National Laugh Friendly Month!

by andrea

Yes my laughing friends, you read that correctly. February is laugh friendly month and I’m definitely full of laughter. Let me let you in on something – my son used to pretend phone and laugh because that’s what he heard the most. Hey, at least we’re happy people, right? =)

You’re Living a Laugh Friendly Life If…

1. You’ve been “shushed” in public places for laughing too loudly!
2. You have lines at the corners of your eyes from laughing and smiling everyday (and you have no intention of getting Botox).
3. You end most emails with a smiley face (and don’t care if it annoys the recipient).
4. When you’re having a meal with friends or family in a public place, everyone wonders what you’re laughing about.
5. Your kind words outweigh your curse words. (That can be a tough one.)
6. You find yourself complimenting service rather than complaining about it.
7. Your kids get embarrassed and act like they don’t know you because of how loud your laughter is.
8. You laugh so hard your beverage comes through your nose!
9. You snort when you laugh (even though it’s not very ladylike).
10. You still have that twinkle in your eye that says anything, Anything, ANYthing is possible.

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A DAY WITHOUT Laughter IS A DAY WASTED

-CHARLIE CHAPLIN

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FEBRUARY 2020 MOON PHASES

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<tr>
<td>First Quarter</td>
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<td>February 2</td>
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Celebrating February

- Groundhog Day
- Superbowl Sunday
- National Cherry Pie Day
- Black History month celebration
- Men’s Group
- Dollar Store Trip
- Valentine’s Day
- National Chocolate Lovers Day
- Resident Sponsored Pretzel Sale
- Rusty & Jane Guitar & Flute performance
- Hannah Sisters Bingo
- Shabbat / Tu B'Shevat
- Presidents’ Day: U.S.
- National Carrot Cake Day
- 4H Pet Club visits
- National Pancake Day
- Chef Stage Center Presentation Unit C-1
- Happy Hour with Marie DeRatto Dance Performance
- National Potato Lovers Month
- Doylestown Heat Concert
- Resident Council Meeting
- St. Roberts Rosary
- Mardi Gras
- House Birthday Party
- Ash Wednesday
- National Peppermint Hot Chocolate Day
- Wal-Mart Trip
- National Shrimp Fettuccini Alfredo Day
- Leap Year Day
- Cecelia & Matty Music Performance
**Searching for Leap Year**

*Leap year appears 18 times* in the puzzle below. Can you find all of them?

Search vertically, horizontally, diagonally, forward, and backward.

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Mini Valentine Shortbread Bites

Ingredients:
- Cooking spray
- 1/2 cup unsalted butter, room temperature
- 1/4 cup sugar
- 1/4 teaspoon vanilla extract
- 1 1/4 cups flour
- 1/4 teaspoon salt
- 4 teaspoons nonpareil sprinkles

Directions
1. Preheat oven to 325°F. Spray an 8 X 8-inch baking pan with cooking spray and line the pan with parchment paper.
2. Combine butter, sugar, and vanilla in a large bowl with a hand mixer until combined. Stir in flour and salt. Stir in sprinkles.
3. Press dough into the bottom of the prepared baking pan.
4. Lift dough out of the pan and place it on a cutting board. Cut dough in 1/2-inch squares and place onto an ungreased cookie sheet.
5. Bake 13–15 minutes. Makes 18 servings

White Chocolate Strawberry Cake Mix Cookies

Ingredients:
- 1 (15.25-ounce) box strawberry cake mix
- 1 teaspoon baking powder
- 2 eggs
- 1/3 cup vegetable oil
- 1/2 teaspoon vanilla extract
- 2 cups white chocolate chips

Directions
1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine cake mix, baking powder, eggs, oil, and vanilla in a large bowl. Fold in chocolate chips.
3. Drop by tablespoonful onto the prepared baking sheet.
4. Bake 10 minutes. Allow to cool 5 minutes before transferring to a cooling rack. Makes 24 servings

Strawberry Vanilla Pie

A diabetic-friendly, no-bake recipe

Ingredients:
- 1 (3.4-ounce) box sugar-free vanilla instant pudding mix
- 1 cup cold milk
- 1 (6-ounce) graham cracker crust
- 3/4 cup boiling water
- 1 (3-ounce) box sugar-free strawberry gelatin
- 1/2 cup ice cubes
- 1 1/2 cups halved fresh strawberries
- 2 cups sugar-free whipped topping, thawed

Directions
1. Combine pudding mix and milk in a medium bowl with a hand mixer for 2 minutes. Transfer to the graham cracker crust, spreading evenly.
2. Combine water and gelatin in a medium bowl, stirring until gelatin is completely dissolved. Stir in ice cubes until ice has melted completely. Allow to stand 5 minutes.
3. Arrange strawberry halves in an even layer on top of the pudding layer. Gently spoon gelatin over strawberries. Cover and chill 3 hours or until firm. Top with whipped topping for serving. Makes 8 servings

Choco-Coconut Bars

A diabetic-friendly recipe

Ingredients:
- 3 cups unsweetened coconut flakes
- 1 cup coconut oil, melted
- 1/4 cup Swerve sweetener
- 2 cups unsweetened chocolate chips
- 1 cup shredded coconut

Directions
1. Line an 8 X 8-inch baking pan with parchment paper. Set aside.
2. Combine coconut flakes, coconut oil, and sweetener in a microwave-safe bowl. Microwave 2–3 minutes, stirring every 15 seconds until completely melted.
3. Place chocolate chips in a microwave-safe bowl. Microwave 2–3 minutes, stirring every 15 seconds until completely melted. Spread immediately on top of the prepared coconut mixture. Sprinkle evenly with shredded coconut.
4. Cover and chill for one hour to firm. Slice into squares to serve. Makes 16 servings

