

# January 2025

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the confusion  
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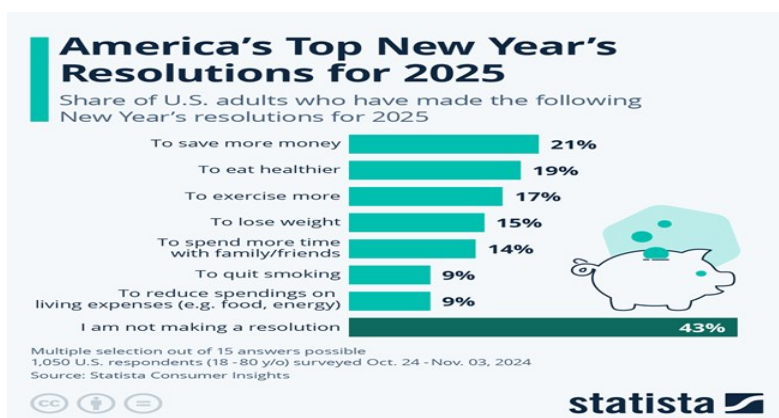
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## New Years Resolutions

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 2025. If you don't want to have a resolution maybe try something 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 2025!



### 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 Sherri at 262-408-5820 to set up an appointment.



Wishing all our  
clients born in  
January a splendid  
birthday.  
Cheers to another  
great year!

## FEBRUARY EVENTS TO CHECK OUT

The [Bucks](#) are scheduled to play 6 home games

The [Marquette](#) is scheduled to play 4 home games

The [UWM](#) is scheduled to play 4 home games

The [Admirals](#) are scheduled to play 7 home games

2/6 -Tyler, the Creator– [Fiserv Forum](#)

2/13-17-Disney on Ice-[Fiserv Forum](#)

2/21-Flat out Friday Motorcycle Races– [Fiserv Forum](#)

2/22– Justin Timberlake– [Fiserv Forum](#)

The celebs celebrating ...

1/5: Bradley Cooper turns 50

1/9: Kate Middleton turns 43

1/12: Jeff Bezos turns 61

1/13: Patrick Dempsey turns 59

1/15: Pitbull turns 44

1/26:Ellen DeGeneres turns 66

1/29: Oprah Winfrey turns 71

1/31: Justin Timberlake turns 44

## KOREAN BEEF BOWL

- 1 pound lean ground beef
- 5 cloves garlic, crushed
- 1 tablespoon freshly grated ginger
- 2 teaspoons toasted sesame oil
- ½ cup reduced-sodium soy sauce
- ½ cup light brown sugar
- ¼ teaspoon crushed red pepper
- 6 green onions, chopped, divided
- 4 cups hot cooked brown rice
- 1 tablespoon toasted sesame seeds

## Directions

1. Gather all ingredients.
2. Heat a large skillet over medium-high heat. Add beef and cook, stirring and crumbling into small pieces until browned, 5 to 7 minutes. Drain excess grease.
3. Stir in garlic, ginger, and sesame oil and cook until fragrant, about 2 minutes.
4. Stir in soy sauce, brown sugar, and red pepper. Cook until beef absorbs some sauce, about 7 minutes.
5. Add 1/2 of chopped green onions.
6. Serve over hot cooked rice; garnish with sesame seeds and remaining green onions.

## A Message From Jay

Welcome to January!

Happy New Year! We are entering the year with colder temperatures than the mild weather we had at the end of last year. I hope everyone had a nice Christmas and holiday season. It's hard to believe another year has gone by!

We got to celebrate Christmas with our families, which we are fortunate enough to do every year. My in-laws came down from Kaukauna for Christmas Eve and spent the night. We went to Christmas Eve mass and enjoyed tenderloin on the grill. We had a nice Christmas brunch before they headed back up north the next day. Christmas Day, Sara and I hosted my side of the family. I had smoked a beef brisket and also a ham for the main entrées. We had a fun gift exchange and played some card games as well. The Saturday after Christmas, we hosted Sara's side of the family. The main courses included lasagna and Italian sausage sandwiches. More games were enjoyed by all!

This may seem like a very chaotic week, but we love hosting our families over the holidays and it's great to spend time with our loved ones.

Best wishes for health and happiness in 2025!

Be well,

Jay



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