

# the Golden Circle

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## A Little Extra

A man always bought oranges from a woman at the town market. She would weigh them on a scale, place them in a bag, and tell him the price. After he paid, the man usually took one orange out of the bag, peeled it, and tasted one piece. Then he'd say, "This orange is sour," and hand it back to the woman.

### DID YOU KNOW

You have a Partner  
on Your 401(k) & IRA?

(See Insert)

### Inside This Issue

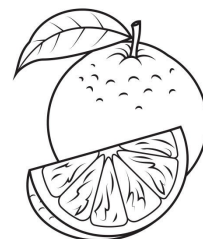
- A little Extra
- T. Roosevelt Quote
- Protein Packed Smash Wrap
- A Brief History of Memorials
- May Quiz Question
- Pizookie
- Doing Absolutely Nothing
- May Riddles
- Happy Mother's Day
- The Blanket of Love
- Client of The Month
- US Presidential History: May
- April Quiz Winner
- Cartoons
- A Few Famous Veterans
- Welcome New Clients
- May Birthdays
- Riddle Answers
- Lost Keys

Then she would bite into it. "It tastes sweet to me," she always said, but she gave him a few extra oranges to make up for it.

The man's wife went to the market with him every day and saw this exchange happen time after time. One day she asked her husband, "Why do you do that every time? The oranges are always sweet."

The man replied, "That woman hardly eats. This way I get her to eat one orange a day for her health."

A merchant in a vegetable stall saw the exchange happen every day, too. One day she asked the woman, "Why do you let him get away with that? He always complains about your oranges, and you always give him extra. Why do you put up with it?"



The woman smiled and said, "He always pays me a little extra when I weigh his bag. That way he can feed me and pretend I don't know what he's doing. His love pays for the extra orange."

**Rick Miller**

*Your Trusted Financial Advisor for Life*

{ If you could kick the person in the pants responsible  
for most of your trouble, you wouldn't sit for a month. }

-Theodore Roosevelt

Do you have any silly jokes, hard riddles, strange questions that you would like to share with our CSI family?

Send your suggestions to [dtalamantes@csiwealth.org](mailto:dtalamantes@csiwealth.org)

# Protein Packed Smash Wrap

## Ingredients (Yields 6 servings)

- ½ cup canned chickpeas, drained and mashed
- ½ avocado, mashed
- 1 tbsp hummus
- ½ tsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp smoked paprika
- Salt and pepper to taste
- 1 small whole wheat or low-carb tortilla
- Handful of spinach or arugula



## Instructions

In a bowl, mash chickpeas and avocado until combined but slightly chunky. Stir in hummus, lemon juice, garlic powder, paprika, salt, and pepper. Spread the mixture onto the tortilla, then top with spinach. Roll up tightly, slice in half, and enjoy!

## Why You'll Love It:

- A plant-based protein (about 15 grams) to keep you full.
- Contains healthy fats plus fiber for energy and digestion.
- Quick, creamy, and flavorful—ready in about five minutes!

## May Quiz Question

Q: What is the name of a duel with three people involved ?

- A. A Triage
- B. A Truel
- C. A Tryst

Call in or email your response by **Friday, May 16, 2025**, and if you have the correct answer, you will be entered into a drawing for a \$50.00 gift card to your favorite restaurant!

**Call: (855) 998-3888**

or

**Email: [info@csiwealth.org](mailto:info@csiwealth.org)**

Don't delay – Make your guess today. Good Luck!!

## A Brief History of Memorials

Memorials have been a part of human history for thousands of years—powerful markers of memory, grief, gratitude, and legacy. From ancient stone monuments to modern digital tributes, they serve as lasting reminders of people, events, or ideals that shaped our world.

The earliest known memorials date back to prehistoric times, with burial mounds and stone circles like Stonehenge. Ancient Egyptians built pyramids to honor pharaohs, while the Greeks and Romans constructed grand statues and temples in memory of heroes and gods.

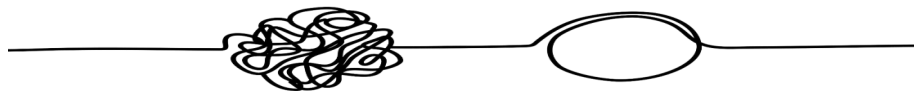
Over time, memorials evolved from sacred burial sites to public monuments. After wars and tragedies, communities began erecting plaques, cenotaphs, and sculptures to collectively mourn and remember. The World Wars, in particular, sparked a global rise in memorial building—creating spaces for reflection, healing, and unity.

Today, memorials take many forms: gardens, murals, digital archives, or even social media hashtags. While their style and scope may vary, the purpose remains the same—to ensure we remember, honor, and learn from the past.



## Did You Know - PIZOOKIE

**The Pizookie**, a large skillet cookie often topped with ice cream, was invented by **BJ's Restaurant & Brewhouse**, a chain restaurant founded in 1978. The name "Pizookie" combines "pizza" and "cookie," reflecting the cookie's deep-dish, pizza-like presentation. The Pizookie is now a signature dessert at BJ's and a popular dessert in general.



