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DOC WALKER'S  
**PROVIEW**

*Presented by the Virginia Lottery*



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**“The Magazine”**

FALL/WINTER 2021

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SUSTAINABLE, ORGANIC AND BIODYNAMIC FARMING METHODS

MOST HARVESTED — FROM — OLD GROWTH VINES

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TENDED BY ACTUAL PEOPLE AND NOT

MASS PRODUCED BY INDUSTRIAL AGRICULTURAL METHODS

VINIFIED BY HAND NOT MANUFACTURED IN A LAB

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CLEAN-CRAFTED WINES

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Independent Wine Consultant  
Executive Manager

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# Editor's NOTE

Feliz año nuevo

frohes neues Jahr

bonne année

ευτυχισμένο το νέο έτος

xin nian hao

Buon anno

Happy New Year! 2022

Annette



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year bring  
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Doc Walker's  
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"The Magazine"

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As sports fans we're accustomed to watching the scoreboard to keep up with time, down and distance. COVID-19 showed us that once the virus took over stadiums, arenas and ballparks across the country went dark. We lost hundreds of thousands of Americans to this deadly virus. But not all Americans bought into the science and the effectiveness of the vaccine. We're still reminded of this deadly force despite being able to attend sporting events, funerals, weddings and graduations, but by no means are we out of danger. Businesses have taken a big hit. Restaurants had to modify their approach to connect with customers by expanding outdoor seating, adding home delivery services, and being more creative.

ProView's blood line is assisting small business owners and entrepreneurs in reaching customers through networking, social media and old-fashioned hand to hand marketing. In our 20 years of doing business this game plan has kept our clients in the winner's circle. Mike and I like would like to give a "Fun bunch high five" to our partners. Crystal City Sports Pub, Chima's Brazilian Steakhouse, Lil Havana Cigar Club, Seasons 52 in Tyson's, Cadillac Ranch and the Brass Tap for providing the facilities that allowed us to successfully network while maintaining COVID-19 protocol. We believe everything is possible if we work together in the spirit of true brotherhood. **PV**

All the Best,

"Doc"

Doc Walker

# GET TO KNOW Doc

## CHAMPIONS CHALLENGE

**I've been fortunate enough to have experienced success in various domains of life. From reaching the zenith in professional football in becoming a world champion, to speaking as the MC at premiere events, hosting my own radio and tv shows, and architecting successful business development groups; I've seen firsthand what it takes to become a champion - in sports, business, and life.**



Some people refer to me as a motivational figure however I'm not a fan of that term because my intention is to offer more than motivation. My transformation while ultimately enabling my teammates to empower their championship pursuits! The challenge I've discovered is that most people's motivation to win is fickle.

Oftentimes grounded in moment-to-moment feelings as opposed to their highest commitments. Everyone wants to succeed but most haven't identified, created, or sourced the appropriate support structures needed to stay the course to victory.

In the coming weeks, I will be introducing the Champions Challenge, a unique support, accountability, and empowerment support structure crafted to aid your quest in becoming a world champion version of yourself. If you're tired of not being your best, fed up with not reaching your goals, and ready to compete to be the best you can be, then you're a perfect candidate for the Champions Challenge. Stay tuned...

*Walker Consulting Group LCC specializes in corporate teambuilding, sales training, marketing, and corporate video production. Email [rick@docwalker.com](mailto:rick@docwalker.com) PV*

## Working To Deliver On America's Promise: Caring for those who have Borne The Battle...

Serving in the armed forces can potentially affect multiple aspects of a person's life. For the majority of those who serve, life in the military has a positive effect on wellbeing. However, some members will leave the armed forces facing health and wellbeing needs related to their military service. More recent reports suggest Veterans of contemporary conflicts such as Iraq and Afghanistan had slightly higher expected mortality when compared to the general population. While the cause(s) are not conclusive, they may result from prolonged and repeated deployments, survival from injuries that would have resulted in death in previous conflicts and/or a strong reliance on Guard and Reserve forces.

*It was March 4, 1865, a time of great uneasiness for a nation in the final throes of the Civil War, when President Lincoln delivered his second inaugural address. Hailed as one of his best speeches, his words turned from the divisive bitterness sowed by the roots of the war to words of reconciliation and reconstruction. In the final paragraph of Lincoln's message, the prescription for the nation's recovery was delivered:*

***“With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds, to care for him who shall have borne the battle and for his widow, and his orphan, to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations.”***



It would be just over a month's time before the war would end and the president would be assassinated however, his words have lived on. Today those words, “To care for him who shall have borne the battle and for his widow, and his orphan,” solidify the government's affirmation and obligation to care for those injured during the war and to provide for the families of those who perished on the battlefield.

In 1959, those unforgettable words became the Veterans Administration's motto and today plaques with those same words flank the entrance to the Department of Veterans Affairs (VA), the federal agency responsible for serving the needs of Veterans by providing health care, disability compensation and rehabilitation, education assistance, home loans, burial in a national cemetery, and other benefits and services.

The healthcare needs of veterans are complex and often related to their experiences while serving on active duty as well as unique psychosocial issues associated with transitioning to civilian life. There are many factors associated with active military service that may contribute to the development of mental, physical and social health problems in Veterans. These include the intensive physical activity associated with military life, lifestyle factors such as cigarette smoking and alcohol consumption, physical trauma, psychological trauma, viruses and exposure to toxic substances. As previously mentioned, the transition to civilian life itself has also been identified as potentially problematic because many Veterans feel disconnected due to profound differences between civilian and military life.

During the month of November, Veterans and Military Family Month and American Indian Alaska Native Heritage Month, America paused to honor those mothers, fathers, spouses, partners, brothers, sisters, children, neighbors and friends who have served our country. It was a time to acknowledge that their life experiences, due to their service, are often vastly different than that of their civilian counterparts. Americans saluted their contributions and waved the flag to show appreciation but then it was back to business as usual. Unfortunately, many of those who serve to protect and defend our freedom will never get back to

business as usual. This is why the Veterans Health And Wellness Foundation was founded. With over one hundred years of military and post-military experience the VHWF team can personally relate to the struggle many of our Veterans are living through.

The VHWF exists for the express purpose of addressing systemic inequities regarding access to and excellence in care provided by the Department of Defense, Veteran's Health Administration of Civilian Healthcare Facilities to Veterans and their families. Since 2014 when the Foundation was established, we have worked to improve the lives of thousands of Veterans through our Impact Programs that include:

- 1) Community Health and Wellness Events where the VHWF cultivates awareness and understanding of the unique healthcare needs of veterans and their families where they live work, play and pray. VHWF strives to empower veterans, their families, and communities to become part of the solution and work to educate others in their neighborhood;
- 2) Veteran and Family Centered Health and Education where the VHWF supports healthcare awareness and education forums and events that facilitate the evolution of communities and their leaders from supporters to expert advocates for the healthcare needs of Veterans and their families. Many civilian healthcare facilities, when asked, are not aware that most Veterans are receiving healthcare in their clinics, hospitals, and medical centers;
- 3) Veteran-Focused Education for Healthcare Professionals where the VHWF promotes and conducts education and training for healthcare providers, allied healthcare professionals, and service support personnel. This is education is essential because it directly impacts healthcare delivery Veterans and their families and
- 4) The Resource Search Tool for Veterans and Their Families is an easily searchable tool to connect them with community health and wellness programs, medical care, food needs, legal assistance, education, job training, employment, and more. This platform includes a network that covers every

county in the US, significantly reducing the challenges many veterans and their families face. Use of the platform is free and open all, so Veterans and their families can search independently with ease and dignity to help sustain their own wellbeing and bypass barriers.

