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Money Tree Consulting, Inc

# WEALTH BEYOND



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## How to Get Ahead in the Networking Game

Networking is crucial to succeeding in your career. You need connections with people in all sorts of industries, people who can offer you advice, support, and sometimes work. Follow these guidelines from the Silicon Republic website to build the network you want:




- **NETWORKING SHOULD BE MUTUALLY BENEFICIAL.** Don't go into it thinking only what you can get. To build useful, long-term relationships, you have to be available to help your contacts as much as you hope to get help from them. Don't constantly ask for favors. Volunteer your service and expertise so people see you as a reliable partner.
- **JOIN DIVERSE GROUPS.** You meet people for your network by getting involved in industry associations, trade groups, and the like. Look for groups that have a diverse range of people. The wider your network, the better your access to information you can use and people with experiences and insights you might not encounter elsewhere.
- **PRESENT SOLUTIONS.** Position yourself as an expert by speaking at conferences and offering solutions to longstanding problems. Getting visibility will attract people to you. You'll be able to interact with a wider variety of experts in other fields who can share experiences and ideas while benefitting from your own.
- **SAY YES TO OPPORTUNITIES.** You've got to put yourself out there to prove yourself to the people you want in your network. That means volunteering your services and also saying yes to requests to help. Be willing to help. This shows you're a team player committed to everyone's success, not just your own.

## Alternatives to Meat Growing in Acceptance

Meat isn't automatically on the menu these days, according to the Lansing State Journal. A 2021 poll found that 41% of Americans say they're likely to buy artificially produced forms of meat that look and taste the same, up from 33% in 2018.

The survey looked at people's understanding of the relationship between food and climate change. Fewer than 50% of people surveyed realized that eating plant-based foods can help reduce greenhouse gas emissions.

Meatless meat was originally made from beans, soy, cauliflower, and the like. Newer versions feature plant-like "meat" designed to resemble traditional meat. But Americans are becoming more open to eating meat-like products made from other sources, like insects. One 2019 poll found that 25% of Americans are willing to try that.

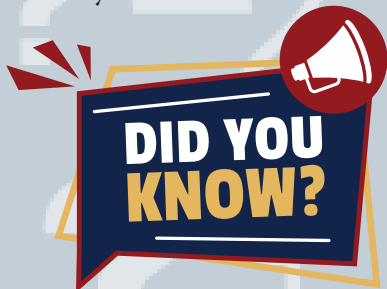


# MONTHLY QUIZ

1. What Danish Author is considered by many to be the most prolific fairytale writer?

2. What 1982 American science fiction horror film was directed by John Carpenter and starred Kurt Russell?

3. A stroopwafel is a wafer cookie that originated in which European country?



1. Each red blood cell lives an average of 4 months and travels between the lungs and other tissue 75,000 times before returning to bone marrow to die.

2. The hardest substance in the human body is enamel.

3. There are over 10 trillion living cells in the human body.

4. The number 1 cause of blindness in the US is diabetes.

5. Trees do not have life expectancies (most can grow indefinitely).

6. Rain contains vitamin B12.

7. Over 500 meteorites hit the Earth each year.

8. Clouds fly higher during the day than the night.

9. The Sun has a diameter of 1,390,176 km (864,000 miles).

\*Facts obtained from [www.did-you-knows.com](http://www.did-you-knows.com) pages 29-30

## Health In The News

### Take Care Of Your Mental Health This Summer.

After all the stresses of the past year, the thought of relaxing and just enjoying the summer months can feel alien and unfamiliar. Nothing is certain, of course, but you can reduce anxiety and let yourself go with this advice from the University of Colorado website:



- **LET YOURSELF FEEL EVERYTHING.** Don't try to force happiness. Allow yourself to feel a full range of emotions—excitement, anxiety, joy, sadness, and everything else. You can be excited about travelling, yet nervous about flying on an airplane, for example. Learn to balance your emotions so a single feeling doesn't overwhelm you.

- **TAKE A PROACTIVE APPROACH.** Confront your fears openly. This can be as simple as brainstorming summer projects or just making a packing list for a trip. Come up with a list of friends you can depend on for support if things get emotionally tough.

- **ACCEPT WHAT YOU CAN'T CONTROL.** Things happen. Don't try to take on everything. For example, you don't know what the weather will bring on a day you've planned for a hike, so be prepared with a raincoat and umbrella, or be ready to postpone activities until the day is more welcoming.

- **FIND WAYS TO COPE.** Practice meditation and mindfulness. Try journaling. Talk to a therapist, or a close friend you trust. Remember that exercise is good for the mind as well as the body, so get outside as much as you can. Spend time with friends and family you care about, and don't forget to celebrate the small victories.