## Doing Absolutely Nothing

Imagine this: You're sitting on your couch, staring out the window, and doing...nothing. No phone in your hand. No emails being answered. No laundry being folded "while you relax." Just you, the moment and maybe the sound of a bird that seems to have its entire life figured out.

Now, be honest: Did your brain just revolt? Did it whisper, "But I should be doing something productive?"

We've been trained to believe that stillness is wasted time; every minute must be optimized, every hobby should be turned into a side hustle, and every pocket of the day must be filled with something useful. But what if absolutely nothing is the most useful thing you do?

The Italians have a phrase for it: *Dolce far niente*—the sweetness of doing nothing. It's not laziness; it's an art or even a skill. It's the ability to sit, breathe, and exist without needing to check, achieve, or accomplish anything.

When was the last time you let your mind wander without guiding it toward a task? When was the last time you allowed yourself to be bored, truly bored, without reaching for a screen to fill the silence?

Science has proven that our best ideas seem to come to us when we aren't trying. Creativity thrives in stillness. Stress melts away when we stop chasing the next thing.

So, here's your challenge: Find five minutes today to do absolutely nothing.

Stare at the ceiling. Watch the sky change color. Let your coffee go cold while you hold the cup in your hands.

And don't you dare feel guilty about it. Because in that space, in which nothing is expected of you, something wonderful happens: You remember what it's like to simply be.



## May Riddles

1. What word contains 26 letters but only has three syllables?
2. What five-letter word typed in all capital letters can be read the same upside down?
3. Where do you take a sick boat?
4. Which fish costs the most?

**Answers on Page 7**



## Client of the Month

Congratulations to our  
Client of the Month:

**Doc & Linda  
McKenzie**

From  
**Duarte, CA**

As a Client of the Month  
you will receive a **\$50 gift  
card** to your favorite  
restaurant.

## “The Blanket of Love”

(Inspired by stories from various Native American traditions)

Long ago, in a small Lakota village nestled near the Black Hills, there lived a young mother named Aiyana. She had a son, Takoda, whose laughter brought joy to the whole tribe. Aiyana was known for her quiet strength and deep connection to the land—her hands could weave the softest blanket, and her songs could calm the fiercest storm.

One winter, a terrible blizzard swept through the plains. The winds howled like wolves, and the snow piled high. The elders said it was the worst storm in generations. Families huddled in their lodges, and food grew scarce.

One night, Takoda grew ill. His body shivered, and his breaths were shallow. Aiyana knew she had to keep him warm or he would not make it through the night. But their firewood was nearly gone, and their blanket was too thin.

Without hesitation, Aiyana took off her own robe—made from hides she had tanned with care—and wrapped it around her son. She sat beside him all night, singing songs her mother had once sung to her. Her voice carried prayers to the Great Spirit, asking not for herself, but for her child. By morning, Takoda was better. His fever broke, and color returned to his cheeks. Aiyana, cold and weak, smiled. Her love had warmed more than his body—it had given him life.



Years later, when Takoda became chief, he told the story of that storm many times. He would hold up a new robe, made in honor of his mother, embroidered with symbols of strength, sacrifice, and eternal love. He called it The Blanket of Love, and gave one to every new mother in the village, to remind them: "The strongest warriors are not only those who fight with arrows, but those who love without end."

## U.S. Presidential History: May

- **May 1, 1931** - President **Herbert Hoover** officially opens the Empire State Building in New York City. At the time of its dedication, the Empire State Building was the world's tallest building at 102 stories.
- **May 10, 1872** - **Victoria Woodhull** became the first woman to run for President in 1872. She was nominated by the Equal Rights Party.
- **May 22, 1802** - **Martha Washington**, the United States' first First Lady, dies on this day at her home in Mount Vernon, Virginia. She was 70 years old.
- **May 25, 1787** - The United States holds its first Constitutional Convention. Delegates including **George Washington** met four years after the U.S. gained its independence from England to compose a new U.S. Constitution.
- **May 30, 1922** - Former U.S. **President William Taft** dedicates the Lincoln Memorial in Washington, DC. At the time of the dedication, he was serving as chief justice of the U.S. Supreme Court.

### April Quiz Winner

Q: Which of the following is NOT a fruit?

A. Rhubarb

**Shirley Fung**  
From  
**Oakland, CA**

Congratulations!  
You've won a \$50 gift card to  
your favorite restaurant!



Cartoon Stock - Order #656199



Cartoon Stock - Order #657060



# A Few Famous Veterans

**JAMES EARL JONES** - Before captivating audiences as the voice of Darth Vader and reminding Americans of their love for baseball, James Earl Jones served as a U.S. Army officer. He was commissioned as a second lieutenant in 1953 after gradu-



ating from the University of Michigan's ROTC program and went on to establish a cold weather training command at Camp Hale in Colorado—his first and only military assignment. Jones is among the many Army veterans who transitioned from honorable service to distinguished civilian careers.

