



**AMCS Dudes and Dudettes**



**Happy New Year!!!**  
**Welcome To 2022**



# **National Cheese Lover's Day**

**National Cheese Lover's Day is on January 20, 2022, and is quite an interesting holiday. It is about celebrating the significance of cheese and those who enjoy cheese.**

**Cheese is in fact much more than a dairy product.**

**Though cheese has had some very mysterious beginnings over 7,000 years ago, it is very popular today and has changed human history completely.**

# Martin Luther King Jr.



Martin Luther King Jr.

MLK quotes

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Martin Luther King Jr. was an Baptist activist who became the most visible spokesman, and became a leader in American civil rights movement until the day of his assassination in 1968.

The time is always right to always do what is right-MLK

Darkness cannot drive out darkness; only light can do that -MLK

"I have a dream"-MLK



# **Most Common Goals for 2022**

- 1. Get out of debt**
- 2. Buy a home**
- 3. Remodel at least one room in the house**
- 4. Learn something new**
- 5. Exercise more**
- 6. Become healthier**
- 7. Volunteer more often**
- 8. Graduate school**
- 9. Reach a difficult level in Rocket League**
- 10. Buy a house in SimCity**
- 11. Pass math class**
- 12. Finish the anime, Demon Slayer**

# Top place to visit in January

1.

**China**

**Houston**

2.

British Virgin Islands

The Houston Museum

3.

Tulum

of Natural Science

4.

Luang Prabang, Laos

Minute Maid Park

5.

Bangkok, Thailand

Houston Zoo

6.

Singapore City, Singapore

7.

Tangalle, Sri Lanka

8.

Phu Quoc, Vietnam

9.

Manila, Philippines

10.

Shanghai, China



**January is typically some of the coldest days of the year, so what better way to stay warm and gain the health benefits of cuddling on **National Cuddle Day**? There are multiple benefits to cuddling with human, canine or other pet. Cuddling releases oxytocin. This hormone alone has tremendous health benefits. Besides giving us warm and fuzzy feelings, oxytocin reduces pain.**

**Fun Fact:** Cuddling can help overcome anger and frustration. So, next time someone is angry at you, try hugging or cuddling them. Their internal and external body temperature will decrease instantly.





# Quick & Easy Honey Pear Tart



## Ingredients:

**1 package (2 sheets) frozen puff  
pastry, thawed**  
**egg wash: 1 large egg beaten with  
1 Tablespoon milk**  
**8 ounces goat cheese**  
**2 large pears, thinly sliced**  
**2 Tablespoons coarse sugar  
(or brown sugar)**  
**1/4 cup sliced almonds**  
**sea salt for sprinkling**  
**honey for drizzling**



## **instructions**

- 1. Preheat oven to 375°F (191°C). Line a 12×17 inch baking sheet with parchment paper or a silicone baking mat.**
- 2. Unroll the pastry sheets on a floured work surface. Place the edge of one over the other and use a rolling pin to adhere them together. Roll the whole thing out into a 10×14 inch rectangle. Fold over the edges and crimp down with a fork. Crimping is much easier the colder the pastry is, so place into the refrigerator to chill if needed.**
- 3. Brush the entire pastry, edges included, with egg wash. Top with goat cheese.**
- 4. Toss the pear slices and coarse sugar together. Line the pears on top of the pastry. Sprinkle with almonds and sea salt.**
- 5. Bake for 35-40 minutes until the edges are golden brown. Remove from the oven, place on a wire rack, and allow to cool for 10 minutes. Drizzle with honey before slicing and serving.**



# Stuffed Pretzel Dippers with Cheese Mustard Dip Ingredients

1 can (13.8 oz) refrigerated Pillsbur Classic  
Crust Pizza Crust

1 2 cocktail-size smoked link sausages, cut in  
half crosswise (from 14-oz package)

1/2 cup water

3 teaspoons baking soda

1/4 teaspoon kosher salt

8 oz Kraft Velveeta prepared cheese  
product (from 16-oz package), cut into  
cubes

