

## What's the Buzz at Reformation?

June 7, 2020

June 14	Sun.	Flag Day
June 21	Sun.	Fathers' Day

**Men don't care what's on tv.  
They only care what else is on tv.**  
~ Jerry Seinfeld

### The Biggest and Smallest US National Parks

Try this on for size: the biggest National Park is Wrangell St. Elias National Park & Preserve, in Copper Center, Alaska. Comprising over 13 million acres, you could fit six Yellowstones in it. Hunting is permitted in the Preserve but not the Park. The St. Elisa Mountain range contains Mr. St. Elias, the 2nd tallest mountain in the US, and also several active volcanoes such as Mt. Wrangell. Also there are many of the nation's largest glaciers.

How about .02 acre? That's the smallest of our National Parks. It's actually just a building in Philadelphia, Pennsylvania - the former house of Thaddeus Kosciuszko, a Polish soldier who fought in the American Revolutionary War.

Thaddeus who? Kosciuszko (1746-1817) was a well-educated military figure (eventually promoted to brigadier general) who had to leave Poland because he attempted to elope with his employer's daughter and was severely beaten. He studied in France and became a close friend of Thomas Jefferson, and like Jefferson, a fine architect. Several of his buildings grace the campus of West Point.

Sources: Chisholm, N. Jomiylo "The Simple List: .02 Acre" *Real Simple*, July 2015  
"Wrangell National Park and Preserve", "Thaddeus Kosciuszko", *Wikipedia.org*

June 7, 2020

## **One-pot Pasta Veganesca (Vegan Pasta)**

Time: 50 minutes, or 25 minutes if you skip the eggplant

Serves 4

**12 oz. dry pasta (long or shapes)**

**1/2 a small eggplant, rinsed and cubed (not peeled), optional**

**8 oz. white, baby bella, or cremini mushrooms, sliced (use 1 lb. if no eggplant)**

**3 cloves garlic, minced**

**1+1/2 cups vegan marinara sauce (or any other tomato sauce)**

**1 cup quinoa for protein, if you want to serve this as a main dish**

**2 cups water**

**3 T. oil**

**salt and pepper**

**fresh herbs (such as basil and parsley) for garnish, optional**

**3 T. oil**

Rinse and cube eggplant, if you are using it. Put pieces in colander, salt it, and let it drain 20-30 minutes to draw out some bitterness. Rinse it off, pat dry with towel.

Heat oil in a 8-qt or larger pot or Dutch oven, over medium-high heat. Cook eggplant 3-5 minutes, then add 1 clove garlic and mushrooms and cook about 2 minutes, stirring often. Set aside.

In the same pot, put pasta, water, marinara, and 2 cloves garlic. Bring to a boil, then simmer 10-13 minutes until pasta is al dente. Add quinoa in last 2 minutes if using. Season with salt and pepper.

Remove from heat, top with eggplant/ mushrooms. Garnish with herbs and serve.

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June 14, 2020

## Vocabulary Quiz

Every week, I go on the free website <freerice.com> to boost knowledge on several subjects & also to help donate rice. Here are some words I'm still trying to master.

- |     |     |           |    |                    |
|-----|-----|-----------|----|--------------------|
| ___ | 1.  | anaglypta | A. | intersect          |
| ___ | 2.  | antilogy  | B. | hungry             |
| ___ | 3.  | caballero | C. | snakebite herb     |
| ___ | 4.  | cheronese | D. | peninsula          |
| ___ | 5.  | decussate | E. | orange-tangerine   |
| ___ | 6.  | dizen     | F. | lemur-like animal  |
| ___ | 7.  | esurient  | G. | disregard          |
| ___ | 8.  | flews     | H. | self-contradiction |
| ___ | 9.  | foofaraw  | I. | fudge              |
| ___ | 10. | guaco     | J. | overdress          |
| ___ | 11. | guttate   | K. | horseman           |
| ___ | 12. | opuscule  | L. | wallpaper          |
| ___ | 13. | ortanique | M. | chaps, lips        |
| ___ | 14. | penuche   | N. | big to-do          |
| ___ | 15. | potto     | O. | spotted by drops   |
| ___ | 16. | pretermit | P. | minor work         |

