

What's the Buzz at Reformation?

April 5, 2020

- * although we aren't holding services at church, Pastor may have suggestions
- | | | |
|----------|------|---------------------|
| April 5. | Sun. | Palm/Passion Sunday |
| April 12 | Sun. | Easter |

Short-term decisions, long-term consequences

A \$2 daily beverage works out to \$712 per year, or \$14, 240 in twenty years.
200 extra calories per day works out to 20 lbs. in one year unless you exercise extra.
A moment of prayer can affect your whole life.

Headlines, Real or Fake? Mark them T (true) or F (false)

- 1. School Mistakes Huge Burrito for a Weapon
- 2. Air Canada Passenger Gives Birth at 35,000 Feet over Pacific Ocean During Flight to Japan; is immediately Billed \$75 for an Extra Carry-On
- 3. Panda in Taiwanese Zoo Accused of Faking Pregnancy to Get Better Living Conditions
- 4. Mad Cow Talks
- 5. Doctors Remove 126-Pound Tumor from 124-Pound Woman
- 6. Groom Updates Facebook Status at Altar During His Wedding
- 7. Cow Attacks School Cook
- 8. Mary Poppins Is a Black Man
- 9. Teenage Pregnancy Drops off After Age 25
- 10. Hallmark Scientists Identify 3 New Human Emotions

(Answers on next page)

April 5, 2020 (p. 2)

Answers: all but 2 and 10 are real headlines, although not all are what they seem.

Sources:

Oneill, Therese, "8 Weekly World News Headlines That Turned Out to Be True" *MentalFloss.com*

Addine, Rachel, "Newspaper Headlines - Real or Fake?" *PlayBuzz.com*

"10 Unbelievable Facebook Stories", *Yahoo.com*

Banoffee Toffee Pie (adapted from Back in the Day Bakery)

Time: 2 hours (includes chilling time)

Makes 1 pie

1 (14-oz.) can sweetened condensed milk

1 prebaked graham cracker crust

2 large bananas

1 1/2 cups heavy cream or whipping cream

3/4 cup sour cream

3/4 cup powdered sugar (confectioner's sugar)

2 oz. good semisweet chocolate, to be grated just before serving, optional

Preheat oven to 425F, and put the rack in the lower third of the oven. Pour sweetened condensed milk into a shallow baking dish. Cover the dish tightly with aluminum foil. Set the dish in a large roasting pan, and add enough hot water to the roasting pan to reach halfway up the sides of the baking dish.

Bake the milk 40 minutes. Carefully remove the pans from the oven and stir milk. Add more water to the roasting pan if needed and cook another 30-35 minutes, until the milk is dark caramel color.

Pour the milk into the prepared piecrust. Cover with plastic wrap, refrigerate 1 hr.

Once the pie has chilled, slice bananas and arrange them on top/

In the bowl of a stand mixer with the whisk, or in a large mixing bowl with hand whisk, whip the cream and sour cream on medium speed until cream starts to thicken. Add powdered sugar and beat until soft peaks form. Spread the cream over the bananas and refrigerate until ready to serve.

Pie can be stored in refrigerator for two days. Just before serving, grate chocolate

over the top, if you like.

What's the Buzz at Reformation?

April 12, 2020

The best things in life are free, especially God's love for us this Easter and always!

reading a book online or one you've had saved for a rainy day

going for a walk or a bike ride

sharing plants, seeds in a safe way

taking a few minutes to write down a plan

showing you care

taking an online course

learning how to use Zoom, Skype if you have a computer or phone capability

a smile, a hug or kiss for your loved ones

a compliment or a word of thanks or encouragement

including someone in a conversation if they look like they want to join in

letting someone go ahead of you in line when they look stressed or their kid is crying,

allowing a car to turn onto a busy street (use your judgment so you don't get rear-ended by somebody who can't stop in time)

giving away something you don't need but that somebody else might use

almost free: being able to get a drink of water or wash your hands at home

organizing something

prayer

staying in touch - you can call, email, text, or send a note or a card

April 12, 2020 (p. 2)

Taleggio and Mushroom Pizza (adapted from *Gourmet*, April 2008)

Time: 30 min.

