

An aerial photograph of a city at sunset. The sky is filled with dark, dramatic clouds, with a bright orange and yellow glow from the setting sun breaking through near the horizon. A large, dark silhouette of a multi-story building is prominent in the center of the frame. Below the building, a network of roads and streets is visible, with some cars and streetlights appearing as small lights in the dim light. The overall mood is serene and atmospheric.

WINTER 2021

iPhone Photo Journal



UNFOLD 2010TX

▶ 23

64

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91

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▶ 24

65

UNFOLD 2010TX



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▶ 54

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▶ 55



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▶ NP400PR

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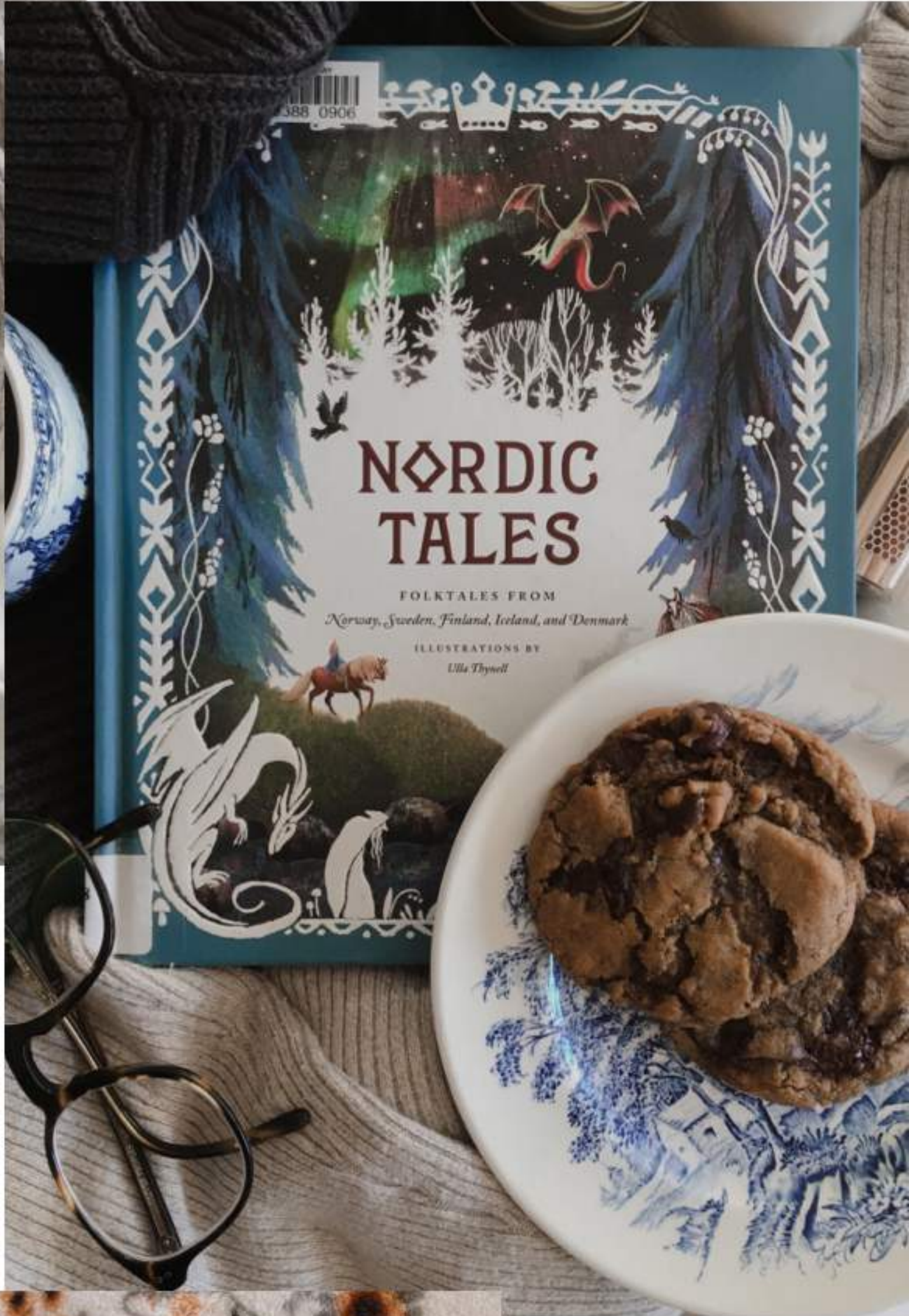


