

THE IMAGINE SOCIETY

FEBRUARY 24, 2021



SPECIAL ISSUE CELEBRATING **LOVE**
KIDS FEBRUARY EDITION VOLUME 18!



*Love wins when
everything else will fail.*
- Fanny Jackson Coppin

UNDENIABLE FEELING

by Dayelin De La Cruz

Love is a natural part of life. It is not something forced but rather a genuine feeling that chooses to express itself freely. Oftentimes, one would be surprised with the power of love. It gives us a positive attitude in reference to all that surrounds us. This emotion comes in many different forms so there is not one set definition of what it is.

Whether you love someone, something, yourself, and etc., love binds people together and as a result, makes the world a better place.

At my school there is a grad at grad characteristic of "Becoming more loving." This trait is one that a person acquires as they grow older and face experiences. Personally, I could say everything



Inspirational artwork from
Malik Jabbaar (16)

continued from page 1...

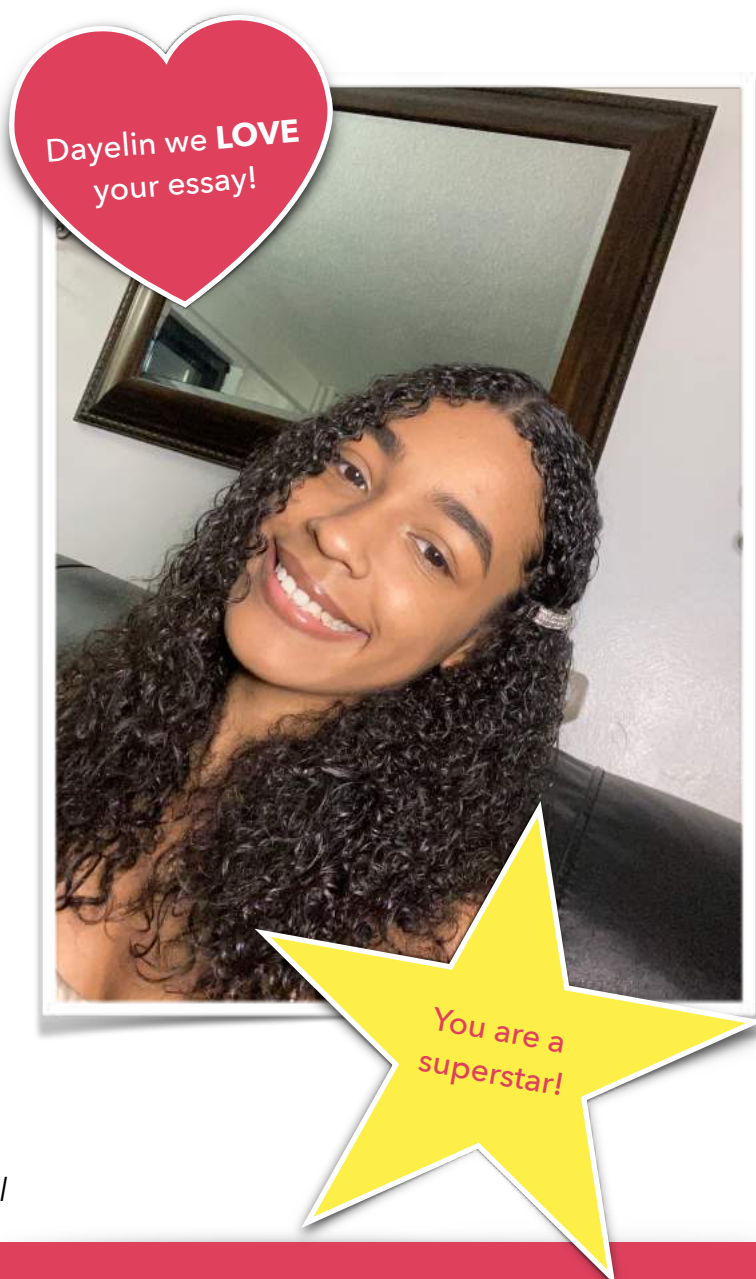
I have gone through ranging from failure, the slightest inconvenience to success and my happiest points, have all shaped who I am. It is not easy to try to remain calm in situations where you are struggling, but I chose to learn from these moments and change my attitude. In doing so, I have found that I am able to maintain a positive aura.

As a human being, I recognize my faults and weaknesses. A couple years ago, I was not very confident in who I was because I was afraid of what others would perceive me as in regards to their standards. However, as time went by I decided if I wanted to grow I had to let that thought go. It's impossible to show love when you don't feel a sense of self worth. I began doing what made me happy and stepped out of my own comfort zone which actually made me value myself ten times more. I recognized I became more affectionate and appreciative of those around me as I did not shut myself out. Love is patient but love is strong.

Service in addition has allowed me to become more loving and express that love towards the people around me; even the ones in line waiting for food and others I come in contact with. When doing service, you put yourself on the front line for those who need help. Sometimes when you show love, people express gratitude towards you, lifting up your spirits as you lift their own. However, there are times when people are not as nice which can easily tempt one to become negative minded. When I come in contact with people who aren't the nicest, I choose peace above all. As long as you do your part in trying to keep the atmosphere as far from chaotic that is all that matters. It took me sometime to possess this but when I got the hang of it, I became spiritually lifted. Hatred is nonexistent in your heart when you love above all else.

As I grow older, I am still learning any possible way I could become more loving than I already am. Love has allowed me to connect with people, even my inner self. It is all a process which can get hard but love is also effort. As I said before, it comes in multiple forms and there is no set definition. It is up to you to determine what love personally means for yourself. Keep in mind, it can also be unexplainable.