The VHWF impact programs are important to all Veterans, but they are especially critical for some of our Veterans who are more severely impacted by health and healthcare disparities. They include American Indians and Alaska Native people, female veterans, Veterans from earlier conflicts, African Americans, Latinx and members of the LGBTQI community. Many in these populations have lower health status, lower life expectancy, disproportionate disease burden and poverty, discrimination in the delivery of health services, and cultural differences, higher risk of dangerous pregnancy complications, more than twice the risk of suicide than non-veteran women. In addition, one in five female Veterans reported having experienced sexual trauma while one in four female Veterans reported having experienced sexual harassment by male veterans on VA grounds alone; and LGBTQ Veterans are at a higher disproportionate risk for suicide and other poor health outcomes.

Through our mission VHWF envisions communities that possess the knowledge and capacity to not only identify and address service-related health challenges, but to embrace, support, and empower Veterans and families who experience them. We approach our mission with the required passion, purpose, and commitment to achieve our Vision. However, to reach our goal of creating a world where ALL Veterans and their families live healthy and well lives undiminished by their service-related health concerns, WE NEED YOUR SUPPORT to continue delivering on America's promise. Visit us at [www.myvhwf.org](http://www.myvhwf.org) or 833.924.4376 ext 3 and donate today. **PV**



Through our mission VHWF envisions communities that possess the knowledge and capacity to not only identify and address service-related health challenges, but to embrace, support, and empower Veterans and families who experience them.



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Here at the Tailor On Tap family, we strive to make our clients look their best while feeling their best. As your personal stylist, we're here to help set your style apart from others and create a first impression that lasts. We've sourced thousands of fabrics from around the world to ensure that with every look, the sky is truly the limit. From three-piece suits & shirts to dresses and denim jeans, we are available to guide you through the process to create that exclusive look.

In a world where anyone can buy the same mass-produced outfit from a chain retail store, Tailor On Tap makes it possible for you to create and elevate your unique look. We're here to streamline the process for both men and women to acquire custom, high-end clothing that is tailored to fit your personal and professional needs.



“Custom clothing is designed to bring your visions to life, and when you’re going into these job interviews or high-profile events, I want people to wear my clothes and enter these spaces with confidence. I’m all about making your first impression last, and soon everyone will experience the feeling of tapping into their unique styles with Tailor on Tap.” – **Adam D’Angelo**



CEO and founder Adam D’Angelo was born and raised in Rhode Island but spent most of his life in Pittsburgh. In 2012, Adam began his journey studying finance at the University of Miami which led to his internship in Honk Kong. It was during this time that he had gained his knowledge of bespoke fashion, custom clothing and fabric. Once his time in Honk Kong came to an end, Adam had attended a career fair and was one of the few people there that had come dressed in a custom suit. Adam began his financial career path by applying to Deloitte and out of all 15 applicants, he was one of the few that was picked for the position because of his custom suit. Deloitte was so impressed by his presentation and first impression that even though they felt that he wasn’t the most qualified, the Internship was his.

After spending some time with Deloitte and gaining experience, Adam had soon decided that he wanted to build a custom suit brand that was not only full of luxury, but also accessible to both men and women. With everything he had learned and soon gaining the supplies he needed, Tailor On Tap was born in 2018. From working individually to selling out of his car and landing some contractual work throughout Pittsburgh, Adam’s dream soon would be brought to life through his showroom based in Tysons Corner Center mall in McLean, Va in 2020.

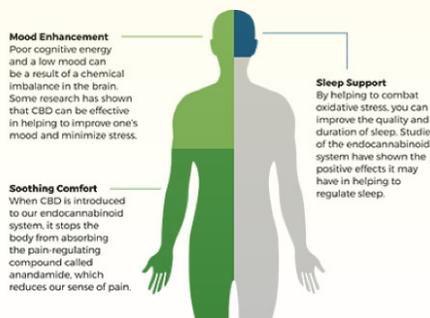
Adam’s goal was to create a space for the everyday person to have access to custom clothing, not just for men but for women as well. With this being a part of his business model, he was able to create a space for college students to be able to afford custom items, whether they are suits or even custom shirts, at rates accessible to everyone. **PV**

Come and visit our showroom located on Level 1 of Tysons Corner Center.

# HEMP AND Your Health



Your health involves many aspects. What you eat, your activity level, your thoughts and feelings, your DNA, and more. Youngevity is invested in your health with products that support you across the board. Youngevity's Hemp FX® line offers products that tap into your



endocannabinoid system to help support your physical and mental health.

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Your body has an endocannabinoid system that works with cannabinoid receptors to help maintain a sense of homeostasis in the body. In simple terms, homeostasis is when balance exists (equilibrium) between your body's systems.

Hemp contains phytocannabinoids, which are plant-derived molecules that can interact with your endocannabinoid system to create a variety of physiological health effects. Research has shown that cannabinoids interact with cells to create positive changes in neurotransmitter activity, which can improve sleep, mood, and pain.

And so there is no confusion, Hemp does not contain THC, the component that is in marijuana and creates the "high" you may get from using it. Instead, there are 540 phytochemicals in Hemp, which have properties that can help with pain, inflammation, sleep, and mood disorders.

## Youngevity's Hemp Products

Whether you're looking to help with pain or lift your mood, we've got you covered. We even have a product to help your dog live its best life. All the products listed below are available at <https://102348176.hempfx.com>

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positive energy to your mind and your mood, naturally boosting your cognitive performance and providing sharpness and clarity, to enhance your mind.

### • House Blend Coffee – We go to

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### • Hydration – With just one bottle

of water, you can stay hydrated and experience the benefits of hemp-derived cannabidiol in a pomegranate flavored tablet. Hemp FX® Hydration – Pure contains organic, full spectrum hemp-derived cannabidiol, that will give you naturally-enhanced hydration with every sip – supporting the mind and body.

### • Dog Chomps – Hemp FX® Dog

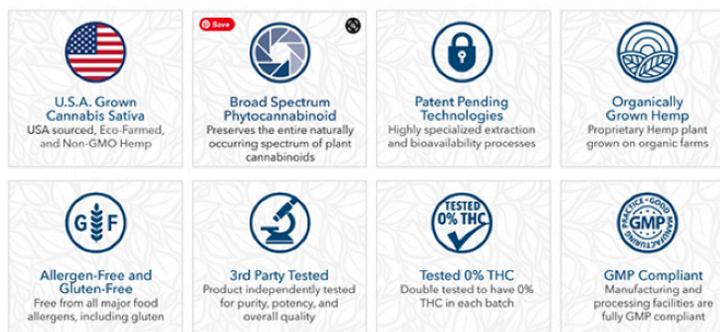
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# 10 Practical Ways to Stay Healthy This Winter

## **HUMIDIFIER**

Consider humidifier therapy, it adds moisture to the air to prevent dryness that can cause irritation in many parts of the body. Humidifiers can be particularly effective for treating dryness of the skin, nose, throat, and lips. They can also ease some of the symptoms caused by the flu or common cold. Remember during winter the air is dryer inside your home.

