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Freedom Wealth Newsletter!

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Ditch These Roadblocks to Success

Most career advice tells you what to accumulate—knowledge, people, experience. The Data Driven Investor website cautions you to get rid of these obstacles to a long and productive career:

- **Ambiguity.** Be direct with everyone—employers, clients, employees, partners, customers, and all the rest. Don't let them guess at what you think or what you plan to do. You want people to depend on you, so learn to communicate clearly and remove any potential for confusion and misunderstanding in your messages.
- **Unsolicited advice.** Many people will try to tell you what to do, often with the best of intentions. Be polite, but don't pay attention to any advice that doesn't suit your needs. Seek out people you know for their expertise and ignore those who don't know what you're looking for.
- **Irrelevant experience.** Once you've set a goal, don't get sidetracked by activities that don't contribute to it. When writing a résumé, introducing yourself to important people, bidding for work, or anything else on the way to your objective, zero in on what's relevant to the goal and leave out anything that doesn't directly address it. You want people to know that you're laser-focused on results.
- **Perfect circumstances.** The time will never be completely right to launch a project or make a career move. Train yourself to analyze the factors and take action when you have a reasonable chance of success. Don't wait until it's guaranteed because it never will be.

Help Children Develop Empathy

Empathy is important to a child's emotional development and maturity. The Make It website shares these tactics for teaching empathy to your kids as they grow:

- **Identify emotions.** Talk about the emotions you or your children are feeling: "You're happy!" or "I'm sad" or "Are you upset?"
- **Ask questions.** Questions like "How does that make you feel?" can help children learn that feelings are normal. "How do you think that makes him feel?" starts them on the path to understanding other people's feelings.
- **Share your feelings.** Tell children what you're experiencing so they understand that everyone has feelings.

Explain what's making you feel a certain way to show the connection between actions and emotions: "I'm mad because I hit my knee on the table and it hurts."

Monthly Quiz

1. At the 2020 Oscars, which South Korean film took home four awards including best picture?
2. Who was the guitarist for the British rock band, Cream?
3. Who was the first female Prime Minister of a European country?

Did You Know?

- All pilots on international flights identify themselves in English regardless of their country of origin
- Brontology is the study of thunder
- Diamonds mined in Brazil are much harder than those found in Africa
- Dry ice transforms directly from being a solid to a gas
- Employees of the Vatican pay no income tax
- The first city to mint its own gold coins was Florence, Italy in 1252
- Petrol has no specific freezing point (it can freeze at any temperature between -82 and -115C (-180 and -240F)
- Sound travels 10 times faster through granite than air
- Japanese people don't have middle names
- Some playing cards in India are round
- The average pool cue is 1.4m (4.75ft) long
- The expression to 'knuckle down' originated from playing marbles (players used to put their knuckles to the ground for their best shots)

Health in the News

Prevent injuries as your body ages

As our bodies grow older, the risk of musculoskeletal injuries increases. The NextAvenue website offers these tips for preventing injuries as you inevitably age:

- **Check with your doctor.** Before you start on any exercise program, or if you're just concerned about potential injuries, talk to your primary care doctor, an orthopedist, or a physical therapist. They'll help you decide what kind of physical activity is safe.
- **Practice aerobic exercise.** Aerobic exercises like swimming, brisk walking, jogging, and bicycling improve heart health, blood flow and lung capacity. They also help your body release endorphins, which can improve your mood and general sense of well-being.
- **Manage your weight.** Extra weight is a strain on your heart, knees, hips, and even your fingers.
- **Avoid falls.** Remove tripping hazards like loose rugs. Don't let clutter build up on your floors. Install night lights in hallways and bathrooms so you can walk around safely at night.
- **Check your medications.** Some medicines, including over-the-counter drugs, can make you dizzy or drowsy, increasing the risk of losing your balance and falling. Pay attention to their effect on your body and talk to your doctor to find out what's safe.

