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(888) 418-3358 [al@afsgmartinez.com](mailto:al@afsgmartinez.com)

Al Martinez

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## It's Good To Be King ... For 2 To 6 Weeks

Life is truly short for Monarch butterflies. They go through four stages during their brief life cycle, and each year there are four generations of butterflies.

**Eggs** are laid on milkweed plants, and generally hatch within four days.

**Larvae (caterpillar)** after hatching will eat the milkweed in order to grow. After about two weeks, the caterpillar will be fully-grown and attach itself to a stem or a leaf using silk to transform into a chrysalis.

**Pupa (chrysalis) stage is 10 days.** Within the chrysalis the old body parts of the caterpillar are undergoing a remarkable transformation, called metamorphosis.

**Adult butterflies** emerge from the pupa and fly away, feeding on flowers for the short life they have left, which is only about two to six weeks.



In **February and March**, the previous year's final generation of hibernating monarch butterflies comes out of hibernation to find a mate. They then migrate north and east in order to find a place to lay their eggs. This starts stage one and

generation one of the new year for the monarch butterfly.<sup>1</sup>



**The second generation of**

**monarch butterflies is born in May and June;** the third generation is born in July and August. These monarch butterflies will go through exactly the same four stage life cycle as the first generation did, dying two to six weeks after becoming beautiful monarch butterflies.

1 - <http://www.monarch-butterfly.com>



A mother is your first friend, your best friend, your forever friend.



God could not be everywhere and therefore he made mothers.



Mothers hold their children's hands for a short while, but their hearts forever.



A mother understands what their child does not say.



## Retirement Life:

### Women and Men Do It Differently

The TIAA Voices of Experience 2016 survey of 1,583 retirees explored activities and satisfaction in retirement.

While researchers found many differences in activities and transitions to retirement between the genders, there was agreement on one thing: "The busier you are, the happier you'll be," said Ed Moslander, TIAA's senior managing director and head of institutional client services.

**76 percent of retirees engaged in 10 or more activities were "very satisfied" with their retirement vs. 52 percent who engaged in one to four.**

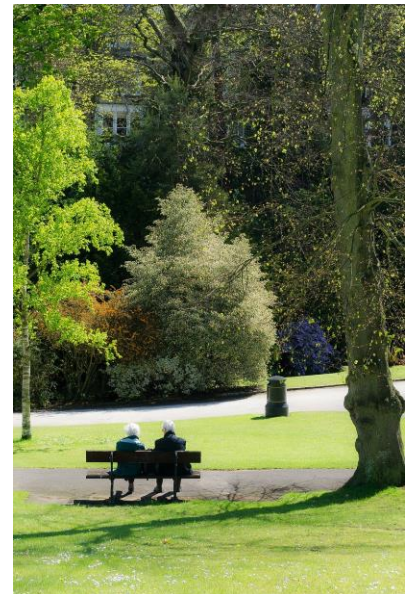
**Women** were more likely than men to be engaged in "creative pursuits" in retirement, such as writing, art and crafts (40 percent of women vs. 35 percent of men).

**Men** were slightly more likely to be teaching or mentoring (24 percent vs. 20 percent) and "starting a new career in a field that interests or excites me" (but career switching in retirement was uncommon; only 9 percent of male retirees did it vs. 4 percent of females).

The men surveyed were also more likely than women to say they found the transition to retirement "easy."

**Broadly speaking, TIAA found, retired women are more likely than men to be busy caregiving, socializing with friends and family and giving back to the community; the retired men are more likely to be engaged in sports and working.**

An impressive 95 percent of married respondents said their relationship with their spouse or partner either improved or stayed the same in retirement compared to before.



So don't worry that you and your spouse will get on each other's nerves in retirement, and remember: the retirees surveyed didn't say they did all those activities together.

1 - <http://www.nextavenue.org/retirement-life-women-and-men-do-it-very-differently/>

## Seasonal Favorite: Cream Cake with Strawberries



What a great use for the season's best berries. Toss them in sugar and spoon onto this extra-moist cake.

### Ingredients

2 cups all-purpose flour  
1/2 teaspoon salt  
2 teaspoons baking powder  
1 1/2 cups sugar, plus additional to taste for berries  
2 1/2 cups whipping cream  
2 large eggs  
1 quart strawberries, sliced

### Preparation

Preheat oven to 325.

Grease a 9- by 13- inch pan. In a large bowl, mix flour, salt, baking powder, sugar, 1 1/2 cups cream, and eggs until smooth, creamy, and quite thick. Pour batter into pan and bake until a toothpick inserted in the center comes out clean, 35 to 45 minutes. Let cool at least 30 minutes before serving.

