

# FORT NEWS

MONTHLY BULLETIN

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## EDITORIAL

# THE BALANCE OF TIME

## Quality of Life or Quality of Paycheck

Humanly written by:  
François Damian Aristhomene Martinez

**“Balance is not something  
you find, it’s something you  
create”**

**-Jana Kingsford**

There are 168 total hours in a week and every human being gets exactly the same time; No one in this world gets a minute more, yet how we use/spend our time is programmed into our tiny brains from birth. When we are kids, we erroneously believe we have all the time in the world. At this stage of the game, our brains don't understand the concept of time. We simply exist in it, not realizing we don't have any ownership in it. We are fed on a schedule, we sleep on a schedule, we play on a schedule, and every move

we make as infants is dictated by a supervising adult. As we get older, we go to school at a certain time, we play sports at a certain time, we eat at a certain time, all conveniently structured around a set time pattern preparing us for the workforce the minute we turn 18 if not sooner.

One of the leading causes for the infamous “Midlife crisis” is the realization that all our lives we have been told what to do with our time and when to do it. First it was our parents, followed

by our academic teachers, and once we are done with schooling, the workplace takes over for the next 40 years of our existence, until we are no longer mentally equipped to maintain the rigorous pace corporate demands, and we get either booted out or we gracefully bow out. The initial sequence of events is irrefutably inevitable in our younger years. You must comply in order to survive and learn to become self-sufficient (This takes a lot longer for some); However, as we grow as adults, there are small windows



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of opportunity which open up for short periods of time where we can gain control of our time if, and only if, we are bold and strategic enough to make it happen, at least enough to reach a balanced life which will yield happiness and not regret.

When you combine work hours, sleep, work-commute, and just basic self-nourishment, 100-120 hours of your week are gone. This leaves 48-68 hours per week to exercise, drive your offspring to all their extra curriculars, shower, cook, clean, do groceries, and just like that, your time is gone.

The key element to solving the puzzle of time is balance and truth. Balance because without it important aspects of your life, both physical and mental will suffer. Truth because you must be honest with yourself and determine exactly what is of utmost importance to you.

As the saying goes, "You can have anything you want in life, you just can't have everything". You will have to sacrifice some things in order to gain control of your time, but a balanced life shouldn't be collateral damage. Find things that are fulfilling and do so by utilizing your gifts and talents as part of your daily movements, this will boost your internal reward system and make you feel alive.



[UNJUGGLED: Lessons From a Decade of Blending Business, Babies, Balance and Big Dreams](#)

Invest in yourself by continuously learning something of interest, workout, spend time with those who matter, be productive and a contributor to society not a taker, and give thanks daily for the opportunity to grow with each waking day.

Your time is your most valuable asset and who you spend it with and how says a lot about you and who you are, so chose your circle and workplace carefully. A third of your conscious life is spent at work, so by default that environment will either drain or pour into you.

**“Just remember, time gives no second chances and truth be told, we are all on the clock.”**

**-Jana Kingsford**



**CVO & Founder  
FORT International**



## Class of 2027 FORT's KSA Scholarship Winners!

We were able to grant \$25,000 in scholarship funds!

This month FORT International was able to donate \$25,000 to the winners of the KSA scholarship essay competition. We are incredibly proud of this achievement and the positive impact it will have on the lives of these bright individuals.

The King Solomon Award Scholarship aims to recognize and reward exceptional academic achievements, leadership potential, and community involvement among talented students in our community. We firmly believe that education is the key to unlocking the boundless potential within each young individual, and through this scholarship, we are committed to fostering their success and encouraging their pursuit of higher education. Your purchasing goes a long

way in empowering young individuals to overcome financial barriers and pursue their educational aspirations. Together, we can shape a brighter future and create a legacy of educational excellence within the very communities we serve. All it

takes is the want to impact. To learn more about our King Solomon Award Scholarship program please visit our website [www.fortinternationalnews.com/ksa-scholarship/](http://www.fortinternationalnews.com/ksa-scholarship/)

