



A Room with a View.

FEBRUARY 2019



NOTES & NEWS

The Big Game- LIII

More than 100 million people are expected to tune in Sunday, Feb. 3, to watch Super Bowl LIII. Kick-off starts at 6:30 p.m. ET. The AFC and NFC champions will face off at Mercedes-Benz Stadium in Atlanta, Georgia.

Hearts Around the World

There are enough candy hearts made each year to stretch from Valentine, Arizona to Rome, Italy, and back again. The number of these candy hearts produced is approximately 8 billion.

Did You Know?

- In Victorian times it was considered bad luck to sign a Valentine's Day card.
- The red rose was the favorite flower of Venus, the Roman goddess of love.

Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

HIGHLIGHTS

Valentine's Day Mini Cheesecake Recipe

Ingredients

- 1½ cups of Oreo cookie crumbs
- ¼ cup of butter, melted
- 2 tbsp brown sugar
- 1 can sweetened condensed milk
- 1 pkg (250 g) of cream cheese, softened
- 1 tsp vanilla
- 1½ tsp peppermint extract Whipping Cream
- Red food coloring (optional)
- Topping - red or pink sprinkles, hearts, or candy cane crumbs (optional)

Instructions

- Mix Oreo cookie crumbs, melted butter, and brown sugar together. Press into the bottom of the mason jars (or pie plate). Let this set in the fridge for an hour
- Beat cream cheese until fluffy. Gradually add in sweetened condensed milk until combined. Add in vanilla and peppermint extract. Add red food coloring until you find your desired color. Pour over the prepared Oreo crust in the mason jars (or pie plates) and chill for three hours.
- Whip your whipping cream and put on top of cheesecake. Put sprinkles on top just before serving.

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TRIVIA WHIZ



Ville de L'Amour

Known as the City of Love, Paris became the capital of France in A.D. 987. Located along the Seine River, it now covers an area of 41 square miles. Here are a few more tidbits about this celebrated seat of romance:

- The name Paris comes from its early inhabitants, the Celtic Parisii tribe.
- The city's most famous landmark, the Eiffel Tower, was built for the Paris Exposition of 1889. The tower consists of 15,000 steel sections held together by 2.5 million rivets.
- The tree-lined Avenue des Champs-Élysées has been called the most beautiful avenue in the world. It is home to restaurants, boutiques, museums and nightclubs.
- There are about 1,200 bakeries in Paris, and most sell the popular bread known as a baguette. The size and dough consistency of baguettes is regulated by law.
- In the 1920s and '30s, Paris was a hotbed of experimentation in art and literature. Salvador Dali, Pablo Picasso, Ernest Hemingway, James Joyce, Gertrude Stein and Ezra Pound lived in the city during this time.
- The oldest bridge in Paris is more than 400 years old. It is called Pont Neuf, which means "New Bridge."
- Walking across the city from north to south takes about two hours and 15 minutes.
- The 20 arrondissements (administrative districts) in Paris start at the heart of the city and continue in numerical order outward in a spiral fashion.
- The oldest house in Paris can be found at 51 Rue de Montmorency, in the Third Arrondissement. The home was built in 1407.



Let Your Love Show

There are many ways to show the significant people in your life how much you care about them. Whether a spouse, partner, parent, child or friend, you can express your love in simple ways that mean a lot.

Write your loved one a note or postcard describing all the things you appreciate about them. Put it in their lunchbox or on their pillow, or drop it in the mail.

Be open to trying an activity that the other person loves.

Surprise them by doing a task they

dislike, whether it's walking the dog, taking out the trash or folding laundry.

Laugh at your loved one's jokes.

Ask their advice, even if you don't need help making a decision. It shows you value what they have to say.

Give your loved one a book you have enjoyed and inscribe it with a meaningful message.

If you know they have a big event coming up, show interest in it and support their efforts.

