botulinum toxin ( Botox) to treat migraines, and now they are using it to treat women who have a problem with urinary urgency - when they have to go, they have to go.

Interestingly, both urgency, commonly referred to as an over-active bladder, and migraine headaches, often have the same cause. Readers of my blogs already know that the cause is an excess amount of adrenaline.

Women with their over-active bladders have to run to the bathroom every 10-20 minutes. So they get talked into getting an uncomfortable procedure called a cystoscopy, during which an injection of Botox is put into the bladder muscle. On the positive side, these women will temporarily eliminate their problem with a hyperactive bladder. Of course, on the downside, they can lose control over the bladder since they may not be able to contract the muscle.

As a result, they will be forced to catheterize themselves every time they need to urinate. They can wind up with bladder and possibly kidney infections, and live with severe pain in the bladder until the injection wears off.

So I ask, would it not be simpler just to lower adrenaline levels and thereby eliminate the urgency. The lowering of adrenaline only takes 24 hours at the most.

I await the time that just one person reading my blogs has enough interest to learn more about adrenaline. My book on "Adrenaline Dominance" is finished and is in the editing stage. It describes all the conditions related to excess adrenaline - such as ADHD, fibromyalgia, anger and road rage, depression, most headaches, anxiety, RLS, alcoholism, PTSD, bipolar disorders, IBS, chronic interstitial cystitis, and the list goes on.

My goal is to make people more proactive about their health, and not to have to rely on a medical system that resists change. I have a manual that I wrote for healthcare practitioners that has a chapter devoted to managing adrenaline. It is the only information available to teach doctors how to treat conditions felt to be incurable that are simply caused by too much adrenaline. One day I will figure out a way to market it - possibly I should approach patients rather than practitioners?

The manual is called, "The Platt Protocol for Hormone Balancing". It is a true wellness manual. For those who are interested, call my office - [760-836-3232](tel:760-836-3232) - or go to my website: <http://www.plattwellness.com>

Please: Say no to Botox.

# Letter from Cuba

By Barbara E. Joe



A hand-written letter from Cuba arrived at the desk of the director of the American Occupational Therapy Association, where I'd been working for more than eight years. Passed on to me to translate because of my Spanish fluency, the writer, Armando Hernández, explained that he suffered from a rare disease that had already destroyed one kidney and most of the other. He had undergone at least five surgeries in Cuba. "Please help me, my life is in your hands," the letter pleaded. "I'm only 23, just beginning to live, but now facing death. Friends with my condition have already died, often

painfully." Just to stay alive, he said he needed medications unavailable in Cuba, so had given up his job as a medical equipment technician to spend every waking moment sending out appeal letters to foreign organizations listed in a medical library. His illness, he explained in subsequent correspondence, was a recessive hereditary kidney disease, cystinuria. Both his parents carried the gene, but didn't manifest the condition, nor did his brothers or young son. I could easily have trashed the letter, not even addressed to me, but instead, I replied, "Querido Armando," Dear Armando.



**Author with Armando and family in Miami 2011**

Having lost my older son in an accident and my foster son to AIDS, I felt compelled to try to save this unknown young man. Sending money would have been easiest, but Cuba didn't have the meds. By calling around to pharmacies, I discovered that the medications were rare, but could be ordered with a doctor's prescription on a prepaid basis, since a pharmacy would not ordinarily carry them. Next task was finding a physician willing to write prescriptions for a

*(Continued on page 14)*

(Continued from page 13)

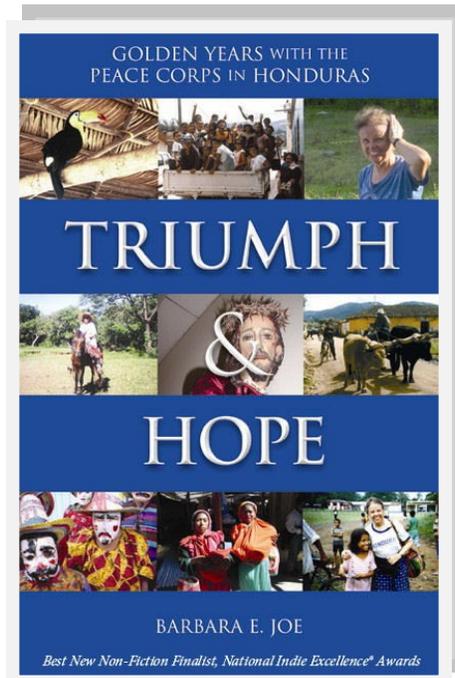
patient living in another country. I finally located a sympathetic Latin American doctor working at an international organization. I bought a month's supply for \$300 and found a reliable traveler to Cuba to deliver it. Month after month, that cost became increasingly burdensome given my limited means as a single mother, as well as a risky investment, easily lost at any step along the way. I begged Armando to find other benefactors, but the few who responded to his appeals proved unreliable. Once I'd started sending him the medications, in all good conscience, I dared not stop, since his life depended on them.

