

Poplar Estates

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Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to “take a leap” and try something new in your life, such as joining a club or taking a class.



This is a great reminder to always show love, even when someone is not lovable. Enjoy February.

Tickled Pink

The latest taste in chocolate will have you seeing pink. Ruby chocolate gets its natural pink color and smooth, slight berry flavor from ruby cocoa beans. Picture-perfect for the Valentine's Day holiday, this colorful sweet is being called the fourth chocolate, joining milk, dark and white chocolate confections.

February 2024



Awaiting the Season's Change

“While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.” —Patience Strong

Figure of Speech

Phrase: Learn by heart

Meaning: To memorize

Origin: Many of us know things by heart—from the multiplication tables we practiced as a child to the words of our favorite song. But why do we say “heart” instead of “head” when talking about memorization, which involves the brain? Historians say it's because the ancient Greeks believed the heart was the center of intelligence and memory as well as emotion. This led to the idea of learning something by heart, and the phrase has been in use since the 1300s.



It's All About Chocolate!!!

Chocolate



Chocolate's 4,000-year history began in ancient Mesoamerica, present day Mexico. It's here that the first cacao plants were found. The Olmec, one of the earliest civilizations in Latin America, were the first to turn the cacao plant into chocolate. Switzerland consumes the most chocolate per person. In Switzerland, the average person consumes approximately 8.8 kg of chocolate every year, which is approximately 22 lb.

The world's most popular ice cream flavor is chocolate. The first chocolate factory was established in 1728. It was established in the United Kingdom by a man named Joseph Fry.

Chocolate can help you improve your thinking skills and other functions. One of the best natural sources of caffeine is chocolate.