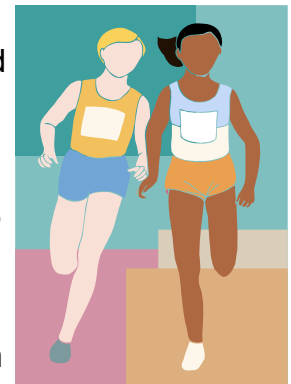


“The Power Of Dreams”

She was born in 1940 to a poor family in rural Tennessee, the 20th of 22 children. She was premature and frail, weighing just 4½ pounds at birth, and went on to suffer a series of illnesses: scarlet fever, pneumonia, and then polio, which left her in leg braces.

The little girl’s mother told her that despite the braces, she could do whatever she wanted to do with her life. As a grown woman she’d recall, “My doctors told me I would never walk again. My mother told me I would. I believed my mother.” At age nine the little girl took off the leg braces, and with great effort, by age 12 was walking normally. She became a basketball star in high school, and began sprinting with a team from Tennessee State University. She won a spot on the USA relay team in the 1956 Olympic Games in Melbourne, Australia, and earned a bronze medal.



Four years later at the 1960 Olympic Games in Rome, Wilma Rudolph earned three gold medals, for the woman’s 100- and 200-meter races, and anchoring the 4 x 100 relay team. She was the first female runner to win three gold medals at one Olympic Games.

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Wilma Rudolph’s triumphs at the 1960 Olympics brought her the James E. Sullivan Award as top amateur athlete; later induction into the Black Athletes Hall of Fame; and in 1974 inclusion in the National Track and Field Hall of Fame. Later in life the little girl whom doctors told would never walk said, “Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion. The potential for greatness lives within each of us.”

Wilma also said, “Believe me, the reward is not so great

A handwritten signature in white ink on a dark background, appearing to read "Susan Lipston".

without the struggle.” What an inspiration.

Before You Hit The Wall

Ever feel like you're about to “hit the wall”? Here are some suggestions for putting on the brakes:

Take a moment. Pause to regroup, calm down and focus your mind.

Breathe. It's as simple as slowly inhaling and exhaling. Your brain not only gets a shot of oxygen, but you get a moment to regain your physical balance.

Learn to say “No.” Saying “Sorry, but I'm busy,” is never a lie – because you always have something to do. Practice saying it and then do it.

Make “quiet time.” Such moments can help you revive your spirit on a daily basis. Practice some form of daily meditation or yoga – or do something even as simple as taking a bath or driving without the radio on.

Exercise. Walk, run, jump your way from negative energy to positive by releasing feel-good endorphins.

Get enough sleep and eat properly. Rest and healthful food allow your body to function at its best and increase your ability to cope with stress.

When To Start Helping Your Parents

Taking care of your parents when their health starts to decline is a big responsibility. And deciding when to offer help isn't always easy. As we age, many of us don't want to admit that we can't take care of ourselves adequately. Here are some signs to watch for when deciding whether an elderly relative or acquaintance is having problems that need to be addressed:

Weight loss. If the relative isn't actively trying to lose weight, unexplained weight loss could indicate difficulty cooking (holding utensils, reading recipes), loss of smell or taste, or underlying problems like malnutrition or dementia.

Overall appearance. Take a good look at your aged relatives' daily hygiene. Are their clothes clean? Do they bathe regularly, brush their teeth, groom themselves? If not, they could be suffering from depression, dementia, or other health problems.

Mobility. Muscle weakness and joint problems that grow more pronounced with age can limit an elderly person's mobility and endanger his or her safety. Do they have trouble walking moderate distances, or seem unsteady on their feet? A fall can be serious, but a cane or a walker can minimize the danger.

Lifestyle. Pay attention to any loss of interest in activities they used to enjoy. Do they still participate in hobbies, listen to music, exercise, and socialize with friends? Physical and mental limitations can be compounded if the person becomes isolated at home.



Emotional balance. Pay attention to moods. Increased anxiety, sudden mood swings, or lack of interest in activities can be signs of depression or other health concerns.

When Dogs Bite Kids

Stories about children being bitten by the family's pet dog are chilling – and all too common. What would prompt a beloved pet to turn on a family member?

Dogs that bite children frequently have distinctive behavioral patterns, a study has found. Often dogs that bite children have not bitten kids before, though they have displayed certain behaviors or had medical problems, says the study, published in the journal of *Injury Prevention*.