1/4 cup milk

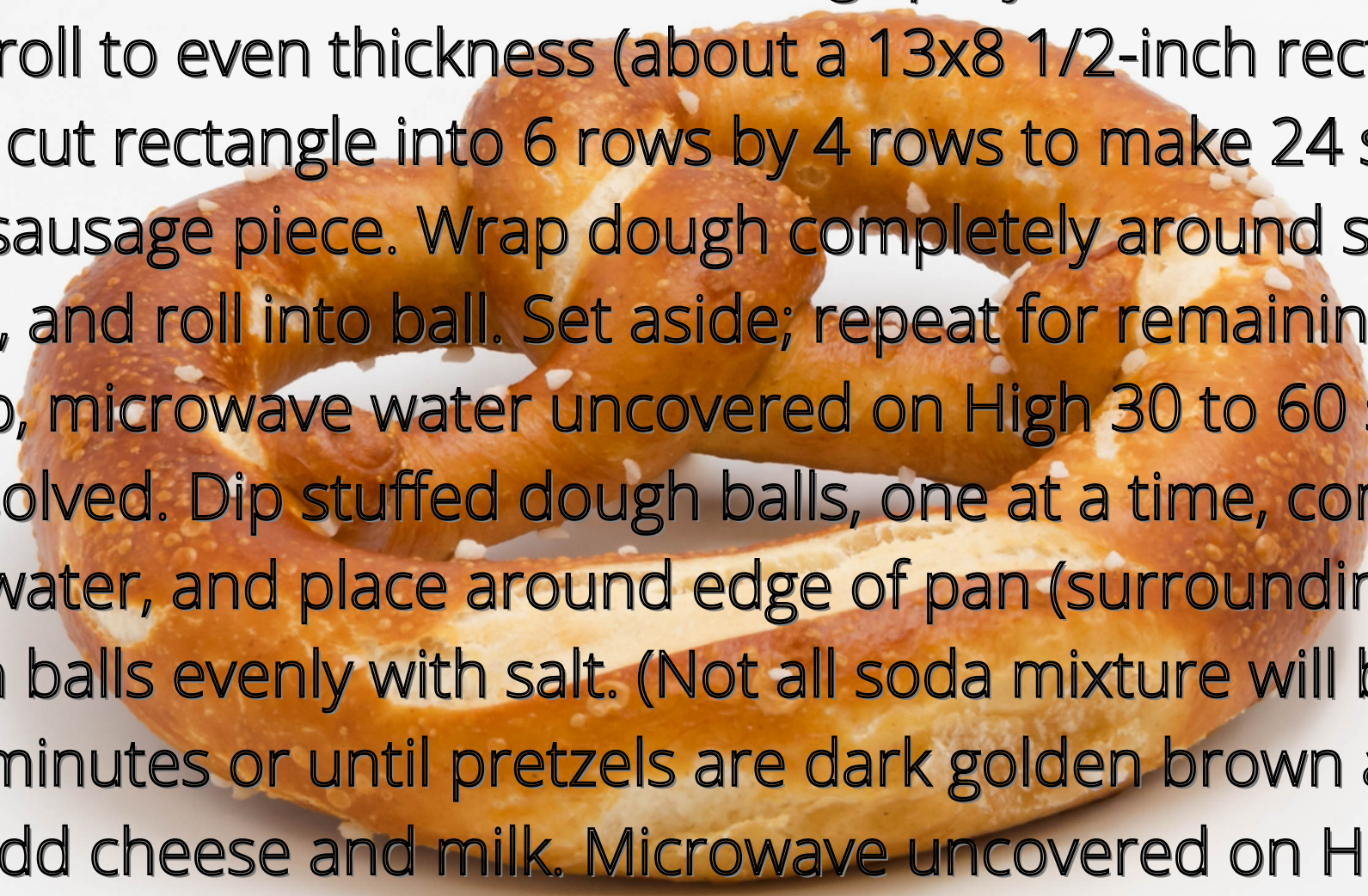
2 teaspoons spicy brown mustard

1 tablespoon chopped fresh chives, if  
desired



# Stuffed Pretzel Dippers with Cheese Mustard Dip Instructions

1. Heat oven to 375°F. Place 8-oz ramekin (right side up), in center of 9-inch round pan. Spray outer edge of pan with cooking spray.
2. Remove dough from can; unroll to even thickness (about a 13x8 1/2-inch rectangle). With pizza cutter or sharp knife, cut rectangle into 6 rows by 4 rows to make 24 squares.
3. Top each dough square with sausage piece. Wrap dough completely around sausage to completely cover; firmly press edges to seal, and roll into ball. Set aside; repeat for remaining dough and sausage.
4. In 1-cup glass measuring cup, microwave water uncovered on High 30 to 60 seconds or until boiling. Carefully add baking soda; stir until dissolved. Dip stuffed dough balls, one at a time, completely into water mixture. With slotted spoon, remove from water, and place around edge of pan (surrounding the ramekin). Sprinkle tops of dough balls evenly with salt. (Not all soda mixture will be used.)
5. Bake 20 to 25 minutes or until pretzels are dark golden brown and baked through.
6. In small microwavable bowl, add cheese and milk. Microwave uncovered on High 1 to 2 minutes, stirring halfway through microwave time, until cheese is melted. Stir in mustard.
7. Transfer dip mixture to ramekin; serve with pretzels. Garnish with chives before serving.







# Chili

## Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion -diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper\* -optional
- 1 1/2 cups beef broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce



# **Credits:**

**Gia-National Cheese Lover's Day**

**Adrian- Welcome to 2022**

**Emily-MLK Day**

**Anh-Top places to visit in January**

**Jahmien-Top goals 2022**

**Jaefro and Tony-Recipes**

**Ms. Khan-National Cuddle Day**