

# some of my favorite quotes

## Werner Erhard on Power:

“Your power is a function of velocity, that is to say, your power is a function of the rate at which you translate intention into reality. Most of us disempower ourselves by finding a way to slow, impede, or make more complex than necessary the process of translating intention into reality. There are two factors worth examining in our impairing velocity, in our disempowering ourselves. The first is the domain of reasonableness. When we deal with our intentions or act to realize our intentions from reasonableness, we are in the realm of slow, impede and complicate. When we are oriented around the story or the narrative, the explanations, the justifications, we are oriented around that in which there is no velocity, no power. Results are black and white. In life, one either has results (one’s intentions realized) or one has the reason, story, explanations, and justifications. The person of power does not deal in explanations. This way of being might be termed management by results (not management for results but management by results). The person of power manages him or herself by results and creates a space or mood of results in which to interact with others.”



“Faith is the first factor in a life devoted to service. Without it, nothing is possible. With it, nothing is impossible.”

– Mary McLeod Bethune

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## Werner Erhard on Happiness:

“One of the things I am really sure about is nothing will make you happy. Very few things I am really sure about. That is one of things I am really sure about. Nothing will make you happy. It may give you a jolt. It may make you gleeful but it isn’t going to make you happy. What does that mean nothing will make you happy. It means what it says: there is no thing that’s going to make a person happy. Most people think gee when I graduate then life will be great. No. You graduate that’s wonderful but life still ain’t great. When I get married then life will be great. Not true. Well when I get divorced then it will be okay. Or when I get promoted, whatever it is, when I get a new car. When I get a chance to go on this new vacation... All of you have to do is to watch people on vacation and you can see very clearly vacations do not make people happy. No, no, no. Most people live their lives working towards something, working for something, that they think is going to make them happy. And it’s really the Peggy Lee song “Is that all there is?”. No matter what it is you get that you think is going to make you happy I can promise you that in a very short time after you get it you’re gonna be well “Is that all there is? Is that all there is to that? You mean it’s not filling my life with joy?” Yes, that’s right it, it isn’t. You have to bring happiness to life. You don’t get happiness out of life. What is there to be happy about? Nothing. When you can be happy about nothing. Just be happy. You know “I am happy” – those words are sacred. It’s like a declaration, it’s like a place from which I come, it’s like a stand I take upon myself. Its not I am pretending to be happy, it’s not I am acting happy. No. I am happy!” ■

Sheryl

## SUGARS IN FRUIT... the sweet truth



Fruit sometimes receives bad press as far as sugar content goes. Many defenders of fruit consumption lay the blame squarely on the glitzy arrival of the low-carb diets a few years back. Whatever the turning point, misconceptions abound.

Some claim that fresh fruit is “all sugar.” Nothing could be further from the truth. Fresh fruit offers vitamins, minerals, fiber, water, and phytonutrients (naturally occurring plant compounds that do a body good), all at roughly 75 calories per serving—an impressive nutritional package.

Others cast aspersions that fresh fruit is “loaded with carbs and full of sugar.” Fruit is predominantly carbohydrates—healthy starches, natural sugars, and structural elements that provide fiber. But that’s the nature of all plant foods, fruit and veggie. And... most fruits have little, if any, fat, making them great snacks and meal complements.

The *form* of carbohydrates one consumes is a vital component of the nutritional debate as well. Natural carbohydrates in fresh fruit

are healthful and accompanied by other vital nutrients. However, carbohydrates in the form of empty calories reside in many products occupying grocery store shelves, ride shotgun with many non-beneficial additives, and are pretty much useless and/or detrimental to one’s health.

*The key to a healthy diet is balance.* Too much or too little fresh fruit is generally not a wise idea for anyone and can have consequences for the body; the same is true of other quality, healthful foods.

In case you’re curious, here’s a sampling of fresh fruits (...and berries) and their sugar content. Not all are created equal:

- Blackberries and strawberries (7 grams of sugar per serving)
- Apple (13 g)
- Pineapple (16 g)
- Orange (17 g)
- Banana (18 g)
- Grapes (23 g) ■

## BEWARE OF stroller dangers

In some older-model strollers, the opening between the grab bar (or tray) and the seat bottom is less than eight inches, which can be a serious problem for babies up to a year old. When a baby is not harnessed properly, their body can slide through the opening, but their head and neck may get stuck.

The Consumer Product Safety Commission (CPSC) has documented 30 infant deaths since 1980 linked to this flaw. The following companies have recalled these older strollers and offer a free repair kit or a replacement piece that can rectify the problem:

- Graco Quattro Tour™ and MetroLite™ Strollers
- Tike Tech Single City X3 and X3 Sport Jogging Strollers
- Valco Baby Tri Mode Single and Twin Jogging Strollers
- Zooper Strollers

**Make sure to always use the safety harness when your baby is in the stroller.**

Fingers may also be in jeopardy—for children and adults. The CPSC is aware of at least 23 incidents of fingertip amputations occurring from 2008 through April 2012 among children under age

5. As parents open or close strollers, unguarded hinges can cause deep lacerations or lop off fingertips on wayward hands.

