

The Client Connection

News and Updates from The Gensler Group

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The Markets

Newton's third law says for every action there is an equal and opposite reaction. Since things became tense between Ukraine and Russia, we've been getting a primer on the relative strength of diplomatic, economic, financial, and military actions and reactions.



Taking things over isn't anything new for Russian President Vladimir Putin. A decade ago, he nationalized Yukos (a large publicly held Russian oil company) after jailing its founder for tax evasion and fraud. The financial repercussions of the takeover are still rippling through the global economy. In 2012, Russia lost a lawsuit filed by foreign shareholders of Yukos Oil and was ordered to pay damages.

Not long after the Yukos debacle, Putin lamented the demise of the Soviet Union was the greatest geopolitical catastrophe of the century. In 2014, he annexed Crimea - the first time a European nation has taken territory from another European nation since World War II - justifying the action in many ways, including by saying the Crimean peninsula should have been returned to Russia in 1991 when the Soviet Union dissolved. The West responded by imposing

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How Long Will You Live?

Life expectancy plays an important role in financial



planning. It influences decisions about how much to save, invest, and/or insure to cover retirement, healthcare, long-term care, and other needs that may crop up over the course of a lifetime. Of course, there are some important nuances to life expectancy.

First and foremost, life expectancy changes throughout your lifetime. In 2010, according to the Centers for Disease Control and Prevention, the average life expectancy for a newborn was 78.7 years, while a 65-year-old could expect to live to about age 84 and a 75-year-old to age 87.

Second, during the past two centuries, life expectancy increased by leaps and bounds. In the 1900s, most people didn't live past age 50, according to the National Institute on Aging. By the end of the first decade of the 21st century, people were living beyond age 70. Not everyone's life expectancy has increased at the same pace.

[Click here to read the entire article.](#)

8 Underrated Vegetables With Extraordinary Health Benefits

Move over spinach and broccoli! These vegetables that may not be known as the healthiest, but, surprise, they pack a serious nutritional punch.

Eat your vegetables!

Your grandmother probably told you the same thing you tell your own grandchildren: Eat your vegetables; they're good for you. And there are always certain veggies we focus on-leafy greens like spinach, broccoli, and the like. But scientific research shows that some veggies that we all write off (celery and mushrooms, anyone?) are actually nutritional all-stars, too. Read on to learn about the nutritional power-from helping reduce the risk of cancer to boosting your immune system-of these seemingly ordinary vegetables.



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