



Freedom Wealth **NEWSLETTER**

Brought to you by: **Bill Constain, CEO, RFP, RFC**

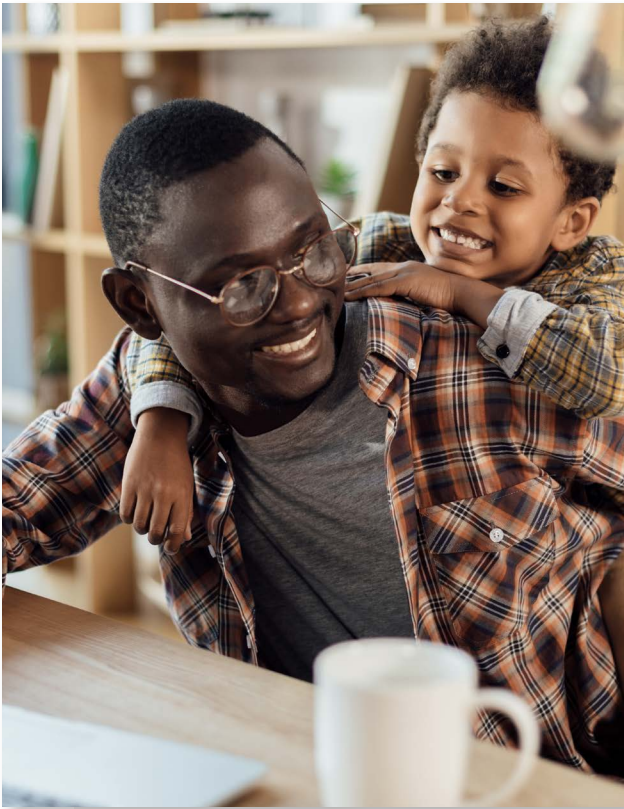
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Find the Work/Life Balance You Need

Work is important, but it shouldn't be your whole life. A reasonable balance can keep you healthy and productive throughout your career. Follow this advice from the Business News Daily website:

- **Be realistic.** Accept that your work/life balance is never going to be perfect. At times, your job will take priority; other times, your family will be your major concern. Putting too much pressure on yourself to achieve 50/50 balance will defeat the purpose of your efforts.
- **Find the right job.** A high-stress job you hate won't contribute to a desirable balance no matter how well it pays. You may not be able to find the perfect job, but look for something that fits your values and preferred lifestyle. You may not make as much money, but you'll be more satisfied in the long run.

- **Make health a priority.** You can't accomplish your personal and professional goals if your health is in question. Eat a healthy diet, exercise regularly, and pay attention to your mental health as well. Meditation, yoga, and therapy can help you maintain an emotional equilibrium.
- **Unplug when necessary.** You don't have to be linked to your job 24/7. Restrain the impulse to check your email after work or when you're on vacation. Let co-workers know when you won't be available unless an emergency strikes.
- **Take vacations.** You need some time away from workplace pressure to recharge and refresh. Take a real vacation, not just a long weekend. Don't worry, the office will still be there when you get back.





The Elephant Rope

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape. The trainer replied, "When they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

Moral of the story: No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

Health in the News

Get swollen feet checked

Edema, a medical term for swelling, could be a minor problem or could foretell a more serious condition.

If you can hardly get your swollen feet back into your shoes after a long airplane flight, but can put them on easily within 24 hours, you're probably OK.

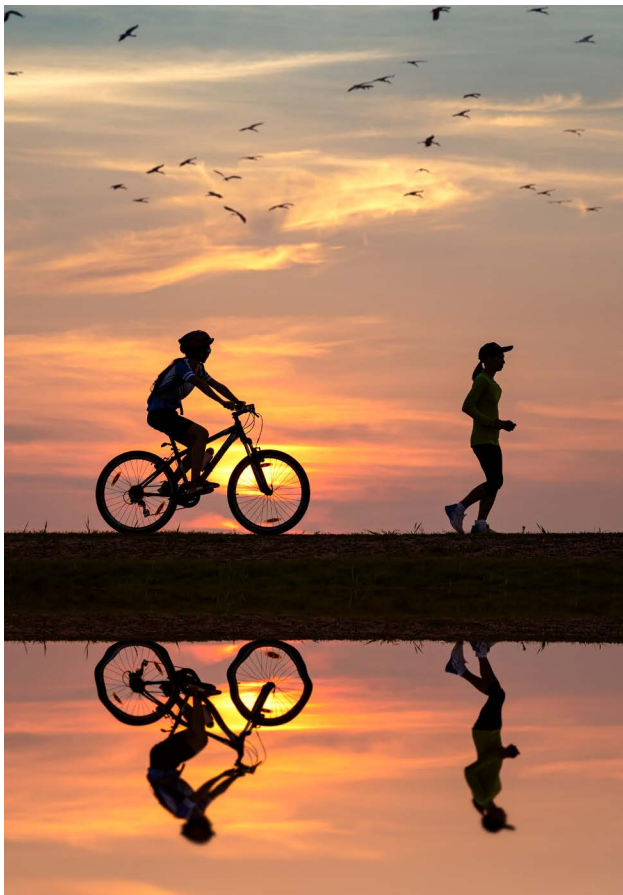
Edema can occur in any part of the body or in the entire body, but it's usually noticed in the legs and feet. There are many causes, both benign and serious.

Just sitting still or standing for a long period of time can cause temporary swelling.

Swelling even could be caused by eating a very salty dinner. But, if your feet and ankles are still swollen days later, it's time to see your doctor.



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Monthly Quiz

Question 1

Who sculpted the famous statue of David?

