

FEBRUARY 2012



**BOURBON COUNTY SENIOR
CENTER**

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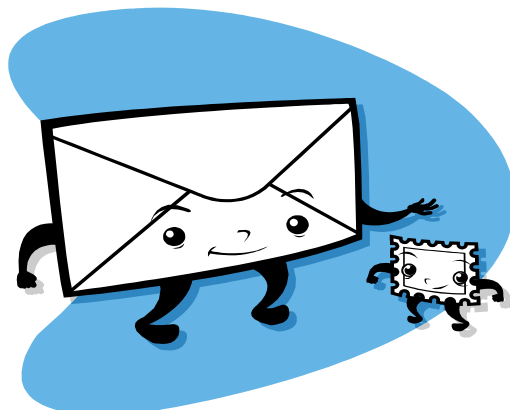
VALENTINE HUMOR

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US Postal Service to Increase Stamp Prices in 2012

Updated: Tuesday, 18 Oct 2011, 4:01 PM EDT

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(News Core) - WASHINGTON -- The US Postal Service (USPS) announced Tuesday it will increase postal stamp prices by one cent, starting in 2012.

The cost of a first-class stamp will rise to 45 cents starting Jan. 22, marking the cash-strapped agency's first price hike since May 2009.

The cost of sending magazines, standard mail and some package services will also increase, USPS said, but prices for Express Mail and Priority Mail will remain the same.

The hikes are expected to generate an additional \$888 million in revenue, postal officials told The Washington Post.

The US Postal Service lost \$8 billion in fiscal year 2010.

Other increases set to take effect include a three-cent increase in postcard postage, to 32 cents, and postage for international mail, which will rise by five cents to 85 cents for mail to Mexico and Canada and by seven cents, to \$1.05, to other countries.

Postal service price increases cannot, by law, exceed the rate of inflation, which, according to the most recent Consumer Price Index reading, is 2.1 percent. The current hikes do not violate the law.

Read more: http://www.myfoxboston.com/dpps/news/us-postal-service-to-increase-stamp-prices-in-2012-dpgonc-20111018-bb_15536724#ixzz1kltf6hWq



FEBRUARY 5, 2012



Your Super Bowl Game Plan for Healthy Eating

Alice Henneman, M UNL Extension Educator S, RD

Super Bowl Sunday is the second-largest day for U.S. food consumption, after Thanksgiving Day, according to Wikipedia.

Develop a winning Super Bowl “food game plan” by thinking like a football player on the playing field. Only, instead of the opposing team, your field is filled with food and refreshments. Here are eight winning strategies:

1. HAVE A GAME PLAN

Plan a successful defense against food that is excessive in fat and calories: Equip yourself — include some lower-calorie drinks and munchies. Position yourself away from heaping platters. Go in knowing what you will eat. For example, choose to have the three choices you will enjoy the most. You don't have to eat some of everything just because it's there.

2. SIZE UP THE OPPONENT

- Look at the stats on different foods. Check for a Nutrition Label that tells how many calories per serving.
- Eat food from a plate versus directly from a bag or box so you're not blindsided by the amount you're consuming.

3. GET IN CONDITION

- Lift a weight — other than your own, preferably at least twice a week! Take walks to whittle your waistline. The sooner you start, the greater the benefits. Physical activity and added muscle boost your metabolism and burn calories.

4. WATCH WHAT YOU EAT BEFORE THE GAME

- Resist overloading on calories before the game. Keep a few calories in reserve reserve so you can enjoy goodies later without guilt.

5. AVOID PENALTIES

- Avoid later weight penalties from too many calories by choosing smaller portions.
- Don't let anyone get a penalty for drinking and driving. Remind your guests to have a designated driver and offer alcohol-free beverages.

6. KEEP YOURSELF IN THE GAME

Don't get taken out of the game because of food poisoning:

- Follow the “two-hour rule.” Leaving perishable food at room temperature more than two hours is a big mistake. When food sits out for more than two hours, bacteria can easily multiply and cause foodborne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.
- Or, keep hot foods hot (140°F or hotter) with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.

7. KEEP ADVANCING TOWARD THE GOAL LINE

- Pace yourself by alternating between higher and lower calorie foods.
- Make a successful passing play by bypassing seconds at the buffet table — or take half as much the second time around.
- Take an occasional time-out to put a halt in your eating.


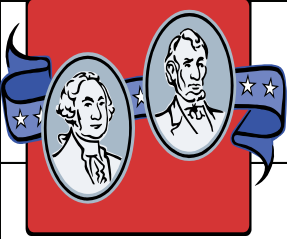


8. TOUCHDOWN!

- Plan an effective running (or walking) conditioning strategy — by-“pass” excessive food intakes and avoid penalties which keep you from moving toward the goal line — and you'll score a successful Super Bowl “Game Plan for Healthy Eating.”

