

# NEWS

*you can use*

[www.steffenslaw.com](http://www.steffenslaw.com) 308-872-8327

STEFFENS LAW OFFICE, P.C.

## A NOTE FROM BILL

*Writing about Uncle Forbes this month got me thinking about how our culture judges success. Too often, it all boils down to money. Made money last year? Success! Lost money? Failure! But money is just one part of success in life. Our health, relationships, and spiritual lives are no less important. Making a huge amount of money while allowing the other key areas of our lives to suffer doesn't equate to real success. And sustainable success in life really requires all four areas of our well-being to remain strong. It's that darn balancing act that challenges us all! The most successful people I know are really good jugglers. They manage to keep all the balls in the air. Let's keep that in mind as we reflect on 2016 and plan for 2017. Speaking of planning, take a look inside for the scoop on our estate planning seminar in February!*

## LESSONS FROM UNCLE FORBES

### *What My Uncle Taught Me About Sustainable Goals*

With the start of a new year comes New Year's resolutions. I think that's great, but those resolutions rarely stick. I'll see new folks in the gym for a month and a half. By March, many of them are gone.

I used to be the same way, until I learned the importance of setting sustainable goals. If you can't do it all year round, your success will be very limited. I learned that from my Uncle Forbes.

Forbes King was almost 100 when he died, and he was in great physical and mental shape. When he was about 93, he and my aunt visited us. Uncle Forbes rented a car and met us for dinner. He was fit as a fiddle and spry as a cat. When my girls asked, "How old are you, Uncle Forbes?" they were floored at the answer.

What was Uncle Forbes' secret? Doing all the little things that benefited his health! For example, at family dinners, most of us would load up our plates and come back for seconds. By contrast, Forbes

would get a piece of chicken, some salad, and a few vegetables.

He usually passed on dessert.

Over the years, as a lot of us were getting heavier, Uncle Forbes was the same as ever. He watched what he ate and stayed in good shape. He also stayed involved in civic life. Groups like the Rotarians kept him mentally sharp, even in advanced age.

When we decide to lose 10 pounds before March, we go to the gym 7 days a week. And then we fail, because that's not how Uncle Forbes would do it. He'd find an exercise routine he could stick to, and follow a healthy diet.

Uncle Forbes didn't have to give up too much to be healthy. And he never felt he was *giving up* anything, because he was *getting* a long, fulfilling life in return.

You can guess my resolution for 2017 — be more like Uncle Forbes.

*- Bill Steffens*

# BAD WEATHER? *The Kitchen is Open*

Your family plans have been blown away by a storm, trapping you inside for the day. You've run out of ideas, the kids are bouncing off of the walls, and the collective singing of "I'm bored" is starting to wear you down. And the worst



part? It's lunch time. So, how are you going to pass the time and keep bellies full?

Turn your kitchen into a restaurant! Choose a theme, and help your kids decorate the space. Table cloths, wall art, and fun place settings are a great place to start. Put on some themed music that corresponds with the type of restaurant you're opening, and now you really have a party!

After the decorating is done, have your kids decide what foods the restaurant will serve, then let them create their own menu — complete with hand-drawn pictures. While they're completing the menu, take some time to set out ingredients.

Arrange an assortment of fully cooked foods, and turn

food preparation into a taste combination party. Your food and flavor combinations don't need to match what's on the menu — that's what imaginations are for (and the chef's special). A cracker with toppings could very easily become a fancy pizza! Macaroni and cheese with ham could be a decadent pasta dish never before seen this side of the Mississippi.

Once the best combinations have been made, it's time to eat. Sit down and enjoy your specially prepared meal. If you have time, try to put together some dinner theater. You can make up stories, have a puppet show, or pretend to record a TV commercial to advertise your new restaurant. Now, don't forget — a good kitchen staff works together to clean up after the restaurant closes for the day!

## INJURY CLIENT TESTIMONIALS



"I was concerned about which attorney to hire for help in my auto accident. The Steffens Law Office turned out to be a great choice. They contacted me regularly, answered all my questions, and really worked with me. I worried that I had waited too long, but my case moved forward quickly. I was very pleased with the result, and shocked with the large size of my settlement."

— Phyllis, North Platte, NE

"Steffens Law Office did a great job for me. I didn't know what to do first, and they led me through everything. They encouraged me to get the best medical treatment I could, and I did. Plus, my settlement check was better than I ever expected."

