



EDULLOGER

HEALTHY HABITS



ATHENA SEMINAR SERIES 2025: A HUGE SUCCESS!

DON'T MISS YOUR CHANCE TO JOIN US!

Contributors: Sara Corbally, Chuad Johnson, Ryan McNally, Lam Nguyen-Bull, Pete Salinas

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CROSSWORD

The new year at Edulog started off with great energy and excitement! Our sales team has been busy hitting the road to host dynamic, info-packed Athena seminars.

Here's what some of our attendees are saying:

- ◇ Dallas ISD is very appreciative of the amount of training and support our Edulog Operations teams provide. Not only is the Special Needs routing in Athena great, but it also offers flexibility for the specific needs of a child.
- ◇ Birdville ISD shared sentiments on having complete trust in Edulog, citing our professional guidance and service. They emphasized Edulog's customer service being first in class, highlighting a high level of value over cost.

Out with the Old, In with the Smart:

Why Upgrading from SQL to Athena is a Game Changer

For many years, many of you have used Edulog's SQL to plan and manage routes. But as technology advances, so do the demands on your teams. Not only is Athena a solid win for your district's traditional operations, this next-generation solution helps you meet the new demands being placed on you and your teams - parent-facing information, student tracking, faster adjustments to planned routes, etc. Athena delivers

speed and efficiency, smarter routing, improved user experience, data accuracy, real-time insights, scalability and integration. Technology is evolving, and routing software should too. Upgrading from an outdated system to our latest solution isn't about keeping up, it's about gaining a strategic advantage. Don't miss out on time-saving automation, better accuracy, and an overall smoother experience.

(continued on pg. 2)

Athena offers:

- **Cloud-based Accessibility:** Via browser
- **Enterprise Suite:** All Edulog products launched from one location
- **User Roles & Permissions:** Restrict what users can see and do in the system
- **Hybrid Map:** Google enabled map and latest address point GIS data
- **Student Import:** Assists districts with correcting student data before the data goes live
- **Effective dates:** Calendar-based routing assignments

Retire your old playbook and start winning with smarter routing. Faster, more intuitive, and more efficient routing leads to lower costs, happier teams, and better service. The bottom line: as your routing needs grow, Athena grows with you.

If you haven't attended one of our Athena seminars yet, we invite you to meet us for an informative, fast-paced session where we showcase how our cutting-edge technology can help streamline routes, improve efficiency, save valuable time, cut costs, and optimize operations like never before. You'll gain key insights, expert tips, and hands-on knowledge that will transform the way you approach transportation planning - all while enjoying a complimentary lunch to fuel great conversations with other industry professionals!

Experience the new and improved Edulog with this exclusive opportunity - lunch is on us!

To register, click [here](#) or scan the QR code located below. (continued on pg. 3)

Where we have been:

Arizona, California, Texas, North Carolina, Louisiana

Where we are headed:

Texas, Georgia, New York, Ohio, Michigan, Illinois

Hungry for innovation?



ATHENA
Seminar Series

REGISTER NOW



ROUTE
and
REFUEL

Headed to a town near you!



We want to send our gratitude and appreciation to all the transportation professionals who have joined us at our recent seminars and the districts who helped host us at their school! Thank you for being an essential part of our events. Your dedication and expertise in pupil transportation help ensure smooth, safe, and reliable travel for everyone. We truly appreciate your hard work and commitment to excellence!

Don't see a location near you? No problem. Optimize your routes from anywhere and join one of our upcoming **Athena webinars**! Same insights - more convenience.

April 1 & April 15 from 10:30 am to 11:30 am MST
-More dates to be announced-

Scan the QR code to the right
or [click here to reserve your spot today!](#)

For additional questions or to schedule a 1:1 demo, email us at info@edulog.com or reach out to your account manager.



EDULOG USER GROUPS



We hope to see you at our upcoming User Group webinars! Each one features our top experts on a specific Edulog product. See below for the spring User Groups and click [here](#) to register!

April 23rd 10:30-11:30 AM MST -Parent Portal-

Our top expert on all things Parent Portal, Derek Graham, will lead this user group and explain how it can enhance your communication with parents regarding any of their transportation questions and where their child is at when on your buses.

May 21st 10:30-11:30 AM MST -Time and Attendance-

This month, we will cover how to use our Athena Time and Attendance feature to track your employees hours, pay, and personal employee information. We will also show how you can link up to our tablets to allow for on-site clock-in, clock-out and more.





SCHOOL STARTUP SURVEYS

BY JASMINE BROWN

We are now in the second semester of the school year — holidays are behind us, and spring is budding around the country! As we push toward the end of the school year, there is more to think about than just routing current students. We also need to consider summer school routing, school start planning, and everything in between. There's a lot to do, and Edulog is here to help!

Over the next few months, Edulog's Account Managers and Client Services team will be reaching out to districts to complete school startup surveys. These surveys are brief 15-20-minute conversations where we will discuss the district's routing needs and any changes for the upcoming school year.

What topics can we assist with?

- Will your district be opening or closing any schools for the upcoming term?
- Do your routers need any data areas copied and moved to a planning area for upcoming sessions, like summer school or fall planning?
- Are there any Edulog products or services your district is interested in implementing?

