

Dan's Letter™

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



FROM THE DESK OF DAN ANDERSON

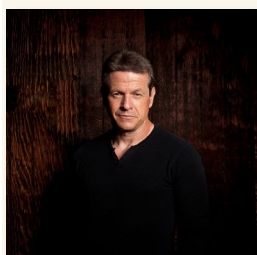
You Really Can Buy Happiness

It turns out that the conventional wisdom is wrong: It is possible to buy happiness—when you spend your money on others.

Researchers from the University of British Columbia and Harvard University conducted a study where 630 American participants were surveyed to rate their happiness, income, and monthly spending habits, including on bills, gifts for themselves, gifts for others, and charitable donations.

The results showed that it wasn't the amount of money people earned that determined their happiness, but how they spent it. Those who spent more on gifts for others reported higher levels of happiness than those who spent primarily on themselves.

In another experiment, participants were given \$5 or \$20 and instructed to spend it by the end of the day. Half were told to spend the money on themselves, while the other half were to spend it on others. At the day's end, those who had spent the money on others felt happier than those who spent it on themselves.



This study suggests that even small acts of generosity can significantly improve one's mood and overall happiness.

- Dan A.



ADOPTING A PET?

Here's how to make a perfect match!

(BPT) - Bringing a pet into your home is one of the best decisions you can make to enrich your life, with three quarters of pet parents reporting mental health improvements from pet ownership. With more than six million animals currently in rescue agencies or shelters in the U.S., adopting a pet will open your home to an animal in need and bring you untold amounts of joy and well-being. It's easy to fall in love with an adorable dog or cat, especially if they have backstories that pull at your heart strings. But as tempting as it is to take home the first sweet face you see, it's not a decision to make lightly.

According to a study by the National Institutes of Health, 40% of adopted pets are returned to shelters within the first year. That's why some careful forethought can help your home be a permanent one for your new best friend. Here are five things to consider to help you find a companion that is the perfect match:

1. Compatibility with your Lifestyle: Before you choose a pet, think about your lifestyle and choose a pet with a temperament and personality that fits. Are you looking for a cuddle buddy for movie nights or a running partner? Do you work from home or are you in the office five days a week? Do you have young children or teenagers? A young, active husky might not be the best choice for someone who is away most of the day, while an older cat might enjoy quiet and

Continued on page 2...

solitude. A rambunctious dog might be too much for young kids, while teens might love to play with them in the backyard.

2. Preparing for Expenses: Budgeting for pet care is the best way to make sure you're not surprised by the expenses necessary to keep your new family member healthy and happy. Think about vet visits, yearly vaccinations, food, day care, dental cleanings, grooming and more. There's also a chance pet parents could face surprise costs like treatment for an injury or surgery. These costs can add up over time, Synchrony's Pet Lifetime of Care Study shows it can be as much as \$55,000 during a pet's lifetime. But there are ways to be ready for these costs.

Many pet parents have a credit card specifically for pet expenses, such as Synchrony's CareCredit. CareCredit is a health and wellness credit card that empowers families to pay over time for pet care with flexible, budget-friendly financing options. CareCredit can be for all types of veterinary and pet care from routine exams and vaccinations to illness and injuries, nutrition and prescriptions and even microchipping, boarding, training and other expenses. Having a solution to manage costs can give your financial peace of mind through every stage of your pet's life.

3. Puppy or Kitten vs. Adult Pet: If you work outside of the home most of the time, a puppy or kitten can be

challenging but not impossible. Young animals need a lot of supervision, training and attention as they discover the world - and get to know you and your household. It takes time and attention to help them grow into well-mannered adults. If you don't have those, consider adopting an adult pet that's already house trained, crate trained, leash ready or can manage being alone. Be sure to ask these types of questions when you are at your chosen place of adoption.

4. Allergies in Your Household: If someone in your home is allergic to dogs or cats, careful consideration should be made. The last thing you want is to fall in love with a furry friend only to discover you or a child is constantly sneezing. However, there are certain breeds that are hypoallergenic that might be the ideal fit.