Dayelin De La Cruz (17) is in 12th grade at Loyola School

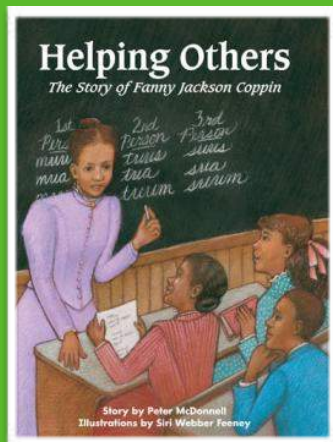


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February is Black History Month!

DID YOU KNOW...

Fanny Jackson Coppin (February's cover quote) was born enslaved in 1837, but an aunt bought her freedom when she was twelve. She began supporting herself at fourteen and in 1860 entered Oberlin College. Coppin was the first Black student to teach in Oberlin's preparatory department. Upon graduating, she began teaching Latin, Greek, and mathematics at the Institute for Colored Youth, where she first became the principal of the Female Department of the Institute, and later became head principal of the entire school. Coppin was the first Black woman to head an institution of higher learning. She remained there until her retirement in 1902. During her thirty-seven years at the Institute, Coppin vigorously campaigned for an industrial department, which the institute opened in 1889. Coppin was passionate about this because she wanted to train Black men and women in the technical skills and trades from which they were often excluded by trade unions. She improved education across the state and expanded opportunities for Black Americans in an era when they were limited. Coppin State College in Baltimore is named in her honor.



by Foster Schrader (17) Senior at LaGuardia High School

Black Gold

by Nicole M. Santos-Peña

I don't know why,
But my whole life
I have assemble
Blackness with Gold.

Oh wait!; I do know why!

Blackness is resilience
Blackness is power
Blackness is magical

I feel bad for people
Who grew up in a time
Where people were intimidated
By Blackness, sadly that is still the truth

But I also feel proud
Proud because it shows
The strength that
Blackness holds

The strength to fight
For freedom and equality

The resilience of getting right
Back up when those
Who are blind with
Hate try to put us down

Blackness is resilience
Blackness is power
Blackness is magical

Nicole you are
such a
talent!

Statement from the Author:

*"The poem is about empowering the black skins. Since I was a kid I assembly the black skin as royal and elegant. My Grandmothers were persons of color and they had a dark skin complexion. When they would wear something Gold or Silver I used to love the way it would look on them. The Gold or Silver made their beautiful skin pop up and show their natural beauty. **I would see them as a Queen and nothing less.**"*



SER NEGRO

Ser negro es deventaja en un ambiente como el que vivimos.

Ser negro es sacrificarse mas por los objetivos y suenos en la vida.

Ser negro es mantenerse en la lucha siempre.

Ser negro es esforzarse mucho mas para poder lograrlo.

Ser negro es ser humillado muchas veces.

Ser negro es sufrir la decepcion por no haber logrado lo que quiere, porque eres negro.

Ser negro es levantarte varias veces.

Ser negro es tener suenos inarcansable.

Ser negro es tener mas obtaculos que otros.

Ser negro es ser descriminado y no tener lo justo.

Pero sabe que a pesar de todo lo anterior, cuando un negro logra su objetivo y suenos es vas festejada la victoria.

Nunca dejes que el color de tu piel te limite a luchar por lo justo; y lo que te merece.

Ser negro es fortaleza y resistencia.

Ser negro es pegar con todo, tenemos sabor y sabrosura.

BE BLACK

Being black is an advantage in an environment like the one we live in.

Being black is sacrificing more for goals and dreams in life.

To be black is to stay in the fight forever.

Being black is trying a lot harder to achieve it.

To be black is to be humiliated many times.

To be black is to suffer disappointment for not having achieved what you want, because you are black.

To be black is to get up several times.

To be black is to have tireless dreams.

To be black is to have more obstacles than others.

Being black is being discriminated against and not having the right.

But we know that despite all the above when a black person achieves their goal and dreams are made, victory is celebrated.

Never let the color of your skin limit you to fight for the right; and what you deserve.

Being black is strength and endurance.

To be black is to stick with everything, we have flavor and tasty.

By, Maria Alt. Pena

Feb 02, 2021

Bronx NY



COMMUNITY COMPUTERS by Liam Helfrich

My name is **Liam Helfrich**, I am in 8th grade at Speyer Legacy School, and I am working on a GoFundMe to provide kids and adults in New York City with computers. Many of us are privileged and have access to technology, but many community members do not have that access. My goal is to provide our members of our community with that access. I was inspired to create this GoFundMe because while volunteering at a food drive, I saw kids whose families could not afford food. Seeing that there were kids who were not able to have food, I thought that there was no way that those kids could have computers.

So far, I have provided one laptop to a boy in need, and I am about to donate another laptop in the coming week. I have also built two desktop computers, and I am waiting on one final part. After that part arrives, I will be able to give away those two computers. There is also one more desktop computer in the making. While I have been able to do a lot so far, it is not enough. I need your help to reach out to more families and provide them with the technology they need. Your support is much appreciated. Even if you cannot donate, please share my GoFundMe link with as many people as you can. I have a donation goal of \$2500 but with your support, we can do even better than that.



Incredible
work!



Way to go
Liam!

You can help Liam reach his goal! For more info please click on his GoFundMe link below!

[gofundme.com/f/
help-get-kids-in-
new-york-
computers](https://gofundme.com/f/help-get-kids-in-new-york-computers)

A SHINING STAR FAMILY!

