



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **October 15, 2021**

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Most folks are as happy as they make up their minds to be.

- Abraham Lincoln

Not Medically Necessary?

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Not Medically Necessary? ⋮

The Assistant Chief's Desk

Are you happy? The writers of the Declaration of Independence thought that happiness was fairly important when they wrote: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." It was from this statement that the foundations of democracy were formed in the United States of America and elsewhere in the world. The challenge is that there is no blueprint or map for this pursuit. So, what is happiness and how is it pursued?

The word happy is built upon the root *hap* which means "luck" or "chance". You take this same root and put it to another ending, haphazard, and you have a word that means that bad things happen by chance. The root meaning of happiness then becomes "favored by chance". An emotion that is dictated by circumstance that is out of our control. Were the writers of the Declaration of Independence referencing an ideal that was built upon luck? I don't expect that they were. I believe the perception of happiness has changed since 1776. I believe that the framers of the Declaration of Independence would have viewed happiness as something more aligned with the feeling of self-worth and dignity acquired from pursuing purpose rather than the pursuit of self-gratification. I could certainly be wrong; however, I don't think they could have envisioned our post-modern society that views happiness through the lens of self-gratification and the pursuit of "more". More money, more power, more pleasure. Furthermore, happiness is viewed as living "the good life" while seeking pleasure, relaxation and material goods. The danger in our current view of happiness is that it cannot be fulfilled through the consumption of material goods; however, that hasn't stopped advertisers from promoting the next best thing. Having enough has become a moving target and delayed gratification is a concept lost through entitlement. Why wait until tomorrow when you can have it today and pay for it later. This concept is embraced not only by individuals but by cities, states, and nations.

Would you know what enough looked like. John D. Rockefeller was asked, how much money is enough, to which he replied "just a little bit more." At the peak of his wealth, Rockefeller had a net worth of about 1% of the entire US economy. He owned 90% of all the oil & gas industry at that time. Bill Gates and Warren Buffett look like paupers in comparison to Rockefeller, yet he still wanted more. Rockefeller became a slave to pursuing more, to which he was never satisfied. His self-worth was wrapped up in his net worth. Enough is not a destination but an attitude.

Rather than trying to find happiness, I would encourage you to pursue joy. To pursue a joy that is contagious to those that are around you. Joy that is rooted in the heart and oriented towards contentment, confidence, and hope. We cannot change some of the circumstances in our life; however, we can change the orientation of our attitude toward our circumstances. Last week we had a guest speaker, Colin Field who spoke about his experience serving in the Navy SEAL Teams for 14 years. He felt

Upcoming Events:

Oct 19: Speaking at Recruit Academy
Oct 20: PVEDF Meeting
Oct 21: Prescott Valley town Council Meeting

Board Meetings:

March 25 Administration
CAFMA – 1700-1830

that his purpose was to be a warrior and he expected to die while serving. When this didn't happen, he lost sight of what his purpose was when he left the military. He pursued things that he felt would satisfy him; however, they only lead him into a pit of despair. What lead him out was finding a sense of purpose beyond the military. When he was in the military serving at the highest level he didn't see any other purpose. He now views those experiences as qualifying him for what he does now. The change in his heart has also changed his perspective in a number of areas. Where he saw misfortune in the past, he now sees hope and opportunity.

I would contend that the pursuit of happiness is a journey, not a destination. Life has been described as vaporous, here today, gone tomorrow. Find enjoyment in today so you do not lose tomorrow. Work hard this week and search for the good in all that you do. Spread joy with a heart that is oriented toward contentment and hope. Do this in your conversations and your attitude whether at work or at home because while misery loves company, joy is contagious. Have a great week.