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**F O R T L I F E**

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## EDITORIAL

# A WOMAN

## The Real Power Behind Men?

*"A man may be the head, but the woman is the neck, and as such it controls the direction of its path."*

*-Unknown*

For centuries, at the top of most monarchies, kingdoms, dynasties and governments the leading figure in the history books has predominantly been a man; One who led a nation out of slavery (Moses), another one who conquered the majority of the civilized world (Genghis Khan), others who fought for freedom and Justice (MLK), and the revolutionaries who have led technological advancements which continue to usher us into a new dawn, from Henry Ford to Albert Einstein, and currently the new Mr. X himself (formerly known as Twitter), Elon Musk.

What many of the history books miss to dissect, is the female influence, the voice of reason, and perhaps, the real power behind the throne.



Cleopatra Before Caesar by Jean-Léon Gérôme



Humanly written by:  
François Damian Aristhomene Martinez  
CVO & Founder  
FORT International

Although there are some well documented cases detailing some prominent female figures in the lives of some of these men, there is an overwhelming consensus that not enough credit has been given to our female counterparts and the influence they've had on their respective states throughout history.

Although a man may embark on his own path and achieve tremendous levels of success, there is more often than not a female figure constantly present yielding tremendous influence in the decision making mechanism of that individual. That woman can have many titles; Be it mother, sister, lover, wife, friend, therapist, or mentor, they all represent a sensible side which is crucial to the psychological well being and equilibrium of that constantly overachieving mind.

Which leads to the following question;

Does a strong leading man require a strong woman to become the best version of himself?

The necessary balance required to succeed in all aspects of life is better acquired when two powerful minds lead the charge, and men and women exquisitely compliment each other when they are both different in emotional personalities, yet equally principled in the rules of engagement of this game called life.

Our society's foundation hinges on familial principles which eloquently and adequately translate themselves to business and political principles.

In the US of A, we have preferred our Commanders in Chief to lead with a woman by their side as opposed to one who doesn't. Why? Because they are more relatable to society when there is a woman in place, as a woman

represents a symbol of stability and reason which we men desperately need.

This is why only 2 out of the 47 men to ever hold the title of President of the United States were unmarried at inauguration, and one of them tied the knot during office, while the other, James Buchanan never did.



### Maria Skłodowska-Curie

She was the first woman to win a Nobel Prize, the first person to win a Nobel Prize twice, and the only person to win a Nobel Prize in two scientific fields.

Her husband, Pierre Curie, was a co-winner of her first Nobel Prize, making them the first-ever married couple to win the Nobel Prize and launching the Curie family legacy of five Nobel Prizes.

A man without a family is often seen as inexperienced in the ways of life, and we can make the argument that if one doesn't have the basic experience of leading a household, how can that individual be qualified enough to lead a nation.

Yet still in 2024, we continue to circumvent the basic recognitions our better halves rightfully deserve.

Women like Clara Jane Bryant Ford, Eleanor Roosevelt, Coretta Scott King, Jacqueline Kennedy Onassis, Nancy Reagan, and Michelle Obama have all had the ears of the most powerful men of our times and that's just on the political side.

When we look at companies who run our economy, do not for one second believe that the men in leadership positions do not have a

significant counterpart who drastically impacts their methodology and way of processing information. It all ties together in some way or another, and because of this we need to embrace more amicably the leadership structures we currently have in place.

Today, women make up about 47% of the U.S. labor force (dol.gov), yet of the top 500 companies only 10% are led by ladies, (forbes.com)

Taking a page from my own life, most of my professional decisions are based on the life principles taught by the significant women in my journey. They have all contributed in some significant way to my modus operandi, and I constantly seek their advice when confronted with business decisions difficult to discuss with our professional counterparts.



Michelle and Barack Obama

Jalen Hurts, the current quarterback of the Philadelphia Eagles chose a female agent who happened to be the brain behind the \$255 Million dollar extension deal he signed in 2023. Since then, he has surrounded himself with female talent (5 total), who handle all aspects of his athletic business endeavors.