Several manufacturers are offering hinge covers for recalled strollers:

- Britax “Blink” single-umbrella strollers
- CYBEX Ruby, Onyx, and Topaz model umbrella strollers
- Graco Passage™, Alano, and Spree Strollers and Travel Systems
- Maclaren single- and double-umbrella strollers
- Kolcraft Contours Options three- and four-wheeled strollers
- Phil & Teds USA Sport v2 and Classic v1 single-seat jogging strollers

Keep any hands clear of the hinges when opening or closing. It’s illegal to sell a recalled product, whether at a retailer, thrift store, or yard sale.

For more specific information, please see the Consumer Product Safety Commission’s website at [www.cpsc.gov](http://www.cpsc.gov). ■

## MEDICAL MALPRACTICE CASES...

# common causes



The vast majority of doctors, nurses, and hospitals do an outstanding job in tending to patients' health-care needs. However, when mistakes do occur, some crop up more than others.

Generally speaking, for medical malpractice to have occurred, a doctor or medical provider must have been *negligent* in some form or fashion, meaning they were not reasonably competent, and that the patient was harmed by this incompetence.

**Misdiagnosis or delayed diagnosis** comprises a large portion of medical malpractice complaints. The patient misses out on the opportunity for treatment that could have prevented serious harm or death.

**Medication errors** affect well over a million patients each year in the United States. Giving the patient the wrong medication; misdiagnosing the patient and giving medication for the incorrectly diagnosed condition; and administering the correct drug to the wrong patient are notable examples. Dosage errors, whether caused by a human or the result of an equipment malfunction, top the list of medication errors.

**Childbirth injuries** are sometimes caused by medical malpractice. The baby may suffer brain injuries, fractures, and nerve damage to the arms and hands. Negligent prenatal care by physicians and obstetricians can harm the unborn child and/or mother.

**Surgical errors** may wind up as medical malpractice claims. Puncturing an internal organ, operating on the wrong body part, and leaving a surgical instrument or sponge inside the patient are some examples. Improper postsurgical care may harm patients as well.

**Anesthesia errors** are often even more dangerous than surgical ones. The slightest error may wind up in permanent injury or possible death. An anesthesiologist may be cited for medical malpractice even before anesthesia is administered if the patient's medical history was not thoroughly explored, or if the patient wasn't fully informed of the risks of failing to follow preoperative instructions completely.

Medical malpractice cases are complex, and the laws can differ from state to state. Hiring an experienced medical malpractice attorney is critical to your case. ■

## did you know?

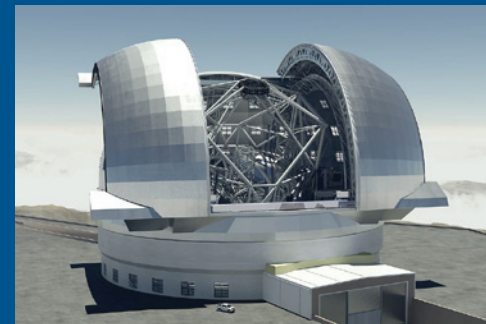
### The World's Largest Optical Telescope is on the Horizon

A scientific consortium in Europe has approved a project to build the largest optical telescope ever seen on Earth.

The giant telescope, dubbed the European Extremely Large Telescope, or E-ELT, will be 129 feet in diameter and feature segmented-mirrors. The E-ELT will be built on top of a mountain called Cerro Armazones in northern Chile and will be much more sensitive than any other telescope in the world, collecting at least 12 times more light than today's largest scopes.

So what's the price tag for such a massive undertaking?

At current exchange rates, it's estimated at about \$1.35 billion. Construction is expected to begin later this year, and officials hope the mega-scope will be operational by the early 2020s. ■



Artist rendering –  
Swinburne Astronomy Productions/ESO



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MEDICAL MALPRACTICE CASES...

## common causes



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For comments, questions and to update your information or remove yourself from our mailing list email us at [info@sherylburke.com](mailto:info@sherylburke.com). We love to hear from you!

# TO BE OR NOT TO BE... a financial pack rat

Don't throw things out too quickly; don't hold on to things forever. When it comes to financial records, where do you draw the line? Here are a few guidelines to keep you from under- or over-working your paper shredder:

**Tax documents** – Keep returns, receipts, W2s, and records for tax deductions for seven years. (The IRS has seven years to audit (torment?) you if they feel you made an error on a tax return.)

**Bank statements** – Keep monthly statements for one year. One exception: If you made a purchase that relates to a home improvement, a business expense, or your tax situation, keep it permanently. (Yes, banks keep this info on their computer systems, but if you want them to dig up something from more than two years prior, you may be charged for it.)

**Credit card receipts and statements** – Save the receipts until you receive your statement, then chuck them. If the statement

has any relevance to your tax situation, keep it for seven years; if not, 60 days.

**Pay stubs** – Hang on to pay stubs until you receive your W2. Compare, verify, then shred.

**Bills (summaries)** – Now, as tempting as it is to immediately unload these unfriendly reminders of the slings and arrows of life, keep them for a year, then shred them. If they're bills for big-ticket items, keep them permanently.

**Home records** – Permanently reserve records relating to your home. This includes any bills for home improvements, which can affect your capital gains.

**Brokerage and investment records** – This is tied to the tax stuff, so keep it on hand for seven years. ■



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