



Preferred Meal Systems, Inc.

THE PREFERRED WORD

January 2012

Winter Sudoku!

Every row, column and mini-grid must contain the letters SNOWFLAKE. Don't guess - use logic!

	A		L		N	
		O	N	E	A	F
		L	F		W	O
	L	K			A	S
S		A			E	F
	E	F			N	K
		W	K		N	S
		S	O	F	L	W
F			S			O

courtesy of www.activityvillage.co.uk
keeping kids busy

Rock Star News

3 Reasons Why Reading Classic Books Is Good For Your Brain!

By reading the classics to improve your mind you can give yourself an advantage. These examples illustrate 3 ways reading the classics will help you succeed.

1. Bigger Vocabulary Having a bigger vocabulary is like having a tool box with more tools. A larger arsenal of words enables you to express yourself more eloquently.

2. Improved Writing Ability While reading you unconsciously absorb the grammar and style of the author. This influence carries over to writing, helping form clear, rhythmic sentences.

3. Improved Speaking Ability Studying works of genius will teach you to express yourself with clarity and style. By improving your command of the English language, you'll become more persuasive, sound more intelligent, and enjoy an advantage over less articulate people.

<http://www.pickthebrain.com/blog/improve-your-mind-by-reading-the-classics/>

DATES TO

REMEMBER

January 1st - New Year's Day

January 10th - Save the Eagles Day

January 16th - MLK Day

January 17th - Ben Franklin's Birthday



+ DID YOU KNOW? +

Donating one pint of blood can save up to three lives.

<http://www.americasblood.org/go.cfm?do=page.view&pid=12>



Made from 30% post consumer recycled content.

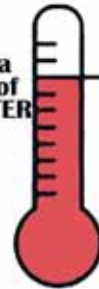
✓ Food Safety

Hot Foods Hot and Cold Foods Cold!

Foods that are not cooked to, held at, or stored at the right temperature are sometimes dangerous! Many foods contain small amounts of microorganisms called bacteria that will not grow if they are stored, cooked, and held correctly. However, dangerous bacteria can grow and cause foodborne illness, often referred to as food poisoning, if foods are not handled properly. Sometimes foodborne illness is mild, but other times it is severe and even fatal in some people. Foods which have been completely cooked and are to be served hot should be held at 140

degrees or above. This can be achieved on the stove or in a hot plate or chafing dish. Temperatures should be monitored with an accurate cooking thermometer. If temperatures drop below 140 degrees, quickly reheat to 165 degrees, but you may only reheat one time safely.

Keep Hot Foods Hot!
Maintain hot foods at a temperature of 140°F or HOTTER



Keep Cold Foods Cold!
Maintain cold foods at a temperature of 40°F or COLDER

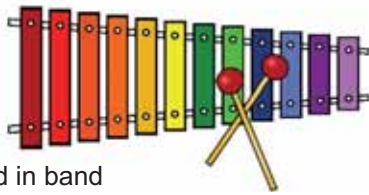


<http://extension.missouri.edu/extensioninfonet/article.asp?id=3004>

Musicology

XYLOPHONE

The xylophone is a musical instrument in the percussion family that consists of wooden (not steel) bars struck by mallets. It received its name from the Greek word xylon, meaning "wood", and the word phone, meaning "sound".



The xylophone is included in band and orchestral ensembles, where it can be used both for solo work and for back up, and it is also included in drum corps pit percussion.

Broadway has always used the xylophone as part of the pit orchestra. The opening to Porgy and Bess contains a difficult and impressive part for xylophone. Bruce Springsteen (pictured) also had two hit songs which incorporated the xylophone - "Born To Run" and "Hungry Heart."

The Boss



Even Fred Flintstone used a xylophone. The sound of Fred's twinkling toes at the bowling alley aren't made by his toes... they're made by a xylophone!

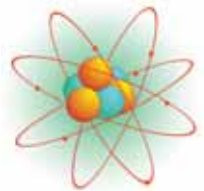
<http://www.wisegeek.com/what-is-a-xylophone>.

Thinktrition™



Calories! What are they?

Calories can be defined as potential energy for the body. In fact, anything we eat is considered to be potential energy for our body. This energy can take the form of fats, cholesterol, carbohydrates or proteins, and each of these has a respective number of calories.



Everyone needs a different amount of calories, depending on factors such as age, weight, and activity level. For example, a small child needs a great deal less than a full grown adult. Likewise, a construction worker needs more than someone working a desk job, because the active labor demands more calories.