I point this out because as a father to a female college sophomore, I want to make sure we as leaders continue to push the envelope and begin to place the adequate amount of trust in the female counterparts we already rely on behind closed doors.

The road to professional and political success was designed for men to succeed and continuously lead. 150 years ago this was perhaps an appropriate structure as our society looked very different from what it does today. However, we can't overlook the fact that men were the same ones who forced our women into the labor and political arenas by overstepping our authority, and simultaneously diminishing their accomplishments and contributions to society.

No man is where he is today without passing through a woman. NONE! And regardless of the relationship that man may have with his birth mother, at some point most likely than not, there was a female voice guiding and whispering directions through the unpredictable roads of life.

It's important to point out that those successful men who lacked that voice of reason from an early age usually became dictators either politically or professionally.

Whether you believe in a God or not, the genesis of life and all that we are comes from the union and workings of both men and women.



Muhammad Ali and  
Veronica Porsche Ali

No one is here without the other, and although society is rapidly changing, we can't forget the importance of collaboration to adapt to the unpredictability of the times we currently face.

When we let the ego rest, and allow for collaboration with that which we don't understand, we begin to unlock different dimensions in our brains and really begin to experience both life and relationships in ways very few can imagine.

In this month dedicated to the ladies of the world, I can't help but salute the strength of women, their courage, their valor, and their resilience to continue to make a difference not only in their own lives, but the lives of those around them.

I have been blessed to be surrounded by female change makers, and I encourage everyone to begin to look at the women in your lives for all that they are and everything they can offer.

It will change your life.

# Layoffs & Unemployment



Hey folks, let's dive into a topic that's all too familiar for many of us: navigating layoffs and unemployment. It's tough, no doubt about it. Suddenly finding yourself without a job can feel like a whirlwind of emotions—shock, uncertainty, maybe even a little panic. But amidst the chaos, there's an opportunity for growth and resilience.

First things first, take a deep breath. Losing a job doesn't define you. It's just a bump in the road—a detour on your career journey. Lean on your support system during this time. Whether it's friends, family, or fellow job seekers, having someone in your corner can make all the difference.

Now, let's talk about strategy. Update that resume, polish up your LinkedIn profile, and start networking like a boss. You never know where your next opportunity might come from, so cast a wide net and keep an open mind. And hey, don't be afraid to take a step back and reassess your career goals.

Maybe this is your chance to pivot into a field you're truly passionate about or start that side hustle you've been dreaming of.

During this challenging time, it's crucial to lean on your support network. Whether it's family, friends, or former colleagues, don't be afraid to reach out for help or just a sympathetic ear. Networking can also be a powerful tool in finding new opportunities. Keep those profiles updated and don't shy away from informational interviews or networking events. You never know where your next lead might come from!

Above all, stay positive and stay persistent. Job hunting can be a rollercoaster of highs and lows, but with determination and resilience, you'll come out on top. Remember, every closed door is just an opportunity to find the one that's meant for you. So keep your chin up, keep pushing forward, and trust that brighter days are ahead. You've got this!



# Mastering the Art of Household Budgeting

Today, I want to delve into a crucial aspect of financial success: the creation of a household budget. Sure, budgeting might not sound like the most exciting topic, but trust me, mastering this skill can be a game-changer for your wallet and your peace of mind.

First things first, let's break it down. A household budget is simply a plan that outlines your income and expenses. It's like a roadmap for your money, helping you stay on track and make informed financial decisions. Sounds pretty great, right? So, how do you get started?

**Step one:** Take stock of your income. This includes your regular paycheck, any side hustles or freelance gigs, and any other sources of income you might have. Write it all down and tally up the total. Now you've got a clear picture of how much money you're working with each month.

**Step two:** Track your expenses. This is where things can get a little eye-opening. Take a look at your monthly bills, groceries, transportation costs, entertainment expenses—you name it. Be honest with yourself about where your money is going. Remember, knowledge is power!

