Tried and True – Last Month's Learning – by Marcy Lytle

I started this year with making this column all about a dozen things I learn/try/do each month. It keeps me noticing, looking for new things to try, and ever learning…which is a good thing! Then I get to pass on these things to you, in case you want to try as well. After all, what's the point in living if we don't share what we're learning and enjoying?

Last month's learning included:

1. Cuban Beans in a pouch from World Market – super tasty! I served them over brown rice, topped with avocado slices, bacon, cheese and cilantro. Easy and quick lunch!
2. Vintage/antique stores are a good place to shop for mantel mirrors – I found one for $25 instead of paying hundreds on line!
3. My daughter told me about Texas Allergy Drops and I tried them, and they're working against my horrible cedar allergies. I had no idea…
4. I discovered a YouTube workout video for people over 50 (I'm well over that, for sure…) that's 30 minutes long and a 2-mile exercise that burns quite a few calories. And I like it! Just search for "workout over 50."
5. Wire cutters are must in a girl's toolbox. Cutting dried stems/flowers to fit small vases or insert in impromptu wreaths is impossible without them!
6. Yogurt works as a substitute for an egg in waffle mix – I learned this by accident. The waffles were a bit soft but very tasty!
7. One can go to sleep at night without looking at the television (both our TV's went out and were out for days before we got them up and running again) and sleep well!
8. Surfer Girl mascara by Tarte is amazing – it's my new favorite.
9. *Sisters First* by sisters Jenna and Barbara (Bush) is a nice read (I'm not finished, but will be soon.)
10. Those little initial candles in the dollar spot at Target that are only $3 are the cutest and smell really nice. (I bought J, M, and L!)
11. The Dollar Spot at Target has the cutest home décor – including shelves for toiletries in the bathroom!
12. It's okay to have dessert for dinner – pound cake, strawberries, whipped cream and chocolate chips layered in glass jars – to be exact.
13. I can still wash dishes! When the dishwasher went out, I found myself scrubbing and washing and it wasn't so bad…
14. Have you watched a Sidney Poitier movie? *Guess Who's Coming to Dinner* was delightful.
15. I didn't know that car dealerships have a car accessory store inside the lobby…at least the Kia one does. Who knew?
16. Got leftover soup? Drain the liquid and use it to top Naan bread (spread with pesto if you wish) and grated cheese. Bake in the oven. You've got yourself a pizza!
17. Need a bit of Valentine's Décor? Just pull out your red baskets, red candles, etc. from Christmas and set them out to enjoy.
18. Bee stings can cause a delayed reaction, even a week later. I learned this because it happened to me!

19. I was going to cover my plants with a plastic bag during the last hard freeze, but I read that's not good – the sun can actually burn the plants through the plastic! Maybe you knew that…