5. Living Situation: Do you live in an apartment? What floor is it on? Is there easy access to outdoor spaces or a dog park? Does your home have a fenced-in yard to keep them safe? What are the rules for pets if you're renting? It's important to keep all of these things in consideration when adding a pet to your life and living space. It's not always the size of the pet that matters most, it's the size of your commitment to making to work for you and the animals.

Considering all the elements of pet ownership before you bring your furry friend home will help ensure it's a perfect match from the start - and for a lifetime.



Sweet Northwest Cherries: Summertime Superfood

Summer is the perfect time to enjoy sweet Northwest cherries, a top choice for a healthy snack. Available only for a limited time, these cherries are packed with fiber, vitamin C, and potassium, making them a nutritious option.

1. Steady Fuel: Despite their sweetness, sweet Northwest cherries have a low glycemic index, meaning they provide a steady release of energy without causing blood sugar spikes and crashes. This makes them an ideal snack for maintaining stable energy levels.

2. Natural Sleep Aid: These cherries are a natural source of melatonin, serotonin, and tryptophan, which are crucial for regulating sleep. Consuming a cup of cherries about an hour before bed can improve sleep quality and duration, potentially enhancing mood and mental health.

3. Exercise Recovery: The deep color of sweet Northwest cherries comes from anthocyanins, which have antioxidant and anti-inflammatory properties. Studies suggest that consuming cherries after exercise can reduce muscle soreness and speed up recovery.

Beyond these benefits, sweet Northwest cherries can support the immune system, manage blood pressure, and reduce inflammation. Though their season is short, cherries can be preserved by drying, canning, or freezing to enjoy their benefits year-round. For more information, visit nwcherries.com.



Gems of Deception

A Victor Sage Mystery

by Dan Anderson

Chapter 6: Echoes of Yesteryear

The dawn broke gently over London, casting a soft glow through the fog that clung to the city streets. Victor and Clara prepared themselves for another day of unraveling the mystery that had ensnared their lives and the fate of the Hawthorne family. The clues they had collected—the taunting letter from the thief, the cufflink with the monogram 'D', the cipher, the scrap of fabric, and the remnants of the bonfire—swirled in their minds, each piece of the puzzle demanding their attention.

Victor stood by the window of his Montague Street office, deep in thought. "Clara, we need to reexamine everything. The thief is not just a common criminal; he's playing a sophisticated game, and we need to stay one step ahead."

Clara nodded, her eyes bright with determination. "Where shall we begin, Mr. Sage?"

"The library at Hawthorne Manor," Victor replied. "The cipher found by Mr. Jenkins. There must be more to that clue than we initially realized."

As they made their way to Hawthorne Manor, the early morning fog began to lift, revealing the grand estate bathed in the pale light of dawn. The stillness of the grounds was almost eerie, the silence broken only by the soft crunch of gravel under their feet. Lady Elizabeth greeted them at the entrance, her expression a mix of hope and anxiety.

"Mr. Sage, Miss Simmons, I trust you've come with news," she said, her voice betraying her worry.

"Indeed, Lady Elizabeth," Victor replied. "We need access to the library. There are threads we need to follow."

The library, filled with towering shelves of ancient books and relics, seemed to hold its breath as they entered. The scent of aged paper and polished wood enveloped them, grounding them in the seriousness of their task. Victor began to search the shelves methodically, while Clara focused on the most secluded alcove where Mr. Jenkins had discovered the cipher.

Clara's keen eye soon caught a detail in the alcove. "Victor, look at this," she said, pointing

to a small, intricate carving of a hawthorn tree embedded into the wood of the bookshelf.

Upon closer inspection, they found it was a combination lock, with a series of dials that could be turned to input a code.

Victor examined it closely. "Interesting. This must be the lock for a hidden compartment."

He carefully retrieved the cipher they had decoded earlier. "If the thief left the cipher for us to find, the combination might be embedded within it."

