## CELEBRATING FEBRUARY BIRTHDAYS

Karen Bowman 2/2 (V) Rosaline Raptosh 2/3 (PC) Bill Hutzel 2/4 (CP) Doris Smith 2/4 (TH) Threse Baywood 2/4 (TH)

Andy Billow 2/5 (TH)

Garnet Croyle 2/5 (HC)

Bradley Otto 2/6 (V)

Bob Slezak 2/7 (TH)

Jean Wilson 2/8 (HC)

Jeese Cook Jr. 2/9 (CP)

David Rosenbaum 2/10 (TH)

Bonnie Johnson 2/12 (CP)

Donnie Johnson 2/12 (Cr.)

Josie Gusmerotti 2/13 (PC)

Danella Haschak 2/13 (PC)

John Griffin 2/14 (CP)

Deb Rhoads 2/14 (CP)

Ray Kucera 2/15 (HC)

Fran Milazzo 2/16 (V)

Gloria Volk 2/19 (TH)

Dave Keafer 2/24 (HC)

Kent Roach 2/25 (V)

Eileen Newbaker 2/26 (CP)

Eleanor Bush 2/27 (TH)

Lois Sievers 2/28 (V)

Eunice Evans 2/28 (HC)

TH = Townhome, V = Vista

CP = Cambridge Place

PC = Personal Care, HC = Health Care



Tim Mock, CEO

Dear Residents,

I cannot believe that the first month of 2025 is coming to a close. It has been a month of real winter weather. The Maintenance crew has worked incredibly hard in extremely cold conditions to keep the driveways, roads, and walkways clear. Please thank them when you get a chance.

The most exciting news that I have, is something that I shared at resident council, but I wanted to expand on. All of our resident and staff surveys have given us great feedback. Generally, I believe all the results are good, and also we have received good constructive criticisms which show us what we need to work on most. We will continue to dig into the results to find where we need to make the most improvements and will be sharing our action plans on these items.

Of all of our surveys, Independent Living had the highest-ranking results. We scored in the 95th percentile of the benchmark from Holleran, our survey vendor. We were compared against results from over 99,800 residents, from 243 communities across 33 states. In having such great results Holleran awarded Laurel View Village the Holleran Choice Community Resident Engagement Award.

This is a great accomplishment for us. This has been made possible through the hard work of many people. I can tell from these results that our staff are serving you well. Admissions, Maintenance, Housekeepers, Life Enrichment, Dining, Wellness, Home Care, Front Desk, Transportation, Chaplain, and Business office, all care about serving you well, and they are acting that out daily. I would like to thank all of them for their hard work.

In addition to the work that our staff do, you as residents play a big role in these results. Obviously, you are pleased enough to rate your experience here with high marks. I believe that the culture you foster as a community of residents has a great impact on our continuing success. You are friendly and encouraging to your neighbors. New residents often comment about how welcoming and helpful you have been. We see routinely that as your relationships grow, you look out for and take care of each other. Laurel View Village's success relies on you as residents not just living here but becoming an active part of this community. You all do that well and I thank you for it.

I am honored and blessed to have the amazing team and wonderful residents that we have here at

Laurel View Village.

Sincerely,





## **CHAPLAIN'S CORNER**



**Eric Lasure,** Chaplain

#### God's Ultimate Valentine

Whether you love or hate Valentine's Day, there's no denying it's a big deal in America. Just look at it by the numbers:

- \$192.80 the average estimated amount an individual will spend on Valentine's Day
- ♥ 250 million the estimated number of roses grown for Valentine's Day
- \$26 billion the projected total amount Americans will spend for Valentine's Day
- ♥ 57% the percentage of people who will purchase candy for Valentine's Day
- \$2.3 billion the amount people will spend on flowers
- \$5.5 billion the amount people will spend on jewelry

In addition, more than 9 million folks will propose on February 14, and if you're a member of the club who sees Valentine's Day as S.A.D. (Single Awareness Day), you can actually pick up a Valentine's card or treat for yourself or even your pet!