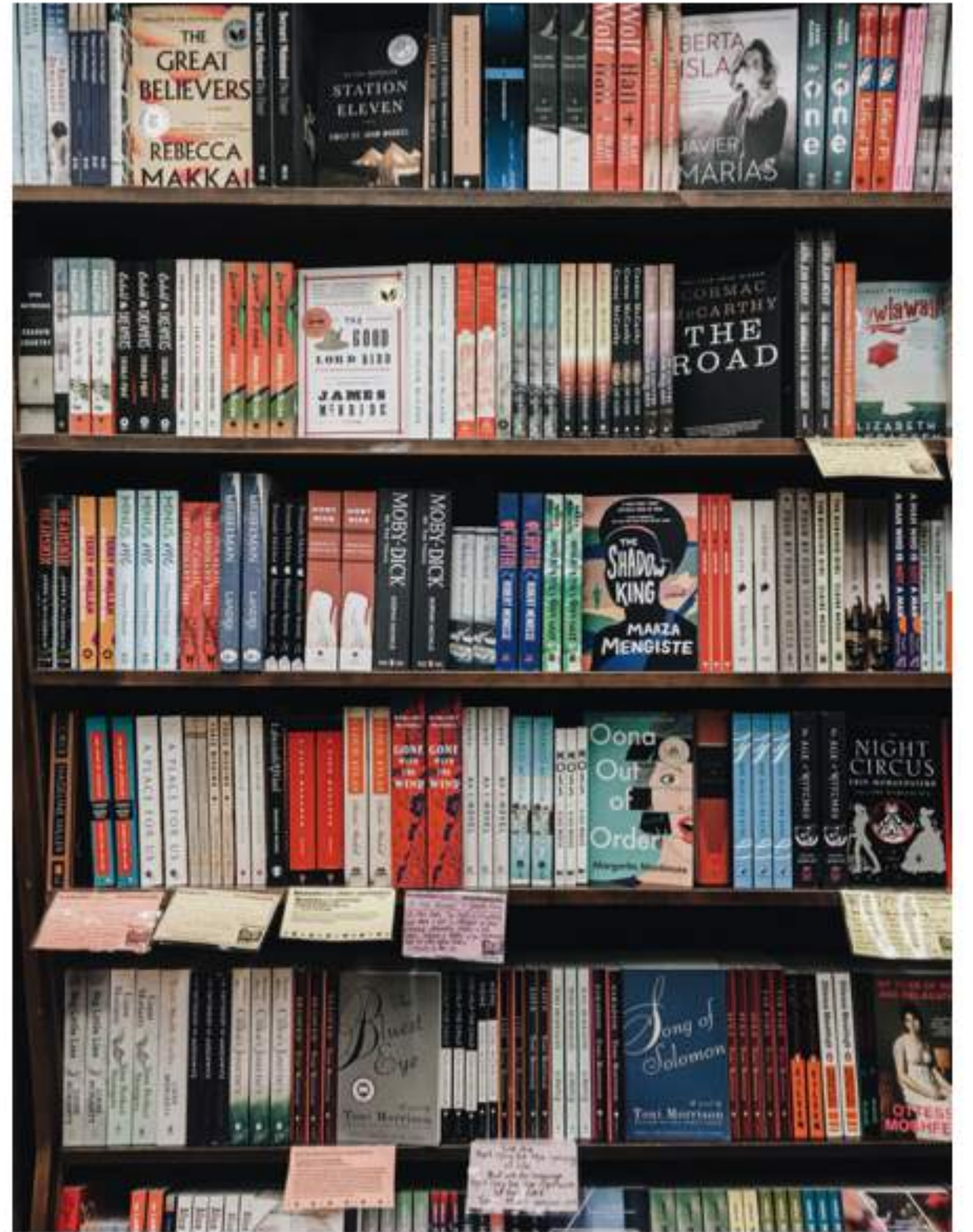
