Celebration of Life Day – January 22, 2019

Celebration of Life Day is January 22! This day was originally established as a day to celebrate the children in our lives, but it’s evolved into an occasion to celebrate life at any age! The great thing about this holiday is, it’s all about you and celebrating your life! If you’re in school, it’s the perfect day to celebrate just how great this phase of your life is, how wonderful it is to be able to study and spend time expanding your mind. If you’re a parent, it’s a great day to try to focus on your kids and really appreciate this phase of their lives — and yours, too. Single? Use this day to appreciate your freedom and autonomy. All of us have hard days, but on Celebration of Life Day, we try to enjoy what’s good about our lives!

Celebration of Life Day Activities

Make a list of good things  Celebration of Life Day is a great excuse to make a list of everything in our lives worth celebrating! Think big ("I'm healthy," "I have a roof over my head", "I have great friends") and small ("I love my haircut right now," "The way the sun comes through my windows in the morning makes me smile.") Writing the list will put a smile on our faces and remind us how great our lives are.

Indulge yourself in an ideal day  One way to celebrate your life is to live your best life, today! Think about what you can do for yourself to make today extra special. Indulge in a doughnut with your morning coffee, take a long walk, invite friends over for pizza and TV. Whatever your favorite things to do are, do them today!

Do activities you enjoyed as a child  No one enjoys life quite like kids, and sometimes our inner child truly knows what's best when it comes to getting the most out of life. What did you enjoy as a child? Did you like doing puzzles? Did you like the swings? Did you like ice cream cones? Think back to something you loved as a child, and see if you still love it. Kid-you was pretty smart, we bet you'll celebrating life in no time!

Why We Love Celebration of Life Day

It reminds us of the little things  As we get older, life can get the best of us and make us quickly forget simple joys. Remember when getting a candy bar was the best thing in the world? Remember when we didn't have to worry about stressful activities like taxes and dating? On Celebration of Life Day, we get the chance to reflect on the simple things that make us smile.

It's a reason to connect with the ones we love  It can be hard to set aside quality time with the people you love, but friends and family make life worth living. Celebration of Life Day reminds us to reach out to the ones we love most and celebrate how beautiful life is, together.

It's a day to reflect on what we want our lives to look like  If we're not feeling very celebratory about our lives, Celebration of Life Day is a great way to do something about that. What is hard? What could we change? What would a life worth celebrating look like? Change can be hard, but there's no time like the present to start making the changes that will make our lives look like what we want them to.
Soup’s On!

Search vertically, horizontally, diagonally, forward, and backward. The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

| I A C F D F E E R F I S H C C |
| Z C E E V W M L E K H F B H A |
| R E H M L M Z N B Y A Q F I J |
| B I V O O E O C M A H A F C G |
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| G N Y W Q T A R I M S S E A A |
| C A U W Q N C L C V U H R T L |
| J N V R I K G S R J H G X O C |
| N B R O C C O L I V F K F E B |

| BARLEY | BEEF | BISQUE |
| BORSCHT | BROCCOLI | CABBAGE |
| CARROTS | CELERY | CHICKEN |
| CHOWDER | CLAMS | CONSOMMÉ |
| CUCUMBER | FISH | GUMBO |
| LENTIL | NOODLES | ONION |
| POTATO | RICE | VEGETABLE |
Laura Bush’s Texas Cookies

Ingredients:
• 3 cups flour
• 1 tablespoon baking powder
• 1 teaspoon baking soda
• 1 teaspoon salt
• 1 1/2 cups unsalted butter, room temperature
• 3 eggs
• 1 1/2 cups brown sugar
• 3 cups semisweet chocolate chips
• 2 cups sweetened flake coconut
• 1 tablespoon vanilla extract
• 3 cups old fashioned oats
• 1 cup chopped pecans

Directions
1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine flour, baking powder, baking soda, cinnamon, and salt in a medium bowl. Set aside.
5. Drop by heaping tablespoonful onto the prepared baking sheet.
6. Bake 8–10 minutes. Allow to cool on baking sheet 3 minutes before transferring to a cooling rack. Makes 4 1/2 servings

Dr Pepper Pudding Cake

Ingredients:
• Cooking spray
• 1 (16-ounce) sugar-free devil’s food cake mix
• 16 ounces Diet Dr Pepper
• 1 (1.4-ounce) package sugar-free chocolate pudding mix
• 2 cups milk

Directions
1. Preheat oven to 350°F. Spray a 9 X 13-inch baking pan with cooking spray.
2. Combine cake mix and Dr Pepper in a large bowl. Transfer to the prepared baking pan.
3. Bake 18 minutes. Allow to cool.
4. Using the handle of a wooden spoon, poke 12 holes in the cake.
5. Combine pudding mix and milk in a medium saucepan over medium heat. Bring to a boil.
6. Remove from heat and whisk in powdered sugar until smooth. Add vanilla, stirring well to combine.
7. Pour mixture on top of the cake and spread evenly.
8. Cover and chill 1 hour before serving. Makes 24 servings

