

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

The Elephant Rope

A man was walking through an elephant camp and saw that the elephants weren't being kept in cages or chained

All that was holding them was a small piece of rope with one end tied to one of their legs and the other to a post.

He was completely confused as to why the elephants didn't just break the rope and escape the camp.

He asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied; "when they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they can't break away. They believe the rope can still hold them, so they never try to break free."

They didn't try escaping the camp because over time they adopted the belief that it just wasn't possible.

Lesson Learned:

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.



- Dan A.



(BPT) - If you love exploring ingredients and new ways to cook old favorites, 2023's cooking trends will delight and inspire you. GoodCook Culinary Chef Anthony Serrano shares trends he's seeing in kitchens everywhere, along with helpful tools to help make your culinary adventures more successful.

Discover plant-based pastas. While traditional pasta will never go out of style, plant-based alternatives will be making waves in 2023. Traditional pasta is made from wheat flour (AP flour, semolina or whole wheat), but the world of pastas created from plants are colorful, flavorful and nutritious - and great choices for those with wheat allergies or gluten sensitivity. These include pastas made from edamame (soybeans), black beans, chickpeas or chia. Thanks to the popularity of Korean and Japanese cuisines, other options you could try are kelp noodles, shirataki noodles (created from the konjac yam) and cellophane noodles (made from mung beans, potato or sweet potato starch or tapioca). You can also substitute pasta with zoodles (spiralized zucchini) or spaghetti squash, which naturally shreds after cooking into spaghetti-like fibers that are fun to eat.

Whatever pasta dishes you concoct, you'll need a great cookware set that can handle anything you throw at it. You can't go wrong with GoodCook's ProEase Cookware Set, a 12-piece set with 7" and 9.5" fry pans, 1.25-quart and 2-quart covered sauce pans, 4-quart covered

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Dutch oven, slotted spoon, spoon, slotted turner and pasta fork. This cookware is SupremSafe™ Nonstick, making for healthy, easy cooking and cleaning, and the tempered glass lid included allows you to monitor food as it cooks.

Be up-to-date with dates. Have you noticed dates showing up everywhere? This stone fruit from date palm trees can enhance many dishes and cuisines, with a natural sweetness that's irresistible in savory or sweet applications. Dates add a burst of flavor to everything from stews and stuffing to salads and more.

Whether you're baking treats or concocting savory delights, a great mixing bowl set is vital. You'll be able to mix, measure and prep ingredients easily with this GoodCook Assorted Plastic Mixing Bowl Set containing 1.5-quart, 3-quart and 5-quart bowls with non-slip bottoms for stability.

Re-vamped nostalgia. While everyone loves their childhood favorites, today's trend takes them to the next level, adjusting ingredients and/or cooking methods to add a wellness twist. Lovers of everything from pizza bites to mac and cheese will still get those cozy vibes and flavors while appreciating the healthier spin on these classics. Grilling or steaming are just a few techniques that can make your faves better for you by cooking lighter.

Love pizza? You can get pizza parlor perfection at home using the GoodCook AirPerfect Pizza Pan to create that ideal crispy crust, thanks to perforated construction which allows direct

contact between the oven heat and the pizza crust. This lightweight pizza pan also has convenient cutting guides to ensure perfect slices.

Enjoy the savory with the sweet. Combining sweet with savory flavors is another trend gaining steam. For example, if you love baking but tire of eating sweet-on-sweet, add savory seasonings into your recipes, as toppers or in the frosting. Chocolate combined with chipotle or jalapeños can really wake up the taste buds, or try cayenne, chili, Chinese five spice, curry or cumin in your dessert. Too much heat? Simply increase the amount of cinnamon, mace or ginger - or sprinkle a little flake salt or freshly ground pepper - and taste the results. They may surprise you!

Whether baking cookies or roasting veggies, you'll need a great baking sheet. The GoodCook AirPerfect Nonstick Baking Sheet distributes heat evenly for thorough baking. Its scratch-resistant, dishwasher-safe nonstick coating makes clean-up quick and easy, and the multi-use pan can be used for everything from heating appetizers to baking cookies.

