

# T H E F O R T L I F E

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## EDITORIAL TRIUMPH IN 2025

*Are You Truly Ready For All  
That You are Chasing?*

**FORT's Kitchen:  
Foods for Body Odor**

-Page 5

**FORT Health: You  
are Aging too Fast**

-Page 7

**FORT Travel:  
Discover Guatemala**

-Page 9

**KSA Scholarship  
Highlight**

-Page 11

**2024 Reflections &  
2025 Resolutions**

-Page 12

**SALES:  
IPC Eagle**

-Page 13



# TRIUMPH IN 2025

**Are You Truly Ready  
For All That You are  
Chasing?**



Humanly written by:  
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CVO & Founder  
FORT International

In 2004 and at the tender age of 14, Freddy Adu became the youngest athlete ever to sign a professional contract in the United States when he joined Major League Soccer Club D.C United. When the announcement was made, it was by far the biggest athletic story of the time.

I remember vividly the furor behind the announcement. It certainly gave Major League Soccer a much needed boost of views and sponsorships, but unfortunately, this decision to turn professional at such a young age proved costly for Freddy, as sadly he never met his onfield potential, and ultimately became a journey man playing in many leagues in different continents. His teenage years were sadly taken, and a beautiful dream became a nightmare, one which at least professionally he never woke up from.



We all have our definition of success. This definition at its core is initially influenced and molded by the people closest to us... our parents and teachers. Later in life it gets hijacked by those we admire, and as we age and become more self-sufficient, our egos become major players in the equation, which coupled with the aforementioned factors, play a significant role in the mechanical DNA of the engine we build for the pursuit of said success.

As I sit back and evaluate 2024, the ups, the downs, the wins and lessons of a very interesting year, one question keeps looping in my brain; Are you ready for all the factors that come with the arrival of the triumph and success you seek?

By the early 2000s, my own dreams of becoming a professional footballer were long gone. My dream was sabotaged by the dreamer himself, for I lacked the discipline necessary for the success I craved.

20 years later, I have learned to appreciate that I simply was not ready. Although physically my body was up for the challenge, my mental immaturity didn't allow me to identify the sacrifices which needed to be made at a crucial junction in my life.

Moreover, I have also learned to appreciate that reaching the destination is only half the battle, as maintaining that initial thirst when you reach the rooftop of your ambitions is ultimately the true journey, and more importantly when the fun really begins... Just think of marriage! We can all get hitched, but the true work comes after.

As we prepare to close the 1st quarter in this 21st century, I encourage you to not only envision the win and locker room celebrations of your future achievements, but also the work that comes immediately after setting a new standard. Triumph and success come with this. The pressure to now maintain that which you have achieved.

We often fail to reach the mountain top of our goals for lack of preparation. What many don't discuss is just how difficult it is to stay there if you happen to make it.

Be intentional about this with your New Year Resolutions. Prepare for the climb, but also for the air pressure of the new heights you will achieve. It's lonely at the top for a reason, as many fail to prepare for this portion of their trajectory.

**Tips:**

- Be kind one your way up, you never know who will be there to give you that push or give you a lifeline when on shaky ground.
- Remember where you come from and don't forget that all you have and will achieve is a gift.
- Be intentional in all that you do to not sabotage yourself.
- Help others where you can with the lessons you have learned
- Study long term success. What got you to the dance won't keep you in the party.
- Never give up and always evolve. The alternative is bleak.

As we close out 2024, I want to thank you all for choosing to lay eyes on these words. May God give you health, discipline and the wisdom necessary to employ them both in the pursuit of your own happiness, whatever that may be.



Photo by Freepik

# FORT's Kitchen: Foods for Body Odor

What we eat doesn't just fuel our bodies—it can influence how we smell. While deodorants and personal hygiene play a major role in keeping us fresh, our diet can be the hidden culprit behind body odor. Surprisingly, certain foods can either help neutralize odors or make them worse, and being mindful of what we eat can make a significant difference.

Let's start with the foods to approach cautiously. Strong-smelling compounds in garlic, onions, and spicy dishes can seep through our pores hours after a meal. Red meat is another common offender, as it takes longer to digest and can release unpleasant odors during the process. Additionally, cruciferous vegetables like broccoli and cabbage, while packed with nutrients, contain sulfur compounds that can temporarily contribute to stronger body odor. This doesn't mean you should cut them out entirely—just pair them with fresher options. To stay fresh, turn to odor-neutralizing foods.



