

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### Show Up...On Time

Are you always running late? Maybe you're legitimately busy, but sometimes chronic lateness springs from other issues. The danger is that being late all the time will give you a reputation for being undependable and/or careless. Take better control of your time by considering these psychological causes behind being constantly behind schedule:

- **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. The problem is, important people like customers and your boss don't like it. Remind yourself that other people's time is important too.
- **Validation.** Being busy can be one measure of success— "Look at all the customers/projects/important tasks I've got to do!" But if you overextend yourself, you'll burn out.

• **Anger.** Sometimes we "punish" people by forcing them to wait on us. This rarely solves any problems and may exacerbate them. If you've got an issue, talk it out openly.

- Dan A.



## TRAVEL DESTINATIONS

that are perfect for your getaway in 2023



(BPT) - Heading into a new year is the perfect time to decide on 2023 travel plans. With so many places to see, both close to home and abroad, it can be hard to choose. To help, here is a short list of the best travel destinations for this year. With the right tools, you could check more than one thing off your bucket list.

Leap across the pond to explore the many historical landmarks of London, United Kingdom. International travel to London continues to see an uptick, sparked most recently by the late Queen's Platinum Jubilee celebrations in 2022. It is no surprise, as London offers a never-ending roster of exciting activities.

In 2023, tourists will have the chance to experience the London Games Festival in April or Trooping of the Color in June. History buffs can take a guided tour of Westminster Abbey, experience the modern landmark at the London Eye or explore the many sprawling and luxurious rooms of the famous Buckingham Palace. Looking for an afternoon pick-me-up? After a busy day exploring, settle down at one of London's famous high-tea cafes, or cozy up at a famous local pub.

London is a city intertwined with the perfect mix of tradition and history all while embodying a modern flair that is attractive to many travel-lovers. As a popular year-round travel hub, there are ample lodging options when exploring London to meet every budget and

Continued on page 2...

taste, making it the perfect fit for those looking for a luxurious getaway or for those looking to vacation affordably with the whole family.

Spend a cozy weekend nestled in the Rocky Mountains of Bozeman, Montana. Celebrated for its picturesque scenery and rich history, Bozeman will undoubtedly be another hotspot for travel in 2023. While it is known as a "home base" destination for those planning to take in the sights of Yellowstone National Park, the city itself also has so much to offer.

Whether it is taking in the views on a nearby hike, experiencing one of the city's bars or restaurants, or heading to Yellowstone for a guided tour of the Old Faithful Geyser, Bozeman offers a range of activities, ensuring there's something for every traveler.

The city also has an array of lodging options. From upscale hotels that offer adventurous excursions, to family-friendly options for all to enjoy.

Immerse yourself in new cuisine, culture and experiences in Tokyo, Japan. In October 2022, Japan reopened its borders to independent international travelers, making this an exciting hotspot for 2023 tourism. Tokyo, the bustling capital of Japan, is known for its remarkable skyscrapers and

breathtaking public gardens, all while offering luxury, modern and boutique hotel options for every type of traveler.

Visitors can take in the famous Mount Fuji from hotel rooftops or check out the Sumida River that ripples through several Tokyo neighborhoods. Additionally, exciting nightlife buzzes in Shinjuku, Roppongi and Shibuya. And, calling all foodies! Tokyo is also well-known for its exquisite cuisine options, representing an incredible international dining scene. Grab a bite at a top-rated restaurant like Den or taste the flavors of renowned dishes at French-Japanese restaurant, Florilège.

Now it's time to plan. What's a great way to help make these trips possible? Savvy consumers have travel credit cards that are tied to their favorite hospitality loyalty programs, giving them the opportunity to earn points toward hotel accommodations, dining, excursions and more. For example, the Chase IHG Rewards Premier Credit Card earns cardmembers IHG One Rewards points with every purchase. Right now, new cardmembers can earn 175,000 bonus points after spending \$3,000 in the first three months from account opening. 2023 travel dreams are within reach and the right planning can bring them to life!

Chase credit cards are issued by JPMorgan Chase Bank, N.A. Member FDIC. Accounts subject to credit approval.

## Get Swollen Feet Checked

If you can hardly get your swollen feet back into your shoes after a long airplane flight, but can put them on easily within 24 hours, you're probably OK.

Edema can occur in any part of the body or in the entire body, but it's usually noticed in the legs and feet. There are many causes, both benign and serious.

