

## What's the Buzz at Reformation?

April 3, 2022

April 5	Tues	New Members' Class 6pm
April 9	Sat.	Egg hunt 1pm, volunteers please be here by noon
April 10	Sun.	Palm Sunday
April 12	Tues	New Members' Class 6pm
April 14	Thurs.	Maundy Thursday 7:30pm at Reformation
April 15	Fri.	Good Friday 7:30pm at Reformation
April 17	Sun.	Easter
April 18	Mon.	Ronald McDonald House 3pm, 711 E. Livingston
April 19	Tues.	New Members' Class 6pm
April 26	Tues.	New Members' Class 6pm

### RC Cola

RC Cola was invented by Claud A. Hatcher, a grocer in Columbus GA. When he realized how much Coca-Cola he was selling, he asked the Coca-Cola company for a discount. They refused, so he created his own carbonated beverages, and quit carrying Coca-Cola.

Royal Crown Ginger Ale was his first drink, and its popularity enabled Hatcher and his father to quit the grocery business and become bottlers fulltime. The second creation was Chero-Cola, made with cherries, and it was also a big hit. In time, there were 700 bottlers, spread over several states. The Coca-Cola Company sued, so Hatcher had to drop the "Cola" part of the name. Hatcher switched the company name to Nehi for a time, after his popular fruit drink.

Hatcher died in 1933. Sales director H.R. Mott reintroduced Chero-Cola as RC Cola in 1934, minus the cherry flavor.

In 1954, the company was the first to use aluminum cans. They also had 16-ounce bottles for a time.

Diet Rite was the first low-calorie cola, ahead of Coke and Pepsi, capitalizing on the weight-consciousness of Americans. Just 18 months after its introduction, it was #4 in popularity nationwide.

The cyclamates scare of the 1960s dealt a blow to the company's bottom line. They managed to come up with other drinks, including caffeine free and in the 1990s, extra caffeine. They are now part of Dr. Pepper Snapple Group.

RC Cola is currently the top-selling brand in the Philippines, and second in Israel.

Source: Wikipedia

April 3, 2022 (p. 2)

## **Matzoh Balls**

Time: 45 min.

Makes about 15 matzoh balls

**1 T. plus 1/4 tsp. salt, divided**

**4 eggs**

**1/3 c. vegetable or canola oil**

**1/4 tsp. pepper**

**1 T. baking powder**

**1 1/3 c. matzoh meal**

In a big pot with a lid, fill it 3/4 full of water, add 1 T. salt, and bring it to a rapid boil. While the water is boiling, beat eggs in a large bowl add oil, 1/4 tsp. salt, pepper, and baking powder. Beat or whisk to blend. Add matzoh meal; use a fork to mix well.

Using a scoop for uniform size, scoop matzoh balls. With wet hands, shape into perfect balls. Drop gently into boiling water, reduce heat to simmer, and cook 25 minutes with lid on. Remove with a slotted spoon and serve in chicken soup.

## **Chicken Soup**

Time: 3 hours

Makes about 4 quarts

**1 chicken, 3-4 lbs, cut up into pieces**

**1 onion, peeled and chopped**

**2 stalks celery, leaves and bottom end trimmed, chopped**

**1 carrot, peeled and chopped**

**1 parsnip, peeled and chopped, optional**

**4 quarts cold water**

**1 pinch salt and pepper to taste**

**1 tsp. chopped parsley, optional**

In a large stockpot, cover chicken with cold water, then bring to a boil over medium heat. Skim off scum as it cooks, until clear. Once broth is clear, add onion, celery, carrot, and parsnip (if using) and more water if needed. Simmer and cook until vegetables are tender. Add salt, pepper, and parsley (if using), simmer 2 - 2 1/2 hrs. Remove but the liquid. Cut up chicken into smaller pieces, return to soup. Discard all vegetables except carrots, return carrots to soup. Serve with matzoh balls.

# What's the Buzz at Reformation?

April 10, 2022

## Holy Week in Spain

Each major area of Spain marks Palm Sunday, Maundy Thursday, and Good Friday in its own way. The Easter week is known as *Semana Santa*. One common feature is the procession of the brotherhoods or fraternities, which might date back to anywhere from the 13th century (Middle Ages) to the present. The men usually wear the *capirote*, the conical hood which varies in color from fraternity to fraternity and from town to town, marking one as a penitent while concealing one's identity; and the long penitential robe which is usually white. Some also wear capes. The *nazarenos*, usually men but sometimes women dressed in black, often carry processional candles or rough-hewn wooden crosses. In Zamora they carry torches. Some may walk barefoot or carry shackles and chains on their feet, or heavy swords hanging from their carried crosses. In some areas, they dress as soldiers of the Roman Legion.