But then after the hundreds of pounds of chocolate have been gobbled, and the millions of cards have been exchanged, and the billions of dollars spent, there comes the inevitable follow-up known as, February 15. That's the day when we go back to our daily grind, and all that focus on love typically gets thrown out with the wrappers and cards. But that's not how God approaches love. Instead, He sends us a very different message:

'For the mountains may move and the hills disappear, but even then, my faithful love for you will remain. My covenant of blessing will never be broken,' says the Lord, who has mercy on you.' - Isaiah 54:10

















Isn't this amazing? Long after our flowers have faded and the feelings have waned, God's love endures beyond even the foundations of the earth! That's because His love for us isn't centered in our beauty, our behavior, or even our love for Him. God's love flows from the unconditional affection and commitment of the Father's perfect heart.

The Gospel is the ultimate Valentine!

And here's the best part. When we decide to share with others the love that God has for us, it will have an eternal impact. In fact, loving others the way God loves us is the only meaningful thing that will last forever:

## CHAPLAIN'S CORNER CONTINUED

'What if I speak in the most elegant languages of people or in the exotic languages of the heavenly messengers, but I live without love? Well then, anything I say is like the clanging of brass or a crashing cymbal. What if I have the gift of prophecy, am blessed with knowledge and insight to all the mysteries, or what if my faith is strong enough to scoop a mountain from its bedrock, yet I live without love? If so, I am nothing. I could give all that I have to feed the poor, I could surrender my body to be burned as a martyr, but if I do not live in love, I gain nothing by my selfless acts. Love is patient; love is kind. Love isn't envious, doesn't boast, brag, or strut about. There's no arrogance in love; it's never rude, crude, or indecent—it's not self-absorbed. Love isn't easily upset. Love doesn't tally wrongs or celebrate injustice; but truth—yes, truth—is love's delight! Love puts up with anything and everything that comes along; it trusts, hopes, and endures, no matter what.'



'Love will never become obsolete.' -1 Corinthians 13:1-8

This Valentine's Day, remember that love is so much more than flowers, candies, and cards. It's even more than the deepest feelings you experience, because real love is expressed by unconditional commitment and unwavering dedication to our loved ones—which should be everyone!

That's why God did something even greater than spending billions of dollars on us—He sacrificed His priceless Son!

He didn't send us flowers, but He allowed a crown of thorns to be put on Jesus's brow.

He didn't send us a card, but He demonstrated the ultimate Valentine:

Let's make every day a "Valentine's Day" for THE cause of sharing the Gospel. Since God so loved the world, so should we. Picture yourself as God's living Valentine to a world that so desperately needs to know what love is truly all about.



## HELLOS, GOODBYES, & CHURCH SERVICES

#### Mass/Communion Services for February

Monday, February 3, 10:30 AM Mass with Father Larry

Monday, February 10, 10:30 AM Communion Service with Threse Baywood

Monday, February 17, 10:30 AM Mass with Father Larry

Monday, February 24, 10:30 AM Communion Service with Threse Baywood

Rosary is at 1:15 PM every Thursday in the Chapel.

Services subject to change

#### **Resident Hellos**

Bob & Brenda Smolnik (TH)

## **Resident Goodbyes**

Wayne Pappert
Joye Stephens
Leon Holsopple
Ruth V Yoder
Shirley Strachan
Susan Mock
Rena "Jean" Mosholder

#### Pastor's Schedule for February

**Sunday, February 2, 2:30 PM**Pastor Luke Breeze, Emmanuel Church

Sunday, February 9, 2:30 PM Pastor Gary Anderson, Laurel Hill Gospel Tabernacle

Sunday, February 16, 2:30 PM Pastor Eric

Sunday, February 23, 2:30 PM Pastor Michael Dean, Kaufman Mennonite Church

Services subject to change



#### THIS MONTH'S HOLIDAYS & SUPPORT GROUPS

#### THIS MONTH'S HOLIDAYS

Sun, Feb 2 - Groundhog Day

(What will it be 6 more weeks of winter or an early spring?)

