



The Latest News from Freedom Wealth Services

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Build Your Confidence to Get Ahead

Confidence is essential to a long and successful career. We all have doubts—moments when we're unsure of ourselves—but you can build your self-confidence and thrive in any job with these tips from the Military.com website:

- ◇ **List your successes.** Keep a file of what you've accomplished in life—personally and professionally. This can include letters from supervisors or customers or exceptional performance reviews. Review your list every so often to remind yourself of what you've done so far in your career.
- ◇ **Recruit some allies.** Make friends with people who believe in you. Your co-workers have seen what you can do, so hang around them for support and encouragement. Be sure to provide support of your own to show that you're loyal and trustworthy, and they'll have your back when you need it.
- ◇ **Keep expanding your skills.** Take classes, participate in professional events, and read all you can to learn. Mastering new skills shows you that you're capable of improvement, which can teach you to believe you can overcome any challenge.
- ◇ **Find a mentor.** Someone who can guide you as you progress in your career can be a great source of encouragement. Look for someone doing the kind of work you want to do. Listen to their advice, ask questions, and share your victories. Your success contributes to their success, so they'll be happy to help you along.
- ◇ **Contribute as much as you can.** Helping your co-workers can boost your own morale. Their gratitude will reinforce your belief in yourself and you'll feel a corresponding sense of pride to keep in mind when you're plagued by doubt.

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Health in the News

Start your spring in good health

With spring coming, lots of us are planning a cleanup of our homes and offices. How about some spring cleaning for your health? Follow these tips from the Everyday Health website for cleaning up your health habits as the weather turns warmer:

- ◇ **Get back to fruits and vegetables.** Fresh fruits and veggies start coming into season during the springtime months. Visit your local farmer's market when it reopens and look for organic produce in your grocery store.
- ◇ **Stay hydrated.** As temperatures grow warmer you may be outside more, exercising, running errands, and doing chores. You can easily sweat away moisture from your body without realizing it, so make sure to drink plenty of water throughout the day to ward off the fatigue, headaches, and low energy that can result from dehydration.
- ◇ **Get moving.** Take advantage of the milder weather to get outside and get your blood pumping. Even light exercise can do your body good after a sedentary winter. Take a walk or do some gardening to improve your muscle and bone health.
- ◇ **Enjoy the sun—cautiously.** Sunshine boosts your skin's production of vitamin D, which is good for bone health and increases serotonin levels, which elevates your mood. Just remember to protect your skin from UV radiation by covering up and using sunscreen when you're outside. Safeguard your eyes with sunglasses and hats.

Simple tips for slimming down

You don't have to starve or torture yourself to lose weight. Marie Claire offers this advice for getting in shape with less anguish:

- ◇ **Practice consistency.** Resist the urge to binge on your favorite junk food. Train yourself to consistently moderate what you're eating. It's healthier and you won't feel so deprived.

- ◇ **Enlist support.** A friend or a trainer can help you keep your motivation going for the long haul. They can offer encouragement, advice, and support, and provide a sense of accountability as you focus on healthy habits.
- ◇ **Set goals.** Be ambitious, but also be realistic. Set a target for how many pounds you want to lose by a specific date, and any other health goals you want to accomplish during the year. Post your list where you'll see it every day. Track progress to stay motivated.
- ◇ **Manage your shopping.** Plan your meals for the week and do all your grocery shopping at once. This makes it less likely that you'll pick up snacks and food you don't really need when you run to the store for just one or two items.
- ◇ **Move around more.** You don't have to exercise until you're exhausted every day. Just look for opportunities for a little more physical activity. Get off the bus one stop early for some extra walking time, for example, or take a stroll at lunch. You'll develop habits that will help get your body into better shape.



Referral Corner

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



Got a Cut? Get a Band-Aid

The adhesive bandage is commonplace in medicine cabinets around the world. It was invented in 1921 by Earle Dickson, an employee of Johnson & Johnson. Dickson was concerned for his wife, Josephine, who suffered frequent cuts and burns in the kitchen. They tried to wrap the wounds in gauze and adhesive tape, but the dressing usually fell off in a short time. Dickson tried placing some gauze in the center of a piece of tape and covering the whole thing with crinoline to keep it sterile.

The invention worked so well for his wife that Dickson took some to work to show to his colleagues.

The company owner, James Johnson, caught wind of the idea and ultimately decided the company should manufacture them. Dickson went on to have a successful career at Johnson & Johnson, becoming vice president before his retirement in 1957.

Monthly Quiz

1. Established in 1872, what became the world's first national park?
2. "Dazzle" is a term used for a group of what type of animal?
3. Which Italian sculptor and architect is credited with creating the Baroque style of sculpture?

Did You Know?

The night vision of tigers is 6 times better than humans

Flamingos can live to be up to 80 years old

In Africa more people are killed by crocodiles than lions

Most dinosaurs lived to be more than 100 years old

Out of the 250+ known species of shark, only 18 are known to be dangerous to man

An ostrich can outrun a horse

An ostrich's life span is 40-45 years

Squirrels can climb trees faster than they can run on the ground

Wild cobras can live to be up to 20 years old

The average cow produces 40 glasses of milk a day

A blue whale can weigh as much as 30 elephants and is as long as 3 large tour buses

**Thanks www.did-you-knows.com p. 34*

Recipe of the Month

Shamrock Shakes

After a sip of one of these green shakes, you'll feel lucky!