Spotlight on a family of SHINING STARS! **The Imagine Society** would like to take a moment and celebrate one of our incredible Imagine Families, **The Palacios**: Superstar Mom **Angie**, Imagine Teen Leader **Zaylen (13)**, Junior Members **Callie** and **Bowie (7)**. Throughout the pandemic, the Palacios Family has continued to love volunteering together as a family. **The Imagine Society** is so lucky and proud to have them as hardworking and inspiring members. They have participated in various projects including countless **#FoodForFamilies** pantry distributions, creating **#MessagesofLove**, writing handmade cards for **#ImagineBabies** at family shelters, and other virtual volunteering. **Zaylen** has written multiple pieces for our **Imagine Newsletter** and has created incredible and meaningful artwork that has caught the eyes of so many of our supporters.

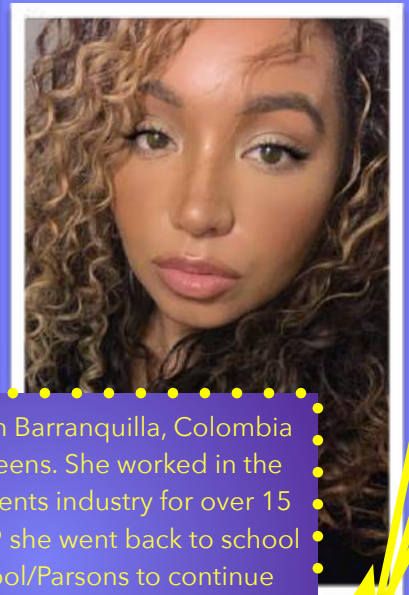
Angie Palacios emphasizes the importance of giving back to the community in her children, doing what's right and helping when you can. She says that **The Imagine Society** has given them ownership and responsibilities during the pandemic to contribute to something that is greater than themselves and we are so lucky to have them!



Bowie (age 7) loves unicorns, mermaids, stuffed animals, and all animals. She wants to be a veterinarian or zookeeper when she grows up. Angie jokes that Bowie is already a zookeeper!



Callie (age 7) loves cars, music, dancing, riding her scooter and petting every puppy that she can find. She wants to be a race car driver someday!



Angie was born in Barranquilla, Colombia and raised in Queens. She worked in the hospitality and events industry for over 15 years, then in 2019 she went back to school at The New School/Parsons to continue studying fashion. She loves cooking, fashion, dance, volunteering and spending time with her wonderful family!



Zaylen (age 13) enjoys playing piano, singing, learning Chinese, Legos, video games and reading Rick Riordan books. He won a partial scholarship to attend **Friends Seminary** where he is a happy 8th grader.

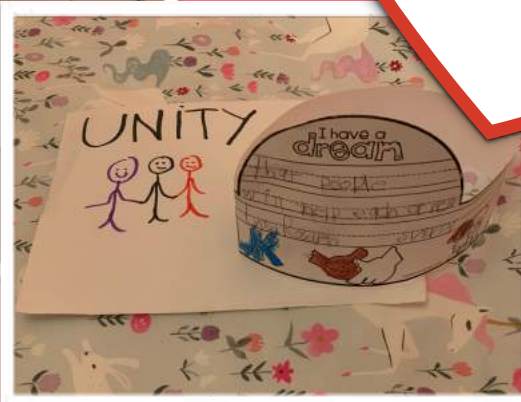


If you would like to share what you or your group is doing, would like to contribute to the next newsletter or even be a guest editor please email us: outreach@theimagesociety.org

With LOVE, from GiGi's Playhouse NYC!



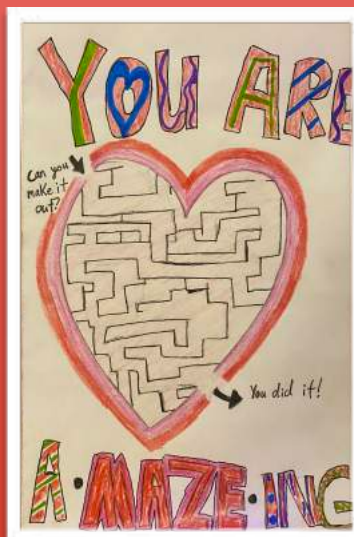
Superstar Francesca Rosario (11) shares her dream for UNITY! We LOVE it!



Loving artwork from amazing volunteer Kaye Rysdahl!



Extraordinary artwork from Malik Jabbar (16)



For more info on GiGi's Playhouse NYC check out their website!
gigisplayhouse.org/newyork/



LOVE & BASKETBALL

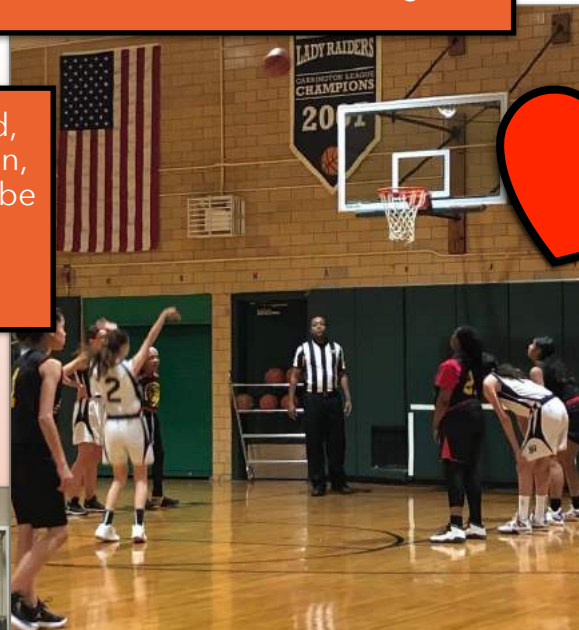


Our friends at **Pro Reps Performance** basketball and training club focus on sportsmanship, fun, commitment, and passion as led by **The Imagine Society** Advisory Board Member **Laurence Jolicoeur**.