- **TAKE CARE OF YOURSELF.** Eat healthy food and exercise regularly. Get plenty of rest and sleep, whatever else you're up to. Identify sources of stress so you can take steps to alleviate it before it becomes too much to handle.

### Trouble Breathing? This May Be The Cause...

Shortness of breath can be a terrifying condition, especially after this year. It has many possible causes, though. Don't panic but do seek medical attention. The Medical News Today website points to these common causes of breathing difficulty:

- **ANXIETY.** Anxiety can cause muscle tension, rapid heartbeat, agitation, and other symptoms which can lead to shortness of breath.

- **ASTHMA.** Symptoms include wheezing, coughing, and mild chest pain. It can be triggered by tobacco, dust mites, pollen, exercise, and other factors.

- **OBESITY.** Carrying excess weight or body fat can have a negative impact on overall health, including breathing. Obesity can also be a factor in acne, excess body hair, skin tags, and dermatitis.

- **HEART ARRHYTHMIA.** This is a condition where your heart has an irregular rhythm. You may not experience any symptoms, although some people suffer from a rapid heartbeat, low blood pressure, tightness in the chest, or a temporary loss of consciousness.



## Berry Patriotic Poke Cake

This poke cake is the perfect addition to your patriotic party. You can change the fruit flavors used to your preferred fruit.

### INGREDIENTS

- 1 box (16.5 oz.) White Cake Mix
- 1 cup water
- 1/4 cup vegetable oil
- 3 large egg whites
- 1 box (3 oz.) Black Cherry Gelatin Dessert
- 1 cup boiling water
- 1/2 cup cold water
- 1 tub (8 oz.) Whipped Topping, thawed
- 1 package (6 oz.) fresh raspberries
- About 1/4 cup fresh blueberries

### DIRECTIONS

Preheat your oven to 350 degrees. Spray a 13”x9” pan with cooking spray. Set aside.

Follow the cake box directions to prepare the cake batter using the cake mix, 1 cup water, oil and the egg whites. Spread evenly into the prepared pan. Bake for 23 to 28 minutes. Allow the cake to cool for 15 minutes in the pan. Then poke holes in the cake at 1/2-inch intervals.

In a small bowl, add 1 cup of boiling water to the black cherry gelatin mix. Stir well, then add in 1/2 cup of cold water and stir again. Pour over the cake, making sure to get the gelatin into each of the holes. Refrigerate for at least 2 hours.

Once the cake has chilled, spread the entire tub of whipped topping evenly over top of it. Use the blueberries and raspberries to create a design on top of the whipped topping if desired.

Serve immediately or refrigerate until ready to serve. Enjoy!



## THOUGHTS OF THE *Month*

*“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.”*

-Morris West

*“Life is like riding a bicycle. To keep your balance, you must keep moving.”*

-Albert Einstein

## 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.

Answers to The Quiz on Page 2.

1. Hans Christian Anderson
2. The Thing
3. Netherlands



## “We Hold These Truths To Be Self-Evident...”

On July 4, Americans celebrate the signing of the Declaration of Independence. The Declaration was officially adopted by the Continental Congress in Philadelphia on July 4, 1776, although Congress formally declared independence from Great Britain on July 2, and the Declaration wasn't signed by all 56 members until August. Some other facts about the founding document of the United States that you may not know:



- There's a message on the back. No, it's not an invisible treasure map (as in the Nicolas Cage movie *National Treasure*). The words “Original Declaration of Independence, dated 4th July 1776” appear on the reverse side of the document on display in the National Rotunda, at the bottom and upside down.
- About 200 copies of the Declaration were immediately produced by printer John Dunlap for distribution through the 13 colonies. Of these original “Dunlap broadsides,” 26 still exist.
- The original document wasn't printed on paper, but “engrossed” on parchment. Engrossing is a process for preparing an official document in large, clear handwriting.
- At the bottom left corner of the Declaration is an unidentified handprint. Historians speculate that it's the result of the document's being rolled up for transport and handled by various people for extensive exhibition in the early years of its existence.

## Simple Tips for Saving Money

Saving money doesn't have to be complicated. Try these strategies from the CNBC website:

- Go on a savings spree. For one month, save a dollar amount on the day that corresponds to the date. On the first of the month, for example, save \$1; on the second, save \$2, and so on. By the end of the month, you'll have saved up close to \$500—and gotten into the habit of saving.
- Match spending and saving. For every dollar you spend, put another dollar into savings. This will help you curb your spending as you consider whether or not you want to commit the same amount to savings.
- Increase your retirement savings by 1%. Bump up your contribution to your 401(k) or whatever plan you have by just 1%. You won't miss the money, but in time it will add up to a sizable amount for your retirement.



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