

ORCAS NEWS

Orcas Business Park Newsletter



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Some of you may have seen a couple of new faces around the business park with James & Julian. We recently hired 2 maintenance assistants. Shane joined us in December and Tristan in January. If you see them around don't hesitate to introduce yourselves, they're here to help!

Four Habits to Increase Your Energy

Habit #1: Go to Sleep Early Sleep is the foundation of your energy. If you don't get enough sleep, you'll start to underperform. While some people claim to work best on six or less hours of sleep, research says they're kidding themselves. Seven to eight hours are pretty much mandatory if you're going to stay cognitively sharp in the long-run.

Habit #2: Exercise Every Day Exercise is a long-term investment in your energy levels. It's easy to cut in the short-term, but over time you'll reduce your overall fitness, making it harder to think straight and stay alert throughout the day. If you struggle to find time for exercise, don't make going to the gym your prerequisite. Make a habit of doing some pushups or burpees every day throughout the day. These will get your heart pumping and blood moving, and they don't require setting aside two hours from your already busy schedule.

Habit #3: Twenty-Minute Naps Napping may feel lazy, but there's research showing it has a range of [cognitive benefits](#). This is particularly true if you're doing a lot of learning, since the short burst of sleep can [help with memory](#). The key is to learn how to take short

naps. Many people take naps which are too long, pushing them into deeper phases of sleep which cause them to feel even groggier when they wake up (although the benefits to even these naps often occur after the initial grogginess wears off). The key is to wake up immediately with your alarm. If you start adding more time, a quick nap can become a long sleep.

Habit #4: Do Your Hard Work in the Morning Aim to get your most important work done in the first four hours of the workday, starting as soon as possible. The benefits to your energy here are mostly psychological. Energy levels depend a lot on mood. If you've gotten some important work done, your mood is probably good and you feel productive. The other reason for this approach is that deep work isn't always sustainable for the full workday. Better to concentrate it into a specific period than randomly insert it across chunks of time.

2021

lasagna soup has all of the traditional flavors you love, and comes together in minutes!

No layering or waiting around your oven! Simply throw all of your ingredients into your slow-cooker or crockpot and you have easy Lasagna Soup ready to be served whenever you are! If you feel like comfort food in a bowl, then this is DEFINITELY the perfect recipe for you!

INGREDIENTS

Lasagna:

- 2 teaspoons olive oil
- 1 pound lean ground beef
- 1 large onion diced
- 1 tablespoon minced garlic or more to taste
- 1 large carrot peeled and chopped
- 1 large zucchini chopped
- 2 cups chicken stock (or broth)
- 14 oz tomato sauce
- 14 oz can crushed tomatoes
- 2 cups water
- 4 tablespoons tomato paste
- 2 tablespoons chopped fresh parsley
- 2 teaspoons dried basil

- 1 teaspoon dried oregano
- 1 beef bouillon cube crushed
- Salt and freshly ground black pepper to taste
- 8 large lasagna sheets broken into bite size pieces
- 1 cup shredded reduced-fat mozzarella cheese

Topping:

- 8 oz reduced-fat ricotta cheese
- 1/3 cup finely shredded parmesan cheese plus extra to garnish
- 2 tablespoons fresh chopped parsley plus extra to garnish
- 2 tablespoons fresh chopped basil
- Salt to taste

INSTRUCTIONS

1. Heat oil in a large pan over medium-high heat. Fry meat, stirring with a wooden spoon to break up any lumps, until browned. Season with salt and pepper to taste.
2. Sauté the onion until softened. Add the garlic and cook until fragrant. Transfer to a 6-qt slow cooker bowl.
3. Add the rest of the ingredients, cover with lid and cook on high for 4 hours or on low for 8 hours.
4. In the last 30 minutes of cooking time, add the lasagna sheets, cover and continue to cook until the pasta is al dente.
5. Turn off heat and add the mozzarella, pressing into the heat of the sauce to allow it to melt.
6. Combine ricotta, parmesan, parsley and basil in shallow bowl. Season with salt to taste and set aside.
7. Divide soup into bowls (you may have some left over), scoop a tablespoon of the ricotta mixture on top and sprinkle with extra chopped parsley and finely grated parmesan cheese to garnish.