Sun, Feb 9 - The Super Bowl (Kansas City Chiefs vs Philadelphia Eagles)

Wed, Feb 12 - Tu Bishvat (begins)

Fri, Feb 14 - Valentine's Day & Lailatul Barat (begins)

Mon, Feb 17 - Presidents Day

Sat, Feb 22 - Washington's Birthday

## **SUPPORT GROUPS ON CAMPUS!**



Loss of a Loved One Support Group
Tuesday, February 4
First Tuesday of every month!
Chapel at 5PM



Parkinson's Support Group Boxing with Donnie
Tuesday, February 11 & 25
Now offered twice a month: Second & Forth Tuesday of every month!
Chapel at 2 PM
\$10 fee to be paid at the door to Donnie.



INTRODUCING: Caregiver Support Group

Discover how to recognize compassion fatigue and learn effective strategies for managing it, while also finding the best ways to support your loved one. This is open to both male and female, residents, families, and the public

Thursday, February 20 Third Thursday of every month! Chapel at 3:30 PM



Parkinson's Support Group
Tuesday, February 25
Last Tuesday of every month!
Chapel at 2PM

## A HEART HEALTHY VALENTINE'S DAY



Megan Sensue, Registered Dietitian Nutritionist

Typically, the month of February is all about love which includes loving yourself and others. February is also **American Heart Month** which is a time where the nation puts the spotlight on heart disease. Heart disease describes a range of conditions that affect the heart such as blood vessel disease, coronary artery disease, irregular heartbeats, heart failure, etc. Heart disease is common and is a leading cause of death globally.

Listed below are some ways to love your heart!

#### Physical Activity

- Staying active is one of the best benefits for your heart, listed below are some indoor activities to try:
  - Walking at a mall/recreational center
  - Balance exercises such as leg raises and core stretches to help improve balance and help reduce fall risk
  - Yoga

#### Diet

 Making small and sustainable changes can help to improve one's overall risk to heart disease



- Consuming anti-inflammatory foods such as beans, avocados, citrus fruit, leafy greens, nuts, berries, tomatoes etc.
- Consuming a diet lower in saturated and trans fat
- Consuming dark chocolate in moderation
  - Higher in cocoa content (70-85%) help to deliver antioxidants and minerals to the body

#### Cooking

- Cooking at home helps to reduce the overall risk of illness and provides better nutrition
  - Family/friend time
    - Encourages us to eat together and share conversation with one another
  - Weight management
    - Cooking at home helps to control portion sizes and ingredients used

## LIFE ENRICHMENT & WELLNESS UPDATES



**Joe Shetler,** Life Enrichment & Wellness Manager

Movie Matinee- Featuring: Wicked Tuesday, February 4 at 1:30 PM Chapel

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths Rated: PG



# Notunte ERS, needed

New Volunteer Training
Tuesday, February 4 at 9 AM
Cambridge Activity Room

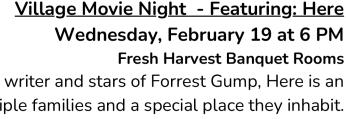
There will be a new volunteer training seminar for anyone who would like to become an official volunteer or Laurel View Village. Please reach out to Joe Shetler if you would like to attend this training session. (814) 205-6546

# <u>Lunch & Learn</u> Wednesday, February 5 at 12 PM Vista Multipurpose Room

Join Registered Dietitian and Nutritionist Megan Sensue & Joe Shetler for a discussion on health & wellness. This presentation is full of essential information that you will not want to miss. Your name will be automatically entered into a drawing to win a \$10 gift card for attending this lunch & learn presentation.



## LIFE ENRICHMENT & WELLNESS UPDATES



Reuniting the director, writer and stars of Forrest Gump, Here is an original film about multiple families and a special place they inhabit. The story travels through generations, capturing the most relatable of human experiences. Tom Hanks and Robin Wright star in a tale of love, loss, laughter and life, all of which happen right *Here*.

