

Janet's Journal

Email: janet@janetbrowning.com

September 2022

Taking Care of Business

Dear [FirstName],

This month's newsletter has some interesting and fun stories as well as a few thought-provoking articles about your career path. You'll get a deep dive into the history of Labor Day and health tips from the experts at U.S News and World Report.

Curating these messages for you every month is one of my greatest joys, and I hope it brings you as much happiness as it brings me. These days, making someone's day even in the smallest of ways is what keeps me going. I strive to use my skills as best I can and be of service to everyone I meet.

As an expert in my field, my biggest goal is to educate and help as many people as possible. If you know anyone buy or sell their home, please always feel free to share my information. I'd be happy to help.

Best,
Janet Browning

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An Average Customer

A London restaurant was renowned for its elegance, with plush furnishings and exquisite chandeliers. Meals were served on fine china and drinks were poured into crystal goblets.

Everything was perfect until one day when a guest began to enjoy her meal and the food needed a touch of salt.

Reaching for the beautiful silver shaker, she quickly discovered that it contained pepper. In fact, both silver shakers contained pepper.

She signaled to the waiter—who politely informed her that she must be mistaken because each table always had one salt shaker and one pepper shaker. The woman quietly picked up the first shaker and sprinkled a little pepper on the side of her plate. Then she picked up the second shaker and did the same. The waiter apologized profusely, then rushed to bring a salt shaker. He returned with the maitre d' who offered complimentary desserts to atone for the mistake.

“My goodness,” the woman said, somewhat embarrassed by the attention. “It’s not that important. It was just a simple mix-up.”

“But, madame,” the maitre d’ replied, “what if you had been the Queen?”

~Your Signature

September Question

Q: Which planet is the hottest in the solar system?

August Question

Q: How many hearts does an octopus have?

A: Three

Skull Links Humans and Neanderthals



A 55,000-year-old human skull has shed new light on human development, according to the *Sci-News* website. The skull, discovered in Israel’s Manot Cave, belonged to an anatomically modern human who lived in the region at the same time as Neanderthals, suggesting that modern humans and Neanderthals coexisted some 10,000 years earlier than scientists previously thought. The Manot humans may in turn be closely related to the humans who eventually migrated to Europe between 20,000 and 30,000 years ago.

Stay Healthy with Fiber

Fiber, in the form of fruits, vegetables, whole grains, and other carbohydrates that pass through your body undigested, is important to your digestive health, and your overall well-being in general. Too little fiber in the diet is associated with a higher risk of heart disease and diabetes. But only 7% of adults in the U.S. get enough fiber, according to a study reported by *U.S. News & World Report*.

How much should you eat? Overall, health experts say you should consume 14 grams of fiber for every 1,000 calories you eat in a day. For women, the target is 25 grams in a 2,000-calorie daily diet; and for men, it’s 38 grams in a 2,500-calorie diet. People over 50 years old can consume less.

What should you eat? For starters, try a one-cup serving of pearl barley, which has six grams of fiber, instead of white rice, with just two grams.

September Round-Up

National Wildlife Day, Sept. 4. The purpose is to raise awareness about endangered species and their habitats, which need to be protected and rescued.

Labor Day, Sept. 5. A federal holiday in the United States celebrated to honor and recognize the American labor movement.

International Day of Charity, Sept. 5. Established with the objective of sensitizing and mobilizing people, NGOs, and stakeholders all around the world to help others through volunteer and philanthropic activities.

Autumnal Equinox Day, Sept. 22. The Autumn equinox signals the beginning of Fall. It is the point where there is exactly 12 hours of daylight and 12 hours of darkness at the equator.

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Choosing the Right Doctor

A primary care physician is your first line of defense in maintaining good health. Finding one you like and trust may take a little effort. Here's some advice from the *Healthline* website:

- **Check your network.** Staying within your health plan's network can save you money. Look through your plan's documents to locate primary care doctors in your community.
- **Talk to your family and friends.** Ask who they go to, and whether they like and trust them. You can also look to other health care workers you know such as your pharmacist, physical therapist, eye doctor, and other health care professionals.
- **Consider the location.** Is it easy for you to visit the doctor's office? Ask about public transportation, parking, and other access issues. If your doctor's office is inconvenient to get to, you won't go as often as you should.
- **Check availability.** How busy is the doctor? Will you be able to get an appointment when you need one? Are tele-visits an option? You should be able to see a doctor quickly when you need to.
- **Meet the staff.** You'll be interacting with nurses and assistants, not just the doctor. On your first visit, see if they're friendly and helpful so you'll be comfortable sharing your concerns with them.
- **Group vs. Individual practice.** In a group practice, you may not always get to see the doctor you choose. On the flip side, if the doctor is a solo practitioner, their availability may be limited.

