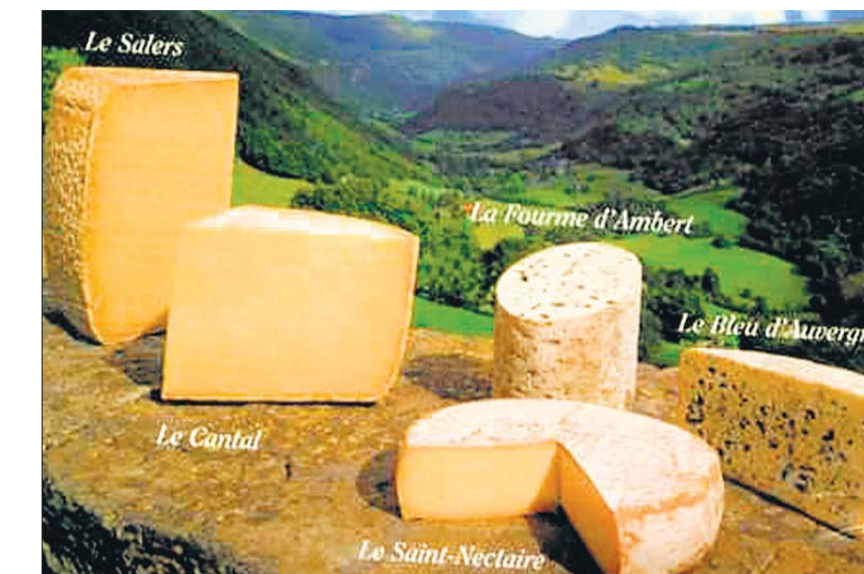


World Rainforest Day

The rainforests are keeping our planet alive. They're home to half of the world's animal species, they provide us with freshwater, and are essential for keeping our climate stable. Yet every second, one and a half hectares are lost, while each year, 78 million hectares of precious rainforests are destroyed. That's why World Rainforest Day has been created to take decisive action to combat deforestation, reduce the effects of climate change, and protect our rainforests for future generations. Donate or volunteer your time to helping or raising awareness about how we can save the rainforests, and keep these crucial ecosystems alive.



Louis XIV made Cheese popular

During the 17th-century, Paris and Versailles were the places where food, clothing, décor, hair styles, and more became 'trendy.' Henri de La Ferté-Saint-Nectaire, Maréchal de France, brought Saint-Nectaire to Louis XIV. Louis XIV had a love affair with soft-ripened cheeses, it's no wonder this cheese became such a hit. Of course, the origins of Saint Nectaire are not limited to 17th-century France. In fact, the history of Saint Nectaire probably goes back well before the Romans discovered the high quality cheeses of the Auvergne, the region where Saint Nectaire is produced. Throughout the Middle Ages, the cheese sat on rye straw, known as 'géo,' to ripen. During the Middle Ages, this 'géo cheese' became a form of currency. Peasants paid their lords with the cheese. It was not until Henri de La Ferté-Saint-Nectaire presented a wheel of the cheese to the 'Sun King' that the cheese was named Saint Nectaire, named after the man that introduced it to the court. This cheese is exquisite with its creaminess and delicacy. The rich, complex flavour is due to the Dore Mountains' pastures, where the cows graze. The Auvergne region has over 2,500 species of flowers and is home to 100 rare protected plants. The non-active volcanoes in the region have left volcanic ash, deep into the soil that has produced an incredibly rich geography, an accessible Garden of Eden. Saint Nectaire is not the only cheese that was brought to Louis XIV court. Roquefort and Cantal also became trendy cheeses. In Savinien de La Roque's book *Les Délices de la France*, he lays out the best places to buy these cheeses.

The Art of Presentation



Could the French have created fine dining without the extravagance at Louis XIV's court? No. One rarely reads 17th-century French references about food at court that do not emphasize the extravagant festivals and shows (entertainment) that encompassed each meal. In January 1700, Madame la Chancelière gave a ball in honour of the Duchesse de Bourgogne. Joan DeJean explains the evening's 'dinner theater component, five of the kinds of stands at which diners paused for refreshment while shopping the *Foire Saint-Germain*, had been faithfully reconstructed.' Mme la Chancelière recreated Parisian food shops. She even had an actor at each store front facade, who played the role of its owner. In 1674, a professional chef wrote *L'Art de bien traiter* (The Art of Fine Entertaining). The anonymous L.S.R. outlined methods for hosting the most fabulous feasts. The book is more of a manual for the *maitre d'hôtel* than a cookbook. He paid an incredible amount of attention to the presentation of food, everything from the arrangement of food on the plate and on the table to the process of serving each meal. He outlined a report on the elaborate way of serving a meal, known as 'service à la française.' In French service, platters are spread out in the middle of the table and guests serve themselves. You're able to try several different dishes. In *The Essence of Style*, Joan DeJean describes French service, "French service was an orchestrated ritual, that dictated with absolute precision both, the order in which courses were served and the symmetrical arrangement on the table of the dishes, that composed each course. The banquet's quality was judged both, by the way in which all the different dishes in each course, as well as those in all the different courses, worked together, and by the geometrical pattern formed by the arrangement of dishes on the table." Fine dining and fine service is still the same, west over. The best finishing schools teach it. It could have been a turnaround for the economy. And the French killed their King who brought them that glory.

