



A Room with a View.

FEBRUARY 2025



NOTES & NEWS

Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine's Day. The observance dates back to the 5th century.

Cleaning Therapy

Feeling down? Clean your home. It will distract you and, when you are done, you will have a sense of accomplishment, which will lighten your mood.

5 Things About: Chocolate

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

HIGHLIGHTS

Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

Enjoy Flowers Longer

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.

Popular Pages: 'Robinson Crusoe'

From the phrase "man Friday" to TV shows like "Survivor" and "Lost," the influence of Daniel Defoe's 1719 novel "Robinson Crusoe" remains strong today. The title character, a young English merchant sailing from Brazil to Africa, is shipwrecked on an unfamiliar island. The novel is a chronicle of Crusoe's adventures as he encounters stormy seas, native cannibals and mutinying sailors during his 28-year quest to return home safely.

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TRIVIA WHIZ



Logos of Love

Symbols for love and romance are everywhere we look: in fine art and magazines, on billboards and greeting cards, and even on the clothes we wear. Hearts, flowers, gems and other motifs bring to mind the emotional qualities of love and how we feel about our loved ones.

The Romans believed diamonds, worn to symbolize eternal love, were splinters of fallen stars. The first diamond engagement ring can be traced to the 15th century.

The personification of love and courtship, Cupid is depicted with a bow and quiver of arrows. The notion that being hit by Cupid's arrow will make the victim fall in love comes from the myth of Cupid and Psyche.

Likely the most common symbol for love is the heart. At one time, scholars believed the heart was the seat of all human emotions. Giving a heart signified the act of giving everything to someone you love.

Roses represent beauty, purity and romance. Each color adds further meaning, with red depicting true love.

Doves have long been considered a sign of faithful and eternal love because they remain a pair for life.

The design of the Celtic knot, having no beginning and no end, is a testament to the enduring nature of true love.

Because of its hard casing, the scallop shell echoes the protective quality love sometimes takes. As the shell encircles and protects, so does love.

Other symbols of love include the ladybug, swan, dolphin and harp.

**“If equal affection cannot be,
let the more loving be me.”
—W.H. Auden**

An Unforgettable Gift

Flowers and chocolates are fine Valentine's Day gifts. But this year, consider giving your sweetheart the gift of an experience—one you can share together and relive in memories for years to come.

There are dozens of possibilities, depending on whether you want to travel or stay close to home. Here are a few ideas:

For a little excitement. Take to the sky with a helicopter ride or flying lesson. Have a need for speed? Try a NASCAR driving experience, or rent a motorcycle for a day and hit the highway. Not into engines? Consider a hot air balloon ride.

For the creative type. Let the creative juices flow with lessons in painting, sculpture, pottery or stained glass. Learn the best moves with dance lessons, whether ballroom, salsa or Western swing. Discover the joy of cooking together or

improve culinary skills under the guidance of a professional chef.

For the athlete or outdoors person. Consider golf, scuba diving, sailing, fly fishing or surf lessons. Want to really get back to nature? Learn how to live off the land in a wilderness skills clinic.

For some culture and comfort. Enjoy a walking tour of your favorite city's historic district or culinary hot spots. For real pampering, spend the day at a spa and the evening on a dinner cruise.



Game Day Gastronomy

There's more to love about Super Bowl Sunday than just the game—who can resist all the good food that goes along with it?

Super Bowl Sunday is the second-largest food consumption day of the year, behind only Thanksgiving, according to the U.S. Department of Agriculture. Did you really think it was just about football?

It is estimated that Americans will spend more than \$18 billion related to the Super Bowl, with much of that going toward food and beverages.

At the top of the list of football fan favorites is chicken wings. More than 1 billion wings will be consumed on game day, which this year is Feb. 9. And don't forget the sauce. More than half of wing eaters prefer to dip their chicken in ranch dressing.

Who doesn't love the gooey goodness that is pizza? We will down 12.5 million of these popular pies come game day.

Crispy and crunchy, chips are a longtime favorite. Football fans will eat almost 20 million pounds of them during game festivities.

Chips are best with dip, and guacamole is one of the healthier alternatives since avocados are considered a super food. About 8 million pounds of the green stuff will be consumed on Super Bowl Sunday.



WIT & WISDOM



Clean Enough for Company

You can't always plan for houseguests. Perhaps you get a call from an old friend who happens to be in town and wants to visit. Or maybe a family member sends a text saying he will drop by in an hour.

No one's home is always clean and tidy, but if you prepare now for unscheduled company, you needn't panic when that call comes.

Stock a plastic caddy with cleaning supplies, such as sponges, rags, disinfecting wipes, all-purpose cleaner and foaming bathroom cleaner. Now you're ready for the 15-minute clean sweep.

Start in the bathroom. Spray the countertops and sink, then move to the next area and let the foaming cleaner get to work. When you come back, wipe the surfaces. Make sure the mirror is clean, and put out fresh hand towels.

Use baskets or storage ottomans in your home décor. When you need to tidy in a hurry, toss magazines and mail in one basket, and shoes and socks in another. Dust the television. Straighten items on your coffee table, fold blankets or throws, and fluff pillows.

Next, tackle the kitchen. Bare counters make a kitchen look cleaner, so put items away in cabinets and drawers. Wash (or hide) dirty dishes, wipe off countertops, and then put out clean dish towels.

If you have time, vacuum and sweep floors.

Featured Recipe

Baked Brie

Ingredients:

- 2 tablespoons unsalted butter
- 8 ounces button mushrooms, sliced
- Kosher salt
- Ground black pepper
- 1 brie round (8 ounces)
- 3 tablespoons honey
- 1/4 cup pomegranate arils
- 1/4 cup shelled pistachios
- Crackers or toasted bread

Directions:

Heat oven to 350° F.

In large skillet, heat butter over medium-high heat. Add mushrooms; cook 8 to 10 minutes or until deep golden brown, stirring frequently. Season with salt and pepper; remove from heat.

Place brie on parchment paper-lined rimmed baking pan; drizzle with honey.

Transfer to oven and bake 5 to 7 minutes or until inside of cheese is softened, but outside remains intact.

Transfer brie to serving platter; top with pomegranate arils, pistachios and mushrooms.

Serve immediately with crackers or bread.

Find more recipes at www.MilkMeansMore.org.



“To fall in love with yourself is the first secret to happiness.”

—**Robert Morely**

“How you love yourself is how you teach others to love you.”

—**Rupi Kaur**

“Not only do self-love and love of others go hand in hand, but ultimately they are indistinguishable.”

—**M. Scott Peck**

“If you have the ability to love, love yourself first.”

—**Charles Bukowski**

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”

—**Lucille Ball**

“Self-love is not a place we get to but a place we choose.”

—**Shannon Kaiser**

“It is only when you have mastered the art of loving yourself that you can truly love others.”

—**Robin Sharma**

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

—**Buddha**

“Document the moments you feel most in love with yourself—what you're wearing, who you're around, what you're doing. Recreate and repeat.”

—**Warsan Shire**

“Talk to yourself like someone you love.”

—**Brené Brown**



February 2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

							1 Friendly Reminder- Rent Is Due.		
2	3	4	Pest Control Bldg. 940	5	6	7	8		
	9	10	11	Pest Control Bldg. 875	12	13		14	15
16	Presidents Day Office Only Open 3hrs.	17	18	Pest Control Bldg. 865	19	20	21	22	
23	24	25	Pest Control Bldg. 855	26	27	28			

"This Month In History"

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."