



REMEMBERING THE DAY THE MUSIC DIED

Seemingly minor choices can change the future dramatically — something many of our clients have learned quite well after being injured. Such was the case for three musicians on Feb. 3, 1959. Buddy Holly, Ritchie Valens, and The Big Bopper all perished in a plane crash along with their young pilot. On “the day the music died,” bad luck changed many people’s lives and the course of music ...

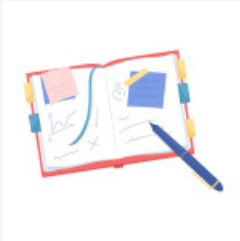
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ARE YOU COVERED FOR A RIDESHARE ACCIDENT?

Ridesharing isn’t going anywhere. Americans took 6.9 billion trips in 2019 via Uber alone, with Lyft and other rideshare services likely increasing that number substantially. But the more time rideshare drivers spend on the road, the more likely they are to have an accident. A report from the University of Chicago found that rideshare use causes nearly 1,000 additional car accidents per day ...

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RETRAIN YOUR BRAIN WITH HABIT TRACKING

Back in the 1980s and '90s, almost every sports movie included a training montage — and no montage was complete without a giant paper calendar hanging on the hero’s wall. As time ticked by and the big game or contest approached, the hero crossed the days out one by one. Each square was a success, and it was another day of training down ...

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