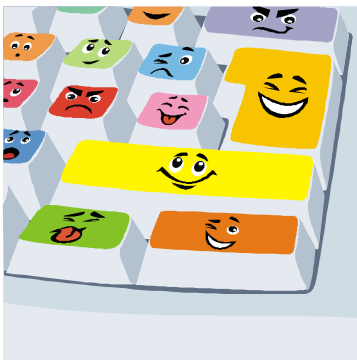




Enhancing lives with healing hands.

Volume 2, Issue 4
April 2011



NO FOOLIN'!

Inside this issue:

| | |
|----------------------|---|
| Recipe of the Month | 2 |
| What's Goin' On | 2 |
| Green Space | 2 |
| Stretch to Health | 3 |
| Of Current Interest | 4 |
| Michael's Message | 4 |
| Special of the Month | 4 |

Tranquility

A publication of A.M. Massage

Tranquility Going National!

Just Kidding



April Fools' Day, sometimes called All Fools' Day, is one of the most light-hearted days of the year.

The April 2, 1698 edition of *Dawks's News-Letter* (a British newspaper) reported that "Yesterday being the first of April, several persons were sent to the Tower Ditch to see the Lions washed." Sending gullible victims to the Tower of London to see the "washing of the lions" (a non-existent ceremony) was a popular prank. It became traditional for this prank to be played on April Fool's Day. Examples of it occur as late as the mid-nineteenth century.

Renewal Festivals

Almost every culture in the world has some kind of festival in the first months of the year to celebrate the end of winter and the return of spring. Anthropologists call these "renewal festivals." Often they involve ritualized forms of mayhem and misrule. The wearing of disguises is common. People play pranks on friends and strangers. The social order is temporarily inverted. Servants might get to order around masters, or children challenge the authority of parents and teachers. However, the disorder is always bounded within a strict timeframe, and tensions are defused with laughter and comedy. The social order is symbolically challenged, but

then restored, reaffirming the stability of the society, just as the cold months of winter temporarily challenge biological life, and yet the cycle of life continues, returning with the spring.

April Fool's Day has all the characteristics of a renewal festival. For one day forms of behavior that are normally not allowed (lying, deception, playing pranks) become acceptable, and yet the disorder is bounded within a strict timeframe. Traditionally, no pranks are supposed to be played after 12 o'clock noon of the first. Social hierarchies and tensions are exposed, but hostility is defused with laughter.

For as long as people have been speculating about April Fool's Day, they have noticed the similarities between it and other springtime "renewal" festivals. Many historians have theorized that April Fool's Day evolved directly out of some such festival practiced in ancient times. A direct connection between April Fool's Day and any of the Roman-era festivals seems unlikely, though it is quite possible that the tradition evolved out of a medieval festival held around the time of the Vernal equinox (such as the New Year's festivals at the end of March). Nevertheless, there is no agreement about which festival the tradition of April Foolery developed from.

Colorado Rockies Home Opener

April 1, 2011 - April 3, 2011

Don't miss the Colorado Rockies Home Opener where the Colorado Rockies square off against the Arizona Diamondbacks.

Anybody know where the Cracker

Jacks are? How about the Pop Corn? Ya gotta have a hot dog someplace around here!



Pine Nut Quinoa

Ingredients

1 cup quinoa, rinsed well
 1/4 cup pine nuts
 2 tablespoons extra-virgin olive oil
 2 cloves garlic, thinly sliced
 1/3 cup chopped fresh parsley
 1/4 cup raisins
 1 tablespoon fresh lemon juice
 Kosher salt and freshly ground pepper

Directions

Place the quinoa in a saucepan and cook over medium heat until toasted, about 2 minutes. Add 1 3/4 cups water (or use low-sodium chicken broth) and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 15 minutes.



Remove from the heat and let sit, covered, about 2 minutes.

Meanwhile, toast the pine nuts in a skillet over medium-high heat, stirring, until golden, about 3 minutes; transfer to a plate. Add the olive oil and garlic to the skillet and cook over medium heat, stirring, until golden, about 2 minutes. Transfer the garlic to the plate, reserving the oil.

Fluff the quinoa with a fork. Add the pine nuts, garlic, reserved oil, parsley, raisins and lemon juice. Season with salt and pepper and toss.

