



# Living & *aging well*

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Times have certainly changed, and so has the way we live out relationships. Technology has been a certain promoter of everything 'self'. Selfies are now a way of expression, and since 2013, accepted by the Oxford Dictionaries as an actual word describing a self-portrait. Entrepreneurs and writers can 'self-market', 'self-publish', and even claim wealth as 'self-made' millionaires. Relationships are now lived through social media and friendships and popularity depend on how many likes and follows one can achieve online. Although most of these changes have been great for the advancement of society and access to information and resources... Is it possible we have lost the ability to relate to others and find common ground and solutions that can benefit an overall community and not just a certain 'self'? I believe that balance and empathy play big roles on how to relate to others without losing your purpose or compromising values. Understanding why someone acts a certain way, provides a relationship a chance to develop despite difference. That does not mean that we need to justify fowl behavior, however when we understand the root motivator, it's easier to relate and choose how to react and process emotions. Take for example children that have been neglected and abused. According to [invisiblechildren.org](http://invisiblechildren.org) over 7 million U.S. children come to the attention of Child Protective Services every year. Unless they receive the proper care and resources to promote healing, there is a fair chance of living a hurt and dysfunctional adult life at home and work. In other words hurting people can hurt others with their choices, that's not easy to relate to. On the other hand, that child can make a choice as an adult to become a champion for other children as they heal from their own pain. At the end of the day is all about choices. Relating to others can actually be a competitive advantage. Being able to understand the why's and how's of people's behavior is a valuable skill for marketers, communicators, as well as mental health, and education professionals. Even though there are many differences among humans, we were created to live in community. How can you relate to others in a healthy way? Read on to find four simple steps to relate better, improve relationships and cultivate emotional intelligence in a diverse world. "How good an pleasant it is when brothers and sisters live together in harmony" Psalm 133:1





In a world of ‘Self’ Can we still relate to others?

# Four Steps to Relate to others without losing yourself

By Coach Yamira Lee “Mira” Johnson

## 1. Understanding

No relationship is easy. Whether relating to family members, co-workers or strangers, there will always be differences and at times those differences can break or make a relationship. Truth is, relationships can reveal the best and worst of an individual’s personality. According to Julie Hunt and Brent Hutchinson authors of the book Relate. “Every person has one predominant need when it comes to relationships, either significance or security.” Therefore the first step to improve your relating skills is to understand your role in a relationship and the role of others. “Iron sharpens iron, and one man sharpens another”

## 2. Developing

Let’s not forget that isolation is also a choice, yet, not a healthy one. When a stranger hurt us or disrespect us, it’s easy to write them off and avoid contact with them. What happens when the offender is someone we must have contact with? This can be an opportunity to learn something new and strengthen our character. I’m not saying we should put ourselves in a position to be disrespected, what I’m saying is that we have the power to choose how to react to others. Relationships leave us exposed to being vulnerable, that’s why is important to define our approach

in order to deal with difficult interactions with others without sacrificing joy and peace. Developing healthy relationships forces us to exercise compassion, tolerance and respect. “We are born with our family, thankfully we can choose our friends”

## 3. Strengthening

Every relationship comes with its own dynamic. We see how certain “reality” TV shows sale conflicting communication and distressed relationships as entertainment. Screams, betrayal and aggressive resolutions seem to be the way to live no matter the characteristics that define a group. In real life, such behaviors are exhausting. In order to strengthen relationships, one must be open to learn and understand others and be exposed to bonding experiences. That’s how we can find courage in relating to others. “Anything in life worth having is worth working for” -Andrew Carnegie

## 4. Restoring

We live in a controversial world. Want proof? Tune in to the newscast, or check headlines and post on the multiple social media platforms available. As we open ourselves to new relationships we are bound to find irritation, conflict and disagreements. How can people who are different strengthen their relationship? Building strong communication channels and exercising empathy is a good start. In many instances conflict comes as a result of not understanding the needs of others and not taking responsibility for our own responses. “Un-forgiveness and resentment are like taking poison and expecting your opposition to die”

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# Globally Saving Lives, One Soap Bar at a Time

Clean the World, a local not-for profit 501 (c) (3) corporation that recycles soap globally, and has distributed over 20 million bars of soap around 96 countries. Their efforts have also provided hygiene education and positively changed the course of more than 2,000 tons of landfill waste.

In the last couple of decades the guidelines for hand hygiene in the Healthcare and Food and Hospitality industries have become more comprehensive. The Center for Disease Control (CDC) has made a point of creating guidelines that encourage employees and custom-

ers in such industries to wash their hands properly and often, to avoid spreading bacteria and illness. Although proper hand washing it's a simple chore to follow, in the U.S. there are families in poverty struggling to secure their basic needs, including soap? Around the world more than 96 countries struggle to secure the necessary tools to prevent and end diseases and epidemics transmitted by poor hand hygiene. Simple supplies like running and potable water run scarce and soap is not available to everyone.

The Center for Disease Control has reported that over 2 million children under the age of 5 have lost their lives to diseases that can be prevented by proper hand washing, diarrheal diseases and pneumonia are ranked among the top two. The groundbreaking organization has built global strategic alliances with the hospitality industry. Their soap recycling operation not only provides soap and hope to those in need, it also helps reduce hotel's waste and corporate carbon footprint. In the future the organization also intends to provide relief to communities who've experienced natural disasters.

