



An inch of time is an inch of gold: treasure it. Appreciate its fleeting nature; misplaced gold is easily found, misspent time is forever lost.

~ Loy Ching-Yuen

Sit quietly doing nothing, spring comes and the grass grows by itself.

~ Zen Wisdom

Pearls lie not on the seashore. If thou desire one thou must dive for it.

~ Chinese saying

Past and future are illusions. They exist only in the present, which is what there is and all there is.

~ Alan Watts

Nothing is worth more than this day.

~ Johann Von Goethe

There are two ways to live your life. One is as though nothing is a miracle. The other is though everything is a miracle.

~ Albert Einstein



Think Summer and Think SMART

It is time to relax, enjoy and kick back a little. But summer is also a time to think smart and be safe. Here are a few ideas and tips to make your summer the best it can be!

First, take precautions against the sun's harmful rays and excessive heat. It is imperative, even if you are NOT in direct sun light, OR you think there is good cloud cover that you have a high number sun block applied to all parts of your body. Even consider wearing UV protected bathing suits.

Stay HYDRATED. You may feel great, but dehydration sneaks up on you. Water, water and more water is key; even if you think you have had enough to drink, drink more.

Mosquitos, in certain parts of the country, are not only a pest but they can carry diseases. Use a simple repellent, with DEET as an ingredient, in the evenings, and if you spend a lot of time in the backyard invest in a bug zapper.

Sunglasses! Don't forget about keeping your eyes in good health during summer. For summer safety, wear sunglasses that protect not only the lens, cornea and other parts of your eye, but the eyelid and surrounding skin. Experts advise, to choose sunglasses that block 99 percent to 100 percent of both UVA and UVB rays, and select a large lens or wraparound style for best coverage. Some contact lenses offer UV protection, but they don't cover the entire sensitive eye area, so you should still wear sunglasses.

Finally, we often leave our regular health routine during the summer and on occasions that is not horrible; but don't lose sight of your regular exercise routine while staying hydrated, cool and eating right.

Summer is a great time of year but THINK SMART and be SAFE!



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The Beginning of Father's Day



Historians have recorded, there was a tradition to celebrate Father's Day even thousands of years ago. Their study say, 4,000 years ago in Babylon a son called Elmesu carved a father's day message on a clay card. In his message, Elmesu wished his father a long and healthy life. There is no knowledge as to what happened to this father/son duo but it is believed that several countries retained the custom of celebrating Father's Day.

Father's Day is celebrated in the United States, United Kingdom, Canada and Japan on the third Sunday of the month. This year it will be celebrated on June 15.

In Australia, Father's Day is celebrated on the first Sunday in September and gifts are given to fathers much like they are here in the United States. So, if you are from Australia you have to wait a few more months.

Guys have feelings, too. Yes, we know that no one who is male really likes to go around and show emotion but they are getting better at it. It is actually becoming acceptable in our culture for males to cry when they are sad or happy, show weakness at times when the scope of fixing something is just beyond them, and to control their anger when something gets them really mad by just talking about it. Even all of the super heroes have their

weaknesses and that is okay. In the long run the males show their emotional strength the majority of the time and most females, if they are honest, love it.

Whether you will celebrate with your father, step-father, grandfather, uncle, brother, son or significant male figure in your life and celebrate them enthusiastically. They have taught you great lessons and took you to their martial arts classes. They have walked with you at night as a crying infant and taught you how to drive as an adolescent. They have been there for you no matter what, without reservation.

Flag Day is celebrated on the June 14 which is the day before Father's Day. Maybe dad would appreciate a new flag to hang outside instead of a tie.

Regardless, if it is Father's Day, or any other holiday, take time out to celebrate with your fathers. In these busy times in which we live, and with all of the things that we are caught up in, we need to remember the most important things are sometimes those things we take for granted. Let's not take our family and friends for granted. Spend more time with them than you do on video games or social media.

Check That Blood Pressure!

Do you know if you have high blood pressure? Is the only time you check it at a random doctor's appointment? Left untreated, hypertension, or high blood pressure, can cause severe damage to vital organs and can ultimately raise your risk of heart attack, stroke and heart failure. Studies have shown many people are totally unaware they have high blood pressure. Optimal blood pressure is less than 120/80mm Hg. If your pressure is **NORMAL**, then starting at age 20 you should have it checked at your regular doctor's visits or at least yearly. Unless there is a developed reason or risk that created higher blood pressure in between your check ups.

