

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### Good Advice From Career Coaches

The Make It website shares tips some coaches have given their clients through the pandemic:

- **Give up a little control.** Don't try to keep an eye on everything. Decide what's important, concentrate on that. It's better for your stress levels.
- **Control what you can.** Keep a handful of priorities front and center, and maintain your focus on them so you don't lose the progress you've made in your career so far.
- **Show up.** Keep working on what's important. Tackle each project as it comes, attend meetings, and stay up to date on what's happening in your organization. You'll feel better about yourself—and present a positive image to others—if you keep doing the work you're known for.
- **Plan for failure—and success.** Anticipate things that could go wrong—missing a deadline, losing a client, getting fired—and develop plans to overcome setbacks. At the same time, think ahead so you can capitalize on success when it happens.

- **Take care of yourself first.** Think about the instructions given on airplanes—put your own oxygen mask on first before helping anyone else. Concentrate on your own survival first so you're in a position to help other people when things get better.

- Dan A.



## PLANNING A SPRING BREAK?



(BPT) - Warm sand between your toes, a cool drink in your hand, the sun setting over the beautiful ocean ... these are the dreams of an ideal spring break. After what feels like years of video calls with friends, it's time to re-connect and take that much-needed tropical vacation where bare feet, hammocks under palm trees and swim-up bars are just what you need to make new memories.

With an all-inclusive getaway, planning is minimal so you can focus on enjoying what matters most - your vacation. The best resorts have something for everyone: mom relaxing at the spa, dad having a cocktail poolside, kids playing all day and adventurous friends seeking beachfront activities and entertainment. And while today's all-inclusive resorts deliver elevated experiences and offerings for every age and interest, not all are alike. For example, some all-inclusive resorts offer enhanced food and beverage options such as ceviche and handmade empanadas alfresco served in a seaside lounge, while others may offer mojito and tequila lounges or unforgettable views with customized drinks prepared by expert mixologists. But not all resorts offer this level of service. Before you book your all-inclusive spring break, make sure your resort has the following five items:

### 1. Look for a variety of cuisine, and then some

A vacation means a break from cooking and meal planning, so when looking to book an all-inclusive resort, make sure they offer multiple onsite restaurants to remove the hassle of deciding where to eat with your group,

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while giving a chance to try various cuisines. Hilton Cancun, an All-Inclusive Resort, offers numerous restaurants and dining experiences. For example, you can savor the rich traditions of Mexican cuisine at Maxal, while Auma, the experiential restaurant, prepares meals with ritualistic theater in full view of fire and flame. The resort also features a trattoria serving Mediterranean classics, a Southeast Asian concept, a high-energy all-day lounge, an ice cream and churro shop and a taqueria with a mezcal and tequila bar.

**2. Find all the fun in the sun.** Second to plentiful food and drink at hand, the best thing about an all-inclusive resort is all the activities included in your stay. Be sure to find a resort that offers everything you want.

For instance, most Mexican and Caribbean resorts have pools and beaches. But if you need adventure, seek resorts that also include water sports equipment for snorkeling and kayaking. The fun should continue when the sun goes down. Look for resorts offering live music, dazzling shows and dancing.

**3. Privacy by the sea.** Hilton's All-Inclusive Resorts offer a range of breathtaking beachfront resorts in highly coveted locales for families with kids of all ages, and couples. If your spring break vacation is a romantic getaway, you'll want seclusion and serenity. All-inclusive hotels often cater to couples' needs by offering privacy options including adult pools, private swim-out suites and jetted tubs, plus romantic restaurants, world-class spas and casinos. Or, choose an all-inclusive resort with a kids' club, which offer supervised and fun

programs for children while giving mom and dad some space to hit the links or enjoy a quiet meal.

**4. Education destination via culture.** The best all-inclusive resorts integrate local culture into food and beverage, activities and hotel design. According to a recent travel trends report travelers are "looking for unique experiences to immerse themselves in, seeking meaningful ways to connect with the different cultures and destinations whilst discovering something new." Learning about and enjoying new cultures stimulates the mind and satisfies the curious soul, without leaving the resort. Great all-inclusive resorts integrate the local culture with engaging programs, classes and experiences that will enhance your vacation, such as salsa and merengue lessons, tequila tastings and local crafts.

**5. Above and beyond hospitality.** A final box every traveler should check is a place that spoils you yet feels like home. The right all-inclusive resort will have more than beachfront accommodations. Seek world-class spas, personalized concierge, friendly team members and high-end offerings. While looking to experience new places and cultures, you also want the trust and reliability that comes from a well-respected company. The best brands offer loyalty programs with earned Points to help book that special vacation.