Our main goal is to help answer any questions or concerns and give you a head start for the upcoming school year.

BIRB'S THE WORD BY LAM NGUYEN-BULL

When you see something about “Healthy Habits,” what’s your first thought?

Do you immediately think about all the things you aren’t doing that you should? Or do you start inventorying all the healthy habits you have already established?

If the latter, then congratulations! You are probably a relatively well-adjusted, emotionally stable individual who is continuously improving yourself and your environment.

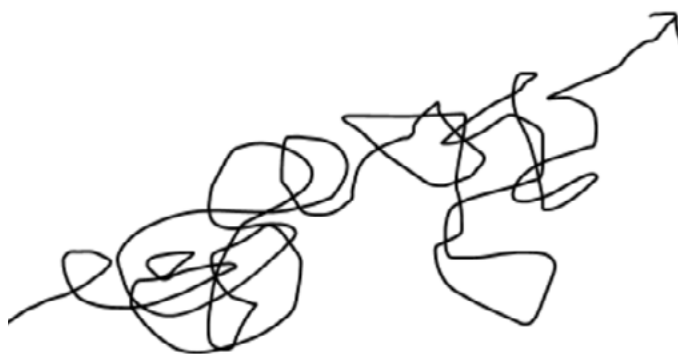
If the former, don’t feel bad! The impulse to read things in a negative light is a powerful one. The National Science Foundation cites a statistic that says 80% of our thoughts are negative. That negative cognitive bias played an important role in the survival of our species. But it can be an impediment in today’s world with today’s problems.

At some point, negativity bias can tip over into feelings of impossibility and futility. This can be especially true when we are trying to make changes in ourselves or our immediate environments. Looking at what is left to be done without appreciating that we’re generally not starting from scratch can feel overwhelming.

We think progress should look like:



But it actually looks like this:



Around January 1st, like so many people, I resolved to try something new. In my case, it wasn’t so much focused on what I felt I needed, but what I thought might be helpful for a person I care about. Let’s call her Lily. I had seen online testimonials about how using a little app called Finch has helped people who generally struggle with self-care, staying organized or completing tasks. Lily had been sinking into a general funk, white knuckling her way through life by clinging to her daily routine of basic hygiene and meals, but unable to do much else outside that. (cont on p.7)

According to its blurb on the Play Store, Finch “is a self-care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself!”

I thought Lily and I could be accountability partners in using the Finch app. So, I installed Finch and prepared to do my part to help Lily.

I admit that I rolled my eyes quite a bit in my first few weeks of using Finch. There’s a cute little animated “birb” who responds positively when you interact with the app, and especially when you fulfill daily goals.

The canned starter list of goals includes:

- Get out of bed.
- Brush your teeth.
- Drink water.
- Take three deep breaths.
- Do one thing that makes me happy.
- Literally survive the day.
- Just be.
- Take a shower.

The bar is set low. Check off three items and your little birb rewards you with a comment and grows or evolves or gets to go on an adventure.

As time goes by, the bar slowly rises. Now, seven weeks in, I’m expected to accomplish 5 tasks before I get a reward. I get extra rewards for inputting custom goals. My birb is no longer a baby birb, but a child. And I am days away from having a teenager birb.

And...

I’ve found that this silly little app that almost got my eyes stuck in the back of my head in early January is actually improving my own ability to get things done. And not just the table stakes things like “Get out of bed” and “Literally survive the day.”

But the app helped me see that being able to accomplish the table stakes is **ALREADY** an achievement worthy of recognition.

And that successful foundation is a healthy springboard from which to make headway on more demanding items, like organizing my tax paperwork, or arrange for dog training. I did not expect that the mere act of recognizing my daily wins would by itself give me the mental energy to do more.

All of this is a long way to say that **MAKING CHANGE** can start with appreciating what is already going well, and patting yourself on the back for those things, no matter how silly or basic it seems. If there is anything that we have learned from the last few years, it should be that even the basics can be really hard to maintain.

This is especially true in the work we do, getting students to and from school safely and supporting good learning outcomes. We have worked with many of you to maintain service levels during unprecedented driver shortages, pandemic disruptions, weather disasters, etc. Maintaining in these challenging circumstances is itself a victory. (continued on p.8)



PARENT PORTAL

Efficient Transportation Communication

Route Management
Integration

Instant Alerts

MORE
INFO



EDULOG

It's critical that we first recognize those victories ourselves and then be able to communicate meaningfully and credibly to others (parents, the school board, etc.) about them.

Edulog has always provided you with the most powerful planning tools to do your jobs. But now, with our next-generation cloud-based Athena platform, not only will you have access to the latest iteration of those tools, the system is backed by an intelligent data model that lets you report out about performance and provide data to support decisions like opening and closing schools, changing bell times, adjusting transportation policies, maximizing reimbursement, etc.

If you are interested in learning more about how to get Athena for your district, reach out to your Account Manager.



