

Apr/May/June 2008

# UEA-Life.com

Dedicated to

Upper Extremity Amputees

Steps For Absolute Honesty -  
Honestly

One Handed Kitchen Utensils –  
What You Need To Get Cooking

You Must Do What You  
Think You Cannot Do

Welcome to ***UEA-Life.com***

**UEA-Life.com** is dedicated to bringing information and inspiration, along with life experiences to Upper Extremity Amputees

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Cover photo courtesy:  
Dave Hersher



## Opening Thoughts

Welcome to the latest issue of **UEA-Life.com**.

Late again! I must apologize for this issue's tardiness. There is so much going on in my life at this time that I just can't seem to get things done. That includes both work and personal tasks.

Many times it's merely a matter of motivation. Although I still believe in the purpose of UEA-Life.com as much as ever I, sometimes, just can't motivate myself to do the work. Some days it's all I can do to drag myself out of bed and go to work.

This is a very testing time for me and I'm learning things about myself and my "family" that I don't, necessarily, want to know. But that is life. As the saying goes "what doesn't kill us; makes us stronger". When this is over I should be an emotional "Hercules", for sure!

Enough about my life. Enjoy the issue!

As always, I welcome any comments you may have about the ezine. Please let me know what you liked (or didn't like) or any ideas you may have for an article. I have many ideas for the future of **UEA-Life.com**, but, I want **UEA-Life.com** to be "from a UEA for UEAs". Not just my ideas but yours as well. Please submit your comments/ideas to me at:

[mailto:comment@uea-life.com?subject=Ezine comment](mailto:comment@uea-life.com?subject=Ezine%20comment)

I hope you enjoy this issue of **UEA-Life.com**.  
We'll meet later for a few closing thoughts.

## A Little Help from Our Friends??...Questions from our readers

*UEA-Life.com* received the following question(s):

Hello, Don't know if you can help, but I am trying to source a type of machine / device that can be from the back of her desk pedal operated to cause an arm to hold down envelopes, paper and alike - so as the device holds the form and the person can then fold it ready for mailouts, so as the device holds envelopes and paper steady to write on and hold envelopes steady whilst her one hand inserts pay slips or mailouts.

This device would have a rod that comes up from the space at the back of the desk (attached to its foot operated, spring loaded pedal) and is linked to another rod (at approx right angles) that comes towards her, with some type of good holding capacity plate or alike at the end. She would then place her paper under the plate, push down on the pedal with appropriate pressure and the connected rods would force the plate down with sufficient force to hold the paper etc in place. I imagine the device would need to be attached to the desk somewhere for rigidity and stability of performance.

Any ideas if this type of device exists or any ideas of other ways to assist this amputee would be appreciated.  
Regards, Brian.

To help our readers with this question, or ask another, submit your response to the address below.

<mailto:uea-life@uea-life.com>.

## Readers Thoughts:

*UEA-Life.com* received the following comment(s):

Dave,

I enjoyed reading the recent issue of UAE Life - I just happened upon it on the web. I was particularly interested in your article on cycling. Prior to becoming an BE amputee in 2004 I was an avid recreational cyclist. I gave it up after my accident but, with the encouragement of friends, got back on the bike in 2006 and have never looked back. I spent my first year as, again, a recreational cyclist, but now devote most of my time to racing (or training for racing). I race almost exclusively against able bodied racers, but I did compete in the Paralympic National Championships this year. I am hoping to earn a spot on the national team to compete in the Paralympics in 2008.

The most important elements for my participation in cycling have been an innovative prosthetist and innovative bike mechanics. I ride a standard road racing bike (as well as a time trial bike), and have had the braking and shifting moved to my good side. I have also had my prosthetist fabricate a self-suspending socket and passive td for riding. The setup works great. I do like your brake lever idea, and I think I will get one for my mountain bike.

If you ever want to a more in-depth article on amputee cycling, let me know. I'd be happy to contribute

Rob McLaughlin

*UEA-Life.com* enjoys hearing from our readers. Your comments and/or ideas for ezine content are welcome.

To submit comments to *UEA-Life.com* send an email to the address below.

<mailto:comments@uea-life.com>

## Why UEA-Life.com...

**UEA-Life.com** is the result of a goal of mine that began in March 1996 when I became a UEA. I started searching for information, for myself and my family...assurance that life wasn't over. As many UEAs do I felt that the life I knew before was gone and I couldn't get it back. I found myself focusing on what I thought I could no longer do.

