

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

Story Of The Touchstone

When the library of Alexandria burned centuries ago, only one insignificant book was saved. A poor man who could read a little bought it for a few coppers. The book wasn't very interesting, but between its pages he found something very interesting indeed—a thin strip of parchment on which was written the secret of the touchstone.

The touchstone, according to the document, was a small pebble that could turn any common metal into pure gold. The writing explained that it was lying among thousands and thousands of other pebbles on a beach. The real stone would feel warm to the touch, while ordinary pebbles are cold.

The man sold his few belongings, went to the seashore described on the parchment, and began testing pebbles. Figuring that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea.

He spent days at his search, picking up a pebble—cold—then throwing it into the sea. Picking up another and throwing it into the sea. One day, after weeks and months, the man picked up a pebble and threw it into the sea. Then he realized that the pebble had been warm—the *touchstone*! But he had formed such a strong habit of throwing each

pebble into the sea that when the one he wanted came along he still threw it away.

Don't let your habits trick you into throwing away your opportunities.

—Dan A.



THE PET EFFECT:



Facts About The Incredible Human/Animal Bond

(BPT) - Do you ever notice how fulfilled you feel when you spend time with your pet? How your pet can inspire joy while also somehow helping you feel less stressed? Or maybe you are thinking of getting a pet hoping for companionship, affection and love? These and many more positives are the result of the pet effect, also known as the human-animal bond.

"Science supports that the pet effect is real for people of all ages," says PetSmart Charities President Aimee Gilbreath. "However, you don't need research to see for yourself the benefits a pet can bring a family. Adopting a pet is a life-changing experience. The human-animal bond is a profound thing and many people consider their pets members of the family and welcomingly embrace the many positives they provide."

Aimee Gilbreath, President of PetSmart Charities, shares some of the top benefits and interesting facts about the pet effect:

Owning a pet has mental and physical benefits

Scientific evidence supporting the emotional health advantages of pet relationships is growing. Pets and therapy animals have been shown to help alleviate stress, anxiety, depression, loneliness and social isolation. For example, a study by the Human Animal Bond Research Institute (HABRI) and Cohen Research Group found 74% of pet owners reported mental health improvements from pet ownership and 54% of pet

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owners reported physical health improvements from pet ownership.

Pet ownership reduces U.S. health care costs

About 80 million U.S. households have pets, according to the HABRI Foundation, and that pet ownership has saved the U.S. health care system an estimated \$11.7 billion. The largest savings was determined based on a lower incidence of physician office visits by pet owners as compared to non-owners. Additional savings were calculated for increased physical activity for pet owners, such as dog owners who walk their dog five or more times a week.

Pets provide security during times of stress

A Purdue University study found animal-assisted therapies can help provide diversion from anxiety-inducing medical experiences, providing a sense of security, while also encouraging interaction and activity often critical for healing. Something as simple as an affectionate nuzzle or a wag of a tail from a therapy animal can decrease stress and anxiety for patients and the hospital staff. When at home, your own pet can provide a sense of security and peace to help manage stress and anxiety, too.

Pets provide companionship, especially during times of isolation

Companionship is a top reason people own pets. During times of increased isolation such as quarantine and social distancing, this is particularly important. An additional study by HABRI found that pets are part of the solution to social isolation and loneliness, a growing public health epidemic, even before the COVID-19 pandemic. Around 85% of respondents agree that interaction with pets help reduce loneliness and 76% agree that human-pet interactions can help address social isolation, followed by 72% who believe that human-animal interaction is good for their community.

Organizations are stepping up to support pet ownership

Realizing the many benefits of pet ownership, some organizations are doing their part to support the pet effect. For example, PetSmart Charities is providing grants supporting nearly 4,000 animal welfare organizations across the U.S., Canada and Puerto Rico to provide shelter, socialization and veterinary care to homeless pets to prepare them for adoption, as well as providing resources to help keep pets and the people that love them together.

Since 2012, PetSmart Charities have committed nearly \$4 million in grants to support change making local animal welfare organizations across North America.

