

Dan's Letter™

"Please...let me introduce you to my mind...one article at a time."



FROM THE DESK OF DAN ANDERSON

Have A More Productive Day

There is an antidote for all of us who dread Mondays or the start of any other workday—*reattachment*.

New research suggests that the act of reattaching oneself to work every morning plays a crucial role in our motivation and engagement, much the same way detaching from work in the evenings leads to more work/life balance.

To reattach to work, start by simply reflecting on a few key areas of your professional life:

- **Significance.** The work you do has meaning, and so does the position you hold in your organization.

Know this and believe it. Then remind yourself of the reasons why and how the work you do is valuable. Write them down if you must. Allow these positive thoughts to set the tone for the next eight hours.

- **Network.** Who are your mentors, cheerleaders, advocates, and peers? These are the people you turn to for guidance and support in challenging times. Recall a situation when one of these people came through for you and how fortunate you are to have them on your side. Is there someone you might be overlooking? Always remember that you're not in this alone.

- **Daily goals.** Determine what your main focus should be this day, and visualize yourself accomplishing it. Don't see yourself overwhelmed by this project, but rather poised and engaged

and completing the day's objectives successfully. Use your imagination as a precursor to the future, and make it a reality.

- Dan A.



How To Find A Bucket List Worthy SAILING ADVENTURE

(BPT) - What's on your bucket list? A ride on the Orient Express? Rafting through the Grand Canyon? Following Marco Polo's Silk Road? How about a voyage on a legendary four-masted windjammer that is still sailed by hand, with a rich history and heritage that spans almost 90 years?

If your fondest dreams are more about the journey than the destination, a trip on a historic sailing ship in the Caribbean may be just the adventure you're looking for.

Finding an authentic sailing ship for your nautical adventure is not out of reach. Sea Cloud Cruises sail the traditional way - by hand. The Sea Cloud is designed for up to 64 passengers, with a crew of about 60. You can watch the ship's sailing crew climb the rigging and work the sails as you journey to smaller ports and unique destinations in a luxurious, intimate setting - and you can even volunteer to help work the ropes, if you like.

A 360-foot windjammer with 29 sails and a main mast towering to 184 feet, the tall ship was built in 1931 as a private yacht for heiress and founder of General Foods Marjorie Merriweather Post and husband Edward F. Hutton. Shipboard guests included the famous, such as author James Michener. The ship was restored in 2011 by a group of German businessmen seeking to retain the original opulence and beauty of the ship.

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Guests can enjoy collections of photos from past journeys for a peek into the ship's history, or peruse the ship's log for tales of voyagers who made vast fortunes. Every journey provides an "Open House" cocktail hour where guests can view all the staterooms, including the luxurious cabins created for the heiress and her husband. Other cabins have more modern furnishings, most with picture windows, and some with doors opening to Caribbean breezes on the Promenade Deck. Travelers enjoy impeccable personal service, with many crew members staying with the line far over 10 years, and some even more than 30 years.

While the settings may be the ultimate in luxury, the on-board experience is informal, with no assigned seating at meals, a casual dress code and an intimate atmosphere. American and European guests mingle and relax while enjoying Michelin-star quality meals out on the deck or inside the gorgeous dining room, featuring fresh seafood and produce obtained during the voyage at Caribbean ports like St. Barts, the British Virgin Islands or Bequia Island in St. Vincent and the Grenadines. The Caribbean has been Sea Cloud's destination since the beginning, so the long-lasting contacts between the company and local suppliers provide the best quality products for unforgettable meals. The smaller size of the ship allows her to visit lesser-known ports of call, far from typical tourist destinations. Often small Zodiac boats are used to let passengers visit quiet island beaches or indulge in a little snorkeling. The Caribbean offers ideal sailing due to the east-to-west prevailing trade winds, making it the perfect destination for the Sea Cloud yachts.

On most of the 7- to 14-day Caribbean itineraries, half the day is spent sailing, allowing guests to enjoy the pure beauty of the sailing ship and revel in the journey. For those who love to sail, it's a dream come true. Passengers can visit the ship's deck any time, stopping at the bridge to speak to the captain or the officer on duty, 24/7. The engines only run when needed, such as for maneuvering, using low-sulfur diesel, so the entire trip is a great example of sustainable tourism. Travelers seeking a longer voyage can travel the crossing from Europe to the Caribbean, which is a two-and-a-half-week trip, and the adventure of a lifetime for the true sailor.

The Sea Cloud spends summers sailing the Mediterranean, but winters are prime for some of the best sailing in the world - following in the wake of buccaneers throughout the islands of Lesser Antilles and other unique Caribbean destinations. The best way to truly appreciate the Caribbean is on an authentic sailing ship.