Meanwhile, in a large bowl, toss strawberries with sugar to taste and let stand for at least 20 minutes. Whip remaining cup cream to soft peaks.

**Serve cake topped with strawberries and their juices and whipped cream.**

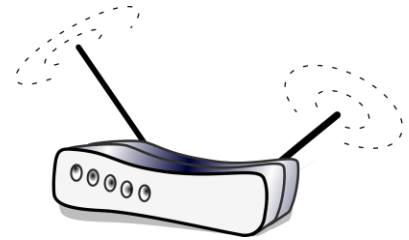
## Quick Tips To Protect Your Wi-Fi Network From Hackers

Wi-Fi is the technology which permits users to associate their mobile phones, computers, and other iOS devices to the internet whenever and wherever they like within a range such as at homes, in the office, or even on the street.

With the router's manual, and some understanding of what you're looking for, setting up minimal router security can take just a few minutes to protect against neighbors and hackers from getting access.

**Password Protection:** Add a secure password to the Wi-Fi to quickly prevent anyone from easily connecting to it. Go to the security settings for your router and activate an encrypted password called a WEP or WPA key. For the iPhone or iPad hotspot, all that a user needs to do is to simply go to the network settings app and change the password.

**Restrict Access To Devices with MAC addresses:** Each device on your network has a numeric Media Access Control (MAC) address, a physical number assigned to the actual Wi-Fi adapter hardware in your computer or mobile device. Have the devices you want to be able to use on your network connected so you can see their



addresses in the router's "MAC Address" section. There, you can usually just click a button that turns on the router's MAC limiting setting, and select which addresses are allowed access to the network.

Any device that doesn't have the right MAC address will be denied access.

**Change your network's SSID and make it invisible.** From within the same settings menus that you adjusted the MAC settings and turned on your encryption key, you can also set whether your Wi-Fi network is "discoverable."

This means that the router won't broadcast its ID information (called the SSID) over the air for other devices to lock onto.

Only devices that know to look for the router, like the ones you've already authorized to connect to it, will be able to use your connection.

<https://appolicious.com/five-ways-to-protect-your-wi-fi-network-from-hackers/>

## It Happened In ...

# MAY

### May 10<sup>th</sup> 1869 –

The Union Pacific and Central Pacific railways were first linked at Promontory Point, Utah. A golden spike was driven by Leland Stanford, president of the Central Pacific, to celebrate the linkage. It is said that he missed the spike on his first swing which brought roars of laughter from men who had driven thousands upon thousands of spikes themselves.

### May 18<sup>th</sup> 1980 –

Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

### May 27<sup>th</sup> 1937 –

In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.

<http://www.historyplace.com/specials/calendar/may.htm>

## The Skinny on Fat: What's Good, and What to Avoid

Fat is like the witches in The Wizard of Oz – there are good fats and bad fats.

**Everyone needs to consume good fats.** Fat is part of every cell membrane in your body. In order for them to heal, repair, or make a new cell when one dies, you need fat as the raw material. Fat also helps absorb certain nutrients and vitamins A, D, K and E. Good fats reduce inflammation known to trigger premature aging.<sup>1</sup>

**Good fats promote better health.** Studies show that eating foods high in monounsaturated and polyunsaturated fats, the good fats, may slightly lower LDL (low-density lipoprotein) cholesterol levels. Decreasing LDL cholesterol can reduce your risk of heart disease, blood sugar levels, and insulin resistance. Foods with healthy fats are satisfying and make people feel fuller, so they eat fewer calories.<sup>1</sup>

**Bad fats can increase your risk for certain diseases.** Trans and saturated fats clog arteries and raise blood cholesterol, particularly bad LDL cholesterol, causing heart attacks and strokes. The consumption of too much trans fats can cause the digestive tract to run amok.

### Foods rich in good monounsaturated fats:

Avocados, nuts (almonds, hazelnuts and pecans) and olive, safflower and canola oils.

### Foods rich in good polyunsaturated fats:

Salmon, trout and herring, fish rich in omega-3 fatty acids. Walnuts and flax-seed, and soybean, corn and cottonseed oils.

### Foods rich in bad saturated

**fats:** Beef, veal, lamb, pork, and dairy products made from whole milk- but some studies show pasture raised meats and dairy provide healthier fat profiles with higher Omega 3 levels.<sup>2</sup>



### Foods rich in bad trans fats:

Doughnuts, cookies, cakes, muffins and crackers, partially hydrogenated vegetable oils, fried foods, margarine and shortening,

1 – Shapin, Alice, "The Skinny on Fat"

2 – Jo Robinson, Pasture Perfect