Pink Crinkles

Ingredients:
- Cooking spray
- 1 (15.25-ounce) box strawberry cake mix
- 1 (8-ounce) container whipped topping, thawed
- 1 egg, slightly beaten
- Powdered sugar for rolling
- Sprinkles

Directions
1. Preheat oven to 350°F. Spray baking sheet with cooking spray.
2. Combine cake mix, whipped topping, and egg in a large bowl.
3. Roll dough into 1-inch balls. Roll each ball into powdered sugar, coating completely.
4. Place onto the prepared baking sheet. Sprinkle each dough ball evenly with sprinkles.
5. Bake 10–12 minutes. Allow to cool before serving. Makes 32 servings
The next time you eat a piece of chocolate, you may not have to feel so guilty about it. Despite its bad reputation for causing weight gain, a number of health benefits may be associated with this delicious treat. Chocolate is made from tropical Theobroma cacao tree seeds. Its earliest use dates back to the Olmec civilization in Mesoamerica. After the European discovery of the Americas, chocolate became very popular in the wider world, and its demand exploded. Chocolate has since become a popular food product that millions enjoy every day, thanks to its unique, rich, and sweet taste. But what effect does eating chocolate have on our health?

**Benefits**

Chocolate receives a lot of bad press because of its high fat and sugar content. Its consumption has been associated with acne, obesity, high blood pressure, coronary artery disease, and diabetes. However, according to a review of chocolate's health effects published in the Netherlands Journal of Medicine, it's not all bad news. The authors point to the discovery that cocoa, the key ingredient in chocolate, contains biologically active phenolic compounds. This has changed people's views on chocolate, and it has stimulated research into how it might impact aging, and conditions such as oxidative stress, blood pressure regulation, and atherosclerosis.

Chocolate's antioxidant potential may have a range of health benefits. The higher the cocoa content, as in dark chocolate, the more benefits there are. Dark chocolate may also contain less fat and sugar, but it is important to check the label. It is important to note that the possible health benefits mentioned below came from single studies. More research is needed to confirm that eating chocolate can really improve people's health. In addition, chocolate bars do not contain only cocoa. The benefits and risks of any other ingredients, such as sugar and fat, need to be considered.

1) **Cholesterol**

One study, published in The Journal of Nutrition, suggests that chocolate consumption might help reduce low-density lipoprotein (LDL) cholesterol levels, also known as "bad cholesterol." The researchers set out to investigate whether chocolate bars containing plant sterols (PS) and cocoa flavanols (CF) have any effect on cholesterol levels. The authors concluded: "Regular consumption of chocolate bars containing PS and CF, as part of a low-fat diet, may support cardiovascular health by lowering cholesterol and improving blood pressure."

2) **Cognitive function**

Scientists at Harvard Medical School have suggested that drinking two cups of hot chocolate a day could help keep the brain healthy and reduce memory decline in older people. The researchers found that hot chocolate helped improve blood flow to parts of the brain where it was needed. Lead author, Farzaneh A. Sorond, said: "As different areas of the brain need more energy to complete their tasks, they also need greater blood flow. This relationship, called neurovascular coupling, may play an important role in diseases such as Alzheimer's." Results of a lab experiment, published in 2014, indicated that a cocoa extract, called lavado, might reduce or prevent damage Trusted Sources to nerve pathways found in patients with Alzheimer's disease. This extract could help slow symptoms such as cognitive decline. Another study, published in 2016 in the journal Appetite, suggests eating chocolate at least once weekly could improve cognitive function.

3) **Heart disease**

Research published in The BMJ, suggests that consuming chocolate could help lower the risk of developing heart disease by one-third. Based on their observations, the authors concluded that higher levels of chocolate consumption could be linked to a lower risk of cardio metabolic disorders. They call for further experimental studies to confirm whether consuming chocolate is beneficial.

4) **Stroke**

Canadian scientists, in a study involving 44,489 individuals, found that people who ate one serving of chocolate were 22 percent less likely to experience a stroke than those who did not. Also, those who had about two ounces of chocolate a week were 46 percent less likely to die from a stroke. A further study, published in the journal Heart in 2015, tracked the impact of diet on the long-term health of 25,000 men and women. The findings suggested that eating up to 100 grams (g) of chocolate each day may be linked to a lower risk of heart disease and stroke.

5) **Fetal growth and development**

Eating 30 g (about one ounce) of chocolate every day during pregnancy might benefit fetal growth and development, according to a study presented at the 2016 Pregnancy Meeting of the Society for Maternal-Fetal Medicine in Atlanta, GA.

6) **Athletic performance**

Findings published in The Journal of the International Society of Sports Nutrition suggest that a little dark chocolate might boost oxygen availability during fitness training. Researchers who studied cyclists doing time trials in the United Kingdom found that "After eating dark chocolate, the riders used less oxygen when cycling at a moderate pace and also covered more distance in a two-minute flat-out time trial."

The scientists believe that the success of dark chocolate in this case is that it contains flavonols known as epicatechins, which enhance the release of nitric oxide in the body. Beetroot juice has a similar effect.

**Light vs. dark chocolate**

Manufacturers of light, or milk, chocolate, claim that their product is better for health because it contains milk, and milk provides protein and calcium. Supporters of dark chocolate point to the higher iron content and levels of antioxidants in their product. How do the nutrients compare?

