

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

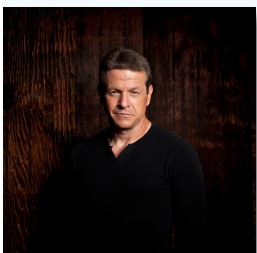
Management Tips

If you want to be a good manager, you have to commit yourself to employee involvement, says Andy Grove of Intel in 1001 Ways to Energize Employees, by Bob Nelson. Here are Grove's management tips:

- Create an environment where motivated people can flourish.
- Don't take personal credit for what your team accomplishes.
- Take time to consider what you need to do today to avoid tomorrow's problems.
- Keep in mind that your time is finite, and when you say yes to something it likely means you're going to have to say no to something else.
- Schedule one hour every day to deal with things that will inevitably interrupt you. That way you can deal with them in a planned way.
- Realize that performance evaluations are absolutely necessary.
- Realize that if an employee is not doing his job that there are only two possible explanations. 1. He can't do it. 2. He won't do it.

To determine which problem, you're dealing with ask yourself whether the person could do the job if his life depended on it. If yes, then you know you're dealing with a motivation problem. If no, what you've got is a lack of ability.

- Dan A.



**escape the
everyday
routine**

THIS SUMMER

(BPT) - There's a reason summer is a popular time to vacation. With the kids out of school, and the weather warming up, take advantage of the sunshine and your family's more flexible schedule to share experiences and strengthen your family bonds.

This year will be an especially popular year for vacations. Do you crave an escape from your daily routine - 64% of people say they do - if even for a few days? In a recent study conducted by Mintel, in partnership with Kalahari Resorts & Conventions, nearly 62% of parents intend to take more family vacations in 2023 than they did in 2022, and 77% said their goal was to make memories and 74% to have fun.

Are you ready to start planning your vacation? Check out these three family vacation ideas that are perfect for having fun and making memories together this summer.

1. Explore a new city. Exploring a new city together can be a fun and exciting adventure for the whole family! Choose a destination and make a list of must-see spots and activities so you can plan accordingly. Your list should include restaurants for the foodies in your family, amusement parks and attractions for the thrill seekers, shops for the fashionistas and a spa visit for those who want to relax.

Continued on page 2...

Don't overload your itinerary! Remember, your family should come back from vacation feeling refreshed. Build in downtime in between events and outings, too. Quiet, relaxing moments together allow everyone to recharge for the next activity and allow you to reflect on the memories you're making.

2. Take a road trip. A family road trip is the quintessential American vacation experience and for good reason. According to the Mintel study, 50% of parents prefer to drive and 72% of parents say it's important to pick a destination they can drive to.

No two road trips are alike. Even if you're taking the same route as others, when and where you decide to stop is completely up to your family, making each road trip a unique experience.

When planning a road trip, you can pick one or several destinations and plan for pit stops along the way. Also, the flexibility of a road trip means you can stop and explore a town or attraction on your route that piques your interest with minimal disruption to your planned itinerary.

The best part of a family road trip is that quality time is built into it. Spending time together in the car gives you plenty of opportunities to connect and talk about what you're most excited to see and experience.

3. Stay at a resort. A family vacation at a resort is a great way to have fun while taking the stress out of trip planning. Instead of going out to several locations in one city, you can adventure, shop, eat and relax all in one place.

A destination like Kalahari Resorts & Conventions has something for everyone, all under one roof! Home to America's largest indoor waterparks, kids of all ages will make memories and are sure to have fun at both the indoor and outdoor waterslides, pools and lazy rivers. Stop by the family entertainment center and play some games as a family or try an escape room. The resort's signature dining options have dishes and drinks to delight everyone's palate. There's also a full-service spa experience for prime pampering in between activities. Don't forget to stop at the unique retail shops to pick up souvenirs and gifts to commemorate your trip.

You can choose from one of four conveniently located resorts (Wisconsin Dells, WI; Sandusky, OH; Pocono Mountains, PA; and Round Rock, TX), pick a route and enjoy a road trip to your resort vacation. And no need to worry about the weather! Mintel found that 81% of parents say it is important to pick a location they can enjoy that is not dependent on the weather. That's not a problem because it's always sunny and 84 degrees inside Kalahari, so you can enjoy a true summer vacation no matter what it's doing outside. To learn more, visit KalahariResorts.com.

Don't let this summer slip by getting lost in your day-to-day routine. Let these three ideas inspire your family vacation so you can start planning your trip to make memories and have fun together this summer.



Embrace Serenity: Tips For A Calm And Safe Driving Experience

Being in a hurry can be dangerous, especially when you are driving. Managing your mindset when you are behind the wheel is essential for your own safety as well as that of others on the road. Here are some tips for managing your driving time:

- Allow yourself ample time to reach your destination, factoring in potential delays like traffic or road conditions. Planning ahead helps you avoid the urge to hurry, reducing stress and the temptation to speed or make risky maneuvers. It also allows for a more enjoyable journey, enabling you to appreciate the surroundings and reduce anxiety.
- While driving, focus on the present moment, your surroundings, and your own actions. Avoid distractions like phone use or engaging in deep conversations. Being



mindful promotes better decision-making, enhances situational awareness, and decreases impulsive behaviors. Maintain a relaxed posture, take deep breaths, and stay attentive to create a calming atmosphere within your vehicle.

