



A Room with a View.

JANUARY 2022



NOTES & NEWS

Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.

You've Got Kale

Nutrition trends come and go, but the leafy green kale is still cool. The crunchy vegetable tastes sweeter after a frost, making it a popular produce pick in winter. Varieties include the common curly kale, with dark, ruffled edges; dinosaur kale, with long, wrinkly leaves that have a blueish hue; and Russian kale, which resembles oak leaves and deepens to a violet color in cold weather. Raw or cooked, kale serves up hearty amounts of calcium, potassium and vitamins C and K.

Stash Your Bags

Plastic shopping bags are useful to keep on hand, but if your stash is starting to spill over, find a long, empty cardboard tube from paper towels or gift wrap. Stuff as many of the bags inside as you can. The tube will keep them contained, and you can quickly grab one out from the end when you need one.

HIGHLIGHTS

Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service.

ABC to 'ZZZ'

Try this tactic if you're struggling to fall asleep. Start naming things in a certain category in alphabetical order. For example, choose the topic "wild animals" and begin with alligator, bison, cheetah ... You may find yourself catching some z's before you reach the letter Z!

Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

Warm Up With Layers

Instead of one thick sweater, wear layers of clothing to keep away the chill of cold weather. Multiple layers act as insulation by trapping warm air, keeping you cozier.

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TRIVIA WHIZ



A 'Cuppa' Trivia

Fill your favorite mug with your drink of choice and cozy up to these facts about hot beverages:

- Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones. Another study found that folks felt stronger relief from cold symptoms after drinking a fruity elixir that was hot, as opposed to one at room temperature.
- Are you *loco* for cocoa? Many people use the terms hot cocoa and hot chocolate interchangeably, but technically, cocoa is made with powder, while hot chocolate is made by melting bits of chocolate.
- Mulled drinks, like apple cider and the old-timey wassail, get an extra punch of flavor and fragrance from simmering in mulling spices, typically allspice, cinnamon, cloves and nutmeg.
- Many coffee drinks are made with espresso, steamed milk and frothed milk in different ratios, creating unique flavors and textures. Treat yourself to one of the latest trends and order a breve—a rich, creamy latte that uses half-and-half instead of milk.
- Or give chai a try! Black tea blended with aromatic spices such as cinnamon, ginger and cloves, it's usually served with milk. Add espresso for a "dirty" chai.
- Sipping a hot drink will warm you up, but did you also know it can help you cool off? That's why hot tea is popular in warm climates like India; the beverage boosts your body temperature enough to make you sweat, which cools you down.



A Plan for a Great Year

A weekly calendar or agenda isn't just for scheduling appointments. Check out these other ways that a planner can work for you:

Budgeting. Recording your spending in a planner provides a visual look at your finances. Get a quick glance at the days of the month with the most expenses, and plan ahead to balance your budget.

Meal planning. A meal plan can help you save money, eat better and reduce food waste. Use a weekly calendar to map out your meals and make a grocery list.

Physical health. A planner can serve as a fitness tracker by scheduling your workout goals for the week or writing down your accomplishments. You can also record health symptoms to make you better prepared for doctor appointments.

Mental health. Take a minute to jot down your overall mood on each day. This can help you recognize triggers and look for ways to boost your mental outlook. A planner can also pull double duty as a gratitude journal, giving you a place to record thankful thoughts.

Goals and lists. Stay organized and motivated by keeping all sorts of lists in your planner: household chores, work or school assignments, books to read, favorite quotes, life goals and more.

Slow Cooker Surprises

A slow cooker is a standby appliance for preparing soups, stews, chili and cheesy dips. But that's not all! This list is for anyone who's ever wondered, "What else can my slow cooker do?"

Breakfast. With a slow cooker, prep breakfast ahead of time so you wake up to the aroma of oatmeal, cinnamon rolls or a cheesy ham and egg casserole. Slow cookers can also make scrambled eggs for a group.