Rated: PG-13



Sunday, February 9 at 5:30 PM

Movie Time

#### Vista Multipurpose Room

Join us for Super Bowl game day tailgate and party on Sunday, February 9 at 5:30! We will provide soup, sandwiches and drinks and are asking that you consider bringing something as well (covered dish, dessert, drinks, etc.)

Please signup in either activity room if you would like to come watch the game.





#### Sweetheart Dance Friday, February 14 at 6 PM Vista Multipurpose Room

This is a special Valentines Day social event for both couples and singles. We will be providing light snacks, drinks, and music.

Please signup if you wish to attend in either activity room.

## **LIFE ENRICHMENT & WELLNESS UPDATES**

#### Men's Gathering

Friday, February 21 at 2 PM Chapel

All men are welcome to attend the Men's Gathering located in the Chapel. Each month will be a different activity geared towards the interests of ALL the men on campus. We invite you to join in and provide feedback on what you would like to see at the Men's Monthly Gathering.



Indoor Bocce
Begins Monday, February 17
Fresh Harvest Banquet Rooms

Our winter indoor Bocce league will begin February 17. Games will take place on Monday afternoons in the Fresh Harvest Banquet Rooms. Schedules and team rosters have been distributed to those who signed up. Please contact Joe if you have any questions about the league.

## **EXPRESSIONS OF GRATITUDE FROM THE WYTRWAL FAMILY**

Dear Neighbors,

In light of my family's recent loss of Walt, I want to express my heartfelt gratitude to all who reached out or sent cards. Your thoughtful words, expressions of sympathy, and compassion have meant so much to both me and my daughter Pam during this challenging time. I feel truly blessed to have a supportive community of friends and neighbors to rely on when we need it most. Your kindness and generosity have provided us with comfort and strength, helping us navigate through our grief. We are deeply appreciative of the love and support that surrounds us here at Laurel View Village. As we remember Walt, we find solace in knowing that his memory will live on in the hearts of those who knew him. Thank you for being there for us and for being a part of our lives.

Yours Truly,



## **ACTIVITIES, EXCURSIONS, ENTERTAINMENT**

## **Activities & Excursions Requiring Signing Up**

Get ready for an unforgettable February filled with thrilling adventures that will bring you joy! Don't miss out on the excitement—sign up in either activity room today to be part of the fun! Join us and make amazing memories!

- Market Basket Shopping (2/4 departing at 10:30 AM)
- Men's Hub Cap (2/7 departing at 10:00 AM)
- Valentine Craft with Sharon (2/7 at 1:00 PM in the Vista Activity Room)
- Super Bowl Tailgate (2/9 at 5:30 PM in the Vista Multipurpose Room)
- Men's Breakfast (2/11 at 8:30 AM in the Fresh Harvest Restaurant)
- Walmart Shopping (2/11 departing at 10:30 AM)
- Ladies Day Out (2/13 departing at 11:00 AM)
- Sweetheart Dance (2/14 at 6 PM in the Vista Multipurpose Room)
- Dollar General Shopping (2/18 departing at 10:30 AM)
- Crafting with Linda & Sharon (2/18 at 1:00 PM in the Vista Activity Room)
- Village Movie Night (2/19 at 6:00 PM in the Fresh Harvest Banquet Room)
- Crafting with Linda & Sharon (2/20 at 1:00 PM in the Cambridge Activity Room)
- Westmoreland Mall, Casino, & Red Lobster (2/24 departing at 9:30 AM)
- Ladies Breakfast (2/25 at 8:30 AM in the Fresh Harvest Banquet Room)
- Giant Eagle (2/25 departing at 10:30 AM)
- Creative Crafting with Linda (2/25 at 1:00 PM in the Vista Activity Room)
- Ladies Mystery Lunch (2/27 departing at 10:45 AM)

#### **Musical Talents:**

Get ready for an unforgettable musical experience! Mark your calendars for an amazing lineup of performances that will light up this February.