**Here are some sample nutrient levels in light and dark chocolate,**

The darker the chocolate, the higher the concentration of cocoa, and so, in theory, the higher the level of antioxidants there will be in the bar. However, nutrients vary widely in commercially available chocolate bars, depending on the brand and type you choose. It is best to check the label if you want to be sure of the nutrients. Unsweetened chocolates and 100-percent cocoa products are available for purchase online, and at some grocery and health food stores.

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**February**

*February* is the shortest month of the year. The first ancient Roman calendar was only 10 months long. January and February were added in 700 BC, making February the last month of the Roman year. The month takes its name from the Latin word *februare*, which means “to purify,” as Romans purified themselves then to prepare for the start of the new year. Around 450 BC, January was moved to the first month of the year and February became the second.

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**Birthstone – Amethyst**

The amethyst, a purple variety of quartz, is the birthstone of February. This gorgeous violet gemstone has been valued by humans for thousands of years for its beauty and mythical powers. Amethysts were buried in the tombs of Egyptian pharaohs and in the caves of Neolithic man. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name *amethyst* comes from the Greek word *amethystos*, which means “not drunk,” as the stone was thought to prevent intoxication.

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**Tree of the Month – Willow**

The majestic willow tree primarily grows in moist soil in temperate climate zones. There are around 400 varieties of willow, most of which can be classified as osiers (narrow-leaved shrubs) or sallows (broader-leaved species). One example of an osier is the dwarf willow, which is a ground-covering shrub less than two and a half inches tall. The most familiar example of a sallow would be the weeping willow, which has long, drooping (or “weeping”) branches. It can reach 50 feet in height and can have a spread, or width, of 40 feet. All willows have well-developed fibrous root systems, watery sap, and slim branches that are soft, pliant, and strong. Willows have been used in medicines for centuries, including aspirin, which is made from a compound (salicin) in its bark. Baskets, fishing nets, and furniture are among the other products made with willow trees.

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**Flower – Violet**

While many associate roses with Valentine’s Day, violets are the traditional flower to give one’s beloved on February 14. Legend has it that while imprisoned by the Romans, the Christian priest St. Valentine used crushed violet petals as ink to write secret notes of love and friendship. Thus, violets came to symbolize faithfulness and love. It is said that dreaming of violets means good luck and success are coming your way. In addition to their decorative charms, this lovely, little, edible flower can be used in a variety of foods, such as salads, smoothies, and sweets.

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**February Zodiacs**

- **Aquarius (Water Bearer)**: February 1–18
- **Pisces (Fish)**: February 19–29

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**Only Human**

~A 17-year-old girl in Colombia suffered from a rare “Sleeping Beauty” syndrome that caused her to fall into bouts of sleep that lasted days, weeks, and even months. The condition, scientifically known as Kleine-Levin syndrome, is a mystery to scientists. They speculate that it may come from the hypothalamus, an area of the brain that regulates sleep and appetite. While awake, sufferers may exhibit unusually large appetites, feel confused or disoriented, have memory loss, or hallucinate. Between episodes, though, sufferers are in perfect health.

~The secret to long life may come from an abundance of unique immune cells found in our blood. Researchers examined supercentenarians, people who live to 110 years or older, and found higher-than-average amounts of rare T-helper cells, known as CD4 CTLs, in their blood. These immune cells are known for their ability to directly attack and kill invading cells. Such cells have been shown to attack tumors and protect against viruses. While the research is not definitive, these unique cells may certainly play a major role in long life.

~Humans are considered the smartest animals on the planet, thanks to their large brains and extensive social structure. That’s why it came as a surprise when a group of monkeys repeatedly defeated humans at a simple computer game. Researchers believe that this is because the humans stuck to their losing strategies, whereas the monkeys changed their strategies and adapted to the challenges. Does this mean that humans are inherently afraid to try new things, even if their current situation is a losing one? Scientists speculate that the rote memorization and repetition emphasized in our school systems might be the culprit.

~If you’re looking to burn some extra calories, then watching a horror movie may do the trick. Researchers studied a small group of people and discovered that when their pulses quickened and adrenaline surged, their metabolisms increased, and they burned three times as many calories. The stress brought on by fear also suppressed their appetites. Even weirder, the number of calories they burned changed depending on the intensity of the movie, with *The Shining* and *Jaws* burning the most.

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**“Away in a meadow all covered with snow, the little old groundhog looks for his shadow. The clouds in the sky determine our fate. If winter will leave us early or late.”**

~ Don Halley

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**FEBRUARY Quote**

*~ Don Halley*
**What’s Lucky in February?**
Lucky Colors: Pink and Red
Lucky Animal: Bear
Lucky Letters: L and T
Lucky Day: Friday
Lucky Plants: Rose and Violet

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### February Birthdays

In astrology, those born between February 1–18 are the Water Bathers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.” Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

- Langston Hughes (poet) – February 1, 1902
- Ayn Rand (author) – February 2, 1905
- Elizabeth Blackwell (doctor) – February 3, 1821
- Gertrude Stein (writer) – February 3, 1874
- Rosa Parks (activist) – February 4, 1913
- Rick Astley (singer) – February 6, 1966
- Laura Ingalls Wilder (writer) – February 7, 1867
- Thomas Edison (inventor) – February 11, 1847
- George Ferris (inventor) – February 14, 1859
- Jane Seymour (actress) – February 15, 1966
- Alan Greenspan (economist) – February 16, 1926
- Rosa Parks (activist) – February 2, 1913
- Laura Ingalls Wilder (writer) – February 7, 1867
- Yoko Ono (musician) – February 18, 1933
- Paul Williams (architect) – February 18, 1894
- Amy Tan (writer) – February 9, 1952
- Benicio del Toro (actor) – February 19, 1967
- Rihanna (singer) – February 20, 1988
- Sidney Poitier (actor) – February 20, 1927
- Nina Simone (singer) – February 21, 1933
- Richard Feynman (physicist) – February 28, 1918
- George Washington (president) – February 22, 1732
- Elizabeth Taylor (actress) – February 27, 1932
- Linus Pauling (chemist) – February 28, 1901
- Dennis Farina (actor) – February 29, 1944

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### What Am I?