## **ESSENTIAL OILS**

I also use essential oils for cleaning as well as for medicinal purposes. They are many helpful uses for single and essential oil blends. I started putting one drop of "deep cleanser" into our laundry detergent for a more clean and disinfecting wash. It also is deodorizing, non-toxic and has a fresh scent. I am a regular user of essential oils for various cuts, bruises, bug bites, circulation and more and I will use <https://bit.ly/essenitaloilblends> regularly). This winter, we will use our diffuser regularly to purify our air and boost our immune system with select oils.

## **DRINK TEA**

If you are not a coffee drinker, you'll most likely enjoy a good hot tea from time to time or even every day. They are warming to your insides and depending on what kind of tea you are drinking, it can be therapeutic. Green tea is a favorite for many and has a lot of benefits. If caffeine is an issue, read the label as to what the percent there is in what you purchase. Herbal teas are fragrant as well as enjoyable to include, ginger, lemon, peppermint, chamomile, ginseng, etc. I keep at least

2 boxes of tea at the ready for myself and when guest are coming over, fun and conversational.

## **SUGAR CONSUMPTION**

It's well known that sugar suppresses the immune system which is cruel since we're devouring sweets from Halloween to Christmas. I'm no pro at this but I encourage you to quit drinking "sugar laden" soda and fruit juices. Consider how you feel after you have succumbed to the temptations of the cool and refreshing drink of whatever. Do you have headaches, are you sleepy, feeling not so energetic. Sugar can crash the quality of your day. Start now and eat less, drink less sugar. I am on that journey as well.

## **VITAMINS**

Everyone should be loading up on vitamins. You've most likely heard it from your doctor or a health care professional. If not, here goes... Your body needs Vitamin C, D3, Zinc and probiotics as a preventive measure for a good defense against viruses, colds, flu and other germs that want to attack you and the kids.

## **MANAGE STRESS**

Stress is unavoidable so I think we all need to find a few ways to help manage it. For me, one of these tend to work: exercise (movement-walking, running, etc), getting outside in nature, and have alone time. Find what works for you. When Carnegie Mellon University infected participants in a research study with a common cold virus, those who reported being under stress were twice as likely to get sick.

## **SLEEP**

Depriving ourselves (and our kids) of necessary sleep lowers our body's ability to respond to infections. Your body lets you know that you are tired and did not

get enough rest, and if you ignore it, you will notice you may not feel so good and eventually you will notice a sniffle or a sore throat...oh no! What's your sleep need- 6hrs, 7hrs, 8hrs, know what it is so you can function at your peak and be healthier.

## **TISSUES**

Speaking of fingers + noses, I am extra picky about keeping our hands out of our noses and mouths. Don't be a germ offender. Wash your hands, use a handkerchief or tissues. Have a box of tissues in each bedroom and bathroom, in your office and even in the car.

## **SANITIZERS**

I am an advocate for hand sanitizers, however, if there is an option to wash with soap and water, I choose the latter. Sanitizers are great if you can't get to soap and water, and overuse can cause skin issues due to the chemicals in it. The medical community mentions on WebMD that the overuse of anti-microbial chemicals will kill "good bacteria or lead to super strong germs that are hard to kill". Use sparingly.

## **EAT TO BE WELL**

Several foods are known to boost immunity such as yogurt, and garlic. Adding a few of these may be the help we need to stay healthy this winter: Citrus fruits, broccoli, ginger, garlic, spinach, almonds, turmeric, green tea, papaya, kiwi, and poultry. Why poultry, chicken noodle soup of course (its mom's way). **PV**

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# Byrd's Eye View



Mike Byrd  
Executive Producer of  
Doc Walker's ProView

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and kind.



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# Your Game Is Not the Only Thing That Needs a Winning Strategy

In sports and in business, success often brings significant monetary compensation. While this is a dream come true for most individuals, it is important to take the right steps to safeguard this hard-earned money. This article discusses a legal game plan to protect and safeguard yourself and your family:

## **Your Off-Court or Off-Field Penalty: Taxes**

There are several types of taxes that may impact you and your family members:

### ***Gift tax***

As you make more money, it is natural to want to give gifts to or support your loved ones. But be careful, as those gifts could generate a tax in addition to income tax. According to the Internal Revenue Service (IRS), the gift tax is a tax on the transfer of property from one person to another when nothing, or less than full value, is received in return. Luckily, not all gifts are subject to the tax. Each person has an annual gift tax exclusion amount which the amount or value someone can give another person during the calendar year without the IRS assessing the gift tax. An easy way to avoid the gift tax is to make sure you are not giving a friend or loved one more than the annual exclusion amount each year. For 2021, the annual gift exclusion is \$15,000, per donor, per recipient. This means that a giver can make a gift to anyone else

— such as a relative, friend, or even a stranger — up to \$15,000 in assets per year, free of federal taxes.

Alternatively, if you want to make a larger gift, keep in mind that every US citizen has a lifetime estate and gift tax exclusion which is currently \$11.7 million. However, this is the maximum aggregate amount you can give during your lifetime; it is not per person like the annual gift tax exclusion. Be aware that this exclusion amount is set to sunset back to \$5 million (adjusted for inflation) on December 31, 2025, so if you wish to make large gifts, it is better to do so now while the exemption is high.

### **Estate Tax**

Although estate tax is not assessed until you die, it is vital to think about it now. As previously mentioned, the lifetime estate, inheritance tax, and gift tax exclusion are currently high but will sunset. Because no one has a crystal ball to decide when you are going to die and what the estate tax exclusion amount will be at that time, we always need to be mindful, and plan now.

### **Benched: Managing Your Money and Property If You Cannot**

While you may currently manage your money and property yourself or with a professional's help, have you considered what would happen if you were unable to continue managing your money and property? You may be injured on the job or afflicted with a condition that makes you incapacitated (unable to communicate or make decisions for yourself), or if you work in a state or country other than where you permanently live, you may be out of town and unavailable to oversee necessary transactions. At best, you may want to consider managing your assets through a Trust, and naming successor Trustees, and at a minimum utilizing a customized Power of Attorney to grant a trusted advisor, family member, or close friend the power to manage your finances in case of emergency. We discuss these options in more detail below.

### **Revocable Living Trust**

A revocable living trust (RLT) is a trust you create during your lifetime and can change at any time prior to your incapacity or death. This planning tool enables you to name yourself as the current trustee (the person or entity charged with managing, investing, and handing out the money and property) and to choose a co-trustee or alternate trustee if you are unable to function as the trustee. An RLT also allows you to continue enjoying the money and property during your life and while you are incapacitated, as well as decide what will happen to that money and property upon your death, protecting it for your chosen recipients.

For this strategy to work as intended, however, any accounts or property meant to be owned by the trust must be properly funded into the trust. Funding the trust involves changing the



ownership of the accounts or pieces of property from yourself as an individual to yourself as the trustee of the trust. If the trust does not own a particular account or property, the trust terms will not control what happens to it.

Not only does an RLT allow for continued management of your accounts and property if you become unable to act for yourself, a properly funded RLT also allows those accounts and property to avoid the probate process. This means that legal intervention is typically not required for the transfer your assets to your named beneficiaries. In other words, planning with a Trust can help avoid legal fees and court costs, and court-imposed delays imposed by the probate process.

Another added benefit of utilizing a Trust, is that the details of your estate will be kept out of court records and the media. This means that upon your incapacity or death, your financial matters can be managed privately by those you have chosen. However, an RLT will not protect your money and property from your creditors or judgments but there are other legal strategies to consider in conjunction with a RLT if that is a concern for you. The bottom line is that there are a multitude of benefits to using a Trust as part of your game plan from minimizing legal fees, maintaining privacy, to managing your assets the way you desire even when you cannot do so personally.

