

Robert W. Bruner presents:

perspectives 

MONTHLY LIFESTYLE BUZZ, TRENDS, TIPS, AND INSIGHT



SMART TIP:

Reduce the spread of bacteria by disinfecting kitchen sponges. Squeeze out excess water, then microwave on high for 1 minute.

WHO SAID IT?

"The worst thing I can be is the same as everybody else."

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

TEST YOUR KNOWLEDGE:

Q: At 30, Tim sets aside \$4,000 in a retirement account. He makes no further contributions to it, but the account balance grows at 6% per year for 35 years. At that rate, about how much money is in the account when Tim retires at 65?

- A) \$20,800
- B) \$24,750
- C) \$30,750
- D) \$38,100

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

June, 2017

Convenient Cuisine

Are meal kits the easiest way to eat well?

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

Time Is Money. True or False?

Working leisurely, not hurriedly, may make more sense.

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

Traveling in Twister Season

How can you stay safe in an airport or hotel?

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

Recipe of the Month

Cool and Creamy Blueberry Lemon Bars

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



Convenient Cuisine

Are meal kits the easiest way to eat well?

Imagine being able to toss a nutritious meal in the oven or the slow cooker without any of the prep. Meal kits let you do just that. Companies like Blue Apron, Purple Carrot, and Plated pack measured ingredients together with a recipe card and ship kits to subscribers. Alternately, meal kits can be picked up at supermarkets – chains like Publix and Giant have gotten into the act. The healthful cuisine gives upscale, health-conscious consumers an alternative to preservative-laden TV dinners and fast food.

Many of the meal kit subscription services are pricy, and their cost may lead you to wonder if you can make your own meal kits. If you have the capability to chop, cut, slice, and freeze, you can – and you may save money doing so. You can use downtime on the weekends to dream up your meals for the coming week, keeping the ingredients simple (notice how simple meal kit components are?) and cooking proteins all at once in a slow cooker or pressure cooker. You can also store ingredients in glass containers, which are easy to clean and environmentally preferable to the considerable packaging waste generated through meal kit subscriptions.^{1,2}

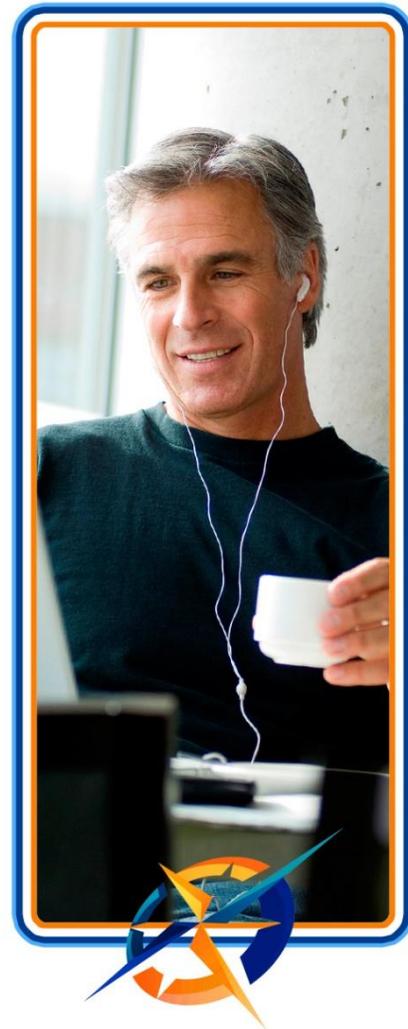


Time Is Money. True or False?

Working leisurely, not hurriedly, may make more sense.

An old business dictum says that “time is money.” The faster employees perform their work, the more productive they are, and the better off a company is. Recently, some firms have begun to question that belief. Does exhorting employees to work faster make for a better product or service? Does it instead encourage mistakes, sour customer relationships, and lower morale?

TED talk favorite Carl Honoré, author of the business best-seller *In Praise of Slow*, argues that “slow thinking is intuitive, woolly, and creative. It is what we do when the pressure is off... it yields rich, nuanced insights and sometimes surprising breakthroughs.” In his book *Thinking Fast and Slow*, Nobel laureate Daniel Kahneman, one of the pioneers of behavioral economics, argues that fast, pressured thinking promotes facile and unexamined decision-making, with potentially hazardous outcomes. Businesses are paying attention to these thought leaders and others who contend that working unhurriedly leads employees to improve their focus, make fewer errors, and relate better to clients and customers.³