You’ll see me just once every four years. Without me, some people’s birthdays (Dinah Shore, Augusta Savage, and Dennis Farina) don’t come around each year. My days are even and divisible by 6.

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### In the Good Old Days

- In February 1960: The average annual income was $5,620. The average new home cost $16,500. A gallon of milk cost $0.49. $1 in 1960 = $7.89
- In February 1980: The average annual income was $17,710. The average new home cost $76,400. A gallon of milk cost $2.16. $1 in 1980 = $2.83

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### Animals of the Month

Many cultures and groups celebrate feel aligned with various creatures. Here is a sampling of animals that have special connections to February.

- **Rats** – In the Chinese zodiac, 2020 is the Year of the Rat, symbolizing ambition.
- **Wolves** – Native American lore looks to the compassionate yet fierce wolf.
- **Green Dragons** – In the Celtic zodiac, the green dragon, revered for spiritual growth, is strong in early February.
- **Otters** – For some Native Americans, the playful, intuitive otter is associated with February.
- **Owls** – Some cultures draw on the fortitude and cunning of owls during this winter month.
- **Rabbits** – Saying “rabbit” on the first of the month is said to be good luck, according to an English and North American superstition.
- **Snakes** – Celtic mythology celebrates the mysterious, curious snake this month.
- **Groundhogs** – These critters tell us if spring will come early.

### Toys of Yesteryear

- In 1969, the Ideal Toy Co. attempted to blend two dimensional paper dolls with popular 3-D dolls such as Barbie by creating the Flatsy Doll. These quarter-inch-thick dolls had a wire inside them that made them bendable, and they were packaged inside a picture frame or locket. Flatsy came in three sizes (2", 4 1/2", and 8"), with flowing hair and bright, changeable clothes and accessories. The rarest dolls have become collector’s items.
- Like so many of the world’s greatest inventions, the Slinky was created by accident. In 1943, engineer Richard James was devising a spring that would keep equipment steady in rough seas. He knocked a spring off a shelf and watched as it “walked” end over end. James knew it would make an excellent toy, and the Slinky was born. Since 1945, 250 million Slinkys have been sold.

### Fashion of Yesteryear

- In the early 1900s, the Gibson Girl was considered the feminine ideal. Gibson Girls were not real women but drawings in pen-and-ink by artist Charles Dana Gibson. Translating these drawings of girls into reality became easier thanks to the S-bend corset. This corset had a very rigid and straight busk inserted in front. It forced the torso forward while the hips jutted backward, creating the desired S-shape. Designers even called it a “health” corset, for it placed less pressure on the abdomen.
- Between 1910 and the mid-1930s, men were considered fashionable if they wore spatterdashes, or spats. These linen or canvas shoe protectors fastened under the shoe and buttoned up the side. They protected the shoe and ankle from mud and rain. Wearing spats with a tailored vest became known as the “Boulevard Style,” a look of elegance that was adopted by the gangsters of the 1920s. Women also wore spats, although this was much less common.
~Thanks to the shorthand of texting, the dictionary has added a number of abbreviated words, such as in a set amount of time.

~This quirky and innovative watermelon slicer demands only that you push the stainless steel slicer into the fleshy fruit. The windmill mechanism does the rest, turning and churning out perfectly sized watermelon cubes.

~The latest trend in home security is to pair your door deadbolt with the internet. These keyless locks are controlled via an app on your cell phone, which means you can lock or unlock your door from anywhere in the world. A keypad allows entry, and the app keeps a history of who unlocked the door when.

**Root of the Matter**

~Neck of the woods When someone speaks of their neck of the woods, they are referencing their neighborhood. The use of the term neck for a place or locale originated in colonial America. Neck may have been an English mistranslation of the Algonquian word naiack, meaning “point” or “corner.” In England, the term neck referred to a narrow strip of land surrounded by water. But the colonists, in a conscious attempt to retool their language to suit their new home, used neck to describe a narrow stand of woods.

~Wear your heart on your sleeve If you wear your heart on your sleeve, then you are exposing your emotions, unafraid to be vulnerable. Some believe this phrase originated during the ancient Roman festival of Matronalia, honoring Juno, the goddess of wives and mothers. Men would write a woman’s name on their sleeve for the duration of the festival as a symbol of their devotion to her. This tradition continued during the Middle Ages, when knights would dedicate their jousters to maidens of the court by tying the ladies’ handkerchiefs around their arms.

~To the nines If someone is dressed to the nines, it means they are dressed very extravagantly for a special occasion. The expression to the nines did not originally refer to clothing. The nine in question likely referred first to the nine muses of art and learning of Greek mythology or perhaps even the Nine Worthies, a group of legendary heroes of the Middle Ages who personified the ideals of chivalry. In both of these senses, to the nines meant “to perfection.” Over the centuries, the expression evolved from a description of character to relate to dressing in fine clothing.

