

3 on 13

3 things from EP
to make life
better.

JANUARY 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 | 74 Facts

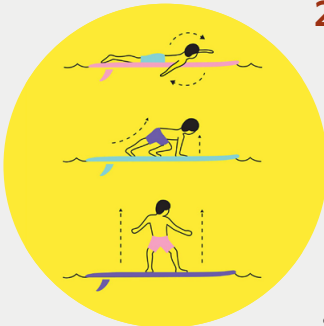
On the second-to-last day of December, 2020, the editors at *The New York Times* pulled together [a list of the most interesting, striking, and delightful facts](#) to appear in the paper last year. (Interesting, you say? Striking? Delightful? Let's do this.)

Don't start [the list](#) unless you have some time on your hands. Broken down by month, each fact comes with a down-the-rabbit-hole link of source material. Japan's legal system... McSorley's Old Ale House... the fist bump... Lucille Ball... Bayes' Theorem... and one that simply cannot be ignored: **kalsarikanni** (#23). You're gonna want a fresh cup of coffee for this one.



CLAY HICKSON FOR THE NEW YORK TIMES

2 | Trying New Stuff



Accomplished author, speaker and thought leader Gretchen Rubin (who wrote the bestseller [The Happiness Project](#)) recently interviewed journalist Tom Vanderbilt about his new book, [Beginners: The Joy and Transformative Power of Lifelong Learning](#).

[It's a wide-ranging conversation](#) that covers everything from the value of singing, the power of small acts of reinvention, and how training hard for something (anything!) can change your outlook on everything.

Short on time? Consider this one takeaway: [plunging into something new](#) requires letting your guard down. And innumerable good things can happen when you become vulnerable.

3 | A Little Inspiration

It's a new year. Big, bold ideas are on our minds. Doing things better. Improvement. Innovation. Inspiration. And in that spirit, we give you [Scott Peters](#).

Maybe you've heard of Peters. He's an inventor, engineer (yes!) and lifelong tinkerer. He founded Construction Robotics and had a hand in inventing [SAM](#), the Semi-Automated Mason: a brick-laying robot. The story of SAM and the founding of Construction Robotics is wild and entertaining and filled with cool engineer-y challenges, all covered in Jonathan Waldman's new book, [SAM: One Robot, A Dozen Engineers and the Race to Revolutionize the Way We Build](#).

Also impressive is the fact that Peters also invented the [one-handed zipper](#). (What?? There's a one-handed zipper??)

The lesson here? Even the tried-and-true can be improved. Make time to think about how to do things better.



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