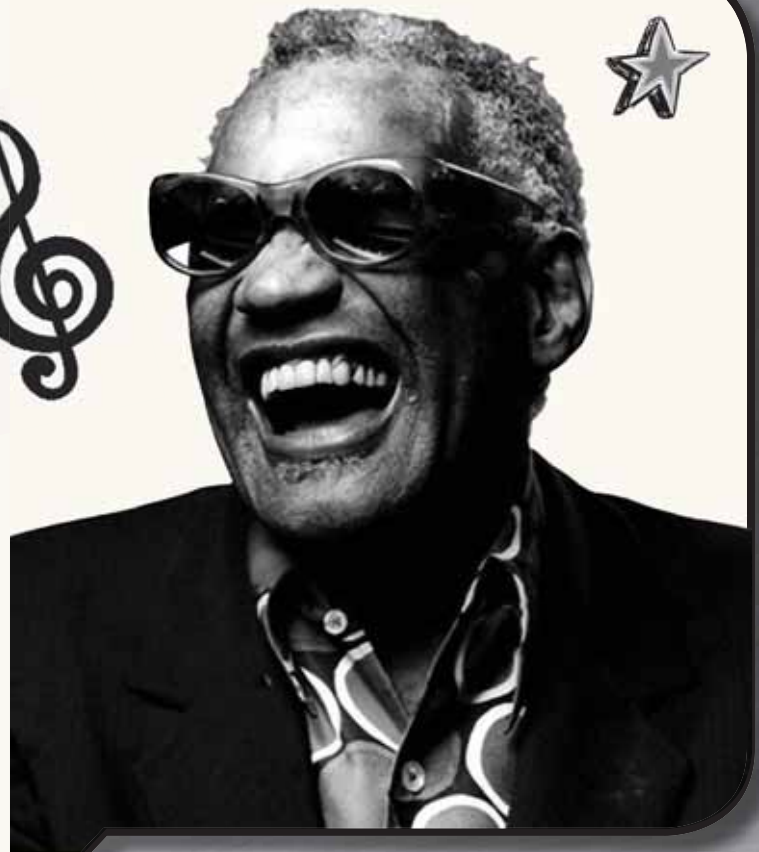
In order to help balance your calorie intake, you should participate in a regular exercise regimen. If you are not normally active, try jogging for just fifteen minutes each day. This can burn from 145 to 180 calories, and will help you lose weight over time. With regular activity, you can live a healthy life, increase your fitness level and avoid potentially serious health problems.

<http://healthylifejournal.org/articles/what-are-calories-and-how-do-they-affect-you/>



ROCK & ROLL HALL OF FAME

RAY CHARLES



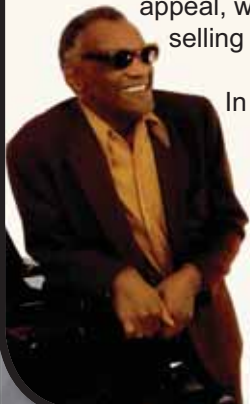
Ray Charles was an American musician. He was a pioneer in the genre of soul music during the 1950's by fusing rhythm and blues, gospel, and blues styles into his early recordings with Atlantic Records. He also helped racially integrate country and pop music during the 1960's with his crossover success on ABC Records, most notably with his Modern Sounds albums.

Charles was the son of Aretha Williams, a sharecropper, and Bailey Robinson, a railroad repair man, mechanic and handyman. He started to lose his sight at the age of five and went completely blind by the age of seven, apparently due to glaucoma. He attended school at the Florida School for the Deaf and the Blind in St. Augustine from 1937 to 1945, where he developed his musical talent.



When he was 17, he moved to Seattle in 1947 (where he first met and befriended a 14 year old Quincy Jones) and soon started recording and achieved his first hit with "Confession Blues" in 1949.

Following his commercial and pop crossover breakthrough with the hit single "What'd I Say", ABC offered Charles a \$50,000 annual advance, higher royalties than previously offered and eventual ownership of his masters — a very valuable and lucrative deal at the time. The single furthered Charles's mainstream appeal, while becoming a Top 10 pop hit and selling a million copies in the United States.



In 1987, he was awarded the Grammy Lifetime Achievement Award and in 1991, he was inducted to the Rhythm & Blues Foundation. Charles died on June 10, 2004 at 11:35 a.m. of lung cancer at his home in Beverly Hills, California, surrounded by family and friends. He was 73 years old.

http://en.wikipedia.org/wiki/Ray_Charles

VEGETABLE OF THE MONTH!



Eggplant!



Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, sweet peppers and potatoes. One can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.



In addition to featuring a host of vitamins and minerals, eggplant also contains important phytonutrients, many which have antioxidant activity. Antioxidants reduce the risk for chronic diseases including cancer and heart disease.



Choose eggplants that are firm and heavy for their size. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid. They should be free of discoloration, scars, and bruises, which usually indicate that the flesh beneath has become damaged and possibly decayed.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=22>