

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

A Little Extra

A man always bought oranges from an older woman at the town market. She would weigh them on a scale and place them in a bag.

After he paid, the man usually took one orange out of the bag, peeled it, and tasted one piece. Then he'd say, "This orange is sour," and hand it back to the woman.

She bit into a piece. "It tastes sweet to me," she always said, but she gave him a few extra oranges to make up for it.

The man's wife went to the market with him every day and saw this happen time after time.

One day she asked her husband, "Why do you do that every time? The oranges are always sweet."

The man replied, "That old woman hardly eats. This way I get her to eat an orange a day for her health."

A merchant in a vegetable stall saw the exchange happen every day too.

One day she asked the old woman, "Why do you let him get away with that? He always complains about your oranges, and you always give him extra. Why do you put up with it?"

The woman smiled. "He always pays me a little extra when I weigh his bag. That way he can feed me and pretend I don't know what he's doing. His love pays for the extra orange."

- Dan A.



planning the perfect getaway

FOUR STEPS TO CONSIDER

(BPT) - Spring has finally arrived and the warmer weather has Americans eager to plan their next vacations, from Spring Break trips to weekend and summer beach getaways. Whether it's a solo trip or travel with friends or family, there are many things to consider when planning a vacation, including choosing the destination, lodging, transportation and more. For AARP members, a wide range of benefits and discounts can help you plan an affordable getaway and enjoy a trip to a new or favorite travel destination.

"Now, more than ever, Americans are eager to get back on the road, into the air and out on the water to discover and revisit the places and people that bring us joy. And this spring and summer there are so many options for traveling smart, safely and affordably, so you can make the most of every minute of your vacation time," said Sarah Greaves-Gabbadon, travel expert, JetSetSarah.com.

Here are four steps to consider as you plan your next vacation:

Step 1: Book your travel. There are myriad travel sites you can use to book airfare, lodging, car rentals and more. Consider using the AARP Travel Center Powered by Expedia, a one-stop shop where you can book flights, hotels, rental cars and more to plan your upcoming trip. AARP members can earn a \$50 Visa® Prepaid Card when they book a flight vacation package, which can be used for a fun family excursion or a dinner with friends during your trip. Vacation packages vary from flight and hotel, flight and car, and flight, hotel and car.

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If you're interested in train travel, which is increasing in popularity, Vacations By Rail offers itineraries for escorted train tours to the Canadian Rockies, America's National Parks & Monuments and more, or independent train trips to the Grand Canyon, Alaska or the California coast. AARP members can save 5% on worldwide rail vacations, tours and select train tickets in the U.S., Canada, Europe and beyond.

Step 2: Find lodging. Once you've decided on the perfect location for your next trip, it can be equally as important to find a safe and clean rental or hotel. After long days of sightseeing, swimming, hiking, shopping or exploring a new or familiar city or beach town, it's nice to find a comfortable place to relax and unwind.

With over 900 locations in the U.S. and Canada, La Quinta® by Wyndham offers AARP members 10% off the best available rates so you can vacation in comfort and style while spending time with your loved ones.

AARP members can also take advantage of 10% savings at one of Holiday Inn's 2,900 locations worldwide.

Step 3: Plan transportation. It's important to assess your transportation needs when planning your next vacation. If you're flying or traveling by train to your destination, will you need a rental car? If your itinerary keeps you within a city or town with good public transportation or one that's walkable like New York City or Washington, D.C., there's no need to rent a vehicle. However, if you're planning to do some sightseeing outside the city

or town you're visiting, like Las Vegas or a beach town, a rental could come in handy.

If you're driving to your destination but don't want to put miles on your personal vehicle, renting a car is also a good option. AARP Members can enjoy savings of up to 35% off with Budget PAY NOW rates when renting a vehicle from a participating location in the contiguous U.S. and Canada.

