

Volume 7, Issue 10

MOTIVATED

THE MAGAZINE THAT MOVES YOU!

Learning How to Appreciate the World around You

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and save money at the same time



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My birthday is on the first day of spring. I love that season. New life springs up everywhere, and after a cold and gloomy winter, I love to feast my eyes on the bright colors of budding trees and flowers.

We live in a beautiful world, but with everything speeding up around us, and the numerous demands on our time and attention, we often don't stop long enough to appreciate the beauty of nature all around us—and in our fast-paced life, we may also not take care of our environment to preserve it as we should.

In many parts of the world there are food and water shortages—precious resources we inadvertently waste at times. Not disposing of trash properly by recycling also affects our environment negatively.

We all need reminders to slow down and “go green”, so I looked up some pertinent tips and information to help me notice the splendor of creation all around me, and do better in protecting and nurturing it.

I hope the articles in this issue of *Motivated* will help us all to be more appreciative of our planet, and become active players in preserving it. Let's not take our beautiful world for granted, so we and future generations can enjoy it to the full.

Christina Lane
For Motivated

All the Difference in the World

By Marc Chernoff

Every Sunday morning I take a light jog around a park near my home. There's a lake located in one corner of the park. Each time I jog by this lake, I see the same elderly woman sitting at the water's edge with a small metal cage sitting beside her.

This past Sunday my curiosity got the best of me, so I stopped jogging and walked over to her. As I got closer, I realized that the metal cage was in fact a small trap. There were three turtles, unharmed, slowly walking around the base of the trap. She had a fourth turtle in her lap that she was carefully scrubbing with a spongy brush.

"Hello," I said. "I see you here every Sunday morning. If you don't mind my nosiness, I'd love to know what you're doing with these turtles."

She smiled. "I'm cleaning off their shells," she replied. "Anything on a turtle's shell, like algae or scum, reduces the turtle's ability to absorb heat and impedes its ability to swim. It can also corrode and weaken the shell over time."

"Wow! That's really nice of you!" I exclaimed.

She went on: "I spend a couple of

hours each Sunday morning, relaxing by this lake and helping these little guys out. It's my own strange way of making a difference."

"But don't most freshwater turtles live their whole lives with algae and scum hanging from their shells?" I asked.

"Yep, sadly, they do," she replied.

I scratched my head. "Well then, don't you think your time could be better spent? I mean, I think your efforts are kind and all, but there are fresh water turtles living in lakes all around the world. And 99% of these turtles don't have kind people like you to help them clean off their shells. So, no offense... but how exactly are your localized efforts here truly making a difference?"

The woman giggled aloud. She then looked down at the turtle in her lap, scrubbed off the last piece of algae from its shell, and said, "Sweetie, if this little guy could talk, he'd tell you I just made all the difference in the world."

You can change the world—maybe not all at once, but one person, one animal, and one good deed at a time. Wake up every morning and pretend like what you do makes a difference. It does. ■



Learning How to Appreciate the World Around You

By Katherine Hurst, adapted

When your life is packed with obligations and scheduled activities, it can be difficult to find a moment to pause and reflect on the beauty of the world around you. However, cultivating the ability to appreciate your surroundings can enhance your mood and help you to maintain a positive attitude. Here are key activities to try, and certain things to focus on, to help you be more mindful of life's beautiful gifts.

Spend Time Outdoors

While many people spend hours on a grueling daily commute, or often walk to the store to buy groceries, few regularly devote their attention to the splendor of the natural world. Whether you walk on a peaceful, golden beach, wander through the woods, or walk in a park, it's hard to feel pessimistic or melancholy when you are surrounded by gorgeous scenery.

Reflect on Altruism

There are plenty of unkind acts in the world, and in darker times it can be hard to resist the thought that people are intrinsically selfish. However, it's worth meditating on the true selflessness displayed by people who sacrifice time, money, and sometimes even safety to help people in need. Altruism and kindness are everywhere, and making a habit of documenting selfless acts, and stepping

out to do something kind yourself, can help you to see the positive in the world.

Grow Fruits, Vegetables, or Herbs

Growing some of your own food can help to connect you to nature and remind you of the marvelous things that can emerge from the earth. In addition, many people find tending to plants and helping them thrive to be both therapeutic and rewarding. Even a few potted plants indoors or on your balcony can provide some food.

Take Photographs

Sometimes, wandering around with a camera helps you to see remarkable little things that might have otherwise escaped your attention. You might benefit from starting a new project that involves taking at least one inspiring or moving photo each week. As well as focusing your mind on the beauty present in small moments, you can eventually create a frame that displays all of these pictures, and serves as a constant reminder of positive thinking.