A second ship, Sea Cloud II, is more modern but still sailed the traditional way, by hand, with 23 sails and a 188-foot main mast. The Sea Cloud II carries up to 94 guests, with a crew of about 65. The company will christen a third ship in summer 2020.

To learn more, visit SeaCloud.com. View stunning videos at SeaCloud.com/en/yachts/films and take an onboard visit with a virtual tour: SeaCloud.com/en/yachts/virtual-tours or call 1-888-732-2568 for more information.



Start The Year Off With A Clean Slate

Because of the snow and cold weather, some of us will be spending a significant amount of time indoors. What better time to focus your energy on cleaning up your computer, and maybe your smartphone, too? Though this might sound like a daunting task, it's totally worth the effort. Here's what you should do:

- Make sure your operating systems are updated and that you are using the most recent versions of your internet browser and virus protection.
- Organize documents and photos into folders.
- Delete any duplicates, items you no longer need, and apps you are no longer using.
- Store some things on the cloud to free up space on your hard drive.
- Get a handle on your email by unsubscribing from junk mail, saving important items in folders, and deleting the rest. (This could easily take a weekend.)
- Back everything up on an external drive or disk.



Simple Tips For A Healthier Heart

Close to 2,200 people die each day in the United States because of cardiovascular problems. That's one every 40 seconds. Here's some advice from the WMC Action News website on how to keep your heart healthy:

• **Laugh a lot.** Laughter dilates your blood vessels, increases blood flow, and lowers your blood pressure.

• **Snuggle.** Hugging releases oxytocin, a hormone that relieves stress and can reduce blood pressure.

• **Get a pet.** A University of Maryland study found that survivors of a heart attack who had a dog were eight times more likely to be alive a year after their attack.

• **Get the right amount of sleep.** Both oversleeping and getting less than six hours of sleep a night raises your heart attack risk. Aim for about eight hours every night.

• **Drink coffee.** Studies suggest that caffeine can stabilize your heart rhythm if you have an abnormal heart rate. Check with your doctor.



• **Move around.** Standing and moving around one hour per day can reduce cardiovascular disease risk in women by 25%, according to a University of California, San Diego, study.

Curb your diet just a little to help your heart

Cutting a modest number of calories from your daily diet could have a significant impact on the health of your heart, according to an article on

the NPR website.

In a two-year study, 218 people 21–50 years old who were of normal weight or slightly overweight were placed on different diets. Some were on a diet that reduced their calorie intake by 25%, while others were assigned a normal diet. For four weeks they ate at a clinical center and were counseled on how to cut calories.

After that, they adopted an eating plan based on their personal preferences. Although at first most stuck to their diets and reduced calories by about 20%, by the end of the study that figure had dropped to about 12%—just 300 fewer calories per day.

Still, even this modest reduction led to an average weight loss of 16.5 pounds, lower cholesterol and blood pressure, improved insulin resistance and metabolic rates, and other factors associated with heart health.

TAKE A BREAK!

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Mediterranean Breakfast Tostadas

4 tostadas

1/2 cup roasted red pepper hummus

1/2 cup red pepper diced

1/2 cup green onions chopped

8 eggs beaten

1/2 cup skim milk

1/2 tsp. garlic powder

1/2 tsp. oregano

1/2 cup cucumber seeded and chopped

1/2 cup tomatoes diced

1/4 cup feta crumbled

In a large non-stick skillet over medium heat, add the red peppers and cook for 2-3 minutes until softened.

Add the eggs, milk, garlic powder, oregano and green onions to the skillet, constantly stirring until egg whites are no longer translucent (about 2 minutes).

Top each tostada with hummus, eggs mixture, cucumber, tomatoes & feta. Serve immediately.

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Car Emblems and Their Meaning



The well known Italian car brand Alfa Romeo has adopted quite a dramatic emblem, full of its country's tradition. The original emblem, designed by Italian draughtsman Romano Cattaneo, uses Milanese features like the Biscione – on the right side

of the emblem – signifying the house of Visconti which were the Milanese rulers in the 14th century. On the left side, there's the Milanese red cross on a white background.

The badge was changed back in 1918 to include the dark blue ring that surrounds the emblem, on which the words 'Alfa-Romeo Milano' appear along the two Savoy dynasty knots for the kingdom of Italy. The year 1925 brought further changes, which meant the addition of

laurels signifying Alfa P2's win at the Automobile World Championship. In 1945, after Italy's monarchy ended, the Savoy knots were removed.

The most controversial part of Alfa Romeo's emblem, one that the company doesn't talk much about, is the crowned serpent swallowing a man. The symbol apparently refers to the Crusades, where the Christians defeated the Moors, but the silence and mystery surrounding it leaves us a bit puzzled.