Finally, I told Armando that I couldn't keep supplying his medications ad infinitum. Already nearing retirement age and with my own family responsibilities, I simply could not sustain a continuing outlay of \$300 a month and assure reliable delivery. If I should become sick or die, his lifeline would be cut off. He would simply have to come to the U.S. He agreed, as anxiety and uncertainty about his medications weighed on him constantly.

I'd already been denied a humanitarian visa to the U.S. for Armando, so now I obtained a letter of invitation for him from a kindly pastor living in Mexico. Using the letter, I advise him to apply for a Mexican visitor's visa, promising to pay his roundtrip air fare and fees. After discarding the return ticket, he was then to cross the U.S. border asking for asylum, usually granted to Cubans actually stepping

onto American soil. His parents and young son, who lived with him, were reluctant to see him go, but agreed.

In 1998, Armando finally got his exit visa, flew to Mexico, and discarded his return ticket as planned. At the border at Matamoros, he plunged into the Rio Grande and swam across, balancing his lone suitcase on his head, a veritable "wetback." He touched American soil on the other side and soon obtained asylum.



Thanks to a combination of proper medications and a low-protein diet, Armando is successfully managing his illness. He specializes in repairing complicated hospital machinery, showing a quick grasp of modern technology. Married and with two adorable step-daughters, he is now a U.S. citizen. He also brought his namesake son to this country. Now, at age 74, when I make my annual visit to Honduras for projects I still have there, I stop by Miami on the return trip to visit

Armando and his family. A short letter, written in Spanish and mailed to an unknown person years ago, resulted in saving a young man's life and enriching my own.

=====

*Barbara E. Joe, a freelance writer and Spanish interpreter and translator, lives in Washington, DC, and is the author of Triumph & Hope: Golden Years with the Peace Corps in Honduras.*

# My Parents' Marriage

By Patricia Bubash



“You know we really are incompatible”! Surprising and unexpected words from my dad as my mother, my husband and me sat around their breakfast table on a Saturday morning five years ago. His words were incompatible with what we had been discussing: plans for a family celebration honoring their 65th anniversary. His comment came from out of the blue. There had been no current conversation about a good, bad or indifferent marriage, their marriage, my marriage or that of anyone

else. From absolutely nowhere, my dad dropped this verbal bomb.

Without any hesitation or thought regarding what he had just said, I immediately replied, “Well, you know I am too old to be the child of divorced parents. I mean I am a grandmother! You will just have to suck it up”! End of conversation. We went back to the planning of their anniversary celebration.

Days later, I revisited that morning’s conversation pondering my dad’s comment. I decided, he was correct, they are very incompatible- no, more than that, and they are polar opposites. My dad is an extrovert, the cup is half full kind of guy. My mother, a recluse (except for her family), is the cup is half empty personality. So how have the two of them kept it together for all these years with so little in common? I found myself wondering how had they stayed married all these years with such differences? That is a lot of time spent together, “faking” happily married or any kind of married.

How did these two even get together? And, how did they end up married for sixty five years? Both were raised in a rural farming community in Arkansas. Mutual friends introduced them at a church social. He was almost twenty; she was seventeen-and a half.

Ironic that a church would be site of their first introduction. My dad was somewhat of a wild child, little to no structure in his life. My mother was the darling of the community, a good girl, but meet they did, and theirs was an instant attraction. You know that age old story of good girl wanting to change the bad boy. She just knows she is the “one” who can make this rebel into a pussycat in this order: romance, marriage, home and kids. Turn that man around is the good girl’s goal.

My parents hit it off that first night. It was a few months before they saw each other again. When they saw each other the second time, my dad was Navy property. - He had enlisted. Marriage counselors would cringe at the time line of their relationship: two meet ups, a couple scheduled dates, and three weeks later, eloping! Two months later my dad was shipped overseas. In the brief time allotted them as a newly married couple, unknown to them, my mom became pregnant... So nine months later, my dad returned to the states to become the head of his little family: a wife, and a baby daughter.