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Answers: 1-L, 2-H, 3-K, 4-D, 5-A, 6-J, 7-B, 8-M, 9-N, 10-C,  
11-O, 12-P, 13-E, 14-I, 15-F, 16-G

## **One-Dish BBQ Chicken & Sweet Potato (or a mix of regular and sweet potatoes)**

Adapted from Averie Cooks

Time: 1 hour (includes 15 minutes to marinate chicken)

Serves 4

**4 bone-in, skin-on chicken breasts or thighs**

**1+ 1/2 cups barbeque sauce**

**3-4 sweet potatoes, or 2 sweet potatoes + 2 russet potatoes**

**2-3 T. oil**

**salt and pepper to taste**

Preheat oven to 400F. Line a baking dish with foil. Set aside.

Place chicken pieces in large zip-top bag, cover with the BBQ sauce, seal, and let it marinate 15 minutes while you do the potatoes.

Cut up sweet potatoes or mixed potatoes into 1/2" cubes. Add potatoes to baking dish. Drizzle with oil, season to taste, and toss to coat.

Put chicken pieces on top of the potatoes. Spoon or squeeze marinade from the zip-top bag over the chicken. Bake 35-40 minutes. Remove from oven and serve.

Good with a salad (with a bright acidic dressing or orange segments), greens, or coleslaw.

# What's the Buzz at Reformation?

June 21, 2020

The older I get, the better I used to be ~ John McEnroe

## No Pimples Allowed on the Court at Wimbledon

We call it Wimbledon. It is officially The All England Lawn Tennis & Croquet Club Limited ("The Club"). For about 13 days, running from late June into July, people around the world either go in person or watch the tennis matches on the telly. Grass courts are used, rye grass having been proven to be more durable than red fescue. And yes, there still is a croquet lawn there.

The "No Pimples" rule is that tennis shoes must have smooth foxing around the toes with no pimples. Here are some other clothing rules which apply to all clothing worn on the Championship Courts, whether for practice or a match: "Suitable tennis attire" must be worn, and almost entirely white. White does not include off-white or cream. A single line of coloured trim may be placed around the neck, sleeve cuffs, or on the outside of bottoms, as long as it doesn't exceed 1cm (less than a half-inch) in width. No neon colors are permitted; logos, even on shoes, are not encouraged.

Some of us are old enough to remember Arthur Ashe defeating Jimmy Connors, the long reign of Bjorn Borg, the match between Rafael Nadal and Roger Federer, John McEnroe's temper, or the triumphs of Venus and Serena Williams. Some stats:

Fastest serve (men):	Taylor Dent	148 mph in 2010
Fastest serve (ladies):	Venus Williams	129 mph in 2008
Most aces (men):	Goran Ivanisevic	212
Most aces (ladies):	Alexandra Stevenson	57
	Serena Williams	57
Yearly attendance:	c. 470,000-500,000	
Balls used per year:	54,000+	
Temperature of ball storage:	68 degrees F	
Yellow balls first used	1986 (formerly white)	
Balls recycled/resold?	yes	
Ball boys/girls	about 250, out of 750 applicants/trainees	
Racket Stringing in a year:	2000 (that's 40 miles of string)	
Pigeon control:	Rufus the Harris Hawk flies daily to remind pigeons who's the boss.	
Challenges:	Men had about 26% success, Ladies had about 27% success.	

