



Real Estate News You Can Use

Brought to you by Brett Roderman

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Because we all need to be uplifted and enjoy a good laugh...

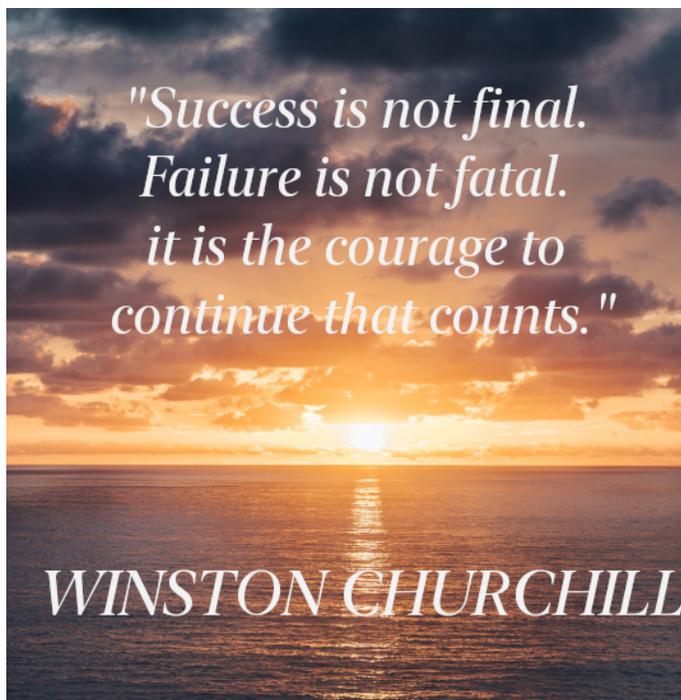
A heart of (Olympic) gold. A Polish Olympian auctioned off her Tokyo 2020 medal to fund a baby boy's heart surgery just days after the games. Javelin thrower Maria Magdalena Andrejczyk announced on Facebook she would be selling the medal to help fund a lifesaving operation for eight-month-old Miloszek Malysa. The heartwarming tale doesn't end there, though. The auction winner paid the money and then decided to let Andrejczyk keep the medal for herself. <https://tinyurl.com/uplift1121a>

The first-ever "green steel" delivery. Swedish company HYBRIT has just completed the first-ever delivery of steel made without using any coal. The metal is made with a hydrogen process and has been sold to Volvo for use in car manufacturing. With steel production currently accounting for 8% of global emissions, "green steel" may be the carbon-cutting future for the industry over the coming years. <https://tinyurl.com/uplift1121b>



Charity mows lawns for free. North Jersey-based Brian Schwartz is paving the way for a nation of pristine lawns via his charity dedicated to free lawn mowing for those in need. Now based across 16 states and counting, Schwartz set up the venture when he lost his job during the pandemic but vowed to keep busy. Beginning by offering free landscaping for the needy in his local area, the charity now boasts volunteers from across the country offering to do free yard work for those most in need, whether disabled, hospitalized, elderly or otherwise vulnerable. <https://tinyurl.com/uplift1121c>

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Links You Can Use Now

Have you ever wondered how those confident people you see around seem to just have everything together? Wanted to know their secrets? Here are some links you can use now to help you become the high-functioning, got-it-together person you know you can be.

Want to nail that dream job but feel forever unsure what to ask to impress? Avoid the awkward silence at the end of the interview with this list of questions to ask:

<https://tinyurl.com/uplift11211>

It's the key to colds, the skin savior, the vitamin we all know and love: the big C. But how do we get more of it? This *Vogue* article tells us: <https://tinyurl.com/uplift11211>

Speaking of getting super goodness into you, this article from *Self* tells you how to get more superfood blueberries into you without making 100 pies: <https://tinyurl.com/uplift11211>

Heading back to the office? Worried about what you'll find? Use these tips to make your space sacred again:

<https://tinyurl.com/uplift11211>



How to See Friends and Not Alienate Yourself from People

So, we're officially in a whole new world, and it's time to start getting back out there and seeing your friends. But after a whole year (and then some) of staying inside, curating your social time around peak internet connection and working from home, a diary full of social events can feel like impending doom. Are we just not as energized as we used to be? Or did we just not notice the social fatigue? Maybe a bit of both.

Start slow

You've just spent a whole year only being able to see a small bubble of people and perfecting your Zoom background. It's totally okay not to rush into a hundred gatherings at once. Give yourself a limit. Maybe one a week, or two, if you're feeling up to it.

Watch out for burnout

We're not used to it anymore. Whereas some of us could maybe imagine hitting two or three commitments in one night, that was when we'd been training ourselves over the course of our lives. Your brain is like a muscle and it needs to be worked out to gain strength. You wouldn't take a year out from the gym and then go straight back to what you were bench pressing. That's a guaranteed injury!

Should we even be pushing ourselves to socialize?

While staying up all night drinking isn't great for your internal body clock (not to mention your liver), socializing is a great way to improve your cognitive functions. No, really. Meeting new people, having stimulating conversations and laughing improves not only your mood but also your brain health. So think about that next time your overzealous colleague asks if you're coming to their barbecue.

Watch your drinks

If you do decide to go out and have fun, please drink responsibly. The pandemic has been the source of a large amount of alcohol abuse, mostly to deal with stress. Perhaps it's that drinking at home alone feels more desperate than going to a bar with a good friend, but still, it's okay to treat yourself to a soda and catch up with good friends.

If you know of any local families or organizations that are especially in need at this time, please give me a call at 404-229-7600 or email br@brettroderman.com. I will do my best to spread the word. If there is anything I can do to support you at this time, please let me know.

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Real-World Cybernetic Suit Lets Boy Walk Again

Powered exoskeletons have long been the dream of science fiction, with countless movies such as *Iron Man* and *Avatar*, video game series like *Metal Gear Solid*, *Halo* and *Fallout* and novels such as *Starship Troopers* and *Rimrunners* all fantasizing about the incredible possibilities they could offer.

While many of these imagine the suits aiding soldiers' movement in settings of battle or strife, real-world examples are being developed to help with issues closer to home, with various development projects in motion to help those incapacitated by injury or illness.

One such example is an inspiring story of a father's dream to see his wheelchair-bound son walk. Jean-Louis Constanza, a robotics engineer from France, has been developing a robotic suit to help 16-year-old son Oscar stand up and walk without assistance for the very first time. Oscar is strapped into the suit from the shoulders down and activates the suit through voice commands.

Saying the phrase "Robot, stand up" causes the suit to move from the sitting position to standing, while "Robot, walk" causes the suit to begin walking, letting Oscar stride as if he'd never been paralyzed in the first place.

The suit is an incredible piece of engineering and paves the way for countless possibilities for the future, though with current technology, there are still certain drawbacks. Right now, the weight of the exoskeleton means it's not suitable for everyday personal use, and at around €150,000 (about \$177,500), the cost is prohibitive for most individuals.

However, the suit is being used by a number of hospitals in the country for patient rehabilitation, and it is hoped that someday, technological advances could make this type of equipment lighter and cheaper, allowing wider and more accessible usage for those in need of the assistance.