

FORT NEWS

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EDITORIAL

Your Professional and Personal Value Proposition.

Are you truly who you think you are?

By: François Damian Aristhomene Martinez

Perception: The magical door that may usher you into a room of favor or a world of strife. It is not a linear explanation of the Pythagorean theory or an insight into Astrophysics and proof writings, it is one of the most basic and ritualistic habits of our society. What others perceive through their senses becomes your face and calling card to the world, and the trajectory of your personal and professional life is often defined by others of higher economic status and power, based on the information they receive when they first perceive you. This solely relies on the information you consciously or unconsciously put forward. How that information is relayed to others is what you control, and because you are the master and commander of your ship, the ability to relay that information in favorable terms to you



determines an array of factors, which ultimately dictate how you spend your days in this world.

The enigmas:

- Are you really who the world perceives?
- What is your personal and professional value proposition?

The answers to these 2 questions are the quintessential components of the rank you will sustainably hold in society.

When you look at yourself in the mirror you see what you train your brain to see. Sometimes

that reflection can be so off from what is real, you build a world so secluded it alienates those around you, as their perception of you may be completely different from your own. If those who truly matter perceive you in a way which differs from the way you perceive yourself, your value proposition diminishes, leading to an uphill battle of desired approval and respect. But how do we determine what is real and what is not, especially if everything we are taught is based on ill concepts from those guiding us and molding us from birth?

We too often ignore the feelings

that guide us to fulfillment. We are creatures of habit driven by pleasure. Fortunately, we have the innate ability to identify the differences of detrimental and beneficial satisfaction. Listening to our mind, body, and spirit in an effort to pursue positive delights which promote not only health but also emotional longevity, assist in bridging the gap between who we are and who we are perceived to be. The closer reality and perception are related within you, the stronger your value proposition becomes, as things will just fall in place as opposed to being forced.

Working on the “self” is a constant exercise. It involves physical, cognitive, and spiritual discipline for a balanced result. Your value proposition to your partner, employer, children and loved ones are deeply affected by this principle, and if your growth and development is not constantly and actively pursued, who you think you are and who you really are will never align. You can't have one without the other. There will be inevitable conflict. In a relationship, your value proposition to your partner is based on the ability to meet your partner's needs in an efficient and proficient manner. Understanding what those needs are requires a certain level of emotional humility to be able to truly and objectively grasp them and address them, regardless of what you think they may be. The “Now” of your life differs

greatly from your past. People change daily so the needs of yesterday may not be today's, so the ability to change and adapt is fundamental to longevity. As the old adage goes...” Yesterday's price is not today's price”, and change is truly inevitable no matter how much you resist it. Remember, Being loved and adored is good, but being loved and adored the way you want is better!

Professionally, businesses are constantly evolving based on the current conditions and advancements of the markets, and the constant visit to CE platforms and employee trainings are an integral part of development and workforce relevancy. However, if you are not taking care of the vessel, your body, how will you have the physical and emotional energy to stay on pace. The inability to do so reduces your professional value proposition, which will eventually put you in a box, halt your growth, and force changes in your career you may not be ready for.

Life is a balancing act, and those who triumph and accomplish their personal and professional goals understand this concept. Your value proposition is tied to this balance. Anything that leads you away from balance will eventually result in unsustainability. The more balanced you are, the easier it is to wear one face, the one

you truly wish for others to see. This is a three-step approach; Humility to recognize where you are weak, discipline to enact change, and patience to see the results.

“What others perceive through their senses becomes your face and calling card to the world”

Look at the mirror constantly, be honest with what you see, and remember that only you can change both what you don't like and that which others perceive. Delve in positive pleasures, the ones which build and add to your value. Feed your mind and spirit positivity and follow true long-lasting fulfillment. Momentary pleasures are certainly fun, but they can easily chip at our foundation, and in some cases tear everything you work so hard for in the blink of an eye.



CVO & Founder
FORT International

Black History Month

A look through the lens of a Zoomer

By: Anaya Nicole Aristhomene

Black history month is a time in which the people of the Black community are able to come together to celebrate and remember their culture, while also being recognized for their Accomplishments and ability to overcome. Overtime, there have been so many achievements made within the Black community ranging from content

creators getting recognized for their work, to Black owned businesses moving up in the corporate world. This month is also about representation as well as remembrance.

While Black History has been spoken about, it is crucial to truly understand and realize how far we have come as a whole. People like Martin Luther King Jr. have played a huge role in its development and growth and through others like him, it has been able to strive. While it is important to recognize those who have impacted its past, we must also recognize the current trailblazers making history today, especially the younger Black generation.

A youngster to be highlighted would be Zalia Avant-Garde. Zalia, who is from New Orleans,

Louisiana, was the first African American to win the Scripps National Spelling Bee, and in addition has three basketball-based Guinness World Records under her belt, showing not only intellectual prowess but also mental and physical discipline.

This is just an example of the current change makers. The list of those who deserve to be recognized is long and extensive and sometimes just needs a louder voice to remind us of their impact in our society. Black History Month is definitely a great way to add on to this. Honoring, remembering, and recognizing the efforts and accomplishments of those who work daily for the betterment of the culture as a whole is what makes February a month worth honoring.



Sales: CapEx Purchases are in the air!



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This Month: Super Bowl

History in the Making with two African American Quarterbacks

The most watched sporting event in the USA defined the Kansas City Chiefs as the winner of Super Bowl LVII.

For the first time the Kansas City Chiefs faced the Philadelphia Eagles in the final game of the season. The game provided records for TV audience, total amount of bets placed and amount of food consumed.

