

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

Route To Advance On The Job

Want to progress in your job? It won't happen overnight—you have to take active steps. Follow this advice from the BioSpace website:

- **Always keep learning.** Knowledge is crucial to career success. You'll never get to the point where you know everything necessary for the future.

Keep your mind open to new facts and opportunities to master new skills.

- **Set goals that matter.** To achieve what you want, you have to map it out in detail. Decide what's important to you and focus on that.

- **Get organized.** Learn to manage your time effectively. Keep your workspace clear of distractions. Eliminate redundant or pointless tasks. This will help you concentrate on accomplishing what's important.

- **Support your team.** Don't be selfish. Helping your team achieve its goals positions you as a reliable worker—someone others will support in turn. You'll earn respect and help build a strong network that will help you advance.

- **Take care of your health.** Get enough sleep, exercise regularly, cut back on junk food, and relax as needed.

You need the energy that only a healthy lifestyle can provide to stay productive for the long haul.

- Dan A.



(BPT) - After a year and a half of not traveling or taking smaller, local trips, everyone is itching for the vacations the pandemic put on hold. This feeling of being hungry for travel is what some are calling "revenge travel": the idea that people are more eager to travel after being homebound for so long and want to go big - whether splurging or finally heading to a bucket list destination.

To put your revenge travel plans in motion, the Marriott Bonvoy Boundless® and Bold® Cards are launching new sign-up bonus offers that help cardmembers earn now so they can turn their travel dreams into a reality. Whether that next big trip is around the corner or a year away, it's never too early to kick off travel planning. Here are some top tips to help you organize the ultimate return to travel adventure.

Earn more now, enjoy more later

As you embark on planning, get started by working on a budget to narrow down options. One way to maximize spending, and even unlock destinations that felt out of reach, is to take advantage of the new sign-up offers from the Marriott Bonvoy portfolio of cards.

Starting Sept. 23 - Nov. 3, 2021, new Marriott Bonvoy Boundless® cardmembers can earn 125,000 bonus points + 1 Free Night (valued up to 50,000 points) after spending \$5,000 in the first three months from

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account opening. That's a total point value of up to 175,000 points! Marriott Bonvoy Bold® cardmembers can also take advantage of a new sign-up bonus offer and earn 60,000 bonus points after spending \$2,000 in the first three months from account opening.

If you're contemplating applying for one of the cards, now is the time - these are their highest points offers yet. The cards also offer earning on Marriott Bonvoy properties and everyday purchases so you're able to rack up points now and redeem them for future travel.

Marriott Bonvoy Boundless cardmembers earn 6x points for every \$1 spent at over 7,000 hotels participating in Marriott Bonvoy, 2x points per \$1 spent on all other purchases and a Free Night Award (valued up to 35,000 points) every year after account anniversary. Marriott Bonvoy Bold cardmembers earn 3x points per \$1 spent at participating properties, 2x points per \$1 spent on travel purchases and 1x point per \$1 spent on all other eligible purchases. Whatever your travel style, there are endless hotel possibilities to explore from the Ritz-Carlton to W Hotels to Westin, Sheraton and more in destinations spanning the globe.

Set your travel intention

After a year without travel, we might feel pressured to pack our first trip with as much adventure as possible. Just remember that vacations are best enjoyed when rest and resetting are part of the plan - and this can look different for all of us. Setting a trip intention can help your

trip take shape, giving you an idea of which activities you and any travel companion(s) want to prioritize, but make sure to leave a little wiggle room to relax.

Travel safe, travel smart

Even if your next big trip isn't for a while, it's important to stay up to date on safety and travel requirements. For example, if you don't have a passport or if it's expiring soon, it's recommended to start that process as soon as possible given recent delays in passport processing. It's also helpful to look into what safety and cancellation accommodations your selected airlines have in place to help you travel with more peace of mind. For example, when you book a trip with a Marriott Bonvoy card, cardmembers have added protection benefits for lost luggage and trip delay, as well as a travel and emergency services hotline to help you get back on track.

Most importantly, planning "revenge travel" gives us something to look forward to. Many travel booking sites and services make it possible for you to book well in advance, with low or no fees for cancellations. Plus, if you follow the few tips we've outlined, it's sure to be smooth sailing (or flying!) for your future travels. After a massively unpredictable year, it's never felt more empowering to plan for the future.

*Accounts subject to credit approval. Restrictions and limitations apply. Cards are issued by JPMorgan Chase Bank, N.A. Member FDIC.

Picture Perfect Pup: 5 Easy Dog Photography Tips

(BPT) - Loyal, loving, quirky and kind - a dog brings so much joy to life. It comes as no surprise that pet parents take ample pictures of furry family members.

From capturing those split-second cute poses to setting up the ideal seasonal image, dog photography is a big trend.