### **Power of Attorney**

An added tool that can help manage your money and real estate is a Power of Attorney. This document allows you to choose a trusted person (your agent or fiduciary) to oversee your financial matters on your behalf. Your agent can handle a wide variety

of transactions, from signing checks to opening a bank account, depending on the authority you give that person. If you wish your agent to act only in certain instances or transactions, then a limited financial power of attorney can be drafted for those circumstances. Alternatively, if you would like to grant your agent the authority to conduct all the financial transactions that you would be able to do yourself, then we can prepare a general financial power of attorney.

Another consideration is when you want your agent to act. If you want to limit when your agent can act, a springing financial power of attorney allows your agent to step in only when a determination has been made that you are no longer able to manage your financial affairs in case of emergency. On the other hand, if you would like your agent to be able to act right away, an immediate financial power of attorney can be created. Even though your agent can act on your behalf as soon as the document is signed, it does not change your ability to continue carrying on business for yourself. Your agent is just another person who has authority to act. This can be a useful tool if you routinely travel for work. Lastly, if you want your agent to be able to act when you are no longer able to manage your affairs, it is important that the financial power of attorney be durable. This means that the document and your agent's authority will not be affected if you are later determined to be unable to make financial decisions for yourself. When the agent can act and what the agent can do are all things that can be customized to your unique situation.

### **Caring for Your Physical Well-Being If You Have Been Benched**

Due to the risk of injury that comes with such a physically demanding occupation, having proper healthcare documents is crucial. These include a durable health care power of attorney, living will or advance directive, and a HIPAA authorization form.

#### **Advance Healthcare Directive**

A living will or advance health care directive allows you to clearly convey your wishes about end-of-life decisions. Because these can be very sensitive topics, it is important that you carefully consider your wishes. This may take some soul-searching, but it is necessary that you know what you would like to have happen in certain situations so that your wishes can be properly documented and communicated to your chosen medical decision-maker. Absent specific instructions from you, your spouse/partner/family member is going to be left trying to figure out what

you would have wanted, and at worst will be met with push back from the medical provider to implement your health case wishes. Documented what medical treatment you want in a healthcare directive can avoid causing added grief in a difficult situation, as well as potential conflict among your loved ones regarding decisions about your medical care. We all know that communication is key to healthy relationships, and in that way, a health care directive is simply a legal tool allowing you to express clearly in no uncertain terms what medical treatment you would want (or oppose) when you cannot communicate your desires yourself.

#### **Privacy Waiver**

A privacy waiver, which looks similar to a HIPAA authorization form medical providers can offer, allows you to grant certain individuals access to your medical information (e.g., to get a status update on your condition or receive your test results) without giving those individuals the authority to make any decisions on your behalf. By at least supplying the medical information to your loved ones, you can help quiet the anxieties and uncertainties that often arise during times of emergency. This can also help alleviate tensions between your medical decision-maker and the rest of your loved ones. Although only one person will be making the decisions, the rest of your loved ones will at least understand why those decisions were made. Also, a privacy waiver provides access to medical records that could be necessary to seek a second opinion to lay the groundwork to change hospitals or alter an existing medical treatment plan that does not seem to be working.

### **Let Us Be Your Team Off the Court or Field**

Proper estate planning is a must for everyone. Not only do you have to address and manage tax, asset protection, and other financial concerns, you also need to protect yourself and your family in the event you are injured with the proper legal documents. We welcome the opportunity to work with you, and any other financial or life insurance professionals on your team, to help craft a winning game plan that will have you and your loved ones protected. To accommodate your busy schedule, our estate planning attorney team is available for both in-person and virtual meetings. Our law firm offers evening and weekend hours by appointment to help start your planning process. Contact Ann-Marie Murzin @ (571) 396-8460; amurzin@gcpc.com. Mention ProView for a free consultation. **PV**



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# 2021/22 Wizards Schedule

Oct 20 at Toronto	7:30 PM	Dec 1 vs Minnesota	7:00 PM	Jan 12 vs Orlando	7:00 PM	Wed, Mar 9 at LA	10:30 PM
Oct 22 vs Indiana	7:00 PM	Dec 3 vs Cleveland	7:00 PM	Jan 15 vs Portland	7:00 PM	Mar 11 at Los Angeles	10:30 PM
Oct 25 at Brooklyn	7:30 PM	Dec 5 at Toronto	6:00 PM	Jan 17 vs Philadelphia	2:00 PM	Mar 12 at Portland	10:00 PM
Oct 27 at Boston	7:30 PM	Dec 6 at Indiana	7:00 PM	Jan 19 vs Brooklyn	7:00 PM	Mar 14 at Golden State	10:00 PM
Oct 28 vs Atlanta	7:00 PM	Dec 8 at Detroit	7:00 PM	Jan 21 vs Toronto	8:00 PM	Mar 16 vs Denver	7:00 PM
Oct 30 vs Boston	5:00 PM	Dec 11 vs Utah	7:00 PM	Jan 23 vs Boston	3:30 PM	Mar 18 at New York	7:30 PM
Nov 1 at Atlanta	7:30 PM	Dec 13 at Denver	9:00 PM	Jan 25 vs LA	7:00 PM	Mar 19 vs Los Angeles	8:00 PM
Nov 3 vs Toronto	7:00 PM	Dec 15 at Sacramento	10:00 PM	Jan 29 at Memphis	8:00 PM	Mar 21 at Houston	8:00 PM
Nov 5 vs Memphis	7:00 PM	Dec 16 at Phoenix	9:00 PM	Feb 1 at Milwaukee	7:30 PM	Mar 24 at Milwaukee	8:00 PM
Nov 7 vs Milwaukee	6:00 PM	Dec 18 at Utah	9:00 PM	Feb 2 at Philadelphia	7:00 PM	Mar 25 at Detroit	7:00 PM
Nov 10 at Cleveland	7:00 PM	Dec 21 at Brooklyn	7:30 PM	Feb 5 vs Phoenix	7:00 PM	Mar 27 vs Golden State	6:00 PM
Nov 13 at Orlando	7:00 PM	Dec 23 at New York	7:30 PM	Feb 7 vs Miami	7:00 PM	Mar 29 vs Chicago	7:00 PM
Nov 15 vs New Orleans	7:00 PM	Dec 26 vs Philadelphia	6:00 PM	Feb 10 vs Brooklyn	7:00 PM	Mar 30 vs Orlando	7:00 PM
Nov 17 at Charlotte	7:00 PM	Dec 28 at Miami	7:30 PM	Feb 12 vs Sacramento	7:00 PM	Apr 1 vs Dallas	7:00 PM
Nov 18 at Miami	7:30 PM	Dec 30 vs Cleveland	7:00 PM	Feb 14 vs Detroit	7:00 PM	Apr 3 at Boston	1:00 PM
Nov 20 vs Miami	7:00 PM	Jan 1 vs Chicago	7:00 PM	Feb 16 at Indiana	7:30 PM	Apr 5 at Minnesota	8:00 PM
Nov 22 vs Charlotte	7:00 PM	Jan 3 vs Charlotte	7:00 PM	Feb 25 vs San Antonio	7:00 PM	Apr 6 at Atlanta	8:00 PM
Nov 24 at New Orleans	8:00 PM	Jan 5 vs Houston	7:00 PM	Feb 26 at Cleveland	8:00 PM	Apr 8 vs New York	7:00 PM
Nov 26 at Oklahoma City	8:00 PM	Jan 7 at Chicago	8:00 PM	Mar 1 vs Detroit	7:00 PM	Apr 10 at Charlotte	TBD
Nov 27 at Dallas	8:30 PM	Jan 9 at Orlando	6:00 PM	Mar 4 vs Atlanta	7:00 PM		
Nov 29 at San Antonio	8:30 PM	Jan 11 vs Oklahoma City	7:00 PM	Mar 6 vs Indiana	6:00 PM		



