

Robert W. Bruner presents:

perspectives 

MONTHLY LIFESTYLE BUZZ, TRENDS, TIPS, AND INSIGHT



SMART TIP:

Tired of tearfully cutting onions? Try putting them in the freezer for 15 minutes (or the fridge for about 30) before cutting, then position your cutting board under a running kitchen vent.

WHO SAID IT?

"Success is most often achieved by those who don't know that failure is inevitable."

[\[GET THE ANSWER\]](#)

TEST YOUR KNOWLEDGE:

When 2016 ended, what was the average hourly wage in America?

- A) \$22.53
- B) \$24.88
- C) \$26.00
- D) \$26.63

[\[GET THE ANSWER\]](#)

February, 2017

How much water should you drink?

Hydration matters for your health.

[\[CLICK TO READ\]](#)

The art of asking for a discount

Sometimes all you have to do is ask, and you shall receive.

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Why geocaching has caught on

Outdoor adventure + treasure hunt = fun!

[\[CLICK TO READ\]](#)

Recipe of the Month

South-of-the-Border Pork Soft Tacos

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How much water should you drink?

You may have heard that you are supposed to drink

eight glasses of water a day, which is almost two liters of H₂O every 24 hours. This oft-repeated statement appears to, well, hold little water. It seems to have its roots in a misinterpreted 1945 statistic from the Food and Nutrition Board, which noted that a human body uses around 85 ounces, or about 2.5 liters, of water daily.

Make no mistake, hydration is vital for the body's organs and essential functions – but doctors and nutritionists agree that hydration is really about total daily fluid intake. The Institute of Medicine now recommends 13 cups (3 liters) of beverages per day for men and 9 cups (2.2 liters) a day for women. Anyone exercising should add 1.5-2.5 cups of water or other beverages to that daily total, keeping in mind that alcohol and caffeine can have diuretic effects. The Institute advises that women drink 10 cups of water daily while pregnant and as much as 13 cups daily while breastfeeding. Drinking too much water (and other beverages) each day is preferable to drinking too little; there are some people who walk around consistently dehydrated, which is not good for their daily health.^{1,2}



The art of asking for a discount

In some countries, shoppers routinely ask merchants if they can buy a product at a discount, even if no discount is advertised. Many American consumers would call such behavior extraordinary, even tacky. Perhaps, that opinion should change. Consumers have more leverage than they think, especially in an age when brick-and-mortar businesses are fighting online retailers for sales. Shoppers seldom think to ask for volume discounts when they purchase multiples of a product or service, and those older than 50 may be bashful

about asking for senior discounts. Apart from the retail sector, other possible discounts await. CreditCards.com surveyed credit card users and determined that only about 20% had ever asked card issuers about waiving late fees or lessening interest. The good news? Seventy-eight percent of card users who had inquired about a lower interest rate on their cards got one, and 89% of card users who requested that a late fee be waived on their accounts were successful. Discounts on auto insurance are relatively easy to ask for and obtain from insurers; the price of coverage on an existing policy tends to gradually increase with time, and like brick-and-mortar stores and credit card firms, insurance companies prefer keeping customers to searching for new ones.³

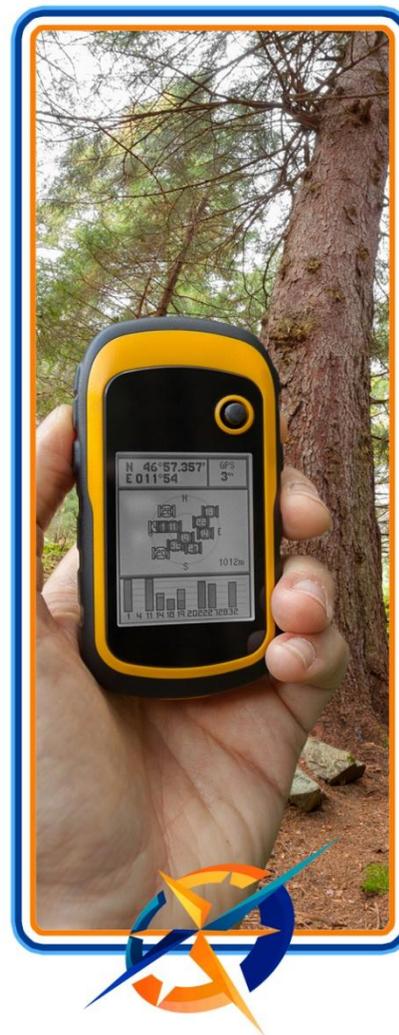


Why geocaching has caught on

All across the world, people are going on outdoor treasure hunts with the help of GPS devices or mobile phones, visiting places they might never ordinarily see and making new discoveries. This is the essence of geocaching – part game, part sport, part adventure. When GPS technology radically improved at the start of the 2000s, a community of online GPS enthusiasts in the Pacific Northwest began hiding trinkets, mementos, books, and toys at various waypoints for others to find (and sometimes replace with items of equal value). The quest

developed into a hobby, and the hobby has grown worldwide.

Some geocachers blog about their trips and share their stories online; others use geocaching.com or other Internet portals to share new caches or tips for finding others, as well as notes about interesting things to see along the way. Each hunt is an experience: from leaving a starting point, all the way to finding the carefully hidden cache, and signing its enclosed logbook. If you are fond of the outdoors and new experiences, you might want to take up the game yourself.⁴



Recipe of the Month

South-of-the-Border Pork Soft Tacos

- 5 lbs. Untrimmed, Boneless Pork Shoulder**
- 4 Whole Chiles (Pasilla)**
- 3 Whole Chiles (Ancho)**
- 4 Whole Cloves of Garlic**
- 3 Chipotles in Adobo Sauce**
- 1 Small White Onion**
- 4 cups Low-Sodium Chicken Broth**

1/4 cup Olive Oil
3 Tbsp. Honey
1 Tbsp. Apple Cider Vinegar
1 Tbsp. Dried Oregano
3 Bay Leaves
2 Sticks Cinnamon
Flour Tortillas (Warmed)
Ground Pepper
Sea Salt

Start by cutting your pork into chunks. Chop onion roughly. Place garlic and chiles in a bowl with 2 Tbsp. of water and microwave on high 3 minutes. Peel garlic; stem/seed chiles.

In a blender puree the onion, chipotles, honey, vinegar, oregano, the chiles and garlic, 1 tsp. sea salt, and 2 Tbsp. honey. Blend until smooth.

Add 1 Tbsp. olive oil to a large skillet and heat on high. Add the blended chile puree to the pan and fry, stirring until it is thick (approximately 7-10 minutes). Add the chicken broth and reduce until thickened slightly.

In a slow cooker, add bay leaves and cinnamon stick. Season pork generously with salt and pepper (to taste) and add to slow cooker, then pour the sauce onto it. Cover and cook on high approximately 5 hours (or until meat is tender).

When done, remove and dispose of bay leaves and cinnamon sticks, then shred the pork and season additionally as necessary. Serve in soft taco shells (if desired, top with shredded cheese, lettuce, and tomatoes). Enjoy!



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WHO SAID IT?

Coco Chanel

TEST YOUR KNOWLEDGE ANSWER:

A: \$26.00, according to the Department of Labor's December jobs report.⁵



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Citations.

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