What my search found was very little information and, certainly, no inspiration concerning my new life. My desire to help provide the needed information and inspiration took me on another path. Due to disagreements about the direction of that path **UEA-Life.com** was born!

**UEA-Life.com** will focus on life as a UEA but will also reflect on life as a whole. I want **UEA-Life.com** to be a publication "for UEAs by a UEA".

Please feel free to contact me with ideas that you would like to see in **UEA-Life.com**. Use the link below to contact me.

Dave Hersher  
LBE Amputee

Contact me: <mailto:dave@uea-life.com>

**Remember...**

"Happiness is a way of travel – not a destination."

--Roy M. Goodman

# One Handed Kitchen Utensils – What You Need To Get Cooking

One of the things I really enjoy doing is cooking.

Being a UEA cooking can be a challenge and, just a bit, frustrating!

Following are links to a few products **UEA-Life.com** located. The listing of a product is not to be considered a recommendation. **UEA-Life.com** has not tested any of these products.

[Trudeau One Hand Salt/Pepper Mill](#)

[Trudeau One Hand Cheese Grater](#)

[Pot Strainer Designed for One Hand Operation](#)

[Oxo Good Grips Salad Spinner](#)

[The Spreadboard](#)

[Pan Holder](#)

[Veggie and Fruit Holder](#)

[SoloGrip One-Handed Jar Opener](#)

a less expensive option:

[Un Skru Jar Opener](#)

[one handed spice dispenser, SpiceShot](#)

[Crumb Sweeper](#)

[Battery Operated, One Handed Sifter](#)

[Black & Decker Cordless Can Opener](#)

[Mini Chopper](#)

This is a representation of the many products available to help the UEA cook.

A search of the internet should yield many more products.

Don't let being a UEA keep you from enjoying preparing food for family and friends (unless you don't like cooking, of course).



## You Must Do What You Think You Cannot Do - Eleanor Roosevelt - By Gail Juliano

**H**ow many times have you come to this point? The opportunity is here now. You think, “Yes!” Immediately you begin to think: What will \_\_\_\_ think? What about the kids? I don’t have the money that this is certainly going to cost. I’m too old. I don’t speak the language. I don’t have the education. Things are working so well for me here and now. It’s only three more years until I retire with full benefits. These thoughts are seldom the empowering.

You could instead, for a few days look at the same opportunity and simply change your thoughts and questions. Wow! What an opportunity! I could learn another language! I can shake myself up a bit! How could I make this work for my kids? How can I raise the money for the inevitable costs? How can I quickly learn the things that are necessary for me to know right away?

Instead, you do what medical intuitive, Carolyn Myss calls, running it by your first chakra tribe’s belief systems. What would my parents, spouse, church, friends, employer, neighbor, therapist, and children think? Inevitably, the answer in two seconds is, “Don’t do it!” They fear for your safety, for you leaving them, for your financial situation, and they project their own fears and jealousies into your situation. In the end, if you want to keep your friends and family in your constant circle of support, you just let go of the opportunity. You return to your job, to your daily life, and the ease and comfort of your home and friends. You watch the super bowl with the same friends again this year, knit another sweater, run to the market for the same food you eat every week and generally settle for a life that is less than your soul desires, but which is easy, comfortable and known. It’s not so bad, after all...

Until, one day you meet a tiger on the path, and you’re looking like lunch. The husband takes off with his secretary. The children are now grown and off in various parts of the world. The company you’ve given

23 years to folds and you’re sent home with no financial package and no matching retirement fund. You’ve had a heart attack, or cancer, or some other debilitating body challenge, and it’s put you in debt for the next 25 years.

What you most likely were never taught in school, by your family or church is to ask happy and empowering questions when a life decision is to be made. But there are empowering answers that can incorporate the feelings and needs of the family and friend groups that we belong to. And, empowering questions always bring powerful answers and help from every corner of the globe that will help you to reach out courageously for your happiness.

When an opportunity of awe and wonderment, expansion and exciting possibilities comes to you, ask these questions:

- How can I....
- What must I do to....
- Given that my friends (spouse, employer, church, etc.) might not support this, how can I....
- Where can I go for more information?
- Who could help me with this?
- Where can I obtain ... (the money, the information, the education, the time, the energy...)
- What are the possible benefits of this opportunity (or challenge)?