~Toot your own horn Those who toot their own horns are complimenting or congratulating themselves. This saying comes from the older British idiom blow your own trumpet, which refers to the medieval practice of heralding the arrival of royalty with the fanfare of horns. The expression became common in America in 1776 when it appeared in a series of letters between politicians John Adams, Samuel Adams, and James Warren. Adams wrote: “I think modesty is highly overrated as a virtue—my motto is ‘Toot your own horn lest the same never be tooted.’”

~Take with a grain of salt If you’re asked to take something with a grain of salt, you should not take it literally or as truth, but with skepticism. The adage comes from the ancient Roman author Pliny the Elder, who wrote that food is more easily swallowed if taken with salt. Some suggest that Pliny the Elder was offering an antidote to poison. Adding salt to food would counteract any poisonous effects. The expression evolved to mean protection against any sort of injury, be it poison or untruth.

**What’s the Difference?**

~What’s the difference between a ray and a skate? These two ocean animals are easily confused. They do come from the same family of fish called elasmobranchs. They are both cartilaginous fish and have distinct kitelike shapes. Rays are a little larger and possess dangerous, venomous spikes on their tails, giving them the name stingrays. Rays also give birth to live young. Skates are a bit smaller, with shorter, thicker tails lacking the spike. Skates lay eggs in the shape of little brown bags known as “mermaid purses.”

~What’s the difference between cumulus, cirrus, and stratus clouds? These are the three main types of clouds. Cumulus clouds are the fluffy clouds that look like puffs of cotton. If they grow tall and gray, they can be indicators of a thunderstorm. Cirrus are very high, wispy, and feathery clouds. They are so high in the atmosphere that they are made largely of ice particles. Stratus clouds are often visible as a flat sheet or blanket of clouds that bring rain or overcast skies. They often remain in the sky for an entire day or more.

**Word to the Wise**

~Many of us know the word robot, which means “a machine capable of carrying out complex tasks.” Fewer of us are familiar with the Czech word robota, meaning “forced slavery.” Robot was invented by Karel Čapek, a Czech playwright of science fiction.

~Thanks to the popularity of this new type of parlor game, the word escape room has been added to the dictionary. An escape room is a game where participants are locked in a room and can escape only after working together to solve a number of clues in a set amount of time.

~Thanks to the shorthand of texting, the dictionary has added a number of abbreviated words, such as vacay for vacation, sesh for a short session, and inspo for inspiration.
Random Acts of Kindness day February 17, 2020  101 Easy Ideas For Random Acts Of Kindness

Make someone's day today!

1. Tweet or Facebook message a genuine compliment to three people right now.
2. Bring doughnuts (or a healthy treat, like cut-up fruit) to work.
3. While you're out, compliment a parent on how well-behaved their child is.
4. Don't write the angry internet comment you're thinking of writing.
5. When everyone around you is gossiping about someone, be the one to butt in with something nice.
6. Cook a meal or do a load of laundry for a friend who just had a baby or is going through a difficult time.
7. If you walk by a car with an expired parking meter, put a quarter in it.
8. Put your phone away.
9. Hang out with the person who just moved to town.
10. Offer a homeless person your leftovers bag from the restaurant.
11. Each time you get a new piece of clothing, donate an old one.
12. Don't interrupt when someone else is speaking. (Surprisingly few people master this.)
13. Email or write an old teacher who made a difference in your life.
14. Compliment someone to their boss.
15. Leave a nice server the biggest tip you can afford.
16. Smile at someone on the street, just because.
17. Let someone into your lane. They're probably in a rush just like you.
18. Forgive someone, and never bring up the issue again.
19. Talk to the shy person who's sitting by themselves at a party.
20. Leave your New York Times or Us Weekly behind for someone else to read at the coffeeshop, the doctor's office, or on a plane.
22. Help a mother with her baby stroller.
23. Become a big brother or big sister.
24. Let the person behind you at the supermarket checkout with one or two items go ahead of you.
25. Write someone a letter. Like a real letter, on paper. And mail it!
26. Give away stuff for free on Craigslist.
27. Make a "breakup playlist" on Spotify for your friend who's going through heartbreak.
29. Be the person who puts a tip in the tip jar at the coffeeshop. (Fewer people tip than you'd think!)
30. Bring in fun office supplies to liven up the workday for everyone.
31. When you go somewhere to get or do something, ask the people around you if you can pick up anything they need.
32. Give someone a hug.
33. If you spill creamer or sugar on the counter at Starbucks, wipe it up.
34. Call your grandparents. Call them!
35. Donate your old eyeglasses so someone else can use them.
36. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
37. Write something nice on that person's updates who posts on Facebook constantly. They're probably lonely.
38. Sincerely compliment your boss, who probably doesn't often get feedback from her reports.
39. Put sticky notes with positive slogans on the mirrors in restrooms.
40. Let them have the parking space.
41. Relay an overheard compliment.
42. Volunteer to read to kids at an after-school program.
43. Bring your partner coffee in bed tomorrow.
44. Try to make sure every person in a group conversation feels included.
45. Stop to talk to a homeless person.
46. Answer that email you've been avoiding.
47. Send anonymous flowers to the receptionist at work.
48. Pay the toll for the person behind you.
49. Donate or recycle your old laptop and electronics.
50. Write a nice comment on your friend's blog.
51. Play board games with senior citizens at a nursing home. Sixty percent of them will never have a visitor during their stay.
52. Give someone a tissue who's crying in the public, and offer to talk about it, but only if they want to.
53. Listen intently.
54. Babysit for a single mom for free.
55. Adopt a rescue pet.
56. Compliment someone in front of others.