Edulog Athena delivers the best student transportation planning tools, the only intelligent data model designed specifically for student transportation (enabling accurate and timely communications), and complete decision support at the operational, tactical and strategic levels. With Athena, you can be confident that you will achieve:

- **Unmatched Efficiency:** Streamlined workflows that reduce workloads.
- **Enhanced Service Quality:** Improved transportation for students and parents.
- **Comprehensive Insights:** Data-driven tools for actionable recommendations.
- **Cost Savings:** Optimal utilization of resources minimizes unnecessary expenses.
- **Stakeholder Satisfaction:** Tailored solutions meet the needs of all stakeholders.

RECENT LA FIRES HIGHLIGHT THE IMPORTANCE OF PREPAREDNESS

BY MADISON IRWIN

The Palisades Fire started on January 7, and with the aid of strong Santa Ana winds, grew to encompass various other areas of Los Angeles County, and resulted in the loss of over 40,000 acres, more than 12,300 structures, and the loss of at least 27 lives. Despite there being no clear understanding of the fire's source or the contributing factors that led to its results, there is speculation, and most can agree that these fires caught both residents and county officials unprepared.

While fire readiness is not necessarily a skill or worry everyone needs to be aware of, there is a valuable lesson in preparedness we can all take away from situations like these. Preparedness isn't just reserved for national disasters; it can also apply to the day-to-day "fires" that can affect a team.

Within your own teams, it is important to understand the specific challenges that could arise within your state, community, and districts, and work together to discuss how your team would respond to each situation. We'd like to share a discussion template to help get you started.

An Exercise in Preparedness

Scenario 1: School Bus Driver Shortage Due to Staffing Issues

Description: A shortage of bus drivers due to illness, vacancies, or other staffing issues lead to fewer buses on the road.

Guiding Questions (feel free to expand on these questions):

1. How can we adjust schedules to ensure the fewest disruptions to student transportation during a staffing shortage?
2. Do we have a list of substitute drivers or resources to call upon during staffing shortages?
3. How will we prioritize routes to ensure that critical students (e.g. those with special transportation needs) are still serviced?
4. What incentives or strategies can be implemented to recruit and retain bus drivers?

Scenario 2: Wildfire or Natural Disaster Impacting Roadways

Description: A largescale weather occurrence, like a fire or flood has caused damage to roads and infrastructure, making certain routes impassable.

Guiding Questions (feel free to expand on these questions):

1. What alternate routes are available to ensure students can still be safely picked up and dropped off?
2. How can we communicate quickly with parents and guardians about changes in the bus schedule?
3. How will you monitor the situation in real-time to determine if routes need to be further adjusted due to evolving conditions?

HEALTHY HABITS

BY EDULOG EMPLOYEES

Healthy habits look different for everyone, and that's okay. It shows that we are all in different phases of life with a variety of values, and varying points of view. It is part of what makes us a team! While some of these habits would benefit us all - such as eating healthily or making time to move your body throughout the day, some of these require a bit more expertise. Read below for some Healthy Habits shared by Edulog employees.

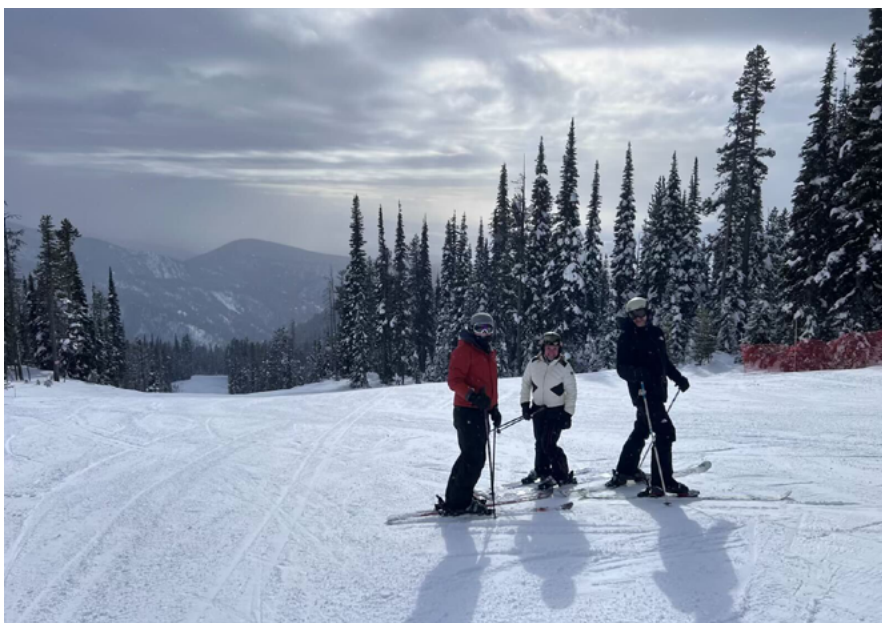


Ice Fishing by Travis Meyers (Project Management)

Winter in the Rockies is a season filled with outdoor adventures, from skiing and snowshoeing to soaking in hot springs and sipping on a warm cup of hot chocolate. One activity that many people particularly enjoy is ice fishing. It is not only a great way to stay active during the cold months but also offers the perfect opportunity to disconnect from the hustle of everyday life and immerse yourself in the present. Ice fishing combines patience, skill, and an appreciation for nature. The experience can be both calming and rewarding, as anglers embrace the serenity of the surroundings and the excitement of catching fish. Of course, safety is essential, so it is crucial to check the ice thickness and be well-prepared with the right gear. Pairing ice fishing with skiing can significantly enhance your mental and physical resilience.