You might also meet a tiger on this path, but now you come strong enough to meet it. You come with the empowerment of a warrior. And the whole world will rise up to help and protect one of its own courageous children

Gail Juliano is a licensed body worker, Reiki Master Teacher, tarot reader, story-telling healer. She has had her own business since 1991. Learn more about her work at [www.tarotandthearchetypes.mysite.com](http://www.tarotandthearchetypes.mysite.com) and at [www.21stones.mysite.com](http://www.21stones.mysite.com)

Article Source: <http://EzineArticles.com>



# Steps For Absolute Honesty - Honestly

## By Dan Ohler

**D**efinition of Honest: truthful; trustworthy; genuine; open

### Soooo, are you an honest person?

Your response is likely, "Yes." However, if we look deeper in our lives, we may find our response is not totally true. And if we are really honest with ourselves, we may find that our lack of honesty can lead to devastating results in our relationships.

This became clear to us on our recent trip to the Caribbean. We met and saw many people who seemed to have fabulous relationships. We also had numerous coaching sessions with people who were struggling, literally. Imagine the lunacy of this. Here were couples who had invested their valuable time and significant "jingle," to go on a vacation to fight, criticize, and blame each other. It appeared to be a game of defensiveness and justification to prove their "rightness."

**Is that loving behaviour?** Were they being honest with their partner about their thoughts and feelings? Or were they reacting based upon their dishonesty with themselves?

In our discussions with these people, they told us about things their partner did that "*made*" them angry and was responsible for their own disrespectful behaviour. Their partners were: negative, flirtatious or jealous, stingy or financially incompetent, blabbermouth or uncommunicative, uncaring, abusive, breaking agreements, crossing boundaries, etc.

In each case, it boiled down to a lack of honesty. They were not being honest with themselves in regard to their feelings about their partner's behaviour, and they were not being honest with their partner to communicate at the time of the incident.

I understand how this happens - we've been there.

Example from the past:

I beat Carol up every morning. No, not physically. What I mean is; I get out of bed several hours before she does. Carol did not make the bed when she got up. It bothered me because it was not the "right" way. But I didn't say anything. Carol would leave dirty dishes by the sink. That ticked me off. It was absolutely "wrong." But I didn't say anything.

I'd come home late in the evening to find our sons' toys scattered around the room. To me, that was totally inappropriate. I gritted my teeth but I didn't say anything.

Carol would say, "Did I do something wrong?"

"Nope." And then the deafening quiet.

I was being totally dishonest with myself and Carol. And the more I looked for things that were, in my mind, "non-caring, inappropriate, and sloppy," the more of them I saw. As time went on, I found fault in everything she did, or didn't do. It got to the point that, when I saw her face, anger started building in me. I was certain Carol was intentionally doing these things to bug me.

**The neurotic voice in my head was saying the most damaging, ludicrous, and irrational statement around, "If she loved me, she should know how I feel."**

Would I talk to Carol about these behaviours and share my feelings honestly and openly? Did I understand Carol's beliefs and feelings about the things she was doing? Did I understand the difficulties Carol was experiencing in her roles around the home and farm? Did I understand how she saw our relationship?

A big "No" to all of these questions. I had no idea what was going on for her.

What did I do? I did spiteful things to get her back - nasty, awful things like calling her names, being late for meals, being cold and aloof, avoiding physical contact, and much worse.

We were very near divorce before we finally learned to be honest and accountable to ourselves and each other. Rebuilding the relationship wasn't easy but it was definitely worthwhile.

**I'm curious. Does any of this hit close to home for you?**

This game can happen with a life-partner, family, friends, or in business. If it occurs in one relationship, it likely occurs in your other relationships too.

Here's the challenge for you, should you choose to accept it. **Be brutally, yet respectfully honest with yourself and others.**

Application of the following steps will help you repair damaged relationships and greatly enhance healthy ones.

- **Become consciously and acutely aware of your feelings when a situation occurs.** The feelings may be anything from love, joy, and euphoria to fear, hostility, and depression. It doesn't matter what you call it, just notice them.
- **Dissociate from yourself.** Be an unattached observer of your thoughts and feelings, and say, "That's interesting." This stimulates a state of curiosity which hastens learning and growth.
- **Ask yourself, "Why have I chosen to feel this way?"** The fact is: no one else can make you think or feel anything. It is always your choice.
- **Evaluate your beliefs.** Are there memories or voices from the past which are filtering or painting your thoughts and feelings?
- **Ask yourself, "Is this what I want to feel?"** If yes, enjoy it. If no, choose a better feeling. It may be difficult to go from a feeling of depression to

euphoria in one leap. However you can easily choose a feeling that offers some relief. And if you continue this, the euphoria is eventually possible.

