



A Room with a View.

FEBRUARY 2022



NOTES & NEWS

Cards From the Heart

The earliest surviving Valentine's Day message, a poem, dates from 1415. Victorian-era greetings featured lace and embossed paper, and at that time, it was considered bad luck to sign a Valentine's Day card. Today, more than 1 billion valentines are exchanged each year.

Chop to It

Eating a meal with a pair of chopsticks instead of a fork and spoon is not only fun, but it also has health benefits. Chopsticks pick up smaller bites of food, helping you eat slower and chew your food more thoughtfully. This prevents digestive problems caused by overeating or eating too fast, and also lowers the meal's glycemic index. Additionally, working with the utensils boosts hand-eye coordination and is an exercise for your brain.

Time To Tidy Up

The word "February" comes from the Latin word *februa*, meaning "to cleanse." Start spring cleaning early and use this short month to clean out any clutter in your home or office.

HIGHLIGHTS

The Real MVP

"The most valuable player is the one who makes the most players valuable."
—Peyton Manning

Super Savings

Football fan or not, Super Bowl Sunday has a lot to offer—especially when it comes to savings. Many grocery stores and restaurants will feature food discounts and freebies on or around the big day. And if you're in the market for a new TV or speakers, several big box stores will have these on sale for those who want upgrades in time for their viewing parties.

The President's Cabinet

Each U.S. president has a team of advisors, including the vice president, chief of staff, and department heads, that collectively make up the Cabinet. President James Madison, the country's fourth leader, is believed to have given this name to the group, from the Italian *cabinetto*—"a small, private room."

Let the Sun Shine In

The cheapest, most energy-efficient light and heat source is just outside your window. On bright days, open blinds and drapes to let the sun light your home. Sunlight can also help heat your home. Even on cold winter days, sun streaming into a room can raise the temperature several degrees.

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TRIVIA WHIZ



Delicious Duos

As friends and couples share the love on Valentine's Day, take a moment to celebrate these dynamic duos that inspire many ways to finish the phrase, "We go together like ..."

Peanut butter and jelly. The classic lunchtime sandwich first appeared in a cooking magazine in 1901 and was included in military rations during World War II. It's estimated that the average American will eat nearly 3,000 PB&J sandwiches in their lifetime.

Milk and cookies. There's a reason this childhood snack is popular with all ages: science! Milk's mild taste helps tone down a cookie's sweetness without altering the flavor, and the compounds that make milk so creamy interact with the cookie's ingredients to make every scrumptious bite go down extra smooth.

Macaroni and cheese. It's the comfort food that's so beloved, there's a Crayola color named after it! The dish was most likely invented in medieval Europe, and Thomas Jefferson is credited with bringing it to the U.S. The largest-ever serving of mac and cheese was cooked in a giant cast iron kettle and weighed 2,469 pounds.

Peas and carrots. This produce pairing most likely came about because both veggies grow best in cool temperatures, so they're often harvested together in early summer. The colorful combo provides whopping amounts of protein, fiber and vitamins A, B, C and K.

Biscuits and gravy. How do you make the most of a dry, dense biscuit? Pour some gravy on it! That's how this breakfast duo rose to prominence during the 1800s in the Southern U.S. as an inexpensive yet tasty and filling meal. Though modern biscuits are tender and flaky, they're still traditionally served with a hearty helping of sausage gravy.



A Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

Texas chili. True Texas chili, called "bowl of red" or "Texas red," has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that's given its signature color by whole dried chili peppers.

Cincinnati chili. Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that's served over spaghetti and covered with shredded cheese. Add beans or onions to make it a "five-way."

Springfield "chilli." Illinois embraces the extra "L" in their style of stew, created in 1909 at the Dew Chilli Parlor in the state's capital city. The original recipe consisted of spiced ground meat in tomato sauce, with no beans or diced tomatoes.

Chili verde. Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

Hoosier chili. Key ingredients make Indiana's otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.

Reduce Salt for Your Heart

Salt brings out the flavor in foods and provides necessary nutrition, but overall, we're eating too much of it. High sodium intake is linked to several medical problems, especially heart disease.

Most sources of high sodium are processed and packaged foods, as well as meals from restaurants. That's why the Food and Drug Administration recently announced new guidelines to urge the food industry to cut sodium to help save lives. While these changes will go a long way to lower our sodium intake, there are small steps you can take on your own, too.

Limit restaurant food by eating out less often or splitting meals into two servings, either to share or to save as leftovers. Go easy on dipping sauces and salad dressings.

When grocery shopping, get used to reading labels. Salt can hide in unexpected places such as bread

and cereal. Pick products with less sodium per serving and canned items that are labeled "low sodium" or "no salt added." When possible, choose fresh and frozen produce.

