

MARCH



“Imagine a gender equal world.”

What a wonderful thought that is...

International Women's Day is celebrated annually on March 8. It is a global day of celebration recognizing the social, economic, cultural, and political achievements of women.

The day also serves as a call to action for accelerating gender parity and promoting gender equality. It has been observed since the early 1900s and is now recognized and celebrated worldwide. Each year, International Women's Day has a specific theme that focuses on different aspects of women's rights and empowerment. It's a day to honor the achievements of women throughout history and to continue the fight for gender equality in all aspects of life.



May your troubles be less and your blessings be more, and nothing but happiness come through your door.

now you know



Napoleon Bonaparte Was Short... Well, Maybe Not!

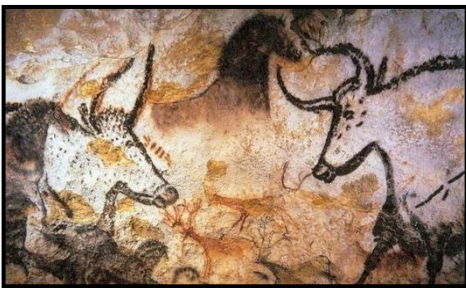
Surely you know of the “**Napoleon complex**” that describes a vertically challenged man with aggression issues. Well, as it turns out, that term is actually somewhat of a misnomer because Napoleon Bonaparte wasn’t all that short. In fact, he was actually slightly taller than the average Frenchman at the time. The reason so many believe he was short is because his height was recorded as 5 feet 2 inches in French feet, which is the equivalent of 5 feet 7 inches in English feet. Only slightly confusing, isn’t it?

The Wild West Had No Gun Control

Thanks to all of the Spaghetti Westerns that have been produced over the past century, there’s a lot of mysticism that surrounds the days of the American Wild West. For example, there’s a notion that cowboys carried guns with them everywhere and would randomly start gun fights in bars (“This town ain’t big enough for the two of us!”), but this actually couldn’t be further from the truth. A cowboy was required to leave his pistol with the sheriff and couldn’t get it back until he was heading out of town!



Early Humans Lived in Caves... (not in an HOA)

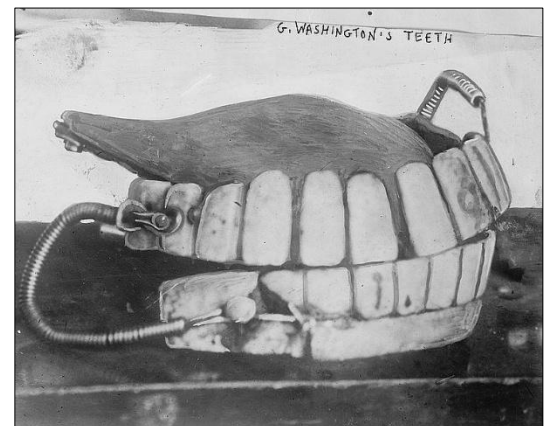


Despite the name “cavemen,” our ancestors didn’t actually spend most of their time dwelling in caves. A few genuine cave dwellings have been found, but for the most part until the last glacial period early humans were nomadic hunter-gatherers who lived in temporary structures like tents or wooden huts. So why is there such a prominent notion that they spent most of their time in caves? Probably because the most well-preserved artifacts from the Stone Age have been found in caves.

Mythology, George Washington's dentures were not made of wood (George’s actual teeth below)

One of the most enduring myths about George Washington is that his dentures were made of wood. It’s quite possible that some of his dentures, particularly after they had been stained, took on a wooden complexion, but wood was never used in the construction of any of his dental fittings.

Throughout his life Washington employed numerous full and partial dentures that were constructed of materials including human, and probably cow and horse teeth, ivory (possibly elephant), lead-tin alloy, copper alloy (possibly brass), and silver alloy. The springs forced his mouth open causing him to seldom smile, and spoke very few words when inserted.





Living in the Present

If you're like most of us, you probably feel like time passes far too quickly. It may be impossible to slow down time, but we don't have to feel like we are being propelled quite so swiftly through life. We can "stop and smell the roses" and take the time to enjoy the moments of life that can sometimes be easily missed.