Women: Protect yourself from stroke

Stroke is a danger to everyone, but women can face their own risks of suffering it during their lifetimes. Follow this advice from the Sierra News Online website for staying healthy:

- **Watch your blood pressure.** High blood pressure is the top preventable cause of stroke, so keeping blood pressure under control is vital. Have it checked at least twice a year by your doctor.
- **Plan your pregnancy.** High blood pressure, preeclampsia, gestational diabetes, and blood clots during pregnancy all increase stroke risk, both during pregnancy and immediately after.
- **Manage your mental health.** Chronic stress can contribute to high blood pressure and unhealthy decisions, like overeating or drinking too much. Carve out some time to relax every day. Exercise and meditations can help keep your stress levels low.
- **Recognize the warning signs.** Remember the word FAST to respond quickly to a stroke:
- **Face.** Is one side of your face drooping? Do you have difficulty smiling evenly?
- **Arms.** A suddenly weak or numb arm is a symptom of stroke, along with difficulty raising both arms above the head.
- **Speech.** Are you slurring your words? Having trouble speaking or understanding other people? Try to repeat a simple sentence, like "The sky is blue."
- **Time to call 911.** Any of these symptoms means you should get to a hospital immediately, even if they go away. Keep track of the time

Answers to Quiz

1. Parasite
2. Eric Clapton
3. Margaret Thatcher

so you can tell doctors exactly when the symptoms first appeared.

Thoughts of the Month...

"We can change our lives. We can do, have, and be exactly what we wish."

-Tony Robbins

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you."

-Mary Lou Retton

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 our way, and we always love to have new people become part of our inner circle of friends and family.

Quinoa Stuffed Bell Peppers



Loaded with protein, veggies and healthy grains, these stuffed bell peppers will provide a balanced meal.

Ingredients

3 cups cooked quinoa
1 (4-ounce) can green chiles
1 cup corn kernels
1/2 cup canned black beans, drained and rinsed
1/2 cup petite diced tomatoes
1/2 cup shredded pepper jack cheese
1/4 cup crumbled feta cheese
3 tablespoons chopped fresh cilantro leaves
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon chili powder, or more to taste
Kosher salt and freshly ground black pepper, to taste
6 bell peppers, tops cut, stemmed and seeded

Instructions

Preheat oven to 350 degrees F. Line a 9x13 baking dish with parchment paper.

In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt, and pepper, to taste.

Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes.

What to Know About September

It's September! Summer is over, school has started, and the leaves are starting to turn. As we're getting ready for fall and winter, remember these factoids about the ninth month of the year:

September was originally the seventh month, according to the ancient Roman calendar, and that's where it gets its name. It became the ninth month after the calendar changed in 451 B.C.

The Romans associated September with Vulcan, the god of fire, possibly because as the seventh month it was in the middle of the hot summer.

The Anglo-Saxons called September Gerst Monath, which meant "Barley Month," because barley was harvested then. The barley was also brewed as a popular beverage in celebration of the harvest.

Fall begins in the northern hemisphere on the equinox, which falls between Sept. 21–23. In the southern hemisphere, the equinox signifies the beginning of spring.

How Dinosaurs Kept Their Cool

Big dinosaurs had a tough time staying cool, especially in the ultra-hot Cretaceous period 145–65 million years ago. Armored dinosaurs with bony plates pose a puzzle to paleontologists who wonder how they managed to regulate their body temperatures under all that weight.

An article from Scientific American reveals one explanation: Bony, armor-covered ankylosaurs had a series of nasal passages in their skulls that acted like air conditioners, allowing heat to escape their bodies. Scientists at the University of Ohio used advanced scanning and 3-D modeling techniques to examine the skulls of one species of ankylosaurs known as euoplocephalus. They discovered that the ancient creature had a series of corkscrew-shaped nasal passages like a child's crazy straw inside its head. These passages acted like the coils of a modern-day air conditioner, cooling the dinosaur's blood before it reached the brain and caused heat stroke.

Ankylosaur fossils are easy to examine because their skulls are usually well preserved. In other large dinosaurs, like the T-Rex, the answers are harder to find.

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