Chocolate-Covered Cherry Bars

Ingredients:
• Cooking spray
• 1 cup flour
• 1 cup sugar
• 1/4 teaspoon salt
• 1/4 teaspoon baking powder
• 1/2 cup cocoa powder
• 1 stick butter, chopped
• 1/4 cup chocolate chips
• 1 teaspoon vanilla extract
• 2 eggs
• 1 (10-ounce) jar maraschino cherries, drained and halved
• 1 cup semisweet chocolate chips
• 3/4 cup sweetened condensed milk

Directions
1. Preheat oven to 350°F. Spray a 9 X 13-inch baking pan with cooking spray.
2. Combine flour, sugar, salt, baking powder, and cocoa powder in a large bowl.
3. Place butter and chocolate chips in a small microwave-safe bowl. Microwave 1 1/2–2 minutes, stirring every 30 seconds until completely melted.
4. Add butter mixture, vanilla, and eggs to the flour mixture, stirring until just combined. Transfer to the prepared baking pan.
5. Sprinkle cherry halves and chocolate chips evenly over the brownie mixture. Drizzle sweetened condensed milk evenly over the top.
6. Bake 28–30 minutes. Allow to sit several hours to set before cutting and serving. Makes 24 servings
Discover How Teas Can Aid Ailments and Boost Your Health!

January is National Hot Tea month, so now’s the time to discover some amazing benefits of this popular drink. China and England are big tea drinkers for good reasons – tea can provide necessary relief of minor ailments and they have a variety of tastes to match every palate. Perhaps you are already familiar of the power of green tea and the wakeful properties of black tea, but what about some of those everyday problems? Keep reading to find the most beneficial tea for your specific ailments. Teas are more than delicious, they can help alleviate everyday ailments too. Before you run to the pharmacy, try drinking one of these hot teas first.

**Colds and flus** are common this time of year, but with a little help from Nettle, peppermint, lavender, licorice root, or echinacea teas, you can combat these wintertime ailments. Nettle tea also assists in aiding hay fever symptoms, you can drink up to 3-4 cups per day and make sure to drink water as well. If nettle isn’t your cup of tea, try drinking peppermint tea! It acts as a natural decongestant and helps alleviate sore throats. Try drinking 4-5 cups per day and in between meals. Licorice Root tea also soothes sore throats, eases congestion and coughing. Lavender tea treats bronchitis, coughs, and colds. Many people find that drinking echinacea tea at the first sign of a cold help to keep it from getting worse. Drinking echinacea tea may reduce the severity of cold symptoms.

**Upset stomach, indigestion, nausea, or flatulence** got you down? Brewing lemon balm, peppermint, ginger, and cardamom can all provide relief. Drink lemon balm tea up to four times a day for flatulence. Lemon balm can be mixed with peppermint to relieve stomach discomfort. Peppermint tea is great for upset stomachs, but avoid drinking if you have heartburn as it can aggravate the problem. Ginger tea is a well-known and effective treatment for nausea and its lively flavor is delicious too. Cardamom tastes great and relieves indigestion, nausea, and flatulence.

**Stress or insomnia** plaguing you? Lavender tea, chamomile, or lemon balm mixed with valerian root promotes a good night’s sleep. Lavender helps to calm your mind and nerves allowing you to feel relaxed enough to sleep.

**High blood pressure** calls for decaffeinated green or hibiscus. Green tea has been known to be helpful in combating high blood pressure when you drink 3-4 cups daily for more than 12 weeks, according to a study by the British Journal of Nutrition. Green tea’s high level of antioxidants has been linked to improving cardiovascular health. Hibiscus tea has been shown to help with moderately high blood pressure when consumed for 2-6 weeks.

**High Cholesterol** problems? Cinnamon tea is not only flavorful, but helps reduce the bad cholesterol (HDL) and boost the good cholesterol (LDL). Rich in antioxidants, green tea has also been shown to improve LDL.

**Seasonal Affective Disorder** affects many of us when there’s less light. Licorice root tea may assist with boosting cortisol levels which help with beating those winter blues.

**Dry skin or eczema** making you itch? Make yourself a hot cup of oolong tea. According to a study by the National Eczema Association, noticeable improvement was seen in 63% of eczema sufferers after drinking oolong tea 3 times a day for one month.

Many of the teas listed here, green tea in particular, may help to reduce a variety of different ailments, large and small, however some tea may not be recommended for pregnant women or people on certain medications, so make sure to speak to your doctor first.

**10 Ways to Enjoy Hot Tea Month in January**

It’s cold outside in many parts of the world, so perhaps tea is already a cozy part of your daily regimen. Thankfully, January is National Hot Tea Month, in Canada and the U.S., which gives us good excuse to warm your health and home. Here are ten lovely ways you can sip your favorite brew in celebration of Hot Tea Month…

1. **Try a New Brew to You**
   - Be adventurous with your pot and go searching for a reputed healthy brew that you haven’t sipped yet. Think recent healthy teas that are all the buzz right now—such as white teas, rooibos, pu-erh (a Chinese fermented tea named after Pu’er City, in China), and of course, kombucha!

2. **Sample Exotic Teas**
   - Can’t sneak away for an exotic vacation in January or February? You can still sip your way to exotic locations by sampling popular teas from around the globe. Open your senses to the bold, earthy flavors of Matcha or Sencha—Japanese green teas known for their bold flavors and antioxidant benefits. Or taste a spicy yet soothing brew from India, like Darjeeling tea or Masala Chai.