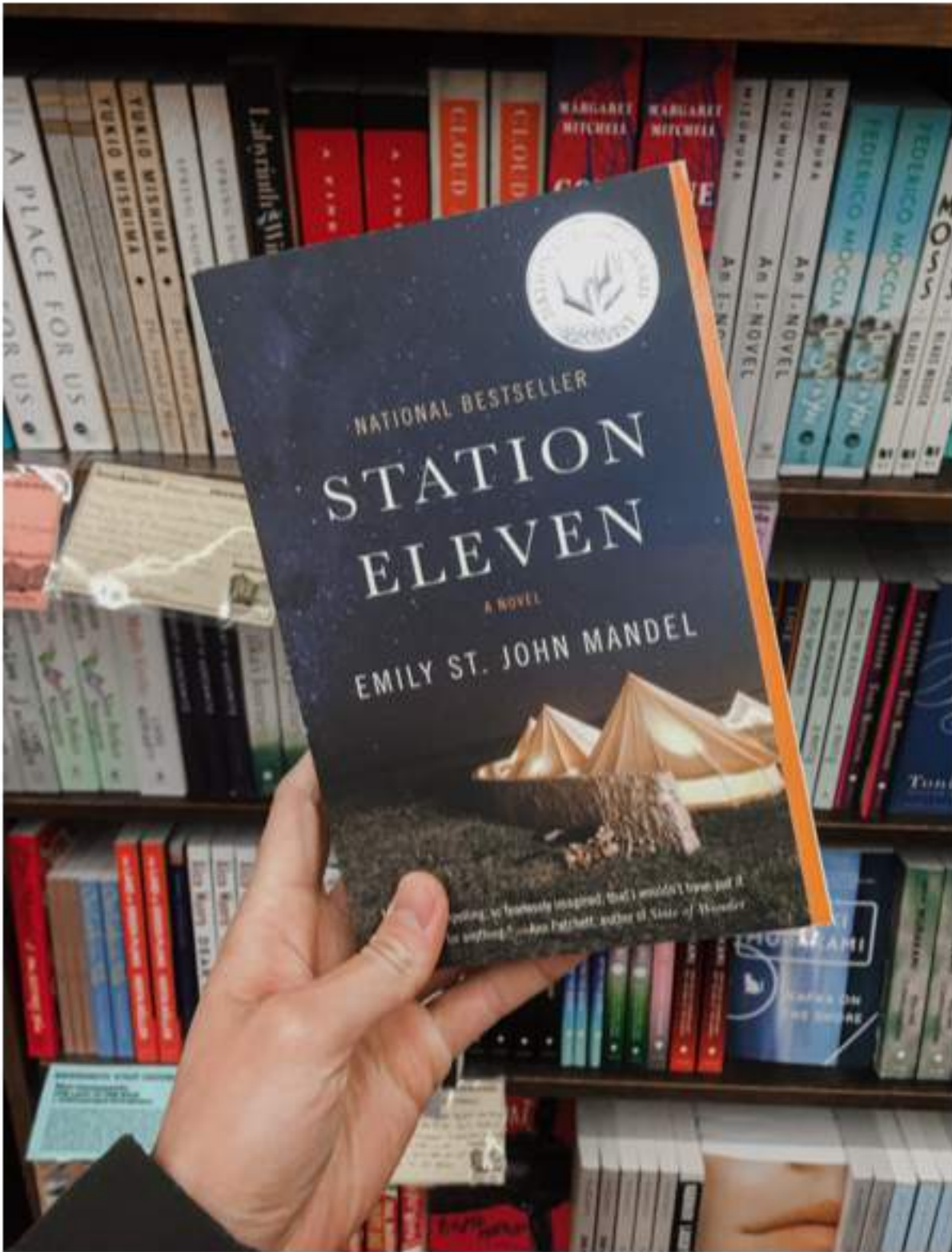
▶ 6