Plan a surprise outing, such as dinner at a favorite restaurant or tickets to a sporting event.

Send a text asking how their day is going.

Look for something online that you know they need and forward them the link.

Ask, "What can I do to help you today?"

Listen. The most flattering thing in the world is to have someone's undivided attention.

Bagels to Brag About

The versatile bagel is not just for breakfast anymore. Load your favorite flavor with some inventive toppings and enjoy it any time of the day.

Go ahead and satisfy your morning munchies by topping a whole-wheat bagel with a fried egg, cheddar cheese and avocado. For a sweeter treat, lightly toast a cinnamon raisin bagel and add plain cream cheese, sliced apples and a drizzle of honey. A toasted honey wheat bagel is a great base for some ricotta cheese and sliced strawberries. Greek yogurt and blueberries are another topping option.

When lunchtime rolls around, consider these combinations: smoked salmon, cream cheese and dill; goat cheese and sliced pears; feta and pickled beets; mashed avocado with lemon juice and sliced radishes; hummus with sliced onions, cucumbers and tomatoes; peanut butter and jelly; and ham or turkey with Swiss or

provolone cheese.

Dinner is the perfect time for a pizza bagel. Broil layers of prosciutto, tomato, red onion and Gruyere until the cheese is gooey and the top is golden brown. Or spread each bagel half with spaghetti sauce and add slices of meatballs and mozzarella cheese, then toast in an oven for 10 minutes.

For a snack anytime, create your own flavored cream cheese by mixing in various ingredients. Try honey and cinnamon; mashed strawberries; or garlic powder and dried herbs.





WIT & WISDOM



Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

A healthy diet will boost your mood and give you more energy. Choose lean proteins, whole grains, fruits and vegetables.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.



One Minute Chef

Dark Chocolate Soufflé

Ingredients:

- 1/2 tablespoon light olive oil, plus additional for coating pan
- 1/4 cup granulated sugar, plus additional for coating pan
- 4 ounces dark chocolate (70 percent cocoa)
- 1 ounce heavy cream (30 percent fat)
- 3 egg whites
- 2 egg yolks
- Pinch of cream of tartar

Directions:

Heat oven to 375° F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture. Fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins. Bake 15 minutes.

Garnish with fresh berries, if desired.

Tip: This recipe can easily be doubled.

Find more recipes at FilippoBerio.com.



"The person born with a talent they are meant to use will find their greatest happiness in using it."

—*Johann Wolfgang von Goethe*

"A great deal of talent is lost to the world for want of a little courage."

—*Sydney Smith*

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

—*Henry Van Dyke*

"I would like to be remembered as someone who did the best she could with the talent she had."

—*J.K. Rowling*

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."

—*Eric Hoffer*

"Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent."

—*Nolan Ryan*

"Above everything else I've done, I've always said I've had more guts than I've got talent."

—*Dolly Parton*

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."

—*Martin Seligman*

"Success is what you do with your ability. It's how you use your talent."

—*George Allen Sr.*

"The big talent is persistence."

—*Octavia E. Butler*

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 2em;">FEBRUARY</h1> 					1 <u>Rent Is Due</u>	2 
3 	4	5 Coffee & Conversation 10 a.m.	6 <u>Rent Is Late</u> Pest Control Bldg. 1005 & 1015	7	8	9
10	11	12 Coffee & Conversation 10 a.m. HOA Meeting 5:30 P.M	13 Pest Control Bldg. 1035 & 1055	14 Valentine's Day	15 	16
17	18  PRESIDENTS DAY	19 Coffee & Conversation 10 a.m. Cupid & Cocktails 6 p.m- 8 p.m @ The Clubhouse	20 Pest Control Bldg. 1065 & 1075	21	22	23
24	25	26 Coffee & Conversation 10 a.m.	27 Pest Control Bldg. 880	28		

"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1998: At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

2002: The newly created Transportation Security Administration begins overseeing air travel security.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.