# 2021/22 Capitals Schedule

Oct 13 vs New York	7:30 PM	Nov 28 @ Carolina	1:00 PM	Jan 16 vs Vancouver	2:00 PM	Mar 22 vs St. Louis	7:00 PM
Oct 16 vs Tampa Bay	7:00 PM	Nov 30 @ Florida	7:00 PM	Jan 18 vs Winnipeg	7:00 PM	Mar 25 @ Buffalo	7:00 PM
Oct 19 vs Colorado	7:00 PM	Dec 2 vs Chicago	7:00 PM	Jan 20 @ Boston	7:00 PM	Mar 26 vs New Jersey	7:00 PM
Oct 21 @ New Jersey	7:00 PM	Dec 4 vs Columbus	7:00 PM	Jan 22 vs Ottawa	7:00 PM	Mar 28 vs Carolina	7:00 PM
Oct 23 vs Calgary	1:00 PM	Dec 6 vs Anaheim	7:00 PM	Jan 24 vs Vegas	7:00 PM	Apr 2 @ Nashville	8:00 PM
Oct 25 @ Ottawa	7:00 PM	Dec 10 vs Pittsburgh	7:00 PM	Jan 26 vs San Jose	7:00 PM	Apr 3 vs Minnesota	7:00 PM
Oct 27 vs Detroit	7:00 PM	Dec 11 @ Buffalo	7:00 PM	Jan 28 @ Dallas	9:00 PM	Apr 6 vs Tampa Bay	7:30 PM
Oct 29 vs Arizona	7:00 PM	Dec 15 @ Chicago	8:00 PM	Feb 1 @ Pittsburgh	7:00 PM	Apr 9 @ Pittsburgh	3:00 PM
Nov 1 @ Tampa Bay	7:00 PM	Dec 17 @ Winnipeg	8:00 PM	Feb 2 vs Edmonton	7:00 PM	Apr 10 vs Boston	1:30 PM
Nov 4 @ Florida	7:00 PM	Dec 19 vs Los Angeles	7:00 PM	Feb 24 @ New York	7:00 PM	Apr 12 vs Philadelphia	7:00 PM
Nov 6 vs Philadelphia	7:00 PM	Dec 21 @ Philadelphia	7:00 PM	Feb 26 @ Philadelphia	12:30 PM	Apr 14 @ Toronto	7:00 PM
Nov 8 vs Buffalo	7:00 PM	Dec 23 @ New York	7:30 PM	Feb 28 vs Toronto	7:30 PM	Apr 16 @ Montreal	7:00 PM
Nov 11 @ Detroit	7:30 PM	Dec 27 vs Ottawa	7:00 PM	Mar 3 vs Carolina	7:00 PM	Apr 18 @ Colorado	9:00 PM
Nov 12 @ Columbus	7:00 PM	Dec 29 vs Nashville	7:00 PM	Mar 5 vs Seattle	7:00 PM	Apr 20 @ Vegas	10:00 PM
Nov 14 vs Pittsburgh	7:00 PM	Dec 31 @ Detroit	7:30 PM	Mar 8 @ Calgary	9:00 PM	Apr 22 @ Arizona	10:30 PM
Nov 16 @ Anaheim	10:00 PM	Jan 2 vs New Jersey	3:00 PM	Mar 9 @ Edmonton	8:00 PM	Apr 24 vs Toronto	7:00 PM
Nov 17 @ Los Angeles	10:30 PM	Jan 4 @ Montreal	7:00 PM	Mar 11 @ Vancouver	10:00 PM	Apr 26 vs New York	7:00 PM
Nov 20 @ San Jose	10:30 PM	Jan 7 @ St. Louis	8:00 PM	Mar 15 vs New York	7:00 PM	Apr 28 vs Columbus	7:00 PM
Nov 21 @ Seattle	9:00 PM	Jan 8 @ Minnesota	8:00 PM	Mar 17 @ Columbus	7:00 PM	Apr 29 @ New York	7:00 PM
Nov 24 vs Montreal	7:00 PM	Jan 10 vs Boston	7:00 PM	Mar 18 @ Carolina	7:00 PM		
Nov 26 vs Florida	5:00 PM	Jan 15 @ New York	2:00 PM	Mar 20 vs Dallas	5:00 PM		



# THE HALEY FIRM, P.C. *STRIVING FOR YOUR SUCCESS!*

Last year was stressful for many of us; however, we have learned more about ourselves as a result. Some folks lost weight, while others gained. Some folks learned to appreciate the important people in their lives, while others learned who was not actually important. How did the last year impact you?

Hopefully, you were emboldened to sharpen your focus on your life and what goals you want to achieve. If you are like me – and some of you are – you did not succeed in that task. I was caught in a tsunami of questions and concerns. How is this going to impact my elderly father? What about the kids? How will this impact their futures? Does having a lost year of growth impede their ability to be successful? Can my business model survive with no clients? I did not have the answer to these questions and struggle with them to this day. These questions are real and their impact can be substantial.

The good thing is: Asking the questions is a sign of true acceptance of who you are and a desire to succeed. I have asked myself the questions and thought I was a failure for not having the answers. The truth is: Having the answers is not important – the journey to find the answers is the important part.

My elderly father is fine. He has had his second CoVid shot and is excited to see his friends. The kids have adapted and learned to peacefully exist in a CoVid world. (They hate my rules and restrictions; however, that is not new!) They have come to appreciate the ability to take online instruction and have learned that if they are not focused on their classes I will know (I pop quiz them randomly on the data). They have demonstrated that the impact of what I consider a “lost” year was not lost at all. They just adapted and moved forward. Kids are God’s reminder to us that we are not expected to be perfect and that we can adjust to any challenge only if we commit to winning. The practice has survived. Clients are happy and I have been blessed enough to gain new ones as well.

I am a general practitioner – meaning I do not specialize on any one area of law; yet, focus on what my clients may need at any given time. I have had to adapt to a CoVid



**Kids are God’s reminder to us that we are not expected to be perfect and that we can adjust to any challenge only if we commit to winning. The practice has survived. Clients are happy and I have been blessed enough to gain new ones as well.**

world as well. I have concentrated on my client's needs. I have learned to use electronic means for digital meetings. I have had to "teach" clients to use secure email to send documents. I have had to learn how to be patient with those who have zero computer skills and how to re-focus those who are more concerned with social media. I have had to concentrate on the client's total legal health rather than my desired legal growth. I have learned to ask my clients to be honest with me about more than the issue they came to see me about.

If I may provide an example: Beth (fictitious name) came to see me about a death in the family. Her father had passed away from complications due to diabetes. She wanted to know if there was a malpractice claim that could be filed because the doctor should have known that her father who owned a doughnut shop may have been seduced by the doughnut company to eat more sugar than he should (true scenario).