**Naomy G.**  
Winner of \$5,000  
Attending Miami  
Dade College



**Kaylee V.**  
Winner of \$5,000  
Attending Florida  
State University



**Randall B.**  
Winner of \$3,000  
Attending Southern  
Adventist University

**Dorsey M.**  
Winner of \$2,500  
Attending University  
of Central Florida



**Nathaniel D.**  
Winner of \$2,500  
Attending Valencia College

**Tatiana B.**  
Winner of \$1,500  
Attending FAMU or FIU

**Jacqueline D.**  
Winner of \$1,500  
Attending Georgia  
State University

**Deanasia F.**  
Winner of \$1,000  
Attending University  
of Florida

**Asia W.**  
Winner of \$1,000  
Attending North Carolina  
A&T University

**Gabrielle F.**  
Winner of \$2,000  
Attending Florida  
A&M University



# Memorial Day

## Remembering the Sacrifice, Reflecting on Memorial Day



Memorial Day, a solemn and significant day of remembrance, stands as a poignant reminder of the tremendous sacrifices made by countless individuals who have served and continue to serve in the armed forces. On this day, we pause to honor and remember those who have given their lives in service to our nation, expressing our gratitude and acknowledging the debt of gratitude we owe them. Memorial Day is not just about barbecues and the unofficial start of summer; it is a time to reflect on the profound cost of freedom and pay tribute to those who paid the ultimate price.

### A Historical Perspective

The origins of Memorial Day can be traced back to the aftermath of the American

Civil War. Devastated by the loss of thousands of lives, both Union and Confederate states began holding commemorative ceremonies to honor fallen soldiers. In 1868, General John A. Logan declared May 30th as Decoration Day, a time for decorating the graves of fallen soldiers with flowers. Over time, this observance evolved into what we now know as Memorial Day.



### Honoring the Fallen

Memorial Day serves as an occasion to remember and honor the brave men and women who made the ultimate sacrifice in service to their country. From the fields of Gettysburg to the beaches of Normandy, from the mountains of Afghanistan to the deserts of Iraq, heroes have emerged from every generation, valiantly defending the principles and values upon which our nation was built. Their selflessness and unwavering commitment deserve our utmost respect and gratitude.

### Remembering Loved Ones

For many families, Memorial Day is deeply personal, as they remember and mourn the loss of their loved ones who made the ultimate sacrifice. It is a day to visit cemeteries, lay

wreaths and flags on graves, and take part in memorial services. These acts of remembrance bring comfort to grieving families, reminding them that their loved ones' sacrifice is not forgotten and that their memory lives on.

### **Expressions of Gratitude**

While Memorial Day is a time of reflection and solemnity, it is also an opportunity to express our gratitude to all veterans and active-duty military personnel who continue to safeguard our nation's freedom. By engaging in acts of kindness and support, such as volunteering at veterans' organizations

or reaching out to military families, we can demonstrate our appreciation for their service and sacrifice.

### **Preserving the Legacy**

As time passes and memories fade, it becomes even more crucial to preserve the legacy of those who gave their lives in service to our country. Through education and storytelling, we can ensure that future generations understand and appreciate the sacrifices made on their behalf. It is our responsibility to impart the significance of Memorial Day and to inspire a sense of duty and patriotism in the generations to come.

Memorial Day represents a solemn occasion for us to remember and honor the brave men and women who laid down their lives in defense of our nation. It is a time to reflect on the cost of freedom and express our deepest gratitude for the sacrifices made by these selfless individuals. As we gather with family and friends, let us never forget the true meaning of Memorial Day and keep the flame of remembrance alive, ensuring that the legacy of our fallen heroes endures for generations to come.



# Mother's Day

Mothers hold a unique and irreplaceable role in our lives. They are the nurturing force that shapes our existence, offering unconditional love, guidance, and support. Motherhood is a profound and transformative journey, and the influence of mothers extends far beyond the boundaries of their immediate families. As we reflect on the immeasurable importance of mothers, we recognize their imprints on our lives, society, and the world at large.

From the moment of conception, mothers embark on a lifelong journey of love and selflessness. They provide the foundation upon which our lives are built, offering unwavering support, encouragement, and a shoulder to lean on during both our triumphs and tribulations. Mothers possess a unique ability to understand, comfort, and heal, making them an invaluable source of strength and stability in our lives.

