

Roulet Law Firm, P.A.

Protecting What Matters Most to You

www.RouletLaw.com

(763) 420-5087

Chuck@Rouletlaw.com

Will you measure your life by paychecks?

Harvard professor Clayton Christensen has co-written a new book that asks, *How Will You Measure Your Life?* He applies his business-school theories to individuals and says that, in the end, relationships often are some of the biggest contributors to happiness.

Drawing on his business research and using examples from his own experiences, he explains how high achievers all too often fall into traps that lead to unhappiness. He offers a series of guidelines for finding meaning and he addresses these questions:

- * How can I be sure I'll find satisfaction in my career?
- * How can I be sure that my personal relationships become enduring sources of happiness?
- * How can I avoid compromising my integrity (and stay out of jail)?

Using lessons from the world's greatest leaders, he provides insights.

In an interview with CNNMoney.com, Christensen was asked how a person should be measuring his or her career. He replied, in part:

"You want to be in a job where you're motivated. That means you've got an engine inside of you that drives you to keep working to feel successful and to help the organization be successful. Examples of motivating thoughts: I have the opportunity to achieve important things. I get recognized for my achievements. I learn ways to be better. I'm an important part of a team."

When asked what mistake people make when thinking about being happy at work,

he said, "They don't watch for opportunities that inadvertently arise. They should be open to them."

The book is full of inspiration and wisdom that will help students, professionals and parents achieve fulfillment.

How Will You Measure Your Life? by Clayton M. Christensen, James Allworth, and Karen Dillon.



What's New With Me and My Own

This has been the week of milestones in our family. On Friday, our daughter Katie had her first Taekwondo level testing and received her yellow belt. At testing ceremonies, everyone attempts to break a board. Katie was nervous, so my wife bought her some balsa wood to practice on. We were pretty surprised to see that the wood used in the testing ceremony was actually 1/2" thick pine. Katie blasted through it though and said afterward, "You know, I ended up breaking more than the board. I didn't think I could do it, so I broke through that belief as well."

Our other daughter, Brooke, also celebrated a milestone of her own—wiggling out her very first tooth. She was very excited and has already started working on tooth #2.

We are enjoying getting ready for the holidays and are glad to see that there has been a temporary warm shift in the weather, so we still have a chance to get the outside decorations up before it gets too cold. Wishing you and yours a joyful holiday season!



Chuck Roulet,
Roulet Law Firm

High Blood Pressure Facts

CDC Director Thomas Frieden has labeled high blood pressure "public health enemy No. 2." It's right behind tobacco.

High blood pressure is defined as a reading greater or equal to 140/90. Normal blood pressure is 120/80.

Moderately high blood pressure is 120 to 139 over 80 to 89.

In hypertension, blood flows through our arteries with too much force. It stretches arteries past their healthy limit, causing microscopic tears, according to the American Heart Association.

When these tears heal, scar tissue can form. Arterial plaque can accumulate around the scar tissue, leading to blood clots, according to the AHA.

Hypertension is a major risk factor for heart disease and stroke, the first and fourth leading causes of death in the United States. It contributes to more than 1,000 deaths every day.

About 36 million people have uncontrolled high blood pressure. In many cases, high blood pressure has no symptoms, which could be why more than half of the 67 million Americans who have hypertension do not have it under control.

According to the Mayo Clinic, several strategies can help lower blood pressure levels naturally, including:

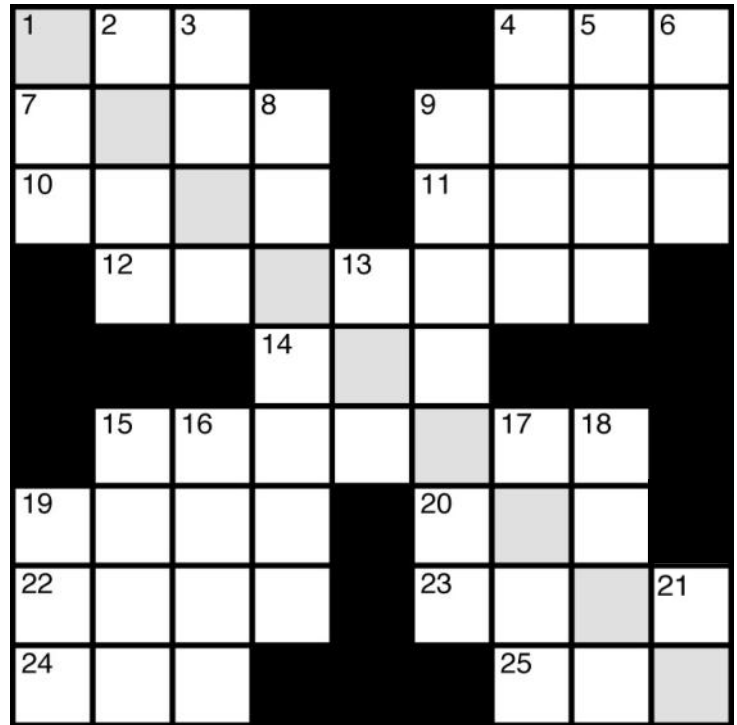
- 1) Losing excess weight
- 2) Exercising regularly
- 3) Reducing salt intake
- 4) Reducing stress
- 5) Avoiding tobacco exposure

According to the Center for Disease Control, nearly 1 out of every 3 adult Americans has high blood pressure.

