

# Dan's Letter™

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



## FROM THE DESK OF DAN ANDERSON

### Lessons from a Weathered Bench

In the heart of a bustling city, beside a grand marble fountain, an old man sat every day on a weathered bench, offering water to passersby from a single cup. The city's inhabitants, always in a hurry, seldom paused.

One sunny afternoon, a young woman named Clara, feeling the weight of her daily routine, approached and asked, "Why do you sit here, day in and day out, when so few accept your offer?"

He smiled warmly and replied, "To remind people that sometimes, life's gifts are hidden in plain sight. Those who rush through life, consumed by their tasks and worries, often miss them." Curious, Clara took a sip from his cup. An unexpected sense of calm washed over her, as if the world's chaos had momentarily stilled.

Clara then began to intentionally pause in her daily activities. She found herself discovering beauty in mundane moments.

**The lesson was clear:** In our relentless pursuit of the future and the next big thing, we often overlook the invaluable gifts we have in the present.



- Dan A.

## REASONS TO TRAVEL TO South Dakota



(BPT) - There is no better season to travel than fall, especially to Rapid City, South Dakota. The heart of the Black Hills, Rapid City is most well-known for places like Mount Rushmore and the world's largest reptile zoo, Reptile Gardens. But there's so much more to see and do in Rapid beyond its national icons.

This fall, plan a long weekend to South Dakota and soak up all it has to offer with fewer people and pleasant temperatures. From discovering dinosaurs to paddleboarding and fishing in a mid-town park, here are five reasons Rapid City should be on your must-visit list for autumn.

**Wide-open spaces + roads to yourself.** Rapid City is the second-largest city in South Dakota, but small compared to many of the nation's other cities with only 75,000 people. The hub of the Black Hills, it's within easy reach of the Black Hills National Forest, Custer State Park and Badlands National Park, making it easy to find space to breathe and take in the sweeping landscapes of western South Dakota. It might even feel like you have the roads, monuments and attractions all to yourself.

**Downtown Rapid City.** If it's been a minute since you've been to Rapid City - or if this is your first time visiting - downtown is going to surprise you in all the best ways.

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From an alley covered in art to bronze statues of America's presidents, plan to spend time strolling the downtown core. Highlights include Art Alley, Presidential Pawn (a museum and pawn shop in one) and Prairie Edge Trading Company. Be sure to dig into local grub at Armadillos Ice Cream Shoppe, Tally's Silver Spoon or Bokujo Ramen.

Time your stay to coincide with a fall event like Pumpkin Festival and the Cruiser Car Show. Want more events? Check out [visitrapidcity.com/blog](http://visitrapidcity.com/blog).

**Take a tour.** There are two types of tours to easily explore Rapid and the region: a trolley tour or sightseeing tour packages. Get easily acquainted with Rapid City highlights by jumping on the City View Trolley, with tours offered Thursdays-Mondays through Sept. 30. Tickets are \$15/adult and include 10 points of interest in Rapid.

For an immersive tour of the region, take a Mount Rushmore sightseeing tour or explore the region with one of Rapid's local tour companies. Various tours are available throughout fall, with package options that include Custer State Park, Badlands National Park, Mount Rushmore, Crazy Horse Memorial™ and more.

**Fall break family weekends.** If you're in need of a destination for fall break, Rapid City is filled with loads of

kid activities, including Cosmos Mystery Area where the laws of nature don't properly exist. If you're a fan of reptiles, visit Reptile Gardens where you'll discover snakes, Aldabra Tortoises, gators, flowers, big bugs and more. Additional kid-friendly adventures include Old MacDonald's Farm, Dinosaur Park, The Journey Museum & Learning Center and the Museum of Geology. Plus, Rapid is home to WaTiki Indoor Waterpark, the biggest indoor waterpark in the Dakotas. Your whole family will have fun in the 30,000 square feet of swimming pools and waterslides.

