

Hi All,

How are you? Are things tough right now? Is this THE BEST YEAR OF YOUR LIFE? Or Are things tough right now yet still this is THE BEST YEAR OF YOUR LIFE.

Remember that your understanding of what is happening is only your perception. The person next to you in the same room at the same time may have a completely different experience of what is going on than do you. In times of challenge, I always try to remember that everything happens for a reason and that every challenge is just an opportunity to learn, grow and bring about positive change.

The Universe has a plan to make sure we don't ever stop learning, not only in our minds, but also in our hearts.

—*Pam Houston*

This very moment is the perfect teacher, and, lucky for us, it's with us wherever we are.

—*Pema Chodron*

I have spoken with many people as of late who have come across challenging times and many who are doing better than ever. The ones who are doing better than ever in general have not allowed circumstances to interfere with their goals and dreams and have adapted their approach to continue to change so that they may continue to move forward. It is not that they don't have challenges but the interesting thing is it all goes back to perception. These people choose to focus on the opportunities, not the problems. It is never too late to alter your path, change and grow. All you have to do is put your mind to it and make it happen.

“Obstacles cannot crush me. Every obstacle yields to stern resolve”

- *Leonardo da Vinci*

“When one door closes, another door opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us.”

- *Alexander Graham Bell*

Having a bad day is like a stress test. With a stress test you walk enough to stress your heart, but that's not the test. The test is to see how quickly you return to normal. Anybody can have a bad day, but the real test of your emotional and mental health is how fast you get back to being you.

- Dr. Bob Hoffman

“Wherever we look upon this earth, the opportunities take shape within the problems”.

- Nelson Rockefeller, US Vice President

“The most effective way to manage change is to create it.”

- Peter Drucker, management advisor

“When I let go of what I am, I become what I might be.”

- Lao Tzu

I hope these thoughts bring you inspiration to take you from wherever you are currently at to having THE BEST YEAR OF YOUR LIFE!

There is no way to perform at your best and to be the change you want to see in this world if you have a nerve system that is full of interference.

Chiropractic care and lifestyle counseling at Stern Chiropractic will help you to reduce your stress and be at your best.

Let Stern Chiropractic help guide your family to an EXTRAODINARY LIFE of Health, Wealth and Happiness in 2009.

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

Principal Says Banning Sugar Made Students Smarter

Thursday, January 29, 2009 **FOX NEWS**
By Jonathan Serrie

LITHONIA, Ga. — A suburban Atlanta school principal claims to have a simple solution to improve test scores, reduce discipline problems and improve student health: Ban Sugar.

"My personal health challenges inspired this," said Yvonne Sanders-Butler, who once suffered from obesity and severe high blood pressure.

For the past ten years, the now-trim principal has required students at Browns Mill Elementary in Lithonia to participate in daily physical exercise and eat healthy foods. Her school enforces a strict ban on sugar.

"I just think it's a great idea," said Kimberly Morcroft, who was politely turned away as she attempted to deliver cupcakes to the school in celebration of her daughter's 10th birthday.

"She dropped a pant size just from last year to this one," Morcroft said, smiling at her daughter.

According to Butler, standardized test scores increased 15 percent at the school within the first year of the program. She said discipline problems decreased by 23 percent. Student health has improved and obesity at the school has been virtually eliminated.

"For me, it was not just about educating children about reading, writing and arithmetic," Butler said. "If these people were going to be successful, I had to ensure that they were going to be healthy."

Initially, Butler's sugar-free program faced resistance from skeptics who feared it would bust tight school budgets. The principal said she paid nutrition experts, who revamped the school cafeteria menu, out of her own pocket. And ordering the new food items in bulk ended up saving money.

"In nine years, we have saved \$425,000," Butler said. "We've done that not by cutting back but actually by having more fruits and vegetables."

Seventeen other Atlanta-area schools have implemented the program, and Butler said she has received hundreds of calls from educators and health officials around the world wanting to learn more about her "sugar-free zone."



The program is even popular with students, who rave about carrots and cauliflower with the same enthusiasm children at other schools talk about cupcakes and candy bars.

"I love broccoli," said 5th grader Ryani Durham. "Most kids don't. But I'm one of those kids who loves broccoli."