Source: Wimbledon.com

Chisholm, N. Jomiylo, "the Simple List", *Real Simple* (magazine)

## **White House Chopped Summer Salad**

Adapted from *American Grown* (New York: Crown/Random House, 2012)

Time: 30-60 min. depending on whether you include pecans; Serves 4-6

### **Salad:**

- 1 cup fresh corn kernels**
- 1/2 lb. green beans, trimmed and cut into bite-size pieces**
- 1 lb. salad greens, rinsed and dried**
- 1/2 to 1 cucumber, sliced into thin rounds**
- 2 mild radishes, trimmed and sliced thin**
- 1 ripe tomato, cut into 1/2" cubes**
- 1/2 to 1 bell pepper, cut into 1/2" cubes**
- 3-4 scallions, white parts only, chopped**

### **Pecans (optional)**

- 1/2 cup pecan halves**
- 1 T. honey**
- 1 1/2 tsp. brown sugar**
- 1 1/2 T. melted butter (preferably unsalted)**
- 1/2 tsp. Cajun spice mix**

### **Dressing:**

- 1/2 cup white wine vinegar**
- juice of 1 lemon**
- 1 shallot, minced (about 1 T.)**
- 1 T. chopped fresh tarragon**
- 1/2 cup olive or salad oil of your choice**

For the salad, spray a large skillet, heat over medium-high heat, saute the corn, stirring constantly, about 5 minutes until some brown spots appear. Set aside. In a medium pot, bring water to boil, cook green beans 1-3 minutes until tender-crisp (or cook them in the microwave). Drain green beans.

For the pecans, preheat oven to 250. Line a preferably rimmed baking sheet with foil and spray the foil with non-stick spray. Combine pecans with seasonings and bake 30 minutes, turning every 10 minutes.

For the dressing, combine dressing ingredients, whisk in the oil last.

To assemble salad, put all salad ingredients in large bowl or individual bowls. Top with pecans if using them. Pour dressing over or serve on the side.

## What's the Buzz at Reformation?

June 28, 2020

### All that Glitters...can be a pain to remove!

Glitter on hard floors can be sucked up with the vacuum cleaner's crevice attachment, or a lint roller. Use masking tape in a pinch. Only use duct tape if it won't damage the surface of whatever you're cleaning. By the way, duct tape is also good for removing splinters from fingers, so long as a part of the splinter sticks out.

Glitter on clothing and furniture - try lint roller or masking tape, or the vacuum cleaner upholstery brush attachment. If fabric is very delicate, you might resort to a vigorous shake outdoors and then a trusty pair of tweezers.

Glitter on the carpet - go over it with a rubber-gloved hand, then the upholstery brush attachment.

Glitter on your skin - face cream, baby oil, or coconut oil on a cotton ball.

Glitter nail polish - you know the regular method of swiping at it with a cotton ball. The following more complicated and possibly more time-consuming method is to soak a cotton ball in nail polish remover or acetone, then to keep the cotton ball on the fingernail for 3-4 minutes, either put rubber bands or elastics around the cotton ball and fingertip, or if you are coordinated, wrap around it with tinfoil (each piece of foil should be about 3" square).

Glitter in your hair - wet hair, shampoo, conditioner (leave conditioner in, then comb or stroke hair downward). If that doesn't do it, you might try some skin cream but then you'll have to shampoo again. Other options, a damp paper towel, or a dry fabric softener sheet or lint roller.

(Cheerful music to remove glitter by: "Glitter and Be Gay" from Leonard Bernstein's opera *Candide*.)

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The best time-saver for me lately, has been the ability to buy prepared guacamole, either from a grocery or \$10 worth from the neighborhood Chipotle.

**7-Layer Vegetarian Tostadas, chip dip, or what-have-you**  
(adapted from *Real Simple* Jan. 2015)

Time: 15 minutes (no cooking!)

Serves 4

**2 ripe avocados, or 1 cup prepared guacamole**

**3 T. lime juice**

**4 tostadas, 4 cups tortilla chips, or similar**

**4 cups romaine lettuce, chopped or torn**

**1 (15 oz.) can vegetarian refried beans**

**1 cup mild salsa or pico de gallo**

**1/2 cup sour cream**

**1/4 cup sliced kalamata olives or nuts**

**1 cup shredded or grated cheese (Mexican, or a mix of mozz, Cheddar & jack)**

Peel avocados. In a small bowl, mash the avocados with lime juice.

Stack the ingredients in any order you like. Done!