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## MARCH 2021



**There are 10,000 three-leaf clovers for every four-leaf clover.**

The odds of finding a four-leaf clover are not exaggerated. Next time you find one (if you find one), spray it with hair-spray, stick it in a laminated folder, and frame it on your wall with the caption “I win at life” beneath it, because you may never find another one...ever again.

### OUR

### DONATIONS

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Are you getting all the discounts available to you ?  
If you're not sure, give us a call, we will review your account to be sure you are!!!

## IIHS study reveals why car crashes injure women more

Excerpt—The Associated Press 12 Feb 2021

The smaller, lighter vehicles that women more often drive, and the types of crashes they get into, may explain why they are much more likely to suffer a serious injury in a collision than men, a new study published Thursday found.

Researchers from the Insurance Institute for Highway Safety (IIHS), a research group supported by auto insurers, analyzed injuries of men and women in police-reported tow-away front and side crashes from 1998 to 2015. Among the findings were that in front crashes, women were three times as likely to experience a broken bone, concussion, or other moderate injury, and twice as likely to suffer a serious one like a collapsed lung or traumatic brain injury.

Men are more likely to be driving the striking vehicle in two-vehicle front-to-rear and front-to-side crashes, according to the researchers

Researchers also noted women were much more likely to suffer leg injuries compared to men, which may require car safety researchers to start building crash test dummies that account more for the physical differences between women and men.

**The biggest compliment you can give us is to refer friends, family members, co-workers, and neighbors.**

◆ **If they mention your name when they call or come in, we will send you a**

**\$5 GIFTCARD!! Whether the person becomes a client or not!!**

**\*\*We will also make a donation to a charity\*\***

**OUR WINNER FOR FEBRUARY IS.....**

**John Cioccke**

*“Spring will come and so will happiness. Hold on. Life will get warmer.”*

*- Anita Krizzan*

*Please give us a review online at Yelp, Google+ or on Facebook.*

## March is National Crafting Month

### THIS IS YOUR BRAIN ON CRAFTING

**Crafting** has become more popular than ever during the Pandemic. From woodworking to knitting to the all to trendy TikTok videos of paint pouring for fluid art. All sorts of crafts have seen a rise in popularity as people have more free time and nowhere to go.

This may be one of the few positive outcomes of a year's worth of shut downs and social distancing. According to some researchers, crafting can help those who suffer from anxiety, depression or chronic pain. It may also ease stress, increase happiness and protect the brain from damage caused by aging.

Psychologist Mihaly Csikszentmihalyi first described this phenomenon as flow: a few moments in time when you are so completely absorbed by an activity that nothing else seems to matter. Flow, Csikszentmihalyi says, is the secret to happiness – a statement he supports with decades of research.

“When we are involved in (creativity), we feel that we are living more fully than during the rest of life,” Csikszentmihalyi said during a TED talk in 2004. “You know that what you need to do is possible to do, even though difficult, and sense of time disappears. You forget yourself. You feel part of something larger.”

Our nervous system is only capable of processing a certain amount of information at a time, he explains. That's why you can't listen and understand two people who are talking to you at once. So, when someone starts creating, his existence outside that activity becomes “temporarily suspended.”

“He doesn't have enough attention left over to monitor how his body feels, or his problems at home. He can't feel if he's hungry or tired. His body disappears.”

So, the next time you are feeling overwhelmed, stressed or just plain bored pick up those knitting needles, paint brush or that chisel and start crafting.

Excerpt from Jacque Wilson, CNN

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- ◆ Special Event Liability
- ◆ Auto (personal, business and classic)
- ◆ Business
- ◆ Disability Protection
- ◆ Mortgage Protection
- ◆ Wedding Insurance

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