



Bill



Jay



Jeremiah

Broken Bow: (308) 872-8327
Kearney: (308) 767-2650

Grand Island: (308) 767-2695
North Platte: (308) 221-6204

Lincoln: (308) 767-2061
Omaha: (402) 401-2864

January 2024

Stay in the Gym After the New Year's Rush

As the year began, gym attendance swelled nationwide, with people looking to make good on their New Year's resolutions. Now, in February, those crowds have inevitably thinned. Here are surefire strategies to ensure you don't join the departing masses.

Continue the online trend. The pandemic closed many gyms, so folks flocked to online trainers and instructors to continue their wellness journeys through yoga, Pilates, or full cardio classes. These easily accessible workouts have cemented their place in many schedules and will help you achieve your fitness goals, too. If you're too tired after work to get to the gym, just open up a YouTube yoga class. If you're more tech-savvy, throw on your preferred VR headset and join a cardio class alongside others. This at-home method is always available and can help continue your progress even when the initial adrenaline rush of that New Year's resolution has worn off.

Involve your mind in physical activity. While walking on that treadmill or cycling on that bike, listen to an audiobook or a podcast. This can be a bundling exercise to learn a new mental skill while working on a body-based skill. It can also help you reach multiple resolutions simultaneously. Many people want to read more, learn a new skill, or expand their knowledge. Working on various skills at the same time will encourage growth, giving you more bang for your buck to bolster your exercise.

Remember your mental health. Health is not just about how strong your body is. According to the Global Health and Fitness Association, 89% of people report a "statistically significant, positive association between physical activity or exercise and mental health." Building mental fortitude is just as important as upping your deadlift. Apps like Calm or Aura offer guided meditations to help you learn to be more present and control intrusive thoughts. You can also use them during a warmup or cool down after exercise to transition into a peaceful mental state. Having an optimistic disposition also helps you stay enthusiastic and motivated to continue your goals through those inevitable mental ebbs and flows.

Build rest days into your routine. While you may think the way to move forward with your fitness goals is just to keep



going, it's vital to rest. The usual sauna or massages are absolutely reliable methods, but new 2024 methods bring a tech edge. The rising affordability of massage guns and rollers brings trainer-level recovery right to your fingertips. There's even a new handheld laser-based recovery system that targets cells to encourage ATP production. Adenosine triphosphate is your cells' primary energy source, so a higher production of it will help you regain that pep in your step. Some good R & R will always be on trend and help your fitness journey continue past Jan. 31.

Whether you're a beginner, a gym rat, or something in between, these four practices will keep that New Year's adrenaline going. You'll find your fitness goal easily achievable between rest days that restore energy, at-home workouts that don't make you trek to the gym, and holistic health that strengthens your body and mind.

- Bill

'Unleash' the Benefits

GLUCOSAMINE'S ROLE IN YOUR PET'S JOINT HEALTH

Our pets are more than just animals — they are members of our families. As responsible pet owners, it's our duty to ensure our furry friends lead healthy, comfortable lives. One crucial aspect of their well-being is joint health, especially as they age. Glucosamine is a supplement that has gained recognition for its potential to support and protect your pet's joints.

Like humans, pets can experience joint issues due to aging, genetics, or injuries. These can manifest as stiffness, decreased mobility, and pain. These issues can make it difficult for your pet to enjoy playtime or even walk comfortably.

Glucosamine, a natural compound in healthy cartilage, cushions and protects our joints. When administered as a supplement to dogs and cats, it supports joint health in several ways.

Cartilage Maintenance

Glucosamine helps maintain and repair cartilage and may also slow down the degeneration of cartilage, a common issue in aging pets.

Inflammation Reduction

Research shows it might have anti-inflammatory properties that can help alleviate joint inflammation, providing relief from pain and discomfort in your pet.

Increased Lubrication

By promoting the production of synovial fluid, a lubricant found in joint cavities, glucosamine aids in smoother joint movements.

While glucosamine is often associated with senior pets, we can use it preventively. Starting your pet on glucosamine supplements at an earlier age may help maintain healthy joints throughout their



life. This is especially important for breeds predisposed to joint problems or larger dogs more prone to joint stress.

Before introducing any new supplement to your pet's diet, consult your veterinarian. They can assess your pet's specific needs, recommend appropriate glucosamine supplements, and ensure contraindications with other medications or health conditions are not an issue.

Glucosamine can be a valuable tool to help pets live a happier and more active life. Remember that the key to their well-being lies in your hands: a nutritious diet, regular exercise, and thoughtful choices like incorporating glucosamine into their daily routine!

Aging Parents, Changing Roles

STRATEGIES FOR PROVIDING CARE

For years, countless parents raised and supported their children, ensuring they were comfortable, safe, and happy. Now, as they enter the twilight years of their lives, the roles often reverse, and it becomes the children's turn to care for their parents, especially if they've received a dementia or other severe illness diagnosis. While many assume their parents will enter an assisted living or memory care facility, it's not always a straightforward process, as those services cost thousands of dollars per month.

If you take on the responsibility of caring for your aging parents, there are strategies you can implement to make the situation easier for everyone.



Watch for the warning signs.

Let's face it: Your parents will not give up their independence freely. You'll have to watch for the warning signs and make an executive decision on what they can and can't handle. For example, if they're still driving but you no longer feel comfortable riding in their passenger seat, they've had more than one recent accident, or they consistently forget where they're driving to, it might be time to take the keys away.

Make your house safer.

If your parents are going to be living with you or spending more time at your home, consider installing safety features to help them avoid tripping and falling. Install night lights along the hallways and bathrooms, put a safety bar or a shower seat in the bathtub, and add railings or handles to any steps. Observe your parents so you know what safety measures you need to install.