My parents had little time to discover each other, to learn about each other’s likes or differences which turned out

*(Continued on page 16)*

## Put Old on Hold e-Magazine / March, 2013

(Continued from page 15)

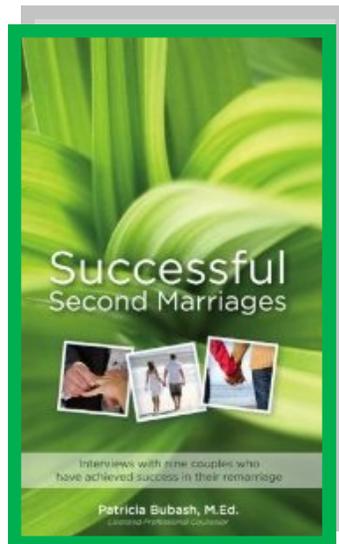
to be monumental. As the years progressed, my dad who had chosen to make the Navy a career would be sent overseas every three years for nine months. Fifty years later, my mom continues to bemoan those twenty years as a Navy wife. My mother hated those years, the moving around, but for my dad, orphaned young, viewed it as an opportunity to be someone, to have a career, to belong.

During those twenty years, when my dad came home they would no sooner develop a rapport, fall into a comfortable marital relationship, settle into the routine of family life, and my dad would be sent out of the states again. Difficult for a marriage- the constant changes, transfers from one post to another. So how did they remain together? Determination. They intended to honor the vows they had made while still teenagers. For them, it was simple: we chose this marriage, we are in it til' death do us part.

I know my parents love each other, but I, also know, that for me, theirs is not the marriage that I aspire to have. My dad would enjoy more socialization with friends, more traveling, diversity in their life. My mom would rather be in her own home, surrounded by her family. Compromise has not been a tool utilized in major life decisions: where to settle down, career choices or parenting issues. For me, my partner and I need some equality in decisions with regard to where we live, how we handle finances, career changes and how we spend our free time. My dad's philosophy, "I am the head of the household so major decisions are mine to make"

would not work for me. My husband and I have input into household decisions, finances, travel, and family decisions. Disagree sometimes? Of course, we do. Maybe more than sometime we disagree, but we have learned compromise and negotiate.

My parents are admirable, honest, hardworking, and salt of the earth people. Holding membership in the population frequently referred to as "the greatest generation". Individually, they are incredible people. I would not hesitate to say that if they were a young married couple in today's world, they would sooner than later, be divorced. Today's marriages give equal say to both partners. Rarely, do we hear someone referred to as, "the man of the house". The



theme word for today's successful marriage is communication, communication. If a couple is having marital problems, the problem is usually attributed to a lack of communication. Certainly, my parents had discussions, but he was the one in charge, the man of the house. Today's marriages might be referred to as more cooperative, equal.

So what about my parents' marriage? Why am I writing about it? Once again, we are making preparations for a family gathering to celebrate- would you believe, their 70th anniversary? Thank goodness my dad chose to "suck it up" five years ago. As my sister so aptly put it, "lucky for us they did stay together all these years or you wouldn't have me"! Just like a much younger sister seeing her existence the most important aspect of this marriage.

Each marriage is unique in the mechanics of how it works and is sustained. The qualities descriptive of my parents' generation: integrity, commitment, loyalty, persevering are what contributed to their long lasting union. They were schooled in these qualities by their parents, and the expectations of that society. Do I aspire to have a marriage like theirs? No, but I do aspire to be the kind of people they are. Their type of marriage worked for them so that their children, grandchildren and great grandchildren can all come together in February to celebrate. Happy 70th Mom and Dad. #

=====  
*Patricia Bubash, M.Ed, LPC  
Counselor / Author / Speaker  
Stephen Minister  
St. Louis [314 842 5460](tel:3148425460)*

[http://  
www.successfulecondmarriages.c  
om](http://www.successfulecondmarriages.com)

[patriciathecounselor@successfule  
condmarriages.com](mailto:patriciathecounselor@successfulecondmarriages.com)  
[http://www.facebook.com/  
patriciathecounselor](http://www.facebook.com/patriciathecounselor)  
[http://www.linkedin.com/in/  
patriciathecounselor](http://www.linkedin.com/in/patriciathecounselor)  
[http://  
patriciathecounselor.wordpress.co](http://patriciathecounselor.wordpress.co)

# When Asking WHY Is and Is Not a Good Idea

By Joyce Shafer



Something happens, and we want to know Why me? Why this? Why now? But those are not the best questions to ask. When is asking Why the right question?