**Step three:** Set some goals. Now that you know where your money is going, it's time to decide where you want it to go. Maybe you're saving up for a vacation, paying off debt, or building up your emergency fund. Whatever your goals may be, make them specific, measurable, and achievable.

**Step four:** Create your budget. Armed with your income, expenses, and goals, it's time to put pen to paper (or fingers to keyboard) and create your budget. Start by allocating your income to cover your essential expenses, like rent, utilities, and groceries. Then, divvy up the rest of your funds to meet your savings goals and cover discretionary spending.

And there you have it—your very own household budget! But remember, a budget is only as good as your ability to stick to it. Keep track of your spending, revisit your budget regularly, and be flexible when life throws you a curveball. With a little discipline and planning, you'll be well on your way to financial success.

**Happy budgeting!**





# Healthy Kids Make Healthy Adults

Addressing a concern that weighs heavily on every caregiver: ensuring our children receive the vital nutrients for optimal growth.. With busy schedules, picky eaters, and endless distractions, it can be a real challenge to ensure our little ones are eating balanced meals. But fear not, because we've got some tips to help you make sure your kiddos are getting the fuel they need to grow up healthy and strong.

First things first, focus on variety. A well-rounded diet includes foods from all the different food groups—fruits, vegetables, grains, protein, and dairy.



Encourage your kiddos to try new foods and flavors, and get creative with your meal planning. Think colorful plates, fun shapes, and tasty dips to make healthy eating more exciting.

Next up, lead by example. Kids are more likely to eat healthy foods if they see their parents enjoying them too. So be a role model for healthy eating habits by incorporating plenty of fruits, veggies, and whole grains into your own meals. Plus, eating together as a family not only fosters healthy eating habits but also provides valuable bonding time.

And don't forget about hydration! Water is essential for our bodies to function properly, so make sure your kiddos are drinking enough throughout the day. Limit sugary drinks like soda and juice, and opt for water or milk instead. Encourage your kiddos to drink water with meals and keep a water bottle handy for on-the-go hydration.

By focusing on variety, leading by example, and prioritizing hydration, you can help ensure your children are getting the nutrients they need to thrive. Remember, healthy eating habits start early, so lay the foundation for a lifetime of good health and wellness.

Here's to happy, healthy kiddos!



# Body For Summer and For Life

- Gym Time &  
Professional Life



With summer just around the corner, it's time to kick our workout routines into high gear and get ready to rock those swimsuits and shorts. And what better place to do it than the gym? Whether you're a seasoned gym-goer or a newbie looking to start your fitness journey, we've got some tips to help you make the most of your gym time and get those summer-ready results.



First things first, set some goals. Whether it's shedding a few pounds, building muscle, or increasing your overall fitness level, having clear goals in mind will help keep you motivated and focused. Be realistic about what you want to achieve and set a timeline for reaching your goals.

Remember, Rome wasn't built in a day, so be patient with yourself and celebrate your progress along the way. Next up, mix it up. Variety is the spice of life, and the same goes for your workouts. Don't get stuck in a rut doing the same routine day in and day out. Mix things up by trying different types of workouts, incorporating new exercises, and challenging yourself with varying intensities. Not only will this keep things interesting, but it'll also prevent boredom and plateauing.

And of course, don't forget to fuel your body properly. Exercise is only part of the equation when it comes to achieving your fitness goals. Make sure you're nourishing your body with a balanced diet rich in lean proteins, whole grains, fruits, and veggies. Hydration is key too, so drink plenty of water before, during, and after your workouts to stay properly hydrated.