Ingredients

Base Ingredients

1 3/4 cups vanilla ice cream

1/3 cup milk

1 1/4 teaspoon peppermint extract

8 drops green food coloring

Classic

Whipped cream

Garnish: Cherry, green sprinkles

Chocolate Cookies and Cream

3 crushed chocolate wafer cookies

Whipped cream

Garnish: Crushed cookies

Directions

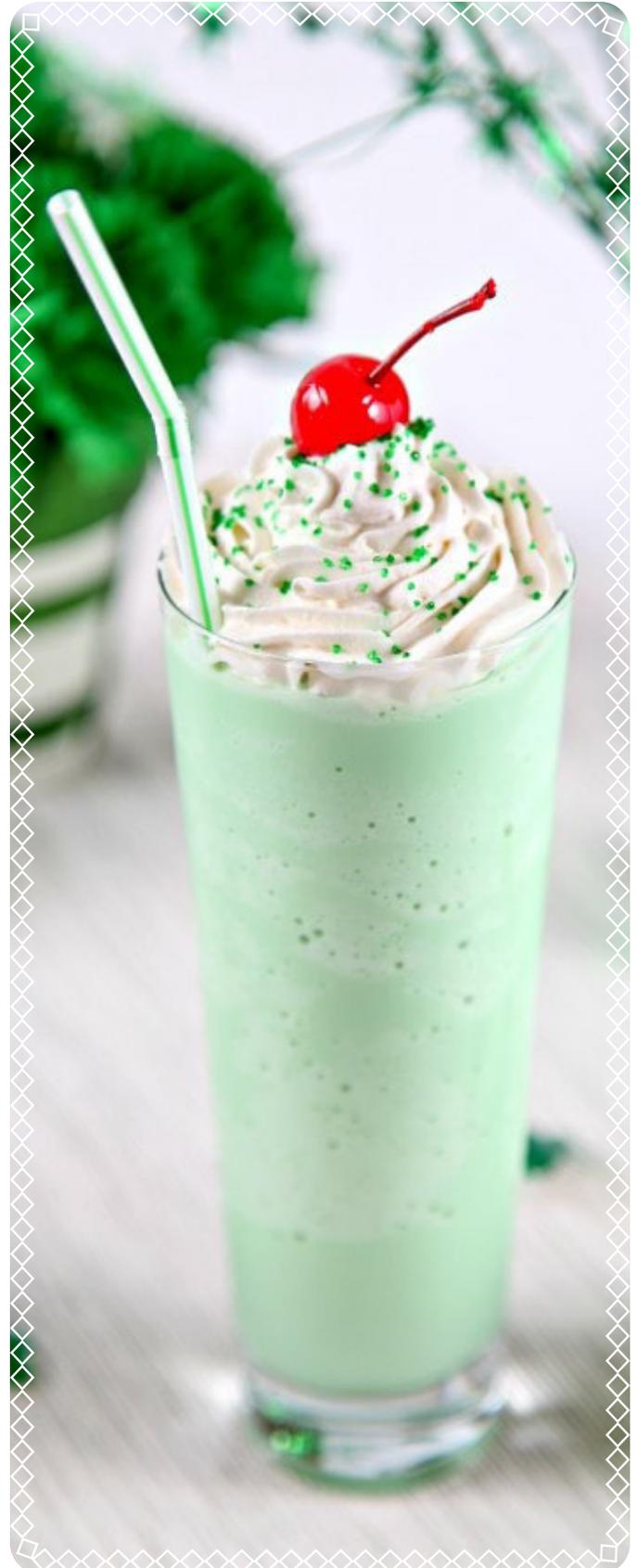
Blend all base ingredients in a blender until smooth and creamy.

Classic

Top with whipped cream and a cherry.
Garnish with sprinkles.

Chocolate Cookies and Cream

Add crushed cookies to the base, and garnish with whipped cream and more crushed cookies.



Follow These Suggestions for a Successful Yard Sale

Do you have too much clutter in your garage or in your closets? With spring coming, it may be time to hold a yard sale to turn your unwanted stuff into a little extra cash. The most successful yard sales take some preparation, so here's a checklist to help you get started:

- ◇ **Advertising.** Make brightly colored signs to advertise your sale, using thick black markers to write your address. Also, use arrows to give directions. Try posting the signs the night before the sale, and don't forget to remove them once the sale is over.
- ◇ **Cash.** Have plenty of coins and small bills on hand so that you can easily make change. Store the money in a fanny pack where it will be readily accessible but not easy to steal.
- ◇ **Pricing.** Use little stickers from office supply stores to place a price on each item. If the object is used, it should be priced around 10-25% of its retail value. If it has never been used or unwrapped, you can ask 50%. But be prepared to haggle.
- ◇ **Merchandising.** To attract attention and visitors, display the most colorful items out front.

Look! Over There! A Leprechaun!

The leprechaun is one of the most popular and enduring symbols of Ireland and St. Patrick's Day. Leprechauns are seen in cartoons, on cereal boxes, and in horror movies. (Trivia: The 1993 movie *Leprechaun* was future "Friends" star Jennifer Aniston's first feature film.)

In Irish folklore, the leprechaun is a little old man, typically dressed in a coat of red or green. As a group they're sneaky and mischievous, and when they're not jealously guarding their gold and treasure, they make shoes. The word "leprechaun" may come from leath bhrogan, shoemaker, although some say it's from the word luacharma'n (pygmy), since they're known as the "wee folk."

If you happen to catch a leprechaun, you may be in luck. Just be careful—he'll promise you anything if you set him free, including all his gold, but leprechauns are famous for their cunning and will likely trick you out of any treasure they offer.

Thoughts of the Month

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

"Start by doing what's necessary; then do what possible; and suddenly you are doing the impossible."

-Francis of Assisi

Quiz Answers

Yellowstone National Park, Zebra,
Gian Lorenzo Bernini