The largest savings was determined based on a lower incidence of physician office visits by pet owners as compared to non-owners.



Keep Your Guard Up As Businesses Reopen



Lockdowns may be easing and more businesses are reopening, but staying safe is still essential in today's society. The Wall Street Journal offers this advice for avoiding danger as the country tries to return to normal:

- **Commuting.** The safest options for heading to the office are driving alone, walking, or riding your

bicycle. Avoid buses and trains if you can. If not, be sure to keep wearing your mask and using plenty of hand sanitizer. Taxicabs or services like Uber or Lyft are somewhat safer than public transit, especially if drivers are wearing masks themselves.

- **Office spaces.** Many employers are planning to bring employees back in small numbers or staggered shifts to keep workplace safe from the dangers of overcrowding. Still, elevators and restrooms pose potential problems. Don't board an already full elevator. Push the button with a tissue or paper towel. Use the restroom only when no one else is present. Avoid air dryers, which can circulate the

virus through the air; use paper towels to wash up instead.

- **Restaurants.** Visit restaurants that space tables at least six feet apart, provide hand sanitizer, don't offer unwrapped straws for beverages, and hand out paper menus that are thrown away after every use. Even with adequate table spacing, don't crowd close to your friends. As the weather gets warmer, go back to eating outside when possible.

- **Retail stores.** Keep limiting trips to the grocery store, hardware stores, the liquor store and other outlets. Some stores restrict the number of shoppers, and others make efforts to keep shoppers apart in aisles and checkout lines. Pay attention to the rules, and, of course, keep wearing your mask.

Remember These Skills

Whether you're just starting out in your career or contemplating a change, certain success skills remain timeless. The University of Colorado-Boulder suggests focusing on these essentials:

- **Communication.** Learn to speak and write clearly so you can articulate your thoughts and ideas to co-workers, managers, and customers. At the same time, sharpen your listening skills so you can truly understand what others are telling you.
- **Problem solving.** You'll encounter all sorts of challenges along the way. Learn how to solve problems on your own, or with help from others (don't be afraid to ask!). Ask questions that go to the heart of the problem, and be willing to seek innovative solutions.
- **Teamwork.** Few jobs are performed in complete isolation. Get to know the people you work with so you



can support them. Be ready to devote all your energy to the goals of the team, not just your own individual needs.

- **Initiative.** Don't wait for other people to tell you what to do. Seek out opportunities to show your talents. Offer ideas that demonstrate your attention to the organization's goals.

- **Adaptability.** Nothing stays the same in this world. Technology advances, markets shift, industries rise and fall, people come and go. To survive and succeed, you've got to be able to cope with change. Stay up to date on what's happening so you can grow and prosper.

- **Leadership.** Volunteer to lead task forces and committees. Share your expertise and mentor others. Help to organize, motivate, and support your co-workers.

TAKE A BREAK!



Bacon Jalapeño Deviled Eggs

Ingredients

12 large eggs hard-boiled and peeled
1 cup mayonnaise
1 1/2 teaspoon rice vinegar
3/4 teaspoon dry ground mustard
1/2 teaspoon sugar
2 jalapenos seeded and diced
6 pieces bacon cooked, crisp, and crumbled
Paprika for garnish

Slice the hard-boiled eggs in half, lengthwise. Remove the yolks and put them in a mixing bowl. Mash the egg yolks with a fork.

Add the mayonnaise, rice vinegar, ground mustard, and sugar to the mashed egg yolks and stir until well combined. Mix in the jalapeños and bacon.

Put the mixture in a Ziploc bag and cut a small hole in the corner of the bag.

Fill each egg hole with the mixture.

Sprinkle with paprika. Chill until ready to serve.

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

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FROM THE NEWLOOK VAULT



Life in the Arctic Circle / Northern Norway

Huge untouched landscapes, weather that constantly changes, rich wildlife and people...a different view every hour... Scan QR code for video.

Dan's Blog™

My entertainment and eclectic muse.

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



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