

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

Build Your Confidence

Confidence is essential to success. We all have doubts—moments when we're unsure of ourselves—but you can build your self-confidence and thrive in any job with these tips:

- **List your successes.** Keep a file of what you've accomplished in life—personally and professionally. This can include letters from supervisors or customers or exceptional performance reviews. Review your list every so often to remind yourself of what you've done so far in your career.
- **Recruit some allies.** Make friends with people who believe in you. Your co-workers have seen what you can do, so hang around them for support and encouragement. Be sure to provide support of your own to show that you're loyal and trustworthy, and they'll have your back when you need it.
- **Keep expanding your skills.** Take classes, participate in professional events, and read all you can to learn. Mastering new skills shows you that you're capable of improvement.
- **Contribute as much as you can.**

Helping your co-workers can boost your own morale. Their gratitude will reinforce your belief in yourself, you'll feel a corresponding sense of pride to keep in mind when you're plagued by doubts.

- Dan A.



THE ENDLESS POSSIBILITIES



Of The Smart Kitchen

(BPT) - It seems that most people have experienced a lifestyle transformation over the past two years. Remote living means more people are cooking and eating at home, creating higher standards for their kitchen space. Fortunately, the newest appliances and technology advances are meeting these demands and helping people live more comfortable, efficient lives.

Today's reimagined kitchen is smarter, healthier and greener - designed for optimal wellness in the home. Technology is helping homeowners maximize their kitchen's potential, giving them the ability to do things they never have before.

Tech lifestyle expert and HGTV TV personality Carley Knobloch agrees. "Consumers today have a strong desire for high-tech appliances that not only simplify their home but also allow them to live a more flexible lifestyle," she says.

Here are some of the top kitchen trends of 2022 that help streamline life and modernize how you can use the kitchen space:

Rethink refrigeration. After spending increased amounts of time at home, many homeowners have decided to add more personalized rooms to their homes, like home gyms, offices, art studios, theaters and more. With that, came the desire for more versatile appliances that could fit into any of these new spaces. Products that have become increasingly popular are undercounter refrigerators, especially those that can blend easily into

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cabinetry. Undercounter refrigerators offer added convenience to the home.

Those aren't the only refrigerators getting upgrades. Now, the first-ever 48-inch French door refrigerator from Signature Kitchen Suite is opening this option to more people than ever, bringing beauty and functionality into any luxury kitchen.

Ovens with options. Warmer weather is just around the corner, meaning entertaining season is coming back in full force. The good news is you don't need a huge kitchen to be a pro host. Many kitchen appliances today offer more functionality in one product so you can get more cooking done in one convenient space.

For instance, the latest ranges now feature double-oven designs, so you can bake or roast two dishes at different temperatures at once in separate oven cavities. LG's new slide-in range delivers the most when it comes to multifunctional cooking with several cooking modes including ProBake Convection - the gold standard in convection technology, for even baking on every rack, every time. Plus, Air Fry helps you turn out crispy flavor to feed a crowd while Air Sous Vide locks in moisture and aroma to deliver meats, fish and poultry that are tender, juicy and consistently delicious.

For added convenience, the microwave easily connects to the range for automatic ventilation and lighting when cooking on the range's cooktop, while InstaView technology allows you to check on the cooking progress by simply knocking twice on the glass to illuminate the interior.

More than a microwave. Does your microwave oven cook unevenly, where some parts of foods are overcooked, and others are still cold? If so, it's time for an upgrade. Modern smart microwaves cook foods quickly and evenly with advanced technology that provides delicious results and added features that complement the way you use your kitchen.

Thanks to the slide-out "ExtendaVent, your cooking atmosphere is kept clear and clean as it reduces the presence of smoke and lingering odors in the kitchen. Plus, cleaning has never been easier with the EasyClean interior that features a special coating to prevent food and grease from sticking.

Integrated recipes. Imagine scanning a recipe, having it populate your grocery cart so you can order the foods you need and then having your smart appliance know exactly how to cook those foods to perfection. This is now a reality thanks to the new "ThinQ Recipe" service that works with several of the cooking appliances, like LG's new range and over-the-range microwave, and it can be easily accessed via an app. The new tool even offers over 10,000 shoppable recipes via Walmart and Amazon Fresh delivery services.

As Knobloch points out, we're all likely going to continue to spend more time cooking, eating and enjoying time together in your kitchen. To make the most of the space and your time, these smart appliances are a smart investment.



Start Your Spring In Good Health



market when it reopens and look for organic produce in your grocery store.

Stay hydrated. As temperatures grow warmer you may be outside more, exercising, running errands, and doing chores. You can easily sweat away moisture from your body without realizing it, so make sure to drink plenty of water throughout the day to ward off the fatigue, headaches, and low energy that can result from dehydration.

Get moving. Take advantage of the milder weather to get outside and get your blood pumping. Even light exercise can do your body good after a sedentary winter. Take a walk or do some gardening to improve your muscle and bone health.

• Enjoy the sun—cautiously.

Sunshine boosts your skin's production of vitamin D, which is good for bone health and increases serotonin levels, which elevates your mood. Just remember to protect your skin from UV radiation by covering up and using sunscreen when you're outside. Safeguard your eyes with sunglasses and hats.



SUGGESTIONS FOR A SUCCESSFUL YARD SALE



Do you have too much clutter in your garage or in your closets? With spring coming, it may be time to hold a yard sale to turn your unwanted stuff into a little extra cash. The

most successful yard sales take some preparation, so here's a checklist to help you get started:

- **Advertising.** Make brightly colored signs to advertise your sale, using thick black markers to write your address. Also, use arrows to give directions. Try posting the signs the night before the sale, and don't forget to remove them once the sale is over.
- **Cash.** Have plenty of coins and small bills on hand so that you can easily make change. Store the money in a fanny pack where it will be readily accessible but not easy to steal.
- **Pricing.** Use little stickers from office supply stores to place a price on each item. If the object is used, it should be priced around 10-25% of its retail value. If it has never been used or unwrapped, you can ask 50%. But be prepared to haggle.
- **Merchandising.** To attract attention and visitors, display the most colorful items out front.

TAKE A BREAK!

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Cool Mint Shakes

Ingredients

Base Ingredients

- 1 3/4 cups vanilla ice cream
- 1/3 cup milk
- 1 1/4 teaspoon peppermint extract
- 8 drops green food coloring

Classic

- Whipped cream
- Garnish: Cherry, green sprinkles

Chocolate Cookies and Cream

- 3 crushed chocolate wafer cookies
- Whipped cream
- Garnish: Crushed cookies

Instructions

Blend all base ingredients in a blender until smooth and creamy.

Classic

Top with whipped cream and a cherry. Garnish with sprinkles.

Chocolate Cookies and Cream

Add crushed cookies to the base, and garnish with whipped cream and more crushed cookies.

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NOT SO DUMB

A young boy enters a barber shop, and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I show you."

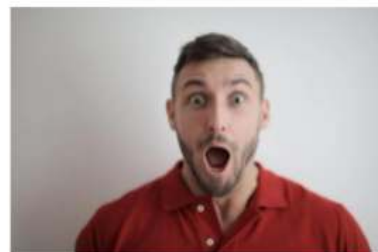
The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, the customer sees the same young boy coming out of an ice cream parlor. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licks his cone and replies: "Because the day I take the dollar, the game is over!"

Miss an Issue?



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ARCHIVES