Step 4: Fill up your gas tank. If you're driving to your destination, don't forget to stop at an Exxon™ Mobil™ to fill up your gas tank. While you're there, pick up your favorite road trip snacks and beverages. When you link your AARP membership with your Exxon Mobil Rewards+™ account, you earn extra points every day on the things you already buy, like fuel, car washes and convenience store items, and 2x the points on fuel on member days. Every 100 points you earn is the equivalent of \$1 in savings on eligible purchases. And when you become an Exxon Mobil Rewards+ member, you receive a 500-point welcome bonus - that's a five-dollar value - after your first fill-up.

Regardless of where you go on vacation and how you get there, don't forget to optimize your next trip by taking advantage of the benefits and savings available to AARP members. If you're an AARP member you can learn more about discounts available for your next trip by visiting <https://www.aarp.org/benefits-discounts/campaigns/roadtrip/>.



Tiny “Drug Factory” Boosts Immune System

Scientists have built a “drug factory” capsule that can manufacture medications inside the body and boost the immune system against cancer, the Science Focus website reports.

The capsules, implanted into mice, create doses of a compound called cytokine, a natural substance produced by bodies that tells the immune system when and where to act against infection. The porous capsule allows nutrients inside to feed the cells, and lets the cytokines out into the body to

fight cancer. The drug factories only have to be administered once, and they continue manufacturing and releasing the dose until the cancer is eradicated.

The researchers say that after determining the right number of capsules to implant in mice used as test subjects, they were able to eliminate tumors in 100% of mice with ovarian cancer, along with seven out of eight mice with colorectal cancer.



Take Care Of Your Baby's Cough



A baby's cough can be worrying for parents, especially in these days of COVID-19, but it's not necessarily a cause for panic. Coughing is common among very young children. Follow this advice from U.S. News & World Report for taking care of a coughing child:

Keep nasal passages as clear as possible. Congestion and postnasal drip can make coughing worse, especially during naps. Use a bulb aspirator for children who can't blow their own noses yet.

Use a humidifier. A cool-mist humidifier can help keep your child's airways moist and reduce coughing.

Give lots of liquids. Keep children well hydrated with water or juice. Warm decaffeinated tea can also eliminate the tickle that causes coughing. If your child turns down liquid, offer him or her a popsicle.

Keep fever down. Children's acetaminophen or ibuprofen can ease a fever in children, but don't give them any adult cough or cold medicines.

If your child is having difficulty breathing, is unresponsive, or unable to eat or drink, seek medical attention right away.



TAKE A BREAK!

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Crustless Spinach Quiche

Ingredients

2 Tablespoons olive oil
 1/2 onion
 1/2 red bell pepper
 1/3 green bell pepper
 1/2 10-ounce package fresh baby spinach
 2 teaspoons minced garlic
 6 eggs
 1/4 cup milk
 Salt and pepper to taste
 1 Tablespoon Greek Seasoning
 2 cups shredded cheddar cheese
 1/2 cup crumbled feta cheese

Preheat oven to 350 degrees F. Spray 9" pie pan with cooking spray. In a large skillet over medium heat, add olive oil. When the oil is hot, add the onions, red and green bell peppers. Cook until the vegetables are soft. Add spinach. Add minced garlic and stir for about 1 minute.

In a large bowl, whisk together the eggs and milk. Add salt and pepper to taste. Add in the Greek Seasoning. Stir in Cheddar cheese and crumbled feta. Add in the spinach and other vegetables in the egg mixture. Stir until combined. Pour the egg mixture into a prepared 9" pie pan. Bake in a preheated oven for 30 minutes. Enjoy!

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Dan's Letter™

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

1..2..PUNCH!

- My wife told me to stop acting like a flamingo. I had to put my foot down.
- My friend said to me, "What rhymes with orange?" I said, "No, it doesn't."
- Why did the man fall in the well? Because he couldn't see the well.
- This is my stepladder. I never knew my real ladder.
- My friend asked me to help him round up his 37 sheep. I said, "40."
- I've been told I'm condescending. That means I talk down to people.
- Some people think it's romantic to carve their names on trees while on a date. I'm more worried about why they're bringing a knife on a date.

*Please...let me introduce
you to my mind...one
picture at a time...*

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