3. **Brew for Health**
   - For the health conscious, mention of green brews like Gyokuro, Matcha, and Sencha may have piqued your interest due to their reputed antioxidant and vitamin C prowess. If you like lattes, look no further than rooibos tea, a South African blend that’s also rich in antioxidants yet naturally sweet because it’s often blended with spices like vanilla, as well as caramel, and chocolate.

4. **Winter Spice Teas**
   - Part of drinking in season teas is focusing on spices and produce that’s bountiful in the month of January. Consider spicing up your brew by selecting winter-specific spices. Warm, comforting, delicious pots can be brewed by infusing teas with ginger, cinnamon, cardamom, and vanilla spices. Don’t forget to wrap up in a cozy blanket first.

5. **Winter Citrus Blends**
   - Another way to sip in season is to infuse your tea pot with bold citrus flavors that are plentiful during the cold, winter months. For instance, zesty citrus teas can be had in lemon-ginger, orange-spice, and mandarine with cinnamon. I’m cozy just thinking about it.
January’s name is actually derived from the ancient Roman god Janus, who is thought to have presided over the dawning of each new year. He was often referred to as the “god of gateways” or “god of doorways.” Janus is the original “two-face,” as his image is often symbolized by a face that looks both backward and forward at the same time—a reminder that this is a good time to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.

“Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again.”
~ Bill Morgan Jr

Birthstone – Garnet
The birthstone of January is the garnet. The name comes from the Latin word granatus, which means “seed-like.” In the Middle Ages, garnets were carried by travelers to protect them against accidents far from home. In ancient Asia and the American Southwest, garnets were used as bullets because the glowing red color was said to increase the ferocity of a wound. Although garnets are usually thought of as being stones of dark ruby red, they are found in various other colors, including pink, green, and orange.

Tree of the Month – Apple Tree
Apple trees are easy to grow, but usually need to crosspollinate to produce edible fruit. That’s one reason they are often found grouped in orchards. Red delicious had long been the most popular apple in the United States, but they’ve recently been edged out by galas, with honeycrisps hot on their heels. In Ashland County, Ohio, there is still a gnarled apple tree planted over 170 years ago by John Chapman, a.k.a. Johnny Appleseed. Apple trees rarely live this long, and grafts from the tree have been taken to grow new trees before the tree dies. After the Revolutionary War, settlers could claim to a homestead by planting 50 apple trees on the land. Chapman, an orchardist, traveled through Pennsylvania, Ohio, and Illinois planting 50-apple-tree orchards. When the trees were established, he’d sell to settlers. Most of these trees were cut down by the government during Prohibition to prevent hard cider production.

Flower – Carnation
The carnation’s history dates back to ancient Greek and Roman times, when it was used in art and decor. Christians believe that the first carnation bloomed when Mary wept for Jesus as he carried his cross. Carnations in these early times were mostly found in shades of pale pink and peach, but over the years, the color palette has grown to include red, yellow, white, purple, and green. Each color expresses a different sentiment. For example, light red conveys admiration, whereas dark red signifies deep love and affection.

Set the Record Straight
~The United States would like at least 70% of the population to get a flu shot each year, yet only about 40% of Americans get one. Some people think that a flu shot will give them the flu virus, but this is not true. The flu virus inside a flu shot is not active, and inactive viruses cannot transmit disease. What does happen is that the human body’s immune system turns on. It senses the inactive virus as a foreign invader and begins to create antibodies to fight it. These antibodies are what help prevent you from getting the flu if you are exposed.

Word to the Wise
~A new sport has taken over not just tennis and basketball courts but the dictionary as well. Pickleball was added to the dictionary, defined as “a newly popular court sport played with short-handled paddles and a perforated plastic ball.”

~The dictionary recently added a new portmanteau, or combination of two words. A fatberg, a combination of fat and iceberg, is “a large mass of fat or solid waste that collects in a sewer system.” Fatbergs have been found in the aging sewer systems of England.

~The word boycott comes from Captain Charles Boycott, a land manager in Ireland during the 1880s. When he demanded rent from his tenants during a bad harvest year, those tenants left their land and abandoned Boycott, giving rise to a new word for ostracism.

What’s the Difference?
~What’s the difference between a sheriff, a marshal, and a ranger? Sheriff is an elected position. Sheriffs manage countywide departments that serve papers, provide security for courts, run county jails, and provide law enforcement for unincorporated areas of a county. A marshal is an enforcement officer specifically for the court. Marshals serve subpoenas and arrest warrants. Rangers are general law enforcement officers unique to Texas. They serve as a de facto Texas State Police force.

~What’s the difference between a modem and a router? The computer illiterate may get these two blinking boxes confused. A modem brings the Internet into your home or office via a coaxial cable, often from an internet provider or cable company. The router then delivers and secures the internet connection throughout your home or office to devices, such as computers, cell phones, and other smart devices. Modems and routers used to be two separate machines, but today they are often combined into one powerful device, provided by your internet company.

