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# Newsletter!

Brought to you by: Michael Hersman

## Remember These Skills Now and in the Future

Whether you're just starting out in your career or contemplating a change, certain success skills remain timeless. The University of Colorado-Boulder suggests focusing on these essentials:

- **Communication.** Learn to speak and write clearly so you can articulate your thoughts and ideas to co-workers, managers, and customers. At the same time, sharpen your listening skills so you can truly understand what others are telling you.
- **Problem solving.** You'll encounter all sorts of challenges along the way. Learn how to solve problems on your own, or with help from others (don't be afraid to ask!). Ask questions that go to the heart of the problem and be willing to seek innovative solutions.
- **Teamwork.** Few jobs are performed in complete isolation. Get to know the people you work with so you can support them. Be ready to devote all your energy to the goals of the team, not just your own individual needs.
- **Initiative.** Don't wait for other people to tell you what to do. Seek out opportunities to show your talents. Offer ideas that demonstrate your attention to the organization's goals.
- **Adaptability.** Nothing stays the same in this world. Technology advances, markets shift, industries rise and fall, people come and go. To survive and succeed, you've got to be able to cope with change. Stay up to date on what's happening so you can grow and prosper.
- **Leadership.** Volunteer to lead task forces and committees. Share your expertise and mentor others. Help to organize, motivate, and support your co-workers.

## Music Hath Charms for Houseplants

How much do you love your houseplants?

Enough to play music for them?

A British survey reported by The Herald found that almost 50% of plant owners play music for their leafy friends in a variety of genres, from folk to rock to classical and everything in between.

The most popular artist choice? Scottish pop singer Lewis Capaldi, shared by 62% of the survey's 1,150 respondents.

The Korean pop band BTS came in second, with 55%, followed by America's Taylor Swift, at 51%.

Elton John, David Bowie, and Fleetwood Mac also ranked in the Top 10.

## Monthly Quiz

1. Which of the following fruits is known to have meat-tenderizing properties?
2. New York City was originally known by which Dutch Name?
3. Which iconic songstress grew up on a Christmas tree farm?

### Did You Know?

- Moths have no stomach.
- Bees and house flies flap their wings 200 times a second.
- Bees have 4 wings.
- The most eaten fruit in America is the banana.
- The ancient Greeks first grew carrots as a form of medicine and not a food.
- Originally in 1886 Coca Cola was introduced as an 'intellectual beverage' to boost brain power.
- Over a third of all pineapples come from Hawaii.
- The frozen foods were first introduced in the 1920.
- The color of a chile pepper is no indication of its heat (usually the smaller the hotter)
- John Kellogg invented corn flakes.
- 60 cows can produce a ton of milk each day.

\*Thanks [www.did-you-knows.com](http://www.did-you-knows.com) p28

## Health in the News

### *How to Talk to a Sick Friend*

Whether your friend is suffering from cancer, or just a bad cold, you want to be there for him or her. But what should you say to offer real comfort? The Healthline website offers this advice for sharing just the right words:

- **Talk to the person, not the disease.** Your friend or loved one is already dealing with sickness day in and day out. They may need a break. It's OK to ask how they're feeling and what they're doing to take care of themselves, but don't dwell on it. Talk about other subjects.
- **Be sensitive.** Don't pry or press for details. If you're a caretaker, pay attention to the person's moods and preferences. You may have to press for information that the person is reluctant to share for fear of taking up your time, or other reasons, but be respectful of their boundaries.
- **Be patient.** Your friend may not have time to talk right away or may need a few minutes—or hours—to sort through his or her feelings before answering a question or responding to a text. Don't expect an instant response.