cont on pg. 12
Cooking and baking have been shown to be great activities for people living with dementia; it allows them to explore the senses, provides a creative outlet, helps to spark memories, and encourages conversation. Explore the benefits of cooking for those living with dementia:

1. **It Engages the Senses**  
   Cooking provides an excellent activity for sensory stimulation exploring touch, sight, smell, sound, and taste. For someone living with dementia, sensory activities provide platforms for reminiscence, socialization, and help to improve mood. Engaging the sense of smell as part of a cooking activity can be a great way to reduce agitation and aid with relaxation, as familiar scents incite feelings of comfort and evoke memories. Try asking your loved one what their favorite meal was as a child and re-create it together. Involving your loved one in cooking processes, such as kneading dough and using cooking utensils, are great ways to engage their sense of touch. Doing these can help to improve hand-eye coordination while providing light physical exercise.

2. **Creates Reminiscence**  
   Cooking is a familiar activity for many and taking part in activities in the kitchen can help trigger positive memories for someone living with dementia. Meals are often cooked within a family home shared with loved ones, therefore creating a familiar meal, which has a familiar smell or taste, can help stir those memories. If your loved one used to bake, why not try making biscuits together. Select a simple recipe that involves kneading. Baking biscuits is known to provide a homely familiar smell which may also help spark memories and conversations of when your loved one used to bake. The smell of food cooking has proved to be a powerful reminiscence tool. Familiar scents can help to take someone back in time, triggering memories and eliciting feelings of positivity.

3. **Provides Socialization**  
   Living with dementia can sometimes cause someone to withdraw and become less forthcoming as they may be experiencing memory or communication difficulties. Taking part in familiar activities such as cooking or baking is a great way to increase social interaction by working together. Socializing through activities can have a profound impact on someone’s mood. Simply taking part in something together or having conversations surrounding the activity can significantly reduce loneliness and help improve your loved one’s mood.

4. **Increases Appetite**  
   Many people living with dementia can experience a loss of appetite and therefore lose a connection with food. By introducing cooking as an activity, the enjoyment and social interaction can provide a useful tool for increasing appetite. Try to create food that looks or smells appealing; the aroma can help stimulate appetite.

5. **Provides Relaxation**  
   Cooking has many stress-relieving benefits and can help those living with dementia relax. Repetition in baking and activities such as kneading dough have been shown to be an effective way to reduce agitation and create a calming environment. With a multitude of benefits, cooking and baking are brilliant ways to help those living with dementia reminisce and create connections with both people and food. Try introducing small cooking activities in a safe way with your loved one to explore the benefits.

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**Nutritional News – Health benefits and risks of chocolate cont.**

**Risks and precautions**  
Chocolate may have health benefits, but it can have some negative effects, too.

**Weight gain:** Some studies suggest that chocolate consumption is linked to lower body mass index (BMI) and central body fat. However, chocolate can have a high calorie count due to its sugar and fat content. Anyone who is trying to slim down or maintain their weight should limit their chocolate consumption and check the label of their favorite product.

**Sugar content:** The high sugar content of most chocolate can also be a cause of tooth decay.

**Migraine risk:** Some people may experience an increase in migraines when eating chocolate regularly due to cocoa's tyramine, histamine, and phenylalanine content. However, research is mixed.

**Bone health:** There is some evidence that chocolate might cause poor bone structure and osteoporosis. The results of one study, published in The American Journal of Clinical Nutrition, found that older women who consumed chocolate every day had lower bone density and strength.

**Heavy metals:** Some cocoa powders, chocolate bars, and cacao nibs may contain high levels of cadmium and lead, which are toxic to the kidneys, bones, and other body tissues. In 2017, Consumer Lab tested 43 chocolate products and found that nearly all cocoa powders contained more than 0.3 mcg cadmium per serving, the maximum amount recommended by the World Health Organization (WHO).

All in all, eating chocolate can have both health benefits and risks. As ever, moderation is key.

Q: We often hear now that chocolate is actually good for us. Do you think people should eat chocolate for its health benefits?
A: Considering that heart disease is the number one killer and that dark chocolate has been shown to substantially reduce risk of cardiovascular disease, I believe regular chocolate consumption can be a good thing. Always choose above 70-percent cacao and select your brand wisely so as to keep your cadmium, lead, and sugar low while maximizing the antioxidant and flavonol benefits.
~The most tedious cooking mistake to remedy is fishing an eggshell shard out of a bowl of raw egg. For some reason, that tiny piece of shell is almost impossible to retrieve, constantly escaping from under your finger. This is because the egg white sticks to your dry fingers, which then creates a barrier between your finger and the shard. One trick is to wet your finger first. The film of water will prevent the egg white from sticking to your finger, and you can retrieve the eggshell shard. Another trick is to use the remaining eggshell as a scoop to fish out the shard.

~There may be no greater cleaning challenge in the kitchen than a burnt or scorched pan. Oil heated to high temperatures can turn the cooking surface a deep brown that no amount of scrubbing can remove. But there is hope. Hot water or vinegar can deglaze the pan, loosening the burnt-on bits. Another method is to leave a dryer sheet to soak in the pan for an hour or two. Then use the dryer sheet to scrub the pan clean. Still another method is to make a scrubbing paste of equal parts baking soda and warm water.