Long distance message

Across

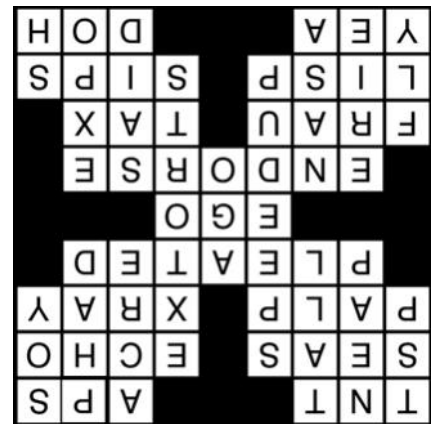
1. Dynamite
4. Society founded by Benjamin Franklin, acronym for American Philosophical Society)
7. Adriatic and Arabian
9. Sound bouncing back
10. Used by insect to touch or taste
11. Like Superman's vision
12. Type of skirt
14. "I" problem
15. Publicly support
19. Mrs. in Germany
20. Income, sales, or estate
22. Missing front tooth speech characteristic
23. Drinks a little at a time
24. Opposite "nay"
25. Homer Simpson phrase



Down

1. Kitchen measurement, abbrev.
2. Half-moon tide
3. Farfetched tale
4. Unit of land
5. ___ thai (alt spelling)
6. Asian sauce
8. Accelerate
9. Obtains through intimidation
13. Long ___ & far away
15. Canal name
16. Sends people into space
17. Informed verbally
18. Exhibition game
19. Type of fishing
21. "Be quiet"

NOTE: The title is a clue to the word in the shaded diagonal.



The stock market is not into Mondays either

Mondays can be a grind—both for those wishing for one more free day as well as for the stock market.

There is no other day when stock prices are more likely to drop than Monday, according to Associated Press expert Christina Rexrode, who explains that there's nothing simple about Monday blues.

Among possible causes of gloomy Monday stocks:

* The grouch factor. The Vix index is often referred to as the fear index and on Monday, it goes up.

* Bad news factor. Companies with bad

news tend to tell it on Friday. Investors have all weekend to think about it and act on Monday.

* Mirage factor. Mondays may just seem to be bad, but that could be just a false pattern that only appears correct.

According to a Washington Times article, Mondays have a long history of being a tough day for the stock market. The article states that Howard Silverblatt, senior index analyst for S&P Dow Jones Indices, reviewed numbers for the Standard & Poor's 500 stock index back to 1928 and found that the past 84 years, the S&P has declined on 52 percent of the Mondays.

How to speak so you are less likely to be interrupted

Chances are someone has rudely interrupted you in the last 24 hours. Cutting people off and talking over them has become more common in our impatient, instant gratification world.

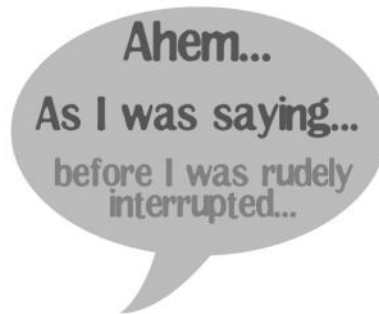
It's frustrating to be cut off by someone who does not respect what you have to say. Whether or not the person is a habitual interrupter or just has an important point to add, there are techniques that can help.

* Advisors quoted on CBS News recommend that before starting, speak up and explain that you'll need to finish without interruption, because there are several aspects to the matter that you need to address.

* Lower your voice slightly, but speak confidently and at an even pace. Keep talking, because if you hesitate or stop, you may be interrupted.

* Speak clearly and get to the point, but avoid talking so fast that people can't digest what you are saying.

* At a meeting, make sure to give others a chance to speak. Otherwise people will interrupt you because they think it's the only way they can be heard.



Brutal Brutus?

Weather Channel to name blizzards

The new naming system will use Greek and Roman names. The first three are Athena, Brutus and Caesar. The names will always be used in alphabetical order.

Storm naming will occur no more than three days before a winter storm's expected impact. The most important factors will be expected snowfall, ice accumulations and wind speed, say analysts writing in USA Today.

To avoid confusion, none of the winter storm names has been on any list produced by the hurricane center.

The National Weather Service has announced that it will not be referring to winter storms by the names employed by the Weather Channel.

Winter storms in the United States have acquired names through pop culture, such as Snomageddon and Snotober.

The concept of naming storms was used in the late 1880s by Australian forecaster Clement Wragge. He named some hurricanes after politicians he didn't like, and took pleasure in stating that they "were causing great distress" or "wandering aimlessly in the Pacific," according to History.com.

Legal Corner

What if Pets Outlive their Owners?

According to the Animal Law section of the Minnesota State Bar, it is estimated that a dog is euthanized every 72 seconds in the United States because of the death or incapacity of the owner. According to Sara Amundson of the Humane Society Legislative Fund, as many as 25% of pet owners have provided for their pets in their wills or trusts to help make sure their pet will always be cared for.

In Minnesota, a will is generally not the best way to provide for your pet, because Minnesota is one of only four states that does not have laws in place to protect pets who are remembered in their owners' wills. That means that if you state in your will that your pets should go to the guardian of your choice, along with \$1,000 to help pay for your pet, the courts cannot make sure that your wishes will be fully carried out.

Even if your will reflects your intentions to provide for your pet, if the chosen guardian for your pet is no longer available to take care of your pet, the guardian could still end up with the

\$1,000 and your pet could end up at the Humane Society.

At Roulet Law firm, we can provide you with several options to help your pet stay in good hands if you were ever not able to take care of your pet.

You can also consider programs like Animal Ark's "Continuing Care" program as part of your estate planning. This program was created to guarantee a home for a pet after the owner's death. Pets enrolled in this program can stay at Animal Ark, or at one of their foster homes, until a new, permanent home can be found for them.

If you are interested in a free consultation to learn about estate planning options, including provisions for the care of pets, feel free to call us at (763) 420-5087 or e-mail Chuck@RouletLaw.com.

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3	4	5	6	7	8 Hanukkah begins
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26	27	28	29
30	31 					