### *Keep Your Guard up as Businesses Reopen*

Lockdowns may be easing, and more businesses are reopening, but staying safe is still essential in today's society. The Wall Street Journal offers this advice for avoiding danger as the country tries to return to normal:

- **Commuting.** The safest options for heading to the office are driving alone, walking, or riding your bicycle. Avoid buses and trains if you can. If not, be sure to keep wearing your mask and using plenty of hand sanitizer. Taxicabs or services like Uber or Lyft are somewhat safer than public transit, especially if drivers are wearing masks themselves.
- **Office spaces.** Many employers are planning to bring employees back in small numbers or staggered shifts to keep workplace safe from the dangers of overcrowding. Still, elevators and restrooms pose potential problems. Don't board an already full elevator. Push the button with a tissue or paper towel. Use the restroom only when no one else is present. Avoid air dryers, which can circulate the virus through the air; use paper towels to wash up instead.
- **Restaurants.** Visit restaurants that space tables at least six feet apart, provide hand sanitizer, don't offer unwrapped straws for beverages, and hand out paper menus that are thrown away after every use. Even with adequate table spacing, don't crowd close to your friends. As the weather gets warmer, go back to eating outside when possible.
- **Retail stores.** Keep limiting trips to the grocery store, hardware stores, the liquor store, and other outlets. Some stores restrict the number of shoppers, and others make efforts to keep shoppers apart in aisles and checkout lines. Pay attention to the rules, and, of course, keep wearing your mask.

## Answers to Quiz

1. Pineapples
2. Nieuw Amsterdam
3. Taylor Swift

## Thoughts of the Month...

*"The way I see it, if you want the rainbow, you gotta put up with the rain."*

*-Dolly Parton*

*"If life were predictable it would cease to be life, and be without flavor."*

*-Eleanor Roosevelt*

## 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.

## Bacon Jalapeno Deviled Eggs



Bacon Jalapeno Deviled Eggs are a delicious dish that adds a kick to the traditional Spring, Summer or Easter appetizer. They are easy to make, and everyone will love them.

### **Ingredients**

12 large eggs hard-boiled and peeled  
1 cup mayonnaise  
1 1/2 teaspoon rice vinegar  
3/4 teaspoon dry ground mustard  
1/2 teaspoon sugar  
2 jalapenos seeded and diced  
6 pieces bacon cooked, crisp, and crumbled  
Paprika for garnish

Slice the hard-boiled eggs in half, lengthwise.

Remove the yolks and put them in a mixing bowl.

Mash the egg yolks with a fork.

Add the mayonnaise, rice vinegar, ground mustard, and sugar to the mashed egg yolks and stir until well combined.

Mix in the jalapenos and bacon.

Put the mixture in a Ziploc bag and cut a small hole in the corner of the bag.

Fill each egg hole with the mixture.

Sprinkle with paprika.

Chill until ready to serve.

## From Hare to Eternity: Origins of the Easter Bunny

Next to Santa Claus, the Easter Bunny is probably the most beloved bringer of gifts to small children. This famous symbol of spring was originally associated with Eostre, a German goddess of fertility who was often depicted with a rabbit companion. Both rabbits and eggs, not surprisingly, are considered symbolic of fertility.

The bunny as a symbol of Easter was first mentioned in German writings during the 16th century, and edible bunnies made of pastry and sugar were made in Germany during the 19th century. The Easter Bunny was introduced to American children by German settlers in the Pennsylvania Dutch region in the 1700s.

Children were encouraged to build colorful nests and hide them in their homes. If the children had been good, the Osterhase would leave brightly colored eggs in the nests.

## Happy April Fools' Day!

The April Fools' Day tradition has been around since at least the 15th century (with a possible reference to it appearing in Geoffrey Chaucer's *The Canterbury Tales*), and the question of how it began has been asked almost as long: A letter to the British magazine *Apollo* in 1807 wondered, "Whence proceeds the custom of making April Fools?"

The usual explanation involves the calendar. The Julian calendar began the New Year on March 25, and festivals celebrating it were typically held on April 1. When the world began changing over to the Gregorian calendar, which places New Year's Day on Jan. 1, pranksters sometimes tried to fool their friends and neighbors into thinking that April 1 was still the first day of the year.

In the 18th century, some believed that April Fools' Day dated back to the days of Noah and the flood. A newspaper article published in 1789 suggested that Noah sent the first birds off to look for land too soon, and that he launched them on the first day of the Hebrew month corresponding with April.

Coincidentally, in 1933 a newspaper in Cologne ran a story about the discovery of Noah's Ark by an expedition sponsored by the "Royal Yalevard University" in Massachusetts, led by "Professor Mud" and "Professor Stoneass." The story appeared on April 1; on April 8, the paper admitted the joke, but other publications printed the story as if it was genuine.

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