Unless it rains, every brotherhood carries magnificent *Pasos*, or elaborate floats with sculptures showing different scenes from the passion of Christ or the sorrows of the Virgin Mary, *La Dolorosa*. The *pasos* are commonly decorated with embroidered silk hangings and flowers; and one float in Malaga weighs over 12,000 lbs. requiring more than 250 carriers. Marching bands usually accompany the *pasos*, or male choirs in Zamora. Many floats are the work of famous artists. Parades in Andalusia, e.g. Malaga & Seville, are more exuberant than those in the rest of Spain.

In Leon, the procession lasts 9 hours and includes a special moment called *El Encuentro* (The Meeting) wherein the *pasos* representing St. John and the Virgin Mary face each other and are moved so they appear to be *bailados* (dancing). Leon also has a much smaller secular procession to commemorate Gebaro Blanco, a man who was run over by the first garbage truck in town. At the place where he was killed, paraders leave 27 oranges & a bottle of Orujo.

In Cartagena, the processions follow a strict order: the order of the floats in the parade follows the chronological order of the events as told in the Gospels. Some floats are on wheels while others are carried. The images are surrounded by big electric candelabras. Last in the procession is the float of St. Mary.

Popular foods are *La Mona*, a cake given by grandparents, and *Torrijas*, fried bread.

Sources: Wikipedia, "Holy Week in Spain".

AltiusDirectory.com, "Easter in Spain".

## Lemon Berry Pie

Time: 10 minutes prep, 4 hours to chill in refrigerator

Serves 8

**4 oz. cream cheese, softened  
(or Neufchatel cheese)**

**1 graham cracker pie crust**

**2 c. plus 1 T. milk, divided**

**1 T. sugar**

**2 tsp. grated lemon peel**

**1 T. lemon juice**

**1 8-oz. tub regular or light whipped  
topping, thawed**

**1 pint berries**

**2 pkg. (4-serving) vanilla or lemon  
instant pudding, reg. or sugar-free**

To soften cream cheese quickly, microwave for 15 seconds.

If using strawberries, hull and halve them. Smaller berries, use as is.

In a medium bowl, beat cream cheese, 1 T. milk and sugar until smooth, using a wire whisk. Stir in lemon peel and lemon juice. Stir in 1 1/2 cups whipped topping. Spread this cream cheese mixture on the bottom of the graham cracker crust. Press strawberry halves into the cream cheese layer, saving some for garnish if you like.

In a large bowl, mix 2 cups milk and all the pudding mix. Beat with wire whisk 1 min. Gently stir in 1 cup of whipped topping. Spoon this mixture over the berries.

Refrigerate 4 hours or until set. Garnish with remaining whipped topping and reserved berries. Best when served the same day. Store leftovers in refrigerator.

## What's the Buzz at Reformation?

April 17, 2022

Happy Easter, everybody!

### ***Into the Magic Shop*, by James R. Doty, MD (NY: Penguin Random House 2016)**

When twelve year-old Jim Doty rode his bike to the magic shop in a strip mall one summer day, he met a woman named Ruth, who was watching the store while her son, the owner, was out. Ruth said she didn't know anything about the merchandise, but with a friendly smile she encouraged Jim to look around.

At the time, Jim was living with an alcoholic father, a depressed and suicidal mother, and a nice but puny older brother who kept getting bullied. Jim had a crooked front tooth that embarrassed him, so he never smiled with his mouth open, and he tended to keep to himself. When a wealthy boy invited him over to play, he had a good time until the boy's mom asked Jim what his father did for a living.

Inside the magic shop, Ruth told Jim she could tell he was special, and offered to teach him a different kind of magic. That magic turned out to be 1) how to relax his body, 2) how to turn off the voices in the mind (that deejay is often wrong), 3) how to open the heart, and 4) how to make your intentions clear - if you know your goal, you can proceed.

Starting with the explanation that the body knows when it is tense, Jim learns to pay attention to his breathing and heartbeat, or his twitching foot. He went home and practiced each step as it was taught until he was ready for the next step. Unable to relax more than his toes and feet the first time without becoming distracted, he learns patience and self-acceptance. By the time he learns the third step, Jim is able to face up to some bullies, open his heart to his parents when he hears them arguing, and sees possibilities for overcoming poverty, isolation, and shame. One thing Ruth tells him was that often the people causing hurt and pain are holding hurt and pain within them.

What matters is that you have an open heart.  
An open heart connects with others,  
and that changes everything.

Knowing he was destined to become a doctor, Jim became a neurosurgeon, and his book is a combination of memoirs, helpful strategies for dealing with life, and information about the brain in layman's terms.

April 17, 2022 (p. 2)

As he cuts an unconscious four year-old boys hair before surgery, he connects with that boy, imagining how his mom will treasure that lock of hair, and how the boy will grow up. Read the book jacket or synopsis, and if you are drawn in, go for it! This book is available through the Columbus Metropolitan Library system, or you can listen to the steps online through <IntoTheMagicShop.com>.

