Roses Are Red ~ by Sharon Lee Riguzzi

Valentine’s Day has been a holiday that most of my life I have dreaded.

Through grammar school the fear that I had fewer valentines in the mailbox than anyone else plagued me from Feb 1 through 14. Amazingly, in my teens if I did have a boyfriend, it seemed we’d start quarreling at the end of January, and by heart day I was usually sulking on the couch, watching The Mary Tyler Moore Show or Rhoda, thinking at least they would understand how I was feeling.

When I finally met the love of my life, I anxiously awaited our first romantic Valentine’s Day together. I can remember pulling the expected hearts-and-flowers card out of the envelope only to find instead a cartoon tiger saying something like

Roses are red,

How ’bout a date?

You make me laugh,

I think you’re great!

(This was probably when my husband first started asking, “What did I do wrong?”)

It finally dawned on me that there are very few people who could live up to the fantasy that I had conjured up in my romantic mind about what the best Valentine’s Day should be. To keep from being disappointed year after year, Valentine’s Day has a new meaning for me. Now it’s the day I need to recharge my love of self. Now I can feel some of you cringing saying, “Yeah, right.” But bear with me. We are all so hard on ourselves. If I asked you to list five things you don’t love about yourself, you’d probably have a hard time narrowing the list.

Instead, I need you to do the following:

- Get a piece of paper. Fold the paper in half, and then, just like in kindergarten, cut a half heart away from the fold. (I can still remember the awe that filled me the first time my teacher told me to open the paper!)
- Find a red felt-tip pen or a crayon, or if none is available, a regular old pen will do.
- List five things you love about yourself. There are many more than five, but this is a beginning.

I’ll wait.
Is your list finished yet?
• Draw a few hearts and arrows.
• Place this in a special place for you to view throughout the
day...week...month...year.

Why did I ask you to do this? So much more can be accomplished when we are feeling
good about ourselves. And yet so many minutes in the day we spend dissing (is that
what the kids say?!) ourselves. Putting your heart on your bathroom mirror or in your
date book or on your computer can be a constant reminder of just five of the many
wonderful things about you.
We spend so much of our lives waiting for someone else to say wonderful things about
us. And when they don’t, we think there is something wrong with us. Folks, so often
people don’t say wonderful things about us because that isn’t part of their makeup, or
don’t know what we need to hear. (They missed the rehearsal scene in our minds.)
It’s up to us to start telling ourselves the good stuff. Trust me, the more you do this,
other things that you want to accomplish will start happening because you’ll start
waking up feeling you can take on more and start believing you are worth it!

Some of you haven’t as yet gotten out the paper and red pen, and that’s okay. I have
faith that you will. You owe it to yourself to be your own valentine.

P.S. One of the items on my list that I love about myself is my sense of humor. I wrote
this in big letters as a reminder so that when I open my Valentine’s Day card from my
honey and a monkey pops out, I’ll react appropriately. After all, obviously, my sense of
humor must be one of the things he loves about me, too!

Chocolate-Raspberry Heart Cake

Weight Watchers Recipe

Ratings (26)

7 PointsPlus Value

Prep time: 25 min
Cook time: 30 min
Other time: 0 min

Serves: 10

The taste of sweet raspberries really comes through in this cake since preserves are
used in the cake and glaze.

and Community Recipe Swap Official Rules.
your recipe and post again.

Ingredients

| 1 Tbsp all-purpose flour         |
| 2 cup(s) unprepared devil's food cake, mix |
| 1/2 fl oz mineral water         |
| 1/4 cup(s) fat-free egg substitute |
| 1/3 cup(s) jam, seedless raspberry |
| 4 oz unsweetened baking chocolate square(s) |
| 6 Tbsp jam, seedless raspberry   |
| 6 Tbsp fat-free creamer, such as fat-free half-and-half |
| 1/2 cup(s) raspberries          |

Instructions

• Preheat oven to 350ºF. Coat an 8-inch-round disposable aluminum pan with cooking spray and sprinkle with flour. Bend sides of pan to form a heart shape.

• Mix together cake mix, water, egg substitute and 1/3 cup of jam with an electric mixer on low speed for 30 seconds; change speed to high and mix for 2 minutes more. Pour into prepared pan and bake until toothpick inserted in center comes out clean, about 30 minutes. Cool on a wire rack for 10 minutes. Invert onto a plate and remove from pan; place right side up on wire rack and allow to cool completely.

• Meanwhile, melt chocolate in a double boiler over simmering water; allow to cool, then stir in remaining jam and half-and-half. Frost cake with chocolate mixture and outline perimeter of cake with raspberries. (Note: If chocolate mixture stiffens while frosting cake, microwave for 30 seconds to soften.)

© 2013 Weight Watchers International, Inc. © 2013 WeightWatchers.com, Inc. All rights reserved. WEIGHT WATCHERS and PointsPlus® are the registered trademarks of Weight Watchers International, Inc. and are used under license by WeightWatchers.com, Inc.