In 2014, Clean the World kindly donated 500 hygiene kits to Feed and Fortify Community Organization, another local nonprofit that provides services to individuals and families enduring life challenges and homelessness. FFCO shared the hygiene kits to the community during a back to school drive and chronic homeless food shares. In March 2016 they provided shower stations and personal hygiene products, including towels at a Central Florida event for an ex-

pected 30,000 chronic homeless and low income families. "This event was a landmark for Clean the World", said Oscar Gonzalez, CTW Partner Relations Director. "Having showers available to someone who lacks such basic need, speaks of dignity".

In 2018 Clean the World continues to move forward with their mission to provide soap globally and help lower the alarming statistics of individuals and children dying of preventable diseases.

Clean the World extends a cordial invitation to the community to visit their web site for more information on how to get involved with their hospitality partner programs as well as volunteer opportunities. This is a great opportunity to families, students and groups to learn about the environment and complete community hours.

For more information please visit [www.cleantheworld.org](http://www.cleantheworld.org), call 407-74-8353 or email [info@cleantheworld.org](mailto:info@cleantheworld.org)

When Henri agreed to fulfill the dream of a little girl called Amy, He had no idea at that time the impact his vision was going to make in the future of thousands of children with life-threatening illnesses and their families, just like Amy had no clue she was going to propel in Henry a powerful Inspiration of HOPE.

## Give Kids The World Keeps on Giving

Before Henri Landwirth became a pioneer of the hotel industry in 1954 in the vicinity of Cocoa Beach, he had experienced what it was like to not have tomorrow guaranteed. Henri is a brave survivor of the infamous holocaust that took place in Nazi Germany. Originally from Belgium, Henri was only a child when he was separated from everything familiar to him. His family unfairly taken, his childhood brutally interrupted and his innocence awoken to the cruelty of some.

The kindness of his heart and desire to rise above his circumstances pushed a hurt and disrupted teen aged Henri to work his way to America, where he found the opportunity to complete his education in hotel management, thanks to the GI bill benefits granted by the arm forces. After retiring from a successful career in the hotel industry Henri founded Give Kids The World, a non for profit organization that grants the wish of critically ill children, to enjoy a cost free week long dream vacation with their families in sunny Florida.

Give Kids The World operates thanks to the kind hearts of over three thousand volunteers who gladly give the best of themselves to serve over 120,000 'Wish Kids' and their families. Currently Give Kids the World Village is located on 70 acres of Kissimmee Florida land with buildings that recreate a children's story book and incredible amenities that can compete with any top star resort. Henri built meaningful relationships with other hotelier champions and enter-



tainment companies that include Florida's worldwide known themed parks. Their collaborations provide a once in a lifetime dream like experience to kids that have been granted a 'wish due to a chronic health diagnosed.

The incredible facility is like entering a whimsical world that provokes joy and big smiles. 'Wish kids' and their siblings get to enjoy their very own ice cream parlor and kids spa, where they are catered to and pampered. Every day at the village comes with many pleasant surprises, like daily brand new gifts delivered by a fairy, a different theme party every night and a 'Wish Kids Star' that is placed on a heaven like ceiling to time stamp their visits forever. The location it's filled with such joyful and hopeful energy that some volunteers have chosen Give Kids the World Chapel to seal their marriage covenant.

There is no lack of helping hands, even though more are welcome, "Coming here to volunteer is what gives my life meaning now" said Joe, who has volunteer for over 20 years and more 21,000 volun-

teer recorder hours with the organization. Joe also shared that he has been invited to one of the wish kids' high school graduation in another state. "Before coming here doctors told her family she only had another two years to live, but she is well and is now attending college". Give kids the World gives them hope", Joe added. Even though not every child's story ends like this girl, while they are visiting they get to be kids without worrying about life-threatening conditions. Give Kids The World have been awarded prestigious recognition from Charity Navigator, Better Business Bureau and others for their excellence in stewardship of the generosity granted by corporate, and individual partners, they reported 93 cents per donated dollar go directly to cover the families they attend to. Since Give Kids The World opened its doors in 1989, Henri has been adamant about not turning away any kid once they are referred by a wish granting organization.

Give Kids The World has multiple opportunities for corporations and individuals to get involved, including volunteer hours, gifts, financial donations and fundraisers dedicated to their mission to provide the gift of hope.

*To read more about this compelling story and for more information on how to get involved and be part of this gift of life granting organization go to <http://www.gktw.org>*





# WHAT TO TAKE INTO ACCOUNT WHEN CHOOSING COLLEGE?

High School Graduation is near here! After all the years of homework, projects, essays, teacher's notes etc., finally, High School is over. Now what?

During the 2017-2018 school year, over 3 million students from public and private schools are estimated to complete high school.

Source: U.S. Department of Education

Choosing the right school can be an overwhelming task, especially if a student is not certain about the path they want to follow in the professional world. This important decision can be influenced by student exposure to different trades, community experience, natural talents and/or family and friends likes and dislikes.

Some students know what they want to do from an early age, but this is not the majority of cases. Young adults are presented with many options after the completion of their expected four years of high school. There are over 4,000 community colleges and universities in the U.S. This number includes non-profit public and private educational institutions, but the newest

trend of private online educational institutions has been excluded. All of these higher education institutions compete to attract new high school graduates every year. They provide competitive courses, scholarships, sports, clubs and more. Traditionally college scouts visit high schools promoting resources available for freshman. With plenty of marketing on school related sites but here are some common sense steps that can assist when making this important decision.

- **Do your research; verify the institution's accreditation's and graduation rates.**
- **Review programs and courses available. Make sure they offer classes that meet your interest.**
- **Put their student services to the test, educational institutions are not exempt from efficient customer services.**
- **Carefully review your financial**

**resources and options available, having a clear understanding of your educational budget is crucial to avoid crippling student loan debt.**

- **Make sure to pay a visit to the campus and if you can chat with some of the current students.**

- **Prepare a list of questions before your visit the Admissions Department**

Completing a degree can make a great difference, and it's a very important decision in life. Make sure you have the facts before moving forward into the higher education world. Best wishes!

