

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

Carrots, Eggs And Coffee

One day a young woman told her mother how hard things had been lately. She was tired of fighting, ready to give up.

The mother took her to the kitchen, filled three pots with water and turned the heat on high. In the first pot, the mother placed some carrots. In the second, she placed eggs and, in the last, ground coffee beans.

She let the pots boil. After 20 minutes she turned off the burners. She turned to her daughter and said, "Tell me what you see."

"Carrots, eggs and coffee," the young woman replied.

"What does it mean, mom?" she asked.

The mother said, "Each of these three foods faced the same adversity—the boiling water—but each reacted differently to the experience. The carrot went in strong, hard and unrelenting. But after boiling became soft and weak. The egg had been fragile, easily breakable. But after boiling it's inside had become hardened.

The coffee beans, had reacted to the adversity by changing into something better—richer.

"Which are you?" the mother asked.

"When adversity knocks, how do you respond?

Will you lose your strength like the carrot? Will you harden your heart like the egg? Or will you change into something better like the coffee beans?"



- Dan A.



(BPT) - Bathrooms are frequently used spaces in a home that are brimming with design potential. Plus, these smaller rooms are ideal to experiment with new aesthetics and unique features. Incorporating unexpected elements in your bathroom's design can add character and interest, while still creating a functional space you'll love.

Consider these tips to help you incorporate unexpected design into your own bathroom:

Experimental color: Rather than traditional white or neutral color schemes, try strategically incorporating rich colors or patterns. Colorful tiles, a bold accent wall or brightly hued towels are just a few examples. Wallpaper is another way to add color and pattern, with modern options available appropriate for the more humid bathroom environment. Not only will pops of color make the space more visually interesting, but it will also create a joyful atmosphere in the bathroom.

Glam glass: The sink is the ideal location to feature this luxe material. Inspired by a Champagne glass, the Salute vessel sink by Kohler is artistic and elegant - and at 15 inches is ideal for small spaces, making an impression extending well beyond its stature. If you prefer an undermount, rectangular glass sink, the Yepsen Artist Editions sink is for you. Reminiscent of the carved textures on marble and architectural facades, it's available in both translucent and opaque colorways.

Continued on page 2...

Mixed materials: Blending complementary textures and materials adds depth to a space in a subtle yet unexpected way. For example, pairing a sleek and modern shower with a vintage clawfoot tub can create a unique and eclectic feel. Adding natural elements such as wood or stone can also add interest to the room, creating a relaxing, spa-like atmosphere.

Modern metals: The right metals elevate and define a faucet and bathroom accessories, refining its overall look. Thanks to the Kohler Finish Program, you don't have to feel limited in your choices. The program offers eight key finishes across product categories, including matte black, brushed modern brass, French gold, vibrant titanium and more. Plus, these finishes resist corrosion and tarnishing to ensure enduring beauty for years to come.

Curated decor: A great way to create an unexpected design in your bathroom is by curating interesting decorations. Look for pieces that show off your style, but be sure not to go overboard with the clutter. One or two pieces of art or sculpture are plenty for the average bathroom space. A pro tip: Use walls and vertical spaces for art rather than taking up valuable countertop space.

Statement pieces: Invest in remarkable pieces that attract the eye, like the new Aureus Artist Editions Vessel sink

that mixes two design inspirations - Asian art and marble. The Asian art Kintsukuroi, which means golden repair, is the process of fixing broken pottery with lacquer resin dusted or mixed with powdered gold, silver or platinum. In looking at marble, the sink draws inspiration from the natural veining patterns. Combined, these influences evoke contemporary design with bold veins and subtle hints of gold and brown.

Elevated lighting: Instead of relying only on harsh overhead lighting, consider incorporating more ambient lighting throughout the bathroom space. This could be achieved by adding new lighting elements or installing dimmer switches. Flexible lighting options in visually appealing fixtures create an environment that is as fashionable as it is functional. Whether you want soft light for a long soak or bright light to prep for the day, you will have options.