Here, some of their youth membership tell us about their **LOVE** for the game.

"To me Pro Reps means to work hard, motivate yourself, be the best you can, show dedication, be committed, and be a leader."

- Julia Hacker (14)



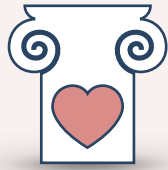
"Pro reps means getting better each and every day while still having fun. If you don't enjoy what you're doing, you are not putting your best efforts. Therefore, that does not fall under the meaning of Pro Reps. At the end of the day, Pro Reps is about working hard towards something you love and are so passionate about."

-Jacob Baskin (17)

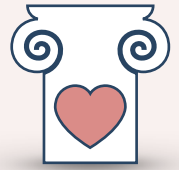
"Pro Reps helps me get better with every rep I do. Miss it or make it and you're correcting yourself after every mistake."

-Ryan Jackson (15)






THE LOVES IN OUR LIVES




by Marre Gaffigan and Foster Schrader

One of the best feelings in the world is LOVE. We use the word “love” in many different contexts - the love for our guardians, our friends, romantic partner, grandparents, siblings, jobs, clothing, etc. But the Ancient Greeks had eight words that corresponded to these different types of love:


	PHILIA AFFECTIONATE LOVE A love that runs deep in true friendships. LOVE CATALYST Mind WAYS TO SHOW THIS LOVE Exchange your beliefs and imperfections with close friends.
--	--

PRAGMA ENDURING LOVE Mature love that develops over time. LOVE CATALYST Subconscious WAYS TO SHOW THIS LOVE Put effort into long-term and reciprocal relationships.	
--	---

	STORGE FAMILIAR LOVE Flows between parents and children or childhood friends. LOVE CATALYST Memories WAYS TO SHOW THIS LOVE Show gratitude towards the people close to you.
---	--

MANIA OBSESSIVE LOVE Obsessiveness or madness over a love partner. LOVE CATALYST Survival HOW TO AVOID THIS LOVE Focus on yourself more versus another person.	
---	--

	LUDUS PLAYFUL LOVE Flirting and beginning stages of intimate love. LOVE CATALYST Emotion WAYS TO SHOW THIS LOVE Express a flirtatious interest in who you admire.
--	--

EROS ROMANTIC LOVE Personal infatuation and physical pleasure. LOVE CATALYST Body WAYS TO SHOW THIS LOVE Engage in physical touch such as hugging or kissing.	
--	--

	PHILAUTIA SELF LOVE Having a healthy “self-compassion” love towards one’s self. LOVE CATALYST Soul WAYS TO SHOW THIS LOVE Respect, accept and appreciate yourself.
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AGAPE SELFLESS LOVE An empathetic attitude of love for everyone and anyone. LOVE CATALYST Spirit WAYS TO SHOW THIS LOVE Express unconditional love in any situation.	
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AGAPE is the highest level of love to offer. It’s given without any expectations of receiving anything in return. Your spirit creates purpose bigger than yourself and motivates you to pass kindness on to others.

- ★ Think about which of these types of love resonate the most with you!
- ★ Who are the people that mean the most to you?
- ★ What can you do to show the different types of love you have to the people in your life?

Marre Gaffigan (16) is a Junior at Marymount School of New York and
Foster Schrader (17) is Senior at Laguardia High School



The Critical Role of a Perfusionist in a Transplant

by Alessia Turner



When a young patient's heart and lungs need to be stopped during surgery at **New York Presbyterian Morgan Stanley's Children's Hospital**, **Jennifer Porembski** takes control over the organs' functions, working closely with the cardiothoracic surgeon, anesthesiologist and the rest of the surgical team. As a perfusionist, Ms. Porembski has the critical role of monitoring and maintaining the circulation of blood and the oxygen content of the body using extracorporeal circulation equipment, such as a heart-lung machine, during procedures such as organ transplants.

In a typical week, she is involved in four to five surgeries of varying lengths depending on the organ's resilience to cold storage. For example, a donated heart can be placed on ice for four to six hours, lungs for six to eight hours, a liver for no more than 12 hours and a kidney for 24 to 36 hours. Due to the very tight timing between the donation of the organ and the time at which it can no longer be stored frozen, emergency transplant surgeries are typical, and perfusionists, like doctors, must be on call. Ms. Porembski said she is typically on call for 18 weeks either monitoring patients who have had transplants or standing by to perform in surgery when necessary.

When working with extracorporeal membrane oxygenation (ECMO) patients (i.e., patients on a blood-pumping machine), she collaborates with many doctors including cardiologists, general pediatric surgeons, internal medicine specialists and infectious disease doctors. Her patients are typically on the highest form of life support and are monitored for either days or months, depending on their condition. Since these young patients are usually sedated while on an ECMO machine, perfusionists do not always get to meet them. However, they interact closely with their parents or caretakers and will check up on patients after their procedures.

Ms. Porembski's job as a perfusionist can be quite tough, as transplant procedures are often very complex and stressful. The hours are long, and with their rotating schedules, perfusionists must be able to switch back and forth between night and daytime calls each week. In addition, working with children who are very sick can be challenging and very emotionally taxing.