Question 2

In which country was the first Audi created?

Question 3

What is a group of kittens called?

Answer: Michelangelo, Germany, a kindle.

The cause could be one of these more serious conditions.

- **A blood clot.** This is suspected if swelling occurs only in one leg.
- **Heart failure.** Many things can cause the right side of the heart to weaken, losing its ability to effectively pump blood, which leads to swelling, say doctors at the Mayo Clinic.
- **Liver damage (cirrhosis).** The flow of blood through the liver can get backed up. Swelling caused by liver damage first occurs in the abdomen.
- **Kidney problems.** Damaged kidneys may not properly remove water and sodium from your blood. The result could be swelling throughout the body.

Less-common causes of swelling include other heart problems, thyroid conditions, hormone imbalance, and malnutrition.

Swelling itself can be treated by limiting salt, taking diuretic drugs (water pills), and exercising.

Elevating the affected limb above the level of the heart for about 30 minutes or longer up to three times a day can help. **Whatever the cause, get it checked.**

Grab the Cucumber to Solve Some Common Problems

The humble cucumber can be useful for more than salads. Here are a few creative uses for this common vegetable:

- **Battle the mid-afternoon slump.** Instead of guzzling a Red Bull, try nibbling a cucumber. It contains B vitamins, Vitamin C, calcium, and other nutrients that can perk up your energy level.
- **Prevent a hangover.** With their sugar and electrolytes, cucumbers can replenish nutrients lost after a night of drinking, helping you wake up refreshed and headache-free.
- **Soothe your tired eyes.** Place a slice of cold cucumber over each of your eyes for about 15 minutes. The moisture will cool your skin and allow the blood vessels in your eyes to contract, easing the swelling.

Did You Know?

- The average mature oak tree sheds **over 700,000 leaves in Autumn**
- Onions are **part of the lily family**
- **The primary reason for growing rice in flooded paddies is to drown the weeds** surrounding the young seedlings (rice can grow in well drained areas)
- The softest known mineral is **talc**
- **'Orology'** is the study of mountains
- 20% of China's plants are **used in medicine**
- **2/3 of the world's eggplants** are grown in the US (in New Jersey)
- Humans are the only primates that **don't have pigment in the palms of their hands**
- **It was once illegal** to slam your car door in Switzerland
- Moths have **white blood**
- **The diameter of Jupiter** is 152,800km (88,700 miles)

*Thanks www.did-you-knows.com **p39 and 40**

Thoughts of the Month

"If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl; but whatever you do, you have to keep moving forward."

— **Dr. Martin Luther King Jr.**

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."

— **Dalai Lama**

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.

Cranberry and Pomegranate Bruschetta

This appetizer is seasonal, festive, fabulously delicious, and super easy to put together.



Ingredients

For the cranberry-pomegranate relish:

1 pound fresh or frozen cranberries, washed
2 teaspoons chopped fresh ginger 1 cup sugar
1/4 cup honey
2 teaspoons Sriracha sauce
1/2 cup roughly chopped fresh cilantro
zest from one orange reserve a bit for garnish
3/4-1 cup pomegranate seeds reserve a few for garnish
finely chopped fresh cilantro or parsley for garnish

For the crostini:

1 thin baguette, sliced about 1/4 inch thick
1/2 cup extra virgin olive oil
kosher salt
freshly ground black pepper
8 ounces cream cheese softened

Instructions

Place the cranberries, ginger, sugar, honey and Sriracha in a food processor. Pulse on and off several times till cranberries are coarsely chopped. Add cilantro and pulse a few more times.

Transfer to a storage container and add pomegranate seeds and orange zest. Refrigerate for at least 2 hours or till ready to use.

For the crostini, preheat oven to 350°F. Place baguette slices on pans. Brush lightly with oil. Sprinkle lightly with salt and a grind of pepper. Bake for 14-18 minutes or until golden.

To assemble bruschetta, whisk cream cheese until creamy. Spread about 1/2-1 tablespoon on each crostini. Top with a scoop of the relish. Garnish.



Your Gamer Kid Could Make Skills Pay Off

We usually work to limit our kids' screen time, but what if that time spent on video games could actually earn your teen a college scholarship? It's true: geeks (or are they nerds?) can get sports scholarships, too. In this case, e-sport scholarships.

E-sport is live video game competitions. According to ESPN, varsity collegiate e-sports began in 2014. At that time, Robert Morris University announced a scholarship-sponsored League of Legends team.

Today, there is a national governing body called the National Association of Collegiate Esports (NACE). About 100 varsity programs participate the U.S. and Canada, according to The New York Times. The E-sports executive director said NACE helped to facilitate \$16 million in scholarships during the previous two years.

There's also a pro circuit, where players compete in front of hundreds or thousands of fans. Pro games are broadcast on video channels, including YouTube Gaming, Twitch, and also televised on ESPN and DisneyXD.

Professional gamers can compete for multi-million-dollar prizes.

One Key to Success: Showing Up – On Time

Are you always running late? Maybe you're legitimately busy, but sometimes chronic lateness springs from other factors. The danger is that being late all the time will give you a reputation for being undependable and/or careless. Take better control of your time by considering these psychological causes behind being constantly behind schedule:

- **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- **Control.** Making other people wait for you – instead of the other way around – is one way to keep the reins tight. The problem is important people like customers and your boss don't like it. Remind yourself that other people's time is important, too.
- **Validation.** Being busy can be one measure of success – "Look at all the customers/projects/important tasks I've got to do!" But if you overextend yourself, you'll burn out. Teach yourself to track other metrics that don't overwhelm your day.



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