

Janet's Journal

Email: janet@janetbrowning.com

May 2022

Positively Blooming

Dear [FirstName],

April showers bring May flowers, and this month's newsletter is positively blooming with fun items for you to thumb through, learn from and pass along! You'll find a silly story about rock icons Phil Collins and George Harrison, and some safe driver tips that not only keep you safe, but will help you save some money, too.

With everything coming to life in May, you might suddenly find yourself picturing a different backyard, a garden, or a space for a greenhouse. If you think the time is right to grow a few extra tomatoes or stop to smell the roses in your very own garden, please give me a call so I can help you buy or sell a home.

Be well,

Janet Browning

INSIDE THIS ISSUE

- The Coolest Beatle
- Avocados for Your Health
- 20 Somethings in the Workplace
- May Round-Up
- Safe Driver Tips
- Enhance Your Business
- Immune Boosting Tips
- Need a Friend? Go to Work
- The Black Dot

The Coolest Beatle

According to a story from *The Poke* website, when drummer Phil Collins was 19, he got a call to go out to George Harrison's house to play the congas for a track on his album *All Things Must Pass*. Collins was excited, but when the album came out, the song had no congas in it.

Twenty years later, Collins met Harrison at an event and reminded him of the session, asking him what happened to the conga track.

Harrison said he didn't remember, but he still had the master tapes and promised to take a look. Three weeks later, Collins got a package from Harrison with the master tapes from the session. When he listened, though, he realized that the congas sounded terrible. He also heard Harrison tell producer Phil Spector, "Get rid of that lad with the congas; he's absolute rubbish."

Mortified, Collins called Harrison to apologize. After a few minutes, though, Harrison started to laugh. "Those tapes I sent you - they're not the real sessions."

He'd hired a band to re-record the song and played the congas himself, as badly as he could, then said the line about Collins being useless.

"I wish I could have seen your face" Harrison said. "I'll send the real sessions to you; you sounded great."

George Harrison had taken a day out of his schedule just to pull a prank on Phil Collins—proving he was the coolest Beatle.



May Question

Q: What is the largest ocean in the world?

Apr Question

Q: Which American state borders just one other state?

A: Maine

Avocados For Your Health

Avocados are high in fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate. Many of these nutrients support the immune system and suppress inflammation.

Gut health. The fiber in avocados supports a healthy digestive system by promoting the growth of healthy bacteria in your gut. Some evidence suggests that consuming avocados (along with other fiber-rich foods like fruits, vegetables, nuts, and seeds) may increase bacterial diversity for healthy digestion.

Heart disease risk. Avocados have lots of potassium and magnesium, which are beneficial for controlling blood pressure. They may also help increase levels of HDL ("good") cholesterol and decrease levels of oxidized LDL cholesterol, which is associated with atherosclerosis—the accumulation of plaque along artery walls.

Antioxidants. Avocados are filled with carotenoids and other nutrients that possess significant antioxidant, neuro-protective, and cardio-protective properties. Carotenoids have been shown to protect against oxidative damage, which is associated with many chronic diseases.

20 Somethings in the Workplace

Today's youngest workers are smart and energetic, but often they have some rough edges that need to be softened. If you're in charge of one or more 20 somethings, follow this advice from the *Society for Human Resource Management*:

•**Tailor your training.** Don't try to cram every worker into the same training program, especially younger ones. Assess their experience level, get a good idea of what they know, and design training that fills in their gaps and reinforces their skills.



•**Take advantage of their strengths.** Find out what they're good at, and start off with assignments that use their talents effectively. They'll gain confidence, you'll look good, and together you can work on expanding their skills so they can advance.

•**Give lots of feedback.** Veteran employees usually know when they're doing a good job and where they need help. Younger employees may not. Keep an eye on them and give them lots of feedback - both positive, when they perform well; and constructive, where they need improvement. When they know you'll hold them accountable, they'll try harder to succeed.

•**Ask for their opinions.** Ask your young employees if your approach to training and management is working for them. They may spot areas you could pay more attention to, or things they want to learn that you've neglected. They'll improve, and realize that you trust their point of view.



May Round-Up

Bird Day, May 4. An annual holiday with half a million adherents who celebrate through birdwatching, studying birds, and other bird-related activities.

Mother's Day, May 8. Honor the mother or mother figure in your life.



Memorial Day, May 30. A federal holiday in the United States for honoring and mourning the military personnel who died while serving in the United States Armed Forces.

National Senior Health & Fitness Day, May 25. The common goal for this day is to help keep older Americans healthy and fit.

**DO YOU WANT TO WORK
WITH OTHER BUSINESSES
THAT GIVE OUTSTANDING
CUSTOMER SERVICE?**

Tucker Home Services provides service providers to help you. If you are in need of one, call/text

317-590-7823..

Safe Driver Tips

Taking care of your car keeps you and your family safe. *The Robotics & Automation* website shares these tips for good car maintenance:

•**Maintain your tire pressure.** Keeping your tires properly inflated can lengthen their life and save you money on gas. Pressure can vary with mileage and temperature, so check it every time you fill up your tank.

•**Check your oil.** Oil is essential to your vehicle's performance, keeping all the parts running smoothly. Make sure your motor has been off for five minutes or so, to allow the oil to settle. Top it off if it's low, and check with your mechanic to make sure you don't have a leak.

