

January 2023

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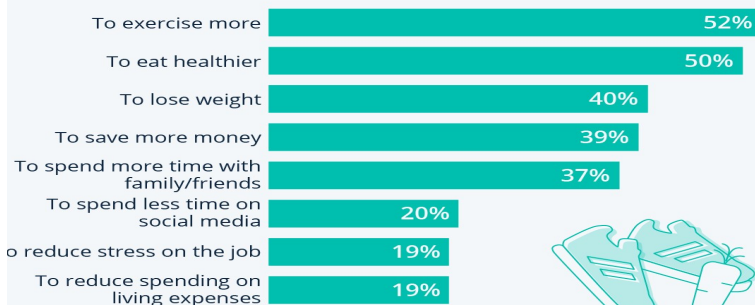
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New Years Resolutions

The new year gives everyone a chance for a fresh start and maybe try to improve themselves in a certain way. Whether it's to eat healthier, exercise more, or find a new hobby, a new year's resolution is a great way to try and better yourself. The graphic below shows the top resolutions people have for 2023. If you don't want to have a resolution maybe try something that you have always wanted to do. Whether it's travel somewhere you've always wanted to go or picking up a new hobby. Cheers to a happy and healthy 2023!

America's Top New Year's Resolutions for 2023

Most common New Year's resolutions among U.S. respondents who have made one or several



3 U.S. adults (18-89 y/o) surveyed Oct. 25-Nov. 2, 2022

Special Reminders:

Do you need a referral for anything? Call us, we would love to help!

If you have any changes to your personal information, please call Zach at 262-408-5820 and she will be happy to assist you!

Would you like to schedule a progress appointment with Jay? Call Zach at 262-408-5820 to set up an appointment.



Wishing all our
January clients a
splendid
birthday.

Cheers to another
great year!

FEBRUARY EVENTS TO CHECK OUT

The Bucks are scheduled to play 5 home games

Marquette is scheduled to play 4 home games

UWM is scheduled to play 5 home games

The Admirals are scheduled to play 5 home games

2/9-12– Disney on Ice–Fiserv Forum

2/11– Noah Kahan– Miller High Life Theater

2/17– Flat out Friday Motorcycle races– Fiserv Forum

2/19– Maggie Rogers–Riverside Theater

The celebs celebrating ...

1/5: Bradley Cooper turns 48

1/9: Kate Middleton turns 41

1/12: Jeff Bezos turns 59

1/13: Patrick Dempsey turns 57

1/15: Pitbull turns 42

1/26: Ellen DeGeneres turns 64

1/29: Oprah Winfrey turns 69

1/31: Justin Timberlake turns 42

Banh Mi

- ½ cup rice vinegar
- ¼ cup white sugar
- ¼ cup water
- ¼ cup matchstick-cut carrots
- ¼ cup peeled and thin sliced daikon radish
- ¼ cup thinly sliced white onion
- 1 skinless, boneless chicken breast half
- 1 pinch garlic salt
- ground black pepper
- 1 (12 in French baguette)
- 4 tbsp mayonnaise
- ¼ cup thinly sliced cucumber
- 1 tbsp fresh cilantro leaves
- 1 small jalapeno pepper
- 1 wedge lime



A Message From Jay

Happy New Year and welcome to 2023!

I hope everyone had a nice Christmas and Holiday season and got to spend time relaxing and getting together with family and friends. Food is a big part of our Christmas season. My daughter, Becky, was home from Washington D.C. for 10 days and we enjoyed lots of different foods we normally don't have. One evening Becky and my wife, Sara, made a delicious dinner with authentic dishes from Afghanistan. We had Afghan leek and scallion dumplings topped with spiced meat. We enjoyed borani banjan which is an eggplant dish. We also had mujaddara which is lentils and rice with caramelized onions. This was a 6 hour process, but was outstanding!

On Christmas Eve Becky and my son, Jake, prepared a beef wellington. This too is a very long process of making it. For Christmas day, the whole Van Beusekom side of the family came over. We watched the Packer victory and enjoyed our annual gift exchange. I smoked a beef brisket which includes 24 hours of rub and 24 hours of smoking. Slow and low is the key. I also smoked a ham for 10 hours basted in red wine. Becky also made a yule log chocolate dessert that almost looked too good to eat!

I always enjoy the Christmas season and all of the great food we share.

I wish all of you the best of health and happiness in 2023!

Be well,
Jay

Directions

1. Combine rice vinegar, sugar, and water in a saucepan. Bring to a boil over medium heat, stirring until sugar has dissolved, about 1 minute.
2. Place carrot, radish, and onion in a bowl. Pour in cooled vinegar mixture and let marinate at least 30 minutes.
3. Cook chicken about 6 min per side
4. Drain off excess vinegar mixture after vegetables have marinated.
5. Spread each half of toasted baguette with mayonnaise. Layer chicken on the bottom half of the bread. Top with cucumber, drained pickled vegetables, cilantro, and jalapeno. Squeeze lime wedge over fillings and cover with top half of baguette.

New Years Fun Facts

- The first ball drop in Times Square took place 12-31-1907
- The ball that drops weighs 11,875 pounds
- Around 48 tons of trash is cleaned up in Times Square after the celebration
- Around a billion people worldwide watch the ball drop in New York.
- 22% of Americans will fall asleep before midnight

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