Bread. Fresh-baked bread can elevate the simplest meal. Use a slow cooker to make rustic round loaves of cornbread, banana bread, and other doughy delights.

Lasagna and pizza. Weeknights too busy for lasagna? Layer the ingredients in a slow cooker and come back later to have pasta on your plate, *presto!* If deep dish is more your style, assemble a pizza in the slow cooker and dig in to a decadent slice.

Snacks. Lots of recipes for crunchy granola and seasoned party mix require heating in an oven at a low temperature, while frequently checking and stirring your batch. Make it easier on yourself by using a slow cooker instead.

Desserts. There's nothing quite like warm cake, cobbler or brownies straight from the oven ... but a slow cooker can bake your treats and keep them warm even longer without drying them out. Add a scoop of ice cream for the ultimate dessert.





WIT & WISDOM



Stretch Your Way to Health

No matter your fitness level, don't underestimate the power of stretching! Some simple movements throughout the day can do wonders for your health.

There's a reason the "yawn and stretch" is a universal way to rise and shine. Stretching in the morning loosens stiff muscles and helps energize you for the day. You can start while you're still in bed: Lying on your back, hold one or both knees to your chest to stretch your lower back. Sit up on the edge of your bed and stretch your shoulders by interlocking your fingers and reaching forward.

Some stretches help with digestion by exercising the muscles in your core. Try this gentle move: Sit cross-legged on the floor, raise your left arm, then lean to the right, keeping your right hand on the floor. Slowly breathe in and out a few times before switching sides.

The cat-cow movement also benefits gut health and stretches a stiff back. Begin on your hands and knees, then enter "cow pose" by raising your tailbone and your head up. Then transition to "cat pose" by dipping your head downward and arching your back.

Ease stress and prepare for bedtime with calming stretches. Feel tension drain away by lying on your back and resting your legs up against the wall for 5 to 10 minutes. The classic "child's pose" also promotes relaxation: On your knees, sit back on your heels and bend forward to the floor with your arms outstretched.

Chipotle Veggie Chili

Warm yourself from the inside with a steaming bowl of spicy chili.

Ingredients:

- 3 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1/2 teaspoon plus 1/8 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 can (14 ounces) diced fire-roasted tomatoes
- 1 can (14 ounces) red beans, drained and rinsed
- 1 can (14 ounces) pinto beans, drained and rinsed
- 1 cup vegetable broth
- 1 can (7 ounces) chipotles in adobo sauce
- 2 cans (15 ounces each) sweet corn with liquid
- 2 limes, juiced

Directions:

In large Dutch oven or stockpot, heat oil over medium heat. Add onion, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir and cook 5 minutes until onion is translucent. Add garlic and bell pepper; stir and cook 8 minutes until vegetables are soft.

Add tomatoes, beans, broth, chipotles and corn. Season with remaining salt and pepper. Simmer 25 minutes, stirring occasionally, until chili has thickened.

Squeeze lime juice into pot and stir. If desired, serve with garnishes such as guacamole, sour cream, jalapeno slices and fresh cilantro.

For more recipes, visit Culinary.net.



"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

—*Jesse Owens*

"When you follow your dreams, you encourage other people to follow theirs."

—*Nafessa Williams*

"Thankfully, dreams can change. If we'd all stuck with our first dream, the world would be overrun with cowboys and princesses."

—*Stephen Colbert*

"All our dreams can come true, if we have the courage to pursue them."

—*Walt Disney*

"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable."

—*Christopher Reeve*

"Dreams say what they mean, but they don't say it in daytime language."

—*Gail Godwin*

"Strivers achieve what dreamers believe."

—*Usher*

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."



—*Dale Turner*

"The best way to make your dreams come true is to wake up."

—*Paul Valéry*



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>January</i>						New Year's Day 1
2	3	4	5	6	7 	8
9	10	11	12	13	14	15
16	Martin Luther King Jr. Day 17	18	19	20	21	22
23/30	24/31	25 	26	27	28	29

“This Month In History” JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California’s Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a “new type of space transportation system,” the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.