FEBRUARY CALENDAR



**BETTY GRAVES * NELLIE MORGAN * CHARLES BEN-
TON * BESSIE CRUMP * ARTHUR GUY * RUBY KEMPER
* WEISY ROBERTS * LENA SHARPE * GLENDA SMITH *
VALINE THOMAS * MARY WHALEN * ELIZABETH
WHITAKER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FEBRUARY 14TH	 PRESIDENT'S DAY FEBRUARY 20TH	<p>1 9AM GREETING EXERCISE 10AM BINGO/KELLY 11AM BP CHECKS W/ JILL 11:30 LUNCH 12:30 AFRICAN AMERICAN</p>	<p>2 9AM BREAKFAST BRUNCH 10AM INSPIRATION THURS. 12PM SHOPPING  GROUND HOG DAY</p>	<p>3 9AM GREETING EXERCISE 10AM GAMES/CARDS 11:30 LUNCH 12:30 HOPEWELL MUSEUM</p>
<p>6 9AM GREETING EXERCISE 10AM ARTS/CRAFTS 11:30 LUNCH 12:30 NEWS/WORLD EVENTS</p>	<p>7 9AM BREAKFAST BRUNCH 10AM COMPUTER CLASS 12PM SHOPPING</p>	<p>8 9AM GREETING EXERCISE 10AM BINGO/KELLY 11:30 LUNCH 12:30 AFRICAN AMERICAN HISTORY SCHOOLS</p>	<p>9 9AM BREAKFAST BRUNCH 10AM INSPIRATION THURS. 12PM SHOPPING 6:30PM-7:30PM AA GENEALOGY NIGHT</p>	<p>10 9AM GREETING EXERCISE 10AM LEARNING TO SIGN 11:30 LUNCH@LIL'S ON MAIN 12:30 GOODWILL SHOPPING</p>
<p>13 9AM GREETING EXERCISE 10AM CHAIR VOLLEYBALL LUNCH 12:30 NEWS/WORLD EVENTS</p>	<p>14 9AM BREAKFAST BRUNCH 10AM COMPUTER CLASS VALENTINE PARTY 12PM SHOPPING</p>	<p>15 9AM GREETING EXERCISE 10AM BINGO/KELLY 11:30 LUNCH 12:30 AFRICAN AMERICAN</p>	<p>16 9AM BREAKFAST BRUNCH 10AM NUTRITION EDU. 12PM SHOPPING 5PM-7PM COMMUNITY SUPPER</p>	<p>17 9AM GREETING EXERCISE 10AM GAMES/CARDS 11:30 LUNCH 12:30 BOURBON HEIGHTS</p>
<p>20 SENIOR CENTER CLOSED</p>	<p>21 9AM BREAKFAST BRUNCH 10AM COMPUTER CLASS 12PM SHOPPING</p>	<p>22 9AM GREETING EXERCISE 10AM BINGO/KATHY 11:30 LUNCH 12:30 AFRICAN AMERICAN HISTORY HOW U REMEMBER</p>	<p>23 9AM BREAKFAST BRUNCH 10AM INSPIRATION THURS. 12PM SHOPPING</p>	<p>24 9AM GREETING EXERCISE 10AM MOVIE DAY 11:30 LUNCH 12:30 TOUR BOURBON COUNTY</p>
<p>27 9AM GREETING EXERCISE 10AM SHOW/TELL 11:30 LUNCH 12:30 NEWS/WORLD EVENTS</p>	<p>28 AM BREAKFAST BRUNCH 10AM COMPUTER CLASS 12PM SHOPPING</p>	<p>29 9AM GREETING EXERCISE 10AM BINGO/KELLY 11:30 LUNCH 12:30 AFRICAN AMERICAN HISTORY</p>		<p>ADVISORY COUNCIL MEETING FEBRUARY 10, 2012 8AM @ BOURBON COUNTY SENIOR CENTER</p> 

Q. What do farmers give their wives on Valentine's Day?

A. Hog and kisses!



Q. Do skunks celebrate Valentine's Day?

A. Sure, they're very scent-imental!



Q. What did the chocolate syrup say to the ice cream?

A. "I'm sweet on you!"



Q. What did the paper clip say to the magnet?

A. "I find you very attractive."



Q. What did one pickle say to the other?

A. "You mean a great dill to me."



Q. What did the elephant say to his girlfriend?

A. "I love you a ton!"



Q. What did the bat say to his girlfriend?

A. "You're fun to hang around with."



Q. Did you hear about the nearsighted porcupine?

A. He fell in love with a pin cushion!

. What did the caveman give his wife on Valentine's Day?

A. Ughs and kisses!



Knock, Knock!

Who's there?

Olive.

Olive who?

Olive you! [I love you]



Knock, knock!

Who's there?

Howard.

Howard who?

Howard you like a great big kiss?

Titles of the love ballads you can sing to your beloved

"How Do I Love Thee When You're Always Picking Your Nose?" -- Arnold, age 10

"You Are My Darling Even Though You Also Know My Sister." -- Larry, age 8

"I Love Hamburgers, I Like You!" -- Eddie, age 6

"I Am in Love with You Most of the Time, but Don't Bother Me When I'm with My Friends." -- Bob, age 9

"Hey, Baby, I Don't like Girls but I'm Willing to Forget You Are One!" -- Will, age 7

"Honey, I Got Your Curly Hair and Your Nintendo on My Mind." -- Sharon, age 9