Per serving (3/4 cup): Calories 300; Fat 15 g (Saturated 2 g); Cholesterol 0 mg; Sodium 5 mg; Carbohydrate 37 g; Fiber 4 g; Protein 8 g

The Green Space

Thinking about spring cleaning? Don't forget the environment. The irony is that in making your home brighter and fresher, you may soil the air and water. Here are some things to keep in mind:

Nothing is completely safe. Almost anything we dump down our drains, even if derived from plants and other "natural" substances, can cause problems. Even with the increasing number of greener products on the market, none is perfectly safe for the earth.

Don't accept vague claims. Words like "biodegradable" or "nontoxic" have no legal definitions. Ask companies to substantiate their environmental claims in plain English.

Avoid cleaners containing phosphates. They biodegrade totally and quickly. But when they get into rivers and lakes, they cause algae blooms, robbing the water of oxygen, blocking sunlight, and ultimately killing marine life.

Minimize use of bleaches. The most common bleach is chlorine, which in wastewater can create toxic compounds. Non-chlorine bleaches are gentler to clothes and the environment, though they are less effective in colder-water temps, requiring more energy-intensive hot water.

Buy concentrates whenever possible. Ask manufacturers to produce refillable versions.

What's Goin' On

Avast, Matey!

Experience the classical age of piracy come to life in the exhibition *Real Pirates: The Untold Story of the Whydah* from Slave Ship to Pirate Ship. You'll discover the perils and privileges of pirate life as you explore more than 200 artifacts recovered from the wreck of the *Whydah* -- the first fully authenticated pirate ship ever to be discovered in U.S. waters.

Products for the Ages

Some greener cleaners have been around for years. Chances are good your grandparents used them, and they may be in your cupboard, too. Armed with these five products, you can clean just about anything.

1. Arm & Hammer Baking Soda, introduced in 1846, is a mild abrasive that provides economical and ecological alternatives to cleaning chores, from removing scuff marks on floors to rinsing hairspray buildup from hair and brushes.

2. Bon Ami Polishing Cleanser, sold since 1887, contains no chlorine, phosphates, dyes, or perfumes. Because of its mild abrasive quality, it can be used on porcelain, stainless steel, cookware, glass-top ranges, cultured marble, and fiberglass. It also can be used to clean butcher-block tops, woks, food processors, white shoes, luggage, boats, and swimming pools.

3. Fels Naptha is a rugged bar soap invented in 1894. A staple of some laundry rooms, it also can be used to help deter the effects of poison ivy, especially if you wash with it directly after exposure. Some gardeners use it as an insect repellent, shredding it and sprinkling it around plants.

4. Dr. Bronner's Pure Castile Soap is biodegradable and extremely versatile. The label lists 18 uses, from shaving and shampooing to treating athletes food and purifying water. Invented in 1935 by Bronner to kill the odor of diapers, it has been on the market since 1941.

5. 20 Mule Team Borax, sold since 1890, is a good disinfectant and mold killer and a very cheap household cleaner. It can be used as a polish for stainless steel, as a toilet bowl cleaner, as a fabric whitener and softener, and as a stain remover for blood, chocolate, and grease. Some people use borax to kill fleas by sprinkling it on their carpet, then vacuuming it up.

Address & Hours

2001 Colorado Blvd.
 Denver, CO 80205
 303.370.6000
 Museum open daily
 9 am - 5 pm



March 4 – August 21, 2011

Make spring
 cleaning
 environmentally
 safe

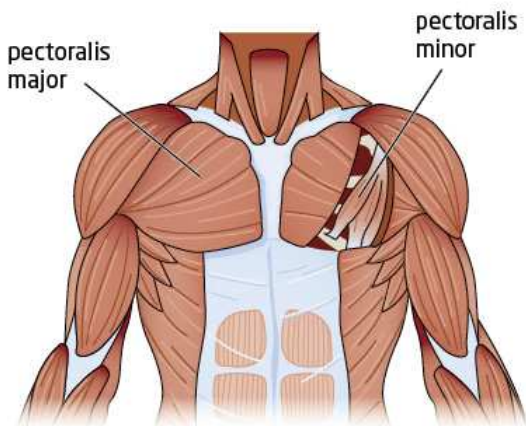
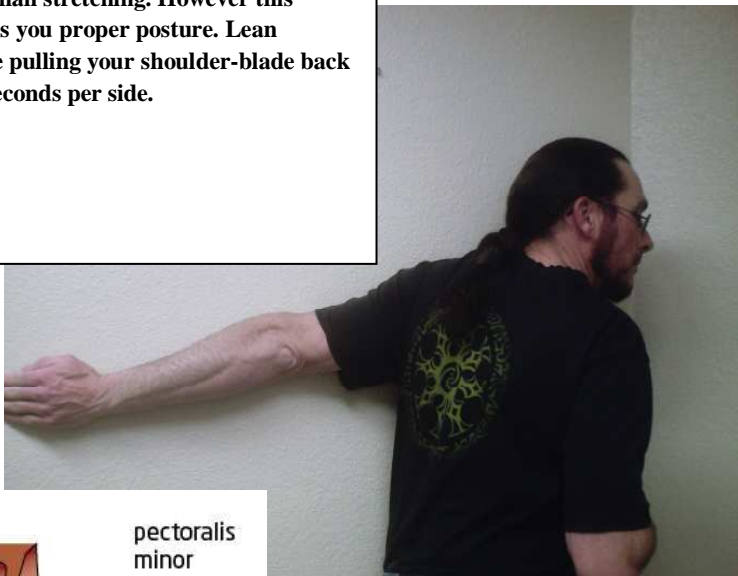
*Real
 Pirates*

