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Elucidations & Elaborations

I love February celebrations. This year, the Lunar New Year comes in February. This time is celebrated by the large populations of Chinese, Korean, and Vietnamese here. There is a lot of excitement at that time.

February brings that day of love, chocolate, and flowers, Valentine's Day. We look forward to something special on that day.

Presidents' Day gives many people a chance to take a vacation day. Before I retired, I looked forward to that. Now, it's just a bother. I say that because our wedding anniversary, which is the most important of all celebrations in the month, comes at the same time. No matter where we go, there is an abundance of people celebrating Presidents' Day. Maybe we should have thought of that when we got married!

Brain Teaser

Replace the missing vowels to find five animals.

G R L L G Z L L C H T H L N D M P L

See page 2 for the answer.

For Your Health

Living a healthy life has a lot to do with living an enjoyable life. Here are some suggestions for being happy and healthy.

Throw a Party People with an active social life are less likely to experience a decline in the ability to reason and remember.

Adopt a Pet Pets help reduce stress, lower blood pressure, and promote healthier hearts.

Choose Chocolate Dark chocolate is rich in flavonoids which help cells resist damage that may contribute to cancer and other maladies. Eat no more than an ounce a day of dark chocolate that contains at least 70 percent cacao.

Drink Coffee Daily Coffee appears to lower the risk of dying from chronic illnesses such as diabetes and heart disease.

Raise a Glass A glass of red or white wine is heart-healthy, but new research shows that beer is also good for the heart. Moderation is the key — one glass a day for women, two for men.

Have Sex Sex causes the brain to release endorphins, the feel-good chemicals that act as painkillers and reduce anxiety. Sexual activity is also linked to lower levels of depression in both men and women.

Listen to Music Your favorite music may be good for your heart. Music also brings on sound sleep, boosts mood and reduces anxiety.

Take a Nap A mid-afternoon nap can help improve mood, memory, alertness and learning.

Note: This article is condensed from the AARP Bulletin. You can read the entire article by going [here](#) and search for Health Tips.

Featured Recipe: Banana Muffins

If you have kids or grandkids, or if you just like a muffin for breakfast once in a while, here is a delicious and easy recipe. If there is any such thing as a healthy muffin, this would fit that category too.



2 eggs
1/2 cup brown sugar
1 teaspoon vanilla extract
4 large ripe bananas, mashed
1 1/3 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
2 tablespoons sugar

Preheat oven to 350 degrees.

In a large bowl, beat together egg, brown sugar, and vanilla. Stir in bananas.

In a separate bowl, stir together flour, baking powder, baking soda, salt, and cinnamon. Add to the banana mixture.

Spoon mixture into muffin pan and sprinkle with sugar.

Bake at 350 degrees for 18 to 20 minutes. Cool in the pan a few minutes before removing to a rack to cool. Makes 12 muffins.

Make Valentine's Day good. Be Bad.

Are You A Snake?

Chinese New Year is an annual celebration marking the start of the new year according to the Chinese lunisolar calendar. It always falls in the months of January or February. This year it is celebrated on February 10. Each Chinese New Year is represented by 1 of the 12 creatures of the Chinese Zodiac. This is the year of the Snake. If you were born in 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, you are a Snake!

If you are a Snake you are supposedly intuitive, introspective, refined and collected. You do not become flustered easily. You are graceful, exciting and dark at the same time.

A Snake is contemplative and private, not outwardly emotional. The Snake will plot and scheme to make certain things turn out exactly as they want them to.

This Lunar New Year will be an exciting time for celebration for the large Chinese population in this country, whether they are "snakes" or not! Where I live, we are always looking for something to celebrate. I can even be Chinese for a day!

Just wondering.....When they bring those fortune cookies at the end of your Chinese dinner, how do you know which one is yours?

Until next time remember: *Anything can be funny if it happens to someone else!*

If you know someone who might enjoy this newsletter, please pass it along. Send ideas, comments, and questions to Glen@Glen's Place.

Answer to brain teaser: gorilla, gazelle, cheetah, eland, impala

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