- **Communicate honestly and respectfully.** Speak accountably, "When this happens, I feel ...." This separates the action from the person, and separates the person from the feeling. This is not an attack on the other person; it is a sharing of information, which is neutral.
- **With this honesty, the other person can choose to change their behaviour, honestly share their beliefs and feelings, or do nothing.** What they choose to do is not your responsibility or in your control.

Use these steps immediately when the situation occurs. You know what procrastination does.

**Can you be an honest person in all ways, all days?**

Clearly you can, if you so choose. Honesty will ensure your vacations, and every day between, are as peaceful and comfy as a warm sea breeze.

**As they say in Tortola, "Wind at your back, mon!"**

Author, coach, and professional speaker, Dan Ohler, helps thousands of people every year to vastly enhance their professional and personal relationships. His book, *Thinkin' Outside The Barn And Steppin' Into Fresh B.S.* will challenge you to evaluate your own Belief System (B.S.) and choose to create your life by design, rather than by default.

Dan is based near Edmonton, Alberta, Canada. He and Carol (his wife) offer relationship enhancement coaching and programs for couples.



Article Source: <http://EzineArticles.com>

I want to take this opportunity to give you (the readers of **UEA-Life.com**) an explanation as to the recent tardiness of the e-zine.

You have (if you've read past issues) learned about my family. Married (now 35 years), three children, and five grandchildren.

Unfortunately, it hurts me to tell you this but after 35 years of marriage my wife and I are in the process of divorcing. My children (all adults) aren't speaking to me (other than my daughter) and I haven't been allowed to see my grandchildren in months.

My wife left, while I was at work, on Dec. 5, 2007. She has since made some very serious (and totally untrue) accusations of me and, despite, my denial and even providing proof of her inaccuracies she continues to go forward with the proceedings (something I have since learned she was doing even while we were "attempting to reconcile" with counseling).

In the beginning I, truly, believed that I would not survive but, after six months of ongoing therapy, I have now come to the realization that I will, in fact, survive and will, hopefully, become a better stronger me!

When something like this happens the feelings are very similar to what I felt after my accident. I felt as though I had failed and that I wasn't (for reasons I couldn't understand) good enough. I have worked the majority of my adult life to take care of my family and now it feels horrible to think it wasn't enough. I have since learned things that have made me question the true motivation for what is happening in my life. If this is a test there are days when I'm not sure I'm up for it!

As I said I am currently undergoing therapy and it has been a great help to me. Although I, previously, wasn't a fan of therapy I have changed my opinion.

In the beginning I felt the overwhelming need to prove that I didn't do what I was being accused of. The result was to be told I wasn't being truthful (I'm trying to be kind here) and to be called some pretty horrible names.

I have since learned (a benefit of therapy) to understand that I can't make my "family" or anyone believe what I say but the one thing I have that can't be taken away from me is the truth. I know what I have and haven't done in my life. Although I'm not a big country music fan there is a song by the artist Tracy Lawrence that pretty much sums it up: "Find Out Who Your Friends Are". When accusations are made you, quickly, do just that.

As I said in the beginning of this issue I want to apologize for the tardiness of the last couple of issues but I, truly, am having a problem finding motivation for life's work recently.

My biggest hurt is not seeing my grandchildren and having the opportunity to be a part of their lives. The time we all have available is limited and we (none of us) know when it will end? The true sadness of that fact is we need to be very careful how we act and speak to one another each day. We may not get the chance to take back what we said or did.

**In closing I just want to encourage everyone to enjoy their friends and family because as, I have found out, we don't know what the future will bring. Please don't speak or act out of anger and, possibly, do or say something you may not get the opportunity to rectify.**

As I said I'm not a big country music fan but if you want to [hear Tracy Lawrence's song try this link to a YouTube video](#)

## Manufacturer's Forum

The forum is a line of communication from companies that manufacture or distribute products for upper extremity amputees or researchers searching for UEAs to be part of the development process.

This forum is used to communicate new ideas for products, gain valuable feedback

on existing products or recruit testers for new products specifically for arm amputees.

**UEA-Life.com** does not endorse or promote these companies. Any company who wishes to post in this section may do so for no charge.