Befriend Animals

Animals are innocent and unencumbered by human complexities such as guilt, shame, and self-consciousness. Spending time with playful kittens or observing the pure,

sincere loyalty of dogs can be both humbling and inspiring. The carefree excitement seen in animals can remind you of your own capacity for play.

Contemplate Life's Mysteries

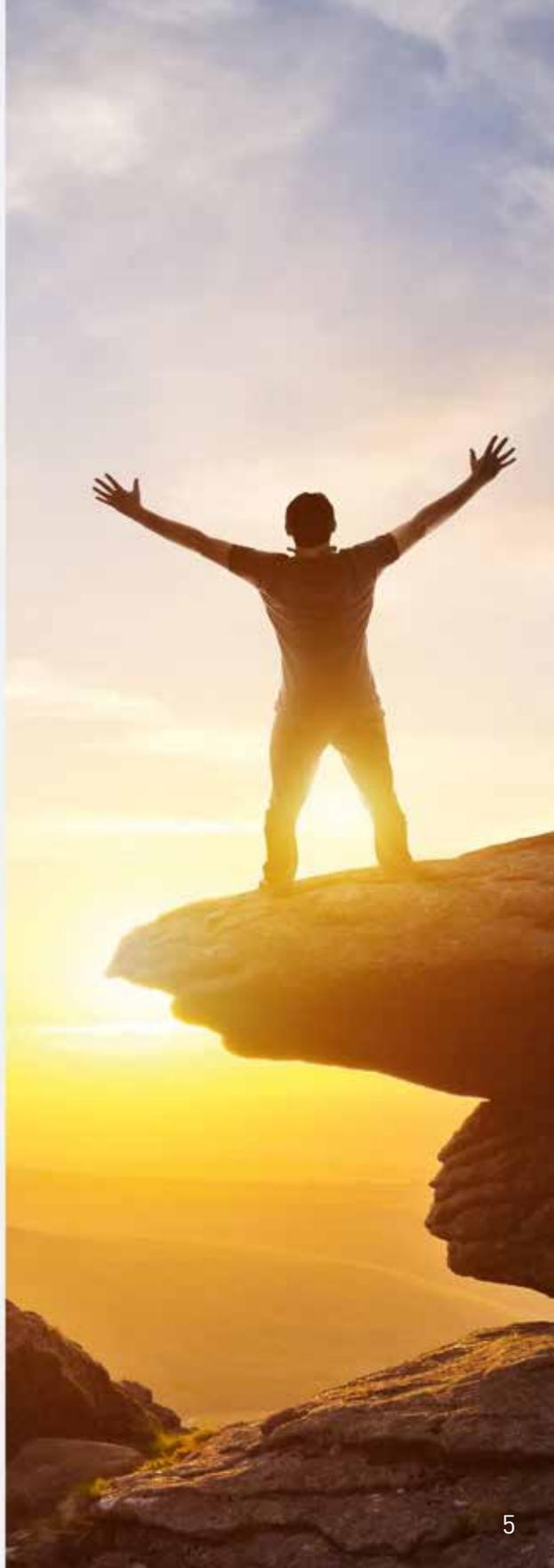
We are constantly moving towards a more sophisticated understanding of the universe, but even experts admit that there is still so much more to explain. Thinking about creation, the nature of human consciousness, and the possibility of life on other planets can remind you of how endlessly fascinating our world can be. The mysterious, complex nature of the universe is certainly something worth appreciating.

Remember to Be Thankful

When trying to appreciate the world around you, don't forget to look close to home. In particular, remember all of the good people in your life who have enriched your experiences in one way or another. From the grandparent who always made you laugh to the teacher you could count on, everyone in your life has contributed something valuable that has helped to get you to where you are today.

Meditate

Finally, it's worth noting that you are more likely to be able to cultivate appreciativeness if you work on being mindful. Simple breathing and visualization exercises can help to attune your mind to the present moment, allowing you to appreciate and experience more beautiful or inspiring details in everyday life experiences. ■



Waste Not, Want Not



Earl Weber lived on a small farm during the Great Depression, a time of severe economic hardships.

By Earl M. Weber, adapted

When I was growing up in the 1930s, the period of the Great Depression, I didn't think of our family as poor, even though we never seemed to have money. I lived on a small farm in Pennsylvania with my parents, two older sisters, and younger brother. We had an old horse, a cow, a flock of chickens, and a big garden. Food was not a problem. We had our own supply of milk, meat, eggs, fresh vegetables, and Momma's homemade

bread. But money was scarce.

Once a week, Momma would give each of us two pennies. Carefully knotting my two cents in the corner of a handkerchief, she would hand it to me and caution me to "be careful not to lose it." Today, two pennies won't buy much of anything, but in the 1930s every penny was important.