Skiing by JD Holwick (Data Services)

The snow in Montana hasn't been terrible this year! A few of us got together to ski and snowboard in January, February and March and it sure was a blast! Skiing and snowboarding aren't passive sports, as they may appear. You aren't just gliding down a mountain; there is a lot of control that your core, legs, and arms are engaged in. It's actually great exercise! This maneuvering provides great cardio, strength, balance, and even flexibility. I always make sure to bring a little sunblock and hand warmers and make sure friends and



family know where I am before going. This is not only good exercise, but it's good for morale to get to know your coworkers outside the office. It's also a great way to keep the winter blues away. We enjoyed sunshine and beautiful views, with decent powder on many runs! (cont on p.11)

The Thing That Made It Click by Bret Marquardt (Information Technology)

January is the month for fitness so most get a gym membership and run to the gym, February is the month for quitting your fitness goals, so most cancel their gym memberships because they haven't been to the gym yet. This is why March is a good month to talk about what can be done about fitness for those who just want to be healthy. I have started and stopped my fitness routine throughout the years countless times, but this time seems to be different. My current journey started with the purchase of my Apple Watch (not an ad, just a fact). I opened the Close Your Rings app, and everything seemed to click after that. My goals, Move, Exercise and Stand have changed throughout the time, but I am currently on a 462-day streak. I challenge you to find the form of motivation that works for you to stick to the goals that you set for yourself.

Get a Dog, It's Great for You by Arika Steele (Account Management)

Oh, the joys of dog ownership! The look they give you when you enter a room, the tapping of their nails on the wooden floors, and the pure joy they bring to your life. But the truly wonderful thing is that they keep you healthy too.

Numerous studies published in journals such as Physical Activity and Health, Social Issues, Hypertension, Pediatrics, and Lifestyle Medicine highlight these benefits. Dog owners enjoy increased physical activity—take me, for example; recently, in one week I walked nearly 35 miles, which boosted my cardiovascular health, helped with weight management, and improved my overall fitness.

Dogs also improve mental health. Interacting with them has been shown to reduce stress and anxiety, while petting a dog can release oxytocin and lower cortisol levels. They're also linked to lower blood pressure and cholesterol levels, as their mere presence helps calm the body. Additionally, dogs improve your immune system, especially in childhood, when the immune system is still developing.



And finally, they boost social interaction and decrease loneliness. My husband and I go to the dog park every weekend, so our dog can catch up with his group of friends, which has led us to make friends with their owners too. Owning a dog is a lot of work, but the rewards are so worth it if you're ready for a good friend who will love you unconditionally.

20-20-20 Rule by Barak Nelson (Client Services & Product Support)

Many of us long to have 20/20 vision, but few are so lucky, and eye strain from staring at screens for long periods of time can temporarily deteriorate it further - blurred vision, dry eyes, headaches, etc. To provide some eye relief, remember the 20-20-20 rule: every 20 minutes, look at something that's at least 20 feet away for a minimum of 20 seconds. So busy that you frequently miss the 20-minute mark? Set up a notification on the device you use most for every 20 minutes with no audible alert. If you miss the alert, you weren't looking at your screen! Wearing glasses that have a blue light blocker are another helpful tool. Even if you don't need glasses, you can buy some frames with the blue light blocker for protection from harmful light emitted from overexposure to screens. This also helps in reducing eye strain, squinting and headaches. However, if you notice that your eye symptoms worsen, see a doctor. (cont on p.12)

Eating Healthy with a Plan That Sticks by Samantha Stokey (Human Resources)

Over the last few years, my family has been systematically working to cut foods that are “bad” for you out of our diets. The key is to tackle one bite at a time and make a habit change that lasts. We started first by cutting out sugar in drinks. Other than actual juice, my husband, children and I only drink sugar free drinks and most of the time my children choose water. More recently due to diabetes concerns, we have started watching carb intakes. While this is not necessary for my children, it has bled into their diets as well. It is too difficult to make 4 different dinners for 4 different diets, so instead we have lowered everyone’s carb intake for family meals. Swapping out traditional rice for cauliflower rice or exchanging potatoes for other vegetables has been our main way of doing this. Even using low carb breads or tortillas has allowed us to keep eating favorite foods such as quesadillas but stay within our carb count goals. Our next planned battle is cutting down on salt by making homemade soups or sauces and freezing them for later consumption.