Serves 4

1 lb. pizza dough, thawed if frozen

1/2 lb. (8 oz.) sliced mushrooms

3/4 lb. Taleggio, Fontina, or Swiss cheese, sliced (any rind discarded)

1 tsp. truffle oil (optional)

salt and pepper to taste

Place a large baking sheet on bottom rack of oven. Preheat oven to 500F.

Dust work surface with flour, then stretch and pull dough until it is a rectangle about 13x16". Move the dough to a tray lined with parchment paper. Prick a dough all over with a fork.

Slide dough with parchment paper onto the hot baking sheet. Bake until top is puffy and has pale golden spots, about 6-10 minutes.

Remove dough from the oven, poke any large bubbles with a fork, and flatten them. Sprinkle the mushrooms over the crust, season with salt and pepper, and top with cheese slices. Bake until cheese is bubbly and golden in patches, 8-10 minutes.

Drizzle with truffle oil if you like. Cut into squares and serve right away.

What's the Buzz at Reformation?

April 19, 2020

Decisions, decisions!

Having trouble deciding what to do with (a) your family, (b) your life, (c) that whopping big tax refund, or (d) what to have for dinner tonight? No matter what the decision involves, these tips might help.

1. Focus only on the factors that are important.
2. You can be a Maximizer, looking at EVERY possibility, or a Satisfier, willing to choose something that is GOOD ENOUGH. In general, satisfiers are happier with their choice, because they feel they've done enough research/thinking.
3. Tied in with the previous idea, many artists have said, Done is better than Perfect. If not actually courting disaster or risking irreparable damage, forge ahead and make necessary adjustments as you go. That's the way cars, boats, and airplanes go, adjusting all the time!
4. Making a list works best if it assigns weight to the pros and cons.
5. To avoid "decision fatigue", aim to tackle big decisions on a day that doesn't have too many other decisions to make.
6. If you need it, aim to give yourself time. Ask, "When do you need to know?", followed by "Let me get back to you on that, and then name a timeframe that suits you." If you don't think you can give a good answer, say so and state your reason.
7. Not deciding IS deciding. Sometimes that's good, sometimes not.
8. Sleep on it. Give your brain a chance to work on the challenge.
9. Listen to your instinct but try to balance that with the facts.
10. Pray about it. "Let go, Let God."

Sources: Wikiel, Yolanda, "Making decisions", *Real Simple*, Nov. 2015

"Let Go, Let God" by Keith Johnson, sung by DeWayne Woods (also sung by Demi Lovato and others)
April 19, 2020 (p. 2)

Chicken & Sausage Gumbo

(adapted from chef Angela Lasyone, *Gourmet*, April 2008)

Time: 3 hours

Serves 12

4 lb. chicken pieces, preferably dark meat
1 cup melted lard or shortening
1 cup flour
1 medium onion, cut into 1/2" pieces
1 green pepper, cut into 1/2" pieces
1 cup chopped celery
1 cup chopped scallions
2 chicken bouillon cubes or 2 T. chicken base
1 T. garlic powder
1 T. poultry seasoning
1 tsp. ground thyme
1 T. salt or to taste
1 T. McCormick Season-All seasoned salt
2 bay leaves
1 tsp. Zatarain's Liquid Crab Boil Concentrate
2 T. parsley flakes
1-2 T. Kitchen Bouquet
1 T. gumbo file powder
1 lb. smoked cooked sausage, sliced
white rice for serving

In a stockpot, cover chicken with water 2" over the top of the chicken. Boil, turn it down to a simmer, and cook about 2 hours, until meat is falling off the bone. Strain the mixture, reserving the meat and liquid. Take meat off the bones and set aside. In a saucepan over medium-low heat, heat lard or shortening, add flour, and stir until it turns golden, about 20 min. (this is the roux). Set aside.

