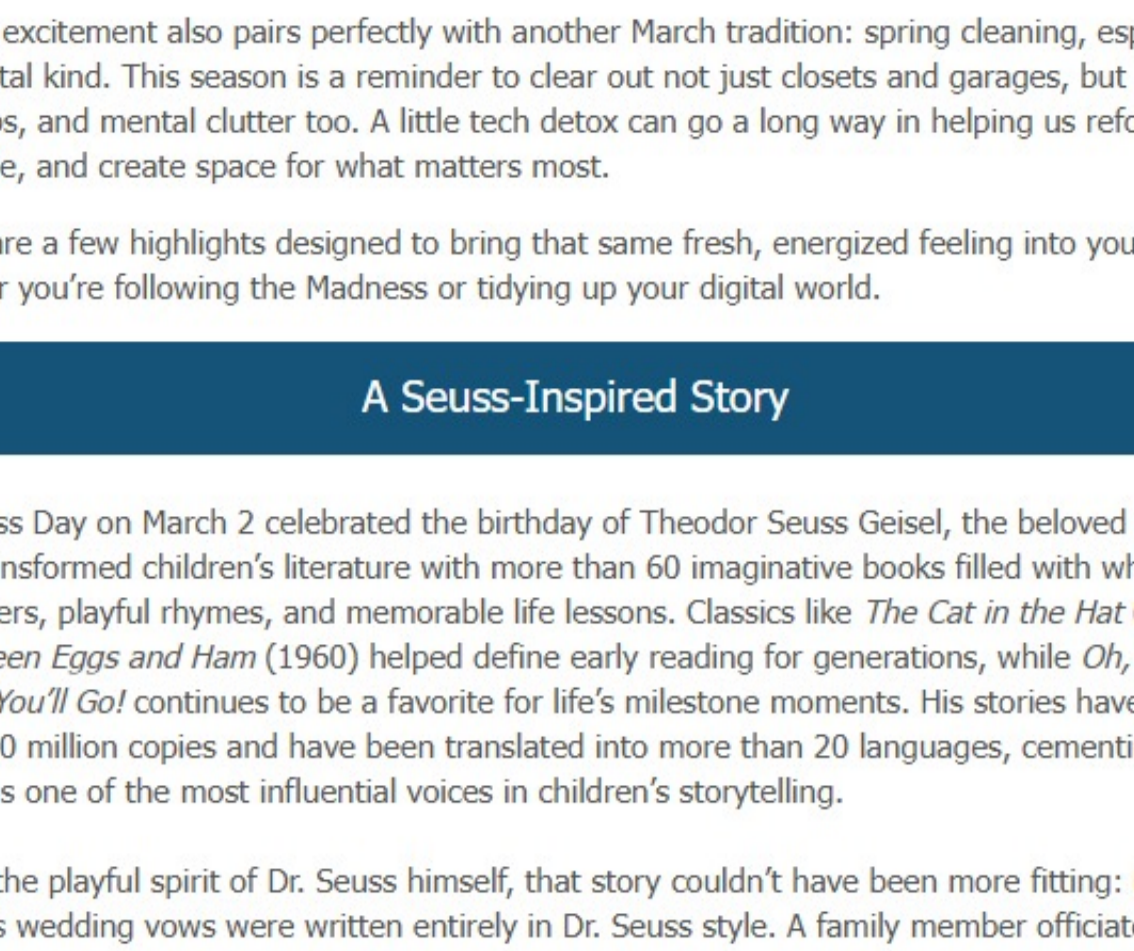


NEWSLETTER

March 2026

March brought the perfect blend of friendly competition and fresh starts. With March Madness in full swing, many of us are busy comparing brackets and celebrating unexpected wins.

Just ask Royce and Jo, who made a last-minute 6.5-hour road trip last weekend to catch the action in person. They watched the Nebraska Cornhuskers beat Vanderbilt and secure their spot in history, advancing farther than the team ever has and now heading into the Sweet 16! Not only did Jo prove she can apparently out-yell Royce, but the electric atmosphere made the entire experience unforgettable.