**Household Tip**

~Mention banana ketchup, and you’ll likely get cringes and confusion—unless you are in the Philippines. For this unique condiment, we can thank Filipina food chemist María Orosa. Orosa wanted the Philippines to become a self-sufficient nation, especially when it came to food. After studying food chemistry in the United States, she returned to the Philippines to develop a number of local foods, the most famous of which is banana ketchup: a mix of bananas, spices, and vinegar. It is the perfect topping for Filipino spaghetti—spaghetti topped with banana ketchup and hot dogs!

~Pigs’ trotters, or pigs’ feet, have been a culinary staple of many countries for centuries. The fat and gelatin from the feet are a good means of enriching dishes like beans and greens. When brined, simmered, and pickled, they take on a culinary life all their own. Stuffed or braised trotters have long enjoyed popularity in the UK and France. In the Canton region of China, where new mothers enjoy a “sitting month” of rest after giving birth, pigs’ feet ginger stew is a common dish to reinvigorate and reenergize women. With nose-to-tail eating becoming a growing trend, markets can hardly keep enough trotters in stock.

~Pickled watermelon rind. Pickled peaches. The American South enjoys a good pickling, but Mississippians took pickles to strange new gastronomic heights when they began brining dill pickles in Kool-Aid. The result is a crunchy, sweet-and-sour take on the pickle… not to mention the bright red coloring. No one is sure when exactly the trend started, but it has been enjoyed for generations. All it takes is a gallon of dill pickles, a pound of sugar, and two packets of Kool-Aid. Simply mix with water in a jar and enjoy your Pickools, or Koolikles, as locals call them.

~Lox is a Scandinavian invention, thanks to fishermen who mastered the art of preserving salmon in brine. The art was also mastered by Native Americans, who preserved salmon by smoking and drying it. Bagels originated on the Silk Road from China. Uighur merchants sold circular breads to traveling merchants, and these breads were eventually refined into taralli in Italy, and then bagels in Poland. But it was in the great mixing pot of New York City that Scandinavian lox was first put on the bagel.

**Wild Kingdom**

~The Paris Zoological Park has a new attraction known as *le blob*. This organism can solve mazes, heal itself, and move four centimeters per hour. It is not an animal but *Physarum polycephalum*, a brainless, bright yellow slime mold. It has no mouth or stomach, but it can find and digest food. (It loves oats.) It lacks a nervous system but is capable of decision-making, learning, and memory. Two blobs of the same genetic makeup can merge into one and share knowledge. It can just as easily split itself in two. Luckily, the marvelous organism cannot take over a town like in the 1958 horror movie.

~Sharks may not have ears like humans do, but they have been shown to respond to music, and great white sharks have demonstrated attention to heavy metal music in particular. For this reason, the heavy metal band Kiss was invited to stage a concert on a boat in the Indian Ocean, just off the coast of Australia, in the hopes of attracting great whites. Typically, chum is used to attract sharks, but concert organizers hoped to draw in the great whites using underwater speakers. Unfortunately, the sharks were a no-show.

~What happens to cats when they have catnip? All cats, including lions and tigers, are particularly susceptible to an oil found in the stems and leaves of the catnip plant. The oil nepetalactone acts like an artificial cat pheromone, causing a cat to act like it’s in heat. They rub their heads and body on the herb, salivate, and vocalize. The response continues for about 10 minutes before the cat becomes immune to its effects. Catnip is not addictive and is completely harmless. Humans have used it as a mild sedative, to lessen migraines, and to reduce swelling.

~Conservationists had long feared that the silver-backed *chevrotain*, a tiny deerlike species small enough to fit in the palm of your hand, had gone extinct. The animal, also known as the Vietnamese mouse deer, had not been seen in the wild for 25 years. After hearing locals talk about sightings of the creature, scientists set up cameras in the coastal rainforests of southern Vietnam. To their delight, they snapped more than 1,800 photos of the animal over five months.

~Last February, the small Russian settlement of Guba in the Arctic circle was overrun by an invasion of 52 hungry polar bears. The bears pillaged the local dump and broke into schools and office buildings in search of food, forcing officials to declare a state of emergency. Scientists believe that the bears were on their way to feeding grounds farther north when they discovered the town… and the garbage dump full of food. Some have been quick to point out that the crisis might have been aggravated by a reduction of the sea ice needed by the bears for hunting.
1867 – Johann Strauss’ magnificent “Blue Danube Waltz” was played for the first time at a public concert in Vienna, Austria.

1872 – The Metropolitan Museum of Art opened in New York City. One of the world’s largest and most important art museums, it is located on the eastern edge of Central Park.

1878 – Thomas A. Edison patented the phonograph. His first recording was made by reciting “Mary Had a Little Lamb” into a large horn, which transmitted vibrations to a needle that scribbled the recording onto a cylinder rotated by hand.

1883 – Ladies’ Home Journal was published for the first time as a women’s supplement to another magazine. The following year it became an independent publication.

1913 – The 16th Amendment was ratified, authorizing the federal government to impose and collect income taxes. The influential Anti-Saloon League strongly supported the income tax because it made the federal government less dependent on alcohol excise taxes.

1919 – An act of the U.S. Congress established most of the Grand Canyon as a U.S. National Park. The canyon is one of the seven natural wonders of the world. The park includes more than a million acres of land; the canyon itself is 277 miles long.

1922 – Following intense testing at the University of Toronto, Sir Frederick Grant Banting and Professor John Macleod announced that they had developed a method for extracting insulin from animals. Mass production began in a matter of months, and the drug quickly began to extend the lives of millions of people worldwide who suffered from diabetes. Banting and Macleod were awarded the Nobel Prize the next year.

