

IF YOU CAN READ THIS, THANK THOMAS EDISON'S MOTHER



We think of Thomas Edison as the inventor of the light bulb. In fact, he had more than 1,000 patents to his name. But if he had invented *only* the light bulb, he would still be credited with changing civilization forever. With this single invention, for the first time in human history, mankind had a sustained source of light that did not require flame. Whole city blocks could be illuminated safely and cheaply with the flip of a switch.

But, of course, the incandescent bulb was not his only innovation.

Among his many other accomplishments, Edison also invented sound recording and playback, motion picture recording and projection, the central power station (to supply electricity to all those new light bulbs), and the idea of the research laboratory.¹

It's not surprising that by the early 1880s the press was calling him "The Wizard of Menlo Park."

But it's likely that Edison would not have created these innovations (many of which are the basis for today's technology) if it hadn't been for the early advocacy of his mother, Nancy.

Thomas was the youngest of seven children in the Edison family and his early years in school were not promising. His teacher ran a strict classroom, characterized by rote memorization and corporal punishment for those students who couldn't remember their lessons.

Young Edison did not do well in this setting and was punished many times with the leather strap. Finally, his teacher sent a note home which declared that Thomas was mentally disabled—"addled" was the word he used.²

But Nancy Edison knew her son had great potential, if only given a chance. She withdrew him from the school and educated him at home. While she lacked formal teaching credentials, she knew to concentrate on nurturing his natural love for learning.

By age 12 Edison had read Shakespeare, Dickens, and Gibbon, and had set up his own chemistry lab in the house. (After several explosions, his father ordered him to move it to the

basement.)³

Popular accounts of Edison's life liked to say that he had little or no schooling. But his individualized education at his mother's knee prepared him not only to become a great analyst and problem solver, but to persevere in his research when he was producing nothing but failures.

Later in life Edison said, "My mother was the making of me. She was so true, so sure of me: and I felt I had something to live for, someone I must not disappoint."

As this Mother's Day approaches, it's no stretch to say that our lives would not be the same without the loving guidance and dedication of Nancy Edison. You can count her among those worthy to be honored along with the other great women in our lives on Mother's Day.

Have a great weekend and Happy Mother's Day!

Source: Efficient Advisors

Golf Tip of the Week



Roll Your Way to a Better Score

When you play a short shot, try going for maximum roll. It's always easier to control your ball on the ground than the air, and by avoiding airtime, you don't have to think about where the ball will fall or how far it will bounce.

Many golfers try to crush the ball, so it lands close to the target. But unless you're able to consistently land it exactly where you want, it's always a better idea to go for the bounce. Sometimes, if you have an obstacle in the way, flying the ball is your only option. Just in case, practice low, rolling chips that use as much of the green as possible whenever you can.

Tip adapted from Golf Tips Magazineⁱ

Recipe of the Week

Cheeseburger Sliders with Secret Sauce



Serves 8

Ingredients:

1 lb. 90/10 ground beef
Coarse salt and ground pepper
8 slices cheddar cheese
8 whole wheat dinner rolls, split and lightly toasted
1 cup romaine lettuce, shredded
1 medium tomato, thinly sliced
16 dill pickle chips

Sauce

½ cup mayonnaise
¼ cup ketchup
2 tsp. sweet pickle relish
2 tsp. granulated sugar (or less, if you prefer less sweetness)
2 tsp. white vinegar
1 tsp. ground black pepper

Directions:

Burgers

1. Put the rack in the top position and preheat broiler.
2. Divide beef into 8 equal parts pressing them into ½-inch-thick patties.
3. Season both sides with salt and pepper.
4. For medium burgers, broil patties about 5 minutes.

5. Take out the burgers and top each of them with a slice of cheese.
6. Return to broiler until the cheese is melted.

Sauce

1. Whisk all of the sauce ingredients together. You can keep this sauce in a covered container for up to a week in the fridge.

Serve

1. Slather rolls with the secret sauce, add burgers, then stack with the lettuce, tomato, and pickles.

Recipe adapted from Martha Stewartⁱⁱ

Health Tip of the Week



Practicing Mindfulness

Mindfulness. It's about being present; not in the future, not in the past, but being fully aware in the moment. Sounds nice, but how do you do it? Here's a few tips to focus on – right now:

- **Breathe.** Notice your breathing. Fast? Slow? Notice the rise and fall of a breath.
- **Senses.** Notice sights, sounds, tastes, smells, colors, temperature, textures.
- **Walk.** Notice how walking feels. What do the bottoms of your feet feel like? What surrounds you? Notice what you've been missing.
- **Be.** Try not to overschedule, and just notice what it's like to be, not do.
- **Thoughts.** They come and go. Often, and intensely, for some, but they are just thoughts. Notice them as they flow. Notice how your mind likes to judge. Notice that it's just a thought.
- **Listen.** Listen more closely. Maybe, talk less. Notice what is or is not being said.

- **Pay attention.** Put your attention on what you are doing. Notice the actions, your attention, or lack thereof. Mindfulness is about being fully engaged in the now.

Tip adapted from HeretoHelpⁱⁱⁱ

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ⁱ <https://www.golftipsmag.com/instruction/short-game/short-game-strokesavers/>

ii <https://www.marthastewart.com/326583/mini-cheeseburgers>

iii <http://www.heretohelp.bc.ca/visions/wellness-vol7/whats-the-buzz-about-mindfulness>