Return liquid to stockpot, add onion, bell pepper, celery, and scallions, and cook til vegetables are tender. Add bouillon cubes, garlic powder, poultry seasoning, thyme, salt, Season-All, bay leaves, liquid crab boil, and parsley flakes, and bring to a boil. Add roux, whisking, and simmer 5 minutes. Add gumbo file, Kitchen Bouquet, sausage, and reserved chicken, simmer 10 minutes. Serve over rice.

What's the Buzz at Reformation?

April 26, 2020

Young Adult Fiction

One of the earliest examples of American young adult fiction were Horatio Alger's stories of boys raising themselves out of poverty through hard work and perseverance. Alger wrote over 120 of these stories, beginning in 1867.

Just one year later, Louisa May Alcott wrote *Little Women*, drawing on her financially challenged but intellectually rich childhood. Later she wrote *Little Men*, *Jo's Boys*, *Eight Cousins*, *Rose in Bloom*, *Under the Lilacs*, and others. Values she stressed were modesty over vanity, healthful exercise, gratitude, kindness, and philanthropy.

In 1930, the American Library Association created the Young People's Reading Roundtable, and made suggested reading lists for children and adults. This was possibly the first time that literature was targeted to teenagers. By the way, the Nancy Drew series was excluded from the list as being too "popular".

The Hardy Boys books, starring Frank and Joe Hardy, started in 1927. Revised, renamed and recast several times since 1959, books about the Hardy boys still sell over a million books per year. Various ghostwriters create the books, under the pen name Franklin W. Dixon.

A girl sleuth, Nancy Drew, made her first appearance in 1930, in a series created by Edward Statemeyer and later many other under the pseudonym of Carolyn Keene. Like the Hardy Boys series, the Nancy Drew books underwent revision in 1959, and the series has also been renamed a few times. Prominent female leaders such as Sandra Day O'Connor and Hillary Clinton have cited Nancy Drew as a role model.

The Harry Potter series was wildly popular with young adults, beginning in 1998. With each new release, people camped outside bookstores for up to nine hours to get their copy of the new books. J.K. Rowling went from a mother on welfare to one of the richest women in the U.K., and that's even before all the movies and other deals.

In recent years, young adult fiction fantasy series has continued to be a driving force in books and film. The Twilight series, The Hunger Games, and The Fault in Our Stars seem miles away from what kids read in the 50s, but the themes of self-actualization, courage, and loyalty remain.

Sources: Chisholm, N. Jomiylo, "Young adult (YA) fiction, *Real Simple*, Nov. 2015. Wikipedia articles on authors

Rice and Peas, Venetian Style (adapted from *Gourmet*, April 2008)

Time: 25-30 min.

Serves 4

5 cups chicken broth
1 clove garlic, minced
1 medium onion, finely chopped
1/4 lb. pancetta, Canadian bacon, or ham, diced
2 (2-inch) strips lemon zest
1 T. olive or canola oil
2 T. butter, preferably unsalted
10 oz. frozen peas or frozen baby peas (not baby food)
1 cup uncooked rice, preferably Arborio
1/3 cup grated parmesan
black pepper to taste

In a pot, simmer the chicken broth.

In a 12-inch skillet over medium high heat, heat the oil and 1 T. butter, then add in garlic, onion, lemon zest, and pancetta. Cook until the onion is soft, about 5-6 min.

Cook peas in broth 2 minutes. Strain the broth into the onion mixture, reserving the peas, then stir in the rice. Cook, stirring once after 5-6 minutes, until rice is just cooked (10-12 minutes for Arborio, 16 minutes for long-grain).

Stir in peas, parmesan, the remaining T. butter, and season with black pepper to taste. Remove lemon zest or tell people not to eat it.