


# Rags to Riches!


In light of Apple's annual event watched by millions around the world, the conversation is abuzz with the journey of evolution of apple products, and by extension, all of the fantastic tech around us that have changed lives – be it Windows, Tesla, Facebook, Amazon, and the list goes on. One common thread would be the entrepreneurs who were behind these success stories, some of them courting rags-to-riches stories, some of them living to tell us tales of sheer hard work, spunk, courage, and good timing. Here's looking at some of the most famous entrepreneurs and entrepreneurs-of-sorts from all walks of life.

Walt Disney




A name that is synonymous with childhood and imagination, Walt Disney's is a story that gets more colorful years past his demise, as the empire grows, as new generations discover it, as the older generations cling on for reruns of the beloved characters. The story goes that Walt Disney started off as a farm boy who drew pictures of his neighbor's horses for fun. When he was older, Walt tried to get a job as a newspaper cartoonist, but was unable to find one, and ended up working in an art studio where he created ads for newspapers and magazines. He went on to work on commercials, take an interest in animation, and open his own animation company. Following a walkout caused by a pay cut, Disney came up with Mickey Mouse as a substitute for Oswald the Lucky Rabbit. Disney's animation company was wildly successful, but he wasn't satisfied. He was determined to make the biggest and greatest theme park ever. He was, and is, one of the greatest entertainment moguls of all time.

J.K. Rowling




The name that created the fictional universe that holds ground in the minds of millions. She is the reason some cultivated the habit of reading, she is the reason many imaginations were sparked, she is the reason some people read about and almost experienced true friendship, she is the creator of Harry Potter. No number of spin-offs and alternate universes and theories will ever satiate the Potterheads. The fact remains that J.K. Rowling was at her rope's end before her misfit gang of witches and wizards saved her. Before her bestseller cast a spell on readers, J.K. Rowling was living on welfare and struggling to get by as a single mother. Today she is estimated to have a net worth of \$1 billion. Here's a fun fact – did you know that there exist people who think she sold her soul to the devil in exchange for the Harry Potter inspiration? When you are so successful that people think you are making deals with the devil, you know you've more than made it in this world!

Bill Gates




Do you think there exists a list of entrepreneurs anywhere in the world which doesn't feature Bill Gates? The second richest man in the world, and a permanent fixture on the Forbe's list of the ten richest men in the world for the past 20 years, Bill Gates is one of the most famous entrepreneurs of our era. He is one of the most defining figures of the personal computer revolution. Gates showed an interest in computer programming at a very young age, spending all of his free time creating programs on the teletype terminal computer his school had donated. Gates went on to create Microsoft and develop the Windows operating system, which continues to be tremendously popular. Bill Gates is also known for his philanthropic activities, donating very large amounts of money to charitable organizations and scientific endeavors.

Hans Christian Anderson



While the name may not be a household affair with the current generation, his contribution to the world is known to all. Andersen grew up poor, but set off alone to Copenhagen at 14, when a fortune-teller told him that though he'd suffer early on, he would eventually become famous. The predictions came true, as Andersen first tried and failed to become an actor and singer. Seeing something special in Anderson, the director of the Royal Danish Theatre took him under his wing, and attended to his education. After leaving school, Andersen began to publish his writing. His fairy tales became immensely popular and eventually earned him the fame he was promised as a child. The author of The Little Mermaid, The Ugly Duckling, The Steadfast Tin Soldier, The Snow Queen, and Thumbelina, and so many more, Hans Christian Andersen is a beloved author even today.

Oprah Winfrey



I think Oprah Winfrey has one of the most amazing rags-to-riches stories of all time. As you're probably well aware, Oprah is the richest African American of the 21st century, and with a net worth of over \$3 billion, she is regarded as arguably the most influential woman in the world. Her incredible success is all the more impressive considering her rough upbringing. The daughter of an unmarried teen who worked as a housemaid, Oprah grew up in extreme poverty. Her family was so poor that as a child, Oprah was teased at school for wearing dresses made of potato sacks. She also was the victim of abuse at the hands of family members. Oprah's first big break was her gig at the local radio station. Station's managers were impressed with her oration and passion, leading Oprah to work her way up to the ranks to bigger radio stations, eventually resulting in her appearing on TV as well. She went on to launch The Oprah Winfrey Show, and the rest is history!

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Sonia and Mo

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### Does social media make you lonely?

Asking if social media makes you lonely and depressed is a little like asking if eating makes you fat. The answer is yes, absolutely, but not always, not in everyone, and not forever. Social media use is fine in moderation. But as with any diet that tilts heavily toward foods that lack nutritional value, excessive intake of social media may be bad for your health.