- Embrace defensive driving techniques to anticipate and respond to potential hazards. Scan the road ahead, be aware of blind spots, and predict the actions of

other drivers. Defensive driving emphasizes caution, patience, and the ability to adapt to changing situations. By staying alert and focused, you reduce the urgency to rush, making the roads safer for everyone.

Adopting a calm and patient approach while driving is essential for safety. By implementing these tips, you can cultivate a serene and stress-free driving experience.

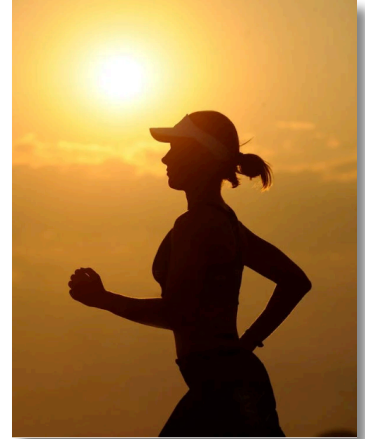
Study: Overwhelming Evidence That Exercise Reduces Fatigue

Feeling fatigued? A study by University of Virginia has found overwhelming evidence that regular exercise can play a significant role in increasing energy levels. The researchers analyzed 70 previous exercise trials to assess whether exercise reduced fatigue. Originally the studies had looked at whether exercise helped prevent or improve symptoms of conditions such as heart disease, diabetes and obesity.

"More than 90 percent of the studies showed the same thing: Sedentary people who completed a regular exercise program reported improved fatigue compared to groups that did not exercise," says Patrick O'Connor, co-director of the University of Georgia exercise psychology laboratory. "A lot of times when people are fatigued the last thing, they want to do is exercise. But if you're physically inactive and fatigued, being just a little more active will help."

The researchers found in their analysis that nearly every group, whether it was healthy adults, cancer patients or people with chronic conditions such as diabetes or heart disease, benefited from exercise. And though it may seem counterintuitive that expending energy will give you more energy, study after study told the same story.

"We live in a society that's always looking for the next sports drink, energy bar or cup of coffee that will give them the extra edge to get through the day," Tom Puetz, the lead author of the study, says. "But it may be that lacing up your tennis shoes and getting out there and doing some physical activity every morning can provide that spark of energy that people are looking for."



TAKE A BREAK!



Classic Tomato Soup

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

Solution on page 4

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 2 cans (14 ounces each) of diced tomatoes
- 1 can (14 ounces) of tomato sauce
- 1 cup vegetable broth
- 1 teaspoon sugar
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- Optional toppings: fresh basil, croutons, or grated cheese

Instructions:

Heat the olive oil in a large pot or saucepan over medium heat. Add the diced onion and minced garlic to the pot and sauté until the onion is translucent and fragrant. Pour in the diced tomatoes (including the juice) and tomato sauce. Stir well. Add the vegetable broth, sugar, dried basil, and dried oregano to the pot. Season with salt and pepper to taste. Bring the soup to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 15-20 minutes to allow the flavors to meld together. After simmering, use an immersion blender or transfer the soup to a countertop blender to puree it until smooth. Be careful when blending hot liquids; allow the soup to cool slightly if using a countertop blender and blend in batches if necessary. Return the pureed soup to the pot and heat it gently until warmed through. Taste and adjust the seasonings if needed. Serve the tomato soup hot, garnished with fresh basil leaves, croutons, or grated cheese, if desired.

INSIDE THIS ISSUE

From the Desk of Dan Anderson
PAGE 1

Escape The Everyday Routine This Summer
PAGE 1

Tips For A Calm And Safe Driving Experience
PAGE 2

Exercise Reduces Fatigue
PAGE 3

Take a Break!
PAGE 3

Classic Tomato Soup
PAGE 3

One-Two Punch!
PAGE 4

SOLUTION

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

Dan's Letter™

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

ONE - TWO PUNCH!



I told my wife she should embrace her mistakes. She gave me a hug.

I used to play piano by ear, but now I use my hands.

If I got 50 cents for every failed math exam, I'd have \$6.30 by now.

I was going to make a belt out of watches, but then I realized it was a waist of time.

The future, the present, and the past walked into a bar. Things got a little tense.

I don't trust stairs. They're always up to something.

I asked my friend to help me with a math problem. He said, "Don't worry; this is a piece of cake." I replied, "No, it's a math problem."

My grandpa has the heart of a lion and a lifetime ban from the zoo.

I have a fear of speed bumps, but I'm slowly getting over it.

I've just written a song about tortillas; actually, it's more of a wrap.

Did you hear about the actor who fell through the floorboards? He was just going through a stage.