When something unpleasant happens, we tend to ask why; and often, negative stories quickly get attached as our ego-aspect starts rifling through old emotional files or starts imagining new, equally unpleasant (or worse) scenarios. The ego-aspect tends to embellish what-is, makes it even more dramatic, as though what-is isn't already enough. If we have difficulty dealing with what-is, we won't or don't do better if we make our feelings about what happened even more intense in our mind.



What happens the first time we ask WHY and attach negative stories (or any time we practice negativity) is akin to the earth shifting a bit underfoot. We look down and see we're standing in a shallow indent. Each subsequent time we follow this mental path, the hole gets a bit deeper. Do this enough times, and with enough emotion, and you eventually find yourself in the hole up to your neck, if not deeper. You may perceive or feel that you're in so deep that you believe you can't get out. That isn't true, though; you can get out. If you're in really deep, you may have to ask for assistance; but as long as you're alive and

conscious, you can get out.

One way to get out, perhaps the best way, is to change your why question to a how question: How can I heal from here or How can I move forward from here? Just keep in mind that "here" means you start from where you are, not from where your ego-aspect thinks you should be. You don't have to wait for conditions to be a certain way or for someone to say or do a certain thing: you can start where you are, because it's an inner journey first and foremost, no matter what.

*(Continued on page 18)*

## Put Old on Hold e-Magazine / March, 2013

(Continued from page 17)

Another helpful thing to do is to choose peace. This doesn't mean an outward demonstration of it when you don't feel it. No "Fake it till you make it", please. You want genuine inner peace, which opens you in more ways than you might imagine, and leads you into natural, effortless outward demonstrations of the inner peace you feel. Responses you get from others and life when you are peaceful, as opposed to when your emotions are or stay roiled, are as different as night and day. If you want peace, be peace. Easier said than done? Sometimes; but it's an excellent touchstone or guiding star.

How you attain inner peace is as much a part of the process as having it: it's something you have to determine for yourself. "Why aren't I peaceful?" is an unhelpful question that causes the mind to search for and find many things that upset you, in order to respond to your question, but not provide any solution or resolution. "How can I be peaceful?" or "How can I be peace" are effective questions that open your mind to find a better path to follow. A quick answer to this latter question: choose it.

There is a time, however, when WHY is a good question to ask; and it comes from an interview I watched of Evanna Lynch, the young woman who played Luna Lovegood in the Harry Potter films. She'd read the books in print at the time, and was familiar with the character. When she saw the casting call, she thought, "Someone has to be Luna. Why not me?"

Someone has to be happy, serene, kind, peaceful, peace-promoting, forgiving, generous, spiritually aware, content, loving, fulfilled, in a right relationship, successful, creative, inspired, fun, having fun, employed or employed well, spiritually and emotionally strong, and so forth. Why not you? Think of your own words and follow them with, "Why

not me?" The first thing you have to do to receive your good is be open to allowing it in. This "why not me" question unlocks the door.

It's a question you can apply to anything you imagine or dream about, but perhaps feel some doubt about attaining, achieving, or accomplishing. If you think about it, why not you; especially, if someone has to fill that role, whatever that role may be.

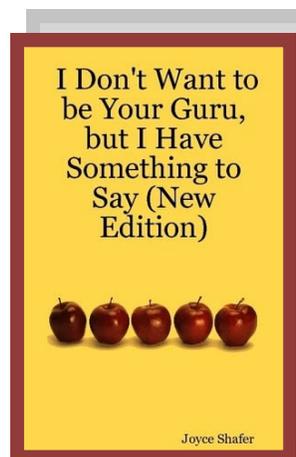
Our inner work is as much about equipping ourselves to move through and beyond challenges with as much grace as we can muster, as it is to smooth some of the rough spots ahead of us on the path before we reach them. Change your questions and you can change your experience of life. It's a good practice, one you'll appreciate.

Practice makes progress.

© Joyce Shafer

You are welcome to use this article in your newsletter or on your blog/website as long as you use my complete bio with it.