As a boy of nine, I had only a vague idea of what it meant to live during hard times. The weekly newspaper would

carry pictures of people standing in line for bread, and the evening newscast on our tabletop Crosley radio would tell about the huge number of jobless people and their hardships. But these reports referred to people in the cities, and we lived in the country. We never went to bed hungry, and we didn't stand in line for bread.

Although my father was fortunate to have a job at the feed mill, his salary of eighteen dollars a week was barely enough to pay the farm mortgage and the electric bill, and to buy necessities like the flour and yeast Momma needed to bake her bread.

Momma earned a few dollars baking pies and bread, which she sold at the local market. Twenty cents for a pie and ten cents for a loaf of bread! Sometimes I helped at the market, and if we had a good day, Momma would give me a nickel for an ice-cream cone.

Momma used the market money to buy clothing for the family. With four children and two adults to clothe, she seldom bought anything new. One day when I walked to the mailbox at the end of our lane, I was excited to see a package from Sears, Roebuck and Company. That usually meant new clothing for one of us. As it turned out, I was the lucky one this time, with a brand-new pair of brown tweed knee-length knickers. Although we always went to school looking neat and clean, most of our clothing was patched, darned, or mended. So to me, a new pair of knickers was very special.

Christmas was special, too, because then we got new socks, and for a little while we wouldn't have to wear socks darned in the toes and heels.

Momma made some of our clothing, using a treadle (foot-powered) sewing machine. To make nightgowns, she used the muslin sacks that our chicken feed came in. I wore a nightgown with "PRATT'S CHICKEN FEED" printed in big black letters on the front. (It wasn't until years later when my high-school class went on an overnight trip that I got my first store-bought pajamas.) Some companies actually put their feed in sacks made of colorfully patterned calico. Momma liked this material for making aprons and dresses.

When a piece of clothing was worn out, it wasn't thrown away. First, all the buttons were removed, sorted by size and color, and put in cans or glass jars. Then the clothing was examined, and the best parts were cut into strips and saved for making rugs.

Almost nothing in our house was thrown away. Store parcels were generally tied with string. We saved this string by winding it on a ball. One of my jobs was to wash and flatten used tin cans. We nailed these pieces of tin over holes in the barn roof to stop the leaks and over holes in the corncrib to stop the mice and rats from eating the corn.

A wooden crate was considered a real prize. We would take it apart for future projects, being careful not to split the boards. We even straightened the bent nails and stored them in a tin can.

Although we tend to think of recycling as something fairly new, in the 1930s it was part of every-day life. "Waste not, want not" was a familiar and often repeated phrase during those Depression years. ■

10 Ways to Go Green and Save Green



How to live lightly on the earth and save money at the same time

Adapted Web Reprint

Climate change is in the news. It seems like everyone’s “going green.” Luckily, many of the steps we can take to stop climate change can make our lives better. Our grandchildren—and their children—will thank us for living more sustainably. Enjoy the following tips, and see what you can do.

1. Save energy to save money.

- Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.
- Install light-saving bulbs when your older incandescent bulbs burn out.
- Unplug appliances when you’re not using them. Or, use a “smart” power strip that senses when appliances are off and cuts “vampire” energy use.

- Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.
- Use a drying rack or clothesline to save the energy otherwise used during machine drying.

2. Save water to save money.

- Take shorter showers to reduce water use. This will lower your water and heating bills too.
- Install a low-flow showerhead. They don’t cost much, and the water and energy savings can quickly pay back your investment.
- Make sure you have a faucet aerator on each faucet. These inexpensive appliances conserve heat and water, while keeping water pressure high.

3. Less petrol gas = more money (and better health!)

- Walk or bike to work. This saves on petrol gas and in some places on parking costs while improving your cardiovascular health and reducing your risk of obesity.

- Consider working from home if you live far from your work. Or move closer. Even if this means paying more rent, it could save you money in the long term.

4. Eat smart.

- If you eat meat, add one meatless meal a week. Meat costs a lot at the store—and it's even more expensive when you consider the related environmental and health costs.

- Buy locally raised, humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers keeps money in the local economy.

5. Skip the bottled water.

- Use a water filter to purify tap water instead of buying bottled water. Not only is bottled water expensive, but it generates large amounts of container waste.

- Bring a reusable water bottle, preferably aluminum rather than plastic, with you when traveling or at work.

6. Think before you buy.

- Go online to find new or gently used secondhand products. Whether you've just moved or are looking to redecorate, go on-line or ask around to track down furniture, appliances, and other items cheaply or for free.

- Check out garage sales, second-hand markets, and wholesale shops for clothing and other everyday items.