**Treasures hidden in plain site.** Near the middle of town, discover some of the best-kept secrets of Rapid City - Canyon Lake Park. One of the oldest city parks in Rapid, Canyon Lake Park has 29 lush acres that are home to picnic areas, playgrounds, a fishing bridge and pedal boat opportunities at Canyon Lake Resort. Want more trip inspiration? Learn more at [VisitRapidCity.com](http://VisitRapidCity.com).



## How To Set Achievable, Exciting Goals

In the pursuit of personal and professional growth, the ability to set exciting, yet achievable goals is indispensable. While it's tempting to reach for the stars, defining objectives that are both inspiring and realistic ensures sustained motivation and greater chances of success.

First, understand the distinction between 'dreams' and 'goals.'

Dreams provide a direction, while goals are milestones that mark our progress. To turn dreams into reality, break them down into smaller, tangible goals.

For instance, aspiring to become a best-selling author is a dream. Writing 500 words daily or completing a chapter a week can be the achievable goals leading to that dream. These smaller goals not only make the larger objective seem less daunting but also provide regular moments of success and motivation.



However, goals shouldn't just be achievable; they should be exciting too. When a goal resonates with our passions, the journey towards it becomes joyful, and the commitment remains unwavering. Passion acts as a catalyst that transforms challenges into opportunities.

Moreover, ensure to measure and celebrate the small victories along

the way. This continuous feedback loop increases momentum and builds confidence.

The harmony between achievability and excitement in goal-setting is the secret to a fulfilling journey towards success. By crafting goals that are both challenging and inspiring, we pave a path filled with enthusiasm, resilience, and eventual triumph.





# Safety On The Road...Slow Down

Being in a hurry can be dangerous, especially when you are driving. Managing your mindset when you are behind the wheel is essential for your own safety as well as that of others on the road. "The world might be in a hurry, but you don't have to be," says Bob Stuber, a nationally known safety expert and former Los Angeles police detective. Here are his tips for managing your driving time:

- Make sure you allow ample time to get where you're going, then add 10 minutes to that time.
- When planning your drive, always assume the slowest scenario, like getting caught at every red light or behind a slow driver.
- Don't be afraid to revise your time estimates.
- If you feel yourself getting in a hurry, stop!
- Stop and call whoever is waiting for you and tell them that your drive is going to take a little longer than you thought.
- If you are habitually late, set your clock 10 minutes fast. You'd be surprised at how well this works.



## TAKE A BREAK!



**Sweet Potato Crostini**

### Ingredients

2 tablespoons sugar  
1/2 teaspoon ground cinnamon  
24 slices French bread baguette (1/4 inch thick)  
2 to 3 tablespoons butter, melted

### Topping:

2 cups mashed sweet potatoes  
1/4 cup chopped pecans  
3 tablespoons packed brown sugar  
2 tablespoons butter, melted  
1-1/4 cups miniature marshmallows, halved

### Instructions

Preheat oven to 375°.

Mix sugar and cinnamon. Arrange bread slices on an ungreased baking sheet. Brush with butter; sprinkle with sugar mixture. Bake until lightly browned, 5-7 minutes. Remove from oven; preheat broiler. Mix sweet potatoes, pecans, brown sugar and butter; spread over toasts. Top with marshmallows, pressing lightly. Broil 3-4 in. from heat until marshmallows are lightly toasted, 1-2 minutes. Enjoy!

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		8	7			3		

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

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### "AMBIENT DEEP HOUSE" BY REINHARDT BUHR



**Reinhardt Buhr** is an enigmatic street musician whose melodies enchant passersby on bustling city streets. With his weathered guitar and soulful voice, he transports listeners to another world. His music, a fusion of folk and blues, tells stories of life's ups and downs, resonating with the hearts of those who pause to listen. Clad in worn denim and a weather-beaten hat, Reinhardt's presence is both humble and magnetic. Each note he strums evokes emotions that linger long after the song ends, making him a cherished fixture in the urban landscape, a troubadour who captures the essence of the streets.

*Newlook Music*



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