Reminders to Move by Asheley Nordby (Account Management)

Countless studies have proven that sitting all day is not good for the human body (while sleeping all day seems to be fine for a cat or dog), and some studies even suggest that simply standing at a desk isn’t much better. Movement every half an hour is the latest buzz that I have heard, but for most people who work at a desk that is somewhat unrealistic. For me it’s finding the right reminder to move my body that has been the biggest struggle. Daily stretches have turned into quarterly stretches, and my step goal reminder has turned into nothing more than an hourly buzz on my wrist. So, I have set a reminder alarm on my phone at 10am and 2pm for a daily habit that I would like to stick to. I invite you to join me! The age-old excuse of not having enough time cannot be used here as each will only take about 5 minutes. So even if you are in the middle of a meeting or time-sensitive task, you can just snooze the reminder, and do it when you are available. You can choose your preference for the type of movement - stretch, dance, squats, walk - whatever makes you feel good. Even better, habit stack movement with the 20-20-20 rule. Your mind and body will thank you!



Cloud-based Routing & Telematics

- Best in-class integration
- Complete Optimization
- Advanced Mapping
- Suitable for any size district

Communicate & Inform

- Streamline Parent Communications
- Connect with Your Community
- Efficient Transportation Communication

Navigate & Track with Onboard Technology

- Accurate Navigation
- Track Student Ridership
- Manage Time & Attendance



SPRING PLANNING - BUS DEPOTS NEED PLANNING TOO! BY SPENCER JENKO

Bus depots don't often come to mind for most Transportation Managers, and those who do not work in the school transportation industry rarely give them any thought

unless they happen to drive by a bus depot. To most, they are simply places where the yellow fleet goes to park - but they are a core part of any successful fleet operation.

For the nearly 60% of school districts across the United States who have less than 2,500 students enrolled, buses are typically parked at a single location for the entire area. And for most districts, this is an efficient approach that keeps the fleet centralized and easy to maintain. Buses leave and return from the same location, and costs do not fluctuate because of it.

But for a significant portion of school districts, they have more than 1 bus depot and their management can present a significant headache for transportation leaders. Some of the larger districts in North America are required to maintain bus fleets across more than a dozen locations each day. Even a district with 2 bus depots can find themselves struggling to balance costs when managing locations. These daily challenges are difficult for any manager, and it prevents them from tackling the tougher questions:

Where should I park my buses? How many vehicles should depart from this bus depot versus that one? What routes should be serviced from each location?

These questions can either save a district money or waste a lot of time and resources. But thankfully, Athena can help here. The Depot Optimization tools offered by the system can allow a user to analyze current bus route assignments and generate a new set of routes that minimize mileage and lower costs. These tools can be managed by a single user, or with the help of Edulog experts - all geared towards putting money back in the classroom while keeping your bus fleet running efficiently.

Visit our website for more [Advisory Services](#) or [Athena](#) info.



EMPLOYEE SPOTLIGHT: LOIS JENSEN

WRITTEN BY CORI BURNS

This quarter, we're shining a well-deserved spotlight on Lois Jensen, our incredible HR Manager. Lois has been with Edulog for an astounding 38 years! Since joining the Company in May of 1987, Lois has been an integral part of the team, contributing immensely during her time with us. As Edulog's longest-tenured employee, Lois brings a wealth of knowledge, experience, and leadership to the HR department. Throughout her career, she has seen Edulog evolve and grow, and her steady presence has played a key

role in guiding us through both challenges and triumphs. In her role as HR Manager, Lois wears many hats, and her keen eye for detail and unwavering dedication help us stay compliant, while protecting Edulog's best interests. Her deep knowledge of company processes has made her a go-to resource for staff across all departments. We are fortunate to have someone who not only excels at their job but truly invests in the well-being of those around them. As our longest-serving team member, Lois has left an indelible mark on Edulog. Her hard work, loyalty, and dedication have made a lasting impact on the success of our business. Lois, we thank you for your years of service and for everything you do for Edulog and its employees!

See below for some fun facts about our friend and co-worker Lois:

Favorite Color: Blue

Dream Vacation: I have already had trips of a lifetime to Alaska and Hawaii, and on a Caribbean cruise, but I would love to travel to Norway to visit the home of my ancestors.

Favorite Quote: *"Today you are you! That is truer than true! There is no one alive who is you-er than you!"* (Dr. Seuss, 1959)

Favorite professional sports team:
Minnesota Twins

If you attended/graduated college, please note when and where you completed your schooling: I graduated from the University of Montana in Missoula in 1985 with a Bachelor of Science degree in Business Administration with an emphasis on Accounting.

If you could live anywhere in the world, where would it be? I have lived in Montana all my life and wouldn't want to live anywhere else.

What is something unique about you (a fun fact) that few people are aware of: I took organ lessons for 10 years starting in the 4th grade, and during high school and my first two years of college I was the church organist for a small Baptist church in Butte called The Church in the Valley, earning \$5.00 per Sunday. I also accompanied my mom when she sang at weddings. I still have the Hammond organ of my youth.

If you could compete in the Olympics, which sport would you choose? Ice skating, but I'm afraid the triple lutz would do me in.

(continued on p. 15)

Favorite place to eat in Missoula: Double Front Café, where they have the best fried chicken (my favorite food).

Where are you from/where did you grow up: I was born and raised in Butte, MT. My Butte heritage goes back to the late 1800's when my ancestors came from England to work in the mines. My grandmother was born in Butte in 1900, the third of 8 children, so my Butte roots run deep!