## Information needed to complete FAFSA

- Full name
  - Social Security Number
  - Date of Birth
  - Driver License
  - Full Address
  - Email address
  - Tax Transcripts
  - Preferred Schools Code number
  - Are you a Dependent or Independent?
  - Parent's Information, Signature and Tax Transcripts might be required for:
  - Individuals under 24 years of age, Single with No Dependents
- For more information on how to determine your dependency status go to:  
<http://www.fafsa.ed.gov/>

**Handle with Care**  
**Your FAFSA PIN is a four digit number that is considered to be Your LEGAL SIGNATURE.**



## How to Complete Your Free Application for Federal Student Aid What is FAFSA?

The Free Application for Federal Aid can help you determine if you qualify for Federal Assistance, like grant, loans and programs that might be available to help you determine payments for your education.

The application collects personal, demographic, and financial information to determine the type of assistance a prospect student qualifies for.

Completing the FAFSA application it's Free.

Complete your profile  
Apply for a Pin number  
(It's convenient to request an email confirmation once the Pin is active)

When Pin number is active, complete application and sign with Pin

It's highly recommended to Create Files (paper or electronic) and save copies of all of your student related matter.

For more information contact your college or university's financial aid department.



## A close-up, low-angle shot of a person wearing a VR headset. The person's face is partially visible, looking upwards. The entire image is overlaid with a semi-transparent red grid pattern, creating a digital or augmented reality aesthetic. The background is blurred, showing what appears to be an indoor setting with some structural elements.

A close-up, low-angle shot of a person wearing a VR headset, looking upwards. The image is heavily overlaid with a red, semi-transparent geometric pattern, possibly a wireframe or a stylized architectural structure, creating a futuristic and immersive atmosphere. The person's face is partially visible, showing their nose and mouth. The background is blurred, suggesting an indoor setting with structural elements.

A close-up, low-angle shot of a person wearing a VR headset. The person's face is partially visible, looking upwards. The entire image is overlaid with a semi-transparent red filter, creating a monochromatic effect. The VR headset is a dark-colored, modern design with a strap. A cable is visible on the left side. The background is blurred, suggesting an indoor setting with some structural elements.

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Stem Connect provides free experts, video conferences and a statewide resource database to keep students connected and inspired in STEM.

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**Attention Parents, Teachers & Students**  
If you would like to learn more about this program please visit  
<https://www.flstemconnect.com/>

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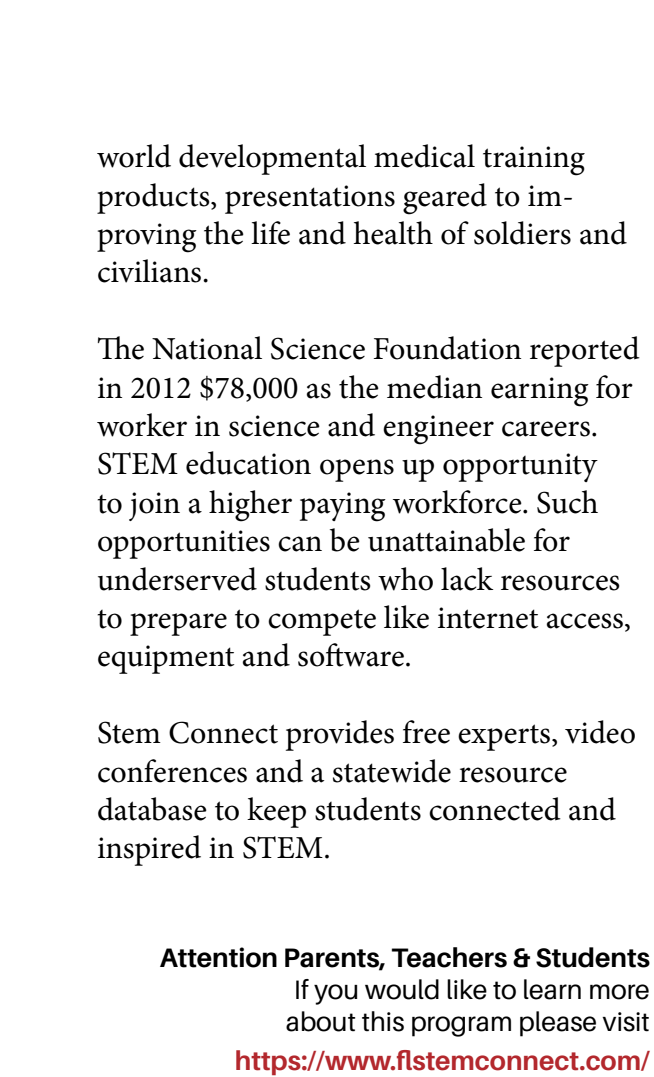
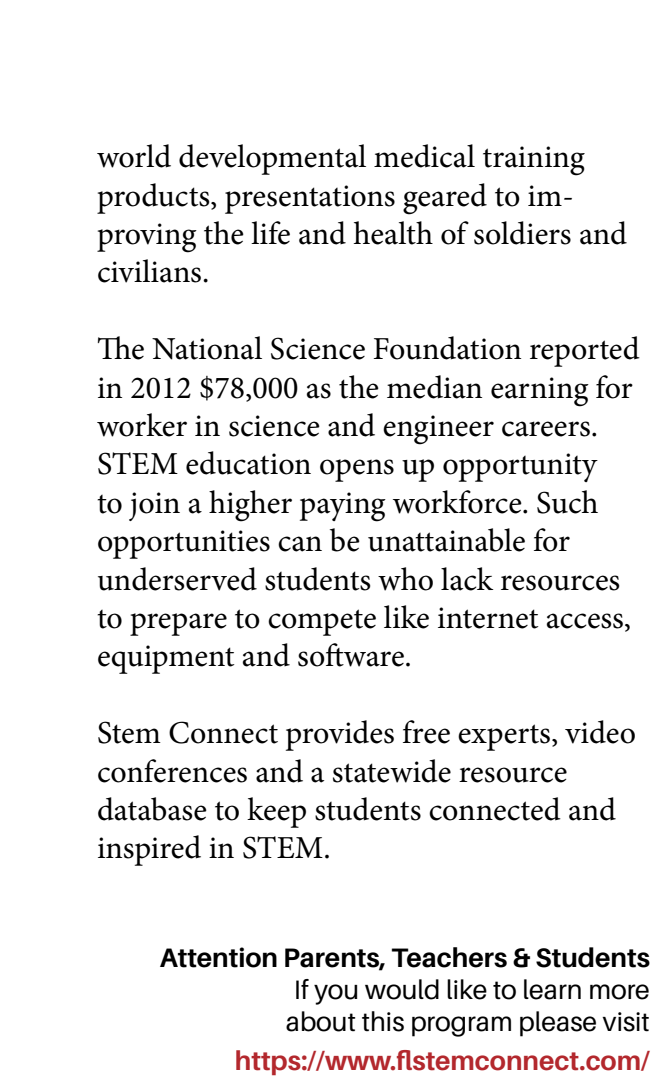
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# Choose the right slogan for your business

“Your company’s slogan intends to be long lasting and in some cases forever. Seldom have I seen the change of a company slogan unless one of three things has happened: ownership changes, overall company focus changes, or the majority stockholder changes. The tagline is the phrase that you hope people will associate with the company, over the years; and every business should have one. Most successful slogans are two to five words. Choose powerful words to depict the emotion the company wishes to communicate to customers. Bold words represent a bold company.” From Chapter 4 Marketing - Where to Start

Too often people will remember the slogan or jingle before the company name. That’s why it is key to focus the words to the company’s flavor. Think about the emotion of your business and who your customer base is formed from by age, sex and location.

In graphics the slogan can be the secondary color of the company and a slightly different font. This should allow the slogan to stand out to the eyes of your potential customers and those already involved. Slogans are a key to the business and can help grow the company. Choose your slogan carefully and for the life of your business.

## HUMAN RESOURCES

# When You Have to Say, “You’re Fired”

by John Tschohl

Firing someone can seem heartless at times, but in actuality, continuing to employ people who routinely fail is a disservice to them as well as your organization. Constant failure breeds more disappointment and rubs off on everyone else. You can’t let a non-performing employee’s attitude or actions infect the rest of your team. The other members of your team notice when you give a pass to someone else. They will start to question your ability to make decisions. They will resent you for relying on them to pick up the slack. Non-performers will infect other members of your team. They will impact other departments and can potentially leave you without a job. Just remember that you are responsible for your employees, and if they are failing, so will you. Give advanced warning. In some

cases, it’s necessary (perhaps because of company policies) and or desirable to let someone know well in advance that the writing’s on the wall and that they’ll be terminated if they don’t make needed improvements. Unless the performance/behavior at issue is especially offensive—sexual harassment, for instance, is grounds for immediate termination – sometimes the employee can realize the error of their ways and turn things around.

You can set up an initial meeting to lay out the fact that things aren’t looking good for them, and to let them know the situation can be turned around with some measurable goals being met within a certain timeframe, generally 30-90 days. There is a standard action plan for this called a Performance Improvement Plan. Once the “probation” period is up, if the employee still isn’t up to snuff,

they know what’s coming, and are fired. This also gives the employee the chance to resign and exit gracefully themselves within that timeframe should they choose to. When this type of performance plan is put in place, it’s common for that to happen.

The phrase “I should have fired them a long time ago” should not be uttered from your lips. Just do it as soon as a decision has been made. Firing an employee will be awkward and uncomfortable no matter what, but there are a few things you can keep in mind to make it a little less painful for everyone involved. You also want to protect your legal and financial interests, which can easily be forgotten in this process. Below you’ll find tips to think about that will help guide you through the process:

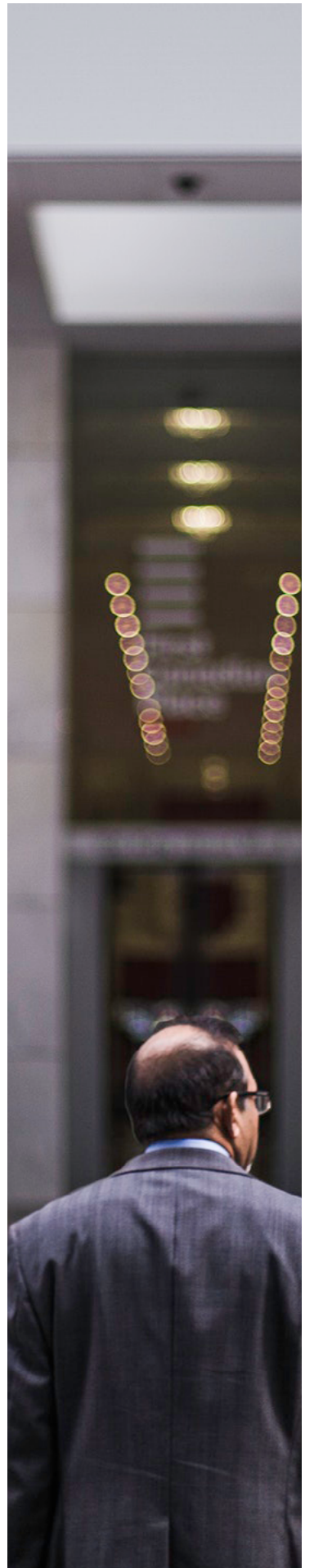
- 1. Get to it swiftly...**act quickly once the decision is made, It’s better for everyone involved.
- 2. Tell them the truth...**this isn’t a time for idle chitchat. Get right down to business.
- 3. Say they are “terminated”...**It’s as simple as “I have some bad news for you. Today is your last day here.” Then state the reason for termination in one simple sentence. It seems cold and impersonal, but frankly, it needs to be.
- 4. Explain the details of leaving...**i.e. benefits, IT security, Company property etc.
- 5. Offer to help...**pass along a job lead for something he or she is better suited to do.
- 6. Be prepared for anger...**Give them as much understanding as possible. There are studies that show that people who are told why it’s necessary to let them go are less stressed about it.
- 7. Keep it professional...**try firing at the end of the day once some em-

ployees have left.

**8. Don’t take it personally...** If you’re having trouble mustering the courage to act, think about your team.

After all, they’re the ones who are picking up the slack because the person you need to fire is not doing his job correctly. Demonstrating respect and compassion are important for morale. How you treat people on their way out the door is noticed by the rest of your employees. Employee termination is undoubtedly one of the most disliked requirements of being a manager. But the termination of a marginal employee, if handled compassionately and maturely, will only generate relief from those who have had to put up with deadwood, slackers and jerks, without being able to take action. “Remember -- it’s not the people you fire who make your life miserable. It’s the ones you don’t.”—John Tschohl

John Tschohl is an international service strategist and speaker. He is the founder and president of the Service Quality Institute in Minneapolis, Minnesota. Described by Time and Entrepreneur magazines as a customer service guru, he has written several books on customer service. The Service Quality Institute (<http://www.customer-service.com>) has developed more than 26 customer service training programs that have been distributed and presented throughout the world. He just released his new program called Coaching for Success, Motivating and Managing and Even Firing for Improved Employee Performance. John’s monthly strategic newsletter is available online at no charge. He can also be reached on Facebook, LinkedIn and Twitter.







These mistakes are common enough that most experienced accountants could fix many of them in their sleep (well, that's not \*exactly\* true...). And, sadly, they're usually created by either inexperience on the part of the bookkeeper involved, OR by lack of communication from the business owner.

If you're facing financial or accounting issues, rather than blaming your bookkeeper, perhaps the source of the problem is in fact YOU! Either way, here are common accounting mistakes, all of which we can help you clean up.

### 1. Tracking Expenses Wrongly

Many business owners pay for expenses out of their own personal funds. And it's no surprise that they often don't keep accurate records of these expenses. Change that! Here's why: The IRS frowns at the co-mingling of business and personal funds, and the best way to protect yourself in the event of an IRS audit is to avoid doing it in the first place.

That aside, you need to maintain effective communication between your bookkeeper and the rest of your team, be it yourself, or other staff. Essentially, your bookkeeper needs to make sure that everything is coded properly, or you'll be in some hot water.

### 2. Employee Misclassifications

Many businesses have a combination of independent contractors and employees. And this is an area in which the IRS has been increasingly ruthless, as they search about for sources of additional revenue (i.e. penalties and additional taxes!).

Here's the relevant IRS guidance on it: <http://www.irs.gov/businesses/small/article/0,,id=99921,00.html> Use it!

### 3. No Internal Cash Controls

Your business should have a monetary "line in the sand" on a monthly basis, the crossing of which should set off little alarms. These can range from the sophisticated (multiple trigger points and consequences), to the very rudimentary act of simply budgeting for each month. But the main point is that your ACCOUNTING system should show you the way on this, on a monthly basis.

### 4. Backdating Too Much

Sure, it's painful to have to reconcile and keep every expense entered on a monthly basis -- which is why so many business owners don't keep up with it (even when they've "outsourced" the task to a part-timer). The problem with playing continual catch-up is that problems AND opportunities are spotted too late.

For example, say you think one of your service or product lines is the most profitable ... but circumstances have changed (whether expenses or other cost factors), and now a different item is most profitable. Well, if you've been pushing for what you \*thought\* was most profitable for six months and only now realize that you should have been pursuing a different strategy, that's a bunch of time and money wasted. <http://www.cpaaccounting.biz>



# Spring your Nutrition Forward!

There is no escaping hectic schedules that come with high expectations to meet the needs of family, work and friends. But, where does your nutritional needs fit in? It's hard enough to find the time to enjoy a meal, even harder to take time to plan ahead according to what your body, mind and spirit needs to function at its best.

An easy escape is to choose processed ingredients and pick up foods from the convenience of what I call "fat food" restaurants. Convenient? Yep. Healthy?

Nope. Not only we end up sacrificing an opportunity to nourish our bodies, but also fall victims of food byproducts that are purposely enhanced with artificial flavors and preservatives that take away much needed nutrients, minerals and vitamins.

Then we wonder why our energy is low and we catch every cold and infection that roams around our premises. Like anything else we do in life, planning is key to be successful. If you are committed, here are some tips on how to prepare during the spring and enjoy better health and even shape by the summer time.



## START AT YOUR PANTRY

Be strong, you don't need to have bags on bags of chips and cookies in there. If you get hungry, you will eat them. Shop for foods that are whole grain, and packed with vitamins and minerals. Nuts, wholegrain breads, crackers, oranges, apples, cheese and such. Do your research at the market, there are healthier options for the foods you crave. Instead of Nachos, get Pita chips and watch the portion control.



## PLAN YOUR MEALS

Block time to prep your meals, do it as you listen to music or get caught up with the DVR. Precut, preseason, pre-pack...you get it! Get every step that is tedious or time consuming out of the way at once. Then come the busy week all you have to do is pull a pre made casserole out of the fridge and pop it in the oven. One of my young adult sons, takes about 2 hours on Sunday and pre-packs all of his snacks and lunches for the week. He despises having to go out of the office to get lunch due to traffic, he also wants to keep his health in optimal shape.



## GET MOVING

Exercise it's as important as what we eat. If you don't enjoy driving to the gym, find ways to add more movement to your routine. Take the stairs, park further, go for a walk after dinner. Want something more fun, bicycle rides, swimming, Yoga and Pilates are all choices that can keep you engaged. If you are more of a couch lover, find a simple workout on line and do it while watching a movie or your favorite TV show, by the time you get done watching what the Real Housewives are up to, you had put in a work out and don't even realize it.



## PREPARE

Don't let yourself get caught up off guard, hungry, stressed or emotional. If not, that donut or double cheese burger is going to win. Keep healthy snacks and bottled water at hand. I like to keep pre packed almonds in my purse. They give me chance to chew on something while I can get to a healthier choice that does not come from a drive thru.

Be intentional and take baby steps, in many instances eating routines are linked to our moods and circumstances. Pay attention and identify your lowest points of the day and create a plan to strengthen your eating habits. Good Health to You!



# Wash your hands!

Nurse Katherine Locklear a Florida nurse had a 'viral' moment after she posted a video avidly encouraging people to wash their hands to stop spreading disease as the flu season continued to viciously rise. In case you missed it, here is a guide on how to wash your hands properly

1. Use water every time you can, hot or cold would can reduce bacteria, apply soap.
2. To get rid of germs, make sure to scrub well between fingers and under fingernails
3. The Center of Disease Control and Prevention highly recommends to wash for at least 20 consecutive seconds rubbing and forming latter.
4. Finish up by rinsing and drying meticulously to avoid moisture to harvest germs as you touch other surfaces.
5. Keep hand sanitizer handy in case water is not at hand, it helps stay cleaner, although soap and water are always the better choice.





# What is Emotional Intelligence?

The concept of Emotional intelligence was strongly exposed in the 1970's by psychologists' scholars Howard Gardner from Harvard University, Peter Salovey, Yale and John 'Jack' Mayer, from New Hampshire. The fairly young concept defines interpersonal skills, social skills, emotions and behaviors as controllable intelligence that can determine the level of success we have in personal and professional relationships. The Free Dictionary by Farlex describes E I; "emotional intelligence refers to emotions and the ability to monitor one's own and others emotions."

Have you ever wonder why individuals with high academic education can still make not so favorable decision in their personal lives? Or how is it possible for someone with no higher education to thrive in life and become highly successful in whatever it is they decide to do in life? Those are the points experts like Daniel Goleman have been debating for decades.

Goleman, an avid supporter of emotional intelligence and the theory that it's as important if not more than academic intelligence. In 1995 Goleman published his best seller, Emotional Intelligence. The book argues in detail the concept of emotional intelligence and its weight on social skills and development. According to Goleman and based on neuroscience principals, the emotional senders of the brain are involved in the decision making process that impacts the principals of learning.

He strongly believes that emotional intelligence is more powerful than results revealed by intelligence quotient (IQ). He also states that IQ and technical ability are entry levels abilities that can help an individual qualify to complete a task or get a job done, but emotional intelligence determines the level of success or mediocrity. The way an individual communicates and reacts to others is directly linked to the level of emotional intelligence developed.

## How is Childhood Lupus understood in the School Systems?

Dr. Akaluck "Ben" Thatayatikom, MD, FACR, FAAAI, shares about the challenges children with lupus face due to the lack of awareness among school officials. "Schools must be informed of the trials of juvenile lupus, so they can understand and accommodate their student's needs" shared Dr. Ben. He proceeded to explain that students with juvenile lupus at times, have to miss school and can struggle to complete physical education classes due to chronic fatigue and sunlight sensitivity. Youngsters can also find themselves dealing with depression, adaptation, peer pressure and anxiety. Misconceptions or misdiagnose add to the challenges School age children have to deal with, Lupus just adds to the challenges that come with this chapter of life. To support coping efforts, Dr. Ben highly recommended mental health assistance for school age kids and stressed the importance of having the correct diagnose and treatment. He also added that parents are very important at the time of spreading awareness among the community and the school system. "Lupus in kids is not as common and the best way to bring information to school is in an individualize way" said. Dr. Ben. He continued to add that parents must rely on getting information from medical professionals to share with school officials.

**Did You KNOW:**  
**The liver acts as a filter and also directly impacts metabolism health?**

### 4 Simple Steps to Get a Natural Metabolism Boost

1. Keep your body moving throughout the day is a great way to keep your metabolism hyped up.
2. Add flax seed and chia seeds to your recipes
3. Remove empty carbs and processed sugars for your daily intake
4. Drinks alkaline water to balance your body's ph to 7.2 or higher.

### Why Drink Alkaline H2O?

The acid-alkaline balance in your blood stream directly impact the cell activity in your body. Acidity increases the chances of acid waste to deposit, interfering with the healthy grow of cells. Alkaline water provides the body with the tools needed to neutralize acid levels, decrease acidity levels and encouraging recovery and boosting the immune system.





