

Janet's Journal

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November 2022

Giving Thanks

Dear [FirstName],

I hope this newsletter finds you at the perfect moment! Perhaps you're having morning coffee or evening tea and searching for something light and inspiring to browse through. This month we have some great Thanksgiving turkey tips, ideas for managing impulse spending, and a sweet story about a woman and her four children.

As we settle into the rip and roar of the holiday season, please know that I am here for you. It's no secret that when you buy or sell your home, it is a stressful, momentous move. Layer on the time of year, and it can feel nearly impossible. With that said, if you or someone you know is ready to make a change, please don't hesitate to reach out to me.

Wishing you a happy, healthy, and delicious Thanksgiving!

Best,

Janet Browning

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Seasons Of A Life

A woman with four sons wanted them to learn an important lesson about people. During the course of a year, she sent them, one at a time, to look at a pear tree on a distant hill. When each son returned, she asked what he had seen.

In the winter, her first son reported the tree was ugly and twisted. In the spring, the second son told everyone that it was covered with buds waiting to bloom.

The son who visited the tree during the summer said it was covered with beautiful blossoms that were as sweet as anything he'd ever smelled.

In the fall, her youngest son said that the tree was drooping with ripe fruit ready to be eaten.

At the end of the year, the woman brought all of them together.

"You're all correct," she said. "But you each saw only one part of the tree's life throughout the seasons. Remember this when you judge another person or even your own selves. One season is not the whole year. Learn to see the whole truth in everyone."

November Question

Q: What is the painting "La Gioconda" more typically known as?

October Question

Q: What country produces the most coffee in the world?

A: Brazil

Foods For Healthy Blood Pressure

One in three adults in the United States has high blood pressure which increases their risk of heart disease, kidney failure, and stroke. Fortunately, you don't have to rely on medications to control it. *The Medical News Today* website offers simple food choices to control your blood pressure:

- **Berries.** Blueberries and strawberries have antioxidants called anthocyanins. Studies have suggested that these antioxidants offer an 8% decreased risk of high blood pressure in people who consume them as snacks, in smoothies, or with cereal.
- **Bananas.** With their high levels of potassium—about 420 mg in a medium-size one—bananas can help reduce the impact of sodium, which contributes to hypertension, and ease pressure on blood vessel walls. Other potassium-rich foods include: avocados, cantaloupe, halibut, and sweet potatoes.
- **Dark chocolate.** Studies suggest that chocolate high in cocoa might reduce blood pressure and pre-hypertension. Don't overdo it, though. Eat a single 1-ounce square a day that contains 70% cocoa.
- **Oats.** A fiber in oats called beta-glucan can reduce your blood pressure as well as decrease your cholesterol. (Barley also contains beta-glucan.) Oatmeal in the morning is a good start. You can also substitute rolled oats for breadcrumbs to give extra texture to your burgers.
- **Leafy green vegetables.** Nitrates in cabbage, kale, spinach, Swiss chard, and other green veggies can decrease blood pressure for up to 24 hours. Eat one to two servings a day as salads or stirred into stews. Sautéed Swiss chard with garlic makes a delicious side dish!

November Round Up

National Author's Day, Nov. 1. Write or tweet a thank you note to your favorite authors, purchase new and old books, or work on your own writing project.

National Nachos Day, Nov. 6. Pull out your favorite nachos dish or snack and raise a chip in honor of nachos creator Ignacio Anaya.

Armistice Day, Nov. 11. This day commemorates the armistice ending World War I, which took effect on the 11th hour of the 11th day of the 11th month in 1918.

Thanksgiving Day, Nov. 25. Enjoy some turkey, stuffing, sweet potatoes, cranberries, or whatever you like. Just remember to give thanks.

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Health Benefits Of Playing Cards

Stress has a negative impact on everyone's health. One way to ease the stress in your life? Play a game of cards. That's—unsurprisingly—what *Bicycle Cards* advises. Here's how playing cards with friends can help:

- **Conversation.** A card game isn't just about counting points; it's a good path to friendly and lively conversations that can help you relax.
- **Laughter.** Conversation usually leads to laughter, which can reduce tension in your mind and body.
- **Low pressure.** Assuming you're not playing high-stakes poker with your life savings on the line, a fun game of hearts or gin rummy offers entertainment without pressure. It doesn't matter if you win or lose, as long as you're enjoying yourself.
- **Brain exercise.** Strategizing, keeping track of the play, and calculating your points at the end of the game helps keep your mind fresh.
- **No technology.** You can play blackjack on your smartphone, but a few hands of pinochle with friends detaches you from technology for a while and reconnects you with the rest of the world.