Photo by Freepik

Citrus fruits like oranges and lemons are great at cleansing the body and leaving behind a light, natural fragrance. Leafy greens such as spinach and kale are rich in chlorophyll, which acts as a natural deodorizer. Adding herbs like mint and parsley to your meals can also help keep bad odors at bay while boosting flavor. Drinking plenty of water is key, too, as it helps flush out toxins and prevents odors from building up in the body.

Small dietary adjustments can go a long way in keeping you smelling great throughout the day. A balanced diet that includes plenty of fruits, vegetables, and hydrating beverages supports not only your overall health but also your personal freshness. So, the next time you're planning a meal, consider choosing foods that not only taste good but also leave you feeling confident from the inside out!



**FORT Health:**

# **You are Aging too Fast The Dark Side of Sleep Deprivation: It's Worse Than You Think**

Sleep deprivation is more than just a bad habit—it's a silent saboteur of your health and well-being. When you consistently skimp on sleep, your body and mind pay the price in ways you might not realize. Poor sleep accelerates the aging process, impacting not only how you look but also how you feel, think, and perform in your daily life.

One of the most noticeable consequences is on mental health. Sleep is crucial for brain function, mood regulation, and emotional resilience. Without adequate rest, your stress levels rise, and you're more prone to anxiety, irritability, and even depression. Over time, the lack of quality sleep can erode your mental sharpness, leaving you feeling foggy, forgetful, and less productive. This not only affects your personal life but also your career performance, where focus and decision-making are key.

The effects aren't just mental—they're physical too. Sleep deprivation disrupts hormones that regulate appetite, leading to weight gain and a higher risk of obesity. Your body also struggles to repair itself without enough rest, making your skin lose elasticity and vibrancy faster. Chronic poor sleep is linked to increased risks of serious health issues like heart disease, diabetes, and a weakened immune system. All of this can make you feel older than your years, no matter how well you try to take care of yourself otherwise.



Photo by pexels-oly



Photo by pexels-oly

The good news is that improving your sleep hygiene can reverse many of these effects. Aim for 7-9 hours of quality sleep each night by creating a bedtime routine, limiting screen time before bed, and maintaining a consistent schedule. The investment you make in your rest pays off with better health, sharper thinking, and a more youthful glow. It's never too late to reclaim your sleep and your well-being—start tonight!





**FORT Travel**

# Discover Guatemala – A Land of Wonders

Guatemala is a country where ancient history meets breathtaking natural beauty. Nestled in the heart of Central America, this vibrant destination offers something for every type of traveler. Whether you're wandering through ancient Mayan ruins, hiking volcanoes, or exploring colorful markets, Guatemala promises unforgettable experiences at every turn.

History enthusiasts will be captivated by Tikal, one of the largest and most significant Mayan archaeological sites. Set deep in the lush rainforests, the towering temples and sprawling plazas transport you back in time. Don't forget to climb Temple IV for a panoramic sunrise view—it's an experience you'll never forget.



Designed by pexels-freddy-cosigua

For a different slice of history, visit the charming colonial city of Antigua. With its cobblestone streets, colorful buildings, and baroque-style churches, Antigua exudes old-world charm and is a UNESCO World Heritage Site worth savoring.

Nature lovers will find their paradise at Lake Atitlán, often described as one of the most beautiful lakes in the world. Surrounded by towering volcanoes and quaint villages, this serene destination is perfect for kayaking, hiking, or simply soaking in the stunning views. Each village around the lake has its own unique character—San Juan La Laguna is known for its art, while Panajachel is great for shopping and nightlife. Don't miss out on trying Guatemala's famous coffee, grown right in these highlands.



Designed by pexels-sautozayas

For adventure seekers, Guatemala's active volcanoes, like Pacaya and Acatenango, offer thrilling hikes with incredible rewards. Imagine roasting marshmallows over volcanic heat or watching the fiery glow of lava in the night sky. Whatever your travel style, Guatemala's rich culture and welcoming people ensure you'll leave with your heart full and your spirit renewed. So pack your bags and get ready to discover this land of wonders—you won't regret it!



