



THE EXCHANGE

A WEEKLY PUBLICATION OF
THE DALLAS BUSINESS ASSOCIATION

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FEELING STRESSED? HOW YOU THINK ABOUT STRESS MATTERS! In a TED talk Psychologist Kelly McGoniga encouraged listeners to change how they think about stress by viewing it as a positive. New science reveals that believing stress is harmful increases the likelihood of illness and/or death. Kelly says we should view stress as a method our body uses to help us rise to the occasion. The stress hormone, oxytocin, protects the body from stress and it is enhanced by social contact and support. Human connection and caring for others creates stress resilience. So, reach out and don't stress out over stress.

TUESDAY'S PROGRAM: Valerie Ballard, Veterans Resource Center - Operation Tiny House

ASK THE CPA. Bob Sheeley has requested members to submit any questions they have concerning taxes/accounting to Guy Smith by no later than February 8th and he will provide responses at the Feb. 12th meeting.

Notes and Announcements

A custom signature line makes your communications look more professional and gives the recipient additional information about you. See Elaine's email of 1/29/19 that provides the link for this simple process.

DBA Fun Fact:

The following is a copy of an announcement in the DBA Newsletter, 5/21/1991:

CHICKEN NIGHT is here. May 30 is the date for the annual dba outing at Ranger Stadium. For those of you who have signed up to go, we will meet at the Sears parking lot at Valley View at 5:30 p.m. The bus will leave at 6:00 p.m. sharp. Snacks and cold drinks will be provided on the bus. Prizes will be awarded during the game. Some of them are: Friday and Saturday night accommodations for two at the Southland Center Hotel-Dallas and at the Holiday Inn-Brook Hollow/Love Field; dinner for two at Hao's Chinese Restaurant in Snyder Plaza; a personal "Dayted Excellence Perpetual Calendar" and a "jeweled" calculator. Special thanks go to Tegrus construction (David Thomas), 1st Metropolitan (Steve Sobkowiak), Su King, Rebecca's (Rebecca Harder), Connie Smith, D.D.S., Law Offices of H. Guy Smith and Fred Badyna, CLU in their contributions to the inning give-aways.

January Birthdays: Robert Sheeley: 01-13

January DBA Membership Anniversaries: Robin Hamm: 1994. Bob Nienstadt: 2008

Amount of Business Given: \$10,000.00. Amount of Business Received: \$41,450.00.

Of Member's Present: 11. Leads Received: 3. Leads Given: 6.

FUN BUCKS: Bryan (as usual) won \$13 and Guy won \$12.

MEMBERS ABSENT: Connie Smith, Steve Meleleu, Lynn Hood, Darrell Blank, Michelle Kubitz, and David Davis