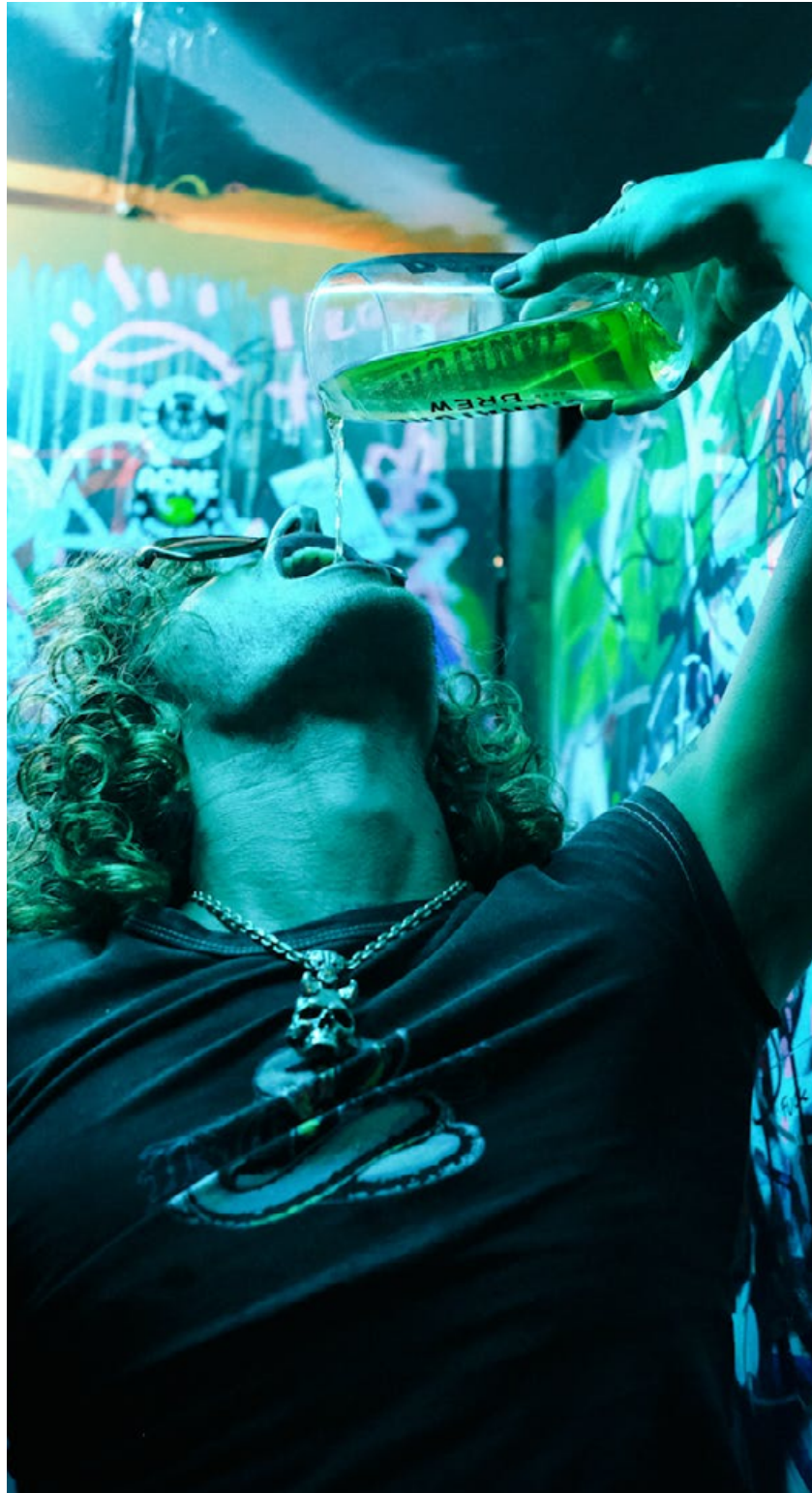
So there you have it—your guide to getting summer-ready at the gym! With clear goals, varied workouts, and proper nutrition, you'll be well on your way to crushing your fitness goals and feeling your best just in time for summer.

Let's do this!