1928 – The La-ZBoy reclining chair was invented. The first model was a comfortable wood slat porch chair.

1932 – The first U.S. Winter Olympics were held at Lake Placid, New York. The Games were opened by Franklin D. Roosevelt, then the governor of New York. He was elected president of the United States nine months later.

1935 – The board game Monopoly went on sale for the first time. Monopoly is a variation of a game called “The Landlord’s Game” that was invented in 1903.

1937 – The first giant panda to live outside of China, Su Lin, was acquired by the Brookfield Zoo in Chicago. The public adored Su Lin, and as a result, attitudes about hunting the cuddly animal changed.

1940 – Frank Sinatra joined the Tommy Dorsey Orchestra. Sinatra recorded 80 songs with Dorsey between 1940 and 1942, including “I'll Never Smile Again,” “Polka Dots and Moonbeams,” and “Imagination.”

1946 – ENIAC, the first electronic general-purpose computer, was formally dedicated at the University of Pennsylvania. The behemoth was housed in a 50-foot-by-30-foot basement at the school.

1947 – Edwin H. Land publicly demonstrated his instant camera. The new device could produce a black-and-white photograph in 60 seconds.

1964 – The Italian government announced that it would accept suggestions on how to save the renowned Leaning Tower of Pisa from collapse. A multinational group of engineers completed their work in 2001. The structure now leans at about 3.99 degrees instead of the previous 5.5 degrees.

1971 – Alan Shepard became the fifth man to walk on the moon and the first to golf on the moon. Shepard took two shots with a six iron connected to a piece of rock-collecting equipment. The first ball shanked, but the second traveled, as he jokingly put it, “miles and miles and miles.” (Actually, it was just over a mile, beating the Earth record by about 1,200 yards.)

1974 – The first issue of People magazine made its appearance on newsstands and featured actress Mia Farrow on the cover. People was a spin-off of TIME magazine.

DID YOU KNOW

- February is the most misspelled of all the months.
- If you are right-handed, you tend to chew with the right side of your mouth, and if you are left-handed, you tend to chew with the left side of your mouth.
- The letters in the abbreviation e.g. stand for exempli gratia, which in Latin means “for example.” The abbreviation i.e. stands for id est and translates to “that is.” To avoid confusing the two, remember that both e.g. and example start with e.
- Veto is Latin for “I forbid.”
- “Flat Earth” theories have seen a resurgence in the past few years, thanks to a growing online presence and media coverage. The Flat Earth Society encourages people to trust “one’s own senses to discern the true nature of the world around us” rather than science.
- In 1872, the Equal Rights Party nominated Victoria Claflin Woodhull for the U.S. presidency. Her running mate was Frederick Douglass. Seeing as how women were not granted the right to vote until 1920, she could not even vote for herself.
- The three primary colors for pigments are red, blue, and yellow. The three primary colors for light are red, blue, and green.
- Earth’s trip around the sun takes 365 days, plus 5 hours, 48 minutes, and 46 seconds. Ancient Egyptians were the first to discover that the solar and calendar years did not match up exactly. Rome’s Julius Caesar created the leap year in 46 BC to compensate for the extra time.
101 Easy Ideas For Random Acts Of Kindness cont.  
Make someone's day today!

57. Hold the elevator.
58. IM or email that person you're afraid to talk to because you don't want to "bother them." They're probably thinking the same thing about others!
59. Remind yourself that everyone is fighting their own struggles.
60. Leave some extra quarters in the laundry room.
61. Write your partner a list of things you love about them.
62. Put together a small herb garden for someone.
63. Empathize
64. Say thank you to a janitor.
65. Talk to someone at work whom you have't talked to before.
66. Frame your friend's favorite lyric or quote and give it to them with a nice note.
67. Send dessert to another table.
68. Text someone just to say good morning or good night.
69. Help your elderly neighbor take out the trash or mow their lawn.
70. Give up your seat to someone (anyone!) on the bus or subway.
71. Tell your siblings how much you appreciate them.
72. Bring a security guard a hot cup of coffee.
73. Plant a tree.
74. Purchase some extra dog or cat food and drop it off at an animal shelter.
75. If you're a good photographer, take photos of your friends and make them into a digital album.
76. Send mail to Danny Nickerson, a 5-year-old with an inoperable brain tumor.
77. Smile when you feel like scowling.
78. Wash someone's car.
79. Dog or cat sit for free.
80. Keep an extra umbrella at work and let someone borrow it on their way home if there's a sudden downpour.
81. Make two lunches and give one away.
82. Reduce air pollution by carpooling.
83. Say yes at the store when the cashier asks if you want to donate $1 to whichever cause.
84. Be encouraging!
85. Help someone struggling with heavy bags.
86. Take all your change to Coinstar and donate your collection to charity.
87. Give your friend a hug, touch their arm, or pat them on the back. So many of us are starved for human touch!
88. Buy lemonade from a kid's lemonade stand.
89. Give your partner the benefit of the doubt.
90. Be kind to the customer service rep on the phone. It's not their fault.
91. Do the dishes even if it's your roommate's turn.
92. Print out this gift pillowbox and leave someone special something special.
93. Give someone the rest of your pack of gum.
94. Be patient.
95. Clean someone's windshield.
96. Every night before you go to bed, think of three things you're grateful for.
97. Make plans with that person you've been putting off seeing.
98. Call your mom.
99. Offer to return a shopping cart to the store for someone loading groceries in their car.
100. Have a clean-up party on the beach or at a park.
101. When you hear that negative, discouraging voice in your head, remember to leave yourself alone — you deserve kindness too!