They scrutinized the cipher again, paying attention to any sequences of numbers or letters that could serve as a combination. Clara noticed a set of numbers hidden among the symbols: 1-8-1-5.

Victor nodded, his eyes lighting up. "1815, the year of the Battle of Waterloo. It's worth a try."

He turned the dials to match the combination. With a soft click, the lock released, and a hidden compartment within the bookshelf slid open. Inside was a stack of old letters tied with a faded ribbon and a folded piece of parchment. Victor carefully unfolded the parchment to reveal another cryptic message:

"To uncover the truth, one must delve into the depths of knowledge where echoes of yesteryear reside."

Victor and Clara exchanged a knowing look. "The letters," Clara said. "They might contain the information we need."

They untied the ribbon and began to read through the letters, which detailed the Hawthorne family's history and their most prized possessions. Victor's eyes widened as he read through the entries. "These records are incredibly detailed. They list the brooch along with descriptions of its history and significance."

Clara looked over his shoulder. "But how does this help us?"

Victor pointed to a series of annotations in the margins. "These notes—they're written in a different hand. They seem to suggest locations and dates."

As they pored over the letters, a pattern began to emerge. "Look at this," Victor said, tracing the dates with his finger. "Each entry corresponds to an anniversary of a significant historical event."

Clara's eyes lit up with realization. "The brooch disappeared on the eve of the Battle of Waterloo's anniversary. The thief is using these dates to send a message."

Victor nodded. "Exactly. And if we can predict the next date, we might be able to anticipate the thief's next move."

Their investigation was interrupted by the sound of approaching footsteps. They turned to see Inspector Edmund Sterling entering the library, his expression one of urgency. "Sage, we've received word of another planned auction. This time, it's in Paris, and it's happening tomorrow night."

Victor's eyes narrowed. "The thief is escalating his plans. We need to act fast."

Sterling nodded. "I'll arrange for transportation. We leave at dawn."

As they prepared to leave the manor, Victor and Clara exchanged a determined glance. The challenge was far from over, and they were more resolved than ever to uncover the truth. With each clue they discovered, they drew closer to the heart of the mystery and the shadowy figure orchestrating it all.

Back at Montague Street, as the first hints of dawn appeared, Clara set about packing essentials for their journey. The air was thick with anticipation, every creak of the floorboards echoing the urgency of their mission. Victor reviewed their notes one last time, his mind sharp and focused.

"Paris awaits, Clara. We must be prepared for anything," he said, his voice resolute.

"Yes, Mr. Sage. We'll get to the bottom of this," Clara replied with equal determination.

Their resolve was unshakable, their course clear...

...they were determined to stay ahead of the Historian.

(To be continued...)

Missed a chapter? - [Tap here for the Kindle version and audiobook.](#)



The Secret Letters, hidden in the library bound with a faded ribbon, resting within a secret compartment. The parchment, aged and delicate, bears meticulously handwritten scripts, hinting at secrets long concealed. Each letter exudes a sense of history and intrigue, promising revelations tied to the enigmatic thefts orchestrated by the Historian, and beckoning the finder to unravel the mystery within.



What They Didn't Tell You

Aggie Miller's childhood was filled with love and joy. She had a deep affection for her parents, her siblings, and her home. However, there was one consistent criticism she faced: she was often called "the slow one." This label was the only negative remark her family ever made about her, but it stuck with her, and she believed it to be true.



Aggie's home was surrounded by a beautiful garden that she adored. She knew every tree and cherished each one for its unique significance. She had a kind nursemaid to whom she was very close and a beloved pet dog, a Terrier named Tony, gifted to her on her fifth birthday. Despite these wonderful aspects of her life, the notion of being slow overshadowed her.

Aggie's sister was seen as the promising one, recommended by her teachers for prestigious schools and eventually choosing one in Paris. She was known for being pretty, witty, and successful in all her endeavors. Aggie's brother, on the other hand, was the charming one, deeply interested in a wide range of subjects and possessing a charisma that ensured his acceptance everywhere he went.

