



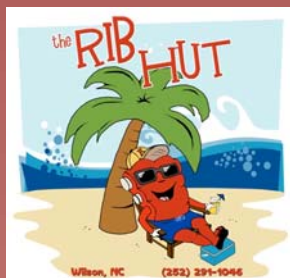
*Don't forget to bring your NO PEEKING envelopes back before Jan 31, 2007!*

*The best ribs in Wilson, NC.  
E&B Vause / Wilson, NC*

*Excellent service & atmosphere!*

*Great Place for lunch.  
G. Sutton / Wilson, NC*

*The waitress was amazing & the food was excellent.  
L. Short / Goldsboro, NC*



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## ATTENTION!!

We've changed email companies, please go to [www.theribhut.com](http://www.theribhut.com) to ensure you continue to receive all of our great e-mail offers!

## # 1 Reason for Divorce:

### He Didn't pay attention to me anymore

It's true, and not only that, 64% of men do not plan ahead for Valentine's Day. We're here to help you NOT become a statistic!

We are now taking reservations for Valentine's evening in our under crowded, children free, private, candlelit dining room surrounded in quiet mood music. Enjoy the most romantic five course meal in Wilson on Valentine's evening. We will begin with a garden fresh salad, followed by a scrumptious Shrimp Cocktail, trailed by our featured entrée of the evening, our slow cooked Prime Rib with a side of au jus, paired with steamed broccoli and our signature Twice Baked Mashed Potatoes, and then indulge yourself by choosing any of our delectable desserts. In addition to dinner, each table will hold a single dewy fresh rose in a crystal bud vase and a heart shaped box of chocolates for the lady to take home for only \$79.95 per couple. It's one stop shopping & space is limited.

Call (252) 291-1046 to make your reservation today! ♦♦

Prime Rib may be substituted upon request



### Culinary Gumbo

#### Flummery

*A sweet soft pudding made of stewed fruit (usually berries) thickened with cornstarch.*

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## Safety Tips for Mailing Food Gifts

Shipping a family favorite food for Valentine's day? Follow these tips to make sure your gift remains safe through the mail:

- Make sure the company sends perishable items, like meat or poultry, cold or frozen and packed with a cold source and in foam or heavy corrugated cardboard.
- The food should be delivered as quickly as possible — ideally, overnight. Make sure perishable items and the outer shipping package are clearly labeled "Keep Refrigerated" to alert the recipient.
- When receiving a food item marked "Keep Refrigerated," open it immediately and check its temperature. The food should arrive frozen or partially frozen with ice crystals still visible. Even if a product is smoked, cured and/or fully cooked, it still is a perishable product and must be kept cold.
- Tell the recipient if the company has promised a delivery date, or alert the recipient that "the gift is in the mail" so someone is ready to receive it. Don't have perishable items delivered to an office unless you know it will arrive on a work day and there is refrigerator space available for keeping it cold.

~as seen on [www.fsis.usda.gov](http://www.fsis.usda.gov)

***"Train up a child in the way he should go: and when he is old, he will not depart from it."***

***Proverbs 22:6***

## Parents Night Out

Valentine for Troops

Bring your kids ages 4-12 out to the Gazebo Tuesday February 5<sup>th</sup> from 6pm – 8 pm. We are making Valentine's Cards to mail to our military overseas and cards for Mom & Dad! Plus, we'll provide a kid friendly buffet with dessert, the kids can eat outside and you can enjoy dinner in the main restaurant with your spouse or make it a girls or guys night out! The cost is only \$8 per child which includes dinner, dessert, & the cards. Call (252) 291-1046 to reserve your child a spot.

(Due to liability purposes, you must remain on The Rib Hut property while your child is in the gazebo)



## Recipe of the Month

### Chocolate Peanut Toffee

- 4 sticks (1 pound) unsalted butter, cut into pieces
- 2 cups sugar
- 1/4 teaspoon salt
- 4 cups whole cocktail peanuts plus 1 cup chopped (1 pound 10 ounces)
- 7 to 8 ounces 70%-cacao bittersweet chocolate, finely chopped

First, butter a baking pan, and put it on a heatproof surface.