AAEAAF



Reminders from the angels sent to make life sweeter





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11

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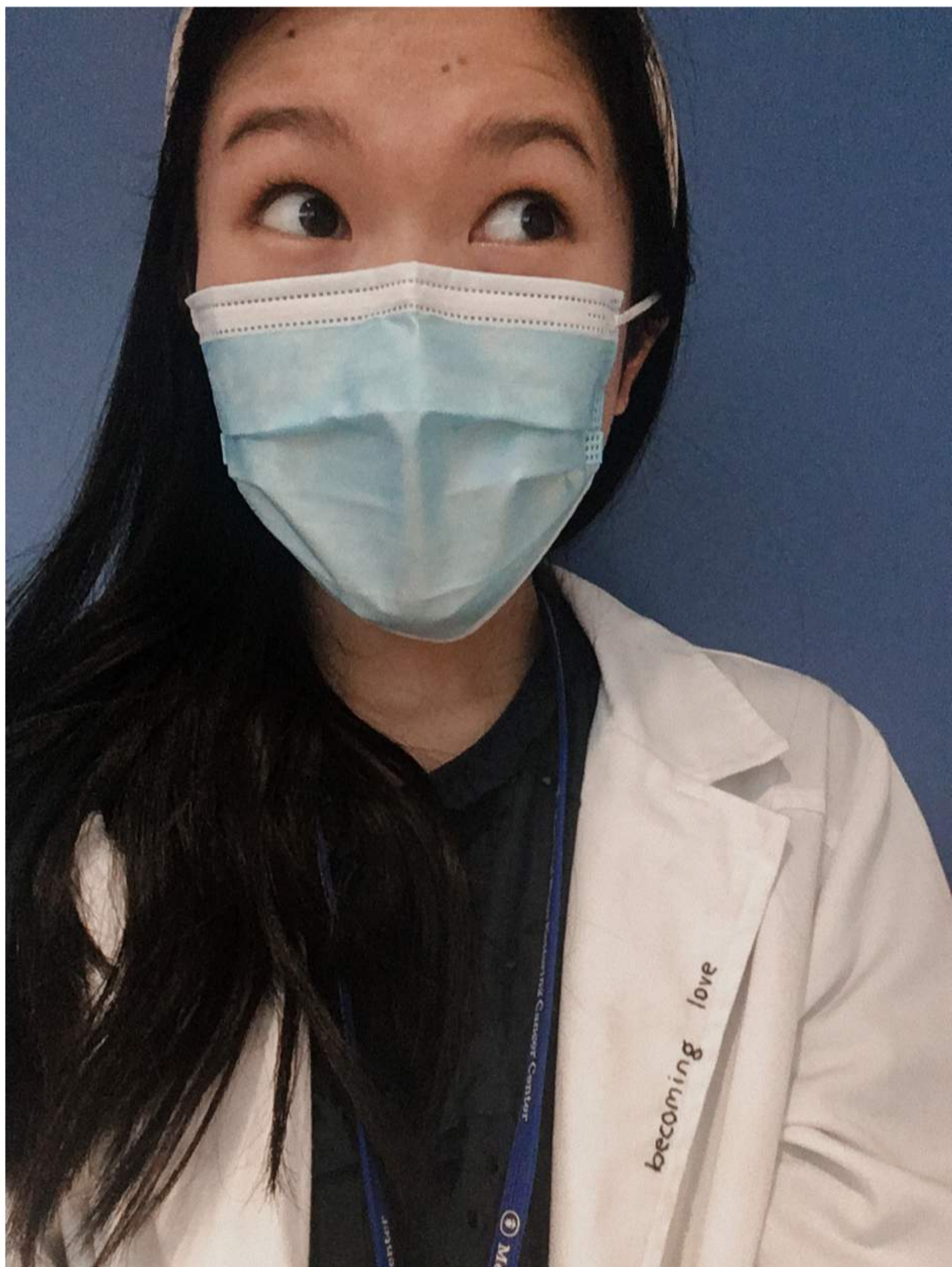