An exhibition from  PIEDMONT PARK

Now Open

Stretch to Health - Pec Stretches

Pec Minor Stretch. Your pecs respond better to foam rolling than stretching. However this stretch teaches you proper posture. Lean forward while pulling your shoulder-blade back & down. 30 seconds per side.



Minor & Major Pecs, not chords



Doorway stretch (Pec Major)
The arm is placed behind the top of a doorway or similar and move forward while maintaining contact with the top of the doorway. A stretch should be felt in the front of the shoulder. Hold for 20 to 30 seconds.



Enhancing lives with healing hands.



Of Current Interest

Ready for spring flowers?

Gardening tips for April

Perennials, annuals and bulbs, oh my!

- April is the month for planting summer flowering bulbs like dahlias, gladiolas and lilies. Mix bulb fertilizer, processed manure and peat moss into the planting soil. Tuberous Begonias and Canna should not be set outdoors until all danger of frost has passed, so wait until next month.
 - Plant annual seeds of asters, cosmos, marigolds, zinnias in the garden.
 - When all frost danger has passed you can move your stored fuchsias and geraniums outdoors. Trim them back, feed and re-pot if necessary. Water them well.
 - When they have finished blooming,
- you should deadhead your spring flowering bulbs. Do not cut off the green foliage yet! These green leaves continue to grow for a few weeks, and provide the bulb with food for flowering next year.
 - Divide perennials like Daylilies, Delphiniums, iris, chrysanthemums, Daisies, and Phlox. The additional plants you create can be traded or given to friends, or moved to a new area of the garden.
 - Hybrid Tea Roses should be fertilized prior to buds beginning to bloom. Using a systemic fertilizer will help prevent insect infestation later in the summer, as it feeds your rose.
 - Plant new rosebushes before growth starts and buds swell.

Michael's Message

Remember the Power of A Smile

I placed the items on the moving belt. Slowly my packages moved towards the cash register. The cashier was tired I could see it on her face.

It was towards the end of her shift. She had no doubt been standing and ringing the cash register all day.

I know the cash registers don't ring anymore, they are computerized, but when I worked as a cashier, they rang.

So she rang the cash register. I am sure she had duties to perform when she arrived home. Even punching the clock would not likely stop the work.

My two-year-old son was with me.

She performed her job with all of the speed tired muscles and weary spirit could summon.

My beautiful little son stood in front of her across the belt. His tiny frame was inches below the top of the moving belt. I don't know what made him move away from me and stand there. Children can at times move more on instinct than logic.

He stood there looking up. Sensing something.

She looked down. "Oh my God, look at that smile!" she exclaimed. She changed. The tiredness left. The dreariness left. She appeared as fresh as if she had just walked through the door.

He continued standing and smiling She continued to be revived.

I saw not the power of a child, but the power

of a pure smile.

You have the same power.

Each day you will meet someone who is tired, weary, and dreary.

Remember, you have the power of a smile.

For many, the first tired, weary, dreary person you will meet will be in the mirror. Even in the mirror, the power of a smile still works.

When you have a huge smile, the muscles of your face contract on a special gland in the brain that releases a hormone in the brain that eases stress and causes a slight euphoric high. Is that true?

I don't know but that's sure what it feels like in my brain. Smile real big right now and see if that gland is in your brain too.

She was still bubbling as we walked out of the store. That little gem of a boy never said a word. He only smiled.

Remember the power of a smile.

Remember you have it.

Remember someone needs it.

Remember.

I just love this story, so next time you see my smile you know why.



Namaste,
Michael

Remember

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