What do you enjoy doing in your spare time: Spending time with my husband of 48 years (Keith), our daughters (Melissa, Colleen and Melanie) and our grandchildren (JT, Steven, Ben, and Margaret). We can be found at Flathead Lake or a Missoula Paddleheads baseball game in the summer, and the Montana Grizzlies basketball games in the winter, or at any of our grandchildren's various activities. I also enjoy researching my family genealogy online. It's exciting to learn where we came from, so we can understand who we are. I am also active in our Lutheran church.

Can you play any instruments? I play the chimes in the chime choir at our church.

Do you have any pets, if so what type/name: We lost our cat, Fritz, last year at age 16. I have 2 Himalayan "grandcats" (Sparky and Rosy), and a "granddog" (a golden retriever named Moose). They love it when I come to visit because "Grandma" will give them treats.

When did you start working at Edulog: I started working for Edulog on May 4, 1987. The company was a lot smaller when I started. I feel very blessed to have been given the opportunity to work and grow with this great company.


How would you describe your job at Edulog to someone unfamiliar with Edulog? I work primarily as HR Manager. I am responsible for payroll and benefits, new hires, and employees who leave. I also have various other duties including but not limited to reviewing contracts, managing liability concerns, etc.

Favorite Edulog Product or favorite part of working at Edulog: The people I get to work with.

Edulog advice (to clients or co-workers): Don't expect everything to be handed to you without hard work. Learn well, work hard, be patient, and your reward will come.

What is something on your bucket list: To go to Harris Beach in Brookings, Oregon, to relive my childhood memories of being there with both of my grandmothers and feeling the sand between my toes.

Any additional fun facts you'd want to share about yourself: Keith and I loved cruising so much that we have a cruise to Alaska scheduled for later this year. We did Alaska by land, and this time we will see Alaska by boat.



The graphic is a vertical banner with a light blue background and a blurred image of a road and a yellow school bus. At the top, there are three teal chevrons pointing right. Below them, the text "GPS TRACKING" is written in large, bold, blue capital letters. Underneath, in smaller black text, it says "Discover how real-time data can benefit your district." Below this text are three location pin icons, each with a green dot. Between the pins, the words "Integration", "Accuracy", and "Insight" are written in blue. At the bottom, there is a dark blue button with the text "LEARN MORE" in white, followed by two white chevrons pointing right. Below the button, the text "Start Tracking" and "Start Knowing" are written in black, separated by teal horizontal lines.



HABIT STACKING: NOT JUST FOR HEALTH AND FITNESS BY SHAWNA KNUDSON

Imagine being able to easily add new, helpful habits to your daily routine without feeling overwhelmed. That's the magic of habit stacking! This idea became popular thanks to S.J. Scott and his book "Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less." Habit stacking is all about connecting new habits to ones you already do every day. Let's dive into what habit stacking is, why it's awesome, and how you can use it in different parts of your life.

Habit stacking is a way to build new habits by attaching them to your existing habits. Think of it like adding new beads to a string; each new habit is easier to remember because it's linked to something you already do. This method works because it's easier to remember to do a new habit when it's part of a routine you're already familiar with.

For example, if you want to start meditating every day, you can connect this new habit to brushing your teeth. You could say, "After I brush my teeth in the morning, I will meditate for five minutes." Brushing your teeth becomes the reminder to meditate, making it easier to stick to this new habit.

Why is Habit Stacking So Great?

- **Easy to Do:** Habit stacking is simple and doesn't need a lot of planning or extra time. It uses the habits you already have, making it a quick and effective way to add new ones.
- **Less Mental Effort:** Making decisions all day can be tiring. Habit stacking helps because it automates new behaviors, so you don't have to think about them as much. This saves your mental energy for other important tasks.
- **Consistency:** Doing new habits regularly is important for making them stick. By linking new habits to existing ones, you're more likely to do them every day.
- **Focus on Small Changes:** Habit stacking helps you focus on small, manageable changes. This makes it easier to achieve your goals and feel good about your progress. (continued on p.17)

And it isn't just for health and fitness; you can use it in many areas of your life. Here are some examples:

Health and Fitness:

- **Morning Routine:** "After I wake up, I will drink a glass of water."
- **Exercise:** "After I finish my lunch, I will take a 10-minute walk."
- **Healthy Eating:** "After I cook dinner, I will prepare a healthy snack for the next day."

Productivity and Time Management:

- **Starting Work:** "After I open my laptop, I will review my to-do list for the day."
- **Meetings:** "After I schedule a meeting, I will set a reminder 15 minutes before it starts."
- **Email Management:** "After I read an email, I will categorize it and respond if necessary."

Personal Development:

- **Learning:** "After I finish my breakfast, I will read a book for 15 minutes."
- **Mindfulness:** "After I sit down for dinner, I will express gratitude for three things."
- **Skill Building:** "After I watch TV in the evening, I will practice a new language for 10 minutes."