She once had a 15-year-old patient who was on ECMO while awaiting a lung transplant. She had been on call that night, and the lungs destined for the patient nearly didn't make it in time for the procedure. Thanks to the great team of nurses and doctors, they were able to make it through the night and perform the operation the following morning. After the surgery, Ms. Porembski would monitor updates on the patient who was able to lead a normal life and remember why all of the tough shifts and challenges of her job were worth it. "I love that I am giving children who have these cardiac defects that years ago were incompatible with life, a chance to live," she said.

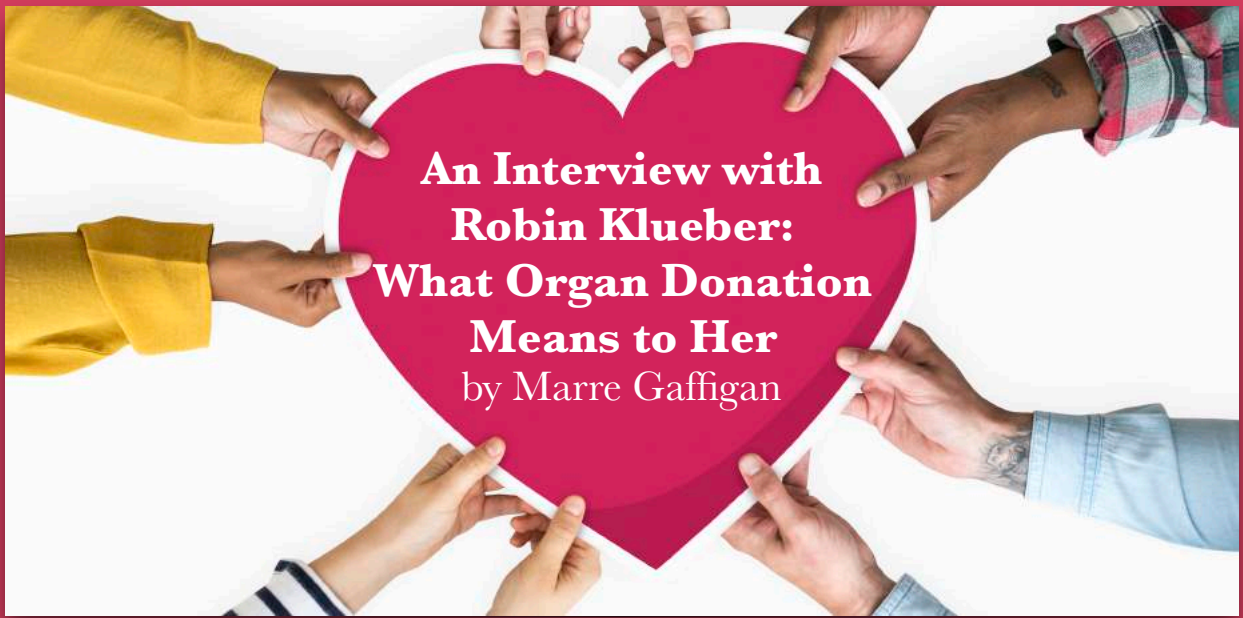
Ms. Porembski has been at the New York City hospital for six and a half years. She was inspired to pursue a career in healthcare after her father's successful heart transplant in 1999.

In her senior year at Villanova University, she shadowed a perfusionist in a surgery and decided that the profession was a great fit for her. She went on to earn a master's degree in cardiovascular perfusion from LIU-Post. While many years have passed since her father's transplant, she is still amazed by how the procedure allowed him to live a vibrant and healthy life and strongly believes that donating organs is extremely important since it can save many lives.

"Becoming an organ donor could possibly give someone a second chance at life and that is the ultimate gift," she said, speaking very passionately on this subject and suggesting that it is something that anyone can take part in while giving back to those who need it.

Alessia Turner (15) is a Sophomore at The Chapin School





MG: We have been talking a lot about how signing up to be an organ donor is a gesture of **loving our neighbors**. You made us teens aware of this possibility. Do you have any thoughts on how becoming a donor shows that we care about each other?

RK: When someone makes the decision to become an organ donor, they open up the possibility to save another person's life. Organ donation is an act of compassion and generosity. One organ donor can save up to eight lives, and one tissue donor can improve the lives of 50 others! That is huge! Giving the gift of life is the ultimate expression of love. Whether it be having a baby, saving someone's life in a heroic act, or helping others live once we're gone. **There are close to 109,000 people waiting for organs in this country, to save their lives. Imagine giving that chance to someone?**

M: Do you have personal experience with organ donations and how it can be transformative in someone else's life?

R: Forty years ago, a few days before Christmas, my sister, Susan, was fatally hit by a car. She had stopped breathing for over 40 minutes and her neck was broken. There was no hope. My sister had always thought organ donation was something she would do, so my parents kept her on life support for several days so the officials could line up organ recipients. Remember, that was 40 years ago, now the procedures are much more efficient. The doctors were able to save her heart, her kidneys and her eyes for transplant. We don't know for sure exactly how many lives were saved from our tragedy, but, as hard as this was, there was a bit of comfort knowing some good would come of this, somewhere, for somebody. These days there is more transparency, if the donor or the recipient want to, to share life-saving stories. Donors can also request specific recipients if they choose.

Several years later my Mom received a letter in the mail. It was written by a 15-year-old girl, who told her story; she was left blind after a childhood illness and was the recipient of my sister's eyes. It took some years, but she was able to see, and learned to read and write, and wrote this letter in her own hand. It was moving, it was tearful, it was beautiful. **Part of my sister lives on in this girl, and I hope all she sees in her life is beautiful too.**

M: Why do you think people are resistant to becoming an organ donor, and why shouldn't they be worried?