Christmas for one







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GILEAD

A NOVEL



MARILYNNE ROBINSON
Author of *Housekeeping* and *Lila*

PICADOR

MERCER,
SCAL

MERCER

Boomworm's haul



Taking a break



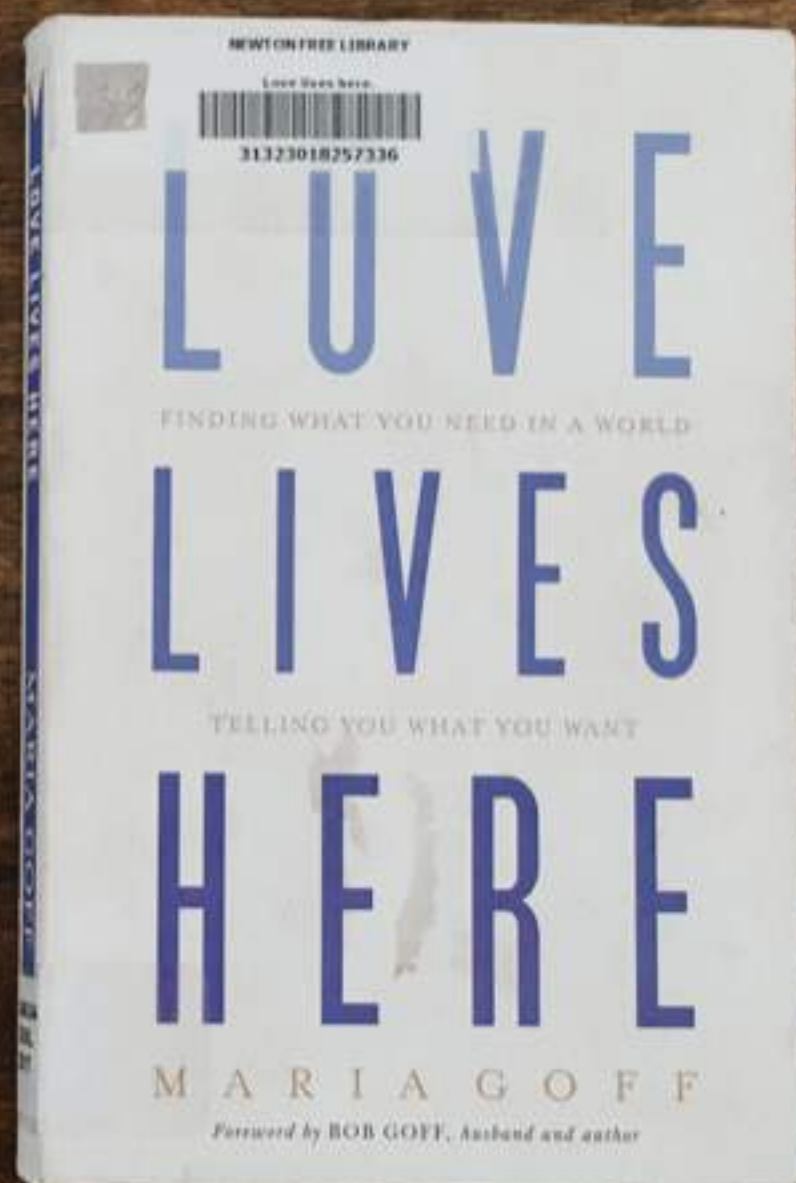
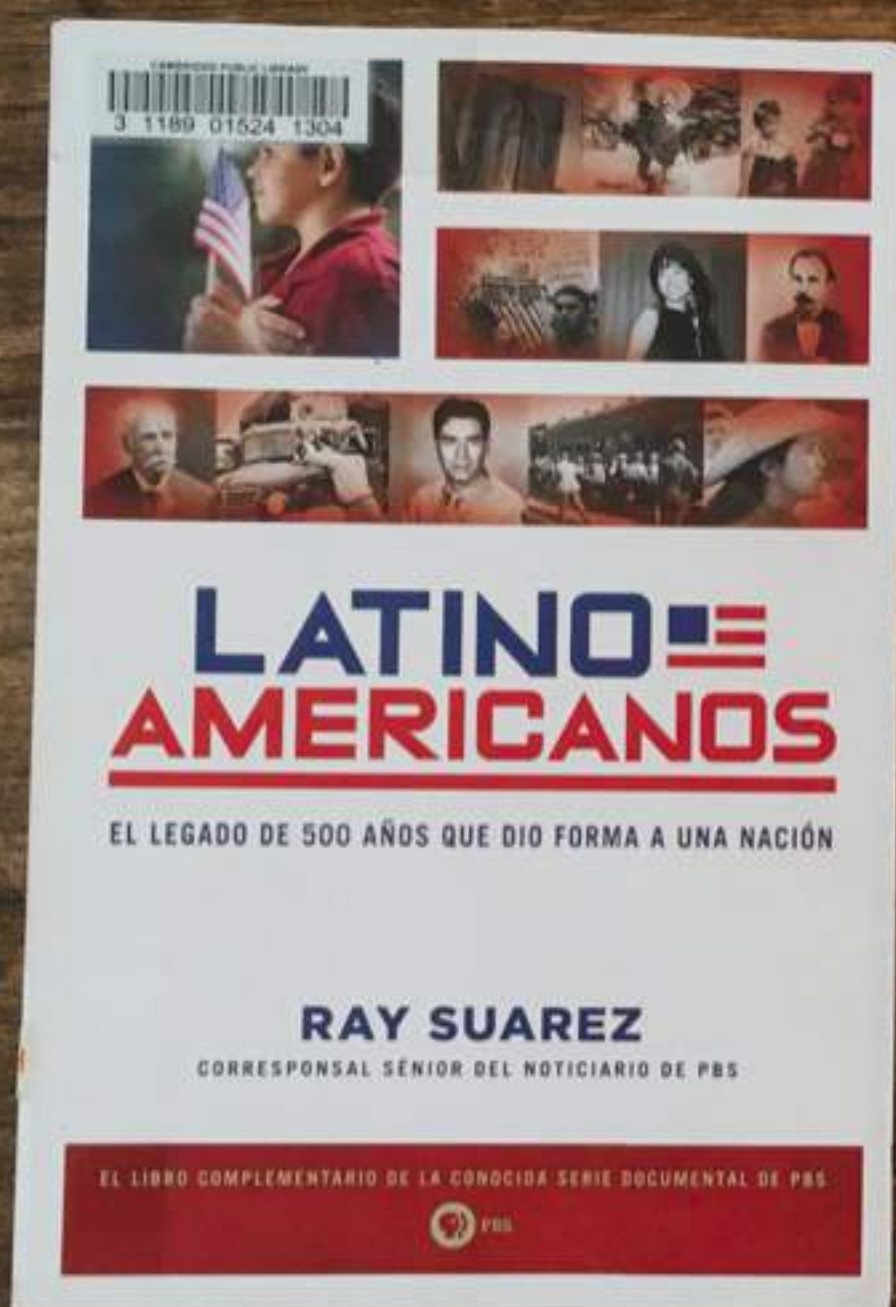
where we left off...







