

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### Choose The Right Mindset

Your mindset influences your ability to think creatively and succeed in whatever you do. Here are four basic mindsets to cultivate, from the Makelt website:

- **Growth mindset.** Believe that you can change, develop, and improve your talents, your abilities, and your intelligence.

This will make you more willing and able to learn new skills.

- **Open mindset.** Be open to new ideas and willing to take seriously suggestions from other people.

Ask questions, invite feedback, look for new perspectives, and think as positively as possible.

- **Promotion mindset.** Focus on achieving goals. Someone with a promotion mindset will have a clear goal and actively shoot for it.

People with a prevention mindset—the opposite—focus on not losing” instead of achieving.

- **Outward mindset.** See other people as equals. Notice their value, and you'll be more trusted. Engage with all kinds of people, whatever their position or rank.

Give their needs and desires the same level of importance as your own.

- Dan A.



### 4 Things To Consider When Buying A Vehicle

(BPT) - The pandemic changed our travel habits considerably, and forced us to reconsider how we get around safely. For example, the latest Hankook Tire Gauge Index found that three-quarters of Americans don't feel comfortable taking public transportation because of the coronavirus pandemic, leading more people to get behind the wheel.

This increase in drivers is having an impact on our car buying decisions: Data showed that 44% of Americans have already considered a new vehicle purchase. Many are likely to be first-time car buyers, too, as over half of Gen Z and millennials are thinking about a new vehicle purchase.

In addition to the usual considerations when buying a vehicle - cost, performance, safety and reliability - the events of 2020 have raised new questions. After a year of significant change, here are four things to consider when buying a new vehicle.

### Your vehicle is just as much about comfort as it is mobility

We're spending more time in our cars, even when we're not going places - waiting in parking lots for grocery orders, lining up at drive-thrus, or even taking a conference call when home gets a little too noisy! So a vehicle's interior should be a nice place to spend your time.

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The good news is that there are plenty of standard features and affordable options to make that possible. The Gauge Index found that Americans consider everything from Bluetooth connectivity (62%) and in-dash navigation (57%), to remote and keyless start tech (56%) as important factors when choosing their vehicles.

Self-healing tire technology was also rated as an important feature by 56% of Americans - a useful feature at any time, and crucial when one may not want to come into close contact with others for an emergency tire change!

### Is it finally time to plug in?

With increased range, lower prices and expansions in charging infrastructure, electric vehicles (EVs) are increasingly becoming a choice for drivers, with 62% of Americans likely to consider an EV.

Deciding if it's time to go electric means considering a few important factors. The first is range: What do you anticipate to be your regular mileage between charges? The average range of today's electric vehicles should be more than enough for daily commuting, errands and even the occasional afternoon road trip.

Then, make sure you have access to charging infrastructure at home and at your frequent destinations. And calculate the true financial benefit, taking into account rebates, credits and a newfound freedom from the petrol pump.

### Take time to kick the tires.

When buying a new vehicle, check the tires it comes with to ensure they're best suited for the weather conditions where you live. This is

especially important when driving regularly in inclement weather where an all-weather tire like the Hankook Kinergy 4S2 can save you money down the road. Less than half (47%) of Americans can accurately identify the difference between all-weather and all-season tires, so here's the cheat sheet: All-weather tires manage rain and snow while also delivering year-round performance; all-season tires prioritize comfort and fuel economy over ice and snow traction.

If you're switching to electric, your tire choice could impact your ride comfort, mileage and road noise. These are already important for a regular vehicle but for an EV, where range is key and there's just the quiet hum of the electric motor, you'll want to pay extra attention to these features on your tires.

### Looking ahead, post-pandemic.

With a new year on the horizon and the hope of restrictions easing in 2021, it's important to ask if your vehicle needs now will be the same in six to 12 months' time.

That's because a vehicle purchase isn't just for a few months; it's a lengthy investment that brings insurance, registration and maintenance responsibilities. If a new vehicle purchase only serves your needs now, it may be worth managing with what you have for a few more months.

The past year has been one of change and upheaval. So if that means it's time for a new set of wheels, these questions will help you not only choose the vehicle you need, but the driving experience you want, for the years ahead.



## Fresh Trends To Inspire Your Garden



(BPT) - Home gardening offers plentiful benefits that support mental and physical health, and many people have decided to begin or expand their gardens during the pandemic.

The 2021 Burpee GardenCast forecast, found at [www.burpee.com/GardenCast](http://www.burpee.com/GardenCast), is an inspirational resource based on industry trends and cultural insights, combining expertise from Burpee horticulturalists, registered dietitian Marisa Moore and HGTV star and lifestyle expert Kelly Edwards.

The GardenCast trends for 2021 include:

**Immunity Garden:** Health is top of mind for people across the country. An abundant garden full of vibrant vegetables like winter squash, radishes and tomatoes can help you commit to a nutrient-rich diet that strengthens your immune system.