Bring butter, sugar, and salt to a boil in a 4- to 5-quart heavy pot over medium-high heat, whisking until smooth, then boil, stirring occasionally, until mixture is deep golden and registers 300°F, 15 to 20 minutes.

Stir in whole peanuts. Carefully pour hot toffee into center of baking pan. Spread with spatula, smoothing top. Let stand 1 minute, then immediately sprinkle chocolate on top. Let stand until chocolate is melted, 4 to 5 minutes, then spread over toffee with cleaned spatula. Sprinkle evenly with chopped peanuts, then freeze until chocolate is firm, about 30 minutes. Break into pieces.

~ as seen on [www.epicurious.com](http://www.epicurious.com)



Have a recipe you would like to share? Send it to [michellelewis2@embarqmail.com](mailto:michellelewis2@embarqmail.com)

## Keep Skin Clean and Clear

There are three important factors to maintaining clear skin: adequate sleep, good hydration, and regular exercise. Sleeping well leaves the body and the face refreshed and healthy. Hydration is also important. Drinking enough water during the day helps to keep the system clean. Water is necessary to cleanse impurities and to keep the skin well hydrated. Finally, regular aerobic exercise helps to maintain good blood flow and cardiovascular health. This results in your body becoming increasingly efficient with toxin removal.

Most people don't think twice about filtering drinking water—but have you considered the safety of your shower water? Chemicals like chlorine are found in your shower water and can cause damage to your hair and skin. Shower filters are an excellent solution. They can reduce the amount of chemicals in your water as you bathe. The result is better health for you—inside and out.

— as seen on [www.lifetips.com](http://www.lifetips.com)

## Valerian—The Relaxing Herb\*

For hundreds of years, herbalists have relied on the woody roots of valerian to calm the anxious and relax the sleepless.

Numerous studies have shown that valerian helps people with insomnia get to sleep faster and sleep better, without the groggy “morning after” effects of standard prescription sedatives.

Chemicals in valerian called valepotriates act as muscle relaxants, making the herb potentially useful against menstrual cramps and other types of spasms. But even valerian preparations without valepotriates help slumber time come faster.

In the US, the root is available in the form of teas, tinctures, capsules, and extracts.

The herb has a good record of safety, with few reported side effects, so many herbalists—and a few doctors—suggest trying it if you toss and turn at night.

“My patients say it helps,” says Alan R. Gaby, MD, a Baltimore physician who practices nutritional and natural medicine. “For mild insomnia, it's the first thing I try, usually in capsule form.” When using a tincture or extract, 1 teaspoon daily is the usual recommended dose. If taken as a tea, one cup should be sufficient.

As with any herbal remedy, be cautious about using large amounts over a long period, especially if you're using concentrated extracts; valerian in high doses has been reported to cause headaches and grogginess.

~ as seen on [www.prevention.com](http://www.prevention.com)

\* This article is for reference only. not a medical recommendation

## Where in the World...

### Montreal High Lights Festival

Montreal, Canada

February 21 – March 2, 2008



Famed Toronto chef Susur Lee, named honorary president of the festival's wine and dine experience, will lead a delegation of chefs in preparing breathtaking menus expertly matched with Chilean wines. Many of the events, most free of charge, will join this Montreal/Toronto twinning with culinary events at the Marché Jean-Talon and the Festival of Our Cheeses at Complexe Desjardins. Other highlights include pyrotechnic shows as well as music, poetry, comedy, exhibitions, movies, live performances and dance.

For more information, [www.montrealhighlights.com](http://www.montrealhighlights.com)

Where is **Plowboy**?

