

## HOW MEMORIAL DAY HELPED HEAL OUR NATION



Many towns lay claim to being the birthplace of Memorial Day, the day we remember those who have died in war.

Right after the Civil War, local civic groups in a number of communities held a "decoration day" where they went out and placed flowers and wreaths on the graves of fallen soldiers.

Generally, these groups were concerned with honoring one side or the other—their own Confederate or Union dead.

So it was significant that when General James Garfield presided over the first official Memorial Day (then called Decoration Day) in 1868 at Arlington National Cemetery, the 5,000 participants decorated the graves of 20,000 Union *and* Confederate soldiers.<sup>1</sup>

When these men fell in battle, they were mortal enemies, fighting for very different causes. More than a few of them had likely shot at each other. Unlike other war-related observances, the veterans groups planning this first official day of remembrance chose to observe it on May 30, a day with no significant battle.<sup>2</sup>

Normally, war memorials are built by the victors to honor their triumph. But in the years after the War Between the States all dead were honored, giving a chance for the long process of healing to begin.

Professor Gregory Bucher notes that this is a lesson we learned from the Romans, who had ample experience with civil war.

He writes that when Augustus inherited an empire socially and economically devastated by the wars ending with Antony and Cleopatra, he built a great public plaza, the Forum of Augustus, in an attempt to foster national unity. Besides directly glorifying him, it had statue galleries of civic saints, the "greatest men," whose lives had led up to his in a crescendo.

In this gallery he purposefully included statues of men like Marius and Sulla. Bucher writes that these long-dead generals were "at least as hard as Nathan Bedford Forrest." And possibly worse. They had killed their enemies in cold blood as they tried to bring down the Republic.<sup>3</sup>

Bucher's point is that the Roman public was well aware of what these men had done and so August was not trying to reintroduce them as "saints." They were included because they were great men who, for better or worse, were part of Rome's heritage.

As we approach our own observance of Memorial Day, it does not require us to glorify or sanitize the horrors of war, or even confer sainthood on the soldiers killed in battle. But simply to remember those that gave what Lincoln described as "the last full measure of devotion."

General Garfield's words on Memorial Day's first official observance in 1868 makes this clear: "We do not know one promise these men made, one pledge they gave, one word they spoke; but we *do* know they summed up and perfected, by one supreme act, the highest virtues of men and citizens. For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and their virtue."

Enjoy your Memorial Day and remember the price that was paid for freedom.

Have a great weekend!

Source: Efficient Advisors

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## Golf Tip of the Week



### Should I Slow Down My Swing Speed?

It's the beginner's quandary: a powerful, lightning-fast swing will send the ball farther down the fairway and closer to the green, right? Probably not. While there are exceptions to the rule,

those 100 mph swings usually send the ball to another fairway, to the rough, or dribbling 10 feet in front of the tee. Except maybe on a PGA Tour.

While the notion is counterintuitive, those slow, focused swings generally produce the best results.

Here is what the top golfers and coaches think about golf swing speeds:

- Golf legend Jack Nicklaus creates a mental image of his hands and arms moving in slow motion during his swing.
- Instructor Butch Harmon says golfers will make better ball contact with controlled swings and a full shoulder turn. He adds that players should concentrate on restricting their speed to 75% of their capability.
- PGA winner Nick Price says golfers should focus on developing a fluid swing and completing their backswings.
- On the other side of the slow-swing school, golf legend Arnold Palmer said players shouldn't apply the swing brakes too hard.

Tip adapted from Golfweek<sup>1</sup>

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## Recipe of the Week



### Classic Jelly Donuts

Yields 15

#### Ingredients:

$\frac{3}{4}$  cup whole milk  
1 $\frac{1}{4}$ -ounce package of active dry yeast (2 $\frac{1}{4}$  teaspoons)  
 $\frac{1}{4}$  cup granulated sugar  
2 large eggs  
2 tablespoons unsalted butter, at room temperature, cut into small pieces  
1 teaspoon kosher salt  
1 teaspoon lemon zest  
3 cups all-purpose flour, plus more for work surface

2 quarts (64 ounces) canola oil, plus more for greasing  
1 cup confectioners' sugar  
2 cups raspberry or strawberry jam

**Directions:**

1. Microwave the milk in a small bowl until it is 100°-110°F (warm to the touch). Stir yeast and sugar into the bowl. Set it aside for about 5 minutes until it is frothy.
2. Pour the mixture into a large bowl with an electric stand mixer. Mix eggs and beat gently by hand. Mix in butter and salt. It's OK for lumps of butter to remain in the mix.
3. Stir in lemon zest and half of the flour to form dough. Slowly pour in the rest of the flour. Use an electric mixer with a dough hook. Knead the mix on the lowest speed for 5 minutes. Dough will remain sticky.
4. Put the mix in a lightly oiled large bowl. Cover the bowl with a damp towel. Set the mix aside at room temperature to allow it to double in size, 1-1½ hours, or overnight in the refrigerator.
5. Turn dough on lightly floured work surface. Sprinkle flour on top. Roll and press until mix is ½-inch thick. Use floured 2½-inch round cutter to cut out dough and place on lightly oiled large baking sheet.
6. Collect scraps and form a ball. Repeat the process of rolling and cutting. Cover with a damp towel and let rise until it is puffed, 30 minutes.
7. At the same time, put a cooling rack over another baking sheet. Heat the oil in a large, deep saucepan to 350°F with deep-fry thermometer.
8. Carefully place 3-4 donuts at a time in hot oil, cooking until the donuts are golden brown, about 1 minute per side.
9. Using a large, slotted spoon, move donuts to cooking rack to cool. Put donuts in a bowl with confectioners' sugar to coat.
10. Fill piping bag with jam. The bag should be fitted with ½-inch round tip. Cut a narrow slit in the donuts for filling with jelly. Fill donuts.

Recipe adapted from Good Housekeeping<sup>ii</sup>

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## Health Tip of the Week



### How Can You Lower Your Risk of Falling?

About a quarter of older adults fall every year, according to the U.S. Department of Health and Human Services.

Falling sometimes leads to broken bones, limited mobility, and other health problems, especially for people 65 and older.

Here are 5 tips to help prevent falling:

1. Discuss with your doctor ways to prevent falling.
2. Perform exercises that improve your balance and strengthen your legs.
3. Review your medications with your doctor or pharmacist. (Some drugs can cause dizziness or sleepiness.)
4. Get an eye exam every 1-2 years.
5. Install safety features in your home, such as bathroom grab bars and stair railings.

Material adapted from Office of Disease Prevention and Health Promotion<sup>iii</sup>

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Sources:

1. <http://www.pbs.org/national-memorial-day-concert/memorial-day/history/>
2. <https://www.history.com/topics/holidays/memorial-day-history>
3. <https://www.nationalreview.com/2017/08/american-civil-war-monuments-historical-preservation-roman-statues-civil-war-caesar-augustus-forum/>

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<sup>i</sup> <http://golftips.golfweek.com/better-slow-down-swing-speed-golf-20010.html>

<sup>ii</sup> <https://www.goodhousekeeping.com/food-recipes/a48180/classic-jelly-donuts-recipe/>

<sup>iii</sup> <https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/safety/lower-your-risk-of-falling>