January Zodics
Capricorn (The Sea Goat) January 1–19
Aquarius (The Water Bearer) January 20–31
January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bears 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.”

Betsy Ross (folk hero) – January 1, 1752
J.R.R. Tolkien (author) – January 3, 1892
Joan of Arc (heroine) – January 6, 1412
Zora Neale Hurston (writer) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
David Bowie (musician) – January 8, 1947
Rod Stewart (musician) – January 10, 1945
Alexander Hamilton (politician) – January 11, 1755
Faye Dunaway (actress) – January 14, 1941
Martin Luther King Jr. (activist) – Jan. 15, 1929
Dian Fossey (primatologist) – January 16, 1932
Al Capone (gangster) – January 17, 1899
Muhammad Ali (boxer) – January 17, 1942
Kevin Costner (actor) – January 18, 1955
Edgar Allan Poe (writer) – January 19, 1809
George Burns (comedian) – January 20, 1896
Benny Hill (comedian) – January 21, 1924
Caroline of Monaco (princess) – January 23, 1957
Mary Lou Retton (gymnast) – January 24, 1968
Alicia Keys (singer) – January 25, 1981
Virginia Woolf (writer) – January 25, 1882
Bessie Coleman (aviator) – January 26, 1892
Tom Selleck (actor) – January 29, 1945
Nolan Ryan (ballplayer) – January 31, 1947

Lucky Colors: Gray and Blue
Lucky Day: Saturday
Lucky Numbers: 1 and 8
Lucky Letters: A and Z
Lucky Plant: Ivy

In the Good Old Days

In January 1920 (100 years ago):
The average income was $1,130. The average new house cost $6,296. A loaf of bread was $0.11, and a gallon of milk cost $0.58. ($1 in 1920 = $13.21 today)

In January 1970 (50 years ago):
The average income was $11,106. The average new house cost $26,600. A loaf of bread was $0.24, and a gallon of milk cost $1.32. ($1 in 1970 = $6.81 today)

In January 1920 (100 years ago):
- Leonardo da Vinci unsuccessfully tests a flying machine.
- Thomas Edison files a patent for the lightbulb.
- The first Rose Bowl game is played in Pasadena, California.
- The Mickey Mouse comic strip is released.
- The Hamilton Watch Company introduces the first electric watch.
- Wham-O produces the first Frisbee.
- The movie Sleeping Beauty is released.
- Ham the Chimp travels into outer space.
- The first Super Bowl is played.
- The first Apple Macintosh goes on sale.
- The Euro currency is introduced.
- Calcium deposits are discovered on Mars by NASA’s Curiosity Rover.

In January 1970 (50 years ago):
- The movie Rocky and Bullwinkle cartoon series.
- Art Clokey was a pioneer of the stopmotion animation that brings clay figurines to life on the screen. Clokey and his wife, Ruth, came up with the idea of a green clay figure named Gumby and his orange horse named Pokey. The Claymation pair gained fame after appearing on The Howdy Doody Show. Gumby proved so unique that the figure got his own show in 1955. Not long after, Gumby toys became some of the most popular on the market.

Special Firsts for the First Month

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Fishing of Yesteryear

- It was common practice amongst upper-class Victorian women to wear beauty masks while sleeping. One such device, Madam Rowley’s Face Mask, was made of India rubber and slathered with salves and bleaches. It was to be worn three nights a week. The main purpose of the mask was to force the pores of the face to perspire. It was believed that sweating would soften the skin, relieve the pores, and increase circulation. Copycat masks quickly came to market, the most unusual of which were lined with strips of raw beef or veal.

- In Victorian London, a pedestrian could not walk down the street without seeing someone gazing through a kaleidoscope and walking into a wall or a bicyclist. Those who did not own a kaleidoscope were allowed to pay “a penny for a peek” at the mesmerizing patterns of color and light. When kaleidoscopes were disassembled and revealed to be nothing more than bits of broken glass and tissue paper, people were outraged. Many folks argued that the kaleidoscope was nothing but an instrument of junk that distracted from the real beauty of the living world surrounding us.

~Fashion of Yesteryear

~In 1942, an accordion player named George Burns made his first appearance on The Mike Mexico Show. Burns was known for his musical talent and his ability to play a variety of instruments, including the saxophone and the clarinet.

~In 1960, Mattel introduced a new talking doll with a pull string named Chatty Cathy. Although the doll’s mouth did not move, a pull of the string allowed Chatty Cathy to utter one of 11 phrases, such as “I love you,” “May I have a cookie?” and “Please take me with you.” The phrases were voiced by actress June Foray, who lent her voice to Rocky the Squirrel from the Rocky and Bullwinkle cartoon series.

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Passing Fancy

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~Tesla, a company known for its space rockets and electric cars, has developed a new take on the humble lighter. The Tesla Coil requires no flame, butane, or flick of the thumb. Charge the lighter via a USB port and then press a button to create an electric arc. It’s windproof and there’s no empty plastic to throw away.

~With the advent of fully electric cars came the invention of an electric motorcycle. The LiveWire by Harley-Davidson doesn’t skimp on speed or quality. Despite the lack of a motor, acceleration is lightningfast and turning is nimble. And it doesn’t sound like a rocket taking off but rather, as one would expect, like the motorbike of the future.