=====  
*Joyce Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru" and other books/ebooks, and publishes a free weekly online newsletter that offers empowering articles and free downloads. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>*



# Help to Live and Feel Better

## [Sewage Lagoons Remove Most -- But Not All -- Pharmaceuticals](#)

2012 marked the 40th anniversary of the Clean Water Act, which established regulations for the discharge of pollutants to waterways and supported the building of sewage treatment plants. Despite these advances, sewage remains a major source of pharmaceuticals and personal care products (PPCPs) and naturally occurring hormones found in the environment.

## [Accelerated Biological Aging, Seen in Women With Alzheimer's Risk Factor, Blocked by Hormone Therapy](#)

Healthy menopausal women carrying a well-known genetic risk factor for Alzheimer's disease showed measurable signs of accelerated biological aging, a new study has found.

However, in carriers who started hormone therapy at menopause and remained on that therapy, this acceleration was absent, the researchers said. Hormone therapy for non-carriers of the risk factor, a gene variant called ApoE4, had no protective effect on their biological aging.

## [We're Emotionally Distant and That's Just Fine by Me: Closer Relationships Aren't Necessarily Better Relationships](#)

When it comes to having a lasting and fulfilling relationship, common wisdom says that feeling close to your romantic partner is paramount. But a new study finds that it's not how close you feel that matters most, it's whether you are as close as you want to be, even if that's really not close at all.

## [Vitamin C Is Beneficial Against the Common Cold, Review Suggests](#)

According to an updated Cochrane Review on vitamin C and the common cold, vitamin C seems to be particularly beneficial for people under heavy physical stress. In five randomized trials of participants with heavy short-term physical stress, vitamin C halved the incidence of the common cold. Three of the trials studied marathon runners, one studied Swiss school children in a skiing camp and one studied Canadian soldiers during a winter exercise. Furthermore, in a recent randomized trial carried out with adolescent competitive swimmers, vitamin C halved the duration of colds in males, although the vitamin had no effect on females.

## [Risk of Cardiovascular Death Doubled in Women With High Calcium Intake: High Risk Only in Those Taking Supplements as Well](#)

High intakes of calcium (corresponding to diet and supplements) in women are associated with a higher risk of death from all causes, but cardiovascular disease in particular, compared with women with lower calcium intake, a new study suggests.

## [Platelet-Rich Plasma \(Prp\) Treatment Shows Potential for Knee Osteoarthritis](#)

A study by researchers from Hospital for Special Surgery has shown that platelet-rich plasma (PRP) holds great promise for treating patients with knee osteoarthritis. The treatment improved pain and function, and in up to 73% of patients, appeared to delay the progression of osteoarthritis, which is a progressive disease. The study appears online, ahead of print, in the Clinical Journal of Sports Medicine.

## [Making Homemade Guns On a 3-D Printer Becomes Real, So Engineering Expert Suggests Stronger Laws On Gunpowder](#)

*(Continued on page 20)*

## Put Old on Hold e-Magazine / March, 2013

*(Continued from page 19)*

With controversy swirling over gun-sale background checks, limiting the size of weapon magazines and retaining Second Amendment rights, the problem of making homemade guns with 3-D printers has become a matter of public concern.

### [Parents Talking About Their Own Drug Use to Children Could Be Detrimental](#)

Recent research, published in the journal Human Communication Research, found that children whose parents did not disclose drug use, but delivered a strong antidrug message, were more likely to exhibit antidrug attitudes.

### [Heavy Backpacks May Damage Nerves, Muscles and Skeleton, Study Suggests](#)

Trudging from place to place with heavy weights on our backs is an everyday reality, from schoolchildren toting textbooks in backpacks to firefighters and soldiers carrying occupational gear. Muscle and skeletal damage are very real concerns. Now Tel Aviv University researchers say that nerve damage, specifically to the nerves that travel through the neck and shoulders to animate our hands and fingers, is also a serious risk.

### [Aspirin and Omega-3 Fatty Acids Work Together to Fight Inflammation](#)

Experts tout the health benefits of low-dose aspirin and omega-3 fatty acids found in foods like flax seeds and salmon, but the detailed mechanisms involved in their effects are not fully known. Now researchers reporting in the February 21 issue of the Cell Press journal Chemistry & Biology show that aspirin helps trigger the production of molecules called resolvins that are naturally made by the body from omega-3 fatty acids. These resolvins shut off, or "resolve," the inflammation that underlies destructive conditions such as inflammatory lung disease, heart disease, and arthritis.