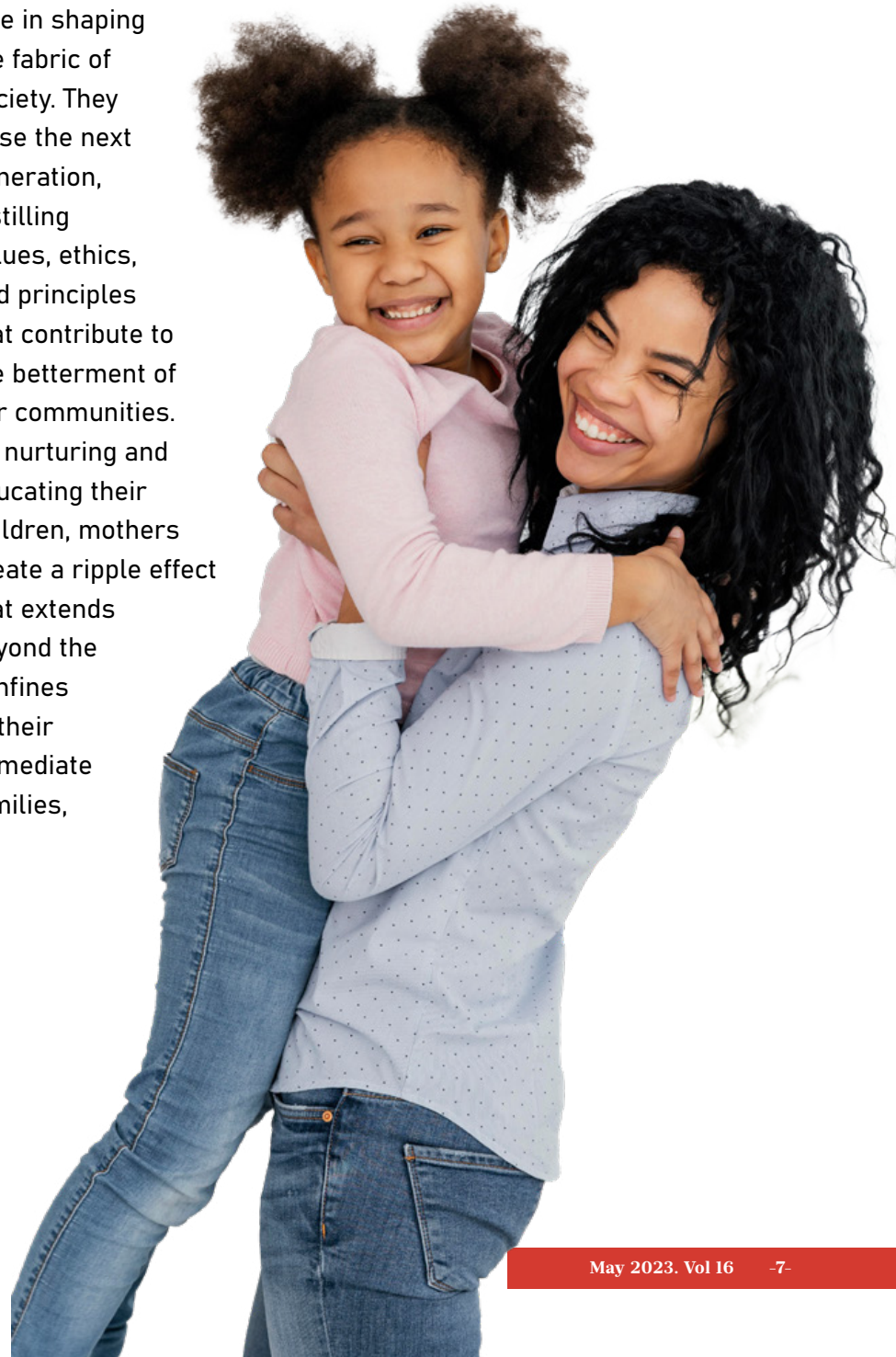
Mothers are not only our nurturers but also our first role models. They teach us essential

life lessons, values, and morals that shape our character. Their guidance helps us navigate the complexities of life, fostering qualities such as empathy, resilience, and compassion. Through their actions and words, mothers inspire us to strive for greatness, reminding us of our inherent worth and potential.

They play a vital role in shaping the fabric of society. They raise the next generation, instilling values, ethics, and principles that contribute to the betterment of our communities. By nurturing and educating their children, mothers create a ripple effect that extends beyond the confines of their immediate families,

shaping the future leaders, innovators, and change-makers of society.