~At the push of a button, Gillette’s new Heated Razor gives shavers the comfort of a hot towel. A stainless steel bar just below the blades rapidly heats to provide a smoother shave. A waterproof design allows for use in the shower, and a wireless rechargeable battery promises multiple uses.

~Bose, the company known for its high quality speakers and headphones, has introduced its Audio Sunglasses, which are equipped with built-in speakers just in front of the ear to provide you with perfect sound. Pair them with your smartphone to listen to music, news, or map directions. Tapping the frame prompts the glasses to connect to the Internet and provide info on whatever you’re looking at.

**Gadgets & Gizmos**

~To smell a rat Gangsters in movies often say that they smell a rat, meaning that they suspect a traitor or informer. The saying originated during the days when rats were carriers of deadly diseases. Dogs were highly valued for their abilities to find and destroy rats. When a dog began to sniff wildly, people would suddenly become suspicious that a rat was nearby. Hence, smelling a rat became a phrase equated with uncertainty and fear. The expression evolved to equate disease-carrying rats with untrustworthy people.

~Cock-and-bull story A cock-and-bull story is a tale considered to be so outlandish that it cannot possibly be true. During the 18th and 19th centuries, the village of Stony Stratford in England was an important stop along a road frequented by horse-drawn coaches moving between the cities of London and Birmingham. The village had two inns, the Cock and the Bull. Big-city visitors stopping at these inns would tell stories that were considered unbelievable by the country-dwelling locals. Such incredulous tales came to be known in Stony Stratford as cock-and-bull stories.

~In the nick of time If something happens in the nick of time, then it happens at a precise moment, just in time, before any negative effects begin to occur. Around 1580 in Tudor England, the word nick referred to a notch cut into a measuring stick known as a tally stick. Tally sticks were used to keep score and accounts. In this sense, nicks were considered marks of precise measurement. So, if something were to happen in the nick of time, it would happen at exactly the right moment.

~Winds of change If the winds of change are blowing, this means that change is happening due to forces beyond anyone’s control. Aeschylus, the ancient Greek writer of tragedies, used the phrase thousands of years ago when he wrote, “Zeus at last may cause our ill winds to change,” implying that the powerful god could literally blow the wind. It was popularized as an idiom in 1960 by British Prime Minister Harold Macmillan when he spoke of social and political upheaval in South Africa, saying that “the wind of change is blowing through this continent.”

~Turn over a new leaf New Year’s Day is a time when many people wish to turn over a new leaf, or start fresh and anew, acting in a manner that was better than before. This expression originated in the 1500s when people called the page of a book a leaf. To turn over a new leaf had nothing to do with the leaves on trees, but with someone turning to a blank page in a notebook or journal to start writing a new story or chapter. In this way, turning over a new leaf meant to start writing a new chapter in the story of your life.

**Root of the Matter**

~What’s the difference between a porch, deck, patio, and courtyard? Porches and decks are very similar. They are both outdoor extensions with raised wooden floors. Porches are covered with a roof, while decks are open-air. Patios are outdoor spaces attached or detached from the main home, but they are on the ground and constructed of pavers, concrete, bricks, or tiles. Patio is a Spanish word meaning “the courtyard of a house or building.” A courtyard, however, is surrounded by walls, while a patio is not enclosed.

~What’s the difference between a real estate agent, a real estate broker, and a realtor? An agent is someone who has a professional license to help people buy, sell, and rent most any kind of housing. A broker is someone who has continued their education beyond the agent level to include contracts, taxes, and insurance. A realtor is a member of the National Association of Realtors. Members are held to strict ethical standards and have access to unique market data and services.

~What’s the difference between cornmeal, grits, and polenta? Cornmeal is ground, dried corn, most often used in baking and frying. Grits are a little different, as they are made with hominy. Hominy is corn that has been soaked in a mineral lime bath. The alkalinity softens the kernels and makes them easier to cook with. Tortillas are also made with hominy. The starch inside corn used for grits is soft, while the starch inside polenta is hard and gritty. Regular cornmeal can be used to make polenta, but polenta is often made from an Italian variety of corn known as flint corn, which possesses that hard starch.

**What's the Difference?**
I can live for two months on a good compliment. – Mark Twain

**Take a moment to do this “thought” exercise on giving and receiving compliments.**

Recall the last time you gave a personal non-surface, genuine compliment? How did it feel to give a deeper more personal compliment and how did the other person respond? How about the last time you received a personal compliment, again…a non-surface kind of compliment? How did you respond?

**Giving and receiving more personal compliments is actually a skill that is learned by practicing.**

While it may not feel comfortable and natural to both give and receive compliments the act of doing becomes easier each time you are the giver or the receiver. No distinct set of skills is required other than your intention to gain and grow in this area of personal development along with attention in learning how to give a more personalized compliment and how to receive one.

**Giving and receiving compliments positively impacts everyone!**

When a compliment is given others take in the good noticed in them and in turn they respond and can pass along the shared recognition gained from their compliment. When given and taken sincerely the universe itself rises to the occasion with positivity. From this place, gratitude grows and flourishes!