— Andy, Sidney, NE

# FREE ESTATE PLANNING WORKSHOP!

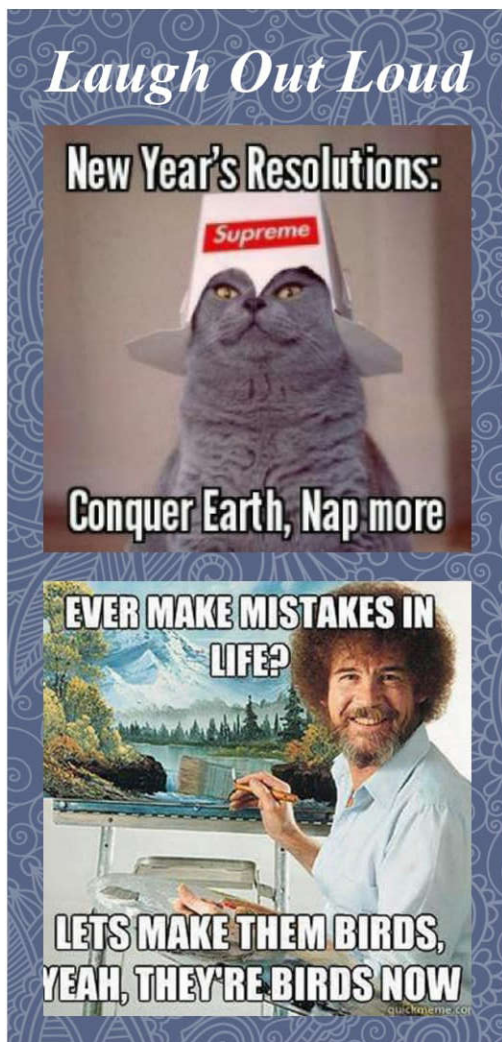
Have you ever said, “Estate planning — I *need* to do that this year!” Have you said it multiple years in a row? If so, get ready to check it off your list for good.

On **February 15, 2017**, we’re holding a **free** estate planning workshop and seminar at the **Cobblestone Hotel**, at **6:30 p.m.**

We’ll go over Wills and Trusts, Powers of Attorney, and — of course — our own Estate Planning Notebook — no confusing “legalese” and no giving you the runaround. Our workshop is simple and direct; we’ll answer any questions you have about estate planning.

We know that many people put off estate planning, but 2017 is going to be the year that you take care of yours. We can’t overstate the peace of mind that comes from knowing your family and loved ones are taken care of in the event of a tragedy.

Most estate planning involves simple documents and does not take long and ensures *you* decide what happens to your money and property — not the government. Come to the seminar on February 15 and “git-’er-done” for the sake of your family. Call ahead to reserve your seat!



## GOOD, OLD-FASHIONED CHICKEN SOUP

*If your New Year's resolution is to have a healthy and happy year, you'll love this delicious, gluten-free seasonal soup.*



### INGREDIENTS

- ¼ cup coconut oil or ghee
- 1 cup onion, chopped
- 1 (14-ounce) can diced tomatoes
- 2 cups chicken broth
- 1 teaspoon garlic, minced
- 1 teaspoon thyme
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 cups potatoes, diced
- 1 ½ cups carrots, sliced
- 2 cups boneless, skinless chicken breast, chopped into 1-inch pieces

### INSTRUCTIONS

1. In a large pot, heat oil and sauté onions until tender.
2. Add tomatoes, broth, garlic, thyme, bay leaf, salt, and pepper and bring to a boil.
3. Add potatoes, carrots, and chicken.
4. Simmer until vegetables are cooked through, about 30 minutes.

*Recipe inspired by kitchme.com.*

# Inside

- 1 LESSONS FROM UNCLE FORBES
- 2 MAKE THE BEST OF BAD WEATHER  
CLIENT TESTIMONIALS
- 3 FREE ESTATE PLANNING WORKSHOP!  
TAKE A BREAK  
GOOD, OLD-FASHIONED  
CHICKEN SOUP
- 4 WHY YOU NEED A WARMUP

## WHY YOU NEED A WARMUP

In the morning, you turn off your alarm, leap out of bed, and immediately start pumping iron or taking off down the street. What's wrong with this picture?

There's no warmup!

Think of how confusing it must be for your muscles to go from zero to 60 as you suddenly squat with 150 pounds on your back, or sprint without warning! One study found that men who started high-intensity running without a warmup had abnormal electrocardiogram (ECG) tracings. It was a huge stressor for their bodies.

Instead of jumping right in, why not do a dynamic warmup that eases you into your daily workout? The warmup you'll need depends on how intense your workout is going to be. For instance, if you're planning to do serious training with exercises like squats, deadlifts, and overhead presses, you'll want a pretty solid warmup — so your muscles aren't shocked by a heavy load without any time to prepare.

A more extensive warmup will include a few minutes of jump rope or running in place, a few minutes of jumping jacks, 20 body-weight squats, 10 hip extensions, five

lunges for each leg, and 10–20 pushups. Are you wondering why there's so much attention paid to the lower body? Here's why: if you're someone who sits all day, your legs and core are the tightest and least active muscles.

Before each strength training workout, do some warmup sets for each muscle group. Use just the barbell or a lighter weight that won't tire you out. This will get your muscles ready for the real thing. It might seem like a pain to warm up every time, but this will help you avoid injury and get more out of the exercise you do.