Hi all,

Here are a few more bits of info.

**Cookbook Ediot:**

For those of you who have to cookbook, here is an edit you can make. Edit on cookbook for Chicken Pot Pie in Phyllo

P. 67 Use a 12 X 8 inch casserole for this dish. I also add one tablespoon either dried or fresh parsley. Also, I found anew recipe that is so so good. It’s not diet food but fairly low in sugar and delicious. Here it is - enjoy!!

 **Chocolate Mousse Merengue Pie**

Preheat oven 300 degrees.
***Meringue crust:*** Beat together 3 egg whites w/
 1/2 tsp vanilla
 1/8 tsp cream of tartar
Add 1/2 cup sugar a little at a time until peaks start to form. When egg whites just become stiff fold in:
1/2 cup chopped pecans.
Spoon into lightly greased pie dish to form a nest like shell.
Bake in slow oven 300 for 50-55 minutes. Coo.
**Filling:** Melt together in double boiler or microwave stirring until just melted & smooth
1 bar Bakers German Chocolate (or dark chocolate like a regular Bakers bar)
3 T. water
1 tsp vanilla
Then beat 1 cup whipping cream until peaks form.Fold in chocolate mixture & spoon into shell. Garnish w/chocolate if desired. Refrigerate

**Massage Machine Link:**

The old link for the new massage machine is no longer working. Here is the current link:

 **MASSAGER:**

**TENKER Cordless Shiatsu Neck Shoulder Back Massager with Heat - Rechargeable**

  https://smile.amazon.com/TENKER-Cordless-Shiatsu-Shoulder-Massager/dp/B07TF8LX6Q/ref=sr\_1\_4?dchild=1&keywords=Cordless+Shiatsu+Neck+Shoulder+Back+Massager&qid=1586538349&s=hpc&sr=1-4

**Re. Virus:**

After my last update re. hot tubs and hot water killing the Covid 19 virus, client wrote that the water is not hot enough. Here is info from the CDC site: https://www.cdc.gov/coronavirus/2019-ncov/php/water.html

“There is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas, or water playgrounds. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools, hot tubs or spas, and water playgrounds should inactivate the virus that causes COVID-19.”

So it’s the combination of the very hot water (a hot tub us normally 104 degrees) PLUS the disinfecting chemicals that can protect you from the virus. Maybe that’s one reason my son’s hot tub business is considered essential and still open and selling tubs. Hopefully New Mexico will re-open soon, although we have one of those Governors who is resisting and yet we have very little of the virus here. We have had 15 cases in Taos, 2 currently in the hospital and, as far as I know, no deaths - and yet we are locked down with thousands out of work. It’s tragic.

Take car of yourselves. Blessings to you and your loved ones, Abbie