

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

The Weight

A psychology professor was teaching stress management principles to an auditorium filled with students. As she raised a glass of water, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light.

If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class nodded in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed—incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

- Dan A.



Show Up For Small Businesses

5 SIMPLE WAYS TO SUPPORT
LOCALLY OWNED BUSINESSES

(BPT) - Small businesses are the backbone of the economy. Whether in a busy city or a sleepy suburb, we depend on the many beloved local shops and services that contribute to the vibrancy of our neighborhoods. Where we shop matters, and now more than ever small businesses need our support as they recover and rebuild from the effects of the pandemic.

Small businesses will play a vital role in helping communities around the world get back on their feet. They account for more than half of global employment, and COVID-19 has hit them hard. As a result of the pandemic, 43% of small businesses say they only have money to last six months.

The pandemic has changed the way we shop, work and live - rapidly increasing digital commerce including online shopping, delivery services and curbside pick-up. For small businesses to meet these new essential expectations, they must adopt digital tools across their consumer experiences and back-office operations.

As a long time champion of small businesses, Visa is committing to help 50 million small businesses around the world enhance their digital offerings as they begin to reopen and rebuild. This includes the easy-to-adopt contactless payment technology that has become as much a part of the safe shopping experience in stores as face masks, hand sanitizer and glass screens, and e-commerce technology online.

Consider these five simple things you can do to support local small businesses:

Continued on page 2...

Make shopping locally a habit. Make a daily effort to shop from small businesses for your needs - you'll likely discover new locally sourced goods and service providers. From food and clothing to haircuts and car repair, there are many small business owners who would love the opportunity to help you. Use the Back to Business search tool at usa.visa.com to quickly search for local businesses that can help with your needs.

Pay it forward with a gift card. Supporting small business owners now is critical for small business owners. Buy gift cards for neighbors, friends and family as a thoughtful gesture to brighten their day, or just for yourself for future use. It's a great way to support local merchants with a revenue stream while they're operating under limited circumstances - keeping their doors open and workers employed.

Become part of the community on social. Sure, you can help grow a small business's online presence by liking them on social media. And leave them a positive online review so others who might shop there feel confident they'll have an excellent experience. Even if they don't have a social media page, you can mention them in your posts to remind your network of your favorite local businesses.

Get it curbside, or on your porch. Although social distancing has changed the way some small businesses can work, many are going above and beyond to meet customer needs. Ask about options like

curbside pickup or touch-free delivery, which are becoming another indispensable part of our new normal. And as shops re-open brick-and-mortar locations, many owners are integrating social distancing, increased cleaning and reconfiguring in-store layouts to help keep customers and employees healthy.

Purchase with purpose. By choosing to make a purchase from a small business, you help support an entrepreneur and help them get through extraordinary times. You'll also find that many small businesses in your community are reaching out to help others during the pandemic - whether it's a restaurant donating food to front line workers, or a local distillery making hand sanitizer for the neighborhood. To help support small businesses during this time when many are struggling, there are ways you can get involved just by shopping. Pay with your Visa card and you'll be entered for a chance to win \$2,000 in small business gift cards and to pick a small business to receive a \$5,000 grant from Visa1.

With more than 30 million small businesses estimated in the United States alone, you have the power to make a difference.

NO PURCHASE NECESSARY. Open to 50 U.S. & D.C., 18 or older. Void in PR & where prohibited. Ends 07/19/20. For full official rules, including details on non-purchase entries and the link to the grant terms go here: <https://usa.visa.com/pay-with-visa/visa-sweepstakes.html.html>.

celebrating everyday virtually

(BPT) - For most people, 2020 is a year of change. Remote work, social distancing and more have challenged people to find new ways to connect with each other.

Even as the country reopens, many are still finding the ease of virtual connections to be appealing. In fact, there are many unique ways to connect with friends and family virtually. Here are some simple ways people are elevating every day and prioritizing relationships even from afar:

Recognize simple moments and celebrate little things. There's no need to wait for a big occasion to celebrate! Send a friend a text with your favorite memory of you two together. Write ecards to family just because. Be creative and find ways to make yourself and others smile.

Think outside the box with video gatherings. Your bond with friends and family can grow even stronger when you set up video meetings to celebrate and



connect. Fortunately, there are many high-quality video apps to choose from. Maybe you want to set up a Skype date to play a board game together even in different locations? Propose a movie night and set up a Zoom meeting to watch the same movie at the same time.

Host a virtual wine tasting party. Cheers to any occasion or just everyday delights with a virtual wine tasting party with friends. This is a fun way to sample different varieties and connect in a meaningful way. Flat Top Hills is an ideal choice, meticulously crafted while offering

approachable wines that satisfy the palate and inspire conversation. For a tasting party, select a variety of options, such as a fresh, crisp Sauvignon Blanc and tropical Chardonnay for whites. For reds, consider a rich Red Blend, and a Cabernet Sauvignon satisfies the craving for a full-bodied wine. Don't forget a ripe Rosé, everyone's favorite summer wine!