**Clint Eastwood** - Before Clint Eastwood became a legendary actor and director, he served in the U.S. Army during the Korean War. Stationed at Fort Ord in California, he worked as a lifeguard and swim instructor, where he met future co-stars Martin Milner and David Janssen. His service earned him GI Bill benefits, which he used to study drama at L.A. City College—ultimately leading to his first contract with Universal Studios and launching his Hollywood career.



**Bea Arthur** - Long before Golden Girls, Bea Arthur was dedicated to serving her country during World War II. At just 20 years old, Bea Arthur broke barriers by enlisting in the Marine Corps' Women's Reservists, becoming one of the first to do so. She served as a typist at Marine Headquarters in Washington, D.C., and later as a driver and dispatcher at Camp Lejeune in North Carolina, earning the rank of staff sergeant before her honorable discharge in 1945.



**Charles Schultz** - Charles Schulz, the beloved creator of the Peanuts comic strip featuring Charlie Brown, Snoopy, and their friends, served as a staff sergeant in the 20th Armored Division during World War II after being drafted in 1943. A Minnesota native, Schulz returned home in 1947 and began his illustration career with the St. Paul Pioneer Press's Li'l Folks before successfully pitching a four-panel comic to United Feature Syndicate. Peanuts debuted on October 2, 1950, and ran for nearly 50 years until Schulz's passing in his sleep at age 77, just hours before the final strip published on February 13, 2000.



## WELCOME NEW CLIENTS

Here are some of the new clients who became members of our

### "the Golden Circle" Family

#### John & Cathy VandeWege

From Duarte, CA

Retirement Workshop Attendee

&

#### John Duha & Joanne LaMonte

From Los Angeles, CA

Retirement Workshop Attendee

&

#### Robbie Jones & Henry Johnson

From Pasadena, CA

&

#### Robbie Jones & Henry Johnson

From Pasadena, CA

Introduced by

Doc & Linda McKenzie

Thank You for Your Trust & Confidence!

# MAY – HAPPY BIRTHDAY

## CLIENTS & FRIENDS



Lou M. (1), Tim Todd (1), Jeff M. (1), Mary D. (1),  
 Roger P. (2), Jullie B. (2), Grace T-O. (2), Chuck O. (3),  
 Julie E. (4), Jaime L. (4), Priscilla N. (5), Sam A-N. (5), Don H. (5),  
 Charlene S. (5), Rick H. (5), Suzelle W. (5), Isaac M. (6), Maria G. (6),  
 Chuck J. (7), Martha Q. (7), Larry L. (7), Fred N. (7), Louie L. (7), Jane  
 Q. (8), Jeff P. (8), Matt W. (8), Christine B. (8), Walt N. (9), Julie S. (9),  
 Frank M. (9), Karen L. (9), Rick R. (9), Maya A-N. (10), Marva B. (10),  
 Jung P. (10), Barbara R. (10), Ping T. (10), Desiree C. (11), Diana M.  
 (11), Nanette S. (11), Cindy G. (12), Beth B-L. (12), Edward A. (12),  
 Evie L. (13), Fidel F. (13), Fernando C. (13), Susan C. (14), Natasha  
 W. (14), Greg McD. (15), Amy C. (15), Emily A. (16), Anna R. (16),  
 Stella M. (16), Henry H. (17), Lorenzo V. (17), Jo N. (17), Les P. (17),  
 Eugenia L. (17), Lucy C. (17), Holme T. (18), Vicki M. (18), Jeanne E.  
 (19), Dale P. (19), Rick P. (19), Susan L. (20), Ely S. (20), Deedway G.  
 (20), Ari C. (20), Catherine P. (20), Earl B. (21), Tim S. (21), Jackie A.  
 (21), Ethan M. (21), Jennifer S. (22), Idessa G. (22), Mildred T. (23),  
 David G. (23), Robin R. (24), Beverly W. (24), Inder R. (24), Sandra D.  
 (24), Mary M. (25), Rocki R. (25), Jacob M. (25), Will T. (25), Judi N.  
 (25), John O'K. (25), Hala K. (26), Don P. (26), John L. (26), Lucidia M.  
 (27), Phyllis R. (28), Terry F. (28), Purnima T. (28), Takeshi M. (29),  
 Richard A. (29), Yolly M. (29), Carmencita M. (29), Jill L. (29)  
 Ernestine B. (31), Nerice Z. (31), Judi U. (31), Diana M. (31)

**RIDDLE ANSWERS:** 1) Alphabet 2) SWIMS 3) To the *dock*-tor 4) A goldfish

# the Golden Circle



Rick Miller

*Your Trusted Financial Advisor for Life*

CSI

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Arcadia, CA 91006

## **Go Green:**

### **Recycle This Newsletter!**

After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

## **Lost Keys**

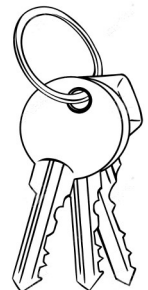
After a meeting several days ago, I couldn't find my keys. I quickly gave myself a personal "TSA Pat Down."

They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, can you come and get me?" He retorted, "I will, as soon as I convince this cop that I didn't steal your car!"



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