- Music with Gary Stewart (2/7 at 2:00 PM in the Chapel)
- Music with Jackie Kopco (2/14 at 2:00 PM in the Chapel)
- Music with Tom & Carolyn (2/19 at 2:00 PM in the Chapel)
- Music with Elwood Kelly (2/26 at 2:00 PM in the Chapel)



## WE ARE THE CHAMPIONS



## The Corn Holers triumphed over the Corn Flakes on Monday, clinching the 2025 Winter Corn Hole Championship!

Our thrilling 10-week Winter Corn Hole League reached an exhilarating finale when the 7th seeded Corn Holers faced off against the 9th seeded Corn Flakes in a best-of-three championship match. The Corn Holers fought hard throughout the entire playoff bracket, including the play-in game, to secure the championship title.

Team members of the **Corn Holers** include (left to right) Kent Roach, Terry Dunkle, Carl Fisher, and Pat Herrnkind (not shown). The runner-up **Corn Flakes team** consists of Joanne Melnik, Ruby Lehman, Wayne Lehman, and Mel Blough.

#### **ADAPTATIONS PROMOTE PARTICIPATION IN ACTIVITIES**



April Coval, Life Enrichment Connections Coordinator

Activities are an important part of life, especially in a care community. They give us a chance to meet new people, stay active, and enjoy ourselves. But sometimes, we might find it hard to join in because of physical challenges, memory issues, or other needs. That's where adaptations come in.

#### What are Adaptations?

Adaptations refer to modifications made to activities or tools to facilitate easier participation for individuals. They can range from simple solutions such as offering larger Bingo cards to more considerate adjustments such as establishing quieter areas for those who prefer a less noisy environment. These changes foster inclusivity and comfort for everyone involved.

#### **Examples of Adaptations**

Here are several ways to modify activities to accommodate diverse needs:

- Physical modifications: Utilizing tools with larger grips or non-slip surfaces for easier handling.
- Sensory enhancements: Incorporating bright colors, larger print, or minimizing noise to improve clarity.
- Simplified steps: Dividing tasks into smaller segments or allowing additional time for completion.
- Supportive environment: Fostering a friendly and welcoming atmosphere where everyone feels encouraged.

#### **How Adaptations Benefit You**

Adaptations ensure that all individuals can participate, regardless of their abilities.

- Promote active participation and foster a sense of independence.
- Make activities enjoyable and less overwhelming.
- Provide opportunities to learn something new or revisit a beloved hobby.

#### You can Contribute to Adaptations

You can play a significant role, both as a community member and as an individual, in enhancing activities for everyone.

- Share your suggestions! If you come up with a way to make an activity easier or more enjoyable, let us know.
- Support a friend by preparing materials or clarifying the rules.
- Practice patience, kindness, and understanding. Positive encouragement makes a huge difference!

#### Keep it Enjoyable for Everyone

Adaptations ensure that all individuals can partake in activities and feel included in the community. If you have ideas or require assistance, feel free to reach out. We're here to ensure you have a wonderful experience. Together, we can cultivate a space where everyone belongs and can thrive!

## **ROMEO/ROLEO CLUB WANTS YOU!**



April Coval, Life Enrichment Connections Coordinator



The Romeo/Roleo Club represents Retired Outstanding Men Eating Out and Retired Outstanding Ladies Eating Out. This club is back and eager to embark on another thrilling year filled with dining and social activities!

Mark your calendars for **February 28** as we visit Hoss's for another delightful meal in the company of great friends. A special guest will be present to enhance the excitement as well.

Please note that we will depart for this event at 11:00 AM, be prepared for a fantastic time!

Signing up is a breeze—simply visit the Personal Care Activity Area or call April Coval at 814-200-3018 to reserve your spot! Space is limited, so don't delay!

Remember that the Romeo/Roleo Club gathers on the last Friday of each month for a fun-filled outing, and we would love for **YOU** no matter your area of living, to join us! Come savor wonderful food, enjoy great company, and create lasting memories. We look forward to seeing you there!