Designed by pexels-matthias-stutzman



## **KSA Scholarship Highlight**

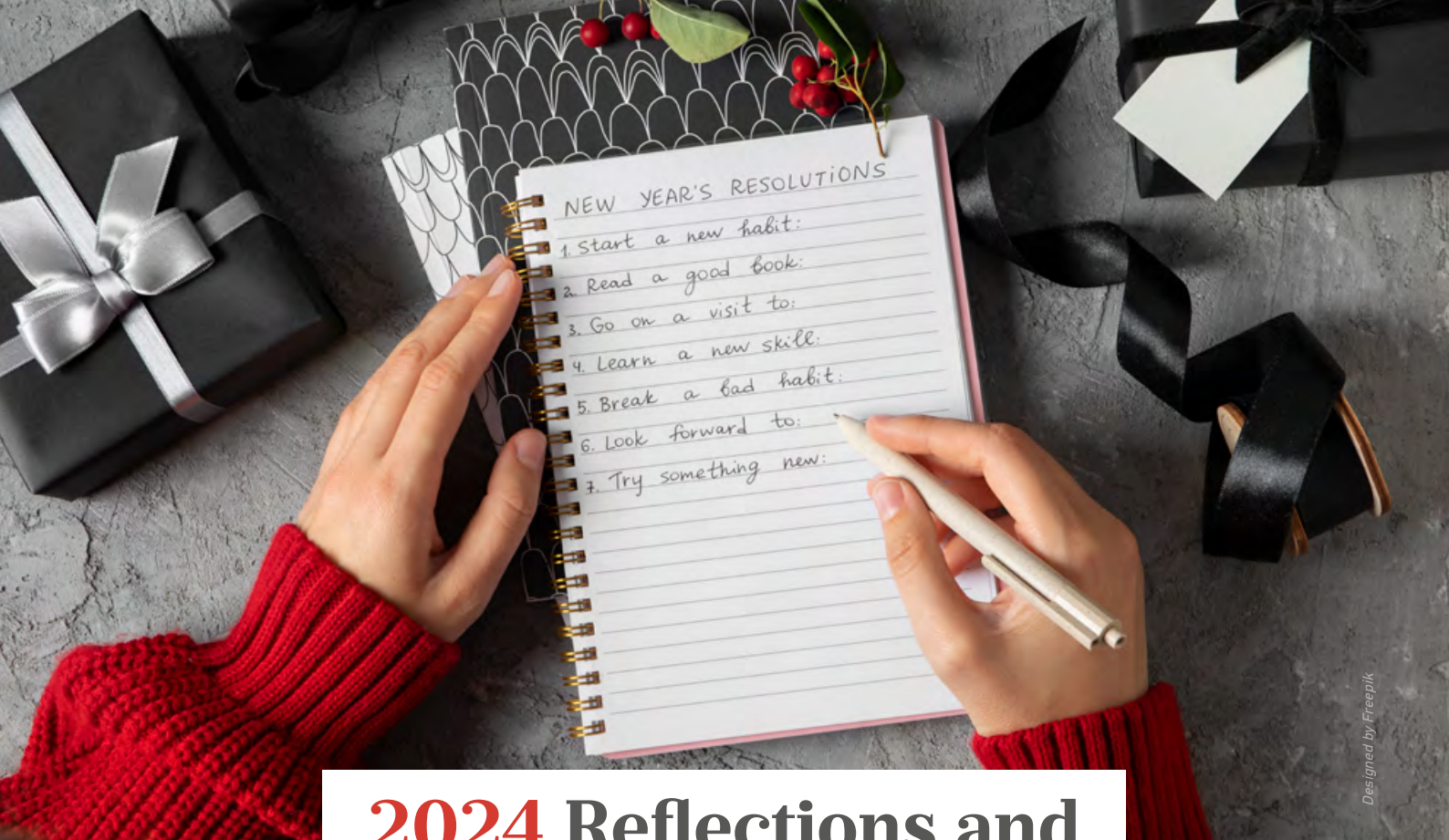
# **Text from Kaylee Kasquez**

*(Recipient from the 2022-2023  
KSA Scholarship)*

Meet Kaylee Vasquez, a sophomore at Florida State University, where she is pursuing a degree in International Affairs with a concentration in Sociology and a minor in Social Work. As a King Solomon Award (KSA) Scholar, Kaylee has not only excelled academically but also embraced the transformative impact of the KSA scholarship. In her own words;

“The King Solomon Award has not only provided the financial support necessary to pursue my academic studies but has also opened doors to invaluable opportunities and a network of amazing support. This award has given me the chance to reflect deeply on my personal and spiritual journey, allowing me to look back and appreciate my beginnings and the ways they have shaped the person I am today. It is truly an honor to be a KSA Scholar and to continually feel the encouragement of my KSA and FORT family.”