Tips for Successful Habit Stacking

1. **Start Small:** Begin with small, easy-to-do habits. This builds your confidence and makes it easier to add bigger habits later.
2. **Be Specific:** Clearly define your new habit and when you'll do it. For example, instead of saying, "I will exercise more," say, "After I finish my lunch, I will take a 10-minute walk."
3. **Track Your Progress:** Keep track of your habits to stay motivated and see how you're doing. You can use a habit tracker or a journal.
4. **Adjust if Needed:** If a habit stack isn't working, be flexible and make changes. Try different triggers or tweak the habit to fit your life better.

Streamline Your Operations



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Live Substitution
Manage by Exceptions
Comparative Analysis

Real time tracking to see where
your fleet is now and historical
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5. Celebrate Small Wins: Celebrate your progress, no matter how small. This positive reinforcement helps make the new habit stick.

Habit stacking is a powerful and easy way to make positive changes in your life. By linking new habits to existing ones, you can create a smoother and more effective path to personal and professional growth. Whether you want to improve your health, boost productivity, or enhance personal development, habit stacking is a straightforward method that works. Start small, be specific, and celebrate your successes—soon enough, these small changes will lead to big improvements in your life.

EDULOG STAFF UPDATES



JACOB KENDALL

Jacob will begin with the ASP department as a Data Technician before moving to the Training Department. Jacob is a Missoula native and University of Montana graduate. He is a former member of our armed forces, having served in the Navy; he was even stationed on a submarine! Thank you for your service, Jacob. He brings to Edulog a tremendous energy and passion that we are excited to have as a part of the company. Please help us welcome Jacob!



LINDSEY VENO

Lindsey is an Operations intern. Lindsey is a current student at the University of Montana studying Management Information Systems. She is slated to graduate this Spring. Lindsey brings with her valuable hard-working experience from various restaurants in Missoula while in school, while also taking time to be a student ambassador on campus. Please help us welcome Lindsey!



LUCAS HUTSON

Lucas joined the Account Management team as an Account Manager II. We are thrilled to have him join Edulog with his extensive background in IT and close ties to Lakeland School District, ID. He recently moved to Missoula from Coeur d'Alene with his wife and 14 yr old daughter. He has a degree in English with a minor in Social Science and has worked in government public information and education as an IT technician and then as a Career Technical Educator teaching computer science and repair. He also taught yearbook.

Lucas is a big fan of comics, sci-fi and fantasy, video games and tabletop games, and he also loves film and music, especially offbeat stuff. He is excited to join the team and to work with everyone. Please send a big hello to Lucas!

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JOAN MUSE

Joan is our newest member of the DCDT Team. Originally from Kenya and now based in Spokane, Washington, Joan brings a wealth of experience in education, publishing, and technology integration. She has a passion for traveling and car racing, always eager to explore new experiences and innovative solutions.

With a strong background in business leadership and project management, Joan is dedicated to helping businesses thrive by integrating technology and ensuring sustainability through future-proof strategies. She holds a Master's in Business Administration.

Her impressive career includes leading publishing projects at Oxford University Press, EA, developing assistive technology for learners with visual and hearing impairments through a Mastercard Foundation-funded initiative, and designing custom learning courses for corporate clients across Africa. She has also co-authored Mentor English Activities Grade 4 & 5 books in Kenya, trained and coached students with AENI International, and served as a guest speaker on leadership for Girls for Girls Kenya. Please join us in welcoming Joan!



CARTER SCHULLER

Carter joined Edulog as our new Operations Intern. Carter is currently pursuing a Bachelor of Arts in Engineering Physics with a minor in Mathematics at the University of Montana. His strong analytical background, combined with technical skills in AutoCAD, Python, and Excel, makes him a great fit for our team.

Beyond his academic achievements, Carter has demonstrated leadership and adaptability in various roles, including as a Director at Sky Hawks Sports Camp, where he managed operations and team coordination. His enthusiasm for problem-solving and continuous learning will be valuable assets to the Operations department. Give a big welcome to Carter!



CHUAD JOHNSON

In the DCDT Department, Chuad Johnson was recently promoted from Training Specialist to Instructional Design and Communications Manager. In her new role, she continues to manage New Hire Orientation and support documentation and curriculum development, while also taking on expanded responsibilities. These include overseeing the Edulog.com website, contributing to the creation of the Edulog Employee Central site, and developing sales, communication, and promotional materials for the Sales and Account

Management teams. She is also working to ensure that Edulog's resources meet accessibility standards (WCAG) and managing the company's social media presence. Her education, expertise, and dedication have been instrumental in her career growth at Edulog, allowing her to make a major impact across multiple areas of the company. Congrats, Chuad! (cont on p. 20)



PAULINA (PAU) RIOS

We are excited to introduce Paulina Rios as the newest member of our Edulog family! Paulina, who goes by Pau, joins us as a DCDT Specialist and will be supporting the DCDT Department, bringing her passion for education technology and instructional design to our team.

Pau graduated in May 2021 with a B.S. in Computer Science and recently completed her M.Ed. in Education Technology in May 2024.

With her background in instructional design and technology, she has gained valuable experience through various roles, including internships and hands-on projects, where she created engaging multimedia content and eLearning modules, collaborated with subject matter experts, and implemented adult learning principles and gamification techniques.