Instead of flatly telling her that she could not sue the doughnut company, I explained that there were other concerns. I had served her family for several years and I knew that her father was not compliant with the doctor's instructions. I discussed with her the fact that her father was not following the protocols his doctor recommended may have contributed to his death. I asked if she had taken any steps to see if the diabetes was hereditary. She had not. I could see the anger and frustration fade from her face. She knew that she had shared a nightly coffee and doughnut with her father as he reminisced about the past. She then was open to actually listen and decide for herself what was best. The time she spent with her father were exceedingly valuable and she never thought about his diabetes. She knew he was not supposed to have consumed so many sugary substances, but she kept providing them every morning and evening. As my client we had prepared his will and adjusted it over time as he desired, his family needs were addressed. She was able to have the luxury of financial security that others do not have. Sometimes we need to realize that a lawsuit is not the answer to our problem.

A good lawyer will take the time to talk through the issues – and help you see the truth. A bad lawyer will have you sign a retainer, take your money, and then assist you in suing anyone to make you feel better – while depleting your resources. While it is legal to do so, it is not ethical. Different jurisdictions have different rules. I tend to focus not on the rules, but what I was taught as a young child – what is right is right and what you feel is wrong is wrong.

**A good lawyer will take the time to talk through the issues – and help you see the truth. A bad lawyer will have you sign a retainer, take your money, and then assist you in suing anyone to make you feel better – while depleting your resources.**

Today, too many of us focus on what is legal and not enough of us focus on what is wrong. It may be legal for a company to provide contracts to the elderly for services that they know are not needed; however, how many members of the management will refuse to bill for services that they know were never needed? It may be legal for the auto shop to bill for new bolts; however, the old bolts were fully serviceable. How many mechanics will refuse to bill for the new ones?

We as business owners have a responsibility to ensure our customers are paying for what they need and not what we want them to buy. If we know our clients are having financial difficulty, we should be the vanguard to protect their financial health. If a member of the community goes bankrupt, our community suffers the impact of their loss. I am not suggesting that we are responsible for their bad decisions. I am suggesting that we can take a humanistic view of the businesses we operate. We should focus more on our clients instead of our profits. Profit is not a dirty word – greed is a despicable trait.



I cannot predict the future. I can say with certainty: If we focus on the health of our community, we will have a healthy community to support our businesses for the future. If we fail to do so, we may find ourselves out of business because we allowed profit to get in the way of our long-term success. I encourage you to evaluate the relationships you have with various businesses. If there is a heavy focus on profit and a small or no focus

on you – perhaps a change is due. If you have no relationship with the persons you regularly do business with, consider a change. Business owners are people too and how you interact can be beneficial to you and them on a personal level that is extremely rewarding. Not a directive – just food for thought. **PV**

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# Sleep, Sleep, Sleep COUNTING SHEEP!

BY SUSAN COMMANDER SAMAKOW, PCC, CPCC • 301-706-7226

The whole world seems to be tired or experiencing a “mental fog.”

We are living in a society where one in every three of us is not getting enough sleep. There are waaay too many things preventing us from getting a good night's rest. Some of these are by designed by business interests that want to keep us awake, so our relationship with sleep is not the healthiest. When you consider COVID stresses, streaming videos, and for some, nightlife, it is easy to understand.

Sleep is a topic that should be taken seriously. It is one of the most important aspects of your health and life. Good sleep involves an understanding of diet, exercise, and work/life integration. We know that without a restful, peaceful sleep, we are not our best selves. The goal is to calm our mind and central nervous system.

Sleeping tips for anyone (at any age) can be helpful. Consider the tips below if you are someone who gets up in the middle of the night and can't fall back to sleep, or if you have a hard time falling asleep once you get into bed.

A few things you should know before I get to my tips. When you wake up in the morning, your cortisol (stress hormone) is high. The reason is because it helps to keep you awake and alert as you get ready for the day ahead. So, ease into the day.

Next, stress, even when you first wake up, will adversely affect your day and your sleep at the end of the day. So, wait before you begin your “work-day.” By this I mean do the personal things upon awakening first – checking voicemail and emails can wait. Ease into the day - many of us check our voice messages and email the minute we get up in the morning. Any given message can certainly start to cause stress or alertness. Then your adrenals jump up, your cortisol (which is a big part of your sleep process) increases, your heart rate may get higher; and you may get anxious. And then we you are 'off to the races' and you haven't brushed your teeth yet!

Pay attention to your resilience level. Your resilience level is shaped by your thinking style (look at what energizes you and what depletes you), your individual needs, and your experiences. How have you sustained your resilience during this pandemic? You have to dig deep to persevere and endure. Sleep, diet, and exercise, which many consider trite, are of the utmost importance. I said this above, but it bears repeating: without a restful, peaceful sleep, you are not your best self.

One of the tools that I use for myself and which I use to guide clients is



setting up a nighttime routine. People often hesitate or resist setting up a routines, but they really can work. Think about how good it will feel to get a good night's sleep. You'll feel refreshed, clear, and ready to take on the day!

## Creating a Routine

### Be prepared - mentally.

Allowing yourself to calm and decompress helps you to relax. You can visualize how you want your day to go. Leave yourself a list of one or two things at the end of the day so it helps you get started the next morning.

### Form a habit.

Do the same thing each night at the same time, such as turning off everything electronic at nine o'clock; then brushing your teeth and getting into bed. This sends a message to your body. You are telling your body and your mind to settle down instead of your mind telling you how it is going to be and running the show.

In this process, take command of your chatter or self-talk (and therefore your life). Your mind really does sometimes 'take on a life of its own,' literally and figuratively, and it's hard to quiet it down.

Prepare your body and mind -- set an intention to improve your sleeping habits, and to create a routine, so you are not sabotaging yourself each night.

### Breathing Exercise

#### Here's a simple breathing exercise: 4X4X4.

Breathe in for 4 seconds, hold it for 4 seconds, and breath out for 4 seconds. You can adjust the seconds with a rhythm that works for you.

### Tapping – Emotional Freedom Technique (commonly referred to as Tapping).

Tapping is a wonderful technique where you tap on different points on your body to release stuck energy.

When tapping, you are working on the underlying emotional component and the pain or problem while tapping on it. Tapping calms the mind and nervous system. Five to ten minutes of tapping sends signals to the brain, cardiovascular system, nervous system which allows your body to relax and let go. Considering we have 65-70,000 thoughts each day with 77% of those thoughts being negative, tapping can be very helpful. To learn more about it, feel free to contact me with absolutely no obligation. It's easy to show this to you on FaceTime or Zoom.

You can also visit: [www.thetappingsolution.com](http://www.thetappingsolution.com).

### Be Vigilant With What You Put in Your Body and Mind

Biochemically it is important what we choose to put into our body and mind (violent shows, the news at bedtime, junk food, our self-talk, any discomfort or pain) as these choices WILL affect us, both positively and negatively. If you watch the news, don't watch before you go to bed. Cortisol, a stress hormone, is a very big part of the sleep process. Remember, your mind continues to process even as you sleep.

### Mind Dump

I keep a pen and pad on my night table. If I have a lot on my mind I write it down to get it out of my head, knowing that I can refer to it in the morning. It allows me to decompress and that process is calming.

### Build Your Resilience and a Positive Mindset

Set your intentions and create a nightly ritual that works for you. Because of the negative slant that our brain has, we tend to think of what's missing rather than focusing on what we have. You must be intentional with your thoughts. You control your thoughts, they don't control you.

