

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

First Things First

A team of high-powered executives hired a consultant to help them develop a better work-life balance.

In the conference room, the consultant set a one-gallon glass jar on the table and filled it with large stones.

He asked the team if the jar was full. The executives agreed that the jar was pretty full.

Then he pulled out a bag of smaller pebbles and poured them into the jar. The smaller pebbles fell into the spaces between the large stones. Again, he asked, "So, is the jar full?"

The team was more hesitant, but answered that yes, the jar seemed full now.

Then the consultant pulled out a bag of sand and poured it into the jar. "Now is the jar full?"

A smart woman in the front row raised her hand and said, "No, you can still pour water into the jar."

So, the consultant did, filling it to the top.

The woman in the front row said, "I get it. The point is that no matter how busy our schedule is, you can always cram something else in, right?"

The consultant smiled. "Not exactly. My point is that you should put the big items into the jar first. If you don't focus on the big things, like spending time with your family and having a spiritual life, the little things will always seep in and take up all the space."

- Dan A.



ways to show your pet some extra

(BPT) - Your pets are part of your family, and you would do just about anything for them. From the tail wags and face licks to the head bumps and purr fests, your pets show their unconditional love in many ways, every single day. If you're looking for ways to reciprocate, consider the following tips for things you can do to show your pet some extra love.

1. Have a "yes day" with your pet. When was the last time you devoted time to solely focusing on your pet and doing the activities you know they love to do? The truth is, your beloved pets love nothing more than hanging out with you - so why not make a whole day of it?

Start by making a list of all the activities your pet enjoys or saying 'yes' to your pet's cues to see where the day takes you. One more treat after a walk through the park? Yes! One more minute of scratches behind the ear? Yes! Whatever you end up doing, know that any time spent with your pet is time they'll love.

2. Feed them nutritious, delicious food. One simple, yet important, way to keep your dog or cat happy and healthy is by feeding them nutritious and tasty food and treats. Choosing food that uses all-natural ingredients will not only help maintain their well-being, but your four-legged family member will love it.

While finding pet-food products with organic fruits and vegetables and sustainably sourced ingredients may seem like a daunting task, raw pet

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food leader Stella & Chewy's has a variety of products to keep your pet happy and healthy. For cats, consider Raw Coated Chicken and for dogs, check out the Red Meat With Grain Raw Blend - or find your own favorite by visiting StellaAndChewys.com to learn more.

3. Find a great new toy. Animals need the occasional stimulation of a new toy or game, and they love playing with you. Try a new interactive toy or activity that can keep you both entertained for hours. When playtime is done, put the toy away so it's still fresh the next time you bring it out for a play session.

4. Take some PTO for your P-E-T. Between family and busy work schedules, you may be wondering how to carve out dedicated time for your pets. Why not take a day off work for exactly that?

"At our company, we make sure everyone has an extra day off to spend dedicated time with their pets," said Marc Hill, CEO of Stella & Chewy's. "Just as you might take a day off to celebrate a loved one's birthday or anniversary, our pets are also our family, and we believe our employees - and their pets - deserve an additional day off to bask in the love we share with each other."

With more than two-thirds of pet parents agreeing that it's

important for family vacations to be pet-friendly, consider taking that extra day off to embark on a road trip with your pet. Visit friends, head to a dog-friendly beach or go sightseeing at a national or state park. Whatever you do with your time off, your pet will appreciate the extra day hanging out with their favorite person - you!

5. Teach your pet a new trick. Most dogs - and even some cats - enjoy the challenge of learning something new.

Use their favorite treats to teach simple tricks at home like:

* "Paw" - Get your dog in a sitting position and show them you have a treat. Hold the treat in your hand close to your dog's face and under their chin. Most dogs will try to paw at your hand to get to the treat. If your dog does this and touches your hand, give them the treat and praise.

* "Roll Over" - Sit in front of your cat with a treat 2-3 inches away from their nose. If you want your cat to roll to your right/their left, slowly arc the treat on a slight incline toward their right ear. For the left side, do the opposite, and reward with a tasty treat when the trick is completed.