February's board



תִּקְוָה

(TIK-VAH)

HOPE = WAIT

Heaven is working while I'm
waiting, for my good and
His glory.

Who am I becoming in the
waiting?

Who am I listening to in
the emptiness of the silence?

I may have to say "no" to good
in order to say "yes" to God —
can I hear Him?

Am I aware of His presence?
Do I have space to respond?

Table 1. Dietary Reference Intakes^a

	EAR	RDA	AI	UL
Fat-soluble vitamins				
A	300-625 µg RAE	700-900 µg RAE	5-10 µg	3000 µg RAE
D	12 mg	15 mg	90-120 µg	50 µg
E	60-75 mg	75-90 mg		1000 mg
K	320 µg ^b	400 µg		
Water-soluble vitamins				
C (ascorbic acid)	11-12 mg ^c	14-16 mg		2000 mg
B (folate)	0.9-1.1 mg	1.1-1.3 mg		1000 µg
Niacin	0.9-1.0 mg	1.1-1.2 mg	5 mg	35 mg
B ₆ (riboflavin)	1.1-1.4 mg	1.3-1.7 mg		
B ₁₂ (thiamine)	2.0 µg	2.4 µg	30 µg	40 mg
B ₉ (pyridoxine)				400 µg
B ₁₀ (cobalamin)				10 000 µg
Pantothenic acid				
Biotin	6.8-9.4 mg	8-11 mg		
Trace elements				
Zinc	45 µg	55 µg		
Selenium	700 µg	900 µg		
Copper			20-35 µg	
Chromium			1.8-2.3 mg	
Manganese				

Cells are left blank where no data are available. EAR, Estimated Average Requirement (the nutrient needs of 50% of the population [age and gender specific]); RDA, Recommended Dietary Allowance (the nutrient needs of 98% of the population); RDA = EAR + 2 standard deviations; AI, Adequate Intake (the recommended daily nutrient intake); UL, Tolerable Upper Limit (the highest average daily nutrient intake level above which side effects occur); RAE, retinol activity equivalent (1 µg RAE = 1 µg retinol, 12 µg β-carotene, or 24 µg α-carotene); 1 IU of vitamin A = 0.344 µg retinol activity equivalent (RAE); 1 DFE = 1 µg food folate = 0.6 µg of folic acid; 1 µg of niacin = 60 mg of tryptophan.

TPN case study
initiating and concentrating -

1500 mL fluids, 64g PRO, 1700 kcal
IL6 → 250 mL IL6 (500 kcal)
50 mL/hr (1200 mL = 1.2L total)
AA (66g = 264 kcal)
 $\frac{278g \text{ total}}{1.2L} \approx \frac{230g}{L} \text{ dex}$
(+250 mL IL6)
(276g = 938 kcal)

initiated TPN
934 mL
(4) = 960 mL total
g/L dex

→ B)
Total: 40 mL/hr for 960 hr
1696 kcal, 67 g
(day 1: 40 mL/hr × 24 = 960 mL total
200 g/L × 0.96 L = 192 g dex total)
Day 1: initiate TPN @ 40 mL/hr. provide 70g/L AA and 200g/L dex...

... IF stable B₆ and electrolytes, advance to 70g/L AA and 285g/L dex...
@ 40 mL/hr + 250 mL IL6/12 hrs.



initiating TPN: total amount of
- impact volume info
expose concn

→ A) Day 1: initiate at 40 mL/hr
g/L dex. Repute
@ 50
(Day 1: 40 mL/hr
200g/L dex)







Superheroes run the library



KITCHEN CONFIDENTIAL

DE DE COSTA











Worth the effort.