### [Omega-3s Inhibit Breast Cancer Tumor Growth, Study Finds](#)

A lifelong diet rich in omega-3 fatty acids can inhibit growth of breast cancer tumours by 30 per cent, according to new research from the University of Guelph.

### [Drugs to Treat Fibromyalgia Just as Likely to Harm as Help, Review Finds](#)

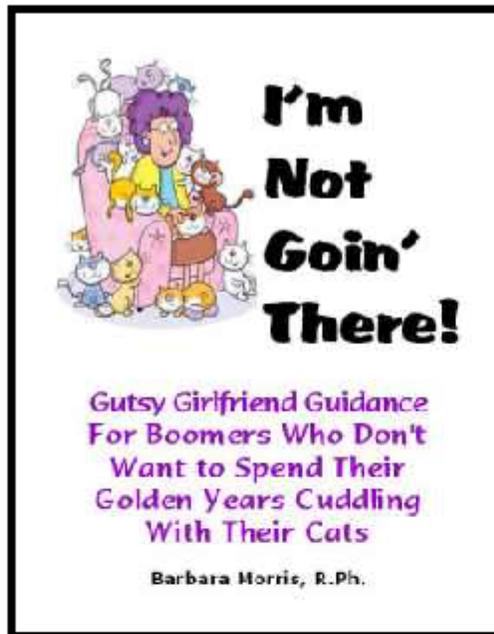
Among fibromyalgia patients taking either of two commonly prescribed drugs to reduce pain, 22 percent report substantial improvement while 21 percent had to quit the regimen due to unpleasant side effects, according to a new review in The Cochrane Library.

### [Talking About Being Old Is Important Indicator of Body Dissatisfaction](#)

Similar to talking about being fat, talking about being old is an important indicator of body dissatisfaction, shows research in BioMed Central's open access journal Journal of Eating Disorders.

### [Smoking Cessation in Old Age: Less Heart Attacks and Strokes Within Five Years](#)

Professor Hermann Brenner and colleagues analyzed the data of 8,807 individuals aged between 50 and 74 years using data of Saarland citizens. "We were able to show that the risk of smokers for cardiovascular diseases is more than twice that of non-smokers. However, former smokers are affected at almost the same low rate as people of the same age who never smoked," says Brenner. "Moreover, smokers are affected at a significantly younger age than individuals who have never smoked or have stopped smoking."



**Traditional  
Aging is a  
Dinosaur.  
Learn How  
to Slay it  
Before It  
Devours  
You!**

Read *I'm Not Goin' There!* (Available at \$4.99 on Kindle, Nook) and discover:

- How to stay in charge of what goes on in your head because that's where "going to pot" (not the kind that's smoked) originates—not with the passage of time.
- How to eliminate outdated family and cultural traditions that encourage premature aging.
- The disastrous outcome of choosing to "age gracefully."
- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
- The consequences of telling your age and dwelling on the significance of your chronological age.
- The power of group dependence and consensus thinking, and how to avoid or manage it.
- And so much more...

**Put Old on Hold**  
Superior Supplements for Healthy Longevity

For Assistance, Please

Sign-In | View

Search

Home | What's New | All Products | Quick Order

SHOP BY CATEGORY:

Adrenal Support  
Amino Acids  
Antioxidants  
Cardiovascular  
Children's Formulas  
Daily Wellness  
Detoxification  
Emotional Well-Being  
Essential Fatty Acids  
Glucose Metabolism  
Herbal Extracts  
Hormone Support  
Immune Support  
Intestinal & Digestive  
Joint Support  
Lipid Metabolism  
Liver Support

## Barbara Morris Recommends. . .



Protecting and improving your health is vital. These products will help you achieve your goals.

**TELL ME MORE**

Welcome to [PureCapsPro.com](http://PureCapsPro.com)



**Indole-3-Carbinol** - Indole-3-carbinol, the powerful phytochemical found in cruciferous vegetables, provides support for healthy breast, cervical and prostate cells. Indole-3-carbinol (I3C), naturally found in vegetables including broccoli, brussels sprouts and cabbage, supports the function of healthy breast cells. Furthermore, a placebo-controlled trial indicated that I3C supports cervical cell health. In recent years, I3C has shown a promising ability to support prostate cell metabolism.

**Suggested Use:** 1-4 capsules per day, in divided doses, with meals. NOTE: Refrigerate after opening.