**UEA-Life.com** does reserve the right of editorial control.

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### New Device Enhances Grip for Upper Extremity, Body-Powered Prosthesis Users

For the first time in many years, body-powered prostheses wearers have a new option for increasing the functionality of their upper extremity devices. The Sure-Lok™ system is the world's first infinitely adjustable cable lock and retainer system for body-powered prostheses that allows people with upper extremity prostheses to grip objects with varying degrees of force and manually lock the device into place. The product made its debut today at the American Academy of Orthotists and Prosthetists (AAOP) Annual Meeting and Scientific Symposium, in Orlando, Florida.

Orlando, FL (PRWEB) February 28, 2008 -- For the first time in many years, body-powered prostheses wearers have a new option for increasing the functionality of their upper extremity devices. The Sure-Lok™ system is the world's first infinitely adjustable cable lock and retainer system for body-powered prostheses that allows people with upper extremity prostheses to grip objects with varying degrees of force and manually lock the device into place. The product made its debut today at the American Academy of Orthotists and Prosthetists (AAOP) Annual Meeting and Scientific Symposium, in Orlando, Florida.

"The big advantage of the Sure-Lok system is the convenience it offers. Not as much energy or effort is required to grab hold of things and you can lift objects ranging from a suitcase to a cocktail glass with ease," said Bob Radocy, an upper limb amputee and founder of TRS, a Boulder, CO-based company that specializes in upper extremity prostheses for active individuals.

"The Sure-Lok system adds a new dimension of functionality and expands the capabilities of any body-

powered prosthetic device." Radocy will wear and demonstrate the device in booth 216 at the AAOP Show.

The Sure-Lok technology is revolutionary because it easily mounts on any voluntary opening (VO) or voluntary closing (VC) prosthesis, enabling VO users to lock the cable tension to avoid damaging objects due to excessive force and allowing VC users to retain a firm grasp on objects without maintaining cable and muscle tension. With the Sure-Lok system engaged, users can obtain greater pinch forces than with VO setups, even while relaxed. The Sure-Lok system is an in-line system that fits with all other hardware in a mechanically operated cable system. It can easily and quickly be engaged and disengaged as needed.

The product is the result of a joint collaboration between Littleton, CO-based ADA Technologies; TRS; and Thousand Oaks, CA-based biodesigns all of which were involved in concept development. ADA Technologies' PhysioNetics division was responsible for the research and development and holds a patent for the technology, TRS manufactures and distributes the product, and biodesigns is involved in the field testing, marketing and clinical support for the Sure-Lok system.

"Our initial research indicated upper-extremity, body-powered prosthesis users were often frustrated by the limited grip functionality of existing VO and VC prostheses," said Brad Veatch, ADA Technologies senior research engineer and principal investigator.

"We saw that as a challenge and set out to create a simple, inexpensive device to solve that problem. After nearly four years of development and refinement based on user feedback, the Sure-Lok system is available to the people who need it."

According to biodesign CEO and Chief Prosthetist, Randall Alley, there is a need for this type of lock and control device particularly among voluntary closing prehensor users. "Voluntary closing prehensors have not garnered as much attention as voluntary opening devices mainly because of the effort required to maintain grip, but also due to a lack of awareness of the inherent benefits of a VC strategy," said Alley. "With the Sure-Lok system, not only will voluntary opening devices benefit greatly, but I expect voluntary closing devices will start getting their day in the sun as well."

The Sure-Lok system is available now for \$300. For more information or to purchase the product, contact TRS Inc. at 800-279-1865.

About ADA Technologies, Inc.

ADA Technologies, Inc. is a research, development, and commercialization company that specializes in creating and converting innovative technologies to commercial successes. The firm is headquartered in Littleton, Colorado, with an office on the University of Wyoming campus in Laramie. ADA has received more than 130 research grants totaling more than \$40 million. ADA has received numerous honors, including: 2006 Tibbetts Award, 2006 & 2007 Colorado Technology Fast 50, 2006 & 2007 Best Companies to Work For in Colorado and Colorado's Top

