

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

The Source Of True Power

One night after a boxing match, world-famous sports commentator Howard Cosell and a friend were returning to their hotel in a chauffeur-driven limousine.

As they passed an alley, they saw a crowd of young people cheering as two boys fought.

"Pull over," Howard said to the driver.

"I'm sorry, but this is not a safe neighborhood!" the chauffeur protested.

Undeterred, Cosell commanded, "Pull this limo over NOW!"

Before the car fully stopped, he had the door open and was heading towards the teens. Instead of breaking up the fight as expected, Cosell began commentating on it.

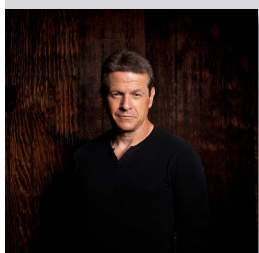
Within minutes, the fight ended, and the teens gathered around the famous announcer.

Cosell handed out autographs and spoke to them about being a real man, not a punk.

Back in the limo, the driver asked, "How did you do that?"

Cosell simply replied, "Because dear lady...I know who I am."

- Dan A.



Making the Most of Tailgating Season

A COMPREHENSIVE GUIDE

Tailgating season is a time of excitement, camaraderie, and, of course, great food. Whether you're a seasoned tailgater or new to the game, there are plenty of ways to make the most of this beloved tradition. Here are some tips to help you create unforgettable tailgating experiences.

Plan Ahead. The key to a successful tailgating event is planning. Start by checking the schedule for your favorite team and selecting the games you want to attend. Once you have the dates, coordinate with friends and family to ensure everyone is on board. Make a checklist of items you'll need, such as a grill, cooler, chairs, and games. Don't forget to check the weather forecast and pack accordingly.

Choose the Right Location. The location of your tailgate can make or break the experience. Arrive early to secure a prime spot in the parking lot or designated tailgating area. Look for a location near restrooms, trash cans, and other amenities. Consider the direction of the sun and wind when setting up your tailgate. If you're tailgating at a stadium, check the rules and regulations for tailgating, as they may vary.

Create a Comfortable Setup. Comfort is essential when tailgating. Invest in quality folding chairs, tables, and canopies to create a comfortable and inviting space.

Continued on page 2...

Bring outdoor rugs, cushions, and blankets for added comfort. Consider bringing a portable fire pit or heater for those chilly days. Set up a designated area for games and activities to keep your guests entertained.

Prepare a Delicious Menu. Food is the heart of any tailgating event. Plan a menu that includes a mix of classic tailgating favorites and unique dishes. Think burgers, hot dogs, ribs, and wings, but also consider adding gourmet options like grilled seafood, sliders, and artisanal charcuterie boards. Don't forget to include vegetarian and vegan options for guests with dietary restrictions. Prepare as much as you can in advance to minimize the amount of cooking and prep work on the day of the event.

Keep the Drinks Flowing. A well-stocked cooler is essential for any tailgate. Stock up on a variety of beverages, including beer, wine, cocktails, and non-alcoholic options like soda, water, and juice. Consider bringing a portable bar or drink station to serve up signature cocktails. Don't forget to bring plenty of ice to keep your drinks cold throughout the event.

Plan Fun Activities. Tailgating is all about having fun and bonding with friends and family. Plan some activities that will keep everyone entertained and engaged. Classic tailgating games like cornhole and ladder toss are always a

hit. Organize a friendly football toss competition or a trivia quiz about your favorite team.

Be a Gracious Host. As the host, it's your responsibility to make sure everyone has a great time. Welcome your guests with a smile and make them feel at home. Introduce people who may not know each other and encourage mingling. Keep the conversation flowing and the energy high. Be attentive to your guests' needs and make sure everyone is comfortable and having fun.

Leave No Trace. After the party is over, make sure to clean up your area and leave no trace. Dispose of your trash properly and recycle what you can. Pack up your belongings and leave the area as you found it. Be respectful of the environment and the people around you.

Enjoy the Game. Last but not least, enjoy the game. Cheer for your team, celebrate the victories, and embrace the losses. Remember, it's all about having fun and creating lasting memories with friends and family.

Tailgating is a beloved tradition that brings people together to celebrate their favorite teams, enjoy delicious food, and create unforgettable memories. So, get ready to fire up the grill and enjoy the ultimate tailgating experience.

