

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### The Old Tree's Secret

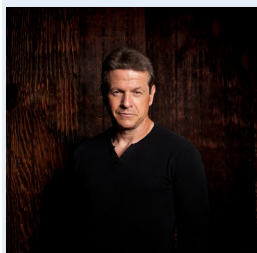
In a verdant valley stood an ancient tree, its wide branches providing shade to generations. Nearby, younger trees often complained about the dry soil and the sun's scorching heat. But the old tree stood tall, never uttering a word of discomfort.

One day, a sapling asked, "Elder tree, why don't you ever complain about the harsh conditions?"

The old tree replied, "When I was young, instead of lamenting, I focused on digging my roots deeper. While others were busy complaining, I sought the cool, nourishing waters beneath the surface."

The curious sapling took the advice to heart and began investing its energy underground. Years passed, and while many trees withered away in the challenging conditions, the sapling grew sturdy and tall, gracefully withstanding every storm and scorching summer.

**Lesson Learned:** Rather than dwelling on the difficulties and challenges you face, look inward for resilience and actively search for solutions to overcome them.



- Dan A.

## brunch at the beach IN SOUTH CAROLINA



(BPT) - As the weather begins to cool across the nation, gloriously sunny days and balmy nights await in Myrtle Beach, South Carolina. With 60 miles of sunny coastline full of flavorful fare, there's no better way to start your day at The Beach than with a hearty meal.

Whether you're planning a day's hike or bike ride to enjoy the natural beauty, looking forward to stretching out in the sun, checking out the vibrant art scene or doing some epic shopping at unique boutiques, kickstart your adventure along the Grand Strand with the most important meal of the day.

With dozens of delicious options, here are eight great restaurants serving up memorable meals for your must-try brunch list:

1. Move over, chicken - try lobster and waffles instead! Visit the newly opened **Mimosas** at 7430 North Kings Highway, Myrtle Beach, which features a large outdoor dining area and chef-inspired specialty brunch menu - including this decadent twist on the chicken and waffles craze.
2. Get your avo toast fix at **Zardin**, 3077 Howard Avenue, Myrtle Beach. This upscale, healthy eatery in Market Common has a brunch menu that offers a perfect balance of delicious and nutritious, including their delectable Smoked Salmon Avocado Toast.

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3. Savor classic dishes with modern flair at one of **Blueberry's Grill's** two locations along the Grand Strand. You can try a variety of unique dishes using locally sourced ingredients, like their Crab Cake Benedict - which also features another Southern favorite, fried green tomatoes.

4. Enjoy elevated Southern comfort food at **Winna's Kitchen** on 819 Main Street, just blocks away from Myrtle Beach's famous boardwalk in the growing Arts and Innovation District. Check out their ever-evolving Southern-eclectic menu with offerings like the tasty Bacon & Egg Fried Rice.

5. Add a sweet start to your day at **Milk & Honey Coffee Cafe**, 351 U.S. 17 Business North in Surfside Beach. Two-time winner of "Guy's Grocery Games" and "The Big Brunch" contestant Chef Mason Zeglen opened this Grand Strand oasis offering up chill morning vibes. Try a combo of one of their signature coffees along with a unique fresh baked pastry - like their famous Espresso Tonic with a tasty Pistachio Cardamom Knot.

6. "Cronuts" are so yesterday - have you tried a "Dossant"? You can sample this unique donut-croissant concoction at the popular family-owned **Benjamin's Bakery**, 810 Third Avenue South in Surfside Beach, along with their house-

roasted coffee and a delicious array of pastries, bagels and mouth-watering sandwiches.

7. Try a local favorite at **The Trestle Bakery & Cafe**, 308 North Main Street in Conway, just steps from the riverwalk and draped by live oaks in their historic downtown district. This bakery and cafe is a local favorite, serving up freshly baked bread and an array of breakfast treats like their fresh Trestle Donuts.