The study looked at 111 cases of dog bites over a four-year period. One in five dogs in the study had never bitten before, and two-thirds had never bitten a child. The study did not pinpoint any breeds but did point out distinctive patterns of behavior:

- Young children were likely to be bitten when dogs felt their food or other resources were under threat.
- Older children often were bitten because of dogs' territorial behavior.
- Children with whom the dog was familiar were more likely to be bitten in relation to food guarding.
- Children with whom the dog was not familiar were more likely to be bitten in relation to territory guarding.
- Around 75 percent of the dogs in the study also exhibited anxiety when left by their owners or when exposed to noise such as thunderstorms or fireworks.
- Dogs with medical problems, especially dogs experiencing pain, also had a higher tendency to bite.

The researchers didn't single out any specific breed because those kinds of statistics are often misleading and create a false sense of safety for the public. In other words, saying "More children were bitten by XYZ breed" could make us think that other breeds are safer; but, given the right circumstances, *any* dog may bite a child.



Here are some additional statistics:

- Of all dog bite victims, almost half are younger than 12 years old.
- More than 50 percent of dog bites occur on the dog owner's property.
- The majority (77 percent) of biting dogs belong to the victim's family or a friend.
- Male unneutered dogs are involved in 70 to 76 percent of reported dog bite incidents.
- The current annual number of fatal dog attacks has doubled from the 1980s and 1990s.

So who's responsible here? The adults in the household, of course. Never leave young children alone with a dog, and give all family members and visitors to your home some ground rules: Treat dogs with respect; refrain from teasing them; avoid direct eye contact which dogs can find threatening; don't run or

scream in the dog's presence; do not disturb a dog while it's eating, sleeping or caring for puppies; and don't approach an unfamiliar dog.

The Right Way To Take A Pill

A simple technique can prevent a painful, potentially dangerous condition called *drug-induced esophagitis*. This occurs when a pill dissolves in your esophagus rather than in your stomach, which can cause pain, bleeding, infection, and even perforation of the esophagus lining. Medical experts advise against taking medication when lying down. Instead, remain upright – sitting or standing – for 15 to 30 minutes after swallowing a pill. And be sure to wash it down with plenty of liquid – at least four to six ounces.

WELCOME NEW CLIENTS

Here are some of the new clients who became members of our “**Family**” this past month. I'd like to welcome you and wish you all the best!

We love giving recognition to our new friends and our wonderful existing clients who are kind enough to introduce their friends and relatives to us.

February Is...

Heart Month: To increase public knowledge of cardiovascular diseases, raise funds for research, and prevent heart disease by encouraging heart-healthy habits. Learn more at americanheart.org and www.heartandstroke.ca.

Black History Month: To celebrate and honor the achievements and contributions of African Americans and African Canadians. Learn more at blackhistorycanada.ca and www.biography.com/blackhistory.

February 7-13 – JELL-O® Week: To recognize the variety of flavors and uses of this versatile product that's been gracing our tables since 1897. Dig in at brands.kraftfoods.com/jello.

February 14-20 – Random Acts Of Kindness Week: To inspire people to practice kindness, “pass it on” to others, and discover how acts of kindness make you feel good. Get started at www.actsofkindness.org.

February 2 – Groundhog Day: To observe whether Punxsutawney Phil and his groundhog pals emerge from their burrows and see their shadows, signaling six more weeks of winter. Get your groundhog questions answered at groundhog-day.123holiday.net.

February 14 – Valentine's Day: To celebrate and appreciate all the loves in your life. Find some fun ideas at www.theholidayspot.com/valentine.

January Quiz Answer

Question: In February many of us will watch a program with “XLV” in its title; what number does XLV stand for?

Answer: 45 (as in Super Bowl XLV).

Source: sports.espn.go.com

Congratulations to

_____. Your name was selected at random from all of the correct quiz entries and you'll receive

_____.
Watch for your name in a coming month!

How To Save, Save, And Save

Is this scenario familiar?

