

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

The Two Sons

Two brothers worked on the family's farm. The younger brother was given more responsibility, and the older brother asked his father to explain why.

The father said, "First, go to Kelly's farm and see if they have any geese for sale.

The brother soon returned. "Yes, they have five geese they can sell us." The father said, "Good. What's the price?"

The son went back to the farm and returned shortly with the answer: "The geese are \$10 each." The father asked, "Can they deliver the geese tomorrow?"

Again, the son went back, and came back with the answer: "They can deliver the geese tomorrow."

The father then called the younger brother. "Go to Davidson's farm and see if they have any geese for sale.

The younger brother soon returned. "They have five geese for \$10 each, or ten geese for \$8 each; they can deliver them tomorrow. I asked them to deliver the five unless they heard otherwise from us. And I stated that if we want the extra five geese, we could buy them at \$6 each."

The father turned to the older son who now realized why his brother was given more responsibility.

- Dan A.



Come Early And Stay Late For

THE 2024 ECLIPSE IN ARKANSAS

(BPT) - Whether you're an astronomy buff or want a unique vacation experience, head to Arkansas for the 2024 Great North American Eclipse April 8, 2024. Two-thirds of the state, from southwest to northeast corners, will be located within the path of totality, which - in locations closest to the center line of the path - will last for more than four minutes. The remainder of the state will experience a partial eclipse lasting more than 2.5 hours.

This is a historic event for Arkansas, which hasn't been in the full path of a solar eclipse since 1918. The Natural State is expected to welcome more than a million visitors on the day of the eclipse and during the time leading up to and after the event.

While the eclipse will only last a few minutes, you can turn this once-in-a-lifetime event into an unforgettable vacation with friends and family. Come early and stay late so you can take in the full experience of what Arkansas has to offer. To get started, check out these three places in Arkansas where you can enjoy the eclipse and other attractions the state has to offer.

1. Hot Springs, AR - Hot Springs, Arkansas, may be best known for hosting several annual music and film festivals and as a popular vacation resort destination. However, it's also home to the smallest and oldest of the parks in the National Park Service.

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Hot Springs National Park is the first federally protected area in the nation's history. The park was created to protect the 47 naturally flowing thermal springs on the southwestern slope of Hot Springs Mountain. Head to a campground or get out on the water to see the total eclipse for an unobstructed view of the sky.

You can also enjoy outdoor activities - like hiking, mountain biking, golf, horseback riding, fishing, digging for quartz crystals and water sports -before and after the eclipse at other Hot Springs natural destinations around the area known as the Diamond Lakes Region.

Don't forget to check out the Gangster Museum of America and the Mid-America Science Museum for indoor educational entertainment.

2. Little Rock, AR - Take a trip to Little Rock, Arkansas, the state's largest city. Located on the banks of the Arkansas River in Pulaski County in the center of the state, the city is a dream destination for cyclists, with several trails and loops in and around the city.

Consider bringing your bike or renting one so you can enjoy the solar eclipse while on the trail. Before and after the eclipse, take a self-guided cycling tour of the city to discover its rich history and enjoy Little Rock's food scene in the River Market District. Downtown, you can visit restaurants, shops, art galleries, museums, the main library, bars and a seasonal farmers market.

For foodies, check out Lassis Inn, one of the state's oldest restaurants and recipient of America's Classics Award by the James Beard Foundation. If you're into beer, head to Lost Forty Brewing, one of the largest breweries in the state, and enjoy a bite and cold beer after a day outdoors.

3. Buffalo National River - If you want to experience the eclipse with as little artificial light as possible, plan to visit Buffalo River National River. This park is the state's first and only International Dark Sky Park, meaning people can view the eclipse minus any artificial lighting obstructions. Visit before or after the eclipse to see stars, planets and constellations under a natural night sky.

For horse lovers, the park also has more than 75 miles of designated equestrian trails and 100 miles of maintained trails within the river park. Some trails offer breathtaking views from the top of the limestone bluffs. Whether you want to sleep under the stars in the primitive backpacking campgrounds, stay in a rustic cabin or enjoy a resort just outside the park, Buffalo National River has plenty to offer visitors on the day of the eclipse and year-round.

Start planning your 2024 trip to the Great North American Eclipse today. Whether you visit one of these three destinations or other towns and cities in the path of totality, you're sure to have an optimal view of this rare event. To learn more about attractions and accommodations in Arkansas, visit Arkansas.com.

