

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

Ditch Roadblocks To Success

The Data Driven Investor website cautions you to get rid of these obstacles to being successful at work:

- **Ambiguity.** Be direct with everyone—employers, clients, employees, partners, customers, and all the rest. Don't let them guess at what you think or what you plan to do. You want people to depend on you, so learn to communicate clearly and remove any potential for confusion.
- **Unsolicited advice.** Many people will try to tell you what to do, often with the best of intentions. Be polite, but don't pay attention to any advice that doesn't suit your needs. Seek out people you know for their expertise to help you reach your goals.
- **Irrelevant experience.** Once you've set a goal, don't get sidetracked by activities that don't contribute to it. When writing a résumé to important people, bidding for work, or anything else on the way to your objective, zero in on what's relevant to the goal and leave out anything that doesn't directly address it.

- **Perfect circumstances.** The time will never be completely right to make a career move. Train yourself to analyze the factors and take action when you have a reasonable chance of success.

- Dan A.



(BPT) - Are you on the lookout for fresh new drinks to enjoy while taking advantage of some of the evenings of early fall? As part of this year's search for the next trending drink of choice, many have turned to an unlikely source for its refreshing and fruity beverages that pair perfectly with your favorite meals: Brazil.

Brazil's mastery in the beverage market is nothing new. Brazil has cultivated a long history in wine and spirits, which has allowed Brazilian drink makers to create a diverse menu of flavorful cocktails that are unlike anything else found around the world. Just consider that today, the country is home to more than 1,100 wineries that produce more than 750,000 tons of grapes annually - which are exported to 50 global markets. What's more, Cachaça, the favorite spirit of the country, is the third most consumed distilled spirit in the world.

"Whether you're looking for an exciting new wine or spirit to add to your collection, or searching for fresh, delicious juice with bright flavors, Brazil is a great place from which anyone can draw inspiration," said Alberto Carlos Bicca, Agribusiness Coordinator for ApexBrasil, the Brazilian trade and investment promotion agency.

Recipe: Caipirinha

When it comes to cocktails, Brazil's rich cultural traditions have contributed to the creation of unique beverages.

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In fact, Caipirinha, the country's national cocktail, has become popular in recent years for its refreshing and citrus-forward flavors that pair well with American appetizer favorites like chips, salsa and guacamole.

Ingredients

Cachaça (white or aged)
Lime
Sugar
Ice

Instructions

Put the slices of 1 lime in a small glass and add 1-2 teaspoons of sugar. With a pestle, press firmly on the lime and twist, releasing the juice. Fill the glass with ice and pour in 70-75 ML of Cachaça.

Pairing Brazilian red wines and steak. Brazil is best known for a diverse range of sparkling white and rose wines, but the country's red offerings are not to be overlooked. In fact, Brazilian red wine is sturdy enough to support the richest steak course without drowning out the complex flavors of modern Brazilian fare. Accordingly, the next time you put steak on the grill, consider pairing it with a Brazilian red.

Miolo Wine Group - Lote 43. This blend of merlot and cabernet sauvignon is bold and complex, filled with black fruits and earthy aromas.

Pair the steak with creamy rice and beans, and a biquinho pepper and red onion puree.

Recipe: Brazilian Spritz

The "Aperol Spritz" may take its origins from Italy, but Brazil has its own twist on this classic - using the stellar selection of sparkling white and rosé wines from the country's lush vineyards. The resulting cocktail is a light and refreshing drink that truly captures the cheerful spirit of Brazil, all while featuring Brazilian sparkling wine that has been quality tested by critics in international competitions.

Ingredients

Aperol liquor
Brazilian sparkling wine (suggestion: Garibaldi Cooperativa Vinícola's Amaze - Brut Chardonnay Sparkling Wine)
Sparkling water
1 orange

Instructions

In a large glass, add ice, equal parts Aperol and sparkling wine. Top with a splash of sparkling water. Add 1 slice of orange to rim.

To learn more about Brazilian cocktails and wines, visit: Taste Brazil and Wines of Brazil.



Women: Protect Yourself From Stroke

Stroke is a danger to everyone, but women can face their own risks of suffering it during their lifetimes. Follow this advice from the Sierra News Online website for staying healthy:

Watch your blood pressure. High blood pressure is the top preventable cause of stroke, so keeping blood pressure under control is vital. Have it checked at least twice a year by your doctor.

