

FREEDOM WEALTH NEWSLETTER: JUNE 2021



FREEDOM
WEALTH SERVICES

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DON'T BE AFRAID TO SHARE YOUR IDEAS

You've got a great idea. It's groundbreaking, unique, and sure to succeed. The smart thing to do is to keep it a secret so no one can steal it before you offer it to a grateful world. Right?

Actually, no. Once you're on the road to success, you may need to protect some of your trade secrets, but when you're just starting out, you need all the help and advice you can get.

Here's why:

- **Your idea isn't really unique.** No matter how brilliant you are, chances are that someone else has had the same idea. And if you haven't heard about it, the reason could be that it didn't work. You need to find out why so you can avoid the same mistakes, and that means opening up about what you're trying to do.
- **The real key is execution.** Ideas don't succeed because they're creative or different. What's important is how well they work— the experience your end user has. The more input and feedback you gather, the better you can meet the needs and expectations of your customers (whoever they are).
- **You can't do everything yourself.** Businesses rarely fail because of a competitor stealing an idea. They're far more likely to crash and burn because their founders didn't know how to manage growth. Once you've got the basic concept down, you'll need talented people to help you get off the ground, and you won't find them unless you're willing to share the details of your plan.

THOUGHTS OF THE MONTH

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." - Buddha

"I believe every human has a finite number of heartbeats. I don't intend to waste any of mine." - Neil Armstrong



A PLAN TO SAVE THE VANISHING TURTLE

Huge leatherback sea turtles, which weigh as much as a compact car and date back to the dinosaur age, migrate thousands of miles across the Pacific Ocean to the coasts of central and south America. According to U.S. News & World Report, scientists were startled by the discovery that the leatherbacks could make such a long journey.

Scientists are worried because the number of leatherbacks off California has dropped 80% in the last 30 years, for a 5.6% annual decline. If it continues, they could disappear off the coast within 30 years. The National Oceanic and Atmospheric Administration has launched an aggressive campaign to save them by reducing the number of eggs taken on beaches and reducing the number of leatherbacks tangled up in nets by commercial fishing.

PROTECT YOUR HARD-EARNED MONEY

You've got some money saved up. Good for you—but your next challenge is to protect it so it's there when you need it. Take these steps, the ABC News website advises:

- **Check your credit reports.** Employers, landlords, and potential lenders can see them, so make sure the information is accurate.
- **Keep personal information safe.** Don't post everything on social media. Be careful when using public Wi-Fi. Use strong passwords that strangers can't guess.
- **Recognize scams.** Scammers will ask you to take action quickly. They know how to make phone calls and email messages appear legit. Don't react impulsively. Don't click any links and check out any claims independently.



MONTHLY QUIZ

In the 1999 Horror movie Lake Placid, which type of animal terrorized the residents of Black Lake, Maine?

Crocodile

Which American architect designed the Guggenheim Museum in New York?

Frank Lloyd Wright

Stockholm is the capital and largest city of what country?

Sweden

HEALTH IN THE NEWS: THREE TIPS FOR A HEALTHY HEART

Keeping your heart in good shape is essential to leading a long and healthy life. The MBG Health website offers this advice for long-term heart health:

- **Eat lots of fruits and vegetables.** Don't think in terms of limiting what you eat. Instead, focus on increasing your consumption of fruits and vegetables. Also, add more protein and fiber with nuts, legumes, and seeds. You don't have to cut out meat entirely, but substitute fish like salmon and tuna for steak and other red meat.
- **Practice meditation.** Ten or 20 minutes of meditation a day can improve your mental health, with positive effects on anxiety, depression, and other issues which can contribute to cardiovascular disorders. Check the internet for tips on how to meditate effectively.
- **Improve your circulation.** Keeping your blood pumping smoothly aids in keeping oxygen flowing throughout your body, which helps you feel energized and mentally alert. Yoga can help. Also, try lying on your back with your legs up against a wall. This reverses the flow of blood, which is especially helpful if you spend a lot of your day standing or sitting.

STAY SAFE IN THE SUMMER HEAT: Summer is upon us. As you get ready to enjoy the warm weather and the great outdoors, be careful not to overdo it. Hot weather can lead to dehydration, heat stroke, and other dangerous conditions. U.S. News & World Report warns of these signs that you may be overheating:

Fatigue | Thirst | Profuse Sweating | Lightheadedness | Cramps | Nausea | Decreased Coordination

You should seek immediate help if you or someone near you starts exhibiting any of these symptoms. Before that happens, though, take these basic precautions:

- Wear loose, lightweight, and light-colored clothing.
- Don't forget a hat.
- Stay hydrated. Women should consume about 2.7 liters of water a day, and men about 3.7 liters.
- Seek shelter from extreme heat.
- Avoid strenuous activity in blazing heat.
- Take a shower or bath, or a quick dip in a pool or lake.
- Use air conditioning when possible, or at least turn on a fan to keep the air circulating.
- Take frequent breaks whether working indoors or outside.



HELP CHILDREN REGAIN SOCIAL SKILLS

Have your children forgotten what it's like to go to school? To play with other kids? Many families isolated themselves to stay healthy, and that takes its toll. To help kids learn or relearn social skills, follow this advice from Hello! Magazine:

- **Let them play outside.** With restrictions easing, it's easier to enjoy the park and playground again. Get your kids outdoors, especially in the summer weather, and encourage them to run and play.
- **Let them take the lead.** Don't tell kids what to do—ask them what they want to do. Letting them choose a game or activity helps them develop self-confidence.
- **Encourage school activities.** Once schools have fully opened again, try to get them involved in after school stuff—band, theater, clubs, and other activities. It may take time, but they'll make friends.
- **Talk about their day.** When they come home from school or an activity, ask them about it. Find out who their friends are. Praise them for trying new things. Offer suggestions, but, more important, actively listen to what they have to tell you. This gives them an opportunity to share their feelings and gives you insight.

DID YOU KNOW? Thanks www.did-you-knows.com p28

- The first parachute jump from plane was in 1918 over France
- The dollar values on the board game Monopoly have been the same since 1935
- The first US coast to coast airplane flight occurred in 1911 and took 49 days
- The first paperback book was printed by Penguin Publishing in 1935
- Before 1863 the postal service in the US was free
- The first taxi service began in New York in 1907
- Pez was invented in 1927
- The elevator was invented in 1850
- The first toothbrush was invented in 1498
- Honey enters your blood stream within 20 minutes of being eaten
- You brain weights 2% of your body weight though uses 20% of all oxygen you breathe and 15% of the body's blood supply

STICKY HONEY SRIRACHA CHICKEN BITES

This quick and tasty recipe is a great mix of sweet and spice that everyone is bound to enjoy!

INGREDIENTS

For the crispy chicken bites:

1 pound boneless and skinless chicken, cut into bite sized pieces
salt and pepper
1/3 cup flour
2 eggs, lightly beaten
1 cup panko breadcrumbs
oil for frying

For the honey sriracha sauce:

3 tablespoons sriracha
3 tablespoons honey
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 clove garlic, grated
1 teaspoon toasted sesame oil

For the crispy chicken bites:

Season the chicken with salt and pepper, dredge it flour, dip in egg and coat with the breadcrumbs. Heat the oil in a large pan over medium-high heat and cook the chicken until golden brown, about 2-3 minutes, before setting aside on paper towels to drain.

For the honey sriracha sauce:

Mix everything and toss with the chicken or drizzle on the chicken or serve it along with the chicken for dipping!



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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.