



A Room with a View.

FEBRUARY 2021



NOTES & NEWS

Tickled Pink

The latest taste in chocolate will have you seeing pink. Ruby chocolate gets its natural pink color and smooth, slight berry flavor from ruby cocoa beans. Picture-perfect for the Valentine's Day holiday, this colorful sweet is being called the fourth chocolate, joining milk, dark and white chocolate confections.

Try a 30-Day Challenge

If your New Year's resolution is fading fast, try a 30-day challenge instead. Completing a daily goal or task for the shorter time frame is more attainable for most people. But 30 days is still long enough to be challenging and to create a habit that can become part of your life for the long haul.

Digital Decluttering

When you find yourself in a holding pattern, whether it's waiting in a line or riding out a commute, use the time to declutter your device. Delete old photos, text messages, emails and notes from your smartphone.

HIGHLIGHTS

February's Best Buys

The short month of February is long on money-saving deals. Around the Presidents Day weekend, expect a flurry of end-of-season clearance sales as retailers try to clear their racks of winter clothing and gear. Computers, mattresses and home goods are also widely discounted.

Winter Workouts

When exercising outdoors in winter's cooler temperatures, be sure to include a warmup. Fitness experts advise taking a brisk walk and doing squats and shoulder and arm circles before your workout. Also remember to drink plenty of water while you exercise, because you can still get dehydrated in cold weather.

Inspiring Stones

A recent fad combines a creative hobby with the act of spreading kindness. Painting small, smooth rocks with inspiring messages and leaving them for others to find is a fun activity that anyone can do. The hope is that these "kindness rocks" will spread ripples of positivity. Keep your eyes peeled for painted stones while you're out and about, and you may find inspiration, too!

Positive Thought

"You have to create little pockets of joy in your life to take care of yourself."
—Jonathan Van Ness

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TRIVIA WHIZ



Flapjack Facts

Piled high on a plate, a stack of pancakes is a classic meal served up on Mardi Gras, aka Fat Tuesday, which is also Pancake Day. You'll flip for these fun facts about the dish.

- Flapjacks, slapjacks, hotcakes and griddlecakes are other names for pancakes.
- The first printed recipes for them were published in English cookbooks in the 16th century.
- Cooks in Colonial America made pancakes with buckwheat or cornmeal. They were a staple meal and called hoecakes, johnnycakes or journeycakes.
- Pancakes are often topped with a drizzle of maple syrup. Canada is the world's top producer of the sweet stuff.
- IHOP, the International House of Pancakes, sells more than 700 million of its buttermilk pancakes each year. They're the restaurant chain's most popular menu item.
- Two pancakes with butter and syrup have about 520 calories.
- The first ready-made pancake mix product was created in 1889.
- Have you ever described something as "flat as a pancake"? People have been saying that phrase since the 1600s.
- The record for largest pancake made and flipped measured 49 feet across and weighed over 6,000 pounds! The highest toss for a pancake? More than 31 feet!
- Nearly every country has its own version of pancakes. There are sweet and savory crepes from France. In Russia, they eat blinis, and Australians serve pikelets, both of which are similar to small silver dollar pancakes.

Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant. Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance. Find an opportunity to play a favorite tune and get your groove on—maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug. Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby. Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on

a craft can help you find balance between work and play.

Tidy up. Making your bed, washing dishes and folding laundry may seem like routine chores, but you'll enjoy the feeling of satisfaction that comes with a clean home.

Help others. Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.



Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson found that American history books underrepresented Black culture. He wanted the contributions of heroic Black men and women who helped shape the nation to be recognized and celebrated. At the same time, the Harlem Renaissance was happening and creating a growing interest in African American culture, especially literature, music and art. In 1926, Woodson created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of

support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

For his efforts, Woodson has been called the father of Black history. The organization he founded, the Association for the Study of African American Life and History, chooses a theme for each year's celebration. The 2021 focus of Black History Month is "The Black Family: Representation, Identity and Diversity."





WIT & WISDOM



Treats for the Sweetest Day of the Year

Every year on Feb. 14, sharing some candy has become a simple way to say “You’re sweet!” Here’s a sample of Valentine’s Day favorites:

Conversation hearts. “Be mine.” “True love.” “Marry me.” It’s the cutesy stamped-on messages that have made conversation hearts an annual tradition. The sugary treats are only available this time of year.

Hershey’s Kisses. These familiar foil-wrapped drops of chocolate have the perfect name for Valentine’s Day: Kisses! They were one of the first candies to change their packaging for the holidays back in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M’s. Recognized by the “m” on each one, M&M’s have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and limited-edition flavors, such as triple chocolate and cheesecake.

Cupid corn. Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

Red Hots hearts. A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.



One Minute Chef

Fudgy Raspberry Mug Brownie

This fudgy dessert is a hug in a mug! You’ll satisfy your sweet tooth in minutes because it cooks up in the microwave.

Ingredients:

- Nonstick cooking spray
- 2 tablespoons chocolate chips
- 1 tablespoon butter
- 2 tablespoons packed brown sugar
- 2 tablespoons flour
- 1 egg yolk
- 1 teaspoon milk
- 3/4 teaspoon raspberry extract
- Whipped cream
- Fresh raspberries

Directions:

Mist the inside of a microwavable mug with nonstick cooking spray.

Place chocolate chips and butter in the mug. Microwave for 30 seconds, or until both are melted. Stir.

Add brown sugar, flour, egg yolk, milk and extract; mix well. Microwave on high for 45 seconds to 1 minute, or until center looks almost set. The mug will be hot, so be careful and use pot holders when taking it out of the microwave.

Let stand 5 minutes. Top with whipped cream and fresh raspberries.

Change the flavor! For a peppermint brownie, swap out the raspberry extract and use 1 teaspoon vanilla extract and 1/4 teaspoon peppermint extract.

Find more recipes at McCormick.com.



“We must absolutely take care of one another.”

—**Ruby Bridges**

“Take care, be kind, be considerate of other people and other species, and be loving.”

—**John Lithgow**

“People are pretty because they’re nice and they care about other people, and they have a good heart.”

—**Lauren Alaina**

“We should surround ourselves with things we care about, that have meaning.”

—**Nate Berkus**

“We take better care of our smartphones than we do ourselves—the phones are always recharged!”

—**Arianna Huffington**

“It comes down to taking care of the people in your program and making them the best they can be—not giving up on them and never failing to be there for them.”

—**Pete Carroll**

“If you find it in your heart to care for somebody else, you will have succeeded.”

—**Maya Angelou**

“Politeness and caring for each other cannot be a thing of the past.”

—**Peter Frampton**

“When you take care of yourself, you’re a better person for others. When you feel good about yourself, you treat others better.”

—**Solange Knowles**

“Some people care too much. I think it’s called love.”

—**A.A. Milne**



February 2021

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

"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.