8. French toast aficionados will adore **Croissants Bistro & Bakery** at 8014 North Kings Highway, Myrtle Beach, renowned for their Bananas Foster French Toast. Their mouthwatering menu offers an eclectic variety of delicacies that will satisfy any palate.

If your mouth is watering, check out **VisitMyrtleBeach.com** to learn more about The Beach's burgeoning brunch scene, as well as upcoming food events and festivals.



## To Be More Effective, Try These Tips

Leif Hokanson Smith of Personal Best Consulting says to be effective you have to keep a few things in mind:

- **Don't focus on the obstacle.**

Instead focus on what your personal strengths are so your energy is brought to bear where it is needed.

- **Reduce your stress.** Ask yourself if you're merely being high maintenance at times, and if the answer is yes—then stop. Here are some ways to reduce stress:

- a.) Allow more time to finish tasks.
- b.) Don't set arbitrary goals such as "I will work out for two hours and only consume liquids for the rest of the day."
- c.) Let go of excuses you cling to in order to explain away your lack of success.



- d.) Stop being defensive—your self-esteem is not something that can be easily destroyed.

- e.) When you're hungry eat good food.

- f.) Stop doing things you don't enjoy.

- **Stop assuming others want to make you angry.** Most people don't walk around intentionally trying to get other people's goats. It's

likely what they're doing has very little to do with you personally.

- **Get some perspective.** Anytime you feel yourself being sucked into a vacuum of negativity, ask yourself "What's funny about this?" It's a sign of intelligence to find the humor in your struggles.



# How To Shake A Bad Mood



Bad mood? The worst thing you can do is wallow in it, according to Psychology Today experts. Instead, survey results show exercise and listening to music as the best ways to beat a case of the blues.

Bad moods usually emanate from tension and low energy, according to PT. And when it comes to exercise, even a short brisk walk can increase your energy, reduce your stress and improve your mood.

Psychologists believe listening to music may prompt you to remember a good mood or a good time and produce a conditioned response that makes you feel better.

Other ways to beat a bad mood? Take up a new interest. Sign up for a class in something you've always been interested in but don't know much about. Start a new hobby like knitting or carpentry, or get out and volunteer for a cause you care about.

The bottom line is if you're feeling bad, sitting around ruminating about it will probably not do you much good. Getting active will help you move beyond your present mood and connect you to new people and interests.

## TAKE A BREAK!



**Layered Greek Dip**

### Ingredients:

- 1 (8 oz) package cream cheese, room temperature
- 1 TBS lemon juice
- 1 tsp dried Italian seasoning
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp sea salt
- 1 10 oz container of Sabra Hummus
- 1 cup cucumber diced
- 1 cup fresh tomatoes diced; seeds removed
- 1/2 cup Kalamata Olives pitted & diced
- 1/2 cup (4 oz) feta cheese crumbled
- 1/4 cup green onions sliced

### Instructions:

Place the cream cheese in the container of a standing mixer fitted with the paddle attachment. Add lemon juice, Italian seasoning, garlic powder, onion powder and sea salt and beat until combined. Spread the cream cheese mixture evenly in the bottom of a glass pie dish or serving bowl. Spread the hummus over the cream cheese layer evenly. Add cucumber, tomatoes, olives, cheese and green onions, sprinkling each evenly over the top.

Garnish with fresh oregano, parsley, etc. Place in the refrigerator for at least 2 hours or overnight. Serve with pita chips, vegetables, or your favorite dipper!

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### 40 FINGERS PERFORM "SULTANS OF SWING"



40 Fingers is an acoustic guitar ensemble rooted in Trieste, Italy, consisting of talented guitarists Matteo Brenci, Emanuele Grafitti, Andrea Vittori, and Enrico Maria Milanesi. Each member brings over 15 years of stage experience and distinct musical influences. The group was originally founded in 2017 with guitarist Marco Steffè, who was replaced by Enrico Maria Milanesi in October 2019. This quartet is dedicated to pioneering fresh sonic horizons, offering a diverse mix of both original compositions and covers, all masterfully reimagined for a four-guitar ensemble using the fingerpicking method.

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