



A bit of this-n-that this week!

 **COOKING FEEDBACK:** Last week's topic of cooking for one or two brought some feedback that I want to share. One of our residents shared a website called Supercook. com. She likes this website because you can get recipes based on the ingredients you have in your refrigerator or cupboard. Click [HERE](#) to go directly to this website. If you are looking for new ideas this is a great resource. Thanks for the great feedback Janice!

WATCHING THE RIVERS: This is the time of year that we see rivers  rising and hear the predictions for this river or that. We live in an area with multiple rivers that are fun to watch most of the time and important to watch sometimes. We do have roads that flood occasionally (Such as Joppish), and avoiding those roads when the rivers are up is the best plan. Here are two websites to save as Favorites in your browser. For Lewis County rivers click [HERE](#) for the link. For a broader view click [HERE](#) for a map covering the state and down into Oregon.

A MONDAY ADVENTURE: The annual United Way Community Health Fair at Thorbeckes (91 SW Chehalis Ave., Chehalis) on Monday, February 13th. This is a great event which displays Thorbeckes offerings plus other local services and business. It's a free event from 4 pm to 7 pm on Monday. Raffles, door prizes, give-aways and demonstrations are promised! Call 360-748-3744 with questions. This is a fun event so go take a look.

QUOTE OF THE WEEK:

All you need is love. But a little chocolate now and then doesn't hurt. – Charles

M. Schulz



A Valentine for you!

Roses are red,

Violets are blue,

Dear Blog Readers,

This Valentine is for you!