**When it comes to social media, think snack-sized portions**

The latest research suggests that limiting social media use to 30 minutes a day "may lead to significant improvement in well-being," according to a widely publicized University of Pennsylvania study published in December 2018. Working with 143 undergraduates, researchers found that students who limited their use of Facebook, Instagram, and Snapchat to 30 minutes a day for three weeks had significant reductions in loneliness and depression as compared to a control group that made no changes to their social media diet. Researchers noticed something else that happened when students self-monitored their time on social media. Just being mindful of screen time usage turned out to be beneficial. Students showed "significant decreases in anxiety and fear of missing out," a side effect of increased self-monitoring, noted researchers. As one study participant put it, "I ended up using social media less and felt happier... I could focus on school and not be as interested in what everyone is up to."

**Successful strategies for social media diet**

The lesson from this new research is to be more mindful of how we use social media and the role it plays in our lives. It's fine to do a quick check on what other people are doing or to keep track of social events to attend. It is less healthy to monitor social media for what we're missing out on. Be mindful of how – and how much – you use social media. Being mindful means asking ourselves honestly why we are checking in on Facebook, Instagram, or Snapchat. Is this a replacement for something else you could be doing in real life? Healthier substitute

activities might include visiting with friends, reading a book, taking a contemplative walk in nature, or participating in arts such as photography, writing, or creative cookery. Be aware of what's driving you to snack on social media. There are healthier options to satisfy those cravings.

Note also that not all social media is created equal. By its very nature, Facebook posts are highly comparative and may have a "showoff" character that can't help but make us compare our life with others. Instagram allows a bit more creative expression, especially for images. Twitter can be devastating when we are trolled by negative commenters, and yet it is also more conversational. Dating apps can be a gateway to a meaningful romantic relationship – or leave us reeling from too many swipe-left rejections. Choose a social media platform carefully. Stick to a social media outlet that helps develop authentic social connections and pulls you into a welcoming community. That is what social media was meant to do in the first place.

Finally, be mindful of who you are before reaching for that social media snack. Some populations, such as college students, are more vulnerable to loneliness. The stress of college can weigh heavily on students who lack a social network to help them battle negative thoughts. According to a 2017 survey of nearly 48,000 college students, some 64% said they had felt "very lonely" in the previous 12 months. If engaging in social media does not leave you with warm feelings, dial down usage.

The University of Pennsylvania study established a clear causal link between less social media use and improvements in loneliness and depression. But researchers also had this to say about social media: "It is ironic, but perhaps not surprising, that reducing social media, which promised to help us connect with others, actually helps people feel less lonely and depressed."

When it comes to social media, less is more.



## Charcuterie Board

While the mains are the star attractions, appetizers and dessert are the most fun elements of a proper sit-down dinner or a dinner party. Charcuterie board adds figurative spice to that mix, allowing you to satisfy just about any palate. There isn't an exact science to the art of charcuterie, but the idea is to make sure everybody has something they would like. Make sure to provide the right tools for your picks, so it remains the fun kind of messy!

### INGREDIENTS

61 jar Italian Olive Bruschetta  
1 jar Italian Roasted Pepper Bruschetta  
1 jar Italian Garden Vegetable Bruschetta  
Red Wine Salami sliced  
Black Pepper Dry Cured Sausage sliced  
Italian Herb Dry Cured Sausage sliced  
Sweet Casalingo Dry Cured Sausage sliced  
Sharp Cheddar Cheese  
Soft cheese  
Extra Virgin Olive Oil for dipping  
Roasted Garlic & Parmesan Seasoning  
Spices  
Garlic Pepper & Tomato Seasoning Spices  
Crostini Original (bread or crackers)  
Sun-Dried Tomato & Basil Seasoning Spices  
Rosemary & Garlic Seasoning Spices  
Baguette Bread  
Veggies and miscellaneous crackers  
Figs sliced  
Almonds  
Olives

A 24-inch charcuterie board



### INSTRUCTIONS

1. Prepare board with parchment paper if not food safe. You can also use beeswax and mineral oil to season the board.
2. Slice meats, and place on the board with cheeses.
3. Wash and dry fruits and vegetables; thinly slice.
4. Place small bowls on your board and fill with olives, nuts, and bruschetta (or any other favorite dips).
5. Lay down 3-4 flatter small dishes and fill with olive oil; sprinkle with DeLallo Foods dipping spices.
6. Place meats, cheeses, sliced baguette and crackers around the board.
7. Lay fruits and vegetables around the board.
8. Fill in blank spots with salami pieces folded in quartersabsorbed. Continue adding broth 1/2 cup at a time, stirring continuously, until the liquid is absorbed and the rice is al dente, about 15 to 20 minutes.
9. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and parmesan. Season with salt and pepper to taste.