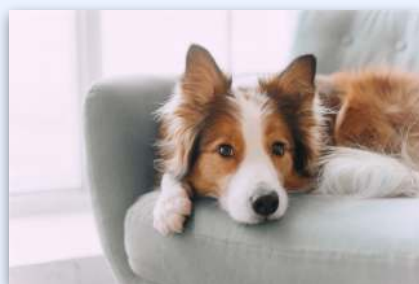
Here are some tips and tricks that can help you get the ideal pictures of your canine counterparts.

Balance lighting

Good lighting is essential for any type of photography. If too much light is coming from behind, your dog will appear darker. If too much light is in front, it may wash out your pup. Keep in mind, fur absorbs light differently than skin, so experiment to see how changes in lighting impact the photograph. Natural light is typically best.

Use a fast shutter speed

No matter your pup's personality, they'll probably be moving in some manner as



you try to photograph. If you're using a tablet or smartphone, switch the settings for an action shot. If you're using a camera, opt for a faster shutter speed. This will help ensure that your pup's excitement doesn't turn into a disappointing photo when you review the image and it's a big blur.

Know the dog's personality

Some dogs adore affection and will melt for back scratches and belly rubs. Some pets go gaga for a game of fetch. Some just can't resist their favorite treat. Whatever the dog's preferred ways to feel

loved, use them to your advantage during your photo session. This will help make them feel comfortable, encourage cooperation and keep their attention.

Make some quick edits

A few simple edits after you take a picture can elevate the image significantly. When on the go, Lightroom presets allow you to seamlessly edit your photos in one click from your mobile device. Lightroom offers thousands of presets to choose from, and even more can be found in Lightroom Discover.

Trust the process

You may have an idea of what you want to create, but in the end it's the pets who determine the context of the photo, which is part of the magic. Remember to mix candid and posed photography to get a nice variety and just keep clicking. You never know what might be captured and the beauty of digital photography is that there is no limit to how many photos you can take.

Time To Get That Long-Delayed Checkup?

You may have put off going to the doctor for your regular checkup. Minor ailments may not have seemed worth the time—or the risk. Now that things are getting back to normal, you can safely schedule an appointment again.

Here's what to do, counsels U.S. News & World Report:

Don't be embarrassed. You may worry that the staff will criticize you for putting off your checkup. Just remember that the pandemic was stressful for everyone. You have the right to take care of yourself as best you can while maintaining your physical and mental health.

Document your stats. In the days or weeks before your appointment, start keeping track of key metrics like your weight, blood pressure, blood sugar (if you have diabetes) and other factors affecting your overall health, like fatigue, shortness of breath, or irritability.

Prepare questions. Come in with a list of questions to ask your doctor. Write down the answers. You don't want to forget anything crucial regarding your health.

Set goals. Work with your doctor on some realistic goals for better health—mild exercise, medications, meditation, and other strategies. Remember that even small steps can have a big impact over time.

Don't ignore new symptoms. If you experience any sudden problems, like chest pain, don't wait for your appointment. Call your doctor immediately and, if necessary, go to the ER.

Keep doctors informed. After your appointment, let your doctor know if you're having side effects or negative reactions to any medications or activities, or if a prescription is too expensive for you. Remember that your mutual goal is to keep you healthy for the long run.



TAKE A BREAK!

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Caramel Sticky Rolls

Ingredients

- Nonstick cooking spray
- flour, for rolling pastry
- 1 frozen puff pastry, thawed
- caramel sauce, divided
- 1/2 cup walnuts, chopped
- powdered sugar

Heat oven to 400 F. Spray muffin tin with nonstick cooking spray. Sprinkle flour on work surface. Flatten pastry sheet and roll into rectangle.

Drizzle caramel sauce over pastry and spread within 1/2 inch of edges. Sprinkle chopped walnuts over caramel sauce.

Starting on short end, evenly roll pastry with filling to other end.

Cut pastry into nine pieces. Place pastries cut side up into muffin cups.

Bake 22 minutes, or until golden brown. Immediately remove from pan to wire rack. Let cool 10 minutes.

Drizzle with additional caramel sauce and dust with powdered sugar.

Source: culinary.net

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Dan's Letter™

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

ONE-TWO PUNCH!

- You don't need a parachute to go skydiving. You only need a parachute to go skydiving twice.
- Parallel lines have so much in common. It's a shame they never meet.
- Someone stole my mood ring. I don't know how I feel about that.
- I broke my finger last week. On the other hand, I'm OK.
- I came up with a new word yesterday: Plagiarism.
- Why should you never date a tennis player? Because love means nothing to them.
- I, for one, like Roman numerals.
- You know what they say about cliffhangers . . .

Miss an Issue?



Check out the
ARCHIVES



SCAN ME