

Freedom Wealth Newsletter: FEB 2021

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FREEDOM
WEALTH SERVICES

TRY THESE SCIENTIFIC PRINCIPLES FOR CAREER ENHANCEMENT

The keys to a successful career may lie in science, according to the Glassdoor website. Here are some tested tips that can help you get ahead no matter where you work or what your role is:

- **Walk with confidence.** Studies show that your posture and the way you carry your body can have a positive impact.
- Taller people appear to have the edge, but because you can't add a few inches to your height, make an effort to stand upright and avoid slouching.
- Leaning back in your chair can also make you appear more powerful.
- **Think positively.** An optimistic mindset can make you more productive and influential at work.
- Try keeping a "gratitude journal" that records what you're grateful for in life and take a few minutes every day to focus on positive events no matter how bad your day was.
- **Develop a team mindset.** Work is often a competition, but don't let that guide your every move.

- Make an effort to support others around you.

Learn how to work as part of a team. You'll be more productive and successful than you would be on your own.

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CANADIANS WELCOME IMMIGRANTS

Thinking of moving to Canada? You might be greeted with open arms. According to a study by the Environics Institute, reported on the Yorktown This Week website, Canadians, by a five-to-one margin, believe that immigration makes their country better.

Two-thirds of Canadians reject the premise that immigration levels are too high, and a majority believe Canada needs more immigrants to increase its population—a significant change from sentiments in the 1980s and 1990s.

Today, 84% agree that immigration has a positive impact on the Canadian economy, and 35% strongly favor the country encouraging skilled immigrants who are denied entry to the United States to come to Canada instead (along with 36% who somewhat favor it).

THOUGHTS OF THE MONTH...

“It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving.”

- *Mother Teresa*

“A good criterion for measuring success in life is the number of people you have made happy.”

- *Robert J Lumsden*

Did You Know?

- Snakes can't bite in rivers or swamps (they would drown otherwise)
- A blue whale can go up to 6 months without eating
- Pelicans consume around a 1/3 of its body weight in a single meal
- Gorillas can't swim
- House cats have 18 claws
- Giraffes can't cough
- The Giant Pacific Octopus can squeeze its entire body through a hole the size of its beak
- Deers don't like hay
- Shrimp are all born male but slowly grow into females
- The average elephant produces 22kg (50 pounds) of dung each day

There are more than 50 different kinds of kangaroos

Thanks www.did-you-knows.com p26-27

HEALTH IN THE NEWS

Check for These Warning Signs of Hearing Loss

Men are at greatest risk of noise-induced hearing loss (NIHL), according to a study of more than 5,000 people conducted by the University of California-Irvine Medical Center. The likely cause: greater recreational and occupational exposure to noise, along with higher rates of military service. But men and women suffer equally when their hearing deteriorates.

Pay attention to these symptoms of NIHL so you can seek treatment before too much damage is done:

- Sounds seem muffled to you.
- Ringing in the ears.
- Sensation of pressure in your ears.
- Others complain more frequently that your TV or music is too loud.
- People feel you're not paying attention to them.
- Background noise makes understanding speech difficult.
- You hear better with one ear than the other while speaking on the phone.
- You have frequent earaches or ear infections.

Because hearing loss happens gradually over time, many people don't realize they're experiencing it. See a doctor and get your hearing tested if you have any of the warning signs listed above.

Protect Your Health When Work Reopens

Offices may be reopening, but safety is as important as ever.

The Today website reminds workers to take these basic precautions:

- **Transit.** If you use public transportation to get to work, try to use it during off hours when it's less crowded. Sit or stand as far as possible from fellow commuters.
- **Elevators.** Don't crowd into an elevator with two or more people. Wait for the next one or take the stairs.
- **Workspace.** Make a habit of disinfecting your area as soon as you get to work. Wipe down your desk, phone, keyboard, mouse, drawers, and other high-touch objects.
- **Masks.** Wear a face mask whenever you leave your work area. If you work in a shared space environment, keep it on all the time.
- **Hands.** Wash your hands use or use sanitizer immediately after touching doorknobs or any other communal surfaces.
- **Meetings.** Even if you're all in the same office, hold meetings virtually. Virtual meetings remain safer for everyone.
- **Social distancing.** Stay six feet away from other people as much as possible at work.
- **Break rooms.** Avoid these as much as possible. Eat lunch at your desk, or outside as soon as it gets warmer.

MONTHLY QUIZ

1. Which video game company originally brought Pac-Man to home consoles?
2. Tacos are an increasingly popular fast food that originated in which country?
3. At what wind speed does a Tropical Storm turn into a Hurricane?

QUIZ ANSWERS

1. Atari
2. Mexico
3. 74 miles per hour

HAPPY
Valentine's
Day

TIME FOR SPRING? OR MORE WINTER? ASK THE GROUNDHOG

How did the Groundhog's Day tradition start?

Many historians believe that it's related to Candlemas Day, a medieval Christian celebration that falls on Feb. 2. An old sailor's saying from English lore states:

If Candlemas Day is clear and bright,
winter will have another bite.

If Candlemas Day brings cloud and rain,
winter is gone and will not come again.

Another possible source for the belief may be that the first official day of spring in the Northern Hemisphere's western lands comes almost seven weeks after Feb. 2, while under the early Julian calendar, the spring equinox fell on March 16—exactly six weeks after Feb. 2.

Groundhog Day may reflect the confusion created by dueling calendars.

DOGS PROCESS SPEECH LIKE YOUNG CHILDREN

Dogs understand words at the level of a 14-month-old child, a recent study has found. According to the Science Focus website, scientists in Budapest studied brain activity in dogs using electroencephalography, playing recordings of words the dogs knew, along with similar-sounding words and nonsense words that sounded completely different.

The brain readings showed that the dogs could distinguish between words they knew and the nonsense words, but their brains didn't differentiate between familiar words and similar-sounding words—"sit" and "sut," for example. Dogs, like very young humans, don't pay attention to all the sounds of a word. In children, this short attention span disappears as they learn to process different words and expand their vocabulary, at 14 – 20 months of age. Dogs, however, never progress beyond this point, and learn only about 165 words during their lifetimes.

Crispy Baked Orange Chicken Wings

Ditch the deep fryer in favor this quick and easy recipe for game day.

- Crispy Baked Orange Chicken Wings
- 2 1/2 lbs. chicken wings, tips removed, drumettes and flats separated
- 1 Tablespoon vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- FOR THE SAUCE:
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 2 1/2 teaspoons crushed red pepper flakes
- 3/4 cup orange marmalade
- 1/4 cup hoisin sauce

Preheat oven to 400°F.

Rinse wings and drumettes and pat dry. Transfer to a large bowl and toss with oil, salt, and pepper. Position wings on baking racks in a single layer.

Bake, rotating pan half-way through, 45 to 50 minutes. Remove wings from oven and transfer to a large bowl.

Add the sesame oil and olive oil to a small sauce-pot over medium-low heat. Add the garlic and ginger and cook, stirring, for about 3 minutes until golden brown. Add the red pepper flakes, orange marmalade, and hoisin sauce, and cook, stirring occasionally, for 5 minutes.

Pour the orange sauce over the wings, tossing to thoroughly coat, and serve immediately.



REFERRAL CORNER I want to thank you for your referrals over the years. We always ask our clients, "If they can just refer us one client per year, it would help us immensely." We are grateful to everyone who's referred someone and we always love to have new people become part of our inner circle of friends and family.