Beyond her professional skills, Pau is passionate about learning and personal growth. In her free time, she enjoys salsa dancing, crafting miniature paper buildings and furniture, and spending time outdoors. She also has short-term goals of traveling to Alaska and volunteering with her local care facility by hosting bingo games.

We are confident that Pau will be a great addition to our team, and we're excited to see the positive impact she will make here. Please join us in welcoming Pau!

We love Tradeshows! Keep an eye out for our booth and stop by and say hello!

Below: Our Parent Portal expert, Derek Graham, at a recent tradeshow showing off the many features of Parent Portal to an attendee.



BERRY TART RECIPE

BY JASMINE BROWN



INGREDIENTS:

- 1 1/2 C Rolled Oats
- 2 Tbsp Flax Seeds
- 2 Tbsp Nut Butter of your choice
(I used cashew butter!)
- 4 Tbsp Maple Syrup
- 2 Frozen Bananas
(about a cup and a half)
- 1 C Frozen Mixed Berries
- 1/4 C Milk of your choice

DIRECTIONS:

1. In a food processor or blender, pulse the rolled oats and flax seeds until you get a powdery consistency. Then, blend in the nut butter and maple syrup.
2. Transfer the crust into a small baking dish, or use 4" tart crust molds (makes 3 tarts).
3. Use your fingers or a spoon to press the crust mixture into the edges of the pan(s).
4. Blend the bananas, berries, and milk until smooth and creamy.
5. Pour the berry mixture into the crust(s)
6. Let tarts set in the fridge for at least an hour before serving. (You can also place in the freezer for longer storage. I take mine out of the freezer and leave at room temperature for a minimum of an hour to defrost).
7. Enjoy!



EDULOGGER CROSSWORD

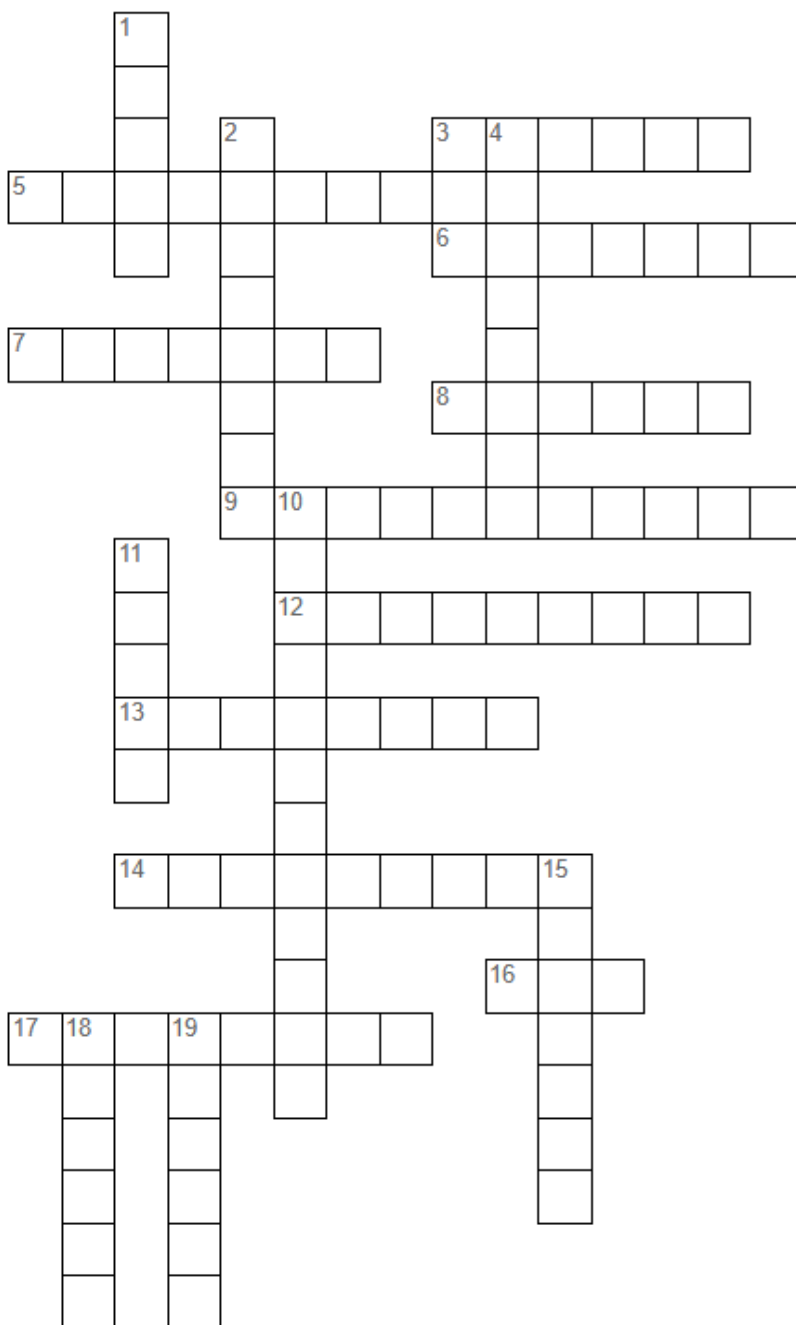


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