Take command of your life ... Make yourself and sleep a priority. **PV**



Prepare your body and mind — set an intention to improve your sleeping habits, and to create a routine, so you are not sabotaging yourself each night.



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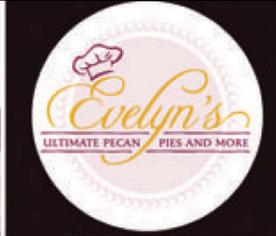
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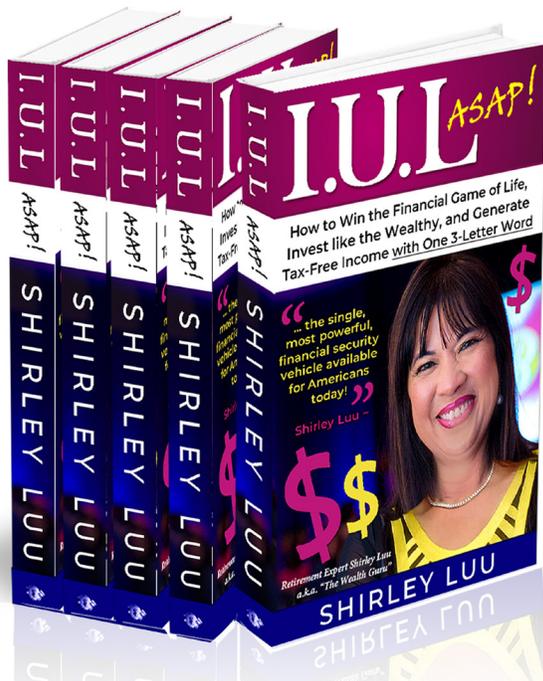
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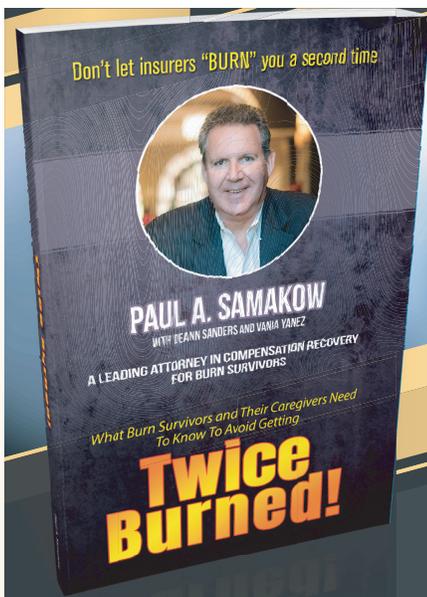
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# Take Care of Yourself

## A Primer on Compassion Fatigue

BY PAUL A. SAMAKOW, ATTORNEY



I have a nationwide burn injury practice. I see horror as the burns affect not only the survivor, but often, the survivor's family.

This is an excerpt from a Handbook I authored, and while it is about burn injuries, it really can apply to individuals who are caregivers for just about any type of medical illness or problem.

A burn injury and its subsequent treatment are among the most painful experiences a person can encounter. Burns are the most difficult injuries for medical science to completely resolve, and the most likely to lead to death, as a burn injury can affect every part of the body and every bodily system. For the burn survivors, certainly in the early stages after the injury, the need to survive overshadows their emotional needs. For the burn survivor's caregiver however, the gamut of emotions, the concerns about the survivor, and the increasing understanding of the enormity of the care that will be needed for the foreseeable future can be completely overwhelming. While patients undergo various stages of adjustment and face emotional challenges that parallel the stage of physical recovery, caregivers often have no such stages, as the concern and the care needed continues.

Many people assume that when a burn patient goes home from the hospital the worst part of the recovery is over and soon life will return to "normal." In fact, most patients say that the hardest time and the "worst part" for them is when they first go home from the hospital because they don't have as much help and support as they did while in the hospital. Adult patients often cannot drive after returning home from the hospital. Almost all burn patients are required to make multiple visits back to the hospital or to an outpatient clinic for physical therapy and check-up visits. Moreover, it is usually a lengthy period before the patient will have the energy or the mobility to do everyday chores for themselves, and it is hard for most burn survivors to ask others for help.

For children patients, their world is markedly different, and depending upon their age, their handling of their injuries will be understood, or not, and it is thus up to the caregivers, typically the parents, to be their true guardians, their protectors, their counselors. Caring for a child is certainly rewarding in “normal” situations, but also challenging. When the child is a burn victim, all measure of added responsibility and stress attaches.

Family members or friends try to make sure their loved ones' needs are met every day. Caregivers will drive to appointments, shop for groceries, prepare meals, pick up prescriptions, assist with bathing and grooming—they do it all. Unfortunately, more often than not, caregivers burn the candle at both ends.

Caregivers' issues are a real “thing.” That thing is called compassion fatigue.

### What is Compassion Fatigue?

Compassion fatigue occurs when caregivers become stressed from caring for others, and can be thought of as extreme burnout. It doesn't just happen overnight. As days, weeks and months (in some cases years) march on with mounting responsibilities, caregivers become overwhelmed physically, emotionally, spiritually and socially. The following are some signs and symptoms associated with compassion fatigue:

- You are irritable
- You find you are ability to function is decreasing
- You are pulling back from normal activities
- You are cancelling plans
- You have increasing aches and pains
- You are feeling bored and apathetic
- You are suffering from fatigue, and you are feeling tired and worn out
- You are forgetting things and having memory problems
- You feel depressed and excessively anxious
- You have emotional outbursts, e.g., crying, anger, etc.
- You are having problems sleeping
- You overreact to trivialities and are impatient with your loved one
- You are developing health issues
- You feel like you cannot relax
- You have let yourself and your needs go
- You are not interested, or not as interested, in intimate relations with a partner

Not only does dealing with high levels of stress affect your ability to provide care, it also puts your own health and wellbeing at risk. Lack of sleep, not eating right, trying to do too much, stressing about things you cannot change, and not seeking out emotional support for yourself while dealing with the stresses of caring for someone will take its toll on you.

### Is it Possible to Combat?

The first step in combatting compassion fatigue is to recognize and be aware that it is present. If you are a caregiver and the above discussion rings true in your life, you might consider getting professional help (there is nothing wrong with seeking such help and it is a sign of intelligence and strength to do so), and you should absolutely let others know how you are doing, and ask for their help. The following are some suggestions on how to make this happen:

**Start with a half-day off.** If a full day off from caregiving isn't possible, start with a half day. But it shouldn't be a one-and-done happening. Try to schedule half-days off on a regular basis to avoid compassion fatigue.

**Phone a family member or friend.** Ask for assistance from another family member who can pitch in and help care for your loved one for the day. Even better would be to set up a rotating schedule for help.

**Tap into available community resources.** A quick search in the Internet can provide many organizations that are ready to help you.

**Regain balance.** Setting unrealistic goals for yourself will increase your stress. Understand when your expectations are too high. You will often have countless tasks given to you by many people. To get back on track, set limits and be prepared to say “no” when it is necessary.

**Take time for yourself.** When things go wrong, it is common to feel you can't do one more thing, but it isn't a sign of failure or weakness. Stop and take care of yourself. It is not being selfish to take some time for yourself. Caregivers cannot help others if they are not balanced.

**Express yourself.** You can avoid compassion fatigue by being mindful of feelings inside and out. Feelings can be expressed verbally by talking with someone, or journaling can be beneficial when writing about the entire experience.