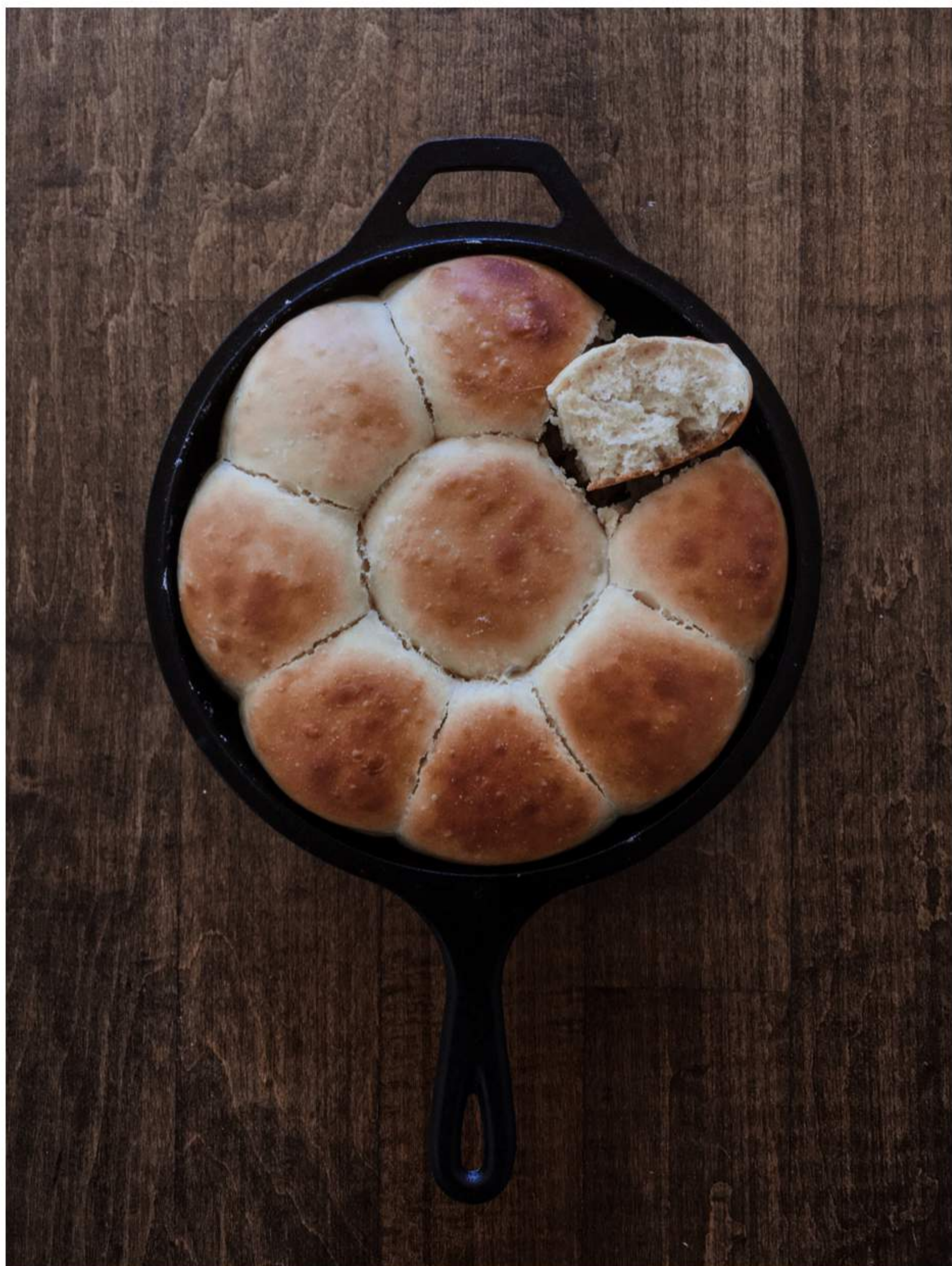














388 0906

NORDIC TALES

FOLKTALES FROM
Norway, Sweden, Finland, Iceland, and Denmark

ILLUSTRATIONS BY
Ulla Thynell

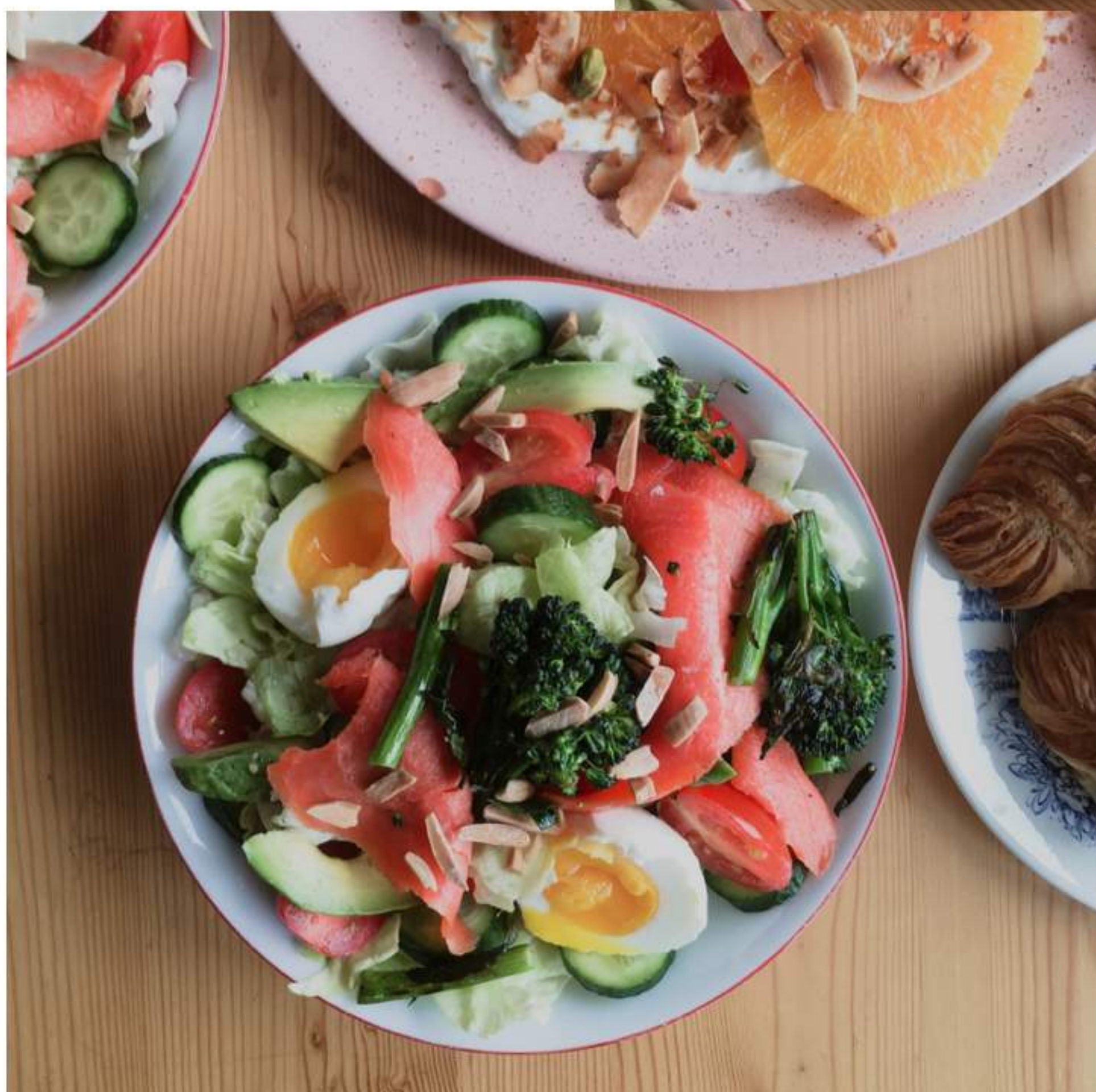




Everybody's table



Been savin' a seat for ya.





Gathering at a table with others... gosh, what a gift.

ALL OUR WHOLE GRAINS & LOCAL FLOUR

SOURDOUGH ROUND
\$2.50

SOURDOUGH BATARD
\$2.50

GERMAN RYE
1/2 \$4.00
\$7.75

100% WHOLE GRAIN
TART
\$7.75



SOURDOUGH ROLL
\$2.50

PAIN DE MIE
1/2 \$5.00
\$10.75

MUSTARD BUTTER
\$1.50

SOFT GERMAN PRETZEL
\$2.50

BLACK SESAME STICK
\$2.75

RUSTIC ITALIAN ROLL
\$2.50



POTATO ROLL
\$0.85

RUSTIC ITALIAN CIABATTA
\$3.95

Clear Flour Bakery

Raspberry Linzer Cookie*
3.25

SEED 7 PAN
\$6.75

SEED 7 PAN
\$6.75



Coconut Bundt Cake
16.95



BLACKBERRY Hazelnut Tart*
22.50



Coconut Bundt Cake
5.95



BLACKBERRY Hazelnut Tart*
7.50



Searching for Boston's Best Egg Tart



Found it. NYC is on another level though.





My morning mug



D.A.O. 1855



Cajun spiced



*Leftover sweet potato mash
repurposed into gnocchi*



Natto lettuce cups



THE FLATBREAD SERIES



Naan



Pita







Fatayer

*Spin-off of Joanna Gaines's recipe,
feat. Smitten Kitchen's biscuit recipe.*



Getting there

Chicken soup for the soul



Final product is so worth it. Add extra dill.