



SUE'S SYNOPSIS



Welcome to **Sue's News - N - Clues**. Whether it is your first issue you are reading or your tenth issue, I hope you are enjoying yourself and finding some valuable information and some fun, as well, when you grab a moment to review our newsletter. Please let me know what you think or what else you would like to see in **Sue's News - N - Clues**.

By the way, depending on when you are reading this, Happy St. Patrick's Day and Happy Spring.

I am sure we are all looking forward to some warm weather to enjoy, plus all of the fun things to do in spring, such as taking walks, going to the park, listening to the birds sing in the morning and looking out for the first sign of green grass and spring flowers.

Enjoy your spring and take care until next time.

Sincerely,
Susan Reuter



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SMILE, FOR A WHILE



Why smile? There are many benefits to smiling you may be very unaware of. You will put a smile on your face after reading this article.

1. Smiling can make you happy even when you are not. The simple act of smiling sends a message to your brain that you are happy. Since 1980 this theory has been proven a number of times. Your mind body connection is what does this. You make the expression and the mind reacts and sends out all kind of healing, feel good endorphins.
2. Smiling makes others feel happy. Research shows that smiling is contagious. Just seeing someone smile can make you smile.
3. Smiling makes you more attractive. People usually look their best and happiest when smiling. Ninety-six of Americans feel an attractive smile makes people more appealing to the opposite sex.
4. Smiling helps you de-stress. When you smile, even if you aren't really happy, your brain picks up this signal and automatically slows down your heart rate and your breathing. By reducing stress, you can lower your blood pressure, regulate your blood glucose and improve digestion. These are big health benefits for everyone.
5. Smiling can help you land a job. Smiling makes you appear more stable, confident, conscientious and likable. These traits are very important to the person doing the hiring. So dress for success and wear your best smile to the interview.
6. Smiling can lead to laughter and boost your immune system. It also burns calories, helps blood flow, lowers blood sugar levels, reduces stress and improves sleep.
7. Smiling helps you feel good. So, when you feel down, try a smile instead of a frown. If you cannot find a reason to smile put in a funny video, read something funny like the comics or talk to someone who will cheer you up.

"A smile costs nothing, but creates much. It enriches those who receive, without impoverishing those who give. It happens in a flash and the memory of it sometimes lasts forever." - Dale Carnegie



SHAMROCKS VS. FOUR LEAF CLOVERS



The difference is not only in the number of the leaves but also in what each one represents.

The Shamrock is a symbol which is used to represent Ireland and St. Patrick's Day. This is partly due to the abundance of clover plants in the country, but also largely due to its strong association with Christianity. The legend is that St. Patrick used the shamrock to visually illustrate the concept of the Trinity (the Father, the Son, and the Holy Spirit) when trying to convert pagans to Christianity.



The clover is one plant with three leaves but the three leaves are necessary to make it complete. In Christianity, God is three persons, but it's not the same as three gods. This analogy helped non-Christians to understand the basis for the Christian religion.

It is through this story that the shamrock became associated with St. Patrick's and Ireland's conversion to Christianity.



Rare four leaf clovers do exist. Finding them is thought to bring someone exceptional luck. Each leaf of the four leaf clover represents something different: first is hope, the second is faith, the third is love and the fourth is happiness. The four leaf clover has no religious ties associated with it.

COOKING WITH HUMMEL'S

Corned Beef and Cabbage



Ingredients and Directions

- 2 each onions, sliced
- 2 1/2 pound corned beef brisket
- 1 cup apple juice
- 1/4 cup brown sugar, packed
- 2 teaspoon orange peel, finely shredded
- 2 teaspoon mustard, prepared
- 6 each cloves, whole
- 6 each cabbage, wedges

Place onions in crock pot. Trim away any fat that might be present on the brisket. If needed, cut brisket to fit into crock pot; place on top of onions. In a bowl, combine apple juice, sugar, orange peel, mustard, and cloves; pour over brisket. Place cabbage on top of brisket. Cover; cook on low setting for 10 to 12 hours or high setting for 5 - 6 hours.

www.freecookingrecipes.net





How Yoga Can Benefit YOU!