The Messy-Desk / Neat-Desk Wars

Does it really matter whether your desk is messy or neat? The answer: It depends. Some people claim that having a messy desk is an esoteric connection to their creativity. Others claim that a messy desk has caused them to stop progressing in their careers because it gave the impression that they were not handling their work lives well.

The truth is there are people who have almost unbelievably messy desks who are wonderful at their jobs. And there are also people who have desks that could pass the white glove test—and they are wonderful at their jobs as well. Some people are able to do a great job because they are orderly and follow routines.

Some people are able to do a great job for just the opposite reasons—they do not subscribe to conventional



norms and refuse to follow anyone else's lead. (Albert Einstein comes to mind.)

So, the best advice on your desk and your career is this: Figure out what kind of thinker and worker you are and proceed. If you need to have a messy desk in order to do a great job—it's likely your boss won't mind. (And if he or she does, you might want to work in a place that is more welcoming of your work style anyway.) If you need a clean desk in order to do a great job—then clean till your heart's content.

The truth is intelligent bosses know that every person has his or her unique approach to work and will create an atmosphere of acceptance and tolerance so that every person can tap his or her greatest potential.

Why You Should Say Yes To Blueberries

While nutrition science is finding reasons for adding berries of all kinds to your diet, a new study has found that blueberries contain a compound that can potentially prevent colon cancer. The study, a joint venture of Rutgers University and the Department of Agriculture, found the compound, pterostilbene, a potent antioxidant that is abundant in blueberries could prevent cancer in animals, and possibly has the potential of being developed into a preventative pill.

Antioxidants found in many fruits, vegetables and whole grains are showing potential for fighting colon cancer, the second leading cause of cancer death in the United States. Experts say that the blueberry won't cure cancer, but represents an attractive new strategy for preventing the disease.

In the study 18 rats were given a compound to induce colon cancer. Nine rats were fed a balanced diet; the other nine were also given a pterostilbene supplement. At the end of the eight-week study, the rats that were fed pterostilbene showed 57 percent fewer precancerous lesions than those fed merely a balanced diet.

Researchers say the compound also reduced other risk factors for colon cancer such as inflammation and colonic cell proliferation. Other studies have found evidence that blueberries possibly prevent memory loss and heart disease.



TAKE A BREAK!

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			4			5	9	
	4			5		3		6
	3			8			7	2

Solution on page 4



Classic Whiskey Sour

This cocktail strikes a perfect balance between the boldness of whiskey, the tang of lemon, and the sweetness of the syrup. Perfect for unwinding or social gatherings!

Ingredients:

- 2 oz whiskey (like bourbon or rye)
- 3/4 oz fresh lemon juice
- 1/2 oz simple syrup (equal parts sugar and water dissolved together)
- Ice cubes
- Cherry and lemon slice, for garnish

Instructions:

In a cocktail shaker, fill it halfway with ice cubes. Pour in the whiskey, freshly squeezed lemon juice, and simple syrup. Shake well until the outside of the shaker is cold to the touch. Strain the mixture into an old-fashioned or rocks glass filled with ice. Garnish with a slice of lemon and a cherry.

Enjoy your classic Whiskey Sour responsibly!

INSIDE THIS ISSUE

From the Desk of Dan Anderson

PAGE 1

Making The Most Of Tailgating Season

PAGE 1

The Messy-Desk / Neat-Desk Wars

PAGE 2

Why You Should Say Yes To Blueberries

PAGE 3

Take a Break!

PAGE 3

Classic Whiskey Sour

PAGE 3

A Man Walks Into A Bank...

PAGE 4

SOLUTION

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

Dan's Letter™

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

A Man Walks Into A Bank ...

A man who was waiting in a long line at a bank was stricken by an attack of hiccups. The poor man's hiccups were so loud that, embarrassed, he started apologizing to everyone. Finally, it was his turn and he said, "Can you hic ... please cash hic ... this hic ...?"

The teller typed in the customer's details and said, "I'm sorry sir, but I won't be able to cash this check."

"But hic ... why?" asked the man?

"Well, our computer indicates you don't have sufficient funds to cover this amount in your account sir. In fact, our records indicate that you are overdrawn by \$5,000."

"What? Your kidding" said the man. "That can't be!"

"Actually," said the teller, "I am...and your welcome. It looks like I cured your hiccups."