Time for a Work Change?

Are you in the right career? Don't waste your time if you're running up against these obstacles. *Zenopa* suggests you consider these three things:

- 1. You feel unappreciated.** Your managers don't show your work and results the respect you believe they deserve.
- 2. You've lost your passion.** You no longer believe in the mission of your organization.
- 3. You're not being challenged.** You're doing the same job day after day without learning new skills.

If you're not satisfied in these three areas, it may be time for change. Or you may find you're happier than you realized and no change is needed!

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Stay Focused on Your Long-Term Career Path

No matter how much you enjoy your work, you may wonder what another profession would be like. But you should be careful not to wind up wandering off your desired career path. Before pulling up stakes, be sure you:

- **Know what you want.** Your manager has offered you a promotion. Before you jump at the chance, consider whether the promotion is in line with your long-term career goals. If not, find the courage to be honest with your boss and to act in your own best interest, even if others disapprove or are disappointed.
- **Listen to your instincts.** We all have an inner voice that tries to get our attention when something's not quite right. The problem is we frequently silence our inner voice by focusing on what we think we should do. Thoughts like, "It's not what I want, but if I pass up this opportunity, I may not get another," or "I'm not comfortable here, but I can adapt." Pay attention to your feelings before making big decisions about your career.
- **Change your mind when you need to.** You've lobbied for an opportunity and now it's yours. Before you act, ask yourself a few questions. Is the timing right? Is the salary adequate? Have your ambitions changed? You're better off changing your mind than taking a job you don't really want, perhaps depriving a better-suited person of the opportunity. Make the choice that's right for you today.

The History of Labor Day

Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It's a national tribute to the contributions workers have made to the strength, prosperity, and well-being of the United States.

Some records show that Peter J. McGuire, general secretary of the United Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first to suggest a day to honor those “who from rude nature have delved and carved all the grandeur we behold.” But other research seems to support the contention that machinist Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York.

The Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic. Either way, the first Labor Day holiday was celebrated in New York City on Tuesday, Sept. 5, 1882, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on Sept. 5, 1883.

In 1884, the first Monday in September was selected as the holiday. As labor organizations grew in size and power, so did the idea of Labor Day. In 1885, Labor Day was celebrated in many industrial centers of the country.

The first governmental recognition of the holiday came through municipal ordinances passed during 1885 and 1886. While the first state bill proposing the holiday was introduced into the New York legislature, Oregon passed the first law on Feb. 21, 1887.

Four more states—Colorado, Massachusetts, New Jersey, and New York—created the Labor Day holiday by legislative enactment that same year. By the end of the decade, Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September a legal holiday in the District of Columbia and the territories.



How to Fight Zoom Anxiety

As more and more people return to work, it's obvious that Zoom meetings aren't going away. Some of us will continue working from home at least part-time, and there will always be long-distance meetings that require video. If the thought of another Zoom meeting fills you with anxiety—which is not uncommon these days—consider this advice from the *Psych Central* website:

- **Minimize yourself on screen.** Many of us are self-conscious about our appearance, and being in a Zoom meeting can make that worse. Choose a view that doesn't put you front and center. Zoom has a "Hide Self View" option so you don't have to look at yourself while you're talking.
- **Turn off your video.** You may be intimidated by the sight of all those faces on your screen. You can go audio only and turn the Zoom meeting into a typical conference call. You may not be able to do this all the time, but it can relieve anxiety if you're able to do this. You can also switch to "Speaker Only"—many virtual meeting platforms allow you to adjust your settings so you can only see one person at a time as they speak.
- **Be mindful when moving.** You may feel like you can't move at all when you're on video, but that will only make you more uncomfortable. The key is to move slowly, with intention, when you have to stretch, take a drink of water, or handle something temporarily offscreen. You'll feel better in general if you keep both feet firmly on the floor to ground yourself during the meeting.



Struggles and Strengths

A man found a cocoon resting on a branch. He sat and watched for several hours as the butterfly inside struggled to push its body through the small hole at the top. Suddenly the butterfly stopped making any progress. It seemed to be stuck. The man decided to help the butterfly. He used a knife to snip off the cocoon. The butterfly emerged with a swollen body and small, shriveled wings.

The man sat waiting for the wings to enlarge and support the butterfly. But that didn't happen. The butterfly was unable to fly, and it crawled around with its tiny wings and swollen body until it fell to the ground and died.

The man didn't understand that the butterfly's struggle to get free of the cocoon was nature's way of forcing fluid from its body into its wings to prepare it for flying once it was out of the cocoon.

Moral: Our struggles in life often develop our strengths.



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

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