Stay positive.

Understand this will be one of the most difficult times in your life. It's already challenging watching your parents grow older, but it can be even more devastating if they develop a serious illness. Your parent may say or do things that shock you in the most unpleasant way, but don't let this cloud your image of them. Stay positive during the difficult times, and the good times will feel even brighter.

TAKE A *BREAK*

N C S J N H B E C N L J O Q Q
J O C E F A C C G N H E Y T E
P Z I E Y V O A R N L T A R Q
J O N T B X X N X H I W J Z P
L P V O A A V R P B R T N V O
Y P O J I N R U M V B X A P E
R T O A J N R F A T N S P K E
S W D N N J S A B M V O Q R S
L V Z U L R P U C O S U T E J
I Y V S Q U F V L I W E U T O
L A D M K B H C T A N F L A E
T M D O J C K E S R T O V E X
H O C K E Y Y B A C L E V W B
S E L D N A C G D C C B V S S
N O I T U L O S E R Z Z T B J

Boots
Candles
Carnation
Furnace
Garnet
Hockey
Insulate
Janus
Opposite
Resolution
Skating
Sweater



Baked Salmon With Garlic and Lemon

Prepare to tantalize your taste buds with a zesty dish that combines salmon with the vibrant flavors of garlic and lemon!

Ingredients

- 2 lbs salmon fillets
- 4 cloves garlic, minced
- Juice of 2 lemons
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste

Directions

1. Preheat oven to 375 F.
2. Line a baking dish with parchment paper. Place the salmon fillets on the baking dish.
3. In a small bowl, mix together the garlic, lemon juice, olive oil, oregano, thyme, salt, and pepper. Pour the mixture over the salmon.
4. Bake for 15-20 minutes or until the salmon is cooked through. Serve and enjoy!



SEALAND

The Smallest Country You've Never Heard Of

If someone were to ask you what the smallest country in the world was, what would you guess? Those familiar with geography would quickly answer with Vatican City, and they'd technically be correct. However, there's another country unrecognized internationally that is 99% smaller than Vatican City: Sealand. It's only a few miles offshore from England, so why isn't it more well-known?

During World War II, the British constructed Roughs Tower 7 nautical miles off the coast of Suffolk to defend shipping lanes from German attacks. Throughout the war, between 150 and 300 members of the Royal Navy occupied the tower, but by 1956, the last full-time serviceman left the facility, leaving an opportunity for Jack and Jane Moore to squat at the tower and play their pirate radio station "Wonderful Radio London."

Jack and Jane remained at Roughs Tower from 1965 to 1967; in September 1967, Major Paddy Roy Bates ousted the Moores from the fort, claiming it for himself. At this point, he declared the independence of Roughs Tower, naming it the Principality of Sealand. Later that year, the British sent workers to repair a buoy near Sealand, which caused Paddy's son Michael to fire a warning shot in their direction. This resulted in England summoning Michael to court on firearm charges, which were eventually dropped as Sealand was considered outside of England's territorial limits. The Bates considered this their first instance of de facto recognition.

In 1978, Alexander Achenbach attacked Sealand alongside German and Dutch mercenaries. Their attack proved unsuccessful, resulting in their capture and imprisonment. Germany sent a diplomat to negotiate for Achenbach's release, which Paddy took as another instance of de facto recognition.

Over the years, Sealand officials have created a national flag, a national anthem, an entire currency, and passports. Sealand was even the location of a skateboarding event sponsored by Red Bull in 2008. Paddy Roy Bates passed away in 2012, but his son still runs the operations at Sealand. They continue to hold hope that one day, the world will recognize Sealand's sovereignty.

INSIDE THIS ISSUE

- 1 Top 4 Strategies to Keep Your Fitness Resolutions
- 2 Glucosamine's Role in Pet Wellness
Tips to Help You Care for Your Aging Parents
- 3 Baked Salmon With Garlic and Lemon
Sealand's Ongoing Quest for Global Recognition
- 4 Bringing Joy to Your Day

A BRIGHTER TOMORROW

Positive Stories From the Natural World

We live in a world where we're constantly exposed to new information, thanks to the internet and 24-hour news cycle. Some of this information is certainly helpful, like the latest traffic updates before your morning commute or an article with tips to help your toddler string their first sentence together. But sometimes, it can feel like most of the information we absorb is negative.



There's a whole psychology behind why negative information sells and spreads the fastest, and media conglomerates and online trolls use it to their advantage. So, unfortunately, the online and televised media market is saturated with bad news. Thankfully, this isn't an accurate reflection of what's going on in the real world. So, we're here to show you a couple of positive things happening in the world lately!

Scientists discovered a hidden octopus nursery.

Scientists found an incredible surprise in the Monterey Bay National Marine Sanctuary off the coast of California. There, at the bottom of the thermal spring, were roughly 20,000 octopuses nestled at the bottom in a ball formation with their tentacles facing up — a position the animal uses to protect its eggs. Scientists

predict the octopuses chose this spot due to the warm water, making it the perfect location to brood their eggs thanks to the consistent temperature.

2,000 white rhinos will be released into the wild over the next decade.

Conservation group African Parks recently purchased the world's largest private white rhino breeding operation, which resulted in their obtaining 2,000 of the near-threatened animals.

To help increase the rhino's natural population, African Parks has developed a plan to rehabilitate and release these rhinos slowly — roughly 100 per year — into the wild over the next 10 years. By doing so, their goal is to "create strategic populations to protect the long-term future of the species."