R: Many people are overall 'creeped' out about the concept of organ donation. They don't want to think about death; being cut open, buried without all their parts. The truth is, most people who die are cut open during an

continued from page 10...

autopsy, as is mandated in many deaths. Some people worry that the doctors won't work as hard to save their lives if they know their organs will be donated. The truth is, organ donation only occurs after the death of a patient is declared by a physician, who, legally, must not be affiliated with donation. Some people feel organ donation is not supported by their religion; in fact, most major religions, including Judaism, Buddhism, Islam, Christianity and others actually encourage it. In October 2014 Pope Francis (a registered donor himself) said, **"Organ donation is a testimony of love for our neighbor."** Organ donation does not disfigure the body and does not delay funeral arrangements. There is no cost affiliated with the transplant surgery.

M: How can people become organ donors themselves and invite others to be a part of this beautiful way to show our love to the world?

R: This past fall I read that donations were down drastically during the pandemic. NY State has only 40% of its population registered, versus 58% of the rest of the United States. And our country, as a whole, is behind much of the rest of the world on donor registration. In most of Europe, for example, people have to "opt-OUT" of registration, rather than here where we "opt-IN". People right here in our city are waiting for heart transplants, liver, pancreas, intestinal, kidney or liver transplants - and someone dies EVERY 18 HOURS waiting. Our youth group, the Spirit Squad, sat with a representative of "LiveOn NY", and were educated and enlightened to the idea of organ donation. Many kids signed up right then and there!

To date, the Spirit Squad has registered over 30 new donors, and the project is ongoing, even within our own group. A person must be at least 16 to register, so many of our members sign up - a 'sweet' thing to do for your 16th! To join the many who are signed up to save lives, go to liveonny.org and click the light blue button on the top right to "sign up as an organ donor".

M: Thank you so much for sharing this with me, Robin. I hope your story and experiences will touch the hearts of everyone who takes the time to hear it.

Dedicated to Susan



Pictured: Robin (right) and her sister Susan (left)

Marre Gaffigan (16) is a Junior at Marymount School of New York

Celebrating the Lunar New Year and Valentine's Day with a Loving Donation!

What better way to show your **LOVE** for your community than helping each other? On February 13th, **The Imagine Society** hosted a special donation service with our friends at the **Ascension Food Pantry**, celebrating Lunar New Year and Valentine's Day! Adorned with red balloons, custom grocery bags, and lanterns, we provided all the ingredients to make the traditional Chinese meal **One-Pot Crystal Chicken with Ginger & Chili Oil** and a side of **Stir-Fried Garlic Green Beans!** We received fresh Szechuan peppercorn and star anise from [@spicestationsilverlake](#) and traditional Chinese cooking wine from [@asian_veggies](#) with help from the Kwek-Rupp family. For Valentine's Day fun we included fresh baked goods, heart stickers, and Valentine #MessagesofLove! Thanks to your donations we were able to provide all these ingredients along with printed recipe cards in three different languages to 350 families in need! Thank you to all the volunteers and donors that made this possible!

Don't forget to check out the 7th episode of our Teen Cooking Series on our IGTV and [theimagesociety.org/service/](#) to learn how to cook this meal! We **LOVE** our Imagine teens who work hard to put these services together and we love YOU for your endless support! Photos of the spectacular service by superstar photographer Enid Alvarez below! Check out the next page to print our your very own recipe cards!



水晶鸡

1只鸡

一些葱，将绿色和白色部分分开（白色部分可用于生姜和辣椒油）
2个拇指大小的姜片，切成薄片
小包装的香菜，叶子和茎分开
3瓣大蒜去皮

1八角茴香

1个鸡汤块或2 1/4杯鸡汤
1杯黄酒
4汤匙酱油
一大块姜

1茶匙红辣椒片

3汤匙植物油
熟米饭
四川胡椒粉



1. 将鸡肉放在合适的锅中。加入葱的绿色部分，2个拇指大小的生姜（切成薄片），香菜茎，大蒜和八角茴香。倒入浓缩鸡汤块（或鸡汤），倒入米酒和3汤匙酱油，然后加水盖住鸡。
2. 将所有食物煮沸并撇去浮末一次。慢火慢炖20分钟，然后关火，让鸡肉在肉汤中冷却至少1个小时。
3. 在煮鸡汤的时候可以准备酱料。将生姜和辣椒粉。切碎葱的白色部分和一大块姜。将姜碎，辣椒粉，葱碎放入小盘子中。加热3汤匙植物油，直到冒烟为止。然后将热油倒入小盘中，做成辣子酱。
4. 煮米饭。
5. 放置1小时后，将鸡从汤中取出并完全冷却，然后将汤过滤，以便可以倒入米饭中。任何剩余的肉汤都可以冷冻保存。
6. 食用时，将鸡切成薄片，放在盘子上，淋上剩余的酱油，撒在香菜叶和四川胡椒上。将一些加热的汤倒在米饭上。将鸡肉和生姜，辣椒油和米饭一起食用。

蒜蓉炒青豆

2汤匙植物油

200克装切碎的绿豆

3瓣大蒜，切成薄片

1茶匙酱油



春节快乐!