Succeed On The Job By Going Beyond The Job

Hard work is important to succeeding on the job, but it's not everything. Maintaining a healthy balance between work and life is essential to staying effective and avoiding burnout for the long term. The Ladders website offers this guidance on how to succeed in both areas at the same time:

- **Change your routine.** Don't follow the same schedule all the time. Mix things up so you're actively thinking about choices, not just following the clock. You may find better ways of getting your job done and recharging when you need to.
- **Give up control.** Let go of the impulse to try controlling everything in your life. Do what you can, but remember that some things are



beyond your influence. You'll be able to relax and let things flow, concentrating on what's really possible.

- **Meditate.** Meditation can calm your thoughts and relax your body. Make a list of things you're grateful for and look at it every day, adding new things.

- **Do something you enjoy every day.** Take the time to paint a picture, take a walk, or sit quietly. Having this to look forward to will help you get through the day, and you'll feel better afterward.

- **Exercise.** You don't have to run a marathon. Just spend 20–30 minutes a day on light, moderate exercise like walking or riding a bike. It helps you stay in good physical shape and also benefits your mood.

- **Be social.** Don't limit your friendships to work relationships. Cultivate friends who support you no matter what. Spend time with them to get your mind away from the office and enjoy life.



DON'T FALL FOR FAD DIETS



Dieting to lose weight can be good for your health, but only if you choose the right diet. Unfortunately, many fad diets promoted on social media can actually be harmful to your health. Watch for these red flags from the Healthline website:

Flimsy credentials. A social media influencer may not be qualified to provide reliable nutrition advice. Your doctor, or a registered dietitian, can offer better options.

Sponsored content. Check to see if people dispensing advice have any financial relationship with the products they're touting. If they're being paid to endorse a supplement or diet plan, they may not be trustworthy. Look at reviews from real customers, and check with your physician.

Unrealistic claims. If a product sounds too good to be true, it probably is. Diet pills promising to help you lose lots of weight in a few days or weeks may be dangerous, for example. Avoid anything that offers a "cure," a quick fix, or immediate results.

• **Overly restrictive diets.** Popular diet plans that try to restrict or eliminate entire food groups aren't healthy. Often, they rob your body of the nutrients it needs to stay healthy. The best diet is balanced, allowing you to enjoy your favorite foods in moderation.

TAKE A BREAK!



Cowboy Stew

Ingredients

4 slices bacon, chopped
2 (12-ounce) package kielbasa sausage, cut into 1/2 inch slices
1 1/2 pounds ground beef, 80/20
1 medium onion, diced
3 cloves garlic, minced
3 tablespoons all-purpose flour
1 1/2 teaspoons salt
1/2 teaspoon black pepper
1 teaspoon chili powder
1 (14.5-ounce) can petite diced tomatoes, with liquid
2 (16-ounce) cans baked beans, with liquid
1 (7-ounce) can chopped green chilies, with liquid
1 (15-ounce) can sweet corn, with liquid
2 medium russet potatoes, peeled and cut into 1/2 inch cubes
1 cup water
2 tablespoons parsley, chopped

Instructions

Cook bacon until brown and crispy in a large pot. Using a slotted spoon, transfer bacon to a plate lined with a paper towel to drain. Add the sausage to pot drippings and brown on both sides, adjusting heat as needed so fond (brown bits on the bottom of the pot) does not burn. Remove to the plate with bacon; set aside. Add beef, onion, and garlic to the pot and brown until the beef is no longer pink. Sprinkle flour, salt, pepper, and chili powder over beef. Stir and cook for 1 minute. Add diced tomatoes, baked beans, green chilies, sweet corn, potatoes, bacon, sausage, and water. Bring to a boil then immediately reduce heat and simmer, covered, for 1 hour, stirring occasionally. Garnish with parsley. Add additional water if stew is too thick. Enjoy!

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Dan's LetterTM

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

RETURN SERVICE REQUESTED

The Crucial Difference

A heart surgeon took his car to his local garage for a regular service.

"So tell me," said the mechanic, "I've been thinking about what we both do for a living, and how you get paid a lot more than me."

"Yes?" said the surgeon.

"Look at this," said the mechanic as he opened the hood.

"I open it up, check how it's running, fix the valves, and put it all back together so it works good as new. We basically do the same job, don't we? But you get paid ten times more than I do. How do you explain that?"

The surgeon thought for a moment, then smiled. "Try doing all that with the engine running."

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

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