Far too often, we let some of life's most miraculous moments slip right by unseen and underappreciated. We walk below beautiful blue skies or beside colorful flowers and never notice them. We talk with people without really paying attention to what they are saying. We spend time worrying about tomorrow or thinking about yesterday instead of fully experiencing and enjoying what's happening today. We do not allow ourselves to live in the now.

Living in the present means really experiencing life and the world, along with all the many sounds, sights, colors, smells, and tastes we encounter each day. It's about being aware of our thoughts as we think them and our emotions as we feel them. It means genuinely inhabiting each moment of life.

Research has shown that there are physical and mental benefits to living in the present. According to studies, living in the present can help boost positive emotions like joy and contentment while reducing negative emotions like stress and anxiety. It can help improve memory and attention skills. Evidence even suggests that living in the present moment may help improve our physical health.

It's never too late to start making the most of the present. If you would like to try to become a little more in touch with the miraculous moments in your life, the following suggestions may offer some inspiration.

A few helpful suggestions...



Focus on now. Focus on what you are doing this very minute, not what you plan to accomplish tomorrow or what you did or didn't do yesterday. Try to concentrate on one thing at a time instead of multitasking. If you are reading a book, enjoy the book. If you are dancing, really dance. If you are golfing, just play the game. If you are talking with a friend or loved, give the person your complete attention. Don't try to have a conversation while also compiling your "to do" list in your head.

Notice everything in your environment. Wherever you may be, take a good look around you. Really see and experience everything you can, even the smallest things.

- ❖ **Is there a bird singing in the tree outside your window?**
- ❖ **What are the colors of the sunset?**
- ❖ **Are there clouds in the sky?**
- ❖ **Are there cracks in the sidewalk?**
- ❖ **Is a friend looking especially happy or sad today?**
- ❖ **Does that person walking along the street look lost or in need of help?**



Don't rush through life. Take your time. Try not to fill up your day with such a myriad of things to accomplish that you end up rushing from one task to the next. Leave some breathing room in each day so you can slow down and really experience life.

Pay attention to your five senses. Pay heed to whatever you are sensing at any given moment. If you're eating a meal, taste each flavor. If you're taking a shower, feel the water on your skin. If you're lying in bed, notice the way your body feels at rest. Make a habit of asking yourself the following questions.



- ❖ **What do you see?**
- ❖ **What do you smell? What do you hear?**
- ❖ **What do you taste?**
- ❖ **What do you feel?**

Be mindful of your thoughts and emotions. Try to experience and accept whatever you might be thinking or feeling without concern or judgement. There's a chance you may find a pattern that may not be helping you truly engage in the present or appreciate life. If you find you easily become stuck in a spiral of negative thoughts, it is possible to break away and keep your negative thoughts from controlling you. Try acknowledging a negative thought and then consciously and deliberately let it go. Next, replace it by thinking of something that makes you happy or thankful.

Don't let your troubles take the wheel. Of course, everyone has challenges and difficulties they have to face in life. But fretting about something today will not change what happens tomorrow. Worrying takes you away from the present. You can't be fully absorbed in your current life while worrying about the future. If you tend to be a constant worrier, make a determined effort to give yourself a break.

Be mindful as you breathe. Feel air entering your nostrils. Feel it fill your lungs. Imagine oxygen being carried throughout your body. Feel your lungs expel your breath. Pay close attention to how your breathing pattern changes with your emotions. Let the repetitive flow of breathing in and breathing out help relax you and keep you connected to the present moment.

Smile and be happy. Studies have shown that the emotions we show on our faces influence how we feel inside. It makes sense when you think about it. After all, we smile when we feel happy. So why wouldn't it follow that we also feel happy when we smile? Give it a try. See if you feel a little happier right now in this present moment with a smile on your face.

I'll never understand why they cook on TV. I can't smell it. Can't eat it. Can't taste it. The end of the show they hold it up to the camera. "Well, here it is. You can't have any. Thanks for watching. Goodbye."