When we learn to give and receive sincere compliments that travel beneath the surface such as, “nice work or way to go,” to a deeper noticing such as, “you showed up prepared and ready to take on your job today,” a ripple effect occurs across all paths from personal to professional.

Honesty, empathy, emotional intuitiveness, communication, and leadership become elevated within and empower us to show up with impact! Reflect on this short list of mutual benefits shared below and from there, “take your talk” to more personal conversation levels.

**Here are 7 Benefits to Giving and Receiving Compliments:**

**Gratitude Growth.** Making a point of bringing more appreciation and gratitude into the world by giving compliments can help foster and create positive relationships and stronger feelings of social connection.

**Mindfulness Cultivation.** When giving and receiving a deeper compliment mindfulness is in the air. By being gracious to the compliment giver we honor them and in so doing honor our own ability to lovingly receive what was shared. Being present to the desire to speak up and share along with graciously receiving is mindfulness in motion!

**Self-Confidence Development.** When a genuine compliment is offered it takes confidence and empathy to step up and speak up! The more you learn to give a deeper compliment the more you grow and develop your confidence muscle along with communications skills. Receiving a compliment with ease and comfort demonstrates the character attribute of self-confidence and self-value. This is not to be confused with arrogance/ego or selfishness. Taking a heartfelt compliment with grace promotes a more positive way of life. The easiest way to grow and develop confidence is to give and receive kind and empowering words.

**Personal Clarity.** When receiving an unexpected compliment, we have the ability to see ourselves more clearly through the lens of another’s perspective away from our self-imposed blind spots.

**Graciousness.** Taking a sincere compliment is a form of extending graciousness along with gratitude.

**Emotional Wellbeing.** An honest and sincere compliment validates who we are and the emotional effort we have taken to share positivity with another. Likewise taking a moment in time to just relax and appreciate a compliment opens up feel-good hormones and sets a tone for healthier emotions! All of us have a strong need to belong to be recognized and appreciated. Giving and receiving truly helps meet those needs and enhances all of our relationships.

**Good Karma.** Last but not least, Karma. What comes around goes around. As we learn how to sincerely and deeply compliment and receive goodness, it goes out from our small selves and into serving the broad and greater good of humanity. So, give compliments generously and receive them graciously!
10 Things a Person Living with Dementia Would Tell You If They Could
Here are ten communications tips that can help Alzheimer's caregivers improve their daily life.

Sometimes it helps to look at each situation from the perspective, or from out of the eyes of the person living with dementia.

1. You know what makes me feel safe, secure, and happy? A smile.
2. Did you ever consider this? When you get tense and uptight it makes me feel tense and uptight.
3. Instead of getting all bent out of shape when I do something that seems perfectly normal to me, and perfectly nutty to you, why not just smile at me? It will take the edge off the situation all the way around.
4. Please try to understand and remember it is my short term memory, my right now memory, that is gone -- don't talk so fast, or use so many words.
5. You know what I am going to say if you go off into long winded explanations on why we should do something? I am going to say No, because I can never be certain if you are asking me to do something I like, or drink a bottle of castor oil. So I'll just say No to be safe.
6. Slow down. And don't sneak up on me and start talking. Did I tell you I like smiles?
7. Make sure you have my attention before you start babbling away. What is going to happen if you start blabbering away and you don't have my attention, or confuse me? I am going to say No - count on it.
8. My attention span and ability to pay attention are not as good as they once were, please make eye contact with me before you start talking. A nice smile always gets my attention. Did I mention that before?
9. Sometimes you talk to me like I am a child or an idiot. How would you like it if I did that to you? Go to your room and think about this. Don't come back and tell me you are sorry, I won't know what you are talking about. Just stop doing it and we will get along very well, and probably better than you think.
10. You talk too much -- instead try taking my hand and leading the way. I need a guide not a person to nag me all the time.

Nutritional News – It’s National Hot Tea Month – 10 Ways to Enjoy Hot Tea Month in January cont.

6. Brew Nostalgic
Memories, flood the corners of your mug…when you sip from a brew from times gone by. Pick a tea reminiscent of your childhood or select a brew from your Nana’s cupboard.
You can revisit classic brews in a bag of chamomile, Earl Grey, or my personal favorite (because it reminds me of my Grandma Marie), peppermint, because my Gran was one bold, cool, refreshing lady.

7. Tea and Hibernate
During the colder months I’ve adapted my “Neflix and Chill” to include “tea and hibernate (usually with a cozy blanket and my cat, Gus).
I’ve found there’s no better way to hibernate and tea then with the tea that is quintessentially and boldly winter—peppermint. Or you can enjoy the slightly more subtle yet sweeter choice in spearmint. Tea connoisseurs will tell you that spearmint is the more subtle brew because the leaves grow bigger and appear lighter in color compared to peppermint tea leaves.

8. Good Morning!
Not everyone is crazy about coffee. In fact, many of us still prefer a cuppa tea to greet the day.
And many reach for a bold, black brew when steeping their morning carry-out mug. Reach for a bold break-fasty black tea like Assam (from India) or Ceylon (from Sri Lanka).