Aggie felt she could not compete with her quick and articulate family members. She struggled to organize her thoughts and words, often overhearing family members say, "Aggie is so terribly slow."

This perception was further compounded by her mother's unusual belief that children should not read until the age of eight to protect their eyes and minds. Consequently, Aggie had to find books on her own and taught herself to read.

Despite being labeled as slow, Aggie found solace in the world of books. She immersed herself in stories, losing herself in the rich, rambling world of words. Her perceived slowness in speech did not hinder her love for storytelling. In fact, it became a driving force behind her desire to become a writer. She once remarked that her inarticulateness was one of the main reasons she pursued writing, suggesting that if one can't think quickly, they must take their time to think deeply.

As a child, Aggie was often quiet, absorbing information silently. This trait translated into her writing, where she revealed clues in her mystery stories with caution and subtlety, captivating readers with her creativity. The girl who was called "slow" grew up to be Agatha Christie, one of the world's most renowned mystery writers.

Now you know what they didn't tell you.



DETAILING MASTERY



SCAN OR TAP BELOW FOR VIDEO



TAP
HERE

18 Cleaning Tricks Local Car Dealerships Don't Want You to Know About

Unleash the secrets to a spotless, showroom-ready car without breaking the bank! Discover 18 game-changing cleaning hacks in this video, where Chemical Guys' top experts spill their insider tips. From headlights to tires, learn how to achieve professional results right at home.

Say goodbye to overpriced dealership services and hello to a sparkling clean ride. Tap or scan the QR code and transform your car's look with DIY solutions and pro tricks.

Don't miss out—your car deserves the best, and this video shows you how to get it effortlessly. Get ready to save time and money while keeping your car pristine!



TAKE A BREAK!

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

TAP
HERE

FOR INTERACTIVE PUZZLE

Solution on page 8



Watermelon Popsicles

Ingredients

19 oz cubed seedless watermelon (3 1/2 cups)
5 1/2 Tbsp granulated sugar, divided
1 Tbsp fresh lemon juice
1/2 cup canned coconut milk, well shaken
13 oz kiwi (6 medium)
1 Tbsp mini chocolate chips

Instructions

Add watermelon, 2 Tbsp sugar and lemon juice to a blender and blend until well pureed. Pour into 10 popsicles molds filling each about 2/3. Sprinkle the chocolate chips over tops then using a popsicle stick gently push down to immerse chips. Cover with the lid and insert popsicles sticks. Freeze 3 1/2 hours. Whisk together coconut milk with sugar until sugar has dissolved, chill 30 minutes. Remove popsicles from freezer, remove lid and carefully pour a scant tablespoon coconut milk into an even layer over watermelon layer. Return to freezer, uncovered, and chill 45 minutes. Peel and cut the kiwi in cubes and blend in a blender along with 2 Tbsp granulated sugar. Pulse until well pureed. Chill kiwi mixture 30 minutes. Pour about 1 Tbsp kiwi mixture over coconut layer. Return to freezer and chill until popsicles are solid about 2 - 3 hours. Serve and enjoy!

INSIDE THIS ISSUE

From the Desk of Dan Anderson
[PAGE 1](#)

Adopting A Pet?
[PAGE 1](#)

Sweet Northwest Cherries: Summertime Superfood
[PAGE 2](#)

A Victor Sage Mystery...
[PAGE 3-5](#)

What They Didn't Tell You
[PAGE 6](#)

Take a Break!
[PAGE 7](#)

Watermelon Popsicles
[PAGE 7](#)

The Most Iconic Food In Every State
[PAGE 8](#)

SOLUTION

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



The Most Iconic Food In Every State | 50 State Favorites



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Dan's Blog™



TAP
Here

Discover the mouthwatering delights from every corner of the U.S. in this must-watch video, showcasing the most iconic food from all 50 states! From Idaho's world-famous potatoes to the legendary New York pizza, this video is your ticket to a culinary journey across America. Whether you're a foodie or just looking to spice up your dinner plans, don't miss out on this delicious exploration—tap or scan the QR code on the right to savor the flavors of the nation!