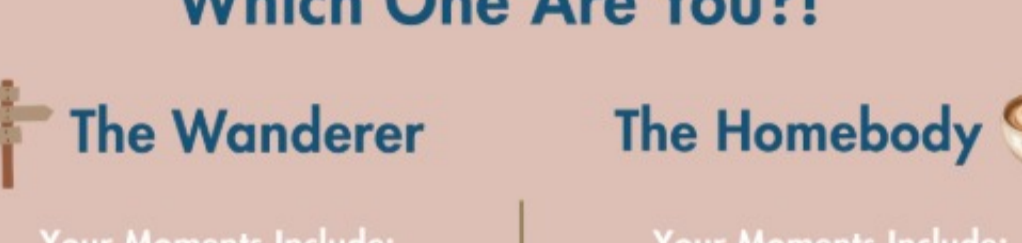
All that excitement also pairs perfectly with another March tradition: spring cleaning, especially the digital kind. This season is a reminder to clear out not just closets and garages, but inboxes, desktops, and mental clutter too. A little tech detox can go a long way in helping us refocus, recharge, and create space for what matters most.

Below are a few highlights designed to bring that same fresh, energized feeling into your day, whether you're following the Madness or tidying up your digital world.

A Seuss-Inspired Story

Dr. Seuss Day on March 2 celebrated the birthday of Theodor Seuss Geisel, the beloved author who transformed children's literature with more than 60 imaginative books filled with whimsical characters, playful rhymes, and memorable life lessons. Classics like *The Cat in the Hat* (1957) and *Green Eggs and Ham* (1960) helped define early reading for generations, while *Oh, the Places You'll Go!* continues to be a favorite for life's milestone moments. His stories have sold over 600 million copies and have been translated into more than 20 languages, cementing Dr. Seuss as one of the most influential voices in children's storytelling.

And in the playful spirit of Dr. Seuss himself, that story couldn't have been more fitting: Royce and Jo's wedding vows were written entirely in Dr. Seuss style. A family member officiated the ceremony and surprised them with whimsical, rhyming vows—turning a sacred moment into something joyful, memorable, and uniquely "them." It was a perfect reminder that sometimes the best stories are the ones that rhyme.



OUR VOWS

Royce

If you will have and you will hold,
you must repeat what you are told.

I will love you when I'm glad,
and I will love you when I'm sad.

I will love you when I'm mad,
and I will love you when I'm bad.

I will love you if we're rich,
or end up living in a ditch.

I will love you when you're old,
and love you when you're dead
and cold.

I will love you that is that,
and even love your stupid cat.

Jo

If you will have and you will hold,
you must repeat what you are told.

I will love you when I'm glad,
and I will love you when I'm sad.

I will love you when I'm mad,
and I will love you when I'm bad.

I will love you when you're healthy,
and even more if we are wealthy.

I will love you when you're fit,
and even if you're fat and sick.

I will love you that is that,
and you better love my stupid cat.

A March Bracket With a Twist

Earlier this month, we shared a lighthearted take on March Madness by creating a different kind of bracket that compared the small, everyday choices that revealed whether someone leaned more toward *The Wanderer* or *The Homebody*. Instead of predicting Final Four contenders, it was a fun way to celebrate personality, preference, and the little habits that make each of us who we are.

Which One Are You?!



The Wanderer

Your Moments Include:

- That first warm day that actually feels like spring
- A spontaneous hike or trail break
- A weekend road trip with the windows down
- A sunset walk to close out the day

The Wanderer thrives on movement, discovery, and moments that bring a little adventure into everyday life.

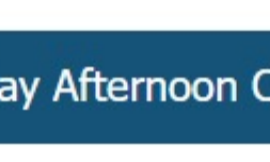


The Homebody

Your Moments Include:

- Coffee on the porch before the world wakes up
- Staying up late watching an overtime thriller
- A fun game night with friends or family
- A slow morning sleeping in (just a little!)

The Homebody finds joy in comfort, connection, and the rituals that make home feel like a relaxing retreat.



Spring Cleaning, Reimagined

Earlier this month, we marked the arrival of spring with an easy, modern twist on the season's usual cleanup. Instead of organizing storage spaces, we explored how small digital decluttering habits like tidying photos, resetting inboxes, refreshing passwords, and taking intentional breaks from our phones had helped create a lighter, clearer start to the season. It was a gentle reminder that a fresh beginning often starts with a simple pause.