Aka John Chris Brown; he's currently playing drums for the Zac Brown Band on the Lynyrd Skynard Simple Man Cruise. He'll be back in March!

### Colgate Country Showdown Winner

Mary Selvidge, Winner of the 2007 Colgate Country Showdown State & Regional competition will be at The Rib Hut **Saturday February 9, 2008 at 7pm**. Mary has been writing & singing since she was 16 years old. Mary performed at The Rib Hut on New Years Eve, if you missed it don't make the same mistake twice. She's great!

## If you've got Ants in your Pants, we'll give you \$5

Bring this game pass in any Monday – Thursday for Lunch or Dinner and we will give you an opportunity to play the game, Ants in Your Pants. You will get 5 ants to toss, each one that lands in the pants gives you \$1 off your bill. ☺ So come on in and give it a shot.



Cannot be combined with any other offers/coupons

Limit one coupon for every 2 guests

### Location:

The Rib Hut  
3711C Peppermill Drive  
Wilson, NC 27896  
252-291-1046

Valid Monday Feb 4 – Thursday Feb 28, 2008

## Attention: Beach Lovers

### Win a Trip for 2 to Sunny Myrtle Beach At the Rib Hut Beach Party

Join us any Friday night February 22 thru March 28 for your chance to win a trip for 2 to Myrtle Beach plus a get away package from **Retro Lube** valued at over **\$100**.

We'll be giving out Beach Party tickets Monday – Thursday beginning February 1, 2008, along with FREE \$5 certificates to Retro Lube. 50 cards are automatic qualifiers for the trip! Every card is a winner & contains a secret prize and a chance to become a qualifier for the trip.

Beach Music DJ, Luke Vail will be kicking off the beach party on February 22 with the greatest beach music of all time. Don't miss out on your chance to win the trip as well as lots of other prizes. See you at the Beach Party!

### \$9.99 Beach Party Specials

Buckets of Crab Legs    Shrimp Cocktail  
Bottles of Wine        Sangrias for 2  
& Lots of Fun

## Happy 3<sup>rd</sup> Anniversary!

To The Rib Hut **February 22, 2008**

## \$3 Pulled Rib Sandwich

Every Day in February from 11am-3pm

Daily Lunch Deals

### Wednesdays

Mama Doris Fried Chicken  
w/ 2 side items only \$6.99

### Fridays

Mama Doris' Chicken Pastry  
w/ 2 side items only \$6.99

## Daily Deals

### Mondays

Full Slabs of Pork Ribs \$11.99  
Dine-In or Take-Out

### Tuesdays

Double Bonehead Rewards Points

### Wednesdays

All U Can Eat Wings \$13.99

### Thursdays

All U Can Eat Pork Ribs \$15.99

### Fridays

Friday Night Beach Party

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**Upcoming Events**

**Time**

**Date**

\$5 for Ants In Your Pants      Play to win      M – Th

Willie Knight, Jazz Guitar      7:00      Feb 1

Mary Selvidge      7:00pm      Feb 9

Valentines Day      Thursday      Feb 14

Butch El Ramey, Pianist      7:00      Feb 15

Beach Music, Luke Vail, DJ      7:00      Feb 22

Jerry Allen, Vocalist      7:00      Feb 29

Beach Party Winner Announced      Friday      3/28

Beach Music, Luke Vail, DJ

**February 2008**

S	M	T	W	T	F	S
					*1	2
3	4	5	6	7	8	*9
10	11	12	13	*14	*15	16
7	18	19	20	21	*22	23
24	25	26	27	28	*29	

**March 2008**

S	M	T	W	T	F	S
						1
2	3	4	5	6	*7	8
9	10	11	12	13	*14	15
16	17	18	19	20	*21	22
23	24	25	26	27	*28	29
30						

**We're on the web!**

**Visit us at:**

**www.theribhut.com**

**The Rib Hut**

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**GOOD NEWS**  
**Your February newsletter has arrived!**