## UEA Links

ARM-AMP: A Web site For Arm Amps by Arm Amps	<a href="http://www.arm-amp.com">http://www.arm-amp.com</a>
OADH: One Armed Dove Hunt- fellowship and helping recent amputees is the primary focus	<a href="http://www.onearmdovehunt.com">http://www.onearmdovehunt.com</a>
Helpful Tips For Arm Amps	<a href="http://loricase.com/tips4arm-amps">http://loricase.com/tips4arm-amps</a>
MTB-Amputee - amputee mountain biking and cycling enthusiasts	<a href="http://www.mtb-amputee.com/index.htm">http://www.mtb-amputee.com/index.htm</a>
Amputee and Disability Resource Directory inc.	
Phantom Pain Support Group, Humor, Stories, News and more for the active or new amputee	<a href="http://www.amputee.ca">http://www.amputee.ca</a>
The Global Resource for Orthotics and Prosthetics Information	<a href="http://www.oandp.com">http://www.oandp.com</a>

## Links for Veterans

Department of Veterans Affairs	<a href="http://www.va.gov">http://www.va.gov</a>
Disabled American Veterans	<a href="http://www.dav.org">http://www.dav.org</a>
VA Rehabilitation Research & Development Service	<a href="http://www.vard.org/rehab.htm">http://www.vard.org/rehab.htm</a>
Walter Reed Health Care System: Walter Reed Army Medical Center	<a href="http://www.wramc.amedd.army.mil">http://www.wramc.amedd.army.mil</a>

## UEA Language

UEA	Upper Extremity Amputee
Residual Limb	Extremity Remaining After Amputation
Dis articulate	Amputate or separate at a joint
LAE/RAE	Left Above Elbow/Right Above Elbow
LBE/RBE	Left Below Elbow/Right Below Elbow
BBE/BAE	Bi-Lateral Below Elbow/Bi-Lateral Above Elbow
LWD/RWD	Left Wrist Dis articulate/Right Wrist Dis articulate
LED/RED	Left Elbow Dis articulate/Right Elbow Dis articulate
LSD/RSD	Left Shoulder Dis articulate/Right Shoulder Dis articulate
Socket	part of the prosthesis where the residual limb fits
Cable	connects terminal device and harness. A separate cable connects elbow joint lock to harness
Electrode	contact (on myoelectric prosthesis) located inside the socket which detects muscle activity to open and close the terminal device
Harness	straps which cross the back and shoulder, attaching to the cable and elbow lock. Used to open and close terminal device and lock/unlock elbow
Prosthesis	a device to replace the missing portion of arm
Prosthetist	person who designs prosthesis
Terminal device (TD)	a hand, hook, or specialty device attached to the wrist unit of the prosthesis
Wrist unit	attaches the terminal device to the socket

**UEA-Life.com** is looking for writers!

*If your spouse, significant other, brother, sister or any family member (or even your friends) are interested in contributing please use the contact information below.*

*Your article about coping with someone's loss may just change someone's life!*

If you would like to become a guest columnist in **UEA-Life.com** use the link below.

The message text should include your name as well as the topic you wish to write about.

<mailto:uea-life@uea-life.com>

## Parting Thoughts

Here we are again! Thanks for being here. I hope you've enjoyed the latest issue. Also I want to thank you for the opportunity to vent a little in this issue about the events going on in my life right now.

I feel this issue contained a lot of useful information for everyone not just UEAs. We all need to keep our priorities in focus in order to keep our lives on track to what we want.

I took the picture on the front cover while taking one of my many walks in a local park system. Since its springtime, here in N.E. Ohio, I thought the new life of the tree was a pretty fair representation of the new chapter unfolding in my life, as well. I hope you forgive my personal indulges in this issue. Writing is very good for one's soul. The chance to put your feelings to paper is something that shouldn't be passed up!

We did learn a little about some of the products aimed at making cooking a little more enjoyable (easier?) for a UEA. So I guess the entire issue wasn't a rant by me!

We also received some very good advice about being honest in our relationships.

I hope you enjoyed this issue and I look forward to our next meeting. Please forward this issue (or the link to <http://www.uea-life.com>) to anyone you feel may benefit from reading this publication.

Please send any comments on this issue to: <mailto:comment@uea-life.com>. I welcome your comments or suggestions.

The publication schedule is quarterly; the next issue will be July 1, 2008

**Thanks for reading UEA-Life.com**

### Just for Fun

"What time does the library open?" the man on the phone asked.

"Nine A.M." came the reply. "And what's the idea of calling me at home in the middle of the night to ask a question like that?"

"Not until nine A.M.?" the man asked in a disappointed voice.

"No, not till nine A.M.!" the librarian said. "Why do you want to get in before nine A.M.?"

"Who said I wanted to get in?" the man sighed sadly. "I want to get out."