Butter up guests with butter boards. Similar to charcuterie boards, spread a board with various butters, hummus and/or other spreads, adding a variety of herbs and seasonings, exotic flake salt or ground pepper guests can enjoy on crusty bread or crackers. Better yet, create individual butter boards using marble coasters so guests can stand and chat while sampling tasty bites.

Find The Work / Life Balance You Need

Work is important, but it shouldn't be your whole life. A reasonable balance can keep you healthy and productive throughout your career. Follow this advice from the Business News Daily website:

- **Be realistic.** Accept that your work/life balance is never going to be perfect. At times, your job will take priority; other times, your family will be your major concern. Putting too much pressure on yourself to achieve 50/50 balance will defeat the purpose of your efforts.

- **Find the right job.** A high-stress job you hate won't contribute to a desirable balance no matter how

well it pays. You may not be able to find the perfect job, but look for something that fits your values and preferred lifestyle. You may not make as much money, but you'll be more satisfied in the long run.

- **Make health a priority.** You can't accomplish your personal and professional goals if your health is in question. Eat a healthy diet, exercise regularly, and pay attention to your mental health as well.

- **Unplug when necessary.** You don't have to be linked to your job 24/7. Restrain the impulse to check your email after work or when you're on vacation. Let co-

workers know when you won't be available unless an emergency strikes.

- **Take vacations.** You need some time away from workplace pressure to recharge and refresh. Take a real vacation, not just a long weekend. Don't worry, the office will still be there when you get back.



Stay Ahead Of Inflation



You never know when inflation will rear its head to devour your savings. You may not be able to avoid it, but you can prepare for its impact with these tips from the CNBC website.

- **Track your expenses.** You can use an Excel spreadsheet or just a sheet of paper, but get a good view of where your money is going. Whatever you use, track your expenses closely.
- **Cut spending where possible.** The data will help you see where you can reduce your monthly expenses. Even small cuts can help—buying store brands instead of name brands, for example, or cutting back on some streaming services.
- **Pay down your debt.** If interest rates rise along with inflation, your variable-rate debt will grow as well. Pay it down or off completely, or shift it to fixed-rate debt to counteract the negative effects on inflation.
- **Look at the long term.** Don't hustle for short-term payoffs in your investment strategy. The stock market rises and falls, but over the long haul, you'll make money with a patient, steady plan.
- **Expand your skills.** Invest in your career potential by mastering skills that enhance your earning power. Look for degrees, professional certifications, and training that will make you more attractive to an employer—and worth more as well.

TAKE A BREAK!

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Cranberry Pomegranate Bruschetta

For the cranberry-pomegranate relish:

1 pound fresh or frozen cranberries, washed
 2 teaspoons chopped fresh ginger 1 cup sugar
 ¼ cup honey
 2 teaspoons Sriracha sauce
 ½ cup roughly chopped fresh cilantro
 zest from one orange reserve a bit for garnish
 ¾-1 cup pomegranate seeds reserve a few for garnish
 finely chopped fresh cilantro or parsley for garnish
 1 thin baguette, sliced about ¼ inch thick
 ½ cup extra virgin olive oil
 kosher salt
 freshly ground black pepper
 8 ounces cream cheese softened

Instructions

Place the cranberries, ginger, sugar, honey and Sriracha in a food processor. Pulse on and off several times till cranberries are coarsely chopped. Add cilantro and pulse a few more times. Transfer to a storage container and add pomegranate seeds and orange zest. Refrigerate for at least 2 hours or till ready to use. For the crostini, preheat oven to 350°F. Place baguette slices on pans. Brush lightly with oil. Sprinkle lightly with salt and a grind of pepper. Bake for 14-18 minutes or until golden. To assemble bruschetta, whisk cream cheese until creamy. Spread about ½-1 tablespoon on each crostini. Top with a scoop of the relish. Garnish.

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

RETURN SERVICE REQUESTED

HIDING IN PLAIN SIGHT



"They need to come up with an app that will locate your glasses."

*Please...let me introduce
you to my mind...one
picture at a time...*

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