#### Romeo/Roleo Club

- Meets on last Friday of every month
- Departure is at 11 AM
- Please sign up to attend. April Coval at 814-200-3018

#### HISTORY OF VALENTINE'S DAY

#### Who Was Valentine?

One reason that Valentine's Day may be associated with secret admirers is that the saint behind the holiday is a mystery. We know that a man named Valentine existed and that he died around 270 AD. However, at least two people named Valentine lived at that time, and either—or neither—might be the holiday's namesake.

The first person who may have been the famous Valentine is a priest who lived during the third century in Rome. During this time, Emperor Claudius II made a decree that young men could not be married because he wanted them to be

single-minded while they served in his military. However, Valentine felt the decree was wrong, so he secretly continued to marry young men and women. When the emperor discovered what Valentine was doing, he had the priest beheaded.

The second person who is purported to be the holiday's namesake is St. Valentine of Terni, a bishop in the third century. He was also beheaded by Claudius II. He was said to have helped Christians who were imprisoned, beaten, and often executed for their faith. Valentine assisted them in escaping the jails. Eventually, Valentine was caught and imprisoned himself. In one telling of this story, Valentine fell in love with the jailor's daughter, who often visited him. He sent her a letter signed, "from your Valentine." This is credited as being the first valentine greeting. Some stories add that she was blind and that Valentine restored her sight. In this version, the judge and his entire household converted to Christianity.

Some believe that the two men were one and the same, but we have no way of knowing because there is very little factual information about Valentine, other than the approximate year of his death. Questions about Valentine's true identity were raised as early as 496 AD by Pope Gelasius I, who said that facts about the martyr and his actions were "known only to God."

#### Origins of Valentine's Day

Valentine's Day has been celebrated in February for more than 1,500 years. It may have been placed in February to commemorate the anniversary of Valentine's death, or it may have been placed to coincide with (and replace) the Roman celebration of Lupercalia, a rowdy celebration of fertility and planting.

Lupercalia dates all the way back to the founding of Rome. According to folklore, Rome was founded by Romulus and Remus, twin nephews of an ancient king who ordered the small boys drowned. But a servant took pity on them and instead placed them in a water-tight basket in the river, where they were carried downstream and became caught in a wild fig tree.

A she-wolf found and cared for them in a cave at the base of Palatine Hill, where Rome was founded. The boys named the cave Lupercal, and the celebration of Lupercalia was meant to honor the she-wolf and the god Lupercus, who was the god of farmers, harvest, and packs of animals.

## HISTORY OF VALENTINE'S DAY CONTINUED

Like festivals of other ancient religions, including Judaism, the Lupercalia celebration began with a ritual sacrifice. In this case, a goat and a dog were sacrificed to the god Lupercus. Next, two priests' foreheads were smeared with sacrificial blood, and then they were wiped clean with a cloth soaked in milk. After this, the feasting began. Legend has it that another part of the festival celebration included a temporary "coupling," in which single men would draw a name of a single woman from the jar, and these couples were considered "married" until the end of the festival. Some of them stayed together until the start of the following year's festival. And some fell in love and actually got married!

#### Valentine's Day Turns to Romance

While Lupercalia was outlawed by the beginning of the sixth century, Valentine's Day continued. Geoffrey Chaucer is sometimes credited with making Valentine's Day a romantic holiday. In a poem he wrote around 1375, he links courtly love with the feast of St. Valentine. He poetically states that February 14 is the day that birds and people come together to find their partner: For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate. The popularity of Valentine's Day as a romantic holiday soared after his poem became popular.

It wasn't until the 1500s that people started sending romantic or friendly greetings to one another on this day, calling them valentines. By the late 1700s, commercially printed cards were available. The Victorians loved Valentine's Day. Their Valentine cards were flat sheets of paper, printed with illustrations and often embossed. These sheets could be folded, sealed with wax, and mailed.

In 1840, Great Britain created Uniform Penny Post, which allowed Valentines to be mailed for just one penny. So many Valentines were sent that postal carriers were given extra money for food and drink to help them make it through their strenuous rounds! In 1841, more than 400,000 valentines were mailed in Great Britain, and by 1871, more than one million cards were processed in London alone.