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#LIFE-SKILL

Benefits of Pet Parenting for Children

Being a pet parent offers a number of benefits for both, children and adults. From improving mental health to promoting valuable life skills, a pet can enrich your child's life and help create a lasting bond.

Pet parenting is a growing trend in the modern days. It is more than just providing food and shelter to a pet. It's about understanding their needs, offering emotional support, and creating lasting memories together. Although, pet parenthood comes with responsibilities, challenges, and sacrifices, the unconditional love, joy and good health that they bring make it all worth it. Raising a pet can also have unique benefits for children. While it's well known that pets can teach children responsibility, empathy, and compassion, a study by the Centres for Disease Control and Prevention (CDC) found that children who grow up with pets, especially dogs, have a lower risk of developing allergies and asthma. Alongside, pets can also help children develop social skills and improve their self-esteem. Moreover, studies from the Human-Animal Bond Research Institute (HABRI) reveal that pet ownership offers a multitude of health benefits, including increased happiness, reduced loneliness, and decreased stress. This growing



recognition underscores the importance of pets in promoting emotional well-being. In India, urbanisation and increased spending power have led to a surge in pet adoptions. Before getting a pet for their children, parents should consider factors such as lifestyle, living space, and time commitment required for proper pet care. Certain dog breeds, like Labrador Retrievers and Golden Retrievers, are often recommended for families due to their gentle temperaments. When children grow up with a pet, they do not face loneliness and anxiety. Also, caring for a pet helps children develop valuable life skills. By adhering to feeding schedules, exercising, and grooming their pets, children learn responsibility and discipline that extends beyond pet care.

Here are some health benefits of pet parenting for children.

- Keeps stress away**
Playing with a pet releases oxytocin, a hormone associated with bonding and relaxation, which contributes to improved mental health. Additionally, studies have shown that interacting with pets can lower cortisol levels, the body's primary stress hormone, leading to reduced stress and anxiety in children.
- No more sedentary life**
Children, who have pets, are more likely to engage in regular physical activity, such as walking or playing with their pets. This increased activity level helps maintain healthy weight, improves cardiovascular health, and enhances their physical fitness.
- Greater communication skills**
If your child grows up with a pet, he/she tends to have better social skills and higher levels of empathy compared to those without pets. Caring for a pet requires understanding and interpreting non-verbal cues, which promotes empathy and communication skills in children.

Problem solving skills
Interacting with pets has been shown to stimulate cognitive development in children. Pets offer opportunities for learning and problem-solving, as children must interpret the needs and behaviours of their pets. This hands-on experience improves critical thinking skills, decision-making abilities, and emotional intelligence.



- Reduces allergy risk**
Contrary to common belief, exposure to pets during childhood has been linked to a reduced risk of developing allergies and asthma. Research suggests that early exposure to pet dander and other allergens helps strengthen the immune system and reduce the likelihood of allergic reactions later in life.
- Emotional well-being**
Multiple studies have highlighted the positive impact of pet ownership on emotional well-being. Pets provide companionship, unconditional love, and a sense of security, which can help reduce feelings of loneliness, depression, and stress in children.
- Promotes self-esteem**
When a child is responsible for pet care tasks, such as feeding, grooming, and training, he/she develops a sense of competence and confidence in his/her abilities. Successfully meeting the needs of their pets can boost self-esteem and foster a sense of accomplishment in children.

...Eating Order Changeth!

Economic Protectionism: Jean-Baptiste Colbert, the Finance Minister, sought to increase French economic prosperity by keeping imports as low as possible and exports as high as possible. Joan DeJean underscores Louis XIV's goal to take over luxury trade. In particular, he wanted to overshadow the country he contemptuously referred to as 'that nation of shopkeepers,' the Dutch, then Europe's greatest mercantile and shipping power. The King resolved that France would become a 'mercantile superpower' and that it would achieve this status fully on its own terms. In such a climate, Colbert's bottom line was plain, first, to make sure that all the goods Louis XIV considered essential to the promotion of his image, as the wealthiest, the most sophisticated, and the most powerful monarch in Europe, would be produced in France and by French workers, and second, to make certain that as many people as possible would be slavishly following the Sun King's dictates and buying only the same French-made luxury goods that the King features at Versailles.