# HOW TO AVOID MENTAL TIREDNESS

## EAT WELL

It has been established that malnutrition provokes anxiety. Don't skip meals, or choke all at once! It's necessary to distribute the calories at least in 5 meals per day. Don't be afraid of carbs, it's important to ingest good carbs too, because glucose is the main energy of the brain.

## DRINK A NATURAL SUPPLEMENT

Sometimes it is necessary when we have to do some extra mental effort. Products like jelly, ginseng or ginkgo bilboa, can help to stay more focused.

## SLEEP WELL

The body knows when it doesn't rest well. If possible take a nap when your body tells you to do it! Have 10 minutes breaks (warding off

technology) each 45 minutes. Experts recommend naps because they help improve our memory, increments capacity to learn, and also helps you work better.

## MEDITATE

It helps to connect our mind with our bodies, and to be present in the moment. To meditate every morning can help keep positive thoughts throughout the day. For example, focus on a Bible verse per day, that's a great tool to win every mental battle.

## DRINK WATER

Dehydration is one of the main causes of mental tiredness, for that reason is necessary to drink at least 8 glasses of water during the day. Alkaline water is the best to keep your ph balance.

## A GOOD WORK ENVIRONMENT

Make your work space the best place to be! Whether you work outside, or are not able to create your own space, just try to enjoy what you do, and see the benefits of it. A good best practice is to treat people the same way you would like to be treated.

## EXERCISE

Did you know that exercise isn't only good for the body, but the brain too? Yes! Some experts share that at least 30 minutes of exercise can improve overall health significantly.

## ENJOY A VACATION

When you notice your mental tiredness turning into exhaustion, is time to have a long resting break, if not, it's possible to fall into burnout. Take a weekend, week or two weeks to rest well and enjoy your family and friends in places that you would love to adventure!

Source: <https://psicologiaymene.net/clinica/cansancio-mental>

Curated by Janice Diaz

## TRAVEL

# Spring Break.

## Going North or South?

Spring Break traveling is in full gear even with the climate irregularities experienced around the globe. However there are variables that we need to take into account to enjoy the winter break whether traveling to the north for some fun in the snow or south following the warm sun and winter ocean breeze.

Check out the lists in the next page before choosing your destination and packing your suitcase;



# NORTH

Cute outfits, winter boots and gloves, hot chocolate, snow to play and make snow angels and build snow figures. Skiing, snowboarding, ice fishing. Beautiful landscapes and northern winter lights, museums, indoor entertainment.

# SOUTH

Piña coladas, flip flops, T-shirts, shorts, bike and motorcycle rides, beach bound sunrises and sunsets, amusement parks, beach access, coastal exploring, parks, outdoor grilling and entertainment.

## Where are You Heading?

8 Travel Tips to Help You Survive the Any Season Secure your vessel- If you are driving make sure your vehicle has been checked for standard maintenance, calculate route, traffic and include a fuel budget for the trip. Keep roadside assistance contact information, insurance and registration within reach. Keep valuables secured in the trunk of your car. If you are flying or sailing make sure you have tickets, ID's, passports and all auto and lodging reservation information.

Prepare traveling easy to carry snacks for the trip. This will keep you from unnecessary stops due to sudden hunger attacks, especially when traveling with kids and the elder. Choose high protein and fiber content snacks and slow burning carbs keep to keep you fueled

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and energized. Include water and refreshments in your traveling kit.

Make a list emergency contacts and any medications needed and make sure they are refilled to meet the length of the trip.

### Stay connected

Keep electronics charged with traveling cords and batteries.

### Keep them busy

Be sure to bring kids entertainment accordingly to their age and needs. Blankets, Toys, books, pencils, tablets, movies and such. Be ready to sing songs for the kids and tell stories to keep them from boredom. Also share with them best practices like; contact with strangers, trip to the bathroom and paying attention to where the adults are going.

### Pack effectively

Use your packing space wisely. Most airlines have extra fees for luggage and space can be challenging in rental cars. Be sure to choose appropriate clothing for the weather at your vacation destination. Sort and have a check list when packing for toiletries, underwear, outfits and such. Unless you are able to wash and dry in your trip, include a plastic bag for dirty laundry in your suitcase. If traveling to cold weather pack chop stick and hand and feet warmers. If going to the tropics, include sun tan lotion and skin moisturizer.

### Pet friendly traveling

If you are traveling with pets, for their own safety make sure to bring their leash, blanket and crate. Also pre portion and pack their food and snacks in plastic storage bags. This will avoid measuring on the road or even risking their food get-

ting wet. Just to be safe include preventive flea and tick medications to avoid infestations on the road.

### Mental Preparedness

Traveling can become volatile, be prepared for delays and cancellations, having the right expectations can avoid traveling disappointments. Try to get a good work out in and rest before heading to your destination. Share with your traveling companions your expectations in regards to how challenges are going to be handled and the purpose of the trip, whether is pure fun, family gathering or work.





Roatán Island north of Honduras is worldwide known for their breathtaking barrier reef and marine life. The Caribbean Island seats 30 miles north of Honduras and is 33 miles long and 4 miles wide. Their clear baby blue waters are perfect getaway for those who love scuba diving, snorkeling, deep sea fishing or simple beach life. Their mangroves and beaches are perfect for sea life watching and kayaking. Roatán Island's natural beauty includes stunning butterfly and floral gardens that keep a refreshing tropical setting.