7. Borrow instead of buying.

- Borrow from libraries instead of buying personal books and movies. This saves money, not to mention the ink and paper that goes into printing new books.

8. Buy smart.

- Buying in bulk can save money and packaging.

- Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.

- Invest in high-quality, long-lasting products. You might pay more now, but you'll be happy when you don't have to replace items as frequently (and this means less waste!).

9. Keep electronics out of the trash.

- Keep your cell phones, computers, and other electronics as long as possible. Donate or recycle them responsibly when the time comes. E-waste contains mercury and other toxics, and is a growing environmental problem.

- Recycle your cell phone.

10. Make your own cleaning supplies.

- The big secret: you can make very effective, non-toxic cleaning products whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap.

- Making your own cleaning products saves money, time, and packaging—not to mention your indoor air quality and general health. ■

Cleaning Beaches, Creating Masterpieces

By Ocean Sole, The Flip-flop Recycling Company

Passionate about the ocean, its ecosystems and marine wildlife, we recycle flip-flops that are found littered on beaches and in waterways of Kenya.

Every single Ocean Sole product is handcrafted to protect the oceans and teach the world about the threats of marine debris.

As a bizarre and yet very real phenomenon, thousands and thousands of flip-flops are washed up onto the East African coast creating an environmental disaster. Not only spoiling the natural beauty of our beaches and oceans, the rubber soles are swallowed and suffocate

fish and other animals, they obstruct turtle hatchlings from reaching the sea, and are a man-made menace to our fragile ecosystems.

Our creative team of artisans transforms the discarded flip-flops into elephants, giraffes, lions, rhinos, dolphins, sharks, turtles and more. These colorful masterpieces come with an important message about marine conservation whilst bringing smiles to people all over the world.

Be a part of the pollution solution and join us on a flip-flop safari! ■



Visit <http://www.ocean-sole.com/> to find out more.

Taking a Moment to Pause and Appreciate Natural Beauty

PARENTING
FROM THE HEART



By Chelsea Lee Smith , adapted

We all have those days when our nerves seem to be on edge, and we feel overwhelmed by what is going on around us. We know we need to take a moment to re-center, but there are so many things to do that we have trouble making the time. At least I do.

Over the past weekend I was very busy preparing for a fundraiser at our home. So when Monday rolled around I was absolutely exhausted, plus anxious about several other projects. To add to the stress level, I had pulled a back muscle, still had to clean up after the event... you get the idea.

I wanted to spend a few moments with my boys working on a character trait like we do every day, but I was not in the frame of mind to be very creative or active. Then an idea arose: go outside and talk about the natural beauty around us. It seemed easy enough, so we headed outdoors. It turned out the boys were more interested in playing, but this activity widened my perspective—something I will definitely use again when I need to click out of a low mood.

This activity was super simple. Basically we just went outside and I asked the kids to find something they thought was beautiful. My oldest immediately said, “The trees.” When I asked why, he said because they had pretty colors. Then my youngest (he turned two a couple of

months ago) pointed to a blue bucket and said, “Blue.” “You like blue?” “Yeah.” He heard “colors” from his brother and probably thought that colors were what I was asking about.

I told them that I thought the sky was beautiful, pointed out some clouds, and explained how looking at it reminded me to appreciate everything in our natural world (by this point, it really was). The boys were pretty much beyond listening by this point, but I continued to look around and took a few moments to soak in the details, take some deep breaths, and be amazed at the intricacies and perfection of creation.

I thought about talking to the boys about how blessed we are, and to see and learn from all these lovely things around us, but I chose to just be with my own thoughts this day, and let them play. We both appreciated the moment.

I realized that if I can learn to be present and content, whatever my current reality is, and snap myself out of a bad mood by appreciating the wonderful world around me, my boys will most likely imitate me. If I want my children to be present and appreciative, I have to model these qualities first.

Do you have any tricks for practicing presence and appreciation with young children? ■

Our Wonderful World

NOTABLE
QUOTES



Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.—**Khalil Gibran**

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.—**Rachel Carson**

The earth has music for those who listen.—**George Santayana**

To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter... to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring—these are some of the rewards of the simple life.
—**John Burroughs**

Wilderness is not a luxury, but a necessity of the human spirit.—**Edward Abbey**

Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.—**Henry David Thoreau**

Look deep into nature, and then you will understand everything better.
—**Albert Einstein**

Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather.—**John Ruskin**

Nature does not hurry, yet everything is accomplished.—**Lao Tzu**

There are always flowers for those who want to see them.—**Henri Matisse**

On earth there is no heaven, but there are pieces of it.—**Jules Renard**

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.—**John Muir**