9. Cook with Tea
You don’t have to just sip tea during the month of January, you can also cook with your favorite brews.
For instance, green teas make an excellent soup and stir fry sauce base, as well as a gentle meat marinade. In fact, Bonappetit.com has some great ideas for cooking everything from pudding to infusing milk for baking with tea leaves.

10. Detoxify with Tea
Many of us consider January a month to get back on track, which is why so many of us join gyms, start eating better, and some even try a detox using tea. Detoxifying teas are herbal blends that are often used as part of Ayurveda, India teachings that aim to attain good health through the balance of mind, body, and spirit.
Detoxifying teas are often used to achieve weight loss or by cleansing the liver of toxins using herbal brews such as turmeric, ginger, red clover, milk thistle, cayenne, garlic, chicory, or dandelion tea.
~The north of Nigeria is known for its production of grains. Hence, many recipes include rice, millet, and sorghum. Recipes involving such staples are known as fufu. Tuwo shinkafa is one such fufu dish and is made from rice that has been mashed and boiled. The rice itself must be of a soft-grained variety that becomes sticky when cooked. The result is a thick pudding-like texture that is then rolled into balls. The balls are dropped into soups or stews, where they soak up the rich flavors of beans, fish, or spices.

~Swedes love their surströmming, a dish made of salted Baltic herring left to ferment to the point of rotting before being canned for general consumption. When a can is opened, the smell is overpowering, but Swedes swear that the taste is well rounded and slightly acidic. Most Swedes prefer to eat the previous year’s surströmming because the herring continue to ferment in the can, fully maturing the flavor and making the fish more tender. People looking for a taste of this unique canned delicacy can find it at the Surströmming Festival in Alfia, in the north of Sweden, every August.

~You may be happy to learn that South African bunny chow does not contain bunny. Instead, it is a quarter loaf of white bread that has been hollowed out to make a sort of bowl, which is then filled with curry. The dish was invented in the large Indian community living in Durban, South Africa, in the 1940s. Legend has it that those Indian workers, without a pail or box to carry their lunches, resorted to using the widely available loaf of white bread. People believe that the word bunny comes from the Indian caste Bania, consisting of the country’s merchants, bankers, traders, and moneylenders.

~Bake and shark is the most popular traditional street food of Trinidad. The bake is the fried dough shell, cooked until it is puffy and light. It is then cut open to act like sandwich bread for the shark. Blacktip shark fillet is most often used, but alternatives like tilapia, kingfish, or catfish are common. Most of the fun isn’t in eating the shark but in filling the sandwich with condiments: lettuce, tomato, garlic sauce, pepper sauce, chadon beni sauce, and the list goes on.

~Cincinnati residents know that goetta (pronounced get-uh) is nothing like scrapple. Goetta is a breakfast meat made by combining steel-cut or pinhead oats with pork or beef and spices. The mixture is pressed into a loaf pan. Slices are cut and fried for breakfast. The dish was invented by German immigrants to the Cincinnati area in the 19th century. Today, most of the goetta consumed in Cincinnati is made by the Glier’s Meats Company across the river in Kentucky.

~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.

~A safari guide leading a tour of Zambia’s South Luangwa National Park witnessed something he had never before seen: a young hippo rubbing noses with a hyena that had just awoken from a nap. These two fearsome predators are normally enemies, yet they engaged in what was described as a kiss. The two young animals were likely just curious about each other. Animals have been known to play with members of another species, such as the young hippo that chased a crocodile around a waterhole attempting to play with it.

~Pigs are known as intelligent animals, but scientists were in awe after they observed a group of Visayan warty pigs using tools to build nests. A researcher was visiting a Parisian zoo when she saw a pig named Priscilla digging with a stick in her mouth. Over the next three years, the scientist returned again and again to witness the same behavior. Priscilla and her mates were digging nests with bits of bark as opposed to using their hoofs and mouths. While orangutans and chimpanzees are known to use tools, no type of pig had ever before been seen displaying such behaviors.

~Russian researchers learned the hard way never to get between a mother walrus and her babies. The scientists had landed on Cape Heller when a walrus suddenly rushed them, causing them to quickly seek shelter back on their landing ship. The walrus, however, wasn’t done. It attacked and sank the vessel. Fortunately, the researchers were able to reach the safety of the shore before the boat was submerged. The Russians explained that the incident was just another risk of working in the Arctic, where there are always dangers posed by wild animals, icebergs, storms, and freezing temperatures.

~Just two northern white rhinos, both females, exist in the world, making them a critically endangered subspecies with little hope for offspring. Scientists have been working to save the animals for years using in vitro fertilization and have finally succeeded in creating two embryos. If possible, scientists hope to implant the embryos in healthy southern white rhinos and bring them to term. However, to create greater genetic diversity and possibly save the subspecies, scientists will need to have more success and expand the white rhino gene pool.

~When temperatures in Kalispell, Montana plunged well below zero during a polar vortex, Fluffy the cat was caught outside. When her owners found her covered with ice and snow, they rushed her to the veterinarian’s office. The vets defrosted Fluffy using warm water, heating pads, and hot towels. Amazingly, even though the cat’s body temperature had dangerously dropped below 90 degrees Fahrenheit, the cat warmed up and was fine. Luckily, Fluffy’s owners had found her before it was too late and she was able to return home as good as new.
1939 – Joe Shuster from Toronto published his first daily newspaper *Superman* comic strip. Shuster drew and his partner Jerry Siegel wrote the text. Employed by DC-National, the pair produced the lead feature in the company’s first issue of *Action Comics* in 1938. *Superman* proved such an enormous success that it led to what is referred to as the “Golden Age of Comic Books.”