A major highlight of Super Bowl LVII brought a first in NFL history; it featured two black quarterbacks: Patrick Mahomes and Jalen Hurts. This unprecedented event ensured that for the fourth time an African-American quarterback would lift the coveted trophy.

The first to achieve that feat was Doug Williams in 1988. Drafted in 1978 by the Tampa Bay Buccaneers, and after leaving the NFL for a few years in the mid-1980s, he signed with the

Washington Redskins in 1986, leading the franchise to Super Bowl XXII where he had the best fourth quarter in history, with four touchdown passes that earned him MVP honors for the victory over the Denver Broncos (42-10).

The Chiefs and Eagles were without a doubt the two most powerful teams of the season. Not only because of their regular league and playoff statistics, but also because of the collective performance key members played in crucial moments of the games. Neither injuries nor adversity were able to stop these two teams this season.

Despite the fact that the Super Bowl was played at a neutral site, the Philadelphia Eagles had the role of being the home team against the Chiefs, so they decided to wear green, as in their three previous appearances in the event, leading the Chiefs to wear white.

For the superstitious, the white jersey has won 15 of the last 18 Super Bowls... and today was no exception. Only the Packers in 2010, the Eagles in 2018 and

the Chiefs in 2019 have managed to win the ring wearing their teams' primary color.

A final highlight is that the first team to score, either a field goal or a touchdown, has won 37 times out of 56. Among those 37 winning teams are the Rams, who started with a touchdown in the last edition and, although with plenty of suffering, ended up taking the game.

Congratulations to the **Kansas City Chiefs** for this great victory.





San Valentin: Good Relationships between People: The Key to a Happy Life

Relationships are a crucial aspect of our lives, as they can either make us or break us. A good relationship is one that is based on trust, mutual respect, love, and understanding. It is an essential ingredient for a happy and fulfilled life. In this article, we will discuss some of the key elements that contribute to solid foundations for long lasting results.

Trust: Trust is the foundation of any relationship. When people trust each other, they are able to open up, share their thoughts and feelings, and feel secure in the knowledge that the other person will not betray them.

Trust takes time to build and can be easily shattered by a single act of dishonesty. Therefore, it is important for both parties in a relationship to work on building trust and to be honest with each other, even when it is difficult.

Communication: Good communication is vital in any relationship. When people are able to express themselves openly and honestly, they are able to resolve conflicts and misunderstandings, and build a stronger bond. Good communication skills involve active listening, expressing feelings and opinions in a respectful manner, and being



open to different perspectives. Just remember that communication is a skill that must be honed and sharpened. Mutual respect: Respect is a two-way street. Both parties in a relationship should show respect for each other's opinions, feelings, and beliefs. When people respect each other, they are more likely to compromise and work together to find solutions to problems. Lack of respect can lead to crushed feelings and animosity, which can quickly escalate and damage the relationship.

Love and Understanding: Love and understanding are the glue

that binds relationships together. When people love each other, they are more likely to be patient and forgiving, even in the face of challenges. Understanding involves recognizing and accepting each other's unique qualities and differences, and valuing these qualities in each other.

Compromise: An essential element of any relationship. When people are willing to compromise, they are able to find solutions to problems and work together towards a common goal. It is important to understand that compromise does not mean sacrificing one's

own needs or beliefs, but rather finding a solution that works for both parties.

In conclusion, good relationships between people are built on trust, communication, mutual respect, love, and understanding. It takes effort from both parties to maintain and strengthen these relationships, but the reward is a happy and fulfilling life whether it be personal or professional. By focusing on these key elements, we can create and sustain healthy relationships that bring joy and fulfillment to our lives.



This Month: President's Day.

Why we celebrate it on Washington's Bday and its significance.

Presidents' Day is a federal holiday celebrated on the third Monday of February in the United States to honor all people who served as president. It is officially known as Washington's Birthday, and it was first celebrated in the 1880s to commemorate George Washington's birthday.

The job of the president is outlined in the United States Constitution, which describes ten powers and duties that are expected of the president. These include appointing ambassadors and Supreme Court justices, signing bills into law, granting pardons, and representing the nation at home and abroad. In addition to these constitutional duties, presidents also have many other responsibilities such as leading the country during times of crisis, setting policy agendas, and communicating with citizens through speeches and press conferences.

Presidents' Day is an important holiday that celebrates all people who have served as president in America. It is an opportunity for citizens to reflect on the role of the president in American society and recognize past presidents who have made significant contributions to their country.

For example, George Washington led America through its Revolutionary War for independence from Britain; Abraham Lincoln abolished slavery; Franklin D. Roosevelt created Social Security; John F. Kennedy established civil rights legislation; and Barack Obama passed the popular healthcare reform Obamacare.

Word Search

Types of Food

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

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.

- | | |
|------------|-----------|
| ONION | HAM |
| PORK | FRUIT |
| BURGERS | TUNA |
| FAST FOOD | SALAD |
| RADISH | SPAGHETTI |
| MACARONI | BUTTER |
| LETTUCE | ROLLS |
| VEGETABLES | TV DINNER |
| NOODLES | HOTDOGS |
| BREAD | STEAK |
| CEREAL | GRAVY |

<https://thewordsearch.com/puzzle/289/types-of-food/>

5	3	7	1	2	9	8	4	6
9	8	2	4	7	6	5	1	3
4	1	6	8	3	5	7	2	9
1	7	3	5	8	2	6	9	4
8	2	5	9	6	4	3	7	1
6	9	4	7	1	3	2	8	5
7	4	8	6	5	1	9	3	2
2	6	1	3	9	7	4	5	8
3	5	9	2	4	8	1	6	7

Here you can find the answer to the previous month's sudoku.

TEAM FORT



Damian



Ely



Danny



Annette



Sebas



Goretty



Hanan

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