**Take a deep cleansing breath or two.** Deep breathing exercises can help decrease stress and allow time to regroup.

Please be safe and take care of yourself. **PV**

*Paul Samakow*

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# Washington Football Team Honors Our Nation's Military at Annual Salute to Service Game

**BY SHARON REED**

The Washington Football Team scored big at this year's Salute to Service game on Sunday, November 14, 2021. Not only did they beat the Tampa Bay Buccaneers, 29 to 19, but hosted an outstanding military appreciation event to honor our nation's military. At the game Washington defeated Tampa Bay for the first time since October 25, 2015. And it was the first time that Washington defeated Tampa Bay quarterback Tom Brady since the September 28, 2003 game against the New England Patriots.

During the game, the Washington Football Team, in partnership with USAA, hosted and honored U.S. senior military leadership, hundreds of junior enlisted military members from Joint Base Anacostia-Bolling and Quantico Marine Corps Base, families representing Tragedy Assistance Program for Survivors (TAPS), and the USO of Metropolitan Washington-Baltimore.

Fans entering the stadium saw U.S. Army Humvees, a U.S. Blackhawk, and military rescue vehicles placed at the gates. On the field the end zones were painted in Salute to Service-themed camouflage with military themed in-bowl banners, goal post wraps and pylons. A giant "W" wrapped in Salute to Service camouflage was placed on the main concourse.

More than 180 uniformed active-duty service members were seated in a designated military section and featured during pre-game ceremonies. All players and coaches wore decals on their helmets and pins on their hats representing the initials of the fallen service members of the attending TAPS families.

During the pre-game, honorary captains were welcomed to FedExField by Washington Football Team President Jason Wright and co-owner and co-CEO Tanya Snyder. Game balls were presented to the military leaders on behalf of the team.



*Washington Football Team Defensive End Chase Young greeting U.S. Army Lieutenant General Gary M. Brito before the start of the game.*



*Washington Football Team Head Coach Ron Rivera at the pre-game.*





Honorary Captains visited with attending military groups and met representatives with USO-Metro and the U.S. Naval Academy Foundation. On-stage welcoming remarks were given by the Washington Football Team and select military leadership.

Prior to kickoff, the Washington Football Team presented a special military challenge coin, designed and created by USAA, for use in the official coin toss. In what has become a longstanding tradition, challenge coins are given by one member of the military to another to reward or encourage excellence, boost morale, or to recognize fellow brother- or sister-inarms.



*Pre-game activities included with a dramatic Joint Base Andrews flyover.*



*Fireworks culminated the pregame festivities.*



*Honorary Captains visited with attending military groups and met representatives with USO-Metro and the U.S. Naval Academy Foundation. On-stage welcoming remarks were given by the Washington Football Team and select military leadership.*



*Military leadership met with Head Coach Ron Rivera and team players prior to the game. A minute-long pre-game military moment recognized the team's honorary captains of the game. Representing each military branch, the honorary captains in attendance were: General David H. Berger, Admiral Karl L. Schultz; General Daniel R. Hikanson, General John W. "Jay" Raymond; General David W. Alvin, Lieutenant General Gary M. Brito; and Vice Admiral Jeffrey William Hughes.*



With much fanfare, players ran through the tunnel and onto the field at the start of the game.

Among the military appreciation activities during game breaks included the U.S. Air Force Oath of Enlistment with U.S. Air Force D.C. Recruiting.



Washington Football Team players WR Dyami Brown, WR Cam Sims, WR Terry McLaurin, LB Anthony Hines III



The United States Naval Academy Band performed during halftime as well as during the pre-game festivities.



Washington Football Team Cornerback Kendall Fuller

Throughout the game, vignettes were displayed on the HD video boards, showcasing military events and initiatives this season.

It was a great game — both on the field and in salute of the United States military. Hail to the Washington Football Team!

Salute to Service was created by the Washington Football Team under the leadership of team owners Dan and Tanya Snyder to amplify the team's decade-long military appreciation initiatives into one comprehensive, year-round platform. Launched in partnership with the USO of Metropolitan Washington-Baltimore (USO-Metro), Washington Salute is a free community providing a platform for fans to serve, support, thank and connect with the military community. Find out more at <https://www.washingtonfootball.com/fans/salute/>. **PV**



Washington Football Player Defensive End Chase Young



A fan celebrating the win against Tampa Bay.



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Technical, Content, Copy, and Media Writer, and Adjunct Grad School Business Professor, Dr. Pamela Gurley has been a gifted writer since the age of 12 and has had an “editorial eye” since the ages of 15 when she attended the Upward Bound college program at Savannah State University. At the university, she was the Editor and Chief of the summer magazine, and her professional career trajectory has seemingly made a 360 back to writing and editorial work. Now, as the Founder/CEO of Clark and Hill Enterprise, she understands the importance of SEO and SEM when it comes to business writing.

Clark and Hill Enterprise is a business services company providing technical and content writing, business development, and notary services to new and existing businesses, publicists, individuals, and other business entities. With over 23 years of professional and academic writing experience, our focus is to create a brandable foundation to maximize business growth to achieve and/or maintain long-term success.

Viable business writing is a key component to the success of any business. If you're anything like most business owners, then writing is the last thing on your mind. Also, if you are the head of your company, you have many responsibilities and little time to dedicate to writing blogs, articles, media, social media content, and more. This is the power of Clark and Hill Enterprise. As a full-time writing company, we offer custom, plagiarism-free blog and article posts, press releases, product reviews, as well as copywriting for marketing campaigns. We also offer white-labeling (also known as ghost-writing) services. Yes, WE write it, and YOU own it!



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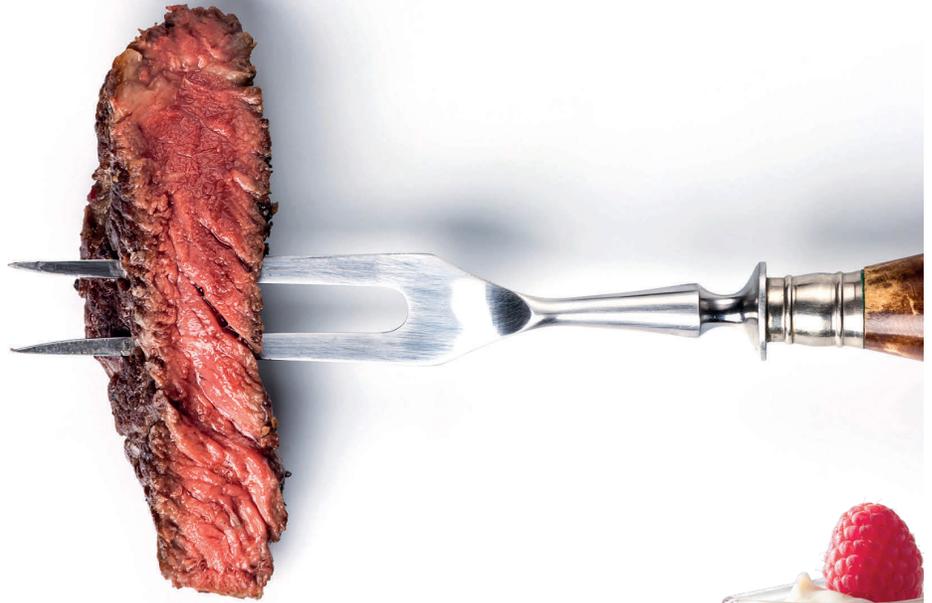
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