Social Media Detox routine

Delete apps

Plan your week

Set your goals

Block websites

Invest in a hobby

Talk to your friends

Exercise

Get a real alarm clock

Read a book

Start journaling

Practice meditation

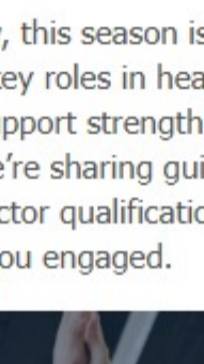
Hit the unfollow button



Don't Miss Friday Afternoon Club on April 10!

Since April 3rd lands on Good Friday, we're moving our Friday Afternoon Club to the following Friday, April 10th, instead.

We're looking forward to seeing you then!



FRIDAY AFTERNOON CLUB

Visit us on the first Friday of every month between 11 AM and 1 PM.

OUR NEXT FAC IS: APRIL 10, 2026

We would be thrilled to have you come and meet with us! Come enjoy a delicious meal, dessert, and great conversation!

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Healthy Aging Through Movement and Connection

As interest in fitness continues to grow, this season is a great reminder that regular exercise and meaningful social interaction play key roles in healthy aging. From group workouts to community classes, movement helps support strength, balance, and connection. To make it easier to find the right environment, we're sharing guidance on evaluating clubs—everything from trial periods and instructor qualifications to contract details—so you can choose a place that fits your goals and keeps you engaged.

HEALTH CLUBS NEED WORKOUTS, TOO!

[Read More](#)

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[READ MORE](#)

Health-Conscious Corner: One-Pot Garlicky Shrimp & Broccoli

A quick and flavorful one-pot dish featuring tender shrimp, crisp broccoli, and red bell pepper sautéed with plenty of garlicky goodness. Everything cooks in under 20 minutes and finishes with a bright splash of lemon, perfect for a fast, fresh weeknight meal that feels both light and satisfying.



[Get the Recipe](#)

50 Years, 50 Stories. A Year of Celebration.

This week, we're going back to the beginning. Every milestone year has a moment when you pause, look back, and remember where it all started. For us, this feels like the right week to do just that. Before Lau Financial Group became the firm families know today—before financial planning software, market charts, and client reviews—there was a much simpler beginning rooted in courage, curiosity, and a willingness to start small.

It's easy to look at a 50-year legacy and see only the finished chapters. But the truth is, our story began the same way many great stories do: with a single spark, a bold step forward, and a bit of faith. This week, we're celebrating the very first page in that story and the moment that set an entire family legacy in motion.

CELEBRATING 50 Years

OVER THE YEARS

Looking Back *From a Single Box of Lemons*

Did you know Lau Financial Group's story begins with a single box of lemons?

In the late 1860s, young Hans Peter (H.P.) Lau arrived in Lincoln with ambition and a willingness to bet on himself. When the railroad reached town in 1870, he launched his wholesale grocery business, the H.P. Lau Company.

The small citrus gamble grew into a thriving local institution that lasted 90 years, eventually filling the three-story, 48,000-square-foot Lau Building that still stands on 8th and Q today. Quite a legacy from humble beginnings!

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Here's to turning life's lemons into lasting legacies! 🍋

Kind regards,

Hugh and Joek

Additional Insights

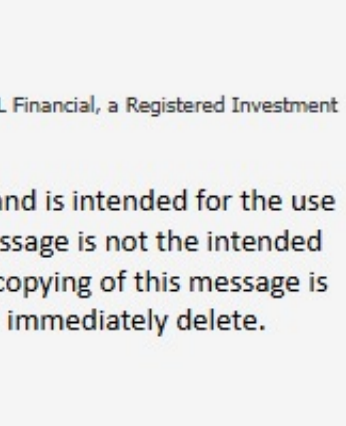
What Is the Magic Number When It Comes to Close Friends?

How many close friendships are enough? Are three to five ideal? Can one best friend be all you need? How about a dozen?



To Really Save on Taxes, Think Well Beyond April 15

The best after-tax returns will come from implementing tax planning strategies across decades, not months.



Say goodbye to the spontaneous mini trip as you know it

TSA chaos and pricier flights are killing the spontaneous mini break. For some travelers, it's not worth the cost or the hassle to do a short trip. Some are putting off last-minute vacations entirely, or choosing to drive instead of flying.

Americans Are Spending More Than Ever on Manicures and Doggy Daycare

Consumers have plenty of cash to pay for all kinds of services, but rising prices are feeding into sticky inflation.

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