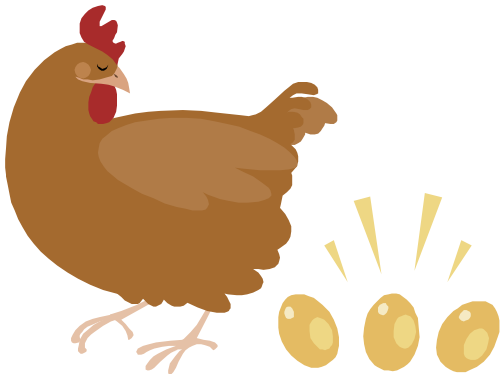
You get into your car, start the engine, buckle your seatbelt, adjust the mirror, answer your cell phone and have a quick conversation, hang up, take a sip of coffee, send a text, search the glove box for a pen so you can add an item to your to-do list, sneeze, blow your nose, flip through your CDs then pop one into the player, put the car in “Drive” and then – drive.

All that time you've been wasting gasoline and money, and adding to the pollution problem.

Solution? Do your buckling, adjusting, answering, sipping, texting, searching, sneezing and flipping *before* you start your engine.

Eggs-actly!

Hard boiled, scrambled or baked into a soufflé, eggs are a regular part of our meals. Here's some egg trivia for you to digest:



- Hens require 24 to 26 hours to produce an egg. After 30 minutes, the process starts again.
- An egg shell has as many as 17,000 pores over its surface.
- Eggs age more in one day at room temperature than they do in a refrigerator in a week.
- To tell whether an egg is hard cooked or raw, spin it on a flat surface. If it spins with no problems, then it's hard cooked. If it wobbles, it's raw.
- Yolk color depends on the diet of the hen. Marigold petals as food additives for hens can make the yolks darker yellow.
- Occasionally, a hen will produce double-yolked eggs throughout her egg-laying career.

Your Ring Finger

It was once believed that a vein of blood ran directly from the third finger on the left hand to the heart. The vein was called *vena amori*, or the *vein of love*. Early writings on matrimonial procedure suggested that it would be appropriate for one's wedding ring to be worn on that special finger.



Follow Your Heart



Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of other opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary. – *Steve Jobs*

Don't Let Social Networking Cost You Your Job

A survey of companies with 1,000+ employees by Internet security firm Proofpoint found that 8 percent have fired an employee for misbehavior related to social networks like Facebook or LinkedIn. How can you avoid joining them? Steer clear of these obvious online mistakes:

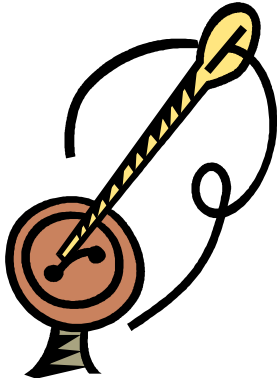
- Complaining about your boss or company.
- Posting that you're looking for a new job.
- Sharing confidential information about your organization.
- Criticizing your coworkers online.
- Posting inappropriate photos of yourself.
- Sharing workplace rumors online.
- Spending too much time on social networking sites when you should be working.



What A Difference A Millennium Makes!

A thousand years ago, most of the Anglo-Saxon world didn't have knowledge of geography beyond nearby villages and the nearest market town. That world also had quite a wait for things we take for granted today:

Sugar: This staple wouldn't make it to the British Isles for several hundred more years. Although they had honey, it was so precious, it was used to pay taxes.



Potatoes and tomatoes: These weren't available until exploration of the Americas in the 16th century.

Forks: People didn't use forks until the 17th century. And you brought your own knife to a feast.

Buttons: Clothing was fastened with clasps and thongs. Widespread use of functional buttons and buttonholes waited for the 13th century.

Last names: The same names were often passed down inside families, but there was no need for last names.

Zeroes: People still worked with Roman numerals. In fact, one scholar at the time said that 9,000 was the limit beyond which figuring was impossible.

Don't cry because it's over, smile because it happened!
– Dr. Seuss

Overhead Overload

A flight attendant watched as a passenger who was overloaded with bags tried to jam his belongings in the overhead bin of the plane. Finally, she informed him that he would have to check the over-sized luggage.

“When I fly other airlines,” he said irritably, “I don't have this problem.”

The flight attendant smiled sweetly and said, “When you fly other airlines, I don't have this problem, either.”



February Quiz Question

Q: Which one of the following countries is *not* in South America?

- (a) Suriname; (b) Ecuador;
(c) Nicaragua; (d) Guyana**

Everyone who faxes, emails or calls in the correct answer by the last day of this month will be entered into a drawing for **a \$25 gift certificate**

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