Designed by Freepik

## 2024 Reflections and 2025 Resolutions.

As we approach the close of another year, it's the perfect time to pause and reflect on all that 2024 has brought. From challenges that tested our resilience to moments of joy that fueled our spirits, every experience has shaped us in meaningful ways. Taking stock of the past year helps us appreciate how far we've come and sets the tone for the year ahead.

Start by celebrating your wins, big or small. Did you accomplish a professional milestone, nurture a meaningful relationship, or develop a new habit? Reflecting on these successes reinforces a sense of achievement and motivates us to build on them. It's also important to learn from setbacks. Instead of dwelling on missed opportunities, ask yourself what lessons they taught and how you can approach things differently in the future.

As 2025 approaches, set resolutions that align with your values and aspirations. A great way to make them stick is to focus on progress, not perfection. Break larger goals into smaller, actionable steps, and celebrate each milestone along the way. Whether it's prioritizing health, learning a new skill, or dedicating more time to loved ones, resolutions should inspire you rather than overwhelm you.

Finally, remember that reflection and goal-setting aren't limited to the end of the year. Make it a habit to check in with yourself regularly, adjusting your goals as needed. Life is constantly changing, and staying flexible allows you to navigate challenges and seize opportunities with confidence. Here's to a 2025 filled with growth, gratitude, and new possibilities!

SALES

# IPC Eagle: Reliable, Efficient, and Built for Performance

The **IPC Eagle** combines power and precision, making floor cleaning simple and effective for any workspace. With user-friendly features and customizable attachments, it delivers a spotless finish every time.

## Key Features and Operation Highlights:

- **Effortless Start-Up and Operation:**
  - Fill the detergent tank and adjust the handle for comfort.
  - Activate the brush and suction with intuitive controls.
  - Effortlessly maneuver the machine using the drive lever.
- **Automatic Brush Replacement:**
  - Attach or release brushes with the simple press of a button.
  - Reliable alignment ensures optimal performance every time.
- **Advanced Troubleshooting & Maintenance:**
- **Overheating Prevention:** Brush motor thermal cutout protects the system. If triggered, allow a 45-minute cooldown.
- **Daily Maintenance Made Easy:** Clean the brush, empty the dirty water tank, and inspect squeegee blades for debris or wear.
- **Performance Assurance:**
  - Squeegee blades can be reused by reversing the edges, maximizing value.
  - Built-in checks for suction filters, motor fuses, and emergency stops ensure smooth operation
- **Floor Perfection Solutions:**
  - Prevent wet floors: Regularly clean squeegee blades, suction filters, and hoses.
  - Eliminate dirty streaks: Match brushes/pads to the dirt type and floor surface.

The **IPC Eagle** is designed to keep your workspace pristine, efficient, and presentable with minimal downtime. By combining robust attachments with smart design, it ensures spectacular results every time.

## How to Order:

To place an order or inquire about our products, please contact us at: [sales@fortinternational.com](mailto:sales@fortinternational.com)



IPC  
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VERSATILE

PRODUCTIVE

USER-FRIENDLY

SUSTAINABLE

DURABLE

# Word Search

Entertain yourself for a while and solve this word search as quickly as possible. If you prefer you can click on the link below and solve the challenge from your cell phone or computer.

## New Year's Word Search

E	E	C	T	O	S	O	I	F	R	E	L	S	L
L	G	E	P	B	E	T	E	E	F	N	S	C	I
A	N	L	O	O	N	B	I	T	E	S	R	A	N
L	I	E	H	I	R	A	T	R	S	F	E	L	O
C	R	B	I	T	N	L	E	A	T	I	L	E	A
O	E	R	V	L	N	L	T	D	I	R	K	N	L
S	H	A	R	G	D	O	R	I	V	E	R	D	R
R	T	T	N	C	A	O	U	T	I	W	A	A	K
K	A	I	T	R	S	N	E	I	T	O	P	R	O
N	G	O	E	L	T	S	V	O	I	R	S	R	K
I	N	N	A	R	E	A	A	N	E	K	N	T	N
S	N	O	L	D	N	F	L	U	S	S	S	K	E
I	G	O	R	E	S	O	L	U	T	I	O	N	S
T	S	U	L	D	E	R	T	S	O	D	L	I	A

GATHERING  
FESTIVITIES  
RESOLUTIONS  
FIREWORKS  
TRADITION  
GOALS  
CALENDAR  
CELEBRATION  
BALLOONS  
SPARKLERS

Play this puzzle online at : <https://thewordsearch.com/puzzle/841467>

## TEAM FORT



Damian



Ely



Danny



Sebas



Goretty



Helina



Brian

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