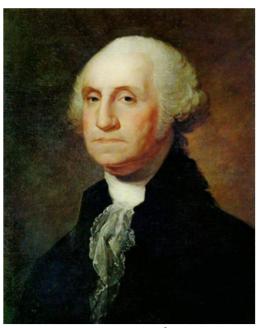
Some Victorians eschewed the commercial cards and instead used lace, ribbon, bits of glass, seashells, and other craft materials to make their own valentines. It was popular to use church spires or churches on cards to signify honorable intentions.

The tradition came to America in the late 1840s, thanks to a young woman named Esther Howland, who received a British valentine when she was 20. She was enchanted by the card but discovered that the British imports were spendy and not affordable for many Americans. So, she imported lace and other materials from Britain and began creating her own designs. Today, she is known as the Mother of the American Valentine. The holiday continues to be popular throughout the English-speaking world and is also popular in other countries, including Argentina, France, Mexico, and South Korea. In the Philippines, people get married in mass ceremonies numbering in the hundreds on the holiday. It's the most popular day of the year to get married, so many people share a wedding anniversary.

The oldest known valentine still in existence was written in 1415 by Charles, Duke of Orleans. He wrote a poem to his wife while he was imprisoned in the Tower of London after being captured at the Battle of Agincourt. Perhaps his gesture inspired the English king because, several years later, King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois. The holiday has continued to gain in popularity: in 2020, more than \$25 billion was spent in the United States alone on gifts and cards!

## PRESDIENT'S TRIVIA

#### Write your answer next to the question, then check it at the end!



**George Washington** 

- 1. What president had a passion for peanuts?
- 2. What president's wife, known as "Nellie," was responsible for planting the Japanese cherry trees in Washington, D.C.?
- 3. What president was paralyzed by polio?
- 4. Who was the only president to be elected unanimously?
- 5. What creator of the League of Nations raised sheep on the White House lawn?
- 6. How many terms did Franklin D. Roosevelt serve?
- 7. What president was administered the presidential oath on Air Force One?
- 8. How many sets of father/son presidents have there been?
- 9. In what war did Gerald Ford serve?
- 10. Which President has lived the longest?



#### **ANSWERS**



- 1. **Answer**: Jimmy Carter. He grew up on a peanut farm
- 2. Answer: William Howard Taft
- 3. Answer: Franklin D. Roosevelt
- 4. **Answer**: George Washington. He won every electoral vote in 1789 and again in 1792.
- 5. **Answer**: Woodrow Wilson.
- 6. **Answer**: 4
- 7. **Answer**: Lyndon B. Johnson
- 8. **Answer**: 4
- 9. Answer: World War II
- 10. Answer: Jimmy Carter, 95

## FIRST LADIES, WHO AM I?

## Based on the clues given, can you guess which First Lady I am?

#### -Clues

- 1.I wrote a newspaper column called "My Day."
- 2. My Husband was a distant cousin of mine
- 3.I was much more publicly involved in politics and the press than any first lady before me. After my husband's death, I continued to work with the United Nations to continue my efforts.

Which First Lady am I? Eleanor Roosevelt, wife of Franklin Roosevelt

#### -Clues

- 1.I was the last First Lady to be born in the 1800s
- 2. In 1952, I wrote an article titled "Vote for my Husband or for Governor Stevenson, but Please Vote" for a Good Housekeeping magazine.
- 3. My birth name was Marie Geneva Doud, but I preferred to be called "Mamie."

Which First Lady am I? Mamie Eisenhower, wife of Dwight David Eisenhower

#### -Clues

- 1. I obtained a graduate degree from University of Southern California. I was the first lady to earn this level of education.
- 2.1 was also the first lady in more than 108 years not to wear a hat at my husband's swearing-in ceremonies.
- 3. My birth name was Thelma Catherine Ryan. However, when my father died, I chose to go by "Pat."

