

Passumpsic

FEBRUARY 2017

MAKE ME LAUGH



LIFE HACKS

life  
hacks

#2877

The Two-Minute Rule: If you see something that needs doing, and it can be completed within two minutes, do it immediately.

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hacks

#2892

#### 6 Simple Health Tips:

1. Don't take your medicine with cold water
2. Don't eat big meals after 5pm
3. Drink more water in the morning
4. Best sleeping time is 10pm to 4am
5. Don't lie down after a big meal
6. Answer calls from your left ear

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FEBRUARY'S ODD HOLIDAYS

Saturday Feb. 4<sup>th</sup>: Thank Your Mailman Day

Tuesday Feb. 7<sup>th</sup>: Send a Card to a Friend Day

Saturday Feb. 11<sup>th</sup>: Don't Cry Over Spilled Milk Day

Wednesday Feb. 22<sup>nd</sup>: Be Humble Day

Sunday Feb. 26<sup>th</sup>: Tell a Fairy Tale Day

ACTIVITIES IN THE  
COMMUNITY

### Osteoporosis Education & Support Group

Informative presentation as well as a fun and interactive session! Everyone is welcome to attend this event.

Refreshments are provided.

Registration is required as seating is limited. **FREE.**

**Date:** Saturday, February 4<sup>th</sup>

**Time:** 1:00PM - 3:00PM

**Location:** Community National Bank,  
4811 US Route 5, Derby, VT

**Contact:** Mary King

**Phone:** 802-535-2011

**Email:** mary@BetterBonesNEK.org

**Website:** www.BetterBonesNEK.org

### 17th Annual Father/Daughter Valentine Dance

Door prizes, refreshments, and photo booth by Jenks Studio. All ages are welcome. Tickets available at the following locations: Shear Sensations, Boxcar and Caboose, and Good Sheperd Catholic School. **\$8.00/person.**

**Date:** Friday, February 10<sup>th</sup>

**Time:** 7:00PM-10:00PM

**Location:** Good Sheperd Catholic School, 121 Maple Street, St. Johnsbury, VT

**Contact:** Good Sheperd Catholic School

**Phone:** 802-751-8223

### NEK Legislative Breakfast Series

These monthly programs provide area business people and residents an overview of the Legislative session and concerns affecting the region. The public is invited to attend and encouraged to ask questions. **\$3.00.**

**Date:** Monday, February 27<sup>th</sup>

**Time:** 8:00AM-9:00AM

**Location:** St. Johnsbury House Dining Room, 1207 Main Street, St. Johnsbury, VT

**Contact:** NEK Chamber

**Phone:** 802-748-3678

**Email:** director@nekchamber.com

### RECIPE

## Sweet & Salty Valentine's Chex Party Mix

By Annalise Sandberg



Prep Time 5 min  
Total Time 15 min  
Servings 8

#### Ingredients:

- 1 cup Vanilla Chex™ cereal
- 1 cup mini pretzels
- 2 cups lightly salted popped popcorn
- 1/2 cup salted peanuts
- 1/2 cup dark cocoa Candy Melts™
- 1/2 cup white Candy Melts™

- 1/2 cup seasonal M&M's® chocolate candies
- 1 tablespoon Valentine's candy sprinkles

#### Directions:

Line large cookie sheet with cooking parchment paper or waxed paper. Spread cereal, mini pretzels, popcorn, and peanuts on cookie sheet. In separate bowls, microwave Candy Melts™ on Medium (50%) in 1-minute intervals, stirring after each, just until melted.

Use spoon to drizzle melts over cereal mixture. Top with candies and sprinkles. Let stand about 10 minutes or until drizzle is set. Break into pieces. Store in airtight container up to 3 days.

### FEBRUARY WORD SEARCH

N J G R O U N D H O G Z N S X  
D V L I N C O L N F F J O T H  
C N A M L I A M G B C L G R U  
A O D W F A I R Y T A L E A M  
R L J N O O M L L U F C Y E B  
D L H J F S S E S O R F J H L  
S L O V E J S E Y D V X X Y E  
F M S E T A L O C O H C D T W  
L W G Q N O T G N I H S A W G  
S U P E R B O W L S U N D A Y  
H C O Q V U U O U H H P L P H  
E X F L O W E R S T K V T Z B  
L J V D V A L E N T I N E R J  
E K E L S P I L L E D M I L K  
P R E S I D E N T L T B N P D

VALENTINE	LAUGH
PRESIDENT	ROSES
GROUNDHOG	FLOWERS
SUPERBOWLSUNDAY	CHOCOLATES
LINCOLN	RED
WASHINGTON	PINK
MAILMAN	NEWMOON
CARDS	HEARTS
HUMBLE	LOVE
FAIRYTALE	
SPILEDMILK	FULLMOON