Just sitting still or standing for a long period of time can cause temporary swelling.

Swelling even could be caused by eating a very salty dinner. But, if your feet and ankles are still swollen days later, it's time to see your doctor.

The cause could be one of these more serious conditions.



• **A blood clot.** This is suspected if swelling occurs only in one leg.

• **Heart failure.** Many things can cause the right side of the heart to weaken, losing its ability to effectively pump blood, which leads to swelling, say doctors at the Mayo Clinic.

• **Liver damage (cirrhosis).** The flow of blood through the liver can get backed

up. Swelling caused by liver damage first occurs in the abdomen.

• **Kidney problems.** Damaged kidneys may not properly remove water and sodium from your blood. The result could be swelling throughout the body.

Less-common causes of swelling include other heart problems, thyroid conditions, hormone imbalance, and malnutrition.

Swelling itself can be treated by limiting salt, taking diuretic drugs (water pills), and exercising.

Elevating the affected limb above the level of the heart for about 30 minutes or longer up to three times a day can help. Whatever the cause, get it checked.



## ROSEMARY IS GOOD FOR YOUR BRAIN

The herb rosemary contains an ingredient that fights off damage to the brain. The active ingredient in rosemary can protect the brain from stroke and neurodegenerative conditions such as Alzheimer's, and also from normal aging, a collaborative group of researchers at the Burnham Institute for Medical Research say.

The ingredient, carnosic acid, protects the brain cells from free radicals. The findings were originally reported in The Journal of Neurochemistry and Nature Reviews Neuroscience.

Rosemary comes from a shrubby evergreen bush with needlelike leaves. It has trusses of flowers that can be white, pink, purple or blue. Rosemary derives its name from the Latin rosemarinus, which translates as "dew of the sea."

Rosemary has a long history as a memory aid. It was also used in the past at weddings to symbolize love and loyalty.



## TAKE A BREAK!

					7	4		3
			5		2		6	9
		9	1	4			7	
	9			6				7
	5		8	7	4		9	
7				3			4	
	7			1	6	5		
6	4		7		8			
3		2	4					

Solution on page 4



### Pumpkin Pecan Cobbler

#### For the Cobbler

1 cup + 3 tablespoons all purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup granulated sugar  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon cloves  
1/2 cup pumpkin puree  
1/4 cup milk  
1/4 cup melted butter or vegetable oil  
1 1/2 teaspoons vanilla

#### For the Topping

1/2 cup granulated sugar  
1/2 cup brown sugar  
1/4 cup chopped pecans  
1 1/2 cups very hot water

#### Instructions

Preheat oven to 350 degrees. In a medium sized bowl, stir together flour, baking powder, salt, sugar and spices. Set aside. In a smaller bowl, stir pumpkin, milk, melted butter and vanilla together to combine. Pour wet ingredients into dry ingredients and mix to create a thick batter. Pour into a small 8-inch casserole dish with high sides. In a separate bowl, stir sugar, brown sugar and pecans together. Spread over the top of the batter evenly. Pour hot water over the entire thing and bake for 40 minutes or once the middle is set. Cool 5-10 minutes before serving. Serve with more pecans and vanilla ice cream.

### INSIDE THIS ISSUE

From the Desk of Dan Anderson  
PAGE 1

Travel Destinations...  
PAGE 1

Get Swollen Feet Checked  
PAGE 2

Rosemary Is Good For Your Brain  
PAGE 3

Take a Break!  
PAGE 3

Pumpkin Pecan Cobbler  
PAGE 3

...be sure to tip your waiter.  
PAGE 4

#### SOLUTION

1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12
1	2	3	4	5	6	7	8	9	10	11	12

## Dan's Letter™

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

RETURN SERVICE REQUESTED

...be sure to tip your waiter.



- Taking my dog "Shark" to the beach yesterday was probably not the best idea.
- I just heard the company that makes yardsticks isn't going to make them any longer.
- My wife was shocked when she found out I wasn't a good electrician.
- I have a phobia of German sausage. Yes, I fear the wurst.
- What's the difference between a poorly dressed man on a bicycle and a well-dressed man on a unicycle? Attire.
- Nothing tops a plain pizza!
- I lost my wife's audiobook, and now I'll never hear the end of it.
- A man tried to sell me a coffin today. I told him that's the last thing I need.
- I just sold my vacuum cleaner. All it was doing was gathering dust.