

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

There's Value In Change

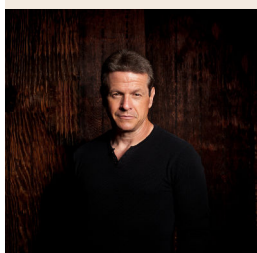
Sam and Alex were avid gamers, playing well into the night. One evening, as they battled in their favorite online game, a severe thunderstorm caused a power outage, halting their play.

Alex was furious, blaming the weather, the game developers, even his own computer. Sam, however, took a flashlight and found an old board game.

With nothing else to do, Alex reluctantly joined. They played, laughed, and shared stories, the game illuminating the evening in more ways than one. When the power returned, they hardly noticed, engrossed in their offline adventure.

The next day, Alex found himself reminiscing about the board game's fun, not the disrupted online battle. From then on, both friends started having regular board game nights, enjoying the camaraderie that comes with gaming unplugged.

Lesson Learned: Sometimes an unexpected change, even if initially disappointing, could lead to a memorable experience.



- Dan A.



(BPT) - Pets are like family and they bring deep meaning to life. While summer vacations can be exciting, bringing all family members along for the stay can make travel memories even richer. Are you ready to plan a summer getaway with your beloved pets?

According to data from Hilton, nearly 80 percent of pet owners say their pets influence the activities they plan and the destinations they visit. With scenic dog-friendly hikes across the U.S., outdoor beer gardens, hotels, restaurants and even entire cities catering to furry friends in creative ways, there are new opportunities to make incredible memories together while traveling with ease.

Fur-ociously fun accommodations

When traveling with your pets, it matters where you stay, which is why Hilton's pet-welcoming hotels make bucket-list travel with your pets easier and better than ever. With more than 5,000 pet-friendly hotels across the United States and Canada, Hilton makes it easy to pair the fun summer vacation with the perfect stay. For example, you'll find enough room for you and your pets to spread out at Home2 Suites by Hilton, Hilton's first-ever pet-friendly brand, a thoughtfully local stay and comfy pet beds at Canopy by Hilton, and homelike

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accommodations while on the road at Homewood Suites by Hilton.

More than 9 in 10 travelers agree that a hotel stay experience can make or break your trip, and if your pet is happy and feels taken care of, you are too. Hilton's pet-friendly accommodations provide a seamless hotel stay, from the booking process, where you can search for pet-friendly properties, to arrival, when pets take refuge from the road.

Paws-itively amazing travel ideas

When traveling with pets, seek pet-friendly destinations that allow your furry companion to have some fun, such as those with ample green space to explore together. One of those destinations, the City of Brotherly Love, Philadelphia, is home to one of the largest urban park systems in the U.S., with nearly 10,000 acres to enjoy.

If it's a beach vacation you're after, turn to destinations that have dog-friendly beaches, such as Myrtle Beach, South Carolina, which provides pet-friendly morning and evening hours on its famous sand and boardwalk.

You can even enjoy some kitsch on road trips with your pet, such as visiting the World's Largest Fire Hydrant in Beaumont, Texas, or exploring the coastal sand dunes in

North Bend, Oregon, in a pet-friendly dune buggy.

With more than half of travelers (56%) concerned about having an easier travel experience in 2023, finding destinations that are heads and tails above the rest is a walk in the park with Mars Petcare's BETTER CITIES FOR PETS™ program, which celebrates and supports cities that strive to be pet-friendly. For example, Daytona Beach, Florida, is known for its fun activities for pets and their humans, such as Bark in the Park minor league baseball games, where four-legged friends can enjoy nine innings with a "pooch pass."

Another popular certified pet-friendly destination is Nashville, a city so pet-welcoming that its airport is filled with amenities to make travel easier, including a dedicated dog park with a dog drinking fountain, indoor relief areas and pet-themed murals in the terminals for selfies with your best friend.

So grab your leashes, pack up your dog beds, water bowls and a favorite toy or two and get ready to hit the road with your pets on the best summer family vacation yet.



Food Containing Melatonin May Help Delay Aging

If you're worried about aging, perhaps a little corn on the cob, followed by a bowl full of cherries, and topped off with a glass of red wine might be in order. Why? Because all of these foods contain melatonin, and recent studies indicate the substance may be the long sought after "fountain of youth." Melatonin, a substance that helps neutralize oxidative damage and delays neurodegenerative processes, might have a hand in putting off old age, according to a University of Granada study.



In the study, 5-month-old mice, which are the human age equivalent of 30-year-olds, were used. This is the age where mice start to show signs of aging, due to an increase in free radicals (oxygen and nitrogen), which cause inflammation.

This "oxidative stress" can cause cell membranes to become more fragile, making them easier to break and damage. The mice then received melatonin in small amounts. The melatonin not only neutralized the damages, but also delayed the negative effects of aging in the mice.

Researchers believe that daily intake of melatonin by humans beginning at the age of 30 could prevent or at least delay some of the negative consequences of aging, such as neurodegenerative disorders (e.g., Parkinson's disease) and other illnesses such as diabetes.

In the meantime, melatonin can be found naturally in small amounts in certain fruits and vegetables like cherries, bananas and onions; in cereals such as corn, oats and rice; and in aromatic plants such as mint, lemon verbena, sage or thyme; and last but not least in red wine.

5 Tips To Help With Back-To-School Prep



Back-to-school season can be hectic. Here are five tips to simplify your preparations:

Create a School Supplies List: Every grade requires different supplies. Make a list early on and buy supplies during summer sales.

Establish a Routine: Gradually adjust your child's sleeping pattern to the school schedule. Reintroduce structured meal times and homework hours to help them acclimatize.

Update Health Records: Ensure all required vaccinations and health check-ups are up-to-date. Inform the school about any specific health needs your child has.

Meet the Teachers: Attend school orientation or 'meet the teacher' events. This can familiarize you and your child with the learning environment and expectations.

Encourage Communication: Talk about concerns and anticipations for the new school year. A supportive conversation can help ease anxieties and motivate your child for learning.

TAKE A BREAK!



Cherry Lemonade

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

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Ingredients

3 cups of cherries (fresh or frozen)
6 cups of water, divided
2 lemons
4 Tablespoons cherry syrup
2 Tablespoons maple syrup
Fresh cherries, optional garnish

Instructions

Place cherries and water in a medium-sized saucepan. Set the saucepan over high heat and bring to a boil. Reduce heat to medium and continue to simmer until liquid is reduced by half, about 10 minutes. Strain out the cherries and save the cherry syrup. (The cherries can be used for a smoothie, pie, or discarded.)

Juice two lemons and divide the juice between two serving glasses, about 2 Tablespoons lemon juice per glass. Pour two Tablespoons of cherry syrup and one Tablespoon of maple syrup in each glass and stir well. Add two lemon halves to each glass, along with a handful of ice cubes. Then top each drink with one cup of water and stir. Garnish with additional fresh cherries, if desired, and serve immediately.

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

Dan's Letter™

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

"It Should Be Obvious, My Dear Watson"

Sherlock Holmes and Dr. Watson decided to go on a camping trip. After dinner, they lay down for the night, and went to sleep.

Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions of stars."

"What does that tell you?" Holmes asked.

Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Time wise, I deduce it is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow."

Holmes was silent for a moment, then spoke. "Watson, you idiot. Someone has stolen our tent!"