Instead of relying on salt to season your meals, incorporate more herbs and spices. Cumin, paprika and garlic powder give a similar flavor boost. If a dish tastes bland, try a splash of an acidic ingredient, such as lemon juice or vinegar, before reaching for the salt shaker.





WIT & WISDOM



Learn To Love Yourself

We all have days of low self-esteem and confidence, perhaps brought on by a bad mood or discovering a mistake we've made. While it's important to acknowledge our faults, staying in a negative state of mind does not do us any good.

Healthy self-esteem is found by appreciating who you are, flaws included. Here are some ways to give your confidence a boost:

Make a list. Write down 10 positive things—physical and emotional—about yourself. Include compliments from others, no matter how trivial. Then list five weaknesses. Making note of your limitations can help you accept, adapt to, and even change them.

Put some pep in your step. When your confidence is low, try walking a little more briskly than usual. Be sure to keep your head and shoulders straight, make eye contact and smile. You will look and feel more empowered and will make a positive impression on those around you.

Look for the best in others. Giving compliments and praise to others when appropriate will help break your own cycle of negativity. An improved attitude will also draw people to you, helping expand your circle of friends and supportive peers.

Take action. Find something you've been putting off—such as organizing a closet, making an appointment or calling a friend—and do it. Completing even a small task will give you a sense of accomplishment.



neMinute Chef

Raspberry Mocha Parfait

Whip up a smooth and creamy dessert that features the classic combination of coffee, chocolate and raspberries.

Ingredients:

- 2 tablespoons hot water
- 1 tablespoon instant coffee
- 2 cups milk
- 1 packet chocolate pudding mix
- 1 carton whipped topping
- 1 cup heavy cream
- 1/4 teaspoon cream of tartar
- 1/2 teaspoon vanilla extract
- 2 tablespoons sugar
- 2 cups fresh raspberries
- Chocolate powder

Directions:

Mix hot water and instant coffee in a small bowl and let cool.

In a medium bowl, blend milk and chocolate pudding mix until thickened. Mix in cooled coffee. Add whipped topping and mix well. Chill.

Make whipped cream: In a large bowl, add heavy cream, cream of tartar and vanilla extract. Beat mixture to form peaks. Gradually add sugar and continue beating until stiff peaks are formed.

In a clear glass, layer chocolate mixture, whipped cream and raspberries. Add more pudding, a dollop of whipped cream, and a raspberry; dust with chocolate powder.

For more recipes, visit Culinary.net.



“Nothing is more romantic than chocolate.”

—**Ted Allen**

“Love is like swallowing hot chocolate before it has cooled off. It takes you by surprise at first, but keeps you warm for a long time.”

—**Henri Frederic Amiel**

“The goal of life is to make your heartbeat match the beat of the universe.”

—**Joseph Campbell**

“There's a sure shot way to get rid of that frown, when you have some chocolate around.”

—**Manali Manan Desai**

“When you can't find the silver lining, look for the chocolate lining.”

—**Cathy Guisewite**

“Your flaws are perfect for the heart that's meant to love you.”

—**Trent Shelton**

“Nobody has ever measured, not even poets, how much the heart can hold.”

—**Zelda Fitzgerald**

“Chocolate is the first luxury. It has so many things wrapped up in it: deliciousness in the moment, childhood memories, and that grin-inducing feeling of getting a reward for being good.”

—**Mariska Hargitay**

“A kiss makes the heart young again.”





—**Rupert Brooke**

“As long as there is chocolate, there will be happiness.”

—**Wayne Gerard Trotman**



February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 	7	8	9	10	11	12
13	14	15	16	17	18 	19
20	Presidents Day 21	22	23	24	25	26
27	28	 February 				

“This Month In History” FEBRUARY

1942: Year-round daylight saving time, called “war time,” is signed into U.S. law by President Franklin D. Roosevelt. To save energy, all time zones moved ahead one hour until the end of World War II.

1950: Disney’s animated fairy tale feature “Cinderella” delights audiences when it opens in movie theaters.

1960: In a civil rights movement milestone, four Black college students begin a sit-in protest at a lunch counter in Greensboro, N.C., where they had been denied service.

1972: With over 15 million manufactured, the Volkswagen Beetle becomes the world’s bestselling car.

1989: A network of 24 GPS satellites is launched into orbit over Earth, revolutionizing navigation and everyday technology.

1998: British singer-songwriter Elton John is knighted by Queen Elizabeth II for his contributions to music and his charity work.

2006: A blizzard buries the Northeast. New York City received a record-setting 26.9 inches of snow.

2020: At the Oscars, the South Korean thriller “Parasite” is named best picture. It was the first foreign-language film to win the top honor.