

WM Barbara Spencer WP Joe Spencer





### SEPTEMBER 2022 WEEKLY READER #2

Нарру

Birthday

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- VOL.4 ISSUE. 36



### **September Birthdays**

- 15 James Cotten
- 15 Dee Yeats
- 21 George Watkins
- 21 Chuck Kinton
- 22 Walter Echols
- 23 Keith Arterburn
- 25 Zaneta Miller
- 26 Erin McFatridge
- 29 Norman G. Dow







International Chocolate Day - September 13th

Chocolate comes from the bean of the Theobroma Cacao tree, which grows in Central America, Mexico, and northern South America. It has been cultivated for thousands of years, and cacao seeds have been used and consumed since as early as 1100 BC and were prevalent in the Aztec and Mayan cultures. The Aztecs used to grind and drink the chocolate beans without any sugar. They believed that cacao was a gift from the gods.

Cocoa beans were first brought from the Americas into Europe around 1550, where they were combined with milk and sugar to make a chocolate drink. In 1780 the United States built its first factory to make and distribute the new chocolate drink, but it was not until 1842 that chocolate bars began to be produced by Cadbury in England. (... cont'd on pg 2)

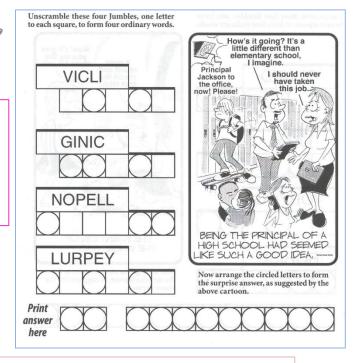
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Grab a pencil and piece of paper. How many words can you make using the letters in "rainy night" We found 43!

September:

Flower: Forget-me-not,
Morning glories, Asters
Birthstone: sapphire.
Zodiac Signs: Virgo (until
September 22) and Libra
(September 23 onwards)
Bird: Yellow-throated Vireo

TMRC Daylight Chapter #1145
- Next Stated meeting September 26<sup>th</sup> at 1:30 pm



# GOTTA LOVE CHOCOLATE

Р	P	Ε	G	K	F	M	С	D	F	U	Ε	N	N
٧	I	U	N	T	R	I	Α	U	Α	U	P	U	L
Α	D	Ε	I	R	0	S	G	С	0	Α	D	N	U
С	K	I	D	U	S	U	U	I	Α	N	Α	G	Α
0	S	C	D	F	T	S	K	I	I	R	0	C	Ε
K	Ι	0	U	F	I	D	С	N	E	K	0	D	P
Α	R	G	P	L	N	K	I	S	S	Ε	S	N	I
D	U	Α	T	Ε	G	R	С	D	K	Ε	Ε	L	С
В	R	Ε	D	S	I	M	G	Α	N	Α	С	Н	Ε
U	S	Α	U	C	Ε	Ε	T	0	T	W	Α	0	С
В	R	0	W	N	I	Ε	Α	С	Ε	R	D	R	R
Α	N	S	K	S	Ε	R	С	0	K	U	Н	Ε	Ε
S	U	N	D	Α	Ε	Ε	N	С	W	D	Ε	0	Α
R	L	Α	٧	Α	С	Α	K	Ε	U	N	S	D	М

FROSTING KISSES **FUDGE** SAUCE DARK COCOA SUNDAE OREO LAVA CAKE **GANACHE** BROWNIE ICE CREAM **PUDDING** PIE MACARON TRUFFLES

(Chocolate cont'd) Milk chocolate was invented in Switzerland in 1875, and it inspired Milton S. Hershey to manufacture and sell his milk chocolates. He founded Hershey's Chocolate Company. The first Hershey milk bar was produced in 1900 and Hershey's Kiss was invented in 1907.

Chocolate is one of the most popular food types and flavors in the world, and many foodstuffs involving chocolate exist, particularly desserts, including cakes, pudding, mousse, chocolate brownies, and chocolate chip cookies. Many candies are filled with or coated with sweetened chocolate. Chocolate bars, either made of solid chocolate or other ingredients coated in chocolate, are eaten as snacks. Gifts of chocolate molded into different shapes (such as eggs, hearts, coins) are traditional on certain Western holidays, including Christmas, Easter, Valentine's Day, and Hanukkah. Chocolate is also used in cold and hot beverages, such as chocolate milk and hot chocolate, and in some alcoholic drinks, such as creme de cacao.

## **Most popular Chocolate bars**

- Snickers, made by Mars, Inc. 48,060,000 Americans had a Snickers in 2020.
- Reese's Peanut Butter Cups, made by The Hershey Company. Eaten by 42,860,000 people in 2020.
- Hershey's Kisses, made by The Hershey Company. In 2020 they were enjoyed by 42,580,000 people.
- Kit Kat, owned by Nestlé. Eaten by 41,450,000 people in 2020.
- Peanut M&M's, made by Mars, Inc. 40,360,000 Americans ate them in 2020.

### The benefits of eating Chocolate

While many people associate chocolate with something that is unhealthy, there are many benefits to having a moderate amount of dark chocolate every day. Dark chocolate has many antioxidants, which help with your heart and circulation, reducing the risk of strokes, and it also reduces cholesterol and regulates your blood pressure and blood sugar levels. Dark chocolate has been proven to improve your mood, by releasing endorphins when you eat it.