The Island is the largest of the Bay Islands and its earliest settlement records go back to 1742. The occupation records also mentioned an a mix of racial influences throughout recurrent occupations that include, Arawak Indians, African Negro, Spanish, Carib and British. The Island is currently part of the Honduran government and the official language is Spanish, although English is spoken by the majority. Their currency is called Lempira, 20 Lempiras exchange to about 1 US Dollar. This is a truly beautiful Island, perfect to get away from the hectic city life topped by friendly locals who show great appreciation for visitors. Perfect for Foodies seeking a taste of local ingredients and cooking techniques. We had the best fried bread fruit, fresh seafood, hand-crafted tamales and spicy sauces. Their local cashews slowly roasted right in front of you and they pair perfectly with your choice of locally brewed beer.

<http://www.roatanisland.net/tindex.htm>

# New Smyrna Beach

Not far from the Ponce Inlet, New Smyrna Beach has a laid back reputation among locals and visitors. Also, the area ranked as one of the "10 Best Little Surf Towns in America" by Coastal Living. Driving on the beach is allowed, yet restricted accordingly to protect the threatened and endangered species like the gopher tortoise and the striking sand dunes. During non-turtle nesting season residents and visitors can also gather and enjoy a beach bonfire by contacting the Volusia County's Beach Safety Division for reservations. They will also provide a fire ring while supplies are available or you can bring your own.

Source: <https://www.volusia.org/services/public-protection/beach-safety/bonfires-on-the-beach.shtml>



## PAN & VINO

# Garlic



You can say whatever you want about 'Garlic,' to me it's a precious gem that has earned a place in every kitchen around the world. It can be processed in many forms to fit several storage needs and uses, fresh, powder, dried, grind and more. This unique ingredient claims many uses. It's believed to have antibacterial, antifungal and antiviral properties. Its use has been recorded throughout history for parasites, respiratory problems, poor digestion and low energy treatments. On a more appetizing note, garlic can be successfully applied to any cooking technique there is. Roasted, grilled, baked, steamed, sautéed or boiled it's flavor will enhance the most insipid dish. As part of history Garlic has been mentioned in the Bible and the Talmud, even Hippocrates had something to say about it. According to urban legends, it can keep "vampires" away. The production of these unique bulbs was estimated to 15,686,310 tons in 2008. Places like China, India, South Korea, Egypt, Russia, Spain, Argentina, Myanmar and Ukraine have an active participation on the growth and distribution of garlic around the world.

As a strong leader, Garlic can stand on its own and be the center of any successful recipe or, it can be a supportive team player taking a step back and bringing out the best of any other ingredients paired with. To make it even more versatile the garlic flower and leaves are also edible, so its whole being has a purpose. Other notorious members of the garlic family are onions, chives, leeks and shallots. Whether is cooked or raw you can guarantee a nutty, aromatic sweet and spicy kick to any combination of flavors. Not recommended during first date dinners, unless you want to say goodnight early. Side effects include, halitosis and sudden garlicky pungent sweats, but if you are sharing the table with other foodies, most likely the garlic breath if not appreciated at least it will be understood.

The next time you are in the kitchen feeling brave and creative, don't be afraid to add a little garlic. It can make a big difference on any traditional recipe. Remember the rule of less is more applies to this ancient titan. Enjoy!



# Need Chronic Inflammation Relief?

Coconut Spice Soother  
14 Oz coconut milk  
2 tsp turmeric  
1 tsp agave syrup  
1 tsp ginger  
¼ tsp black pepper  
¼ tsp cardamom  
¼ tsp ground cloves  
¼ tsp sea salt  
1 cup of natural mango juice

Boil coconut milk and ingredients, leave out mango juice. Simmer 15 minutes. Let sit for 30 minutes, then add juice and refrigerate. Drink 2 oz. after meals. Refrigerated shelf life; 7 days.

Source: Prevention Magazine

## THE POWER OF FOOD CAN HELP YOU HEAL



### Coriander Seeds

Targets inflammation and regulates blood sugar



### Ginger

Relieves nausea, soothes stomach discomfort, natural anti-inflammatory benefits.



### Mint

Natural decongestant, high levels of antioxidants, can be used savory and sweet

## Brussels Sprouts Warm Salad

- \* 1 lb Brussel sprouts
- \* 1 large red onion
- \* 1 cup heirloom tomatoes
- \* ½ cup shitake mushrooms
- \* 8 oz. cannellini beans
- \* Olive oil, Salt, Pepper, cumin, cayenne pepper

Wash ingredients. Cut Brussel sprouts tip and slice in half. Slice red onion and cut tomatoes half lengthwise. Season cannellini beans with cumin and cayenne pepper. Roast Brussels sprouts in a pan cut face down until they begin to get brown about 7 minutes on medium high. Add rest of ingredients, toss and serve.

## Nutty Dressing

- ½ cup chopped walnuts
- ½ Extra Virgin Olive Oil
- ¼ balsamic vinegar
- ¼ cup fresh orange juice
- ½ teaspoon salt & pepper

Blend in the food processor and use to dress salad or as marinate for poultry or pork.



## Indian Lamb with Peas

- 1 lb. of ground lamb
- 1 tsp. minced garlic
- 1 teaspoon curry powder
- 1 cinnamon stick
- 1 tsp minced ginger
- 10 oz. of frozen or dry peas (dry peas need to soak and boil to become slightly tender)
- 2 tsp salt & pepper

Sautee lamb in a skillet until brown add garlic, add the rest of ingredients, and add peas last. To make it spicier add scotch bonnet pepper.



A person is sitting on a tall stack of books, reading a magazine. The person is wearing blue jeans with the cuffs rolled up. The stack of books is composed of many thin, light-colored volumes. The background is a plain, light color.

MORE THAN LIBRARY.