When it comes to home design, bathrooms are just as important as any other room. By incorporating unexpected design in these frequently used rooms, you'll create spaces that reflect your style and intrigue visitors. With a little creativity and effort, the bathroom can become a stunning space in your home.



How To Make Faster, Better Decisions

David McDermott made the decision to leave the profession of plastic surgery and mainstream medicine to study human communication and decision making.

Along the way, he developed confidence in his decision making and now serves as a consultant to others. Here are some of his tips:

- **Benefit yourself.** One rule of thumb that should always guide you is that your decision should make you better off than you were before you made it.
- **Create work/life balance.** This means that in your decision making you're not going to compromise those who are important to you. You and your family should benefit over the short term and the long term.



- **Decide things on your own.** Don't run away from your life by allowing others to make decisions for you. Don't let other people control your life.

- **Take responsibility for your decision making.** That means if things go awry—and sometimes they do—you don't play the victim. You figure out what needs to be done and you act. You prepare for the consequences and people respect you for that.

- **Take things one step at a time.** You don't know how things are going to turn out—but don't use that fact of life to avoid decision

making.

- **Change your mind if you feel it's necessary.** Assess the situation and decide what is necessary to get you going where you want to go.

NEED TO GET MOVING AGAIN? HERE'S HOW...



If you've been sedentary for a period of time, (maybe due to recovery from a serious illness) and you want to get moving again, you'll probably want to start slowly. Here are the Department of Health and Human Services Centers for Disease Control and Prevention's recommendations:

- Pick a moderate-intensity activity you like. You'll be more likely to stay active if you enjoy the activity.
- Build activity time slowly. Adding a few minutes every few days until you reach the activity time of 30 minutes ensures you won't become overwhelmed.
- Vary your activities so you don't become bored. Boredom is one of the main reasons people stop exercising.
- Make it a point to continually explore new physical activities. Add what you like to your routine.
- Give yourself credit and reward yourself for your successes along the way.

TAKE A BREAK!

			3	9	5	1		2
9	6		2		4	7		3
		3					5	
	4							8
	1		5		6		7	
8							9	
	9					2		
3		1	9		7		4	6
4		2	8	6	3			

Solution on page 4



Strawberry Lemonade Cookies

Ingredients

Cookies:

1 box of strawberry cake mix (any brand)
2 eggs
1/3 cup vegetable oil
2 tablespoons flour
2 teaspoons lemon juice
1 tablespoon lemon zest

Frosting:

2 cups powdered sugar
4-5 tablespoons lemon juice

Instructions

Preheat oven to 350 degrees. Line baking sheets with parchment paper.

In a large bowl, combine the cake mix, eggs, oil, flour, lemon juice and zest. Beat with an electric mixer until well combined (batter will be sticky).

Drop tablespoons of dough onto prepared baking pans. Bake for 8-10 minutes. Cool completely.

To make frosting, combine powdered sugar and about 4 tablespoons of lemon juice in a medium bowl until smooth. Add additional lemon juice, as needed, until frosting reaches desired consistency.

Spread frosting over cooled cookies. Enjoy!

INSIDE THIS ISSUE

From the Desk of Dan Anderson

PAGE 1

Innovative Ways To Design Your Bathroom

PAGE 1

How To Make Faster, Better Decisions

PAGE 2

Need To Get Moving Again? Here's How...

PAGE 3

Take a Break!

PAGE 3

Strawberry Lemonade Cookies

PAGE 3

From The Newlook Vault

PAGE 4

SOLUTION

1	6	2
3	5	2
4	3	9
5	2	1
6	7	8
7	1	3
8	6	4
9	8	5
2	9	5
3	6	7
4	2	5
5	9	1
6	3	7
7	4	8
8	1	2
9	5	6
2	8	3
3	7	4
4	2	5
5	9	1
6	3	7
7	4	8
8	1	2
9	5	6

Dan's Letter™

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

From The Newlook Vault



Video: Luca Stricagnoli performs "Country Roads"

Newlook Music



Check out

Dan's Blog™

