



The Day After Christmas

'Twas the day after Christmas, and all through the house,
Every creature was hurtin' even the mouse.

The toys were all broken, their batteries dead.
Santa passed out, with some ice on his head.

Wrapping and ribbons just covered the floor,
While upstairs the family continued to snore.

And I in my T-shirt, new Reeboks and jeans,
I went into the kitchen and started to clean.

When out on the lawn there arose such a clatter,
I sprang from the sink to see what was the matter.

Away to the window I flew like a flash,
Tore open the curtains and threw up the sash.

When what to my wondering eyes should appear,
But a little white truck, with an oversized mirror.

The driver was smiling, so lively and grand.
The patch on his jacket said "U.S. POSTMAN."

With a handful of bills, he grinned like a fox.
Then quickly he stuffed them into our mailbox.

Bill after bill, after bill, they still came.
Whistling and shouting he called them by name:

"Now Dillard's, now Broadway's, now Penny's and Sears
Here's Robinson's, Levitz's and Target's and Mervyn's.

To the tip or your limit, every store, every mall,
Now **chargeaway--chargeaway--chargeaway** all!"

He whooped and he whistled as he finished his work.
He filled up the box, and then turned with a jerk.

He sprang to his truck and he drove down the road,
Driving much faster with just half a load.

Then I heard him exclaim with great holiday cheer,

**"ENJOY WHAT YOU BOUGHT.....
YOU'LL BE PAYING ALL YEAR!"**

Coca-Cola played a part in Santa's image...

Before Coca-Cola decided to use his image for advertising, Santa's looks tended more toward spooky than jolly. Then, in 1931, the beverage company hired an illustrator named Haddon Sundblom to depict the jolly old elf for magazine ads. Now, kids see visions of sugarplums instead of having Santa-themed nightmares.



What did the wise men
say after they offered
up their gifts of gold
and frankincense?
Wait, there's myrrh.

The eight tiny reindeer have had lots of names

Rudolph was almost named Rollo or Reginald, which doesn't quite have the same ring to it. But his crew also had lots of other names. They've also been called Flossie, Glossie, Racer, Pacer, Scratcher, Feckless, Ready, Steady and Fireball.

Mistletoe is an aphrodisiac

The holiday decoration isn't just pretty. It's also an ancient symbol of fertility and virility—and the Druids considered it an aphrodisiac. So the next time someone cracks a joke about meeting you under the mistletoe, consider yourself warned.

"Christmas gives us an opportunity to pause and reflect on the important things around us."

BREAKFAST • ESSENTIALS •



First, Do I Need to Eat Breakfast?

The answer is still and will remain: Breakfast is pretty much always a good idea. While there is some data to support you may not *need* to eat breakfast, eating even a little something in the morning can help with energy levels, blood sugar control, cognitive function and overall mood. A study published in 2021 also connected the morning meal to reduced risk of chronic illnesses including cardiovascular disease and type 2 diabetes.

Keep in mind that skipping breakfast may also contribute to nutrient deficiencies as that morning meal is not just a way to jumpstart your day with calories, it's also another opportunity to get the nutrients your body needs for overall health and wellness.



How Soon Do I Need to Eat Breakfast?

Cortisol is the body's main stress hormone and helps to manage metabolism, blood pressure and other fight-or-flight mechanisms. Cortisol levels are typically highest in the morning and decline as the day goes on. Eating soon after you wake up helps cortisol levels make their natural decline, leaving you feeling less stressed and ready to take on the day.



Do Beverages Count as Breakfast?

High-sugar beverages such as soda, sweetened black coffee or tea, and juices are not recommended on an empty stomach, especially first thing in the morning as the concentrated dose of sugar can spike blood sugar levels. When consumed along with a balanced meal, the blood sugar response to these sweetened drinks will be less drastic. As for coffee, you may not want to drink it on an empty stomach, especially if you are prone to stomach upset.



What About Water?

From medical professionals to social media influencers, it seems like everyone touts the benefits of drinking a glass of water first thing in the morning. From combating bad breath to weight loss, it is hypothesized that more water can make a difference, but sufficient evidence is lacking. Data suggests that most folks do not drink enough water, especially in the morning, so making a glass of water part of your morning routine certainly won't hurt your efforts towards a healthier lifestyle. Just remember, it's not a "cure all."



What Makes the Best Breakfast Foods?

Meals, including breakfast, benefit from balance. A mix of fiber-rich carbs, protein and healthy fats are the goal – make sure all macros are represented! Protein at the morning meal is typically the hardest macro box to check, but eggs, low fat dairy, peanut butter and nuts and seeds can all help you get in that hunger-fighting protein.



What's the Worst Breakfast?

When trying to build a healthy breakfast, shy away from unhealthy calorie bombs like fried foods, heavy sauces and processed meats. Syrup-drenched foods like diner-style French toast or pancakes should be reserved for the occasional breakfast treat.

A Kensington Night Before Christmas

Daniel

Twas the night before Christmas, and through our Kensington community
Not a complaint was heard, there appeared just pure unity.

The homeowners were nestled all snug in their beds,
No worries of street parking, speeding or such bothering their heads,
And the board of directors in their home beds, and I in mine too,
Had just settled down after reviewing the Kensington 2023 dues,

When out in my yard there arose such a clatter,
I sprang to my porch to see what was the matter.
Away to the front door I flew like a flash,
Only to see neighbors with several gripes to again rehash.

I couldn't figure out in the dark of the night
Exactly what they thought gave them the right,
But I knew from my time on the homeowner's board,
Our meetings these neighbors had mostly ignored,

Then in a flash I noticed a visitor,
Who tried to join this group of inquisitors
He wore a red fur coat over an ample belly, and
His hearty laugh made it shake as it were jelly,

His smile quickly faded as they all turned away,
They told him that tenants had nothing to say,
The jolly man disappeared as quickly as he came here,
Amid the sound of our six wandering Kensington deer!

In a moment came another neighbor, without much ado,
He arrived with a viewpoint needed and new,
I knew in a flash it was, my neighbor from Wembley Drive, "Nick,"
He knew what was needed and he brought it up quick,

He exclaimed "Now, Members! now, Neighbors! Now, Bylaws and Covenant,
Please read the rules before bringing your comments and judgements,
Now back to your homes, and back to your Kensington castles,
Please, just for tonight, have a cease to your KOA hassles"

He said "you by choice bought into this community,
which works at its best when all live in unity,"
Remember that your board serves you for free,
So how about joining a committee - or three.

Amidst headshakes and handshakes, my front yard then cleared,
I wished them all Merry Christmas and a Happy New Year.

Santa's elves are just a bunch of "Subordinate Clauses"



did you know?

- ❖ In 1939, The New York Times predicted that television would never become popular, because the average family would never have enough free time to spend watching it.
- ❖ In a standard pack of playing cards, the king of hearts is the only king without a moustache.
- ❖ It only takes six minutes for alcohol to affect your brain?
- ❖ The Statue of Liberty wears a size 879 shoe!
- ❖ Did you know extreme ironing is an actual sport? Founded in 1997, this challenge proves that it's not for the faint of heart! Competitors have to press shirts in unexpected locations like high up in trees, hanging over cliffs, or paddling white-water rapids.
- ❖ Did you know our sharpest memories are from early adulthood? Usually called the "reminiscence bump", this psychological concept theorizes that as adults reflect on their lives, they remember more events from their twenties than from any other time, (*problem is I can't remember*).

MERRY
christmas