•**Test all lights.** Make sure your headlights and taillights are working so you can see on the road, and others can see you!

Free Reports!

- How Sellers Price Their Homes
- Making the Move Easy On the Kids
- Five Big Mistakes Home Sellers Make
- How To Buy A House With Little (Or No) Money Down

**Free Newsletter
Subscription!**

See Page 7

Enhance Your Business With a Wide Approach

Aiming for greater diversity and inclusion means thinking about your business while focusing on what's right. As you strive to make your organization more inclusive, follow this advice from *Inc.*:

•**Target new audiences.** Bolster your commitment to diversity by looking for new markets and buyers. Motorcycle companies, for example, used to market exclusively to men; these days they're also targeting women and other groups extensively. Look at your products and services to identify fresh markets for them.

•**Review your language.** The words you use have power, for good and for ill. Be mindful and use inclusive language. Have staff members read your marketing materials and other public statements to look for language with hidden biases that may alienate potential customers. Listen to their suggestions for a more inclusive way of communicating.

•**Look for connections, not divisions.** We're used to separating people into categories, especially for marketing purposes. Instead, try looking for what different groups have in common. Most single people want to date, for example, whatever their age, race, or orientation, and your offerings can reflect that common interest. Look for intersections where you can appeal to a wider, more diverse market of customers with universal needs.

Immune Boosting Tips

The Times Now News website reminds us that these foods can help everyone fight off infections more easily:

- Vitamin A.** Known as beta carotene, this boosts the health of the intestines and respiratory system, protects eyes from night blindness and age-related decline, lowers the risk of certain types of cancer, and improves bone health. It's found in carrots, sweet potatoes, spinach, broccoli, and red bell peppers.
 - Vitamin C.** This helps stimulate the formation of antibodies. Fortunately, vitamin C is found in many foods, like fruits including lemons, oranges, grapefruits, tangerines, and strawberries, as well as vegetables like bell peppers, spinach, kale, and broccoli.
 - Vitamin E.** An antioxidant, this nutrient helps the body fight off infection by neutralizing free radicals. It also helps your body's cells regenerate. It's found in vegetable oils, nuts, seeds, and avocados.
 - Protein.** Protein contains amino acids essential for the function of T-cells, which protect the body against pathogens. Meats, poultry, seafood, eggs, beans, nuts and seeds are excellent sources.
 - Zinc.** Zinc deficiency has been linked to immune dysfunction. Zinc assists the body in making proteins and DNA, and also contributes to wound healing, as well as supporting childhood growth and development.
-

Need a friend? Go to Work

Are workplace friendships a good thing? A *Randstad Work Watch* survey of more than 1,000 U.S. workers suggests they are: 67% of employees in the survey said that having friends on the job makes work more enjoyable; 55% said that friendships make their job more satisfying.

Employees do see the potential downside. Forty-four percent said that workplace friendships feed gossip, and 37% worried that they encourage favoritism; 35% said friendships can lead to conflicts of interest. But in the end, only 12% of workers said that making friends at work was a risk.

The Black Dot

One day a professor entered the classroom and announced a surprise test. The students got nervous. The professor distributed a sheet of paper to each one, then told them to turn the page over and start the test.

To everyone's surprise, there were no questions on the test paper, just a black dot in the center of the page. Startled, the students looked at the professor in confusion. The professor told the students: "I want you to write a few lines about what you see on the paper."

The students were puzzled but started writing. Once everyone was finished, the professor collected all the papers and started reading each answer aloud in front of the whole class. Without an exception, all the students had written about the black dot, describing its position, size, etc.

After reading all the answers, the professor addressed the students, "Don't worry, none of you will be graded on this test. I just want you all to think about something. All of you wrote about the black dot, but none of you wrote about the white paper. This is what happens in our lives. We're surrounded by things to celebrate and learn from—our parents, friends, family, good health, and so forth—but we limit ourselves by focusing only on the dark spots: our disappointments, frustrations, fears, and anxieties. We take the rest for granted. Take your eyes away from the dark spots in your life. Focus on the bright parts all around you and let positivity guide your thoughts."

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more so that we may fear less.

—Marie Curie





Smart Advice for You and the People You Care About

When You Have a Thought about Living in a New Home



**Avoid Buyer's Remorse and Seller's Regret –
Get All Six Reports FREE!**

Simply text or call me at (317) 590-7823 and I'll get them to you right away.

I'm here to guide, lead and protect you and the
people you care about.

Janet's Journal

Janet Browning
F. C. Tucker Company
9279 N. Meridian Ste 102
Indianapolis, IN 46260

**Go Green:
Recycle This
Newsletter!**

After you've enjoyed my
newsletter, please
recycle it by passing it
along to a family
member, friend,
neighbor or coworker.

This newsletter is intended for entertainment purposes only. Credit is given to the authors of articles that are reprinted when the original author is known. Any omission of credit to an author is purely unintentional and should not be construed as plagiarism or literary theft.

Copyright 2022 Janet Browning, F. C. Tucker Company

This information is solely advisory, and should not be substituted for medical, legal, financial or tax advice. Any and all decisions and actions must be done through the advice and counsel of a qualified physician, attorney, financial advisor and/or CPA. We cannot be held responsible for actions you may take without proper medical, financial, legal or tax advice.