

EHZZ BULLETIN 02

Jan. 6, 2017

The Bulletin is an email where I share a few of the things that I am currently experiencing/pondering/consuming that I think have value to others.

1. My Second Favorite purchase of 2016. I am giving you my second favorite, because my first is a pair of prescription sunglasses that [make me look super fly](#). However, the second does the same. I decided I wanted to upgrade some fairly basic things in my life. I never could have predicted how much I love the [Kent HandmadeCombs](#). I purchased the [16T from Amazon](#). Now I dread whenever I have to use a common store-bought different comb.

2. Quote I ponder often from Marcus Aurelius: “When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous and surly. They are like this because they can’t tell good from evil. But I have seen the beauty of good, and the ugliness of evil and have recognized that the wrongdoer has a nature related to my own—not of the same blood or birth, but the same mind, and possessing a share of the divine. And so none of them can hurt me.” (If you haven’t read Meditations, start today. You can buy it for like a buck on [Amazon](#).)

3. What I am working on at the brewery: Perfecting a Maple Bacon King Cake. Also, working on developing a Black IPA to be ready for Mardi Gras.

That'd it for this week. Hope you all are well.