Which First Lady am I? Patricia "Pat" Nixon, wife of Richard Nixon

#### -Clues

- 1. I was the first woman to be called "first lady" in the media.
- 2. My father's name was Robert Smith Todd. He was, among other things, an officer in the War of 1812.
- 3. I had a difficult life; three of my four children passed away when they were still young, and I witnessed my husband's murder in a theater.

Which First Lady am I? Mary Todd Lincoln, wife of Abraham Lincoln

#### -Clues

- 1. I met my husband when we were attending Stanford University. I was the first woman to ever receive a degree in geology there.
- 2. I was fluent in five languages, including Mandarin Chinese. I also made the first comprehensive list of historic items housed inside the White House.
- 3.I loved the outdoors, and this led me to become a leader in the Girl Scouts Organization.

Which First Lady am I? Lou Hoover, wife of Herbert Hoover

## **GROUNDHOG DAY SUDOKU**









2			9				
		7			1		3
8	1		2		3	4	
3							9
		4					9
5			8		2		
1		3					4
	2			7		6	

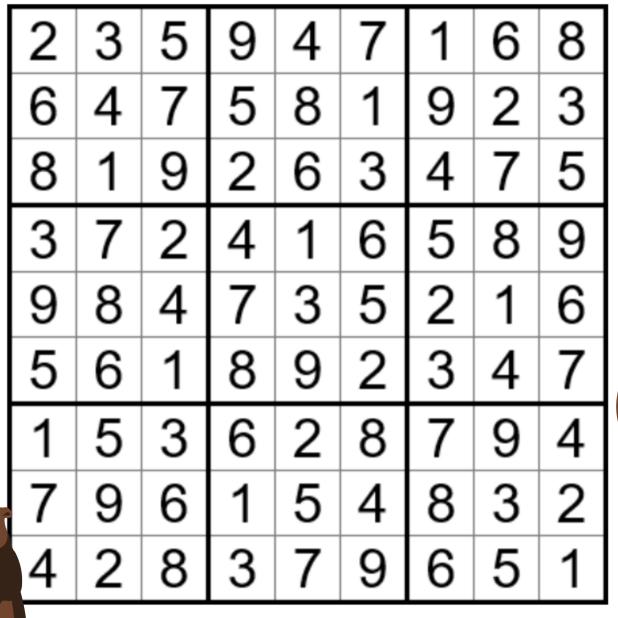






## **GROUNDHOG DAY SUDOKU**









#### HOMEMADE CHOCOLATE TRUFFLES



#### INGREDIENTS

#### Truffle

- two 4-ounce quality chocolate bars (226g), very finely chopped\*
- 2/3 cup (160ml) heavy cream\*
- **optional:** 1 Tablespoon (14g) unsalted butter, softened to room temperature
- **optional:** 1/2 teaspoon pure vanilla extract

#### **Topping options**

 unsweetened cocoa powder, sprinkles, crushed nuts, melted or tempered chocolate

#### DIRECTIONS

- **1.**Place the chocolate in a heat-proof bowl. Set aside.
- 2. Heat the heavy cream until it is simmering. You can heat it on the stove or in the microwave.
- **3.** Add the butter, if using, to the chocolate and pour the heavy cream evenly on top. Let the warm cream and chocolate sit for 5 minutes minutes. Add the vanilla extract then stir until the chocolate has completely melted. Place a piece of plastic wrap directly on the surface (to avoid condensation) and refrigerate for 1-2 hours.
- Tip: Pour into a flat shallow dish, such as a 8-inch square baking pan, so the mixture evenly and quickly sets.
- **4.** Scoop the set truffle mixture into 2 TSP-sized mounds. This small cookie scoop is the perfect size. For larger truffles, 1 TBSP size mounds. Roll each into balls. This gets a little sticky, so see my tips above.
- **5.** Roll each into toppings, if desired. Truffles taste best at room temperature!
- **6.** Cover tightly and store truffles at room temperature for 3-4 days, in the refrigerator for up to 2 weeks, or freeze for 3 months (don't forget to thaw in the refrigerator and serve at room temp.)



