

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### Your Thoughts And Self-Confidence

Self-confidence is crucial to achieving your goals. Sometimes you're your own worst enemy, running yourself down in your thoughts. NPR offers these insights into being nicer to yourself so you can succeed:

- **Talk to yourself like a friend.** You wouldn't call your best friend stupid, would you? Don't do it to yourself.

Be constructive when you make a mistake —not "I am such an idiot!" but "How could I have handled that better?"

- **Keep a log of your thoughts.** Pay attention to how often you criticize yourself throughout the day. You may find that you're pretty harsh, which can help you realize that you can be more gentle with your thoughts.

- **Find authentic affirmations.** Let's face, lots of "positive thinking" affirmations can sound cheap and cheesy.

Train yourself to respond to negative thoughts with something you can believe in — "I learn from my mistakes," or "I don't have to worry about things I can't control."

- **Redirect your thoughts.** Try not to think about yourself so much. Volunteer for a cause you believe in. Getting out of your head can help more positive thoughts seep in.

- Dan A.



## How To Have More Family Fishing Fun

(BPT) - There may be nothing more sweet in this big, wide world than gazing upon photos and videos of your kids or grandkids - with smiles a mile wide - holding up what they think is a huge "monster" fish (even if it's just a small sunfish or bluegill), or photos of your family all together enjoying a day of fishing and having fun on the water.

If you love fishing and you want to share it with your family, it's important to put a little planning in up front to help the experience go as smooth as it can to create those lasting memories and those stories that will be told for years of the monsters that were caught, and the big ones that got away.

To help you introduce the ones you love to a lifetime of fishing fun, the folks at Rapala, the legendary lure maker, offer these tips:

Remember, it's all about the little wins - If you have smaller kids or beginners in the family, it's likely they'll be pulling up smaller catches. Though their sunfish might look measly to you, they might think it's a monster! Hint, hint: So should you. Snap a picture to remember the beaming look on their faces and use this opportunity to show them how to conserve fish for future generations.

**Let them guide you** - When and where it's safe, let the kids "co-pilot" with you by operating your boat's trolling motor and guiding you to the perfect spot. Kids want to experience what the adults do. Operating a trolling motor will give them experience in positioning the boat and learning how to

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spot.

Include your spouse or others in your family in the fun - Families come in all shapes and sizes nowadays. Use fishing as an opportunity to gather in the great outdoors and share some precious time together. Involve your spouse, uncles and aunts, grandparents and close friends who feel like family. A day on or near the water can be a great way for a family to get away from our always-on digital world.

**Use good quality gear** - Don't skimp on cheap fishing gear. If your low-quality fishing gear breaks or malfunctions, it could ruin the moment. Good gear doesn't cost a fortune. Choose gear with a lot of positive reviews and fishing lures, like Rapala lures, which are well-known for catching fish. Similarly, be prepared for accidents that happen and practice patience if a rod tip gets broken, a fishing rod falls into the water, or a fishing lure gets stuck high up in a tree. Stuff happens.

**Safety first** - Being in or around water means safety comes first. Make sure everyone has lifejackets, stays hydrated, and that you brief the kids on hook and water safety before handing over the rod. Remember to check the weather ahead of time so you can bundle up if it's a crisp morning, and bring sunscreen and hats if the sun is blazing.

**Bring a scale** - Practice catch-weigh-photo-release to get the family in the swing of things. You can even have a competition to see who had the heaviest catch! Weigh the fish caught with a Rapala scale, perfect for taking photos that display just how hefty your catch is.

**Don't forget the snacks!** - Make everyone's day and keep spirits high by bringing special treats along for the ride. Ask each family member their favorite snack beforehand to make sure everyone is included. The only 'hangry' ones on your fishing trip should be the fish!

**Think beyond fishing to get fishing** - Tell stories, take pictures, and bring coloring books for the little ones if they need a break. And remember, it's okay if not everyone wants to fish. Some members of your family may not be too keen on fishing. Make sure they feel welcome and invite them to read a book or do another activity while others in your family are fishing. They will surely want to be there when the others are showing their catches off.