A vegetable's color reflects the different phytonutrients and antioxidants inside, according to the Journal of Nutrition and Metabolism. Growing a rainbow of vegetables allows you to create multi-hued meals with health and disease-fighting benefits.

**Garden of Joy:** Gardening helps you reduce stress, move your body and enjoy the outdoors. The psychological benefits of caring for plants can support the mental health of people at any age. That's why individuals as well as families are planting gardens of joy, with blooms that are as pleasant as the process of gardening itself.

The garden of joy is a flower bed full of bright "faces", including pansies and violas, that are sure to inspire many smiles of pure happiness. Every time

you tend to these happy blooms you will feel a little lift in your day, plus it brightens your outdoor landscape in a cheerful way.

**World Herb Garden:** Experiencing international flavors in food is an important part of traveling and with so many people pausing vacation plans, the associated explorational eating has paused as well. Your palate is ready for something new and you can experience a world of flavors from your own backyard when you grow a world herb garden - no passport needed.

Herbs like lemongrass, dill and cilantro are easy to grow and offer bright flavors to enhance your favorite recipes, no matter the cuisine.

"We want to inspire all gardeners in 2021, which is why we launched the GardenCast," says Burpee Owner George Ball. "Through these trends, we're providing inspiration and creative ideas paired with techniques and product tips to give gardeners of all levels the tools they need to grow with confidence this season."



## TIPS FOR STAYING HEALTHY

An apple a day may keep the doctor away, as the old saying goes, but that's not all you need to stay healthy. The Guardian shares this advice from some general practitioners on how to live a healthy lifestyle:

- **Avoid processed food.** Frozen meals may be convenient, but they're not especially good for you. Although these foods have plenty of additives and chemicals for color and flavor, you're better off cooking.
- **Exercise.** You've heard this before, but it bears repeating: Exercising five times a week for 30–40 minutes is good for your health and soul. If you can't get to the gym, at least exercise at home or take long, walks outside to get your blood pumping.
- **Take an aspirin a day.** This is excellent advice for people over 65 who are at risk of cardiovascular disease. A daily aspirin can prevent heart attacks and

strokes by thinning the blood, which reduces blood pressure and the chance of coagulation or clotting.

- **Reduce stress.** Practice meditation and mindfulness to reduce stress in your life. Stress can cause skin diseases and autoimmune diseases, and contribute to the risk of heart attacks and strokes. Try deep breathing while clearing your mind of all extraneous thoughts and worries.



## TAKE A BREAK!

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**Crispy Baked Orange Chicken Wings**

### Ingredients

- 2 1/2 lbs chicken wings, tips removed, drumettes and flats separated
- 1 Tablespoon vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- FOR THE SAUCE:
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 2 1/2 teaspoons crushed red pepper flakes
- 3/4 cup orange marmalade
- 1/4 cup hoisin sauce

Preheat oven to 400°F.

Rinse wings and drumettes and pat dry. Transfer to a large bowl and toss with oil, salt and pepper. Position wings on baking racks in a single layer.

Bake, rotating pan half-way through, 45 to 50 minutes. Remove wings from oven and transfer to a large bowl. Add the sesame oil and olive oil to a small saucepot over medium-low heat. Add the garlic and ginger and cook, stirring, for about 3 minutes until golden brown. Add the red pepper flakes, orange marmalade and hoisin sauce, and cook, stirring occasionally, for 5 minutes.

Pour the orange sauce over the wings, tossing to thoroughly coat, and serve immediately.

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improve Your Time At Home

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## Ways To Improve Your Time At Home

(BPT) - After spending so much time at home in 2020, you might be running out of ideas to keep yourself entertained. Follow these tips to revamp your space and enhance the time you spend at home.

### 1. De-clutter to cultivate calm

Make your home your happy place away from the hectic world. Target the hot spots for mess and get organized to regain peace of mind.

### 2. Binge a new podcast

Though they've been around for years, podcasts continue to grow in popularity. While you're spending time at home, they can make you feel like you're part of a fascinating conversation. And if you're looking for a device with the latest technology to help you stay informed, check out



LG's newest smartphones -Wing, Velvet or K92.

### 3. Watch something out of your comfort zone

Sure, you could turn on another season of your favorite show, but why not try something completely different? Choose a topic you don't know enough about and turn on a documentary.

### 4. Up your work-from-home game

If you're working from home, you might be getting tired of sitting at the kitchen table or lounging on the

couch. Make your work setup official by finding a designated office space within your home.

### 5. Increase your cleaning efficiency

Since you're spending more time at home, you're likely spending more time doing mundane chores. Get your cleaning done better and faster by boosting your laundry room setup. You'll have room for more storage, a pet wash station, or even a new desk set-up for work or hobbies.

### 6. Do nothing

When you've run out of activities, work and chores, there's nothing wrong with just letting yourself be. Many people don't take enough time to decompress and recharge. Take advantage of some downtime to de-stress and relax.