



AM Massage

*Enhancing lives with
healing hands.*

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Tranquility

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Fast Facts about the Valentine's holiday:



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In the United States Valentine's week is ranked number one in regard to chocolate candy sales. Sales of chocolate account for more than \$345 million out of the more than \$448 million dollars in candy consumers will purchase to celebrate the holiday.

E-commerce retailers expect to rack up about \$650 million dollars selling food, candy, flowers and other Valentine's Day related goods.

About 15 million Electronic Valentines (E-Valentines) were sent in 2010.

About 1 billion Valentine's Day cards are exchanged each year. Teachers receive the most cards, followed by children, mothers, wives, then sweethearts. Children ages 6 to 10 exchange more than 650 million Valentine's cards with teachers, classmates and family members.

Canadians, in 2007, averaged spending \$92.30 on Valentine gifts.

U.S. consumers, in 2009, spent an average of \$102.50 on Valentine's gifts and merchandise. Total spending on the holiday was expected to reach \$14.7 BILLION.

The 35 to 44 year old age group spends the most money on the holiday, followed by young adults aged 18 to 24. The 55 to 64 year old age group spends the least money for Valentine's Day.

Lastly, and not surprisingly, men spend nearly TWICE the amount of money celebrating the holiday



Symbols of Valentine's Day

Red Roses

Red roses were said to be the favorite flower of Venus, the Roman goddess of love. Red is also a color that signifies strong feelings.

Doves

Doves are symbols of loyalty and love because they mate for life and share the care of their babies.

Cupid

In Roman mythology, Cupid is the god of desire, affection and erotic love. Today, Cupid is frequently shown shooting his bow to inspire romantic love.

Valentine Heart

It is unclear where the familiar heart shape originated. One possibility involves the now-extinct North African plant silphium. The city-state of Cyrene had a lucrative trade in the plant, which looks just like the heart shape used today. Though mostly used for seasoning, it was also used for birth control.

Chinese New Year: 2011 The Year of the Rabbit by Holly Hartman

Chinese New Year is the longest and most important celebration in the Chinese calendar. The year 4709 begins on 2/3/2011.

Chinese months are reckoned by the lunar calendar, with each month beginning on the darkest day. New Year festivities start on the first day of the month and continue until the fifteenth, when the moon is brightest. In China, people may take weeks off from work to celebrate the New Year.

Hopping into the New Year

Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. The people born in each animal's year would have some of that animal's personality. Those born in rabbit years are popular, compassionate, and sincere. Francis Ford Coppola, Michael Jordan, and Drew Barrymore were all born in the year of the rabbit.



Zucchini Pizza Frittata

Ingredients:

3 cups thinly sliced zucchini
 4 eggs slightly beaten
 2 tablespoons all-purpose flour
 ¼ tsp salt
 ¼ tsp freshly ground pepper
 2 tsp snipped fresh oregano
 2 tsp snipped fresh thyme
 2 tsp snipped fresh marjoram
 2 tsp snipped fresh basil
 2 tbslp olive oil
 6 ¼" thick tomato slices
 4 oz thinly sliced mozzarella cheese

Directions

Cook zucchini, covered in a small amount of boiling water for 3 minutes; drain.

Combine egg, flour, salt, and pepper in a large bowl. Stir in oregano, thyme, marjoram, basil, and zucchini; set aside.

Heat olive oil in an 8-inch broiler proof skillet over medium heat. Carefully transfer zucchini mixture to hot skillet. Cook over medium heat about 15 minutes or until egg mixture is mostly set (surface will be moist). Do not stir

Layer on tomato, and mozzarella cheese. Place skillet under the broiler 4 to 5 inches from the heat. Broil for 1 to 2 minutes or until top is set, cheese has melted. Cut into eight wedges. Makes 4 servings.

The Green space

Reduce Your Carbon Footprint

Global warming occurs because carbon dioxide (CO₂) and other gasses released by the combustion of fossil fuels are building up in the atmosphere and preventing the sun's heat from escaping back into space. Many scientists, as well as the U.S. Environmental Protection Agency, are concerned that global warming could lead to serious changes in our climate, causing more dangerous storms and hurricanes, rising sea levels, and the spread of tropical diseases. In December, delegates from around the world met in Japan to determine ways their countries could reduce fossil fuel emissions. You can do your part at home:

- Drive a fuel-efficient car. If your new car gets 10 mpg more than your old one, you can reduce CO₂ emissions by 2,500 pounds a year.
- Walk, bike, car pool or use mass transit. If you leave your car at home two days a week, you'll reduce CO₂ emissions by 1,590 pounds a year.
- Weatherize your home. Insulate walls and ceilings, caulk and weather-strip around doors and windows, and wrap your water heater in an insulating jacket to reduce CO₂ emissions by up to 4,000 pounds a year.
- Use energy-efficient appliances. If you replaced your existing refrigerator with a high-efficiency model, you'd reduce your CO₂ emissions by 220 pounds a year. Energy-efficient appliances are now available for microwave ovens, stoves, dishwashers and computers, as well.
- Reduce, reuse and...Recycle? You guessed it. Buying food and other products in reusable or recyclable packaging can reduce CO₂ emissions by 230 pounds a year, while recycling all of your home's waste newsprint, cardboard, glass and metal can reduce emissions an additional 850 pounds a year.

