

3 on 13

3 things from EP
to make life
better.

JUNE 13 · 2020

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**

To our friends who are sad, who are mad, who are frustrated and hurting: We send hugs. (COVID-safe, engineering air hugs, but hugs nonetheless.)

1 | Never Miss Twice

We've been spending a lot of time talking about habits. How to quit bad ones, how to start good ones, and how to make either effort last beyond the weekend. One of the bits of advice that James Clear offers in *Atomic Habits* has struck a number of us in its simplicity: never miss twice.

"The first mistake is never the one that ruins you. It's the spiral of repeated mistakes that follows. Missing once is an accident. Missing twice is the start of a new habit. Don't miss twice."



2 | Creative Inspiration



We've long had a pretty broad view of who can be considered a "creative." We'd argue the vast majority of us all are indeed "creatives." (Yes, even engineers.) But being creative — and problem solving — is hard. Really hard.

Designer, illustrator, author and generally cool dude Christoph Niemann gets it. Need a recharge? Need a smile and a chuckle? Ready for a bit of inspiration mixed with some great advice (and some cool visuals)? [Check this out](#). 20 minutes. You won't be sorry.



3 | Seasons and Eatin'

It's strawberry season. And rhubarb season. And asparagus season. Sadly, it's still not baseball season.*

All this growin' reminds us of [Robert Fulghum's](#) excellent advice:

"Be aware of wonder. Remember the little seed in the styrofoam cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that."

- **The classic smoothie:** 1 cup OJ. 1 cup strawberries (frozen, if possible). 2 sliced bananas. Blend until smooth. Perfection.
- **Rhubarb over ice cream:** 2 cups chopped rhubarb. 1/8 cup pure maple syrup. A little water. Stir. Microwave together for two minutes. It's done when the rhubarb is soft. Stir, let cool slightly and pour over vanilla ice cream.
- **Grilled Spears:** Brush asparagus with olive oil. Add to the grill next to the meat of your choice. Remove after two minutes. Enjoy!



*An addition to our list of baseball books from our last issue: [The Soul of Baseball: A Road Trip Through Buck O'Neill's America](#). Love, baseball and jazz. It's amazing.



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