Mothers are the epitome of love, strength, and selflessness. Their unwavering commitment to their children and families makes them an integral part of our lives and society as a whole.



# Honoring Haitian Heritage Month

By: Anaya Aristhomene and Sebastián Vasquez

The month of May is nationally recognized as Haitian Heritage Month and is therefore celebrated as such. This celebratory month is an expansion of “Haitian Flag Day”, and in May we honor the rich culture Haiti has to offer, ranging from its art and cuisine, to the music and local dialect. Haiti is a land of resilience, dreams and aspirations just like any other land, and although the country battles with current chaos, it is important to understand and appreciate the significance of such a culture considering everything that its people have overcome. Like many of the other Afro-Caribbean Islands, Haitian culture is a combination of African and Taino practices with a few European elements due to French colonization.

Haiti was originally named “Saint Domingue” but was then changed to “Haiti” after the country gained its independence in 1804, holding the title of being the first independent Black republic of the modern world.

Haitian Heritage Month promotes a history of perseverance amongst its people, while also moving them to take pride in their culture, history and communities abroad. No celebration of Haitian heritage would be complete without savoring the mouthwatering flavors of Haitian cuisine. From the hearty and savory griot (fried pork) to the flavorful and aromatic diri ak djon-djon (rice with black mushrooms), Haiti’s culinary traditions are a delicious reflection of its multicultural influences.

Haiti Heritage Month is not only a time for the Haitian diaspora to celebrate their roots but also an invitation for people from all backgrounds to engage in cultural exchange and solidarity.

By supporting cultural initiatives, educational programs, and historical preservation efforts, we contribute to the safeguarding of Haiti’s rich heritage and ensure that its stories and traditions continue to inspire and captivate the world.



Here are some great ways to celebrate and honor Haitian culture.

1. The Little Haiti Cultural Complex has something for everyone and features a marketplace with Haitian cuisine, dancing, and even an art gallery.  
- Home - Little Haiti Cultural Center ([miamigov.com](http://miamigov.com)) in Miami, FL
2. The Haitian Heritage Museum is a great way to learn more about the culture and rich history of Haiti. The museum features exhibits and events for visitors as well!  
- Haitian Heritage Museum | Haitian Heritage Museum, in Miami, FL
3. If you are looking to get involved, a great way to do so is to attend Haitian History Month events. These will definitely allow for more of an understanding of Haitian culture as well!  
- Celebrate Haitian Heritage Month With These 5 Things To Do ([islandoriginsmag.com](http://islandoriginsmag.com))





# Sales:

## Stop throwing money in the Garbage

### Trash Bags with a Purpose

Maintaining a clean and hygienic environment is paramount in any business setting. From offices and retail spaces to restaurants and hotels, the proper disposal of waste plays a vital role in creating a positive impression on employees, customers, and visitors. Quality trash bags offer durability and reliability, preventing leaks, tears, and odors that can compromise cleanliness standards. By investing in robust trash bags, you can ensure a clean and pleasant atmosphere, minimizing the risk of unpleasant odors or unsightly spills.

### Did you know?

When you purchase trash liners from FORT you are contributing to our King Solomon Award scholarship fund geared to assist talented yet underprivileged students continue their higher Education. We allocate \$1 for every case sold and our goal is to donate \$1Million in funds by 2032. Your purchase has a purpose!

Visit our scholarship program and learn more about what FORT International is doing to improve the lives of young students: [www.fortinternationalnews.com/ksa-scholarship/](http://www.fortinternationalnews.com/ksa-scholarship/)

Find out more by visiting: [www.fortinternational.com](http://www.fortinternational.com) or contacting: [sales@fortinternational.com](mailto:sales@fortinternational.com)



# 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.

## Movies with One Word Titles 2

H	E	A	T	L	E	N	A	H	E	C	D	H	A
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 HULK  
 TRAFFIC  
 PLATOON  
 VERTIGO  
 SIGNS  
 COLLATERAL  
 FARGO  
 BEWITCHED  
 JARHEAD  
 HITCH  
 HEAT  
 SUPERBAD  
 MEMENTO  
 GHOST  
 MILK  
 AIRPLANE  
 MISERY

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## TEAM FORT



Damian



Ely



Danny



Annette



Sebas



Goretty



Keith

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