# Spring Break & Binge Drinking in College

As spring break approaches, it's imperative to address a topic often intertwined with the celebrations: alcohol consumption. While spring break can be a time of fun and relaxation, it's essential to be mindful of the risks associated with excessive drinking. According to statistics, binge drinking during spring break can lead to serious consequences, including an increased risk of alcoholism, hospitalization, and involvement in crime. Research shows that binge drinking—defined as consuming four or more drinks for women and five or more drinks for men in a short period—can have long-lasting effects on both physical and mental health. In fact, binge drinking is a leading cause of alcoholism, a chronic disease characterized by a strong craving for alcohol and an inability to control drinking behavior.

By binge drinking during spring break, individuals may inadvertently increase their risk of developing alcohol dependence later in life. Furthermore, the spike in alcohol consumption during spring break often leads to a rise in alcohol-related hospitalizations.

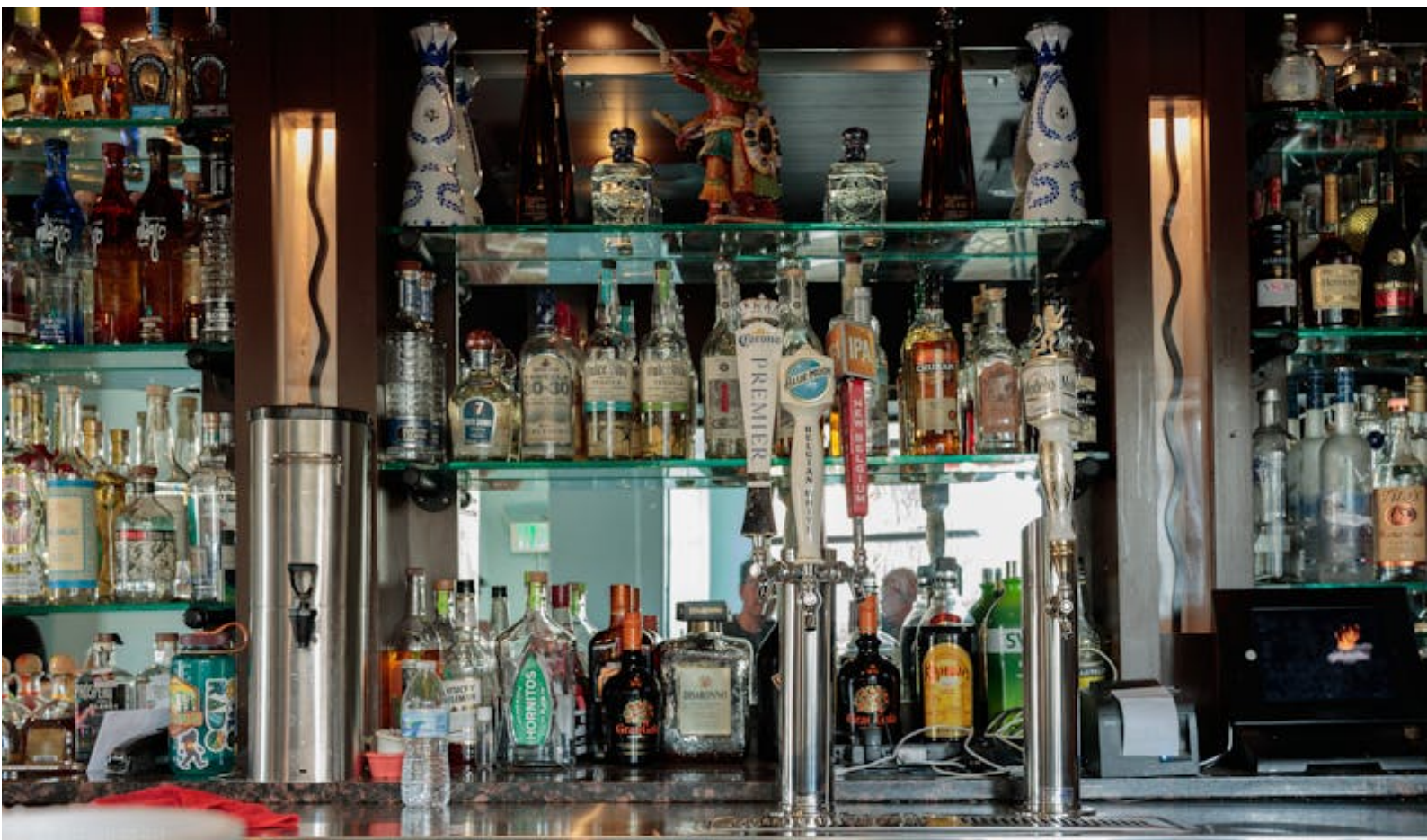


From alcohol poisoning to injuries sustained while under the influence, the consequences of excessive drinking can be severe and even life-threatening. According to statistics, emergency room visits for alcohol-related issues tend to increase significantly during the spring break period, placing a strain on healthcare resources and putting individuals at risk of harm.

In addition to the physical risks, excessive alcohol consumption during spring break can also contribute to an increase in crime. From public intoxication to acts of violence, alcohol-related offenses tend to rise during the month of spring break.

Law enforcement agencies often report a surge in arrests and incidents related to alcohol abuse, highlighting the need for increased awareness and prevention efforts to keep spring break celebrations safe and enjoyable for all. So as you gear up for spring break fun, remember to drink responsibly and look out for one another.

Your health and safety are worth more than a wild night out.



# HCAHPS and Your Money



Let's dive into a topic that's not just about healthcare but also about your financial well-being: HCAHPS scores and their impact on your wallet. HCAHPS, or Hospital Consumer Assessment of Healthcare Providers and Systems, scores are a crucial measure of patient satisfaction with their hospital experience. But here's the kicker—research shows that hospitals with higher HCAHPS scores tend to have better financial performance. That's right, your opinion as a patient can actually influence the bottom line of healthcare providers. So, the next time you're filling out one of those satisfaction surveys, remember that your feedback matters—not just for your own care but for the financial health of the hospital as well.