1. 在炒锅或大锅中加热油，然后炒青豆5分钟，直到它们开始变成棕色。加入大蒜，继续煮至略带褐色，然后倒入酱油中即可食用。

One-Pot Crystal Chicken with Ginger & Chilli Oil

1 chicken
bunch spring onions, green and white parts separated
2 thumb-sized pieces ginger, sliced
small pack coriander, leaves and stalks separated
3 garlic cloves, peeled and left whole

1 star anise
1 chicken stock cube or 2 1/4 cup chicken stock
1 cup Chinese rice wine
4 tbsp soy sauce
a large piece of ginger

1 tsp of red pepper flakes
3 tbsp vegetable oil
cooked rice
Sichuan pepper, to serve



1. Put the chicken in a saucepan or stock pot large enough to fit it comfortably. Add the green parts of the spring onions, 2 thumb-sized pieces of ginger (sliced), coriander stalks, garlic and star anise. Crumble in the stock cube (or pour in the chicken stock), pour in rice wine and 3 tbsp of the soy sauce, then top up with water to just cover the chicken.
2. Bring everything to a boil and skim once. Turn down to a gentle simmer and poach for 20 mins, then turn off the heat and leave the chicken to cool in the broth for at least 1 hour.
3. While the chicken cools in the broth, make ginger & chilli oil. Finely chop the white parts of the spring onions and a large piece of ginger. Put them into a small dish with the red pepper flakes. Heat 3 tbsp vegetable oil until smoking hot, then pour oil into the small dish and leave to sizzle.
4. Cook the rice.
5. After it's left for 1 hour, remove the chicken from the broth and leave to cool completely, then strain the broth, so that it's ready to pour some over the rice. Any leftover broth can be frozen.
6. To serve, carve the chicken as if you were jointing it. Arrange on a platter, drizzle over the remaining soy sauce and scatter over the coriander leaves and Sichuan pepper. Pour some of the heated broth over the rice to moisten it. Serve chicken with the ginger and chilli oil and rice.

Stir-Fried Garlic Green Beans

2 tbsp vegetable oil
200g pack trimmed green beans

3 garlic cloves, finely sliced
1 tsp soy sauce



Happy Chinese New Year!

1. Heat the oil in a wok or large pan, then stir-fry the green beans for 5 mins until they start to brown. Add the garlic and continue to cook until just tinged brown, then splash in the soy sauce and serve.

Pollo Cristal en una Olla con Jengibre y Aceite de Chile

1 Pollo

Manojo de cebolletas, las partes verdes y blancas separadas

2 Piezas de jengibre del tamaño de un pulgar, en rodajas

Paquete pequeño de cilantro, hojas y tallos separados

3 Dientes de ajo, pelados y dejados enteros

1 Anís estrellado

1 cubo de caldo de pollo o 2 1/4

taza de caldo de pollo

1 Taza de vino de arroz chino

4 Cucharadas de salsa de soja

1 Pieza grande de jengibre

1 Cucharadita de hojuelas

de pimienta roja

3 Cucharadas de aceite

vegetal

Arroz cocinado

Pimienta de Sichuan



1. Coloque el pollo en una cacerola suficientemente grande como para que quepa cómodamente. Agregue las partes verdes de las cebolletas, 2 trozos de jengibre del tamaño de un pulgar (en rodajas), tallos de cilantro, ajo y anís estrellado. Triture en el cubo de caldo (vierta el caldo de pollo), vierta el vino de arroz y 3 cucharadas de salsa de soja, luego rellénelo con agua para cubrir el pollo.
2. Llevar todo a ebullición y desnatar una vez. Baje a fuego lento y cocine durante 20 minutos, luego apague el fuego y deje que el pollo se enfríe en el caldo. Al menos 1 hora.
3. Mientras el pollo se enfría en el caldo, prepare aceite de jengibre y chile. Pica finamente las partes blancas de las cebolletas y un trozo grande de jengibre. Ponlos en un plato pequeño con las hojuelas de pimienta roja. Calienta 3 cucharadas de aceite vegetal hasta que esté humeante, luego vierta el aceite en el plato pequeño y déjelo chisporrotear.
4. Cocine el arroz.
5. Después de 1 hora, retira el pollo del caldo y déjalo enfriar por completo, luego cuele el caldo para que esté listo para verter un poco sobre el arroz. Cualquier caldo sobrante se puede congelar.
6. Para servir, corte el pollo como si lo estuviera untando. Disponer en una fuente, rociar sobre la salsa de soja restante y esparcir sobre las hojas de cilantro y la pimienta de Sichuan. Vierta un poco del caldo caliente sobre el arroz para humedecerlo. Sirva el pollo con jengibre y aceite de guindilla y arroz.

Ejotes con Ajo Salteado

2 Cucharadas de aceite vegetal
200g de ejotes recortadas

3 Dientes de ajo, finamente cortados
1 Cucharadita de salsa de soja



Feliz Año Nuevo Chino

1. Calentar el aceite en un wok o sartén grande, luego sofreír los ejotes durante 5 minutos hasta que empiecen a dorarse. Agregue el ajo y continúe cocinando hasta que tenga un tinte marrón, luego agregue la salsa de soja y sirva.

SPO

TTED

ON

THE

STR

EET!

Spotted on IG! Incredible street art
"FAMILY TREE" by @falko1graffiti
all the way in South Africa!

topstreetart
Solo Studios - Intimate Art Encounters



Send in your "Spotted on the Street" photos to: outreach@theimagesociety.org

I LOVE YOU MORE
THAN I LOVE DESSERT.



FUN PAGES

Edited by
Junior Member
Katie Gaffigan
(11)

WHAT THE WORLD NEEDS NOW,
IS LOVE, SWEET LOVE.