At the physical level, yoga has some fascinating benefits such as:

- ◆ Increased flexibility
- ◆ Increased lubrication of the joints, ligaments and tendons.
- ◆ Massaging of ALL organs of the body - this keeps disease away and provides forewarning of the onset of any to come.
- ◆ Yoga ensures optimum blood supply to various parts of the body. This helps to flush out toxins and provides nourishment to the body. This leads to delayed aging, energy and a remarkable zest for life.
- ◆ Tones muscles - sheds excess flab.
- ◆ Strengthens the body.
- ◆ Helps to maintain a balanced metabolism and improves respiration.
- ◆ Relieves pain.

However, this is just a secondary effect of yoga. What yoga does is harmonize the mind with the body. Through meditation, the mind and the body begin to work in sync.

Yoga can free the mind of confusion and conflicts thus providing us with the ability to perform our daily activities with ease and a clear head. Yoga reduces stress which in and of itself can harm us both physically and emotionally.

What is the effect of the meditative practices through yoga? The meditation creates an environment whereby you are not affected by the happenings around you.

This in turn creates a calmness and positive outlook which also has tremendous benefits on the physical health of the body.

Some of the mental benefits of yoga are:

- ◆ Helps you to relax and handle stressful situations more easily.
- ◆ Teaches you how to quiet the mind so you can focus your energy where you want it to go.
- ◆ Encourages positive thoughts and self-acceptance.

Some of the spiritual benefits of yoga are:

- ◆ Builds awareness of your body, your feelings, the world around you, and the needs of others.
- ◆ Promotes awareness of peace, acceptance of self and others, forgiveness and living a good life.
- ◆ Promotes interdependence of mind, body and spirit.

Yoga is becoming more and more accepted in the western world and with that being said it is also being used more and more by doctors today for treating patients.



Today it's not unusual for doctors in pain management, heart health and other specialties to suggest yoga and for hospitals to offer classes to their patients. This openness to yoga as therapy in part reflects an acceptance of the mind-body connection, doctors say.



FASCINATING FACTS



- ◆ Researchers have found that dogs are capable of understanding up to 250 words and gestures, can count up to five and can perform simple mathematical calculations. The average dog is as intelligent as a two-year-old child.
- ◆ The DNA of gorillas is very similar to humans – about 98-99% the same. This is more than any other animal in the world. Every gorilla has a unique fingerprint just like humans. They have four fingers and a thumb just like humans. And gorillas see in color like humans. Gorillas can walk upright but prefer to do so on their knuckles.
- ◆ Sea otters hold each other's paws when they sleep so they don't drift apart.
- ◆ Gentoo penguins propose to their mates by using a carefully selected pebble.
- ◆ Male puppies will let their female counterparts "win" when they play fight to encourage affection.
- ◆ Monkeys want equal pay. When given a different reward for the same completed task, the shafted monkeys will get upset.
- ◆ Elephants show incredible empathy for others, even different species.
- ◆ Dolphins have names for each other and can call out for each other specifically.
- ◆ A medium-sized cumulus cloud weighs about the same as 80 elephants.
- ◆ If the Sun were the size of a beach ball then Jupiter would be the size of a golf ball and the Earth would be as small as a pea.
- ◆ There are more living organisms on the skin of each human than there are humans on the surface of the earth.
- ◆ A dog's sense of smell is 1,000 times more sensitive than a humans.
- ◆ Any planet or moon with an atmosphere has clouds but not all are composed of water and ice like on Earth, for instance Saturn has some clouds composed of droplets of liquid methane.
- ◆ One out of every 2,000 newborn infants has a tooth when they are born.
- ◆ Your eyes are always the same size from birth but your nose and ears never stop growing.
- ◆ Three hundred million cells die in the human body every minute. Also, humans shed about 600,000 particles of skin every hour.
- ◆ Right-handed people live, on average, nine years longer than left-handed people do.
- ◆ By the age of 60, most people will have lost about half their taste buds.
- ◆ Your nose can remember 50,000 different scents.
- ◆ Sneezes regularly exceed 100 mph. Coughs are clocked at 60 mph.
- ◆ You use 200 muscles to take one step.