Plan your pregnancy. High blood pressure, preeclampsia, gestational diabetes, and blood clots during pregnancy all increase stroke risk, both during pregnancy and immediately after.

Manage your mental health. Chronic stress can contribute to high blood pressure and unhealthy decisions, like overeating or drinking too much. Carve out some time to relax every day. Exercise and meditations can help keep your stress levels low.

Recognize the warning signs. Remember the word FAST to respond quickly to a stroke:

Face. Is one side of your face drooping? Do you have difficulty smiling evenly?

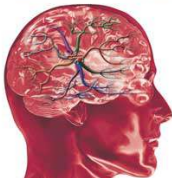
Arms. A suddenly weak or numb arm is a symptom of stroke, along with difficulty raising both arms above the head.

Speech. Are you slurring your words? Having trouble speaking or understanding other people? Try to repeat a simple sentence, like "The sky is blue."

Time to call 911. Any of these symptoms means you should get to a hospital immediately, even if they go away. Keep track of the time so you can tell doctors exactly when the symptoms first appeared.

STROKE SIGNS

Stroke is a...BRAIN ATTACK. Act F.A.S.T.

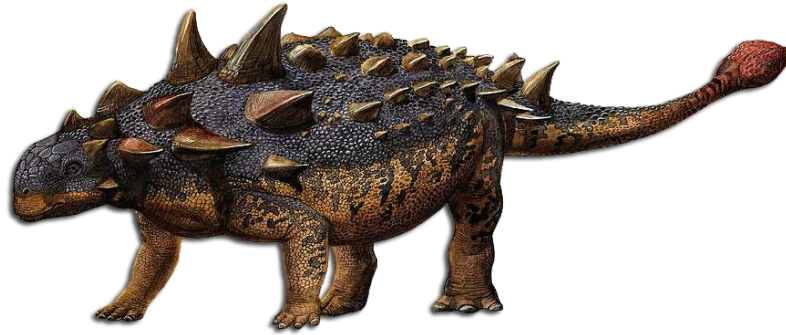
	Face	Does the face look uneven?
	Arm	Does one arm drift down?
	Speech	Does speech sound strange?
	Time	CALL 911 immediately!

How Dinosaurs Kept Their Cool

Big dinosaurs had a tough time staying cool, especially in the ultra-hot Cretaceous period 145–65 million years ago. Armored dinosaurs with bony plates pose a puzzle to paleontologists who wonder how they managed to regulate their body temperatures under all that weight.

An article from Scientific American reveals one explanation: Bony, armor-covered ankylosaurs had a series of nasal passages in their skulls that acted like air conditioners, allowing heat to escape their bodies. Scientists at the University of Ohio used advanced scanning and 3-D modeling techniques to examine the skulls of one species of ankylosaurs known as euoplocephalus. They discovered that the ancient creature had a series of corkscrew-shaped nasal passages like a child's crazy straw inside its head. These passages acted like the coils of a modern-day air conditioner, cooling the dinosaur's blood before it reached the brain and caused heat stroke.

Ankylosaur fossils are easy to examine because their skulls are usually well preserved. In other large dinosaurs, like the T-Rex, the answers are harder to find.



TAKE A BREAK!



Quinoa Stuffed Bell Peppers

Ingredients

3 cups cooked quinoa
1 (4-ounce) can green chiles
1 cup corn kernels
1/2 cup canned black beans, drained and rinsed
1/2 cup petite diced tomatoes
1/2 cup shredded pepper jack cheese
1/4 cup crumbled feta cheese
3 tablespoons chopped fresh cilantro leaves
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon chili powder, or more to taste
Salt and black pepper, to taste
6 bell peppers, tops cut, stemmed and seeded

Instructions

Preheat oven to 350 degrees F. Line a 9×13 baking dish with parchment paper. In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt and pepper, to taste. Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes. Serve immediately. Enjoy!

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RETURN SERVICE REQUESTED

In Their Genes



Humor was a family business for the Marx Brothers. They traveled the country with their parents as part of a vaudeville act, playing the role of "children" until they were 20.

Their mother, Minnie, insisted they be charged half-fare and routinely told everyone she met that her children were only 13 years old.

One day a railroad conductor came to her seat and demanded full fare. Minnie informed him that her sons were 13. The conductor replied sarcastically, "Well, one

of your 13-year-olds is in the washroom shaving, and another one of them is in the club car smoking a cigar."

Minnie just shook her head. "They grow up so fast."

