

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### Someone Who Understands

A shop owner placed a sign above his door that said, "Puppies for sale." Signs like this always have a way of attracting young children, and soon a boy saw the sign and approached the owner. "How much are you going to sell the puppies for?" he asked.

The store owner replied, "Anywhere from \$30 to \$50."

The little boy pulled out some change from his pocket. "I have \$2.37," he said. "Can I please look at them?"

The shop owner smiled and whistled. Out of the kennel came Lady, who ran down the aisle of his shop followed by five teeny, tiny balls of fur.

One puppy was lagging considerably behind. Immediately the little boy singled out the lagging, puppy saying, "What's wrong with that little dog?"

The shop owner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always limp. It would always be lame.

The little boy became excited. "That is the puppy that I want to buy. I'll give you \$2.37 now, and 50 cents a month until I have him paid for."

The shop owner countered, "You really don't want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies."

The little boy reached down and rolled up his pant leg to reveal a badly twisted left leg supported by a big metal brace. He looked up at the shop owner and replied, "I don't run so well myself, and the little puppy will need someone who understands."

- Dan A.



## Are You Protecting Your Digital House From Cybercrime?

(BPT) - As the pace of technology advances, cybersecurity threats do, too. Data breaches, identity theft, phishing and malware make headlines seemingly every day. Internet-connected devices, social media, digital assistants and mobile apps have become indispensable in our everyday lives, but their connectedness makes us increasingly vulnerable to cyberattacks. Recent reports estimate that damages relating to cybercrime are expected to hit \$6 trillion annually by 2021.

"It's impossible to predict when you will be affected by cybercrime," says Bashar Abouseido, chief information security officer for Charles Schwab Corp. "The best defense is to stay informed." It can be helpful to envision your computer and digital devices as a house where you store your personal data.

It's a good idea to make sure your digital house is secure. The first step is to understand the ways cybercriminals may attempt to access your data.

### Types of cybercrime

Data breaches occur when there is unauthorized access to sensitive personal information. These incidents often make headline news and can affect large numbers of consumers.

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Malicious software, also known as malware, spyware, ransomware and viruses, refers to software programs designed with the purpose of gaining unauthorized access to a mobile app, digital device or computer.

Phishing is one of the most common forms of online fraud and cybercrime. Cybercriminals try to lure you with a fake email sent from what they have designed to appear to be a trusted source or contact that encourages you to click a link or open an attachment in order to extract personal account information. Here are 5 tips to protect your digital house

**1. Remodel your digital house: Installing updates is an essential first step.** Think of system updates as basic maintenance to your digital house that is keeping your personal data safe. It can be annoying to see those system update prompts on your computer or mobile device, but software developers are constantly improving their software to repel the latest malware. By keeping your operating system and apps updated, you are making sure that your digital house is as secure as possible.

**2. Don't have a leaky house: Be wary of public Wi-Fi networks.** Using public - and often free - Wi-Fi networks is convenient, but it is a common entry point for criminals to use malware to infect your devices and apps. Use only networks you trust or use your own personal Wi-Fi hotspot if you have one. Never update your devices when you are connected to a public Wi-Fi network.

**3. Keep your keys secure: Choose unique access credentials.** Access credentials - usernames and passwords - are the keys that keep your digital house safe and secure. Select credentials that are

unique and don't include personal identifying information such as a name, address or birthday. For added protection, choose two-step verification to access critical online accounts for your banking, retirement or investment accounts. Two-step verification is typically a key or another code provided by the service provider in addition to your primary access credentials to verify your identity.

**4. Secure doors and windows: Use only secure websites and app stores.** Web browsers and app stores are like the doors and windows in your digital house. Make sure they are secure by using web addresses that start with "https" and downloading apps only from the Apple App Store, Microsoft Store and Google Play store.

**5. Don't open that door: Delete suspicious emails.** That knock on your cyber front door is the sound of a cybercriminal sending you a phishing email. Be suspicious of emails that come from unknown senders. Use your cursor to hover over questionable links and email addresses to reveal the true identity of the link or sender. When in doubt, don't click on any links or open any attachments and delete the email immediately.

For more information on more ways to educate and protect yourself from cybercrimes, visit SchwabSafe.



## Watch for the mental health risks of your social media use.

Social media can help you keep in touch with friends and family, but it's not always beneficial to your mental health. It's been linked to depression, low self-esteem, social anxiety, and other problems. How can you stay sane online? The Philadelphia Inquirer website offers these suggestions:

• **Limit your use of social media.** Don't let Facebook, Twitter, and other social media platforms dominate your life or interrupt your interactions with people in the real world. Put your smartphone down during mealtimes, and don't take it to bed with you. Take breaks from social media from time to time to reduce its hold on you.



• **Pay attention to your emotions.** Think about why you're scrolling down the screen and how what you see and read makes you feel. Are you genuinely enjoying the experience? Do you find yourself getting depressed or angry? Are you checking social media because you want to find out something, or just from habit? Be mindful

about your social media use so you can control it instead of letting it control you.

• **Prioritize your real-world relationships.** Make a point of spending time with your family and friends in person, not just online. From time to time, go through your list of friends and contacts and eliminate those who are no longer relevant to your life.



## 5 TIPS FOR KEEPING YOUR DOG MORE ACTIVE

(BPT) - Face it, getting enough exercise is tough for everyone, and it's certainly true when it comes to our pets. The amount of exercise your dog may need varies, depending on the age, size and breed.

Dr. Jeff Weber, Emmy award-winning celebrity veterinarian, says that play and exercise are key to keeping our four-legged friends healthy: "Just like humans, there is a strong correlation to obesity in pets when they eat more and exercise less. In fact, it has been estimated that up to 50 percent of dogs and cats in this country are overweight or, worse yet, obese. It's important to get your pet up and moving."

What are the best ways to keep your pup - and you - active and moving?

**1. Vary your walking route.** When you're walking your dog, switch up the route now and then to keep it more interesting for both of you. Work on adding a few minutes or a couple of extra blocks to your walk any chance you get, and you'll both benefit from the extra steps.

**2. Pick up the pace.** Rather than just taking a leisurely stroll, walk with purpose, like

you're trying to get somewhere. This will make it a more heart-healthy workout for the both of you. Ease into it slowly, trying 5 minutes quicker, followed by 5 minutes slower, until you both get used to the faster pace.

**3. Bring friends along.** You're more likely to enjoy and stick with regular walking dates if you can make some of your walks into a social occasion, whether your friends also have dogs or not.

**4. Make time for active play.** In addition to walking every day, mix it up! Spend a little extra time encouraging active play like a good game of fetch with your dog. You can play fetch at a nearby park or right in your yard, if you have enough space for your dog to run around. Not good at throwing? No worries - a toy like Chuckit! launcher from Petmate can keep your dog engaged for a lively, active play session that will be fun for both of you.

The interactive game of fetch encourages healthy movement and cardiovascular endurance for pets and pet owners, especially as active play and movement declines when the weather gets colder.



**5. Exercise their brains.** Create an obstacle course in your yard or use puzzle games to help keep your dogs mentally active - which can relieve boredom for dogs who spend time alone.

Research your dog's breed to discover what stimulus they are most likely to respond to, so you can find new toys and activities your dog will love. Examples might be hide-and-seek games, having them use their sense of smell to find treats or chasing (non-toxic) bubbles.

Spending time playing with your dog is not only fun and a terrific stress-reliever for both of you, but it also strengthens the human-pet bond. Give your pet healthy exercise that every dog needs and your furry friend will be happier, too.

## TAKE A BREAK!

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### Whiskey Marinated Roast

- Marinade: 4 ounces water 2 ounces whiskey 1/4 teaspoon baking soda
- Roast: 2 pound chateaubriand or 4 pound bone-in frenched prime rib roast, thawed completely (allow 48-72 hours)
- 1 package Omaha Steaks Private Reserve Rub

To make marinade: In large, re-sealable bag, mix water, whiskey and baking soda.

To make chateaubriand: Place roast in bag and marinate in refrigerator 30 minutes.

Remove roast from marinade. Discard marinade.

Season roast with rub 12-18 hours before cooking and leave uncovered in refrigerator overnight. When ready to cook, heat oven to 225 F. Place roast on elevated rack in roasting pan.

Roast 2 hours, or until roast reaches internal temperature between 120-125 F.

Let roast rest 30-45 minutes. Enjoy!  
Source: Omaha Steaks

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## Dan's Letter™

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

## Dan's Blog™ / Gangtey Lodge in Bhutan



Amankora's Lodges are simple, elegant sanctuaries spread across five pristine valleys across the country. Each lodge is as tranquil and out of time.

Take a guided excursion through the valleys of Paro, Thimphu, Punakha, Phobjikha and Bumthang which all offer the chance to experience vast forests, dramatic inclines and 7,000-metre peaks. Discover this breath-taking country on full, vibrant display under the expansive Himalayan sky. Bhutan treks

range from short valley walks to testing full-day hikes over mountain trails, punctuated by wildlife and abundant greenery.

Devoid of crowds and the trappings of tourism, Bhutan is unlike anywhere on Earth – and Amankora offers unprecedented access to its breath-taking beauty. With five lodges spread across the country, it leads guests to a deeper insight into urban and rural Bhutan, while immersive wellness and dining experiences create a tangible connection to the pine-sprinkled Himalayan setting. Bhutan is still only slowly opening up to tourism, yet Amankora has been on the ground here for 15 years cultivating a caring, passionate team whose experience is unrivaled.

Your Virtual Getaway →