TIP of the MONTH



Water is essential for keeping us fit and healthy.

Here are some benefits to drinking water:

- Hydration of internal organs, enabling them to function properly.
- Hydration of skin, keeping it looking fresh and healthy.
- Weight Control.
- Increased Energy.
- Alleviating/preventing a variety of ailments and keeping the immune system healthy.
- Regulating body temperature.
- Flushing out waste and toxins.
- Maintaining overall health.

The big plus - It is zero calories!

Foods that Help You to Lose Weight

Almonds

Avocado

Kale, Spinach & Collard Greens

Black Beans

Grapefruit

Lentils

Olive Oil

Raspberries

Salmon

Tart Cherries or Tart Cherry Juice with no added sugars

Walnuts

Bicycling

The days are numbered and not very far off before you can take a ride on your bicycle. Here are some very important reasons to bike.



- Your commute will be the best part of your day instead of the worst part of your day.
- Bicycling in your neighborhood is a great way to meet people and build community.
- It is a great activity to do with friends and family and can be a life long activity.
- Regular cycling helps with personal weight management. It is a low impact activity for those who need it.
- Biking is therapeutic for the mind and spirit.
- It a great stress reliever. It provides better muscle tone, bone mass improvement and clearer skin.
- Reduces energy consumption and noise pollution.

Have a Happy





Giving Back to Your Community



Have you ever considered whether to donate your time, expertise, or money and thought, “What can I do? I’m just one person.” From something simple as maintaining your yard or planting flowers to mentoring young adults to organizing a fund-raiser, reinvesting in your community not only makes you feel good about yourself, it also helps improve the social culture and future of your neighborhood, your city, your state, and the country. One person can make a difference—one person here, one person there adds up to a group of people working towards a common goal.

You can start making a difference in your community by volunteering with nonprofit organizations or government service agencies such as Habitat for Humanity, The Nature Conservancy, and March of Dimes. And the results are immeasurable. Through volunteer work, you meet new people, who may become great networking contacts or even great friends.

In addition to churches and hospitals, here are some other local volunteer opportunities you may want to explore in your area:

- ◆ Schools or daycare facilities
- ◆ Retirement centers or Meals On Wheels
- ◆ Soup kitchens, food pantries, or halfway houses
- ◆ Museums or art galleries
- ◆ Youth organizations or after school programs
- ◆ Parks or historical restorations

Check out these websites for more information:

www.worldvolunteerweb.org/resources/how-to-guide.html
www.volunteermatch.org
www.nationalservice.gov/handsonnetwork.org/

Besides looking good on your resume, volunteering can also help you learn new skills, explore other interests, and increase your self-confidence while strengthening communication skills. Keep in mind that training, background checks, or interviews may be required for some volunteer jobs.

In deciding where to volunteer, first consider what’s important to you. Is there an issue about which you feel strongly, a particular cause or organization you support, or an area of your neighborhood you would like to see improved? Then determine how much time you have to offer, ensuring you don’t over-commit. Schedule volunteer time so you still have plenty of time for yourself, your home, family, and friends. Also consider your current skills. If you work in a particular field, you may be able to volunteer those skills. If you are computer savvy, you may be interested in becoming a virtual volunteer offering free legal advice, email an invalid, typing a document for a person with a disability, or anything via computer. Talk to others to find out where they volunteer or organize your own group opportunity.



Once you decide to volunteer, put your heart and spirit into it. You will enrich your life and the lives of others and feel valued and useful—the benefits are well worth the effort.

DID YOU KNOW....?

- ◆ 56% of adults volunteer annually contributing a total of about 20 billion hours of work with an estimated value of \$225 billion.
- ◆ Utah has the highest average volunteer rate at 43.9%
- ◆ The most common areas of volunteering are fund-raising and tutoring or teaching.

~~ Life Matters



Happy St. Patrick's Day



It's almost time for SpringHooray!!!



THE NEXT ISSUE OF SUE'S NEWS -N- CLUES
WILL BE OUT APRIL 10TH.



FIND ALL OF YOUR OFFICE ORGANIZATION NEEDS AT HUMMEL'S OFFICE PLUS