## On the Importance of HCAHPS and Patient Experience:

Let's talk about the importance of HCAHPS and the patient experience. HCAHPS scores are more than just numbers—they're a reflection of the quality of care provided by hospitals and healthcare providers. By measuring patients' perceptions of their hospital experience, HCAHPS scores help identify areas for improvement and drive efforts to enhance the overall quality of care. A positive patient experience not only leads to better health outcomes but also fosters trust and loyalty between

patients and healthcare providers. So, whether it's improving communication between staff and patients, enhancing the cleanliness of facilities, or streamlining the discharge process, every effort to enhance the patient experience contributes to better HCAHPS scores and ultimately better care for all.

## How Welcome Kits Can Improve HCAHPS Numbers:

Now, let's talk about a simple yet effective way to improve HCAHPS scores: welcome kits. Picture this—you've just checked into the hospital, feeling a bit anxious and uncertain about what to expect. Then, you're handed a welcome kit filled with essential information, comforting items, and resources to help you navigate your hospital stay. Suddenly, you feel a sense of relief and reassurance, knowing that you're in good hands. Welcome kits not only help patients feel more comfortable and informed but also demonstrate a commitment to patient-centered care. By providing patients with the tools they need to feel supported and empowered, hospitals can significantly improve their HCAHPS scores and create a more positive experience for everyone involved.

E. 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.

## Summer Break

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

- BASEBALL
- ICE CREAM
- LIMEADE
- DRAMA FREE
- LEMONADE
- CHEESEBURGERS
- SWIMMING
- SHOPPING
- CAMP
- VACATION
- LAKE
- BEACH
- HOT DOGS
- MANOFSTEEL
- SLEEP IN
- JULY
- JUNE
- MOVIES
- AUGUST
- BOATING

Play this puzzle online at : <https://thewordsearch.com/puzzle/503>

## TEAM FORT



Damian



Ely



Danny



Sebas



Goretty



Helina



Brian

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