What's Goin' On

Vapor Cone

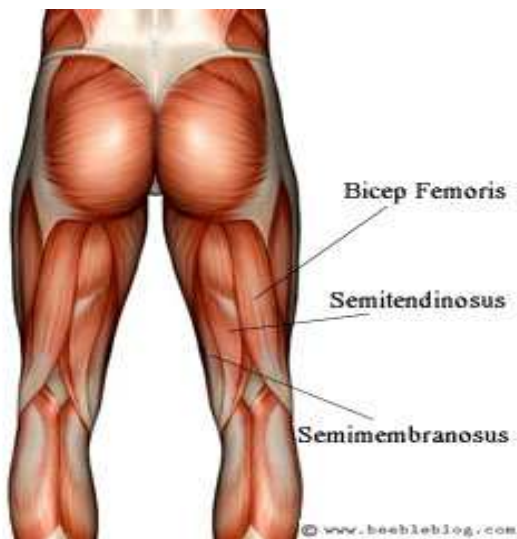
By Jennifer Karmon—
 Mon Jan 24, 4:52 pm ET

National Geographic is justly famed for its professional photojournalism, but the photos that readers themselves shoot and submit are nothing to sniff at, either. Every

weekday, the magazine's editors choose their Daily Dozen favorites, and those that are rated highest by online visitors are made available for download in National Geographic's Weekly Wrapper as computer wallpaper. The "vapor cone" shown here was shot at the Miramar air show in San Diego by Steve Skinner.

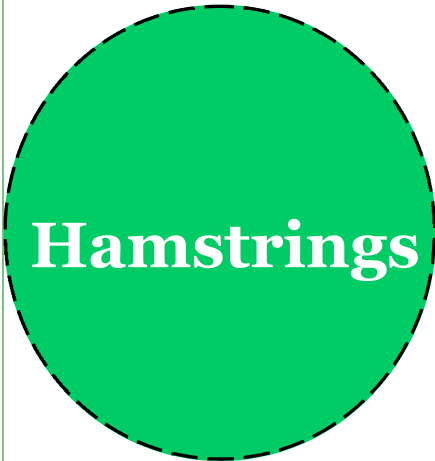


Stretch to Health



This month we focus on hamstrings as many of us are running to shed off holiday pounds or we have started another candidacy class and need to run 40 miles.

The best way to do this stretch is while lying on your back, keeping the back flat and your eyes focused upward. Grasp the back of one thigh with both your hands and (leg bent) pull that thigh into a 90-degree position vs. the floor. Then slowly straighten your knee. After you've gotten used to doing this exercise, you can achieve a better stretch by pulling your thigh closer to your chest, be careful!



Standing Hamstring Stretch

- 1 - Stand with your right foot one step ahead of the left.
- 2 - Bend your left knee and let it take the weight. Keep your right knee straight and lift your right toes into the air (keeping the heel on the floor).
- 3 - Keep your back straight and lean forward from your hips (rest your hands on the bent knee). Feel the stretch in your right hamstrings (back of the thigh).
- 4 - Repeat by switching legs.



Enhancing lives with healing hands.



Of Current Interest

ALL IS GOOD IN ALL OF CREATION THEREFORE LET'S HAVE A CELEBRATION!

This is a story for our times, bringing together how we can "right" our relationship with all life and receive one of the greatest gifts in return - gratitude.

...The Whale... If you read a recent front page story of the San Francisco Chronicle, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth.

A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived

and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her.

When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around as she was thanking them.

Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you. And, may you always know the joy of giving and receiving gratitude.

I pass this on to you, my friends, in the same spirit.

Michael's Message

Shaka Buku



Shaka Buku

(Pronounced Shocka Bookoo)

Takes its name from a Japanese Buddhist term, which loosely translates as the goal of their music: "To remove suffering and bring happiness to all people by awakening them to their inherent greatness."

Sounds like something all of us could use from time to time, a nice spiritual kick to the head.



Namaste,
Michael

This is REALLY special



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