#FINE DINING

Prohibition on Foreign Cheese



This obviously had an effect on the cheeses that people were eating and producing at the time. I think that it is worth stressing that the king had two agendas in this regard. 1. **Economic Protectionism:** Jean-Baptiste Colbert, the Finance Minister, sought to increase French economic prosperity by keeping imports as low as possible and exports as high as possible. Joan DeJean underscores Louis XIV's goal to take over luxury trade. In particular, he wanted to overshadow the country he contemptuously referred to as 'that nation of shopkeepers,' the Dutch, then Europe's greatest mercantile and shipping power. The King resolved that France would become a 'mercantile superpower' and that it would achieve this status fully on its own terms. In such a climate, Colbert's bottom line was plain, first, to make sure that all the goods Louis XIV considered essential to the promotion of his image, as the wealthiest, the most sophisticated, and the most powerful monarch in Europe, would be produced in France and by French workers, and second, to make certain that as many people as possible would be slavishly following the Sun King's dictates and buying only the same French-made luxury goods that the King features at Versailles. 2. **Centralization of France:** Although, France existed as a unified entity, it was separated by different regional customs, and, perhaps, more importantly, it was divided by aristocracy in each region. Louis XIV broke down peoples' loyalty to their lord and increased their loyalty towards him. If they wanted to be influential in any way, aristocrats had to leave their homes and head for Versailles.

You can't import, but make perfectly

Regions of France along the borders were culturally affected by the King's agenda. For example, in northeastern France, Flanders (now, part of Belgium), people ate Dutch food. Their diet consisted of foods imported from Holland. In the city of Lille, *Edam* was probably the most common cheese, the most popular at the time. However, in response to laws forbidding importing Edam, French, living by Flanders, created their own Edam-like cheese, *Mimlette*. The cheese is produced in the same way as Edam. As a result, many believe it originated in Holland. I first came across this cheese during my year-abroad in Paris. I entered one of the many cheese shops on *Rue Mouffetard* with the intention of buying my usual, *Saint Nectaire* or *Comté* or *Beaufort*. But, as I walked into the shop, it was as though all my senses were drawing me closer to this large bright orange cheese with the size of a bowling ball. I was intrigued by its shape and colour. The appearance was breathtaking. It didn't matter why I originally came to the shop. Nothing mattered but the cheese, that I had to try. It was surprisingly sweet, it tasted of butterscotch.

#JOB-HUNT

A Thank You Email

You've updated your resume, written your cover letter, and prepared for your interview. Now, it's time for your *thank you note* to seal the deal.



You've just finished an interview for a job opportunity that you're really excited about. You know you should send a *thank you note* to your interviewers, but you're not sure what to write. How much detail should you include? Should you send an email to every person you interviewed with? And what's really the best way to follow up? Here's some advice on what to say and not to say in your message. Let's start with what to write in your note.

How to Write a Thank You Email

Your email should be short, sincere, and sent within 24 hours of your interview.

- Address the email to the person who interviewed you and make sure you spell their name correctly. If their name is Christopher and they asked you to call them Chris in the interview, address them as such in your follow-up. If you interviewed with multiple people, it's a good practice to send each person a brief message as well.
- Thank the person for their time and consideration. Briefly highlight your draw to the organization. Candidates should call out an aspect of the conversation that was particularly interesting or share a helpful hook to help them remember what you spoke about.
- Express your continued interest in the job opportunity.
- Offer to answer any questions.

Lourdes Olivera-Marshall, who teaches networking and career management courses at NYU, recommends jotting down quick notes when you're interviewing. Write down your interviewer's name, what you discuss, and a few key words to trigger your memory so that you can make your follow-up message more meaningful. As she told me, "The thank you note starts during the interview."



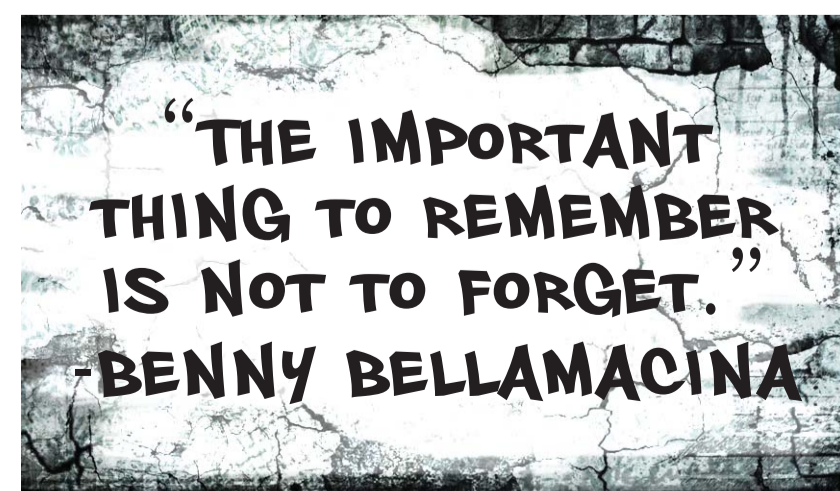
What to Avoid in Your Thank You Email

If you don't want to leave the interviewers with a bad impression, avoid these three common mistakes.

- Adding too much detail**
Remember that the intention of the message is to say thank you, not to pick up where your interview left off. Your follow-up is not the place to add all the things you wish you had highlighted in your interview. When you do, you run the risk of appearing desperate or like you weren't prepared for the interview.
- Making requests**
People are busy. Avoid requesting anything that creates additional work. You want to show your interviewer that you're easy to work with.
- Typos**
And of course, don't forget to review your email for grammar and spelling before sending. This is an example of your communication.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman