

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

Remember Your Value

"Raise your hand if you would like this \$20 bill," the teacher said to his class, and all hands went up.

"What about now?" he asked them while crumpling the bill into a ball. Every student in the class raised a hand.

"Do you still want it now?" the teacher asked after dropping the money into a cup of coffee.

The hands of the students were still raised. The teacher removed the \$20 bill from the coffee cup, dried it off, then dropped it on the ground and stepped on it.

"Who wants this dirty old thing now?" The students continued to raise their hands.

"Why?" the teacher asked. "It's \$20!" one student blurted out. "That's correct," the teacher replied.

He continued, "This bill still retains its value even though it's been put through all sorts of situations."

Lesson Learned: The obstacles you overcome and the failures you endure cannot diminish your value. Always remember how special you are, and hold your head high so others will also recognize your value.

- Dan A.



PLANNING A TRIP ABROAD? Here's Your Checklist

(BPT) - Planning a trip abroad? That's exciting! But you have lots to do and less time than you think to get it done. What do you need to accomplish before leaving?

Here's a handy checklist to help you get your ducks in a row.

Passport

If you have a current passport, check the expiration date. Many countries require that you have at least two to four blank visa pages, and that your passport be valid for 6 months past the last day of your trip.

If you don't have a passport or it needs renewal, get that done first. The U.S. State Department announced an increase in processing time for passports to 6-8 weeks. Even a higher-cost expedited passport can take three weeks.

Fortunately, FedEx Office is teaming up with RushMyPassport to offer further expedited U.S. passport services. Stop by one of 2,000 FedEx Office locations or visit [FedEx.com/passport](https://www.fedex.com/passport) to complete your application. You can even purchase government-compliant passport photos at their locations.

Continued on page 2...

Visas

Some countries don't require visas for brief visits, but you should check well before leaving. Find the country at travel.state.gov/ destination to determine necessary paperwork and allow several weeks for the process. You will typically need to visit the website of that country's embassy for current visa requirements and instructions. FedEx Office does not currently offer visa services, but plans to in the future. If your destination country doesn't require a visa, they may require proof of sufficient funds for your trip.

Contact Information

Bring along information for the U.S. embassy and consulate, in case of emergency. You should also carry contact information for

family members in case anything happens to you. Leave a copy of your travel documents (such as passport) and itinerary with someone back home and carry copies with you (separate from originals, in case of loss or theft).

Insurance

Some health insurance policies cover you overseas, but many don't. You can purchase travel insurance to ensure you're covered for both doctor or hospital visits and for transporting you to a hospital if necessary.

Money

Savvy travelers carry a combination of cash, traveler's checks and credit cards in separate locations. Learn overall currency exchange rates and make a cheat

sheet with that country's equivalents of \$5, \$10 and \$20. Remember, exchange rates change daily and vary depending on where you exchange money. Exchange some at the airport when you arrive. Then exchange more in a touristy area posting competitive exchange rates to find better deals.

These general guidelines are not exhaustive. Be aware that laws change and vary from country to country. Check relevant resources including travel.state.gov/destination for information about your destination.



How much coffee can you safely drink?

Researchers say: A lot!

Coffee lovers can be understandably confused by the mixed messages they're getting about the health risks/benefits of their favorite beverage. Some studies have suggested that drinking too much coffee can cause stiffening of the arteries, increasing the chance of suffering a heart attack or stroke. On the other hand...

A new study from the British Heart Association, reported on the CNN website, suggests that drinking three cups of coffee or more a day is no worse for arteries than drinking a single cup.

Researchers studied more than 8,000 people in the United Kingdom, some of

whom drank one coffee or less a day, others who drank one to three cups, and a third group who reported consuming up to 25 cups of coffee a day. All participants were given MRI heart scans and infrared pulse wave tests, and scientists corrected the data for such factors as age, weight, diet, tobacco and alcohol use, and other factors.

The findings appear to show that drinking three cups or more a day doesn't significantly increase artery stiffness compared with consuming just one cup. No one is recommending binging on 20 cups or more per day, but you can rest easier knowing your arteries apparently aren't in danger.



FEATURE-RICH DOG PARKS ARE COMING TO TOWNS ACROSS AMERICA

Lassie used to run free throughout the town, solving problems and rescuing kids in trouble.

Today, it is rare and often illegal to let a dog roam off-leash. Even large parks usually have leash laws. At the same time, dog ownership is growing.

According to the American Pet Products Association, there are over 60 million US households with at least one dog. And those dog owners are increasingly looking for places to let their dogs run and socialize off-leash.

Some communities have solved this by creating off-leash areas such as fenced-in parks where people can let Spot run free.

According to the Association of Pet Dog Trainers, a good dog park has a few essential features. The basics are bags and trash cans for cleaning up after dogs, fresh drinking water, and shade for cooling down.

Ideally, dog parks would include separate entrance and exit gates, allowing everyone to come and go with not only ease, but safety. And a dual-gate system would help eliminate dogs escaping through any open gate while another dog is entering or leaving through it.

While those are the basics, dog parks are popping up around the country with additional fun features to keep canines safe and happy.

Beau's Dream Dog Park in Lancaster County, Pennsylvania has a tennis ball tree that launches balls for large dogs.

Pilgrim Dog Park in Provincetown, Massachusetts has pet-friendly sculptures designed by local artists that dogs can play on.

Catalyst Experiential is currently designing the Bucks County Dog Park, which will be one of the most feature-laden in the country. The entrance is designed to resemble the two halves of a large, broken dog biscuit. Once they pass through the "dog biscuit" entrance, dogs will find water features, an agility station, ample shade, and even dog-wash facilities inside their park. It's like Disney for dogs!

The dog park is one of many projects that Catalyst Experiential is bringing to communities as a part of their vision to integrate community and communication.

The "broken dog biscuit" entrance to the park features two displays that will enable local



government, schools, organizations and businesses to speak directly to the communities they serve, including announcing local events, issuing safety messages, and other timely communications.

A dog lover and owner himself, Catalyst Experiential CEO Thaddeus Bartkowski explains that "while dog ownership has increased, rules and regulations restricting the ability of dogs to run free has unfortunately been on the rise as well."

"What we hope to create is a place where dogs can get the off-leash exercise they deserve to enhance quality of life for both the dogs and their owners," he says.

For more information about Catalyst Experiential, reach out at www.catalyststex.com.

TAKE A BREAK!

	3	5						
8	4			2	5		9	7
				6		2	8	
5	7							
9	8		5	1	3		2	6
							3	9
	1	9		7				
4	6		8	5			7	3
						6	4	

Solution on page 4



French Onion Smothered Pork Chops

- 2 yellow onions peeled, cut in half, and sliced into half-moon shaped slices
- 3 Tbsp unsalted butter
- 1 Tbsp extra virgin olive oil
- 1 cup plus 4 Tbsp beef stock
- 4 boneless pork chops about 1 – 1 ½ inches thick

Preheat oven to 400 F degrees.

Melt butter and olive oil in a large cast iron or other oven safe skillet, over MED-HIGH heat. Add sliced onions and sauté 3-5 minutes, until soft. Add 4 Tbsp beef stock and continue to cook, stirring occasionally, for 12-15 minutes, until onions are extremely tender and golden brown.

As onions are sautéing, season both sides of pork chops with salt, black pepper, thyme and garlic powder. Transfer onions to a plate, do not wipe out skillet.

Reduce heat to MED, add a drizzle of olive oil to the skillet if needed, and cook pork chops, about 3-4 minutes per side, until golden brown.

Transfer pork chops to plate. Enjoy!

INSIDE THIS ISSUE

From the Desk of Dan Anderson

PAGE 1

Planning a Trip Abroad Checklist

PAGE 1

How Much Coffee Can You Safely Drink?

PAGE 2

Dog Parks Are Coming To Towns Across America

PAGE 3

Take a Break

PAGE 3

French Onion Smothered Pork Chops

PAGE 3

SOLUTION

2	1	5	0	8	7	1	6	4
0	4	6	1	2	5	3	9	7
1	3	7	3	0	4	2	0	5
5	7	2	9	0	2	4	1	8
0	8	4	5	1	3	7	2	6
0	2	1	7	9	6	5	3	9
3	1	0	4	2	0	5	1	0
7	5	0	2	3	9	0	4	1

Now You See Me, Now You Don't

PAGE 4

Dan's LetterTM

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

NOW YOU SEE ME, NOW YOU DON'T!



A simple game of peekaboo can play a crucial role in your baby's development. This activity helps teach infants object permanence and develop strong attachments during their first year of life.

Hiding behind your hands, a blanket, or a door might be confusing and even distressing to your baby at first. However, these emotions will subside once you reappear in their line of sight.



This positive response is a good indication that your little one takes comfort in your presence and has a secure bond with you.

This game allows babies to identify and realize the existence of things that are no longer visible. Use a towel to cover a favorite toy or hide one object behind another. When you first start to engage your baby in this manner, you can leave a little bit of that hidden object in view to help him or her find it. Gradually work your way up to hiding objects that will require them to remove a layer to get at what they want, crawl to the hiding place, or look around the corner.

Talk to your baby throughout this process, especially if you are hiding from them behind a blanket or door. Your voice will encourage them to keep looking until they find you.