1943 – Franklin D. Roosevelt became the first president to travel by airplane while in office when he traveled from Miami to Morocco to meet with Winston Churchill.

1949 – President Truman announced his “Fair Deal,” a plan recommending that all Americans be assured equal rights, health insurance, and a higher minimum wage. His plan was not popular with Congress.

1952 – *Peanuts* debuted in newspapers across the U.S. The Charles Schulz creation became the most successful syndicated comic strip in history, appearing in more than 2,600 newspapers across 75 countries at its peak in the 1960s. Reprints still appear in nearly every U.S. paper today.

1954 – Marilyn Monroe married baseball great Joe DiMaggio. The marriage lasted only nine months. After her death in 1962, DiMaggio had red roses delivered to her crypt two to three times a week for 20 years.

1962 – Chubby Checker’s hit “The Twist” reached number one on the pop charts nearly two years after first reaching No. 1, thanks to the Twist dance craze.

1975 – After searching for 38 years, zoologists discovered the long unknown winter destination of the monarch butterfly in the mountains of Mexico. More than 90 percent of the monarch population has disappeared in the past 25 years, and programs in Mexico and the U.S. have been enacted to protect the butterfly’s habitat.

1997 – Lottie Williams became the first human to be struck by “a remnant of a space vehicle.” She was harmlessly grazed on the shoulder by a six-inch fragment of a Delta II rocket after it re-entered Earth’s atmosphere. Scientists estimate the odds of being hit by “space junk” as being one in a trillion.
31 Days of Self Love by Andrea Mazzola

Loving yourself is important, and sometimes a lot us struggle with. Happiness stems from acceptance and love for ourselves. We cannot depend on others to make us happy, and we cannot force others to love us. However, we can love and take care of ourselves and our own well being. I challenge and encourage you to complete these 31 days of self-love, and to hopefully take a step further to love and acceptance.

Day 1: Write out your feelings. Write about what makes you happy and unhappy. Write about what you love about yourself. Write about something you need to let go. Let it all off your chest.

Day 2: Post a picture that makes you feel pretty.

Day 3: Wear your favorite outfit.

Day 4: Cook yourself a big, healthy breakfast full of your favorite fruits.

Day 5: Take a long bath with lavender oil.

Day 6: Watch a movie that makes you laugh.

Day 7: Put on a face mask and paint your nails. Pamper yourself a little.

Day 8: Stretch. Do some sun salutations in the sunlight.

Day 9: Forgive yourself for a mistake that you made.

Day 10: Talk to someone who makes you smile.

Day 11: Belt out your favorite song as loud as you can no matter who's listening

Day 12: Write down all of your dreams and aspirations and set goals toward achieving them

Day 13: Pick up a book you've always wanted to read

Day 14: Organize your closet, strip your bedsheets, clean every corner of your room till it is sparkling.

Day 15: Go to bed an hour earlier than normal

Day 16: Wake up early and watch the sunrise

Day 17: Try a new food

Day 18: Call up an old friend you haven't talked to in awhile

Day 19: Do something you enjoy

Day 20: Make a conscious effort to be more positive

Day 21: Stare in the mirror and list 5 things you love about yourself today

Day 22: Spend the day outside. Go for a walk. Sit in the sun. Enjoy the beauty around you.

Day 23: Listen to new music

Day 24: Dye your hair the color you'd like

Day 25: Buy yourself flowers and watch them bloom

Day 26: Realize that you should be doing things for yourself and not for others.

Day 27: Lie in the sunshine and daydream about life.

Day 28: Buy yourself a new dress and go out with your best friends.


Day 30: Bake cookies. It's okay to treat yourself every once in awhile.

Day 31: Reflect on what makes you happy. Continue doing things and spending time with people that make you happy. And remember, most importantly, to love yourself every step of the way.

10 COMMANDMENTS OF SELF-LOVE

1. I shall lovingly accept myself as I am right now.

2. I shall appreciate all the beauty that makes me who I am.

3. I shall regularly give thanks for all of my blessings.

4. I shall trust in my ability to take care of myself.

5. I shall not criticize myself.

6. I shall not criticize others.

7. I shall forgive myself when I make a mistake.

8. I shall be kind to others, without sacrificing my own needs.

9. I shall take responsibility for my life.

10. I shall love myself to the best of my ability.

UPCOMING EVENTS @
NESHAMINY MANOR

SODEXO DINING SERVICES AND THE ACTIVITIES DEPARTMENT PRESENT
Chef Stage Center
A unique dining experience

Watch for the exciting details to unfold
Starting in February

Join us in welcoming the Central Bucks Cares volunteers that will bring joy to our residents on January 20th

Martin Luther King Jr. Day

New Years is all about getting another chance. A chance to forgive, to do better, to do more, to give more, to love more. And stop worrying about ‘what if’ and start embracing what would be.