IT'S THE ONLY THING... THAT THERE'S JUST TOO
LITTLE OF...

Mystery Love Phrase Scramble

**"Vole seqnruoc lal istgnh;
etl su oto
enedursrr ot velo."
- igivlr**



"Love conquers all things; let us too
surrender to love." - Virgil

Katie's
Fave
Memes
:)

Lol!

WHEN I TRY TO BE MAD AT YOU



BUT REALIZE I LOVE YOU
TOO MUCH.

Tongue Twister Alert:
Lily the ladybug loves lavender lilies!



MOE'S TAVERN, LONELIEST
MAN IN THE WORLD SPEAKING



IS A MR. HANDSOME THERE,
FIRST INITIALS I. M.?

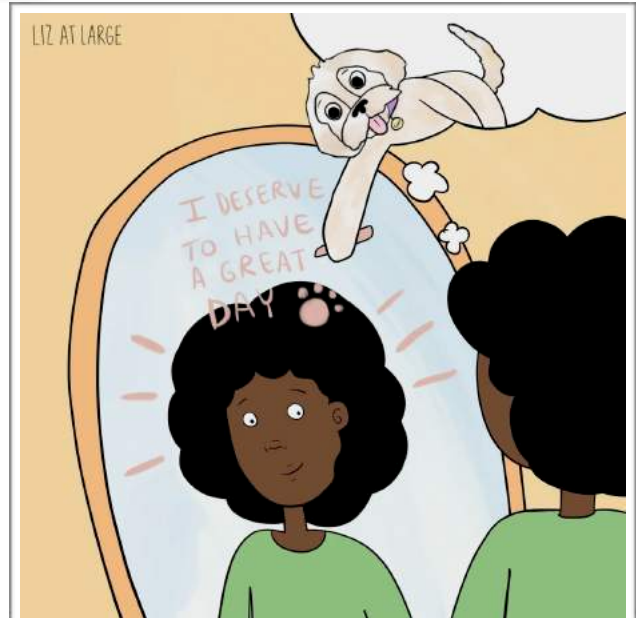


'I. M. HANDSOME'?



THANK YOU, BART. I REALLY
NEEDED THAT TODAY

LIZ AT LARGE



WORD PLAY

There will always be a reason why you meet people. Either you need them to change your life or you're the one that will change theirs.

curiano.com

Love Word Search

o j q j w a v t w b o n i a b f n s n w z d c k p b v k v h
d t v h w u i s q o f e a k e g y g d e v o t i o n j n c w
s h r d r q w l p g f k c u v z e z q j i o t r w u i r q w
l o u y r z i w o a l f j f y o g x z o a c f o r e v e r d
d g z s b e o q i y s x c y n w z l l y j n t g t e u f b a
c n h p b u a h p n a s b z g b n g n k p p g h y t h q o e
i f t f o a b q u a s l i o a k i p r p f w h e x a q w p h
t a e p t w n l a g w p t o h b x z m s i i t k l i d t f d
r e n x j h w d q j s p i y n z p z a f f e c t i o n x x c
u x d s k s x k q o s r s r r k y z y e e w h w u r p x k l
s q e s h z p e d i x e r i a y t o w p j h f e u e a l l s
t n r k x e t i n i c i j b w t l b v p j a x r r l s f p c
p w n y s c a h r a n o n a r i i t h t i p v k x a c r a a
l d e a r l r r f i n t m s f b h o q j e p s i q t k i f r
r o s n p g h o t e t t i p h i x u n q i a w d i k e j i
m d s d d m a r r i a g e m a x v u k d e n s v t o u n y n
e a q s k e q q a u e q n z a s d i g z c e f p x n d d z g
a t e s g h a s p k g f y j c c s g k q k s k f j s k s p b
y d k p l b m r u e w w l j i k y i h b z s f v i h z h s b
a u d d k t m g m i a g w x g o j m o d z z u a a i k i d o
f b w b j g x k i e x t z q o a u m x n t x f p m p o p b s
k a i p a p u b i q n w s n d y v l y g t s s a w i h a g i
z a f f m x x f e e t t m c k q u t r c l q q d k k l b g q
e o e g o n q t e s w e e t h e a r t s y w n o p m x y k f
n h y t u d q j i j y g d w b g x t c s p g o y p w c j h j
q s j w r t c o n c e r n a u t b i d i v c e g f e x o b x
b r c k l i b w f j x a f r h e w u g t x c m p t e i s l q
i c g r u m d j v u s d y m r e l f q h a z v i h i a k o z
e h b b j t d i k m n h h t q g k h w j d i q e m u p y f q
s t e x k z y s j v c j v h j m q v t o b a r r p t c k c y

So many people love you.

Don't focus on the people who don't.

LOVE THE PEOPLE WHO SAW YOU WHEN YOU WERE INVISIBLE TO EVERYONE ELSE.

MY-QUOTES.NET

"Loving people live in a loving world. Hostile people live in a hostile world. Same world." -

Wayne Dyer

I'M STUCK ON YOU.

relationship
sweetheart
happiness
passion
caring
warmth
hugs
God

inspiration
compassion
devotion
intimacy
spirit
trust
amour

friendship
tenderness
marriage
concern
loyalty
heart
joy

endearment
affection
forever
husband
family
angel
wife

Edited by
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Katie Gaffigan
(11)



relationship	inspiration	friendship	endearment
sweetheart	compassion	tenderness	affection
happiness	devotion	marriage	forever
passion	intimacy	concern	husband
caring	spirit	loyalty	family
warmth	trust	heart	angel
hugs	amour	joy	wife
God			



Love Word Search