

3 on 13

3 things from EP
to make life
better.

JULY 13 · 2021

Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to 3on13@epinc.com**

1 | Three Leaders

A few weeks ago the podcast [How I Built This](#) featured episodes from its Virtual Summit and included a recent leadership panel with [Cynt Marshall](#) (CEO of the Dallas Mavericks), [Chieh Huang](#) (CEO of Boxed) and [Sadie Lincoln](#) (CEO of Barre3). The three spoke about the lessons they learned from others as they emerged as leaders within their companies.

Marshall, who had appeared on an [earlier episode speaking about resilience and culture change](#), outlined her Three L's of Leadership (hint: the last one is "love"). Huang spoke about both vulnerability and learning the importance of delegation, and Lincoln recalled the moment it occurred to her that "sometimes the magic happens only after I leave the room."

Hear the [full episode here](#).



2 | Time to Go



It's summer. There are things to do. Places to go. Tastes to taste. Many of us forget to that it's OK to be a tourist in our own backyard. But where to start?

Explore Minnesota has a nifty little [list of summertime activities](#) — think road trips, parks and forests, and plenty of food and drink — that'll get you moving. Along the way check out [The Minnesota Scoop](#), an ice cream adventure that offers up deliciousness from across the state, and these [43 must-visit ice cream shops](#).

[Drive-in movies...](#) [waterfalls...](#) [craft cocktails...](#) [memorable murals...](#) they're all here. Now, go!

3 | Odds and Ends

- From the award-winning children's book, [The Hello Good-Bye Window](#), by Norman Juster: "You can be happy and sad at the same time, you know. It just happens that way sometimes."
- From Frederik Backman's [A Man Called Ove](#): "All people at root are time optimists. We always think there's enough time to do things with other people. Time to say things to them. And then something happens and then we stand there holding on to words like 'if'."
- Check out the absolute classic "[An Evening of Acoustic Music](#)," by bluesman Taj Mahal.
- To acknowledge the upcoming full moon, here's "[Silver](#)," by Walter de la Mare. You'll remember this one from elementary school. "Slowly, silently, now the moon..."



emanuelson-podas
consulting engineers

952.930.0050 | epinc.com