

Dan's Letter™

"Please...let me introduce you to my mind...one article at a time."



FROM THE DESK OF DAN ANDERSON

Struggles And Strengths

A man found a cocoon resting on a branch. He sat and watched for hours as the butterfly inside struggled to push its body through the small hole at the top. Suddenly the butterfly stopped making any progress. It seemed to be stuck.

The man decided to help the butterfly. He used a knife to snip off the cocoon. The butterfly emerged with a swollen body and small, shriveled wings.

The man sat waiting for the wings to enlarge and support the butterfly. But that didn't happen. The butterfly was unable to fly, and it crawled around with its tiny wings and swollen body until it fell to the ground and died.

The man didn't understand that the butterfly's struggle to get free of the cocoon was nature's way of forcing fluid from its body into its wings to prepare it for flying once it was out of the cocoon.

Lesson learned:
Our struggles in
life develop our
strengths.

- Dan A.



TAKE YOUR CAMPING TRIP TO THE NEXT LEVEL



(BPT) - Summer is almost here, which means it's time to start planning your outdoor adventures for the season. When you think about the outdoors, you probably picture rugged terrains in a forest or woods. The term "roughing it" may come to mind. But your trip into nature doesn't have to be devoid of comfort.

Whether you're experienced in outdoor recreation or learning how to camp for the first time, you can start this summer off right by thinking of ways to elevate your next trip into the wilderness. Check out these three tips to create a glamorous outdoor getaway you and others can enjoy together.

1. Dress up your site

Decor isn't just for your home! Whether you have a tent, trailer, cabin, yurt or van, a few fun touches can add comfort and style to your site. Purchase some battery-powered string lights and hang them inside your tent or camper to create soft, warm lighting as you turn in for the night.

You can dress up your outdoor spaces by layering colored or patterned tablecloths on the picnic bench, laying down an outdoor rug for extra seating and using a pretty tray to keep items together and out of the way on your table. You can also use string lights around your picnic area to create a whimsical atmosphere.

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2. Add some campfire pairings

A great glass of wine can pair perfectly with camping fare. Whether you're enjoying some salty snacks, grilling hotdogs over the campfire or making s'mores, pairing wine with your food can make a good meal a great one.

"Nature and luxury aren't mutually exclusive," said Flat Top Hills consulting winemaker Angelina Mondavi, member of the fourth generation of the winemaking family. "In fact, wine pairs well with relaxing outside, and can really complement favorite camping fare. Pack a few bottles of your favorite wines with you and you can have a sip of home in the great outdoors. I love to bring a bottle of our Buttery Chardonnay or Rosé to put in a cold flowing creek to cool down, so when I return from a day of fly fishing the bottle is perfectly chilled and ready to be enjoyed by the campfire."

Flat Top Hills wines are designed to elevate everyday occasions. They are approachable, high-quality, fruit-forward, and made to easily match any meal.

Open a bottle of new Buttery Chardonnay to sip with chips and dip, popcorn or toasted marshmallows. A rich Red Blend or Cabernet Sauvignon goes perfectly with burgers and even as a dessert pairing for s'mores. Whip up a pasta

salad and enjoy a glass of crisp Chardonnay or Sauvignon Blanc. If you plan to take a hike and picnic nearby, pack a bottle of Rosé to go with your packed lunch. Plus, Flat Top Hills white and rosé wines come with an easy to open screw-cap top, making them especially convenient when camping.

3. Stock your camp kitchen

At home, you have easy access to everything you need to make a meal. When planning your outdoor getaway, make a list of utensils, tools and gadgets you might need on your trip.

Consider purchasing a camping stove and coffee percolator so you can enjoy a cup before building your campfire and cooking breakfast. If you enjoy a morning smoothie, find a battery-powered blender to stash in your camp kitchen items.

Don't forget camp-friendly wine glasses made of high-quality BPA-free plastic or stainless steel, and of course, a corkscrew is a key part of any well-stocked camping box so you can enjoy a glass of wine while you relax in a hammock after a long hike. To learn more about wines you can take with you on your next outdoor adventure, visit FlatTopWines.com.

How To Choose The Right Doctor



A primary care physician is your first line of defense in maintaining good health. Finding one you like and trust may take a little effort, though. Here's some advice from the Healthline website:

Check your network. Staying within your health plan's network can save you money. Look through your plan's documents to locate primary care doctors in your community.

Talk to family members and friends. Ask who they go to, and whether they like and trust them. You can also look to other health care workers you know—your

pharmacist, physical therapist, eye doctor, and the like.

Consider the location. Is it easy for you to visit the doctor's office? Ask about public transportation, parking, access, and other physical issues. If your doctor's office is inconvenient to get to, you won't go as often as you should.

Check availability. How busy is the doctor? Will you be able to get an appointment when you need one? Is telemedicine an option? You should be able to see a doctor quickly when you need to.



The Mysterious Origin Of The Hotdog

Americans love hot dogs. Every year we eat about 7 billion of them between Memorial Day and Labor Day alone. And the typical American eats about 60 a year. Where do hot dogs come from (aside from ballpark vendors, of course)? Their origins are shrouded in mystery.

Some sources say they date back to the 1st century, when the Roman emperor Nero's cook first experimented with stuffing the intestines of pigs with spiced meats. The word "frankfurter" comes from Frankfurt, Germany, where pork sausages in buns are said to have been served in the 15th century; "wiener" is from Vienna (Wien), home to pork sausages originally called "wienerwurst" (Vienna sausage) in the 1800s.

In the United States, a German immigrant named Charles Feltman is credited with selling sausages in rolls around the year 1870, in Coney Island, N.Y. Another German, Antonio Feuchtwanger, is said to have sold sausages in St. Louis around the same time, offering a split bun to hold them at the suggestion of his wife.

And the term "hot dog" itself? That's similarly shrouded in mystery. According to one popular tale, a newspaper cartoonist in 1900 drew a picture of a frankfurter with legs, a tail, and a head, but unable to spell "Dachshund," dubbed it a "hot dog." The story is disputed, however. What's beyond doubt is that hot dogs are the meal of choice for lots of hungry people around the world—whatever condiments they want to load them up with.



TAKE A BREAK!



Berry Mini Trifles

Ingredients

- 2 3.5 oz pkg instant vanilla pudding
- 4 cups milk
- 12 oz angel food cake, cut into cubes
- 8 oz whipped cream
- 1 pkg blueberries
- 1 pkg raspberries
- 1 pkg strawberries sliced thinly
- 1 pkg blackberries
- 9 oz mini plastic cups

Instructions

Make pudding according to package instructions. Add a thin layer of pudding in each cup. Add a layer of angel food cake cubes.

Add a thin layer of whipped cream. Add a layer of strawberries and blueberries. Repeat pudding, angel food, and whipped cream layers.

Top each cup with raspberries, blackberries, and blueberries.

For best results, store in the refrigerator for 1-2 hours and wait to top each cup with berries until right before serving.

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