Happy Movember!

Movember is an annual event featuring the growing of mustaches to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and mental health.

The charity event is run by the *Movember Foundation*, on the web at Movember.com. The goal of Movember is to "change the face of men's health."



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Know Your Spending Triggers

Understanding your triggers is a good way to limit unnecessary spending. Check this list of potential triggers from the *My Money Coach* website:

- **Time of day.** Don't shop when you're tired. Be attentive to when you have energy to make good decisions and only go to the store during those times. You will think more rationally when you're not fatigued.
- **Environment.** Certain places and situations can make you feel obligated to spend money. A coffee shop next to a boutique might entice you into browsing and buying. Be aware of your surroundings and don't buy things you don't need, just because the opportunity is there.
- **Mood.** Many people go on buying sprees when they're depressed; others shop to celebrate good news. Be aware of your mood when you're thinking of spending money. Try to replace the urge to shop with a trip to a park or the gym.
- **Peer pressure.** Do you feel the need to keep up with your friends and neighbors? Comparing yourself to other people isn't the way to happiness—or financial security. Figure out what's important to you, and don't be distracted by what other people have.

Enjoy Your Job Again

Let's face it: Work can sometimes be a drag. You don't want to quit, but you can take steps to feel good about your job again. Try these strategies:

- **Build more boundaries.** You don't have to be at the beck and call of everyone in your workplace—even your boss. Be clear with everyone on what your job is and isn't. Be polite but firm, and people will respect your willingness to stand up for yourself.
- **Take frequent breaks.** No matter how busy you are, take time to relax and recharge. Nonstop work can lead to burnout, so schedule a few minutes every hour or so to walk, breathe deeply, chat with a colleague, get some water or a healthy snack, or whatever will help you regain your perspective and energy.
- **Steer clear of toxic people.** Although most people are kind and cooperative, some are not. Maybe they don't mean to be, but these people can take a toll on your performance and mental health. Limit your interactions with these types of people as much as you can, and don't let them get "under your skin" when you can't. Remind yourself that you have value, too.
- **Tune out distractions.** Work becomes difficult when you can't concentrate well. Try wearing noise-canceling headphones to escape unwanted conversations and ambient sounds. Schedule times when you don't want to be interrupted, and communicate these times with your co-workers. If you work in an office, use the opportunity to work in a conference room with the door shut (and maybe a sign on the door) to get away from it all while you work.

Carve The Turkey With Flair



Follow these five simple steps to carve your holiday turkey successfully.

1. Let your 10-pound (or bigger) turkey stand at room temperature for 10-20 minutes after cooking and before slicing. Doing so allows the juices to distribute evenly throughout the turkey.
2. Slice or carve the turkey on a sanitized cutting surface. Knives, pans, and covers should be sanitized, too.
3. After 10–20 minutes, carve the turkey into major sections: breasts, thighs, drumsticks, and wings.
4. Cover with foil or plastic film to retain heat and moisture and to minimize the possibility of contamination. Hold at 140° F or higher in a hot holding device such as a cabinet or steam table. Your turkey should be at least 140° F when placed in the holding pans.
5. Slice the sections into serving pieces, arrange them on a plate and enjoy!

Tips On Tipping

Leaving a tip? You don't want to seem cheap, but you don't want to overdo it either—especially if money is tight. Here's a quick, basic look at what's expected in a variety of everyday situations:



Waitstaff: 15-20% of the bill, before tax

Bartender: \$1-\$2 per drink

Cleaning service: 15-20%

Hairstylist, barber, or masseuse: 15-20%

Car valet: \$2-\$10

Room service: 15-20%

Hotel housekeeper: \$2-\$5 per night

Taxi/Uber/Lyft driver: 15%



One-Liners For The Thanksgiving Table

When there is a lull in the conversation this year, try one of these hilarious one-liners!

- Where there's a will, I want to be in it.
- Don't you hate it when someone answers their own questions? I do.
- I'd agree with you, but then we'd both be wrong.
- Knowledge is knowing the tomato is a fruit. Wisdom is not putting it in a fruit salad.
- I thought I wanted a career. Turns out, I just wanted a paycheck.
- When filling out an application, where it says, "In case of emergency, notify _____," I always write, "DOCTOR."
- I didn't say it was your fault. I said I was blaming you.
- I used to think I was indecisive. But now I'm not so sure.
- Change is inevitable, except from a vending machine.
- I'm supposed to respect my elders, but these days it's getting harder for me to find one.





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