Explore different video backgrounds. Get creative with your setting for virtual gatherings. Yes, there are times when your living room or deck will do, but other times you may want to jazz things up a bit. For example, set up tropical decorations and pretend you are taking a trip to the islands, or, explore digital backgrounds that can be added to the technology of your choice. For example, visit <https://www.pinterest.com/flattopwines/flat-top-hills-virtual-zoom-backgrounds/> to download a virtual Zoom background that features the stunning setting of the Flat Top Hills vineyards in sunny California.

SWEET RELIEF!

(BPT) - Stress is a common part of anyone's life, and individuals have long sought natural remedies to alleviate it. Touted as a superfood, sweet cherries are among them. Researchers from around the world have identified a host of benefits by sweet cherry consumption. Here are three top reasons to reach for sweet cherries in times of stress:

1. Make stress eating healthy eating. According to Harvard Medical School, persistent exposure to stress may result in the release of cortisol, a hormone that increases appetite. People under stress often turn to comfort foods that are high in fat or sugar, and the associated relief can create a feedback loop that leads to overeating and weight gain.

If stress eating is an issue, reach for sweet cherries. The American Journal of Clinical Nutrition of 2002 shows that cherries are rock stars when it comes to their low glycemic index.

2. Take the pressure off blood pressure. Stress can encourage the nervous system to produce hormones that constrict blood vessels (vasoconstrictors) and make it more difficult for blood to circulate, causing blood pressure to rise.

Eating sweet cherries has been associated with lower blood pressure.

The fruit increases the effectiveness of compounds that help widen blood vessels for easier blood flow.

3. Get a good night's sleep. Stress and sleep are closely intertwined. When experiencing stress, sleep can be interrupted or cut short as anxious thoughts rise to the surface. The body needs sufficient sleep to recharge and repair.

Sweet cherries are a good source of tryptophan, serotonin and melatonin, compounds that have a hand in regulating sleep cycles and contributing to feelings of well-being.

When the cravings call, protect your health and reach for a summer treat, like sweet cherries, that is both good for you and tastes great.



TAKE A BREAK!

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

Solution on page 4



Strawberry Watermelon Feta Salad

2 cups of sliced organic strawberries
 2 cups of cubed organic watermelon
 2 cups of semi-thick cucumber rounds sliced in half
 Handful of fresh mint leaves
 3/4 cup of crumbled goat's milk feta
 1 tsp of sumac

Balsamic Vinaigrette (mix/whisk well)
 juice of 1 lemon
 1/3 cup of balsamic vinegar
 sea salt and coarse black pepper to taste
 2-3 tablespoons of extra virgin olive or avocado oil!

Place all ingredients into a large bowl and toss to coat well with the vinaigrette or dressing of your choice.

Garnish with a little more fresh mint. Serve cold; best enjoyed right away!

If not eating immediately- save tossing the dressing until you're about to serve. Otherwise, it will wilt and ferment.

INSIDE THIS ISSUE

From the Desk of Dan Anderson
PAGE 1

Show Up For Small Businesses
PAGE 1

Celebrating Everyday Virtually
PAGE 2

Sweet Relief
PAGE 3

Take a Break!
PAGE 3

Strawberry Watermelon Feta Salad
PAGE 3

Soak Up Some Sunshine...
PAGE 4

SOLUTION

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60

Dan's Letter™

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

Soak Up Some Sunshine to Fight Cabin Fever



(BPT) - All of your entertainment activities have been canceled, your kids are home from school and your favorite hot spots are closed due to social distancing. Feeling stuck indoors? Now is the perfect time to get outside and enjoy spring in a safe way!

While staying inside is a good way to protect yourself and others from spreading the coronavirus, it may make you stir crazy and affect your mental health. Licensed landscape

contractor, author, TV personality and STIHL spokesperson Sara Bendrick offers safe ways to fight cabin fever and get outdoors.

1. Get some vitamin D and exercise.

A lack of exposure to sunlight can cause you psychological distress due to your body's need for vitamin D. A modest amount of exercise can help boost your overall mood too! Help fight the feeling of going stir crazy by moving your exercise routine outside.

2. Do something for others.

Many seniors are at home with no social interaction or way to get chores done. Give them a call, or Facetime with them if they are tech-savvy. Find out if they have any chores or projects in the yard you can help with. Now is

the perfect time to get a head start on outdoor spring chores.

3. Turn yard work into a family affair.

With spring upon us, yard work can start to become overwhelming. Lessen the burden by getting the family to pitch in to weed, especially before they set seeds, plant and fertilize. Don't forget to trim hedges and shrubs. Early-spring flowering shrubs can be trimmed right after they bloom.

4. Connect with nature.

Getting outdoors is a great way to engage in activities that will increase endorphins to reduce stress while practicing social distancing. Go for a stroll in the neighborhood, a hike in the woods or throw a family picnic in your backyard.