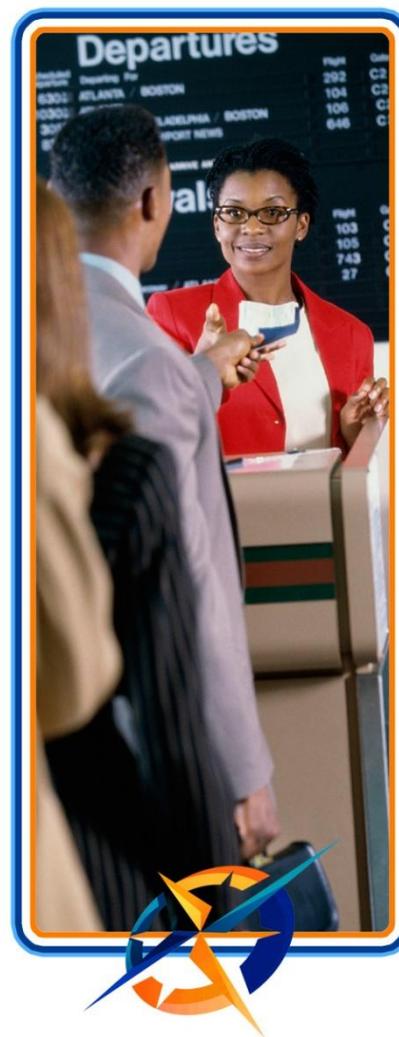


Traveling in Twister Season

How can you stay safe in an airport or hotel?

Summer travel may take you through the Great Plains, Midwest, and South – areas where tornado risk can be high. If you have never lived in these areas, you may be ill-prepared for the possibility of a twister. Even travelers within these regions must deal with the fact that they are away from their hometowns and in unfamiliar surroundings. So, when sirens sound, and you are in an airport or hotel, what should you do?

The National Weather Service (NWS) recommends that if you are in a hotel without a designated shelter area or basement, get away from doors and windows; retreat into a bathroom or closet and cover yourself up with soft items such as pillows, blankets, or mattresses. As a last resort, choose a hallway that does not have windows or doors at its ends (a hallway with them can become a tunnel for flying debris). Some airports in the Plains states, such as Denver International, Dallas-Fort Worth International, and Will Rogers in Oklahoma City, have defined tornado shelter areas. In the event of a twister, airport passengers are commonly advised to abandon their baggage and head immediately to the shelter. If you are traveling through the Great Plains, Midwest, or South, use your smartphone (or the radio) to keep up with weather alerts – they may help you steer clear of oncoming storms.⁴



Recipe of the Month

Cool and Creamy Blueberry Lemon Bars

Filling:

14 oz. Sweetened Condensed Milk
1 Cup Fresh Blueberries
2 Egg Yolks
1/2 Cup Lemon Juice
1 Pinch Lemon Zest

Crust:

6 Tbsp. Melted Butter
1 1/2 Cups Graham Cracker Crumbs
1/4 Cup Sugar
Lemon Zest to Taste

Pre-heat oven to 350; then, lightly coat an 8" x 8" baking dish with butter or cooking spray and set aside.

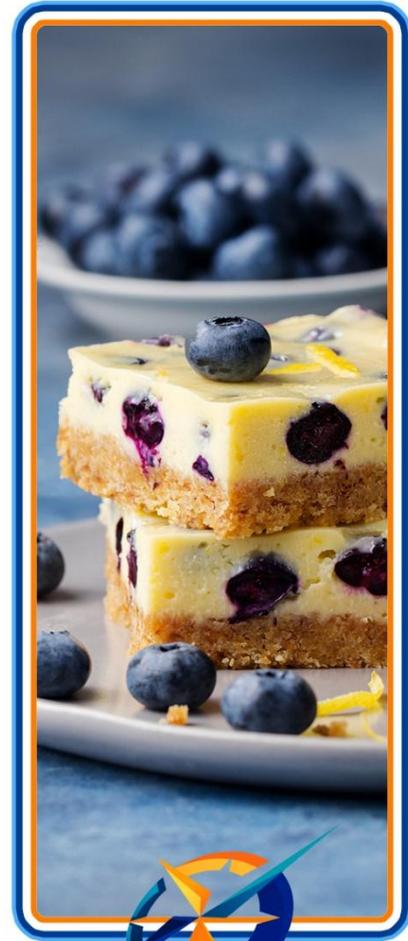
Mix the crust. Combine Sugar, Butter, Crumbs, and Zest in bowl, working until crumbs are well moistened.

Press crust mixture into baking dish, firmly; then, bake for 10 minutes. Cool.

Create the filling. Combine Condensed Milk, Yolks, Lemon Juice, and Zest in a separate bowl. Continue stirring evenly until the mixture becomes smooth and starts to thicken; then, fold in blueberries, gently.

Pour the filling mixture over crust in baking dish, spreading evenly; then, bake until set (about 15 minutes).

Optional substitution: Top with a sprinkle of powdered sugar or whipped cream.



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WHO SAID IT?
Arnold Schwarzenegger

TEST YOUR KNOWLEDGE ANSWER:
C, about \$30,750.⁵



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Citations.

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- 2 – premeditatedleftovers.com/naturally-frugal-living/how-to-save-money-by-making-your-own-meal-kits [3/31/17]
- 3 – fastcompany.com/3057853/five-ways-working-more-slowly-can-boost-your-productivity [3/18/16]
- 4 – accuweather.com/en/weather-news/tornadoes-and-travel-how-to-stay-safe-inside-an-airport-or-hotel/70001474 [5/4/17]
- 5 – investor.gov/tools/calculators/compound-interest-calculator [5/4/17]