**Fishing is about learning** - Fishing can be fun, but it's also an opportunity to be part of nature and experience other precious moments, such as watching other wildlife (turtles, frogs, ducks, squirrels), identifying plants and trees, learning how a boat works, and trying different types of presentations to see which one is most effective in catching fish. If some members of your family really turn on to fishing, feed that passion with videos about fishing. Rapala has more than 600 informative videos on its YouTube channel alone.

**Make a video** - Take lots of photos and videos of your fishing trips with the family, then create a short movie with iMovie to help them relive the memories of fishing when it's cold and wet outside. It'll be fun to make, and the final product will be a memento your family will cherish forever.

## Enjoy Better Health With Avocados



Avocados are an essential ingredient in tacos, guacamole, salads, and more. They're also part of a healthy diet. The Healthline website lists these benefits of eating more avocados:

**Important nutrients.** Avocados are high in fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate. Many of these nutrients support the immune system and suppress inflammation.

**Gut health.** The fiber in avocados supports a healthy digestive system by promoting the growth of healthy bacteria in your gut. Some evidence suggests that consuming avocados may increase bacterial diversity and reduce fecal bile acid concentration.

**Heart disease risk.** Avocados have lots of potassium and magnesium, which are beneficial for controlling blood pressure. They may also help decrease levels of LDL cholesterol, which is associated with the accumulation of plaque along artery walls.

**Antioxidants.** Avocados are filled with carotenoids and other nutrients that possess significant antioxidant, neuroprotective, and cardioprotective properties. Carotenoids have been shown to protect against oxidative

damage, which is associated with many chronic diseases.

**Pregnancy.** The body's need for certain nutrients, like folate, potassium, vitamin C, and vitamin B6 jumps during pregnancy and breastfeeding. A single avocado can provide 27% of a woman's daily folate requirements during pregnancy.





## THE ART OF INVENTION

The adhesive bandage is commonplace in medicine cabinets around the world. It was invented in 1921 by Earle Dickson, an employee of Johnson & Johnson. Dickson was concerned for his wife Josephine, who suffered frequent cuts and burns in the kitchen. They tried to wrap the wounds in gauze and adhesive tape, but the dressing usually fell off in a short time. Dickson tried placing some gauze in the center of a piece of tape, and covering the whole thing with crinoline to keep it sterile.

The invention worked so well for his wife that Dickson took some to work to show to his colleagues.

The company owner, James Johnson, caught wind of the idea and ultimately decided the company should manufacture them. Dickson went on to have a successful career at Johnson & Johnson, becoming vice president before his retirement in 1957.



## TAKE A BREAK!

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**Best Ever Cheese Grits**

### Ingredients

2 c. low-sodium chicken broth  
 2 c. water  
 Kosher salt  
 1 c. corn grits  
 4 tbsp. butter, divided  
 1 c. shredded cheddar  
 1/4 c. freshly grated Parmesan  
 Freshly ground black pepper

*In a medium saucepan, bring broth and water to a boil and season generously with salt. Reduce heat so mixture is at a simmer, then whisk in grits. Simmer, stirring often, until grits have absorbed liquid and are very tender, 10 minutes. Remove from heat.*

*Stir in butter and cheeses and season with salt and pepper.*

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## The Work Life

- Here's some advice: At a job interview, tell them you're willing to give 110%. Unless you're applying for a job as a statistician.
- My boss asked me, "Who is the stupid one here, you or me?" I told him, "Everyone knows you don't hire stupid people."
- A man got fired from his job at the unemployment office on Friday. His boss said, "Clean out your desk, and I'll see you in the office on Monday."
- I went for an interview for an office job. The interviewer told me I'd start at \$2,000 a month and then after six months I'd be at \$2,500 a month. I told him I'd start in six months.
- When I got to work one morning, my boss stormed up to me and said, "You missed work yesterday, didn't you?" I said, "No, not particularly."

*Wanna hear the music?*



*Check out*  
**Dan's Blog™**