## **Italian Easter Swiss Chard Pie**

Time: 2 hours

Serves: 6-8

**double crust pie pastry**

**1 lb. Swiss chard, stemmed**

**salt and pepper to taste**

**1 medium onion, finely chopped**

**2 T. olive or canola oil**

**2 eggs**

**15 oz. ricotta cheese**

**1/2 tsp. dried marjoram, or 1 tsp. fresh**

**3/4 cup freshly grated Parmesan or Parmigiano-Reggiano**

Boil water in a large pot. Cook Swiss chard until tender, about 8 minutes. Drain in colander and run cold water over it to stop cooking. Squeeze chard in a kitchen towel to get water out. Cut chard into 1/2" pieces. Heat oil in a skillet, cook onions until golden, about 10 minutes. Add chard and cook 5 minutes more. Remove from heat. In a large bowl, use a whisk or fork to mix eggs with ricotta, up to 1/2 tsp. salt, and pepper to taste. Stir in the Parmesan and chard mixture.

Preheat oven to 350F, with oven rack in center position. In a sprayed or greased deep-dish pie or tart pan, fit one pie crust. Trim all but 1/2" around rim. Put in the filling. Trim other crust to about 10 inches. Lay top crust on filling, fold up bottom crust around edges, and pinch or crimp edges to seal. Cut 6 slits in top crust. Bake 1 hour 15 minutes, until pastry is browned. Let cool in pan 10 minutes before cutting into wedges. Serve warm or room temperature.

## What's the Buzz at Reformation?

April 24, 2022

### Take a stand for loafing - strategic slothfulness

If you were living in 19th-century France, you might have seen *flaneurs*, aristocratic literary types out walking their pet tortoises on leashes. More recently we have coined the word "slackers" to describe lazy people in a negative way.

A study at Univ. of Michigan showed that people who nap at work have less impulsive behavior, better tolerance for frustration, and higher productivity. At Brock University's sleep research lab in Ontario, Canada, napping was linked to increased alertness, mood, and memory. Ask Napoleon, Edison, and Churchill.

Even watching shows like *Mad Men* and *The West Wing* help people score higher on social intelligence tests than watching documentaries, maybe because they show different perspectives. People who have suffered rejection or disappointment can also get a mood boost from watching a favorite show. Of course, documentaries help people learn facts and feel a part of history or connect with the world in other ways.

Good ideas often come to you when you are not intending to be productive. Dagwood Bumsteads, Beetle Baileys and Jeremys of the world, you might be on to something. It's time to take a stand for loafing!

**I choose a lazy person to do a hard job.  
Because a lazy person will find an easy way to do it.**

~ Bill Gates

[but don't waste time finding an easy way to do an unnecessary task!]

**I don't think necessity is the mother of invention.  
Invention, in my opinion, arises directly from idleness,  
possibly also from laziness, to save oneself trouble.**

~ Agatha Christie

**I love a good nap. Sometimes it's the only thing  
getting me out of bed in the morning.**

~ George Costanza

Dezilel, Shanda. "In defense of laziness," *Chatelaine magazine*, March 2016.  
*HuffingtonPost.com* "Famous Nappers" March 18, 2010.  
*CrozerKeystone.com* "Famous People Who took naps" June 20, 2013 13

April 24, 2022 (p. 2)

**A Good Use for a Rubber Band** - put it around an open paint can vertically, use it to get excess paint off the brush. Sure beats cleaning the edge of the can when you're done!

## **Sugar & Spice Cut-out Cookies**

Time: 3 hours (2 hours for dough to chill in refrigerator)

Makes 40 cookies

**1 3/4 cups flour, plus more for dusting the work surface, rolling pin, etc.**

**1/2 tsp. ground cinnamon**

**1/4 tsp. ground nutmeg**

**1/4 tsp. ground ginger**

**1/2 c. (1 stick) butter, preferably unsalted, at room temp.**

**1/2 c. sugar**

**1 egg**

**1 tsp. vanilla extract**

**1/4 - 1/2 tsp. salt (optional -- I leave it out if using salted butter)**

**decorating sugar (optional)**

Line 2 baking sheets with parchment. In a medium bowl, whisk together dry ingredients (but not the decorating sugar). Set aside.

Using an electric mixer, cream butter and sugar until light and fluffy, 2-3 min. Beat in the egg and vanilla.

Turn down mixer speed to low. Gradually add flour mixture, mixing until just combined. Shape into a 1"-thick disk, wrap in plastic wrap, and refrigerate for anywhere from 2 hours to 3 days.

Preheat oven to 350F. On a floured surface, roll the dough 1/4" thick. Using lightly floured 2-3" cookie cutters or a small cup, cut the dough into shapes, flouring the cutters and re-rolling dough when needed. Place cookies 1" apart on parchment-lined baking sheets. Sprinkle with decorating sugar if you like.

Bake until edges just begin to brown, 12-15 minutes. Let cool before removing from baking sheets. Store in airtight container(s).