Once you have selected your resort, book, pay and go. All you need to do is have fun. The all-inclusive resort handles the rest.



## 4 Sustainable Home Upgrades That Make A Big Difference

(BPT) - Sustainable home upgrades are becoming more and more popular. These eco-friendly improvements can make your home more comfortable and help you save money over time.

And while you might have to invest some initial money and effort in these upgrades now, it's well worth it.

Here are four sustainable upgrades to add to your project list that will offer the best return on your investment.

### 1. Energy-efficient windows

Energy-saving windows are an important consideration for new and old homes alike. Designed to prevent your warm or cooled air from escaping your home, they provide increased insulation to lower your energy use and costs. If you're installing new windows, look for the Energy Star rating and review the energy performance label to find the most efficient windows for your home.

### 2. Solar roof

Solar technology is an essential feature for a truly sustainable home, and now it's more

accessible than ever before. GAF Energy launched Timberline Solar, a first-of-its-kind solar roof that features nailable, ultra-thin solar energy shingles. These shingles are durable, weatherproof, and easy to install, with a sleek design compared to traditional solar panels. A solar roof requires an initial investment, but in the long term, you could produce enough electricity to power everything in your home - saving you hundreds of dollars per year while potentially increasing your home's value, too! For more information, visit [gafenergy.com](http://gafenergy.com).

### 3. Tankless water heater

Tankless water heaters are an energy-efficient way to provide hot water in your home - and a big trend in real estate this year. These water heaters can be powered by gas or electric and can save you up to 70 percent on your heating bills. And because they're so compact, you can install it anywhere without sacrificing storage space. Plus, they can last up to 20 years, which is much longer than traditional water heaters.

### 4. Skylights

Artificial lighting is one of the biggest energy-users in your home. For rooms that get limited natural light, consider installing a skylight. This will draw in sunlight so you can use less electricity. When choosing your skylight, make sure to look for the Energy Star certification.

Consider these eco-friendly upgrades to boost your energy savings in a big way and help the planet at the same time.





## KEEP YOUR DIET BALANCED WITH THIS SIMPLE ADVICE



Staying healthy, especially during the winter months, requires commitment, but it's not all that complicated. Just remember these health and wellness tips from the Savvy Mom website:

**Eat breakfast every day.** Eating something in the morning helps kick your metabolism into gear. A piece of

toast, some oatmeal, or a smoothie can help you wake up and feel energized for the day.

**Practice moderation.** You don't have to starve yourself or deny yourself your favorite foods. Just keep things in the right proportion. Eat slowly, and resist the temptation to binge. You'll find yourself just as satisfied without stuffing your stomach.

**Stay hydrated.** Water helps flush things through your system and makes you feel full. You can add some flavor to it with a slice of lemon or a drop of orange or cranberry juice if plain water is too boring.

**Monitor your emotions.** Depression and anxiety can push you into overeating. Don't wallow in guilt for having an unhealthy meal. Put it behind you and focus on maintaining a healthy routine going forward.

**Keep a food journal.** Write down everything you eat. This helps you keep track of habits and patterns so you can make better choices during and between meals.

## TAKE A BREAK!

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### Root Beer Pulled Pork Sandwiches

#### Ingredients:

- 1 (2 pound) pork shoulder or butt tenderloin can be used for a leaner option
- 1 (12 ounce) can of root beer
- 1 (18 ounce) bottle of barbecue sauce
- 8 hamburger buns

Place the pork in a slow cooker and pour the can of root beer over the meat. Cover and cook on low for 6 hours or until pork shreds easily with a fork.

After pork has cooked, drain and discard the root beer. Shred the pork and place it back in the slow cooker. Pour the barbecue sauce over the pork and stir to combine. Serve immediately or keep warm in slow cooker until ready to serve. Serve on hamburger buns.

For the Instant Pot: Cook on high pressure for about 35 minutes. Let pressure release and continue to step two.

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#### SOLUTION

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## Dan's Letter™

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

## WORK - A LAUGHING MATTER

- My memory has gotten so bad that I lost my job. I'm still employed. I just can't remember where.
- Nothing ruins a Friday more than realizing it's actually Tuesday.
- There's a new trend in our office; everyone is putting names on their food. I noticed it today, while I was eating a sandwich named Jason.
- My performance review says I lack "passion and intensity." I guess my boss has never seen me alone with a Big Mac.
- A clean desk is a sign of a cluttered desk drawer.
- The only thing worse than seeing something done wrong is seeing it done wrong slowly.
- I don't mind coming to work, it's the eight-hour wait to go home I can't stand.

*Need To Get Away?*



Check out  
**Dan's Blog™**



SCAN ME