

WHY WE DON'T HAVE A VETERANS DAY WEEKEND AND WHY THAT'S FITTING



This year Veterans Day will fall on a Saturday. Next year, it will be a Sunday. Because it's a Federal holiday, students, government workers, and some businesses will take Friday off this year. But there's no official Veterans Day Weekend to kick off the holidays like the Memorial Day weekend kicks off the summer vacation season.

One might argue that always observing Memorial Day on a Monday would be beneficial to the economy. People would use the annually scheduled long weekend to travel, go shopping, and spend on leisure activities.

In the early 1970s the government tried this. As part of a late 1960s initiative to turn Federal holidays into long weekends, the date of Veterans Day was moved each year to land on a Monday. But this proved not only to be confusing, but was felt to lessen the purpose of the specific day itself.¹

Veterans Day began as Armistice Day. On November 11, 1918, the slaughter of WWI effectively stopped as an armistice was declared. All sides agreed to stop fighting, though it would take more than seven months for the diplomats to work out the terms of the peace.

Spanning 1914-1918, "the Great War" produced a carnage unequalled to that point in human history. Historians estimate that about 12,000,000 people died in the conflict—about 8,500,000 of them as soldiers.²

The United States was late to enter the war. Most of our troops didn't deploy into action until early 1918. Yet more than 116,000 never made it home.

The hellish eyewitness accounts of the battlefields describe artillery shells filling the air for days at a time, their explosions creating a constant, deafening roar. Lines of troops charged across muddy fields strewn with barbed wire, cut down in waves by machine gun fire. So many were buried and reburied by exploding artillery rounds, that hundreds of thousands of dead are still unaccounted for today.

The day this previously unthinkable carnage stopped was November 11. It was a day to be remembered and celebrated around the world.

In 1938 the government officially recognized Armistice Day as a national holiday, a day to honor veterans of WWI. In 1954 the name was changed to Veterans Day to also honor those that had fought in WWII and Korea.

Then in 1975 after four years of moving the day to land on a Monday, President Gerald Ford signed a law stipulating that once again Veterans Day would be observed on November 11.

The small economic boost our nation gave up in not having a permanent Veterans Day Weekend has been more than made up for in restoring the dignity of that day.

This November 11 take some time to remember the cost of the peace we often take for granted and to honor the men and women who have selflessly served so that we might continue to enjoy freedom.

Have a great weekend!

Source: Efficient Advisors

Golf Tip of the Week



Exercises to Keep Golfer Fit During the Winter Season

Staying fit during the winter months can help you avoid torn rotator cuffs and other injuries once the spring golf season hits. Golfers should maintain a year-long training regimen focusing on flexibility and cardiovascular and muscle strength. To help you stay fit, here are 3 winter exercises to try:

- 1. Arm and Leg Lifts:** Lay on your stomach and extend your arms and legs. As you raise your right arm, concurrently raise your left leg. Switch sides, and repeat 3 sets of 20, 3 times each week.
- 2. Rotator Cuff Exercises:** Hold 3-pound weights in each hand, with your arms and thumbs pointed downward at your side. Raise your arms to shoulder height with a 30-degree angle. Open your shoulders by turning your thumbs up. Repeat raising your arms with 3 sets of 10, 3 times each week.
- 3. Single-Leg Mini Squats:** Place a phone book or other thick, stable object on the ground. With one foot on the book, hold the other foot in the air. In this position, hold your midsection tight and squat until your free foot touches the ground. Repeat on each side, 3 sets of 10, 3 times weekly.

Remember to consult a doctor before trying any new exercise routine.

Tip adapted from Golf Magazineⁱ

Recipe of the Week



Burger Steaks With Haricot Verts and Sweet Potato Wedges

Serves 4

Ingredients:

- 3 sweet potatoes
- 1 ½ tablespoons olive oil, split in 2 portions
- Cooking spray
- 1 teaspoon ground black pepper, split in 2 portions
- ¾ teaspoon kosher salt, split in 2 portions
- 1 pound ground sirloin, 90% lean
- ½ cup chopped red onion
- 1 ½ teaspoons rosemary, chopped
- 8 ounces cremini mushrooms, sliced
- ¼ cup water
- 1 cup chicken stock, unsalted
- 1 tablespoon all-purpose flour
- 8-ounce package of microwavable haricots verts (French green beans)
- 1 ½ teaspoons butter, unsalted
- 1 tablespoon parsley, chopped

Directions:

1. Put rimmed baking sheet in oven, and preheat oven to 450° F.

Sweet Potatoes

2. Place sweet potatoes in a microwavable dish and cover with plastic wrap, piercing holes in wrap. Cook for about 5 minutes, or just until tender.
3. Cool cooked sweet potatoes briefly, and slice into 8 lengthwise wedges.
4. Put back into dish, and drizzle 1 tablespoon of olive oil over potatoes.
5. Take baking sheet out of oven, cover with baking spray, and place sweet potatoes on pan.
6. Bake potatoes for 18 minutes, turning them halfway through cooking.
7. Sprinkle potatoes with ¼ teaspoons each of salt and pepper.

Beef

8. Warm a cast-iron skillet over medium-high heat, and add cooking spray.
9. Make 4 patties from the beef, 1/2-inch thickness.
10. Dash 1/4 teaspoons each of salt and pepper on top.
11. Put patties in skillet, and cook for 3 minutes each side.
12. Remove from heat and put aside.

Mushroom Roux

13. Put remaining olive oil in pan, and add mushrooms, rosemary, and onions. Cook for 5 minutes.
14. Add 1/2-cup water, and break up browned bits from bottom of pan.
15. Mix flour and chicken stock together into a bowl, and add this to the mushroom mixture. Add remaining 1/2 teaspoon pepper and 1/4 teaspoon salt.
16. Bring mushroom roux to boil, place patties in pan, and cook for 4 minutes.

Green Beans

17. Microwave haricot verts per directions on bag.
18. Put cooked beans in a bowl, and toss with butter.

Serve

19. Divide and serve beef patties, beans, and potatoes onto 4 plates.
20. Top with mushroom roux and chopped parsley.

Recipe adapted from My Recipesⁱⁱ

Health Tip of the Week



Signs of Potentially Poor Fingernail Health

Our fingernails are made from laminated layers of the protein keratin. When your nails are healthy, they are strong and appear smooth and consistent in color. When nails are unhealthy, symptoms emerge that could even signal a deeper ailment.

While signs of poor nail health can vary by person, here are common symptoms to look out for:

- Change in color, either in full or in streaks
- Changes in the shape, such as curling
- Separation from the surrounding skin
- Bleeding around nails
- Swollen or painful nail beds

Tips adapted from MayoClinicⁱⁱⁱ

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Sources:

1. <http://go.efficientadvisors.com/e/91522/ffordability-a-growing-concern/4rld1/280983368>
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ⁱ <http://www.golf.com/photos/winter-workouts-golfers#2>

ⁱⁱ <http://www.myrecipes.com/recipe/burger-steaks-mushroom-gravy-sweet-potato-wedges-haricots-verts>

ⁱⁱⁱ <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/nails/art-20044954>