Keep Your Skin Healthy All Year Long

With summer here, you're probably spending more time out in the sun. That's great, but don't forget to protect your skin—not just during the summer, but all year round. The Health Site website offers these dos and don'ts for keeping your skin healthy:

Do hydrate. Water is important for good health in general, and it's essential to healthy skin, helping to clean out toxins from your body and opening your pores to give skin a healthy look.

Don't smoke. Smoking can accelerate your body's aging process, as well as decrease the

number of necessary vitamins and nutrients needed for healthy skin.

Don't pick at your skin. Skin oil can create pimples, but don't pick at them. That can cause them to become septic and leave marks.

Do use sunscreen. It's not just for going to the beach. Apply sunscreen every day if you're going to be outside at all. Choose one that's 30 SPF or higher for good protection from UV rays.

Do eat a healthy diet. Lots of green vegetables and fruit can help your skin stay fresh and young. Raw fruits can brighten your skin.

A graphic with a light beige background and a dark brown border. The text "PROTECT THE SKIN YOU'RE IN" is written in a bold, black, sans-serif font, stacked in four lines: "PROTECT", "THE", "SKIN", and "YOU'RE IN".

**PROTECT
THE
SKIN
YOU'RE
IN**

NEW MINERAL DISCOVERED IN DIAMOND



AARON CELESTIAN/NATURAL HISTORY MUSEUM OF LOS ANGELES COUNTY

Scientists have discovered a mineral never before seen in nature—in the heart of a diamond. Scientific American reports that the mineral, a form of calcium silicate perovskite, has been created artificially in laboratories under high-pressure conditions, but it reverts to a different form under normal pressure.

However, scientists found three small chunks of the material when examining a diamond from Botswana. Because it has a different crystalline structure, they gave it a new name, davemaoite (after one of the researchers, geologist Ho-Kwang “Dave” Mao).

The diamond was formed deep in the mantle of the Earth, some 410-560 miles down. The davemaoite was found to have high levels of potassium, which may have helped keep it stable; it also contains small amounts of uranium and thorium, which are radioactive and contribute to the heat the Earth generates beneath its surface. Geologists speculate that davemaoite may make up to 5-7% of the material in the Earth’s mantle, providing new clues to the structure of our planet.

TAKE A BREAK!

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Carne Asada Nachos

Ingredients

2 tablespoons reduced sodium soy sauce
 2 tablespoons freshly squeezed lime juice
 3 cloves garlic, minced
 2 teaspoons chili powder
 1 teaspoon ground cumin
 1 tablespoon canola oil
 1 1/2 pounds skirt steak, cut into 1/2-inch pieces
 12 ounces tortilla chips
 8 ounces extra-sharp cheddar cheese, grated
 3/4 cup pico de gallo, homemade or store-bought
 1 avocado, halved, peeled, seeded and diced
 1 jalapeño, thinly sliced
 1/2 cup queso blanco, homemade or store-bought
 1/2 cup chopped fresh cilantro leaves

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a medium bowl, combine soy sauce, lime juice, garlic, chili powder and cumin. Heat canola oil in a large skillet over medium high heat. Add steak and soy sauce mixture, and cook, stirring often, until steak has browned and soy sauce mixture has reduced, about 5-6 minutes. Place tortilla chips in a single layer onto the baking sheet. Top with steak, cheese and pico de gallo. Place into oven and bake until heated through and the cheese has melted, about 10-12 minutes. Serve immediately, topped with avocado, jalapeño, queso blanco and cilantro.

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RETURN SERVICE REQUESTED

CAR EMBLEMS AND THEIR MEANING

Though very common all over the world, BMW has stirred a little bit of controversy about the meaning of its emblem. Some claim that it comes from a propeller against the blue sky, referring to the early times when BMW was manufacturing airplane engines. The real meaning for BMW is in fact Bayerische Motoren Werke AG (Bavarian Motor Works).

The company was renamed from Rapp Motorenwerke in 1928 and the initial emblem had the BMW inscription inside a black exterior circle. The blue and white panels were added later inside a central circle and represent the Bavarian flag. Today, the BMW emblem is almost the same as the past one, with a few minor changes of font and font color.

